

# Westcott Village Magazine

October 2019



WESTCOTT SPORTS CLUB  
PRESENTS

## WESTCOTT BONFIRE *and fireworks display*

**SATURDAY 9<sup>TH</sup> NOVEMBER**  
GATES OPEN AT 6.30PM FIREWORKS AT 7.30PM

RAFFLE ♦ PRIZES  
HOT FOOD, DRINKS ♦ SWEETS



**TICKETS: ADULT £5 / CHILD £3 / FAMILY £15**

**WESTCOTT SPORTS CLUB, MILTON STREET**

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Westcott has a population of over 2,000 and this is the only magazine written specifically for the Westcott area by the people of Westcott. It is hand delivered, free of charge, to every household and further copies are available at the church, local shops, pub and doctor's surgery.



If you have any articles, photos, letters, etc that you think we may like to feature in the next issue, please email the Editor on:

**[editor@westcottmag.com](mailto:editor@westcottmag.com)**

But please note, publication will always be subject to space and at the discretion of the Editor.

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**8th October 2019**

This magazine, published by the Church in Westcott, is printed on Forest Stewardship Council (FSC) accredited paper from a sustainable source. The views expressed are those of the individual writers and do not necessarily reflect the views of the Church, Editor or Westcott residents.



## FROM THE EDITOR



Hello to one and all, we have lots to keep you amused this month; an art exhibition at Denbies towards the end of the month (p12), musical events all over the place and a new Dance Fit class on a Monday afternoon, if Saturday morning is not your thing!

There is a really interesting article from the History society AGM about listed buildings - we are lucky to have so many around here that are open to the public.

Eco Challenge Westcott (p50-51) gives some hints on reusing and

recycling items that we might not want to throw away. A friend of mine has set herself a challenge of not buying any new clothes all year, but instead revitalising old ones or looking in charity shops, and she's also trying to use up all the unused toiletries that lurk in the back of cupboards - a great idea as we all get given things at Christmas and birthdays that then get put away to use later but forgotten about. Let me know any other planet saving ideas you might have that the rest of us could try at home.

See you in November!

**Cath**  
**editor@westcottmag.com**

### Baby Meals



The Westcott Baby Meals cooks were delighted to cater for Julie and Alastair who welcomed baby Cassidy into the world in July, pictured here after her first walk in the village!

They were called upon again to cater for Tracey and Patrick who welcomed baby Elijah into the world on 19th August.

If you're living in Westcott and expecting a baby or know someone who is, OR if you'd like to join our cooks' rota we'd be delighted to hear from you - please get in touch!



**Anna Kemkers 07710 425487**  
**annakemkers@hotmail.co.uk**

## ...FROM ALAN JONAS, VICAR OF WESTCOTT



### BETTER TO LEARN HUMILITY BEFORE BEING HUMBLLED

You may know that King David in the Old Testament is celebrated as the greatest monarch of Israel. This may seem surprising because he was a very flawed man; in weakness he committed adultery, and then compounded this with murder to try to cover his tracks. In spite of all this he is esteemed as the great archetype of the good leader. Why?

David, for all of his frailties of character, had the essential quality of all great leaders – humility. He knew his need of God, and responded to Him in repentance and sorrow. In all of his mistakes, he turned back to God, recognising that there is a higher power than the self. David knew the sovereignty of God, and that the laws He has given are to be respected – they are there for a reason, for the well-being of all, the Good Society.

A yet greater example of humility is seen in Jesus Christ - His whole life was one of serving others, submitting, in love, to God, His Father. In such a life comes exultation. In the words of one of the New Testament letters: "he humbled himself by becoming

obedient to death – even death on a cross. 9 Therefore God exalted him to the highest place" (Phils 2:8-9)

Jesus's life of humility was inexplicable for the authorities of His time. The Greco-Roman culture valued power, might, wealth; humility was despised rather than being seen as a virtue. And yet in the end, no-one can get away from the need to be humble. Jesus taught that the power of humility is ultimate reality: "Whoever exalts himself will be humbled," He said, "and whoever humbles himself will be exalted." – Matthew 23:12

Humility means letting go of self-absorption, turning our gaze outwards, it's not about thinking less of yourself but, in the words of CS Lewis, "thinking of yourself less". Humility means knowing our vulnerability and

dependence, being ever open and willing to learn. Humility is about

....THE ESSENTIAL  
QUALITY OF ALL GREAT  
LEADERS – HUMILITY.



## ...FROM ALAN JONAS, VICAR OF WESTCOTT

knowing we have need... need of God.

Humility is the greatest virtue, out of which arise all others. How we need leaders of humility for our country. How we all need to aim to live in humility.





# Harvest

Sunday, 6th  
October

## Services at Holy Trinity Westcott

8:30am BCP Communion  
9:30am Breakfast  
10:15am All Age Communion  
6:00pm Evensong



### Our Harvest Collection on Sunday 6th October will go to Dorking Area Foodbank

**Come to give thanks for all you have, and help local people in crisis, by giving items from the list below. We ask that only items on the list below are donated:**

Tinned Meat / Fish  
Tinned Vegetables / Potatoes  
Tinned Fruit  
Tinned Rice Pudding / Custard  
Pasta Sauce  
Tinned Tomatoes  
Instant Mash Potato  
Cereal  
Biscuits  
Jam / spread



Snack Bars  
UHT full-fat Milk  
Dried Milk Powder  
Small jars of Instant Coffee  
Small boxes of tea bags  
Long-life Fruit Juice  
Deodorant - male & female  
4-roll Toilet Roll pack  
Shampoo / Shower Gel  
Bags for Life

*We respectfully request that all donated items are non-perishable, unopened and in date. Also that they have a Best Before Date of 2020 or beyond. Unfortunately we cannot accept homemade products.*

# SERVICES AT THE CHURCH IN WESTCOTT



We run a regular programme of worship services and other activities for young and old.

Everyone is welcome as we build friendships and share life together!

8.30 am: A traditional Communion service with hymns and organ, unless stated.

10.15 am: A 'parish' service, reflecting the people of the Church in Westcott, with organ and music group. Regular creche and children's activities.

6.00 pm: A quiet traditional service, usually 'Evensong'. Communion with prayer for healing monthly.

DATE	THEME	8:30AM	10:15AM	6:00PM
6th Oct	Harvest The Lord's Prayer: Give us this day our Daily Bread	Book of Common Prayer Communion	Celebrate Breakfast Communion (Breakfast 9:30am)	Evensong
13th Oct	Fellowship (1) A Light in the Darkness	Book of Common Prayer Communion  No music	Parish Communion	Evensong
20th Oct	Fellowship (2) United in a Divided World	Book of Common Prayer Communion	Morning Worship	Evensong
27th Oct	Fellowship (3) Growing in the Practice	Book of Common Prayer Communion	Parish Communion	Evensong

## MID WEEK SERVICES

Every Wednesday	10am	Communion at St John's
Every Thursday	8:30am	Morning Prayer at St John's

# WHAT'S ON AT THE CHURCH IN WESTCOTT



*All events at Holy Trinity unless stated.*

**Sun 6th Oct Harvest Services**

**Oct 9th 7.30 for 7.45pm Deanery Synod** (Discipleship theme) St Peter's Newdigate

**Sun 13th Oct 12pm Fellowship Lunch**  
St John's

**Mon 14th Oct 7-9pm Village Eco Café** St John's.

**Tues 15th Oct 7:45-9:30pm Encounter & 12 Practices of being a Christian:**  
Fellowship - A Light in the Darkness.

**Tues 22nd Oct 7:45-9:30pm 12 Practices of Being a Christian:**  
Fellowship - United in a Divided World.



## Sunday Evening Service

**6pm October,**

**4pm November-March**

**A lovely, reflective way to end the week-end.**

*Let's keep an evening service going in Westcott!*

Alan J Vicar



## Fellowship Lunch

St John's Community Hall

13th October & 8th December

12pm for 12:30

*For all who like good food & company!*



A graphic for the Cookie Club featuring a hand holding a cookie, with the text 'COOKIE CLUB' in large, colorful letters.

**Parent, Baby and Toddler Group**  
St John's Community Hall, Westcott  
Thursday mornings 9:30-12:00pm term time

A graphic showing various activities: chat, snacks & drinks, stories, toys, songs, and craft, each represented by a colorful balloon.



## FLOODLIGHTING

The Church floodlighting for October has been sponsored by the family of Roderick Kyle in loving memory.

If you would like to sponsor the floodlighting, please contact Sarah Massey at [sarah@holytrinitywestcott.org.uk](mailto:sarah@holytrinitywestcott.org.uk) or on 01306 887413. (Suggested donation of £75 to Westcott Church Funds.)

We are very thankful to all the sponsors of the lights - your gift is gratefully received as a contribution to both the electricity bill and our general fund.

## FROM THE PARISH REGISTERS

### Baptism:


21st July 2019                      Humphrey John Michael Gabb

### Death:

3rd July 2019                      Doreen Ann Lucas (78)

8th July 2019                      Maurice William Peel (87)






HOLY TRINITY WESTCOTT

# DO YOU HAVE AN EYE FOR DESIGN?

We're looking for a communications manager to support the Church in Westcott



### WHAT IT INVOLVES:


- Design, format and manage the Church website
- Produce occasional publicity and invitations as well as regular service sheets and posters
- Review and develop social media – e.g. Instagram, Facebook
- 6 hours a week

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### INTERESTED IN APPLYING?

For more information please contact the church wardens at:

[churchwardens@holytrinitywestcott.org.uk](mailto:churchwardens@holytrinitywestcott.org.uk)



# THE TWELVE PRACTICES OF BEING A CHRISTIAN

## 12 Practices to Integrate into Every Day

...to be better, stronger, wiser, happier



We are following a programme of 12 spiritual practices that are vital for the Christian. We have recently completed the first – Reading and Understanding the Bible.

All are very welcome as we focus on the next practice:

**Fellowship – The Power of Christians Meeting Together**

### Fellowship - The Power of Christians Meeting Together

#### *A Light in the Darkness*

Sermon

Sunday 13th October

Social, Discussion, Prayer

Tuesday 15th October

#### *United in a Divided World*

Sermon

Sunday 20th October

Social, Discussion, Prayer

Tuesday 22nd October

#### *Growing in the Practice*

Sermon

Sunday 27th October

**Sunday Sermons in Holy Trinity at all services**  
**Social, Discussion, Prayer in Holy Trinity 7.45 – 9.30 pm**

***All very welcome. Just turn up.***





## **Brockham Choral Society**

Brockham Choral Society are bringing the World Renowned  
VOCES8 to Dorking on Saturday October 5th.

VOCES8 will run a WORKSHOP  
for Children (age 8 -18) FREE ,  
and Adults £10  
from 1pm to 5pm.

VOCES8 will perform an EVENING CONCERT at 7pm.  
Concert tickets Adults £15 in advance, £20 on the door. Children £10  
A combined package of workshop and Concert for Adults is offered at £20.

Venue: St. Paul's Church, Dorking RH4 2HT  
Info & Tickets: [www.brockhamchoral.org/Voces8-Dorking](http://www.brockhamchoral.org/Voces8-Dorking)  
Voces8 info: [www.voces8.com](http://www.voces8.com)

## **WESTCOTT VILLAGE COFFEE MORNING**

**The Reading Room**  
**Wednesday 2nd October 10.30 - 12.00 midday**

**and**  
**Pop-Up Art Exhibition**



**by the Westcott Friday morning Art Class**

**A warm welcome to all**

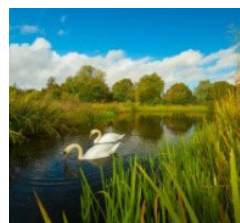
September is the start of our year, and a good turnout of members did it in style with lively entertainment from Ralph Sutton, our local Jazz pianist. I'm sure many people reading this will have been present in his garden on Sunday, listening to his concert whilst enjoying a picnic, all in aid of the Brigitte Trust, so it was a pleasure that he came to talk and play for us.



Listening to music is one aspect to the genre, but he explained how we can enrich that experience by exploring how each piece actually affects us, its mood, rhythm, tone, loudness or softness, how by changing these latter aspects, the whole section can change the emotions.

Then there was the history of Jazz, from African music to the present day, how it all evolved. Looking back on the evening, a lot of ground was covered, and having always enjoyed jazz, I shall think more deeply about it in the future, and not take it at face value! Thank you Ralph for a very good evening and Dee for inviting him to come.

Our next meeting is on Oct 2nd at St John's Chapel at 7.30pm. On a more serious note, Simon Ferrar, the founder of the Natural Burial Ground and Nature Reserve



of traditional wildflower meadowland, lakes, wetland and young woodland at Clandon that

is home to wildlife and a number of people who wish to be buried in these peaceful surroundings.

Further events planned are another musical evening on December 4th with a festive flair, and on January 25th, oh my! It's Burn's Night! So brush the moths off your kilts, pump up the Bagpipes and watch this space for further info re tickets.

Do come along and join us. No need to be a member, or even female! All are welcome, our annual membership is £15 or ad hoc visits are £4. Tea and coffees are supplied or a glass or 2 of wine, for which, this latter, we ask a £1 donation.

For further details contact Jacki Moss, 01306 881481 or email [johnjacki.moss@btinternet.com](mailto:johnjacki.moss@btinternet.com)

**Jacki Moss**

## THE HUT/READING ROOM

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I am pleased to be able to report that the Joint Working Party (JWP), together with Dorking Medical Practice, has now instructed planning consultants to commence work on a preliminary study to review the feasibility of constructing a new Village Hall and a Doctors' Surgery on the Hut site. Given the importance of this project to the village, Westcott Village Association has kindly contributed to the costs of the initial study, which we gratefully acknowledge.

Delivering this project will be a complex task. In addition to clearing all the usual planning hurdles, we will need to secure financing and we will need to obtain permission from the Charity Commission to utilise the land assets of the two charitable trusts in a way which differs from the original purposes for which The Hut and The Reading Room were first established. Happily, the main objectives of both charities are remarkably similar, principally aimed at 'improving the conditions of life of the said inhabitants' of Westcott.

The JWP will do its best to deliver on that, and we will consult within the village and report on major developments as they occur.

**Bernd Ratzke**  
**Chairman, JWP**

### **Pixham Artists and Friends**

**Monday 28th October - Sunday 3rd November**  
**Denbies Wine Estate**

For the first time we will be joined by renowned Westcott textile artist Jill Flower, abstract artist Philippa Sibert from Pembrokeshire and Dorking potter and artist Phyllis O'Shea.

You are invited to this exciting exhibition of affordable art in all media and styles with a rich variety of subject matter, both framed and unframed. Greetings cards will also be available

Free entry and parking  
Further information: [suzmoo2@gmail.com](mailto:suzmoo2@gmail.com)  
or [www.denbies.co.uk](http://www.denbies.co.uk)



**Listed Buildings in Surrey by Nigel Barker-Mills.** (BA Hons. Phd.Dip Con AA.IHBC.FSA.)

The lecture was preceded by the AGM. John Clachan, the Secretary, introduced our new Chairman Mrs Imogen Barker. The Chairman and Secretary's Reports were approved. The Secretary explained that due to the Reading Room having a new user booking every Tuesday throughout the year, the usual WLHG Lectures would have to be moved to the St John's Hall in the village starting on the 14th January 2020. Our last meeting in November will still be in the Reading Room. Members' attention was drawn to the changes made in the Reading Room Meeting Room to include other activity storage. The WLHG committee had lent a lot of effort to facilitate this. Renewed efforts were being made to complete the digitization of our records and avoid the use of storage cabinets.

The Treasurer, Glen Mardell, introduced the WLHG Annual Accounts, noting that there was a small surplus of £141. There was a question about the level of the annual subscription of £6, which is collected by Direct Debit from the majority of members. It is proposed to maintain this. The new Chairman, Imogen Barker, thanked the Committee for all their hard work and organisation during the past year.

Nigel Barker-Mills was well qualified

for his subject and for over 34 years has worked with English Heritage, and latterly Historic England, helping Surrey CC and other authorities to catalogue and preserve their heritage buildings. He started by relating how in the early 1980's before buildings were properly listed a celebrated historic building was due to be inspected and two days before the Inspector arrived the developer had knocked the building down! The authorities decided then that they would catalogue all the relevant buildings in the country within the next 3 years.

Why do we do it? The reasons were: Because it represents generations of achievement, it is an irreplaceable record of architecture to be handed on and they are a source of identity and pleasure. How do we do it? By the 1990 Act it is the duty of the Secretary of State for Culture Etc, advised by Historic England to maintain a National Heritage list of buildings of relevant importance. Application to be listed can be made online to Historic England and candidates that are accepted are visited by an Inspector from Historic England. Advice on whether to list is given according to several principles. How old is it? How rare is it?

About 500,000 buildings are listed in England, which is less than 5% of the total number. Of this about 2.5% are listed as Grade 1 and the rest are Grade 2 or less in importance.

**Before 1700** the relevance of age, historical importance and rarity are factors taken into account. If it has a roof it is listed but if it hasn't it is a Scheduled Monument. If much restoration has been carried out it can be reduced to Grade 2.

Typical buildings in the area of Surrey in this category are:-

- Guildford Castle and its Keeps.

- Church of St John the Baptist, Wotton. 13th century



St John's Wotton

- Evelyn Chapel 17th century.

- Losely House 1561-9 Sir William More. North Wing restored with stone from Waverly Abbey.

- Bremer Street Farmhouse. Yeomans Hall House. 15th century restored in 1920's

- Home Farm. Peper Harrow. Granary 17th century
- Milton Court 1611.

## Grade 2\*.

- Dower House of Evelyn family. Restored 1871-82.

- Volvens, Ockley. Late 16th century. Example of Box framed architecture.

## Buildings between 1700 and 1850 in Surrey.

### Grade 1

- Claremont House, Esher. It was

replaced in 1770 by Lord Clive of India by a Palladian Manor.

- Claremont House Belvedere 1717. Built by Sir John Vanbrugh.

**Grade 2\*** These are often barns but there are also mills.

- Shalford Mill. Built by John Mildred of Guildford

- Providence Chapel, Charlwood. Built around 1800 as a barracks in the Napoleonic War.

- Church of St Michael & All Angels, Pirbright. Rebuilt in 1784.

- Betchworth Castle. Remaining stable block built by Sir John Soane in 1799.

- The Tuns, Stane Street, Ockley, built circa 1720.

## Buildings between 1850 and 1945

### Grade 1.

- Church of St Mary, Holmbury St Mary. 1879 built by GE Street as a memorial



St Mary's, Holmbury St Mary

for his 2nd wife who is interred in a canopied tomb in the external south wall.

### Grade 2\*.

- Catholic Apostolic Cathedral, Albury. Built 1940 by William Mackintosh Brak and paid for by Drummond.

- Holy Trinity Church, Westcott. Built 1852 by Sir George Gilbert Scott – a celebrated architect of churches.

# WESTCOTT HISTORY GROUP (cont.)



## Buildings between 1850 and 1900.

### Grade 1

- Tigborne Court. Built 1899 – 1901 by Edward Lutyens for Sir Edgar Home MP for Guildford

## Buildings between 1850 and 1945

### Grade 2\*

- Westbrook, Godalming. Built 1900 by H. Thackeray Turner

- Horsley Towers East. Built 1820 -29 by Barry, extended 1847-60 in Rhenish style by 1st Earl Lovelace, son in law to Lord Byron.

- Goodwyns Place, Dorking. Built 1900 by Thackeray Turner.

- Hope Mausoleum, Deepdene. Dorking. Built 1818 by William Atkinson for Hope's 7 year old son.

- Birds Eye Building, Walton-on-Thames. Built 1960-61 by Burnet Tate & Partners.

## Modern Heritage Buildings less than 30 years old.

- Cemex House, Thorpe. Grade 2\*. Built 1990 by Ted Cullinan - to be converted to accommodation.



Cemex House

- Legal & General House, Lower Kingswood. Built 1986-91 by Arup Associates. Due to become accommodation for the elderly.

- Rodboro House, Guildford. Grade 2. Built 1902. First purpose built car factory in England/World.

- Watts Funerary Capel, Compton. Built

1896 -98. The interior is Grade 1.

## Surrey Surprises.

- Shah Jehan Building, Woking Built 1889. First purpose built mosque in England.

- Brookwood Necropolis.

Largest cemetery in England founded 1852



Shah Jehan Building

by JC Loudon. This also includes the American Military Chapel – Brookwood Memorial 1957 opened by H.M The Queen.

- Woking Crematorium and Columbarium built in 1979.

Nigel Barker Mills had a fluent knowledge of these buildings and their whereabouts, often with anecdotes relating to their heritage. He pointed out that the value of a building is often enhanced by being listed but it is recognized that there is a cost incumbent on the owner in maintaining the building in a special way. It was remarkable tour de force and very well illustrated.

The next History Group meeting will be on **Tuesday 12th November in the Westcott Reading Room at the usual time of 8pm** for a lecture entitled Broadmoor & Lonesome Valley by Robin Daly.

**Roger Christian**





**The Dorking Butchery is an award-winning speciality Butchers based in the heart of Dorking.**

With traditional service and a strong passion for high quality British produce as their core values, the team are dedicated to supplying only the best meat Britain and Surrey has to offer.



**The Dorking Butchery**  
48 High Street  
Dorking, Surrey RH4 1AY

01306 640517  
info@thedorkingbutchery.co.uk  
**@dorkingbutchery**



## Slow Cooked Pomegranate Ox Cheeks

2 ox cheeks, cut in half	2 bay leaves
100g plain flour	1 knob of butter
Freshly ground salt and pepper	1 large glass of red wine
1 onion	1.5 cups pomegranate juice
1 carrot	1 tbsp pomegranate molasses
1 stick of celery	Large glug of extra virgin olive oil

### Method (Serves 2)

1. Pat the ox cheeks dry with kitchen paper, then season with freshly ground salt and black pepper.
2. Toss the cheeks in plain flour, then lightly sear in a pan with a glug of oil, on both sides until nicely browned, then remove from the pan.
3. Finely dice the onion, carrot and celery and sauté in a knob of butter on a medium heat for 6-7 minutes.
4. Place the onion, carrot and celery mixture and with the bay leaves into a slow cooker on a medium heat setting, followed by the ox cheeks, pomegranate juice, molasses and red wine.
5. Cook for six hours. (If cooking in an oven, cook at 150 degrees C for 4-5 hours).
6. When ready, remove the ox cheeks from the slow cooker/oven, and loosely cover with foil to keep warm.
7. Discard the bay leaves and transfer the liquid into a saucepan, bring to the boil and allow to reduce until it is syrupy. Stir regularly.
8. Serve the ox cheeks with butternut squash mash and the reduced sauce drizzled on top, finished with some fresh pomegranate seeds.



# WHAT IS OSTEOPATHY?

Osteopathy was founded in the late 1800's by Dr Andrew Taylor Still, who served as an army doctor during the American Civil War. Dissatisfied with the primitive surgical techniques and drugs of the day, he developed an approach to medicine which emphasised the importance of the correct alignment of the body, particularly the musculoskeletal system, in contributing to overall health.

Although osteopathy has previously been regarded as an alternative or complementary approach to healthcare, over time it has evolved into a modern and well regulated field of practice, being recognised by the NHS in 2017 as an Allied Health Profession, putting it alongside



\*copyright Mark Turnbull

most complete over 1,000 hours of patient contact time before being allowed to register with the General Osteopathic Council and practice as an osteopath.

Osteopaths are trained to diagnose a wide variety of medical conditions, but their main focus is usually on the treatment of musculoskeletal

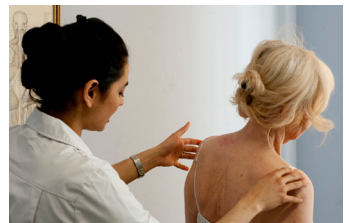
problems. Although there is a perception that osteopaths only treat bad backs, this couldn't be further from the truth! Osteopaths work on many areas of the body including: necks, shoulders, arms and hands, hips, knees and feet. They can also help with a range



\*copyright G.O.C.

of problems such as arthritis, sports injuries, muscle spasms or strains, tendinitis, or just general aches and pains. Most people choose to see an osteopath privately, with no need for a referral from their GP.

So what do osteopaths actually do? Osteopathic treatment is very individual and is tailored to the patient to ensure they receive the most effective treatment approach for them. The osteopath may use a variety of techniques including manipulation, stretching or massage, which can improve the mobility of the joints or spine, relieve muscular tension and enhance the



\*copyright Jan Chlebek

blood supply to tissues, all of which can help the natural healing mechanisms of the body. Osteopaths may also recommend exercises to be



**Osteopaths treat so much more than just bad backs**

**If you're in pain or discomfort, get in touch today  
and start getting your body right.**

**07873 541713**

**[www.bodywright.co.uk](http://www.bodywright.co.uk)**

**Paul Wright**

**[bookings@bodywright.co.uk](mailto:bookings@bodywright.co.uk)**

**The Old Nurseries, Kiln Lane, Brockham, RH3 7LX**

## **Bramley House Residential Home**

**Westcott Street, Westcott, RH4 3NX**



**Tel: 01306 740003**

**Email: [info@bramleyhouse.net](mailto:info@bramleyhouse.net)**

## WHAT IS OSTEOPATHY? (cont.)

performed at home, or provide advice on postural or lifestyle changes that can be made to assist with healing and to prevent problems returning.

In a study carried out for the General Osteopathic Council, 96% of patients reported being satisfied or very satisfied with their osteopathic care, while another study found that almost half of patients (47%) reported being much improved after just one osteopathic treatment. The National Institute for Health and Care Excellence (NICE) currently recommends manual therapy (which includes osteopathy) as part of an overall package for people with low back pain.



\*copyright G.O.C.

People often wonder if osteopathic treatment is painful. Any discomfort during treatment is usually quite mild, most patients normally find that the treatment is relieving rather than painful. Sometimes there can be a mild ache or muscle soreness for a little while afterwards, but this generally goes away quickly; serious side-effects from osteopathic treatment are very rare.

Another question that osteopaths hear frequently is: "what's the difference between osteopathy, chiropractic

and physiotherapy?". There are undoubtedly some areas of overlap between the three professions, but as a generalisation: physiotherapists may put more emphasis on corrective exercise, chiropractors will frequently focus more on the spine, while osteopaths try to take a more holistic view and consider the functioning of the entire body - quite often the place that it hurts isn't the underlying cause of the problem!



\*copyright Kampfner Photography

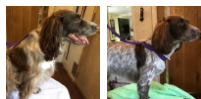
In summary, osteopathy is a modern, professional field of healthcare, with around 30,000 people seeing an osteopath every working day in the United Kingdom. It provides effective treatments, leading to high levels of patient satisfaction. If you are experiencing pain or discomfort, why not consider visiting an osteopath to see how they can help you?

**Paul Wright,**  
**Registered Osteopath**  
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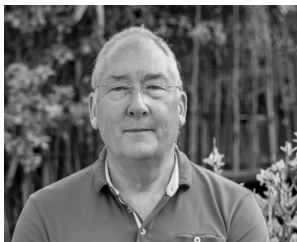
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## Your Village Association

Another year has come and gone and the Village Association Annual General Meeting has come around again. The meeting will take place in **Holy Trinity Church on Wednesday 16th October at 7.45pm**. This is your chance to elect the committee for the coming year, to approve the accounts, and to raise matters of concern across your village. This year, in order to more environmentally considerate, we will not be printing the papers for the AGM; instead we will email all members with a copy of the AGM documents, and post copies of these on the Website, and we will project these onto a screen during the meeting.

We have operated for a year now without an **Honorary Secretary**, which places the administrative burden of the work we do on other members of the committee, (and in the process reinforces what a superb job Tim Gowing did for more than 30 years!).

The role involves:

- Planning agendas with the chairman and committee members, and circulating in advance of the meetings

- Attending Meetings (8 per year)
- Taking and drafting minutes; circulating agreed minutes
- Dealing with correspondence (primarily email) to the Association, liaising as necessary with the Chairman and Vice Chairman, and Treasurer
- Monitoring the "Contact Us" website correspondence to the WVA
- Liaising with the Charities Commission on Trustee changes and other statutory requirements
- Keeping the Village Association noticeboard (outside Balchins Stores) current

If you feel you have the skills, the time, and a passion for your village to do the job, please drop me an email and I will happily come and talk to you about the role.

## Membership of the Association

continues to grow slowly. We have made it easy to join online on the Website and we have made paying your annual household subscription (minimum £10 per annum) much easier. There are still many people in the village, however, who do not understand what we do or realise that we exist to support you the residents, so please spread the word. Your subscriptions are used entirely to support improvements to your village.

## Hut Development

The WVA has committed to support the Reading Room and The Hut Trustees as they work to find a solution to building a



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Village Hall and Doctor's surgery in the village. This will not be easy but we are confident that with everyone's support a positive outcome can be achieved.

## VVA Draft New Constitution

We are hopeful that the Charity Commission will have worked through the backlog of applications and we will have started the process of approving the new constitution by the time this article is published in October; if we have, we will update you at the AGM.

## The Crown and Indigo Spice Properties

A formal Planning Application (conforming with our Westcott Neighbourhood Development Plan) has been submitted by The Crown Public House for 7 dwellings (and 14 parking spaces) on the site, which the Village Association has supported.

The Indigo Spice planning appeal was turned down, and the Village Association has approached the owner to ask for the appearance of the empty site to be improved so that it is less of an eye-sore on entering the village from the west. Their response has been to put in another planning application (MO/2019/1452) for two dwellings and two parking spaces; this however still does not conform to the Neighbourhood Development plan and we await the outcome.

## Church Bank

The church has now cleared the bank

below Holy Trinity of the bracken and brambles and reseeded the area with environmentally friendly grasses and wild flowers to attract pollinating insects. The rhododendron bushes have been reduced in height to allow sight of the church and by next spring the whole area will have been transformed.

## Prudential Ride London

The VVA has approached Prudential Ride London (PRL) about registering with them as a charity and securing places on the Classic 100 Ride for 2020. The aim would be to have a village draw for any places we secured, the successful applicants raising money for the Village



Association and their chosen charity.

A representative of PRL has been invited to come to our **Open Meeting in December (Wednesday 12th at 7.30pm)** to speak about the race, its organisation and its future, and answer any questions. Please make a note in your diaries.

As always, you are invited to write to me on issues which concern you, and the VVA will do their best to address them.

**Tim Way**

**Chairman, Westcott Village Association**  
[timway.westcott@gmail.com](mailto:timway.westcott@gmail.com)



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# WESTCOTT LADIES' CRICKET



That was then.....



this is now.....



With the outdoor cricket season now over, we can look back on some enjoyable evenings spent either at practice or playing against other Ladies' cricket clubs. This has been our first full year running a Ladies' team despite having to twist the arms of a few juniors to help out with numbers, but where would we have been without them, thank you boys and girls for your support.

Our thanks also to those men who have been willing to coach us when possible, and to our supporters who just came along to enjoy a summer's evening, have a few drinks and partake of the BBQ.

Our match format has been to play "pairs" so that everybody gets a chance to bat, and like the other teams in the area, we have taken to play with a softer ball than the usual hard cricket ball. It is by no means soft,

being harder than a tennis ball, but does mean that we do not have to kit up with padded gloves, cumbersome leg pads and helmets! So Ladies, think again about joining us next year, it really is great fun and you meet some very friendly people.

We will sadly be saying Goodbye to Tanya, one of our founder members, as she returns to her home country of Australia, she will be missed but hopefully we will be able to build on the foundations that she helped to get going.

So, Mums, big Sisters, Aunts, Grans, any ladies, any age, even if you've never played before, come along any Friday evening next summer and give it a TRY! We're a friendly bunch and would welcome more players. Just keep watching this space for more info....

**Jacki Moss**



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# MANOR HOUSE SCHOLARSHIPS



## **New Year 3 Scholarships Announced in Memory of Founding Headmistresses**

For the first time, Manor House School will be offering Academic and Music Scholarships to girls in Year 3 from September 2020.

In recognition of our approaching Centenary Year, we are launching two new Scholarships for girls entering Year 3 in September 2020. They are called our Founder Scholarships - one will be Academic and the other awarded for Music - in memory of our two Founders, Elizabeth Green and Lillian Wheeler.

The Academic Scholarship will be awarded to the highest performing girl at our (new) Year 3 Entrance Examinations Day on Friday 10 January 2020. Girls who wish to join Manor House School at Year 3 in September 2020 and future years, will now be required to sit an entrance examination in Literacy and Mathematics.

The Music Scholarship will be awarded to a girl who demonstrates a high level of ability and potential talent in Music. Girls applying for this Scholarship will need to attend

an assessment day on either Thursday 28 or Friday 29 November 2019.

We welcome scholarship applications from external candidates at all independent and state schools, as well as scholarships being open to our existing pupils. The deadline for scholarship applications is Friday 15 November 2019.

Contact: [admissions@manorhouseschool.org](mailto:admissions@manorhouseschool.org) for further information and an application form, available from early September.

Our next Open Morning on Saturday 5 October at 10.00am will be a prime opportunity to learn about Year 3 and the Prep School.

Manor House School is known for providing girls with a happy and nurturing smaller school environment and achieving excellent academic results through an individual approach to teaching and learning.



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## THE DISTRICT COUNCILLOR WRITES...

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### **Help for Small Businesses**

If you run a small business in Surrey, Surrey libraries might be able to help you. You might be looking for affordable office spaces complete with all the essential IT equipment like computers, printers and meeting rooms.

If that is the case then Surrey libraries can help as all Surrey Libraries come with computers, free wifi and printers as standard. Some libraries also have meeting rooms and quiet study spaces as well.

Surrey libraries have also subscribed to a range of services such as genealogy, newspaper archives and company profiles, which can help you keep up to date for your next project. You can also have access to a wide range of e-magazines such as RBDigital Magazines, PressReader and New Scientist, as well as other specialist magazines like the Economist.



If you need some support getting started with computers, you can have a look at the courses available on the "Learn My Way" system or why not sign up to a digital buddy session? You can also see how you can use social media for your business or how to put together a business proposal. The team at the Libraries Information service will be on hand to help you out with whatever enquiry you may have.

### **Reduce the risk of fire in the home**

Safe and Well Visits can help to keep you, your loved ones and those you care for, safe from fire in the home. These free visits combine safety checks and advice to help people live safer, more independent lives.

As part of the visit, Surrey Fire and Rescue officers, and in some cases volunteers for the service, will carry out checks around the home to help reduce the risk of fire. These include making sure you have a working smoke alarm and, in some cases, supplying and fitting one for free.



Once the fire safety checks have been done, you will then have the

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## THE DISTRICT COUNCILLOR WRITES... (cont.)

opportunity to chat through other aspects of their wellbeing to see if there are things that can be done to help them in and around their home.

This could be assessing your risk of falls, or discussing issues with mobility, sight, hearing or memory problems. Surrey Fire and Rescue can then recommend services that could help, or changes that can be made to allow you to live more safely and independently in your own home.

If you would like to book a free Safe and Well Visit for



yourself or for a friend, relative or someone you care for, please call 0800 085 0767 or book online through [www.surreycc.gov.uk](http://www.surreycc.gov.uk)

### What to do if a fire breaks out in your home

Whether the fire has been discovered by you or your smoke alarm, stay calm and put your Home Fire Action Plan into action.

- Raise the alarm.
- Shout to wake everyone up, get everyone together, and make your way out by the quickest route. This should be by the front door.
- Do not investigate the fire.

- Do not open any doors other than ones which you need to escape through. Check doors with the back of your hand; if they are warm it means the fire is on the other side, so do not open them.

- If there is smoke, crawl along with your nose near to the floor where the air will be cleaner.

Once everyone is out of the house call the Fire Service on 999 from a call box or neighbour's house. Do not go back in until the Fire Service tell you it is safe.

### Community Transport

The District Council's refreshed Community Transport service will pick up members from home and provide transport around Mole Valley. The service operates on a first come, first served basis and runs daily;

Monday – Friday: 8.30am – 5pm

Saturdays: 9am – 4.30pm

Sundays: 9am – 2pm



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## THE DISTRICT COUNCILLOR WRITES... (cont.)

users or those with mobility problems and the drivers are always on hand to assist. You must register as a member to use this service and membership to the scheme is available to Mole Valley residents:

- older people – particularly those who are frail or housebound
- younger people with physical and/or sensory and/or visual disabilities
- individuals with learning disabilities
- children who have a disability



The cost of the membership is £26 per year or £50 for a joint membership.

You can complete an online form at [www.molevalleylife.co.uk](http://www.molevalleylife.co.uk), by calling 0300 123 7749 or by email to [mvlife@molevalley.gov.uk](mailto:mvlife@molevalley.gov.uk) and asking for them to send you an application in the post.



### Facts about Sepsis

Did you know that every year in the UK there are 150,000 cases of sepsis, resulting in 44,000 deaths? That's more than bowel, breast and prostate cancer combined.

Sepsis is caused by the body's extreme response to an infection, which can lead to tissue damage, organ failure and even death. It can occur following chest or water

infections, problems in the abdomen such as burst ulcers, or minor skin injuries like cuts and bites.

Everyone encounters these common kinds of infections but on rare occasions the body responds abnormally and causes sepsis. It is best to know the signs so it can be diagnosed and treated early.



Unfortunately, everybody is at risk of developing sepsis. However, some people are more vulnerable, particularly children under five years old, so it's important you know the symptoms to look out for in youngsters:

- A mottled look, bluish or pale
- Is lethargic or difficult to wake up
- Feels abnormally cold to touch
- Is breathing very fast
- Has a rash that doesn't fade when you press it
- Has a fit or convulsion

If your child has any of these symptoms, call 999 or head straight to A&E. To find out more about sepsis, including the symptoms to look out for in older children and adults, take a look at the NHS Choices website.

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# THE DISTRICT COUNCILLOR WRITES... (cont.)

## Handy Person Scheme

The District Council wants to help older or disabled residents to be able to live safely and independently at home.

Mole Valley District Council is working in partnership with Millbrook Healthcare to provide an enhanced professional handy person scheme in Mole Valley.

Through the partnership, the aim is to promote and assist independent living at home by carrying out adaptations and repairs.

Those who feel vulnerable, have a disability or are advancing in age generally prefer to remain living independently in their own home for as long as possible. This can prove difficult with obstacles such as stairs, steps, getting in and out of the bath and facing day to day home maintenance issues.



Millbrook HealthCare's trusted team of technicians have years of experience advising and providing

practical solutions to everyday difficulties. The low cost service is available for minor work that you may no longer feel confident to do around your home.

Typical jobs covered by the service;

- banister, grab and hand rails and small ramps and half steps
- lever taps
- door entry systems, door chains and door spy holes
- replacing curtain tracks and hanging curtains
- replacing light bulbs, including fitting energy efficient bulbs

All the technicians are multi-skilled and DSB checked and can carry out most minor carpentry, plumbing and electrical work. The council can provide security and energy efficiency measures too.

The aim is to keep fees low and prices start at £29.50 per hour but vary depending on the job.

Millbrook Healthcare will endeavour to inform you of the cost before any work is undertaken. For more information call 0330 124 3758 or email [surreyhia@millbrookindustries.co.uk](mailto:surreyhia@millbrookindustries.co.uk)

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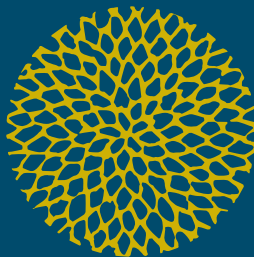
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**Visit to Osborne House 22 July 2019**

her children and grandchildren.

We had been promised a day of 27 degrees, and it did materialise, but not before the 45 of us had shivered in shirtsleeves on our crossing to the Isle of Wight.



The much loved holiday home of Queen Victoria and Prince Albert looked slightly austere with its Italianate style, but the view was wonderful, and Dorking's own Thomas Cubitt had followed his patrons' instructions, and inside, created a home that managed to combine spaciousness and a feeling of a relaxed family escape.

The cosiness was aided by the Victorian clutter, mainly 19th century bronzes and other sculptures, pictures, and furniture that were birthday presents from Victoria and Albert to each other. Particularly atmospheric were the study with 2 desks where Victoria and Albert worked side by side, [his slightly smaller!], the nursery with 3 identical cots to accommodate 3 of the 9 children, and Victoria's bedroom where she died in 1901 surrounded by

In addition to the main house, there was the beach where the Queen's bathing machine was on show, and children were playing, just as the royal children did over a century ago. The scene resembled an impressionist painting, with the odd modern addition such as a large container ship.

But the place that really emphasized the importance of the family for Victoria, and especially Albert, was Swiss Cottage, built in its own grounds in chalet style to give the children a taste of their father's happy childhood in Germany. One could almost feel the childrens' presence, especially in the kitchen where they practiced cooking, the very well organised little museum, and the 9 individual childrens' gardens, where they were encouraged to grow produce that their father would buy from them at market price, an approach that chimes with priorities today!

Some comments on the coach home: "very engaging, helpful, and knowledgeable staff", "English Heritage maintains the grounds and gardens beautifully", "A really enjoyable day out". A big thank you to our expert driver Simon, and organisers Sue, Sheila, Deanne and Sally.

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## Westcott Clubs Need You...

... to tell us all about them.

Are you involved in a sports club in Westcott?  
Do you run, walk, yoga or dance your way to fitness? Do you run a class or club in the village?  
Do you paint, craft, sing, draw or create something lovely? Do you participate in an activity we could publicise?



We are trying to get together a directory of all the clubs in the village which will feature in the magazine as a 4 page pull out section and maybe attract more people to your activity. We haven't had enough replies yet for a pull out, so those who have responded can be found in this month's magazine, but we really do need everyone!



Please email [editor@westcottmag.com](mailto:editor@westcottmag.com) with any details as we can't possibly know about them all otherwise.




## St John's Chapel Café

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# SCOTT BROOKS CRICKET MATCH

This year the Westcott Cricket Club 'Scott Brooks Match' took place on 7th September at Stable Meadow. It is an annual event, but as this year's was the 25th and as the Club needed funds to refurbish the Club Room and Bar, it was decided to help raise funds and to dedicate the Room to Scott.

Scott, who was born and bred in Westcott and attended the village school, tragically died in a car accident on Coldharbour Lane on 31st March 1995, when he was just 20 years old. He was a brilliant cricketer and was due to become the youngest-ever Westcott Club Captain the very next day. His friends and family meet every year at this Match to remember him.

This year we had a refreshment tent with a huge selection of donated cakes etc, activities such as face painting for the children and an after match BBQ. The Bar was of course open for business.

Three teams played against each other; two made up of friends of Scott and his brothers, Adam and Toby,

and one of WCC members. The WCC team won after an exciting finish. The youngest player was just 10 years old, the son of one of Scott's close friends, and he took two wickets with his deceptive bowling!



The day was very much enjoyed by all those who attended and a substantial amount was raised for the fund. A plaque was unveiled commemorating the day.



Our thanks go out to all those who made cakes etc, contributed prizes for the games and raffle and helped with the running of the day. Also many thanks go to the WCC who support this event, on the first Saturday in September, every year



**Madeleine Brooks**

# RIVERBANK SURGERY UPDATE

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## **Reallocation of Dr Guilder's registered patients**

You may be aware that in October 2018 Dorking Medical Practice merged with Dr Tom Guilder's practice in Westcott. Dr Guilder retired from the merged practice in the Summer of this year and I am sure you will join us in thanking him for his long and dedicated service to the NHS.

The transition from a long-serving family doctor is always difficult and ever since the merger of practices we have been in the process of harmonising cultures between our three sites (New House Surgery, Dorking; Hillside Surgery, Boxhill; Riverbank Surgery, Westcott), whilst at the same time retaining focus on holistic and evidence based medical care.

If your registered GP was Dr Guilder, we are in the process of allocating you another named GP. They will have overall administrative responsibility for the care and support that our surgery provides to you. This does not prevent you from seeing any GP in the practice as you currently do, as all your medical notes are available to all of our clinicians.

You do not need to take any further action, but if you have any questions, or wish to discuss this further with us, please contact us on 01306 875577 (Riverbank Surgery) or 01306

881313 (New House Surgery) or via email at [newhouse.surgery@nhs.net](mailto:newhouse.surgery@nhs.net). You will also find some useful information on the website at [www.dorkingmedicalpractice.co.uk](http://www.dorkingmedicalpractice.co.uk).

## **Quick Q&A**

### **Q: Will Riverbank surgery still be able to dispense medication to me?**

A: Yes – if Dr Guilder was able to dispense to you prior to the merger, then Dorking Medical Practice will also be able to do the same.

### **Q: Why has it taken so long to inform me of my new named GP?**

A: We apologise for any inconvenience this may have caused. Dr Guilder formally retired from the practice at the end of June 2019 and then carried out some ad hoc shifts in July and August. The process of transferring the 2000 patients allocated to him has to be done manually on the computer system and is being done as a matter of priority by our administrative team.

### **Q: Do I have to see my named GP?**

A: Your named GP is for administrative purposes only, and you are free to see any GP of your choice. Having a named GP helps the practice equally distribute administrative workload to the clinicians.

### **Q: Is the surgery doing anything to help with continuity of care and familiarity?**



## RIVERBANK SURGERY UPDATE (cont)

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A: Yes – Doctors Dhoul, Loveless and Qureshi will be carrying out the majority of the clinics at Riverbank Surgery. We have 12 GPs in total and in case of annual leave or sickness, our other GPs will provide clinical cover. All our consultations are recorded electronically and so whichever GP you see will have access to your full medical records.

### **Q: How is Dorking Medical Practice regulated?**

A: We are regulated by the Care Quality Commissioner (CQC) and we are proud to announce that following a full inspection in July this year, we were rated as Good across all assessed parameters.

### **Q: What services can I expect at Dorking Medical Practice?**

A: We provide the full range of General Practice services across all 3 of our sites. We are fortunate to have an experienced clinical team consisting of 12 GPs (4 GP partners and 8 Associate GPs), 4 Practice nurses, 3 Healthcare Assistants and 1 Phlebotomist. We are also able to offer advice and appointments with our in-house Musculoskeletal Practitioners, Clinical Pharmacists and Midwife.

### **Q: Do you provide any other medical services?**

A: We are also able to offer the following enhanced services:

- Extended hours (evening and

weekend surgeries) – available Monday to Friday 6.30pm to 9pm, Saturday 9am to 1pm, and Sunday 9am to 1pm. You will either be offered an appointment with a GP or nurse at our main site in Dorking or another practice within Dorking.

- Specialist clinics in Contraception and Gynaecology
- Access to GPs with specialist interests in Cardiology, Dermatology and Diabetes.

- In-house specialist Diabetic Nurse
- In-house specialist Respiratory Nurse for Asthma and COPD
- In-house wound specialist Nurse
- Travel clinic, family planning services and childhood immunisations
- The practice is also involved in running the local rehabilitation ward in Dorking Hospital and leads on the Community Medical Team

### **Q: I have heard that you are a GP Training practice, what does this mean?**

A: We are committed to the education of future doctors. This requires us to achieve specific performance indicators that demonstrate high quality standards of medical care. We currently have two GP Trainees, both of whom are fully qualified doctors and are supervised by more experienced GPs within the practice.

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# WESTCOTT FAMILY TENNIS FESTIVAL

The third Fun Family Tennis Festival in aid of Holy Trinity Church took place on Sunday 8th September in and around the Balchins Lane area of Westcott. Despite the early chaos following serious car and motorbike crashes on the A25 which stranded families of competitors in the ensuing gridlock, by 2pm, nearly fifty competitors took to their respective courts ready to begin their mini-tournaments in the blazing sunshine.



My thanks go to Jim and Cath Glover for the last minute loan of their court and also to Peter and Anna Kemkers, Renee and Dom Paul and Peter and Sheila Dunckley for hosting teams too.

With more courts in use than ever before, with ours making the fifth, this felt like a real community and family event as parents paired up with their children aged from 7 to 20, grandparents played with their grandchildren and next-door neighbours and friends made up teams to compete together. Jonny Thomson, Head of Junior Tennis at Woking

Lawn Tennis Club was our coach and, under his guidance, the afternoon soon got competitive as many rusty players realised that tennis is not only a really accessible sport that you can play at any age but also incredibly sociable and really good fun!



I am pleased to report the winners and runners-up of our five different competitions as follows:

Winning pairs were  
Charlie Steer and Jethro Steer (youngest son aged 9 and Dad)  
Matt Friend and Cath Friend (son aged 17 and Mum)  
Kaden Van Niekerk and Mark Van Niekerk (youngest son aged 10 and Dad)  
Harriet Proctor and Brian Proctor (youngest daughter aged 11 and Dad)

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## WESTCOTT FAMILY TENNIS FESTIVAL (cont.)



Runners up were Ben Buckle and Catherine Buckle (son aged 11 and Mum) Harvey Steer and Katie Lewis (friend aged 10 and grown-up next door

angled backhand) and to Holly Druce aged 7 for winning the Coach's Special Prize for her super hard work on the tennis court.



neighbour)

Harry Baxter and Marie Baxter (son aged 9 and Mum)

Abbie Kendall and Debbie Kendall (daughter aged 10 and Mum)

Millie Steer and Louise Steer (daughter aged 12 and Mum)

My congratulations go to all the winners and runners up and to everyone who had a go. They also go to the Proctor family for winning the 'Best Outfit' prize, to Sheila Dunckley for the 'Most Effective Shot' prize (a sneaky cross-court



After completion of all the matches, everyone returned to our house for the prize-giving ceremony (with prizes kindly donated by Jonny) and the BBQ was soon in full swing (pun intended!) It was a pleasure to be joined then by many more villagers, and by Alan Jonas, all keen to support the event.

Thank you everyone for joining in the fun, making such appetising contributions to the salad and dessert tables and for helping to create such a fantastic atmosphere throughout the day. It was a joy to get you all together and, with several other courts in Westcott, there is scope yet for more teams to play next year. Watch this space for details of the 2020 Fun Family Tennis Festival!

**Karen Ratzke**

### ***THANK YOU!***

*Steph, Stuart and Hannah Ryland would like to thank the anonymous person(s) who very kindly dropped a gift to us through our door at the beginning of the school holiday. It was very much appreciated and has been well used. We were overwhelmed by your generosity. Thank you again.*



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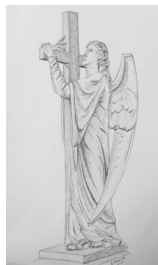
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# EDDIE MAXWELL - ARTIST



Just over a year ago, I drew a picture of Holy Trinity. Drawing was a childhood passion, but I'd barely produced anything during the last 35 years, the intervening time largely focused on pursuing a career as a musician.

I posted the picture on Facebook and things snowballed: the encouraging feedback resulted in requests from my



musician friends to draw, and sell prints of, a series of London music colleges, starting with the Royal College of Music, where I trained as a trumpet player.

Over the last year, I've received a few commissions, sold over 50 prints and had prints stocked in a London music shop. Not exactly enough to give up



the day job, but it's been a fun diversion and paid for a few beers along the way. While churches and pubs in pen and ink are my favourite

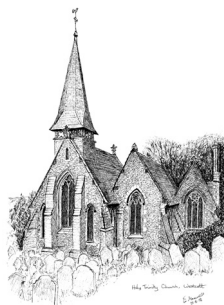
subjects, I've also branched out into coloured pencil portraits of pets (and am available for commissions).



Some thoughts from my little adventure:

Take up something new, resurrect an old hobby or challenge yourself to do something outside your comfort zone. Doing something something creative is therapeutic and good for the soul. You can get immersed in a different world, away from the humdrum routines of everyday life. Don't just be a passive consumer, but make the time to write, draw, sculpt, make music, sew, knit, bake, etc. Share your creations with

friends. For all the faults of social media, it was the generous comments of friends on Facebook which gave me the motivation to continue.



Framed prints (40x50cm) of Holy Trinity are available for £30 with 55% of profits going to Papua Partners - please contact me on 07973 181870, [ed@edwardmaxwell.com](mailto:ed@edwardmaxwell.com) or [www.edwardmaxwell.com](http://www.edwardmaxwell.com)

**Eddie Maxwell**

## Living beyond our means

Have you heard of Earth Overshoot Day? This is the day of the year on which humans have used up 100% of that year's supply of natural resources. For the rest of the year, the way we live means that we will be consuming more resources than the planet can generate annually.



In 1970 Earth Overshoot Day was 23rd December, this year it was 29th July - meaning that for the remaining five months of 2019 we are living in ecological debt.

Although undoubtedly population growth is a factor, an important dimension is that certain countries consume more of the planet's resources than others. If everyone lived as we do in Europe, Earth Overshoot Day would have been May 10th. This surely signals that something is very wrong.

Overconsumption uses up natural

resources and releases waste - primarily carbon dioxide - into the atmosphere. This in turn leads to increasing deforestation, biodiversity loss, water scarcity, air pollution and climate breakdown.



Who pays the price of our ecological debt? It will be our children and already those in developing countries, who are becoming increasingly vulnerable to extreme weather events - causing droughts, flooding and food shortages.

Action from national governments is needed but we can take responsibility, as individuals, to live with more care. To stop buying things that we really don't need, to look after the things we have, to make them last longer, and to re-purpose or recycle our waste as much as possible.

**Jakki Phillips**



## REDUCE

Only buying things that you really need has lots of benefits, besides helping the planet! It saves you money and time - and less 'stuff' means less mess!



## REUSE

Globally we produce around 100 billion items of clothing a year – this takes its toll on the planet and on the people who make them. Turn your back on fast fashion and get creative with what you already have – tips can be found on [www.loveyourclothes.org.uk](http://www.loveyourclothes.org.uk).

Need help with mending? Take items along to Dorking Repair Café, Saturday 5th October 11am at Dorking Christian Centre.



## RECYCLE

Hopefully you'll already be using your green bin to recycle bottles, jars, paper and cardboard, plastic bottles, food tubs and trays, and food and drinks cans. You can also leave separate bags of textiles and small electrical items on the kerbside for collection.

Terracycle is a recycling company that offers a range of free programmes – such as biscuit wrappers and crisp packets - that are funded by companies, as well as solutions for recycling almost anything. [www.terracycle.com](http://www.terracycle.com)

**Come along to Eco Café at St John's Chapel on Monday, 14th October from 7-9pm – to find out more about how you can Reduce, Reuse and Recycle.**





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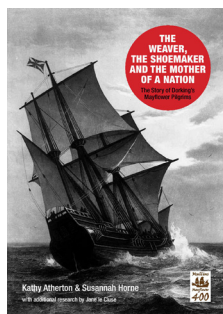
## DORKING MUSEUM

Our current exhibition, **'Those who came before us'**, opened at the end of September and is presented in conjunction with art psychotherapist Sophia Cowx, building on our successful Eye to Eye experiment last year. It follows this year's National Refugee Week theme, 'You, me and those who came before', an invitation to explore the lives of refugees – and those who have welcomed them – throughout the generations and explores Dorking's response to past refugee crises.



Belgian refugees at a christening in Dorking  
Image: Collection Nicky Vileyn van Hove, Brussels

Sophia offers an artistic exploration of the emergence of the poppy symbol at the end of the First World War 100 years ago as a creative response to the trauma of war, and examines the poppy's connections with healing over the centuries.



**New book: 'The Weaver, the Shoemaker and the Mother of a Nation; The Story of Dorking's Mayflower Pilgrims'** by Kathy Atherton and Susannah

Horne is published by The Cockerel Press and available now from the Museum.

The home of shoemaker William Mullins on Dorking's West Street is the only known surviving home of a 'Pilgrim Father'. But Mullins was just one of six residents of the town to travel to the New World on the Mayflower in 1620. Who were the others and what were their lives in Dorking like? Why did they leave the place of their birth on a perilous journey to an uncertain future? And how did they fare in the precarious new colony?

This book tells the story of those who risked everything, leaving friends and family to start a new life. But it also provides insight into day to day life in the town they left behind. The authors will give a Gallery Talk and sign copies of the book at an official launch at the Museum on 21st November.

**Walking in Dorking:** This month, we feature three of our very popular local guided walks with open days for individual bookings. See the Museum website for details of these and other guided walks and to book for open days or group walks.

- **Sunday October 13th, 2pm: The Mayflower 400 Walk – Dorking in the Time of William Mullins.** Marking the 400th anniversary of the sailing of the Mayflower, the team showcase buildings that were in existence during that time and which survive today. Walkers will see 16th/17th century

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## DORKING MUSEUM (cont.)

cottages, the site of the market hall and the communal washing place, the site of compulsory Sunday morning archery practice and the inns that our local travellers would have known.



Market Hall, in the 1590s by P Daws, Dorking Museum Collection

It is a chance to see Dorking from another angle, looking

beyond facades and down little visited alleyways.

• **Sunday 27th October, 2pm:** Our ever-popular guided walk of **The Deepdene Trail** takes in the grotto, woodland walks, parterre and temples, spectacular views across the Weald and exclusive access to the grade II\* listed Hope family mausoleum.

• **Thursday 31st October, 6.30pm: The return of our Historic Dorking Spooky Halloween Ghost Walk.** Come face to face with some of Dorking's spectral historical inhabitants on this guided walk through the town's streets. Spooky encounters are guaranteed with the orphaned, the bankrupt, the imprisoned



and the murdered characters of Dorking's past whose spirits will come alive for one night only.

**Dorking South Street Caves:** Take a trip under the streets of Dorking to explore the famous 17th century caves. Discover how they were created and how they evolved over the centuries. Check out the 'mystery chamber'.

Open Day is on **Saturday 26th October, with tours at 10am, 11am, 1pm, 2pm.** On **Thursday 31st October, the Caves team offer Spooky Cave Tours,**



a special Halloween version of the Cave tours with added ghosts and special stories of the legends and mysteries of the Caves. Tours at 5pm, 6pm and 7pm – ghost-proof sensible shoes required. Children must be over 5 and accompanied by a brave adult.

Cave tours must be pre-booked through the Museum website. Open day bookings do sell out very quickly, but group tours are bookable by appointment.

The Museum is at 62 West Street, Dorking RH4 1BS. Open Thursday, Friday, Saturday 10am-4pm. Visit [www.dorkingmuseum.org.uk](http://www.dorkingmuseum.org.uk). Enquiries to [admin@dorkingmuseum.org.uk](mailto:admin@dorkingmuseum.org.uk) or phone 01306 876591.

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## MUSIC IN DORKING



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22nd 29th at 8.30, Watermill Jazz at Betchworth Park golf club, £19-25, 07415 815784  
5th at 10.30, LHMFC Come and Sing at The Priory School, £23  
5th at 12.00, Music at Midday at St Martin's church, free, 01306 884229  
5th at 7.00, Voces8 at St Paul's church, £20  
6th at 3.00, Indian classical music at Dorking Halls, £19, 01306 740619  
8th at 6.45, opera screening at Dorking Halls, £18.50, 01306 881717  
10th at 2.30 & 5.30, Vaughan Williams concert at Leith Hill Place, £20, 0344 249 1895  
11th at 7.30, Trinity Boys Choir at St Barnabas church, Ranmore, £8, 01306 884153  
12th at 5.55, opera screening at Dorking Halls, £18.50, 01306 881717  
12th at 7.30, Dorking Chamber Orchestra at St Martin's church, £15  
15th at 1.00, opera screening at Dorking Halls, £18.50, 01306 881717  
16th at 1.00, opera screening at Dorking Halls, £18.50, 01306 881717  
24th at 7.30, opera screening at Dorking Halls, £18.50, 01306 881717  
26th at 10.00, Come and Sing at United Reformed Church, £18, 07847 477052  
26th at 5.55, opera screening at Dorking Halls, £18.50, 01306 881717  
28th at 1.30, opera screening at Dorking Halls, £18.50, 01306 881717  
28th at 7.00, ballet screening at Dorking Halls, £18.50, 01306 881717

October sees the Mole Valley Arts Alive Festival taking place in and around Dorking. This annual celebration of the arts has matured and greatly expanded over the years, and it now offers a wide range of activities embracing all the arts. There are many musical events included in the programme and all the details are contained in the festival brochure, available from the Dorking Halls and around Dorking. Do pick one up and go to some of the events!

The Dorking Concertgoers present their first concert of the season, a performance of Indian classical music given by Vijay Jagtap and friends. The music will include traditional ragas from north India as well as a series of improvisations based on traditional Indian themes. Vijay's group is renowned for their technical excellence and brilliant playing, and this is a great opportunity to experience some wonderful music from another culture.

The Dorking Chamber Orchestra's concert will include Mendelssohn's Hebrides overture, a Mozart violin concerto, and a symphony by Juan Arriaga, a promising Spanish composer who died just before his twentieth birthday and became known as the Spanish Mozart.





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## MUSIC IN DORKING (cont.)



Brockham Choral Society are bringing the internationally-known singing group Voces8 to Dorking. This group of eight singers will run an afternoon workshop at St Paul's church from 1pm, costing £10 for adults and free for children. They will then give an evening concert displaying their diverse repertoire of music.

The Leith Hill Musical Festival is holding a Come and Sing, with the distinguished choral director Brian Kay, a former conductor of the festival. The day will focus on a popular piece of modern music: Karl Jenkins' *The Armed Man*. Registration begins from 9.30 and the workshop will run from 10.30 until 4.45. For more details, see the LHMF website.

Another Come and Sing event is being held by Dorking Choral Society. Led by the choir's new conductor, Timothy Ferguson, the day will focus on the lovely Requiem by Duruflé, leading to a complete performance of the piece at 3.30. For under 25s, the day is free!

A concert to mark Vaughan Williams' birthday will be held at his childhood home, Leith Hill Place. It will be given by a young pianist and violinist from the Royal College of Music and the music will include VW's *The Lark Ascending*. The concert will last for an hour and will be followed by refreshments.

The Trinity Boys Choir will give a concert and sing some of the music from their forthcoming tour of Germany. The concert is entitled *Solstice* and will consist of music by the Tudor composer Nicholas Ludford, together with pieces by more modern composers representing the liturgical and meteorological seasons of the year.

The Dorking Halls has half a dozen opera screenings this month; they are obviously proving very popular! Opera lovers can take their pick from Mozart's *Don Giovanni*, Puccini's *Turandot*, Donizetti's *Don Pasquale*, and Massenet's *Manon*. There is also a screening of *Raymonda* from the Bolshoi Ballet.

The Music at Midday concert at St Martin's church will be given by four singers from the Godalming Operatic Society. They will perform a range of vocal works including Vaughan Williams, Sullivan and Monteverdi.

Watermill Jazz has the following performers this month: Issie Barratt's Interchange (1st), Alan Broadbent Trio (8th), Morten Schantz Godspeed (15th), Kathrine Windfeld Sextet (22nd), and Chris Ingham Quartet (29th).

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## GONG BATH THERAPY (cont.)

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<https://www.eventbrite.co.uk/e/chakra-balancing-gong-bath-in-dorking-tickets-62227241354>

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I have just arranged to do an additional class on Monday afternoons,  
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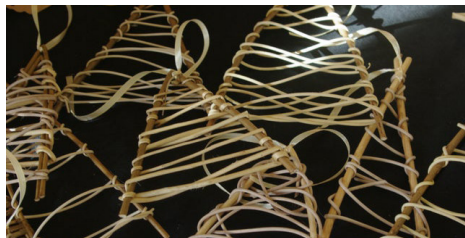
## LEITH HILL PLACE

Art and craft workshops are becoming a favourite at Leith Hill Place. Our scone-making workshops have been sold out through the summer, but luckily we still have exciting workshops to come.



The first is on **Monday 28th October, 11am-1pm**, just in time for Hallowe'en. Vickie Edwards, the talented Surrey Hills florist, will show you how to create a magnificent seasonal display for your home. All flowers and materials are included, as well as a delicious home-baked cream tea. £30pp

By the end of November our thoughts turn to Christmas. On **Tuesday 26th November, 10am-12.30pm**, you can learn how to make elegant willow stars and trees for festive decorations, led by popular willow weaver and artist Nicki Rowling. All the materials are included plus mulled wine or a hot drink and a



selection of sweet festive treats. £40pp

Leith Hill Place was the childhood home of English composer Ralph Vaughan Williams and live music makes a special addition to the house. On **Thursday 10th October from 2.30pm-4.30pm or 5.30pm-7pm**, young musicians from the Royal College of Music will perform a one hour concert to celebrate Vaughan Williams' birthday, including his best known piece: The Lark Ascending. Enjoy the beautiful music and outstanding views, not forgetting a slice of birthday cake. £20pp



In addition to these events, we also have a range of exhibitions through the seasons. Artist Blaze Cyan is exhibiting a display of detailed etchings depicting the majesty and mystery of trees, while 'The Fading of the Light', inspired by autumn at Leith Hill Place, features the work of over 20 artists. Both exhibitions are free with admission.

Aside from the exhibitions, all workshops and concerts advertised must be booked in advance on 0344 249 1895 or on-line at [www.nationaltrust.org.uk/leith-hill-place](http://www.nationaltrust.org.uk/leith-hill-place). For more information please call 01306 711685.

**Anna Trenter**

Dorking Friends of Cancer Research UK



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Welcome to autumn and our newest user the Surrey Academy of Ballet and Performing Arts every Tuesday in term periods 4.30-7.30pm.



The Surrey Academy of Ballet & Performing Arts is a long-established dance school of over 40 years. They provide fun ballet classes for 3/4 year-olds, syllabus Ballet and Tap, Musical Theatre (Song & Dance) and Contemporary Dance classes for children from 4/5 years to senior. They have a specific Adult Ballet class running too. All teachers are qualified and experienced, many with a strong performance

background and are affiliated to the Royal Academy of Dance and the ISTD (The Imperial Society of Teachers of Dance). All teachers hold an Enhanced DBS and optional exams are taken termly. Their students take part in a biennial showcase at local theatres and many of them are picked to dance in local professional pantomime.

They are proud of students who have recently been offered places at prestigious dance establishments such as The Royal Ballet School, Northern School of Contemporary Dance, Trinity Laban, Central School of Ballet and Tring Park to further their careers. All are welcome who wish to dance for a hobby. Please contact the Administrator on 07941 008321 or email them at [surreyacademyofballet@outlook.co.uk](mailto:surreyacademyofballet@outlook.co.uk). Their website is [surreyacademyofballet.co.uk](http://surreyacademyofballet.co.uk)

We can offer plenty of party time space in the run-up to Christmas and the Hall is available on New Year's Eve too. For regular users we also have slots on Monday afternoons, Wednesday mornings and Friday afternoons. More information from the Reading Room website [www.westcottreadingroom.org.uk](http://www.westcottreadingroom.org.uk) or by phone on 07967 286636.

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August was a lovely month at the woodland with many butterflies, water life in the pond and young birds, especially an increase in the number of woodpeckers this year.

On 31st August we held our annual Charity fund raising dinner/cabaret which was an excellent evening and raised £2,000 for our Memorial Fund. We were very grateful to the wonderful performers who gave up their Saturday night to entertain us all for the Charity. All monies raised goes towards assisting ex-servicemen in times of difficulty.



As September marches on we are feeling a little autumnal air in the woodland and the fungi are appearing once more. We welcomed a family who had a private Commemoration service and planted a tree in memory of a husband, father, grandfather and ex-soldier who passed away this year. His memory will live on forever in our woodland.

We will of course be holding our Remembrance Service on Monday 11th November when we will gather at the Monument in the woodland at 10.40. ALL are welcome to join us.

Another date for your diaries is Saturday 7th December when we will be holding our Christmas at the Woodland event. This was a huge success last year and again we will have stalls selling Christmas gifts, toys, cakes and Christmas decorations. There will be a children's tombola, a bottle tombola and a Christmas raffle.

Father Christmas will arrive and hand out gifts to the children in his Grotto. The cost is £6 per child parents and guardians are free. Children must be booked in as we need to know how many presents for Father Christmas to bring and places are limited. Contact [debbiehornblow@yahoo.co.uk](mailto:debbiehornblow@yahoo.co.uk) as soon as possible to avoid disappointment.

Don't forget the Woodland is open 24/7 even if I am not there, you can park at the front of the main car park and enter the woodland. If I am there come and see me in the cabin for a cup of tea.

**Paul Cooling**  
**Chairman**  
**QRMW**



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# RESPONSIBLE DOG WALKING

---

Dog poop, the brown stuff, droppings, faeces - yep, it's the dreaded act that any dog owner has to partake in when out with their pets, picking it up or generally ignoring the entire process.

I myself am a dog owner, and I take full responsibility for picking up my dogs' droppings, although it is not up there on my list of favourite things to do while out on my evening walk. Recently, while out saying hello to passers-by, there has been some discussion that finding doggy bags hung on gates and left on the floor are not necessarily an act of goodwill! Myself and other countryside lovers can't seem to understand that if some dog owners make the effort to pick up their dogs' poo, why won't they dispose of it efficiently?

Understandably, a lot of dog poo bags are advertised as biodegradable, so it doesn't appear on the surface that anyone is harming the environment, but sadly, wildlife could still be prone to digesting these bags and like all plastic bags, they can take years to decompose, some even up to 100 years. Not to mention that they are an eyesore and one of the most single frustrating things to pass while out on a walk as it doesn't quite make sense how leaving a bag of poo amongst the countryside means that it is picked up?

A good example that I saw of this myself was an early morning walk I did

not so long ago with my husband and our three dogs. We were approaching a kissing gate near the National Trust office in Westcott and from afar we saw a fluorescent pink object hanging from a gate. As we approached, I was surprised to see it was actually a dog poo bag! A BRIGHT PINK dog poo bag! Not only was it left on the gate irresponsibly, but it looked like it was flagging up a sporting event! When did dog poo bags become so fashionably colourful!?



The law states that if caught, anyone can openly be fined up to £50-£80 on the spot if they let their dog foul in public areas. This also includes purposely not carrying any doggy bags with them. However, exceptions are made for rural and agriculture areas. So quite simply, if you are going to pick up your dogs' poo, take the bag HOME with you and dispose of it in a suitable dog bin or push it to one side of the sidewalk so that it is out of the way. This way dog

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## RESPONSIBLE DOG WALKING (cont.)

poo bags will not be seen as a sign of littering and an irresponsible act caused by dog owners.

We would like to think that all dog owners believe that picking up their dogs' droppings from footpaths is naturally agreed, and there are many

who just let their dogs go anywhere. However, there should be no in-between, bagging and leaving it for someone else to either pick up or left for the countryside to deal with is NOT a being a responsible owner!

**Hayley Macdiarmid**

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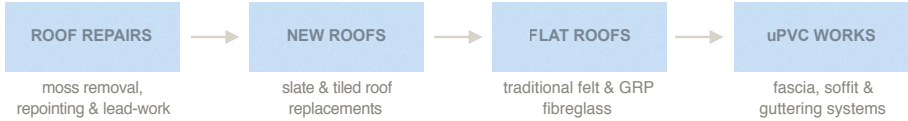


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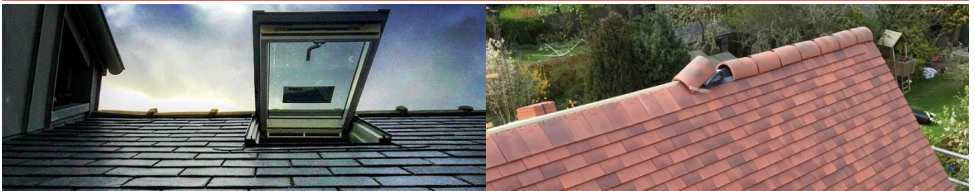


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The autumn colours are starting to look wonderful as we move into October and what better to enjoy them than a good walk in our lovely countryside. We are so lucky to be surrounded by some of the best walking opportunities in the country, right on our doorstep. This month, we have a wide choice of walks around the area with something to suit everyone so do come along and give us a try. Part of the Ramblers Association, Mole Valley Ramblers organise group walks across the heart of Surrey and further afield, on weekdays and at weekends, with a range of distances from 3.5 to 14 miles and levels from leisurely to strenuous, as shown below in the list of walks organised for October. Visit [www.molevalleyramblers.org.uk](http://www.molevalleyramblers.org.uk) for full information, including where to meet



## **Leisurely – 3.5-4.5 miles**

Thursday 3rd: Ranmore and thereabouts, avoiding the golf balls. 2pm, 4.5 miles.

Monday 14th: Taking note of Norbury. 2pm, 4 miles.

Saturday 19th: Hammer and Roughs. 10.30am, 4 miles.

Thursday 24th: Pitch Hill perambulations. 10.30pm, 3.5 miles.

## **Moderate – 5.5-12 miles**

Wednesday 2nd: East of Polesden. 10am, 6 miles.

Wednesday 2nd: Up hill and down dale. 10am, 6.5 miles.

Sunday 6th: A circumnavigation of Polesden Lacey. 9.30am, 7.5 miles.

Wednesday 9th: Grand designs and lovely views. 10am, 5.5 miles.

Wednesday 9th: Hydon's Ball and Hascombe Hill. 10am, 7.5 miles.

Saturday 12th: Autumn colours in Windsor Great Park. 10am, 12 miles.

Sunday 13th: Below the Hog's Back. 10am, 6.5 miles.

Wednesday 16th: Explore West Blackheath and see Chilworth Manor. 10am, 6 miles.

Saturday 19th October: Gomshall and Hoe. 10am, 6 miles.

Sunday 20th: Exploring Leith Hill. 9.30am, 6 miles.

Wednesday 30th: Seasonal delights of Richmond Park. 10am, 6.5 miles.

Wednesday 30th: Holmbury and Pitch Hills. 10am, 6.5 miles.

## **Strenuous – 6.5-14 miles**

Saturday 5th: The three hills extravaganza. 9.30am, 14 miles.

Saturday 14th: Great Kentish Houses. 10am, 11 miles.

Wednesday 16th: Shere Drop. 10am, 10.5 miles.

Wednesday 23rd: Box Hill, Brockham Hills and the Lime Kilns. 10am, 6.5 miles.

Wednesday 23rd: Leith Hill again and again. 10am, 7 miles.

Saturday 26th: In search of an Elizabethan Oak. 10am, 12.5 miles

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## RIVERBANK SURGERY

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OPENING TIMES:	<u>Morning</u>		<u>Evening</u>
Monday	8:00 - 12:30		1:30 - 6:30
Tuesday	8:00 - 12:30		1:30 - 6:30
Wednesday	8:00 - 12:30		Closed
Thursday	8:00 - 12:30		1:30 - 6:30
Friday	8:00 - 12:30		1:30 - 6:30

The emergency out of hours mobile number is **07501 655200**

The surgery phones are diverted from 1.00-2.00pm





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