

Westcott Village Magazine

February 2020



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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

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

Copy Deadline for
March 2020 issue:

8th February 2020

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



"I have now had ... a good browse through the January issue and got quite distracted by the excellent content."

Please pass my congratulations to the Editor and contributors to this excellent magazine."

So reads an email received by the magazine team in the last couple of weeks. It's lovely to know that someone is reading and enjoying the content that goes in to make up your village magazine, and it was extremely kind of them to go to the

trouble of letting us know, as it makes all the hard work worthwhile!

We have all the usual items this month, plus a couple of 'thank you's' - and although one of them is for a very sad reason, they do show that Westcott can be a supportive place to live and that people are there when you need them.

If you have a message for the village, feel free to send it to me and I will include it in the next issue.

Cath
editor@westcottmag.com

Baby Meals

The Westcott Baby Meals Cooks have kindly catered for Westcott families for over 16 years, buying, cooking and delivering hundreds of meals over the years! It is such a highly valued gift at what is often a chaotic and difficult time as families adjust to their new arrival.

If you are expecting a baby or know a family in the village that is, or if you would like to join the cooks' list, please get in touch.

annakemkers@hotmail.co.uk or 07710 425487



...FROM ALAN JONAS, VICAR OF WESTCOTT



The Old Testament prophet Jeremiah spoke of an earnestness, focus needed to truly know God - "You will seek me and find me when you seek me with all your heart" (29:13).

His thought is echoed in Jesus' teaching: "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened." (Luke 11:9-10). In these words lie the great promises of fulfilment, completion, truly knowing God.

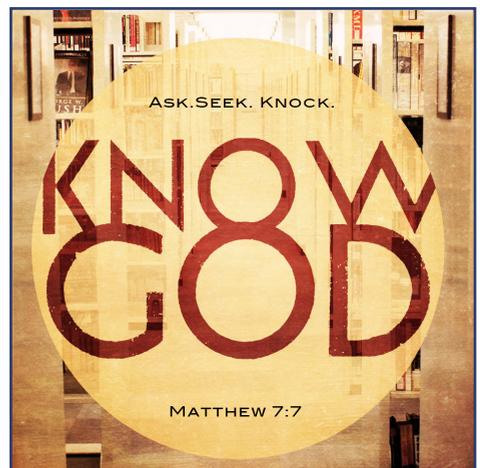
Knowing God, can be as immediate as simply praying, talking your thoughts/wishes to Him. I hope and pray you know that to be the case – God is there for you in the simplicity of a "conversation". But, there is a danger of relationship with God being superficial; the full blessing that is ever possible in Him can only come with an unavoidable seriousness, need for focus, persistence – asking until the answer comes, seeking until there is epiphany, knocking until doors are opened. The whole self has to be

engaged to know God – "You will .. find me when you seek me with all your heart".

To seek means to pursue, search, strive for, concentrate. All of this is needed in the spiritual life. It means engaging in "disciplines" of spiritual practice. It can feel easier to reject any suggestions of seriousness, discipline, focus – we live in a culture that prefers entertainment and sound-bites, but, of course, a shallow life can never satisfy, cannot reach the depths of our soul.

....A SHALLOW LIFE CAN
NEVER SATISFY, CANNOT
REACH THE DEPTHS OF OUR
SOUL...

We are working in our Church to develop a deeper focus to our lives that will mean we are truly seeking God "with all your heart" – we are focussing on "12 Practices of Discipleship".



12 PRACTICES OF DISCIPLESHIP



Understanding & reading the bible
Fellowship
Eating together
Breaking Bread & Communion
Be filled with the Holy Spirit
Prayer

Sharing Resources
Serving
Gladness and Generosity
Worship
Healing and Miracles
Making More Disciples

JOIN US ON SATURDAY 29TH FEBRUARY

Amongst other topics this term, we are concentrating on “Being filled with the Holy Spirit”. You are very welcome to be a part of this – see below for more details.

Seriousness is not solemnity, focus is not heaviness. The Christian is a person who can be full of joy, humour, lightness and celebration, but who knows this gladness with life comes from a soul focussed to know God.





THE
Holy Spirit

Being Filled with the Holy Spirit

Saturday 29th February

9.45 am – 1 pm Holy Trinity Westcott
with Rev'd Mark Castleton, of "New Wine"

What does it mean to be filled with the Holy Spirit?

What are the obstacles to being filled with the Holy Spirit?

What can I do to be filled with the Holy Spirit?

A morning of talks, prayer and worship

All are very welcome. No charge.

Contact Alan, Vicar for more information, you are coming.

Also sermons focussing on "Being filled with the Holy Spirit"

– Jan 26th, Feb 9th, Feb 23rd.

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. Creche and children's activities every week.
 4.00 pm - a quiet traditional service, usually "Evensong", Communion with prayer for healing monthly

DATE	THEME	8:30AM	10:15AM	4:00PM
2nd Feb	Candlemas	Book of Common Prayer Communion	Celebrate Breakfast Communion	Evensong
9th Feb	Be Filled with the Holy Spirit (2)	Book of Common Prayer Communion no music	Parish Communion	Evensong
16th Feb	Marriage Matters	Book of Common Prayer Communion	Morning Worship	Evensong
23rd	Be Filled with the Holy Spirit (3)	Book of Common Prayer Communion	Parish Communion	Even Holy Communion with Prayer for Healing



Evening Service 4 pm for the winter months (to end of March)

A lovely, reflective way to end the week-end.
 Let's keep an evening service going in Westcott!
 Alan J Vicar

MID WEEK SERVICES

Wednesdays	10am	Communion at St John's
Thursdays	8:30am	Morning Prayer at St John's

Candlemas

Sunday 2nd February

9.30 am **Continental Breakfast**

10.15 am **All-Age Service of Light
and Celebration**

Services also at 8.,30 am and 4 pm



The official end of Christmas with a lovely focus on light

Join us to mark the start of Lent.

ASH WEDNESDAY

26th February

10 am: **Wednesday Communion** as normal in
St Johns

8: pm **Special Service of Communion** and
Ashing in Holy Trinity

FLOODLIGHTING

The floodlighting for February has been sponsored by Westcott Village Association.

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

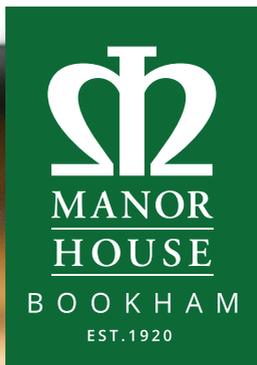


Christmas celebrations in Westcott...

...thank you. From the Carol Service on 22nd December to finishing our celebrations with a short Communion service on Christmas Day, we enjoyed a footfall of over 500 people through our Church. Many thanks to all who helped to make our village celebrations so special.

We started with a lovely Christingle Service in early December – thank you to **Francesca Leaver** for all her organisation. Thank you to all who decorated the Church so beautifully – **Jill Flower** and **Andrea Gabb** for overseeing, **Mark Seymour** for the lovely Christmas Tree. Thank you to all of the **very special choir** and **all musicians** for the great Carol Service; thanks to **Archie Leaver** for a beautiful solo verse of “Once in Royal” to open the service, thanks to **Madeleine Brooks, Hannah Mayo** and **James Tunstill** for co-ordinating. Thanks to **Heather Shakespeare** for her inspiring poem “From Eternity to Here”. Thank you to **Ellie Lister** and **Hannah**, again, for producing the Crib Service. Thanks to all who were welcomers/sidesmen, projectionists and sound system operators. Thanks also to **Ellie** and the team of **volunteers from Holy Trinity** for a great After-School Service at **Surrey Hills All Saints**, attended by over 80 children and adults.

The Church in Westcott is a great, broad community. Thank you to all who are involved.



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& Wednesday 6 May, 9.30am

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READING ROOM

The Reading Room enjoyed a deep clean over the new year with special floor polish and repainted side walls plus superfast Wi-Fi is operational offering speeds over 35Mbps for all our users.

Many of you may be aware of the Gong Bath therapy sessions held by Beata and Jarek, usually on the third Saturday early afternoon of each month for all ages to enjoy sound meditation, with healing gongs to generate vibrations to release stress, pain, anxiety and enhance a sense of well-being for better overall health. The next afternoon sessions are on 15th February and 21st March. Beata and Jarek also host an all-night group meeting and the next one is on Saturday 21st March at 7.30pm. More information or for advanced booking only on this fascinating form of Yoga from Beata on 07731 673759.

Pilates has restarted weekly on Friday afternoons at 2.30pm under the direction of Debbie Stafford using the Stott Pilates method - more details from Debbie on 07771 157235 or via email on surreyhillspilates@gmail.com. If you are attending, please let Debbie know so she will bring enough mats and equipment.



We hear very good reports about tutor Katie's Tuesday afternoon/early evening weekly session with the Surrey Academy for Ballet and the Performing Arts classes for children from 3 year olds up to teens. Do contact the administrator for more information on 07941 008321 to see how your child could learn and enjoy these superb classes.

The recently acquired new portable sound system allows for better sound for talks as well as more fun at parties, as the 2 mikes can work for karaoke, Q&A's and games. Full instructions are on the kit located in the side room, being fully portable on 4 wheels for use wherever required around the hall.

On the subject of parties, we still have some Sunday afternoon and evening availability in February and March with the use of a fully stocked kitchen and plenty of parking right outside.

More information from the Reading Room website www.westcottreadingroom.org.uk or by phone on 07967 286636.

Alan Reif
Chairman

Leaders at Surrey Hills are always looking for new ways to develop our relationships with our local communities. We are pleased that staff at Surrey Hills will be launching a messy play session 'Squidge & Splat', running every Wednesday, starting Wednesday 22nd January 2020, 9:30 - 10:30am, at the Abinger site for families in our local area. There's no need to book, just come along. Further details can be found on our Facebook and Twitter pages.



Open Day

We had great fun at our Open Day, where families came and toasted marshmallows and built dens. If you are still looking for a school place for your child for September 2020, it's not too late, please contact the school office on 01306 730747 to arrange a tour.

The latter two had to be performed as a team in synchronisation. The team had a fun morning and performed extremely well, finishing in 6th place overall. The routines were judged by six gymnastic champions including Ellie Cooper, British World Silver Medallist and Emily Davies, World Champion. Congratulations to the team for doing so well.

Year 5/6 Keysteps Gymnastics County Final

We wish to congratulate our Year 5/6 gymnastic team who took part in the Keysteps Gymnastics County final at Spelthorne Gymnastics Club.

Nine teams from Surrey performed three set routines; the vault, body management and the floor exercise.

Here are some highlights from our Christmas celebrations:



SURREY HILLS ALL SAINTS SCHOOL (cont.)

The school council have been out and about in the community spending time at Westcott House Care Home and Bramley House Residential Home, where they delivered Christmas gift packages to the residents.



The choir visited the Reading Room in Westcott and St John's Chapel. They beautifully sang both modern and traditional carols and then spent time talking to members of our local community. <https://www.eagleradio.co.uk/listings/christmas-carols-2019/>

Year 1 and 2 children were delighted to be accompanied by past year 6



Abinger pupils to make Christingles. These were used for the annual service at St James' Church, a special occasion which brings families and the community together.



Bees' reception class did an amazing job performing their Christmas play 'Our First Nativity' twice to their families. They looked brilliant in their costumes and we are all so proud of how they learnt the words and sang so beautifully.



Well done Bees!

Mrs Jennie Ratcliff
Headteacher

Happy New Year to all our members and followers!

I think I can confidently say that 2019 was an exceptional year for us with some very interesting and entertaining speakers, mostly invited by our members who have a far wider combined circle of friends than my address book holds! Thank you to all who supported the group and especially those of you who assisted this year in hosting and indeed in setting up and clearing up of our meetings.



We finished 2019 with a musical evening courtesy of the Bilberries, and look forward to welcoming them back at our Burns' Night later this month.



As for the year ahead, we start off on February 5th when we will meet local writer, Tony Earnshaw who will be talking about his new novel, Blessed Assurance, the joys and challenges of writing and the inspirations which have produced award winning plays and anthologised poems along the way.

Our very varied speakers have included Ralph Sutton, our local jazz musician, Simon Ferrar from the Clandon Wood Nature Reserve, and Jim Glover the ex-High Sheriff. We have had a visit to the Lavender Fields; enjoyed a sunny day in Angela Deloford's delightful garden playing croquet, Boules and other garden games; and relaxed at our annual BBQ.

I have been a member of WWG since moving to the village 26 years ago, and found it the ideal springboard



to meet new people. I knew no-one when we moved here, but quickly discovered a wealth of new friends, and was introduced to a circle of warm people who between them have had some inspiring and unimaginable experiences, from escaping Nazi Europe to cycling round the world; caring people who actively support local charities, and others who give up their time to care for less able neighbours.

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

Jacki Moss

WESTCOTT VILLAGE COFFEE MORNING



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The Reading Room**



Wednesday 5th February

10.30 – 12.00 midday



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Account Name: Westcott
Village Association
Sort Code: 82-11-07
Account Number: 20072790

Out with the old and in with the new!!



I am pleased to confirm that on 3rd January the Charity Commission confirmed

that the "Old WVA" has now been dissolved as agreed at the AGM on 16th October 2019.

Westcott residents are now represented by the new charity (Number 1185622)



with a revised and updated set of objectives and constitution all of which can be found on the Website – www.westcottvillage.com

We will be sending out letters in the next few months reminding you to change your standing order mandate with your bank. The new bank account details are:

This can be done at any time and we request that the standing order is paid in May or June each year. Please encourage friends and neighbours to use this method of payment as collecting cash for membership fees is becoming increasingly cumbersome and costly as banks seek to charge for cash deposits and push customers to paperless transactions.

Future Mole Valley – Draft Local Plan for consultation

MVDC has now released into the public domain the draft Local Plan which covers the next 15 years and which

identifies potential locations and other development sites in the District. This is a very comprehensive document.



The process which will be followed is as follows:

Stage 1: At its extraordinary meeting



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on 14th January the MVDC Cabinet will consider a report recommending consultation on a draft Local Plan. The draft local Plan is available on the Village Association web site www.westcottvillage.com

Stage 2: If the cabinet agrees the recommendations on the consultation process, the draft Local Plan proposals will be considered by all Members at a Council meeting on 29th January.

Stage 3: If the Plan is approved by the full Council it will be put out for public consultation between 3rd February and 16th March 2020.

The proposed sites for Westcott can be found in the draft Local Plan. The council will be holding presentation meetings across the District and residents are encouraged to attend one of these meetings – the dates are also available on the Village Association Web site.

If the Local Plan is released for consultation the subject will be on the agenda for the [Open Meeting of the Village Association on 5th March 2020](#) to be held at Holy Trinity Church Westcott commencing at 7.45pm.

All residents (not just members of the VVA) are encouraged to attend to

express views on the draft Plan. **All residents** are encouraged to make their own views known directly to the Council by following the links on the Future Mole Valley site when the consultation process commences on 3rd February.

Prudential Ride London – Surrey County Council consultation

You will have seen in various sources that Surrey County Council have launched their consultation on the future of the Prudential Ride London which impacts the Village and has done so since the London Olympics eight years ago.



The consultation is open until 16th February 2020, and it is important therefore that as many people as possible express their views on the future of the race. This year's race on Sunday 16th August will be the

Movement is Medicine

Keep Fit with Cath at St John's, Westcott
Saturdays 10-11am in the lower hall,
Dance Fitness, it's so much fun, you don't even notice that
you're exercising. If you like dancing, why wouldn't you?

Also Mondays in the chapel 2-3pm,
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last under the current agreement but you should be aware that there will be one further race in 2021 even if the consultation concludes that the event should be discontinued; this is to allow the organisers time to organise another event and/or alternative routes.



Please ensure that you have submitted your views by the deadline by going on line to <https://www.surreysays.co.uk/deputy-ceo/survey-on-prudential-ridelondon-surrey/> or by e-mail at events@surreycc.gov.uk.

to reduce speeds through the village.

Speeding and Noise Campaign



In the coming months we are planning:

- To survey residents on their views on speeding and what measures they want to see implemented
- To produce car stickers for rear windscreens encouraging 30mph through the village
- To lobby the County Highways department to make changes to the road layout and markings to try

And finally...

Thank you to Westcott's Secret Santa who brought cheer and a little smile to a number of faces in the village by awarding a chocolate coin to those of us who tastefully decorated our properties with festive lights. We hope you will return next year when more people will vie for the reward and recognition!!

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

Tim Way
Chairman, Westcott Village Association
timway.westcott@gmail.com

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BROCKHAM CHORAL SOCIETY

Brockham Choral Society is a sociable, friendly, and go-ahead choir with 70 plus members. Cole Bendall, our new Musical Director, with our outstanding Accompanist Marion Lea, ensures every rehearsal is lively and fun. Come and join us, we do not audition, all voices most welcome. The FIRST TERM is FREE.

Starting on January 7th we rehearse on Tuesday evenings, 7.30pm at St. John's school, Dorking RH4 2LR. We shall be preparing Haydn's Nelson Mass and several Bruckner Motets for a performance on 28th March accompanied by the Covent Garden Sinfonia who will also perform Mozart's Symphony No. 40.

We have an exciting year ahead with a Summer Concert in June entitled 'Dawn to Dusk' with songs by composers from Victorian times to the present followed in December with a performance of the 'Messiah'

For further information contact our Secretary Ed Criswick 01372 877069 or visit our website www.brockhamchoral.org

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A VILLAGE GOOD DEED



Back in November, I was getting picked up from after school club and I had my tie with my badges on. However when I got home it was no longer there. I looked everywhere, at school, at home, in drawers but it was no where to be seen!

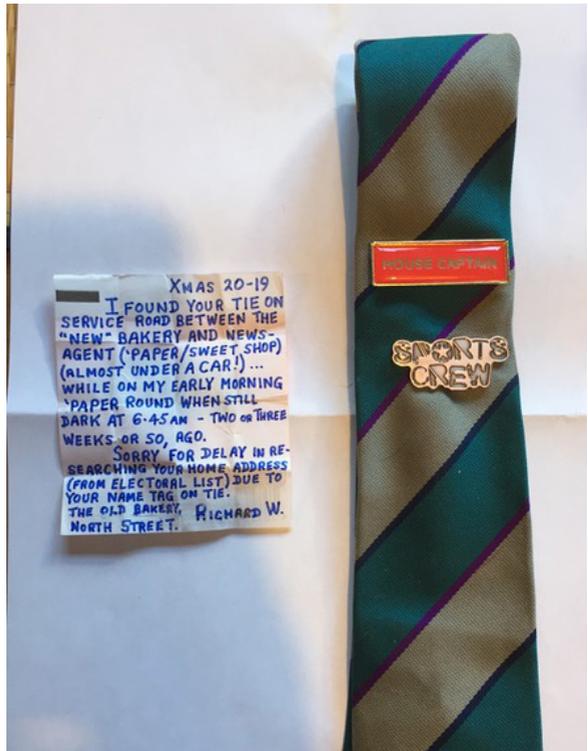
One cold winter's morning in January we had a knock at our door and when my mum opened it Richard Wallace was standing there with a gift for me. When I unwrapped it I was so shocked to find my tie with my badges on and in perfect condition in a small box with a note. He had found my tie under a car by the shop!

The note went on to explain that through

my name tag on the tie, Richard had traced the family home through the electoral register, he had tried 3 times to deliver it but we seemed to be out on each occasion.

Thank you so much Richard I really appreciate you finding my school tie with my important badges on :-) !!

Phoebe Percy



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THE DISTRICT COUNCILLOR WRITES...



Everybody's Talking

Public services are required to consult the public, individuals, businesses and other organisations such as charities whenever they want to change the way their services are delivered or when they want to adopt a new strategy.

These consultations were put on hold for the general election and are supposed to be finished before local elections arise. That means that there have been a heap of the them launched in recent weeks.

It is though really important that each service gets responses from a wide range of respondents and here are few of the most important where you might want to tell them what you think.

The District Council is asking people to tell it very specifically where development should be focused and what rules should be applied when people want to make changes that will be permanent – example building homes or changing how land is used. Precise details of the consultation

weren't available as I write this, but by the time you are reading it will all be on the council website at molevalley.gov.uk – please do check it out or let me know if you can't find it (just call me on 07710 433793 or email james@10rookery.com if you want to get in touch).

Another consultation is the County Council asking people whether the Ride London event should carry on taking place in Surrey.



If you think the event should keep going for another five years after 2021 or should take a different turn, you can let them know what you think by visiting www.surreycc.gov.uk/PRLSurrey, or by emailing events@surreycc.gov.uk.





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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.

THE DISTRICT COUNCILLOR WRITES... (cont.)

There are plenty of background details at <https://www.surreysays.co.uk/deputy-ceo/survey-on-prudential-ridelondon-surrey/>

The closing date for this one is 16th February.

Nominations are now open for Mole Valley's Youth Awards

Do you know someone aged 11-18 who has achieved great things?



Organised by Youth Voice, Mole Valley's Youth Council and Mole Valley District Council, the awards will take place on the evening of Friday 20 March 2020 at Dorking Halls. Last year several Westcott young residents were rightly recognised and the closing date for nominations this year is fast approaching.



Celebrating the achievements of young people in Mole Valley, the

event will feature a variety of performances by talented, young local performers on the night.

The Award Categories are:

- **Volunteer Award** - For helping others/having a positive effect on the community. For example, through volunteering or fundraising.
- **Sporting Achievement** - For outstanding effort and dedication in any sport as an individual or a team.
- **Artist** - For a special contribution to visual arts or crafts.
- **Chef** - For creative cooking or baking.
- **Musician** - For displaying musical ability in any instrument or voice.
- **Dancer** - For creative ability within any dance genre.
- **Drama** - For outstanding talent in the dramatic arts.
- **Team** - For working together as a group to achieve a goal.
- **Outstanding Achievement** - For achieving something great or inspiring others in challenging circumstances.

Nominations are now open at www.molevalley.gov.uk/youthshowcase, via email to youthvoice@molevalley.gov.uk or by calling 01306 879366. Hard copies of the nomination form are available on request.

The closing date for nominations is

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THE DISTRICT COUNCILLOR WRITES... (cont.)

Friday 7 February 2020. Successful nominees will be informed by the end of February. Tickets to the event are free, but must be pre-booked through Dorking Halls' Box Office. On sale from 17 February 2020.

The Wheel of Wellbeing

A colleague at work recently introduced me to the Wheel of Wellbeing, six simple steps to helping us to look after ourselves everyday to help improve mood and reduce stress.



In order to reduce the stress of the editor, the first three topics are featured this month with the last three to follow next time around:

Body – Be Active

Even small amounts of exercise can boost your mental alertness, give you more energy and put you in a good mood. It can also reduce stress and anxiety as well as increase your self-esteem. Why not start by trying some of these?



Head out for a walk or ride: Have a look at the website Explore Surrey to find out about some of the best countryside spots in Surrey to get active (for adults, children and the less physically able), including walking for health groups. To help, you can download the iFootpath app where you can get walks straight to your phone, or find organised walks in Surrey.

Start with 10 minutes of brisk walking per day: Download the Active 10 app to keep track of your progress. Try having a walk in your lunch break

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THE DISTRICT COUNCILLOR WRITES... (cont.)

and notice the benefits when you return to work.

Get the bus to work? Get off a stop early:

Getting off the bus a stop early on your way to work is an easy way to add a daily walk into your journey. Whilst at work, you could also take the stairs instead of the lift.

Join a local sports club: Active Surrey have a great collection of sports and activities to take part in and clubs to join.

Get on your bike: Cycling is a great way to get some exercise. Have a look at Surrey's cycling pages to find out about cycling routes in Surrey.

Join a gym: It might not be for everyone, but visiting a gym a couple of times a week could make a big difference to your mental and physical wellbeing.

Planet - Care



Here are some ideas to help take care of the planet in your everyday life:

Cut down on waste – have a look at the website Surrey Environment Partnership for lots of tips and ideas on recycling, composting and cutting down on your food waste.

Leave your car at home one day a week and try walking, cycling or getting public transport to work.

Get a bag for life and leave it somewhere obvious so that you remember to take it with you whenever you go shopping.

Save power by turning off plugs when electrical items aren't being used.

Mind – Keep Learning

Classes and courses are great ways to learn new things so have a look at what the Surrey Adult Learning team have to offer. However there are some easy ways to keep your brain busy everyday:

Learn about what's going on in the world by **reading the newspaper each day**, you could do this on your way to work. Most also have a crossword and Sudoku so you could give them a go at the same time.

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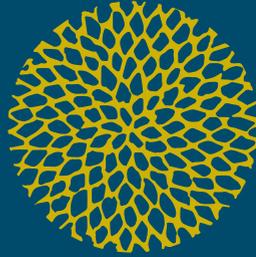
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THE DISTRICT COUNCILLOR WRITES... (cont.)



Foreign language apps on mobiles/tables mean you can start learning in just 10 minutes a day.

Have you got a broken cupboard door? Or some shelves to put up? There are lots of online tutorials to help you **learn some new DIY skills**.

Go to a museum or gallery – have a look at the Visit Surrey website for information on places that might interest you or learn about Surrey's heritage.

If you have a favourite dish at a restaurant then you could find the recipe and learn how to make it at home. Download the **'One You' easy meals app** for some healthy recipe suggestions.

Magazine subscriptions are a great way to stay up to date with your interests and hobbies.

Surrey Adult Learning offers free

courses for adults with, as well as those recovering from, mild to moderate mental wellbeing difficulties.

Watson Road Footbridge

A big thank you to residents of Watson Road who let me know that the footbridge had suffered a little. It was great that the Countryside team were quickly able to make it safe. They have committed to making a fuller inspection of the bridge too in coming weeks.



It's a far cry from the old planks that used to be the crossing

Pharmacy advice

The team at Healthy Surrey are keen help residents to get to the most appropriate place for their health assessment, for their treatment and for their care. Often folks decide to travel further to access health services when

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THE DISTRICT COUNCILLOR WRITES... (cont.)

they could get the same advice more locally. Did you know that around a third of all A&E attendances are for people with conditions that could be equally well looked after by their GP?

General practice is just one of the four services that are referred to as Primary Care - primary because it is the first place to go.

Optometry and Dentistry are two of the others but probably the most visited is the local pharmacy. Health Surrey are stressing that we can help every health service to best serve our community by first speaking with our local pharmacy about minor health concerns before they get worse.



They can help with clinical advice for all sorts of illnesses right there and then, and if your symptoms suggest it's something more serious, they have the right training to ensure you get the help you need. It may also save you lots of time by receiving advice and treatment there and then, without

the need to go to your GP or A&E.

Get help early, if you are feeling unwell, don't wait, go to your nearest pharmacy. Pharmacists are qualified healthcare professionals with the clinical know-how to give you the help you need. They can assess your minor illness and recommend the right treatment, whether it's over the counter medicines, a few days' rest or a bit of reassurance.

They are the right people to see for minor health concerns such as:

- Sore throats
- Coughs, colds and flu
- Tummy troubles
- Aches and pains
- Red eyes
- Sleeping problems
- Athlete's foot
- Mouth ulcers
- Constipation and diarrhoea

You can talk to the pharmacist or pharmacy technician in your local pharmacy and with many now offering longer open hours, it's easier to get the help and advice you need, without having to book an appointment.

James Friend



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our servicemen in times of difficulty**



We thought the end of 2019 was busy but the start of 2020 has just carried on the trend, for which we are of course very grateful as fund raising and donations is our only way of raising the funds we need to enable us to help those ex-servicemen who have fallen on difficult times.

Throughout December many families who have planted trees and placed plaques in the Memorial Woodland visited to honour their loved ones with Christmas wreaths and messages - it is always wonderful to see these families return to the woodland and gain some comfort despite their loss. Regarding fund raising in December, we were lucky to have a number of public houses in the area support us by holding a Christmas raffle to raise funds for QRMW.

The Compasses Inn, Gomshall had a great evening of musical entertainment where our Charity raffle raised £130 and the band donated their collection box to QRMW. Thank you Compasses, and to Lottie and her band for their generous donation.

January started off with a bang on the 8th, we were at a pub in Eastbourne where many ex-military go and the Landlord held a Charity Karaoke evening with a raffle and

an auction. Later in the month The Saddlers Arms, Send Marsh, Ripley held a similar evening of Karaoke and a raffle, and both events donated the monies raised from the raffle to QRMW. Without these events we would not be able to help in the way that we do and did for a couple of ex-army chaps in the lead up to Christmas.



So now into February and the woodland is coming alive. The spring bulbs are ready to give us a burst of colour before too long. The birds are flitting in and out of the bird boxes and even the fish in the pond are very lively. We are looking forward to Easter of course when we will be holding our traditional and ever more popular Easter Egg Hunt this year on Saturday 4th April commencing at 12.30. Please do register early with

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QRMW (cont.)

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(Tel: 07778873806) to avoid disappointment as numbers have to be limited. The cost is £5.50 per child and parents are free! All proceeds go to the Memorial Fund so do please support us.



We look forward to seeing all of you at the woodland throughout 202, it is open 24/7.

Paul Cooling
Chairman
QRMW
Reg Charity No 1174651



We need help setting up and packing down the Nursery at the following times weekly:

- **Sundays (if the hall is available) from midday or Monday morning from 7.15-8.30am**
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THE PAST IS A FOREIGN COUNTRY; THEY DO THINGS DIFFERENTLY THERE



Westcott owes its existence to the Pipp Brook, which flows through the village from springs in the vicinity of Leith Hill. In the past, the stream was put to good use. In the 19th century, before entering the River Mole, the Pipp powered water mills at the Rookery and at Milton Court. Neither is functioning today but traces of their existence can still be seen.

The same cannot be said about another Westcott mill; in this case a windmill. This features on a map of Surrey produced by John Senex in 1729. It was located on the northern side of the road between 'Westgate' and Dorking and called the 'Popper' or 'Pupper'; the name apparently deriving from the field in which it stood. This explanation is supported by a survey of the Manor of Dorking in 1649 which refers to a furze field called 'Ye Pupper'.

Is it likely that a field would have been dedicated to the growing of furze? Well, it is possible because furze could have been harvested for its medicinal properties; furze seeds were recommended for use in the treatment of diarrhea;

bad breath was treated by mixing the blossoms with honey and using it as a mouthwash; and if nobody in the family was ill it was believed that furze flower petals strewn about on the earthen floors of cottages would act as a flea repellent.

There is no known illustration of the Westcott windmill but this photograph of the surviving mill at Outwood gives some idea of what travellers from Dorking might have seen when approaching Westcott.

Terry Wooden



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Directed by Geoff Brown

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This delightful play is a Dorking Dramatic and Operatic Society (DDOS) production and tickets are available now. First produced at the Hampstead Theatre in April 1977, Abigail's Party was then memorably transmitted on BBC 1 in November 1977.

As with all Mike Leigh plays, Abigail's Party was evolved from scratch entirely by improvisation at rehearsal. Set in the London suburbs, the action centres around an intimate soiree hosted by Beverley and her husband Lawrence. Beverley is preoccupied with appearances and received notions of behaviour and taste. She uses the occasion to show off to her neighbours. The evening's events show the state of Beverley and Lawrence's relationship – in many ways unfulfilled – and the aspirations of the other three guests.

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DORKING MUSEUM

As we come into a new decade, the team at Dorking Museum would like to thank visitors, supporters, volunteers and members for contributing to an eventful and exceptional year in 2019 and look forward to another exciting year in 2020. Are you making the most of this valuable local resource that celebrates the rich heritage of the town and surrounding villages?

In 2019, around 3,500 visitors were welcomed to the Museum, but that is only part of the story. The team also took 1,100 people underground on tours of the South Street Caves and 500 people on its programme of guided walks in Dorking town, on the Deepdene Trail and at Betchworth Castle. Its youth activities benefitted over 130 children and adults on school and youth group visits and welcomed 350 participants to its school holiday and half term family activities.

Museum Gallery Talks and book launches attracted around 200 visitors and a similar number attended the team's talks and presentations at other venues, as well as many who saw the Museum's exhibitions 'on the road' at Dorking Halls and Brooklands Museum. In addition, there were also archive visits, oral history interviews and much more besides.

The Museum mounted three new exhibitions during the year and

held two community events for Remembrance. The South Street Caves were used for filming for a BBC/PBS television series while the Museum was nominated for the Women's History Network Community History Prize for the short film 'Suffragettes in the Surrey Hills', hosted a joint community First World War digitisation event in conjunction with Oxford University's 'Lest We Forget' project and provided the Dorking content for the national Mayflower 400 website and self-guided walking app. The Museum's publishing arm, The Cockerel Press, had a bumper year, producing and publishing six new books on a range of local themes.

With online coverage taking museums to a wider national and international audience, the Museum welcomed 44,000 visitors to its website and amassed 1,100 followers on Facebook, 2,500 on Twitter and 600 on Instagram. Museum Chairman Nigel Arch sums up the year: "Every year our reach gets wider, and more people within our community are able to benefit from our services and facilities. Dorking Museum is a real jewel in the crown for both the town and district. We reach far and wide, our activities not confined by the Museum's walls, celebrating our shared heritage."

If you would like to get involved in 2020, please visit the Museum, take part in



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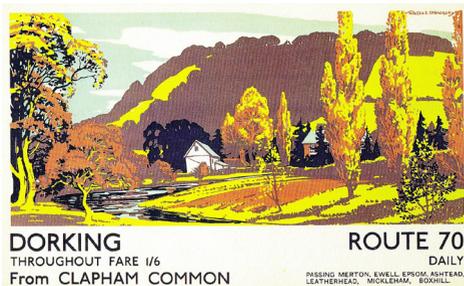
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DORKING MUSEUM (cont.)

any of our outside activities, volunteer a little time, become a member or support in any other ways. For details, please visit the Museum's website.

Our current Spring exhibition is '**How do we look at Dorking? The Town and its Landscapes over 150 years**'. The Museum's curator of paintings, Sandra Wedgwood, has been gathering together paintings and drawings of the area, from conventional views to interesting interpretations of the local townscape and landscape.



She seeks to shed light on the questions, how have we seen our surroundings over the last 150 years? Is there a clear pattern? Do we see them as Realistic, or mostly realistic with some artistic licence? Do we want them to be Romantic or simply Beautiful? Can modern Technology help us see them anew or does it cause us to interpret them from our imagination?

Evidence comes from works by prominent local artists like Charles Collins and those who visited and captured local views, like Arthur C

Fare, as well as more contemporary interpretations such as that by Harvey and Ackroyd and even views from a drone. As Sandra says, "I want people to look closely at the images on the wall rather than to read words about them. I hope that they will find them fascinating."

The **Walking in Dorking** team has been building its programme of guided walks with a number of new themed walks developed during the year. These are available for group bookings as well as a schedule of walks for individual bookings. See Dorking in a new light with a Museum guide!



The Spring programme of scheduled walks kicks off at the end of February, with itineraries including The Deepdene Trail, Hidden Dorking, Historic Pubs, Dorking in the time of the Mayflower and Betchworth Castle. The first two will be a **Hidden Dorking Historic Walk, February 29th, 2pm**, and a **Mayflower 400 walk, March 1st, 2pm**. Details and bookings on the website.

The Museum is at 62 West Street, Dorking RH4 1BS. Open from January 4th on Thursday, Friday, Saturday 10am-4pm. Visit www.dorkingmuseum.org.uk. Enquiries to admin@dorkingmuseum.org.uk or phone 01306 876591.

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After all enjoying our Christmas holidays we were so excited to come back to Nursery and have been enjoying learning about Nursery Rhymes and Fairy tales. Many of us have been to see pantomimes over the Christmas period, so this theme has enabled us to continue to embrace the magical feel of Christmas time despite the grey weather outside.



We have been learning about the story of Goldilocks and the 3 bears, experimenting with our story pebbles, making porridge oat cookies and lots more. We have headed into the woods during our Forest School sessions for our very own bear hunt and created a teddy bear's picnic with marshmallows around the campfire.

We've been listening to the story of Jack and the Beanstalk and talking about Springtime and things that grow. We have been selling and buying things that grow at our very own Garden Centre in our role play

area, and have even made some excellent egg cress heads.

This half term brought many cultural events for us to celebrate and learn about. For Australia Day on the 26th of January we really enjoyed making Anzac biscuits and talking about the animals that are native to Australia. We also learnt about China following on from Chinese New Year on the 25th of January. Making our own tasty mini spring rolls and heading off on a marvellous magical adventure with our Chinese Dragon!

To celebrate Valentine's day coming up will be making cards and treats for the people around us that we love. To fundraise for the Nursery to help us keep enjoying the wonderful setting we are in our parents have put together a Valentines Hamper. This Hamper could be won by you!! Tickets can be bought from the Abinger Hatch Pub and the Hamper will be displayed there so you can see all the goodies to be won! Please pop along to get your ticket.

The second half of the Spring term, we will be embracing all things Springtime. Heading off on bug hunts, hatching our own butterflies, making Easter treats and learning about what happens down on the farm during this time of year. We can't wait!

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MUSIC IN DORKING



1st at 12.00, Music at Midday at St Martin's church, free, 01306 884229
1st at 5.55, opera screening at Dorking Halls, £18.50, 01306 881717
2nd at 3.00, Barbican string quartet at Dorking Halls, £21, 01306 740619
3rd at 1.30, opera screening at Dorking Halls, £18.50, 01306 881717
4th 11th 18th 25th at 8.30, Watermill Jazz at Betchworth Park golf club, 07415 815784
6th at 1.00, opera screening at Dorking Halls, £18.50, 01306 881717
15th at 5.00, Dorking Chamber Orchestra at St Nicolas church, Great Bookham
22nd at 7.30, piano recital at Dorking Halls, £21-25, 01306 740619
24th at 7.00, ballet screening at Dorking Halls, £18.50, 01306 881717
25th at 7.15, ballet screening at Dorking Halls, £18.50, 01306 881717
29th at 5.55, opera screening at Dorking Halls, £18.50, 01306 881717

In February the Barbican string quartet will play the last of their three concerts for the Dorking Concertgoers. Their programme comprises Haydn's last completed quartet, the fifth quartet of Bela Bartók and a quartet by Schumann. Later in the month, another Concertgoers concert features the brilliant young pianist Benjamin Grosvenor. In the first half of his recital, he pairs music by Rameau with a Beethoven sonata and then devotes the second half to Liszt, including the monumental sonata in B minor.

The Dorking Chamber Orchestra, playing in Great Bookham, has a mainly baroque programme, with music by J.S. Bach (concerto for violin and oboe), his son J.C. Bach, Quantz (concerto for two flutes) and Biber, and finishing with Haydn's 'Fire' symphony.

The lunchtime concert at St Martin's church will be given by violinist Fumi Otsuki and pianist Sarah Kershaw, making a very welcome return visit.

The Dorking Halls has several screenings in February. Opera lovers can see Gershwin's Porgy and Bess from the Metropolitan Opera in New York (1st & 6th), Puccini's La bohème from the Royal Opera in London (3rd), and Handel's Agrippina from the Met (29th). Ballet screenings are Tchaikovsky's Swan Lake from the Bolshoi in Moscow (24th) and a double bill from the Royal Ballet – The cellist, based on the life and career of Jacqueline du Pre, and Dances at a gathering, based on music by Chopin (25th).

Watermill Jazz has the following concerts for the month: Nat Steele plays 'Sonny Rollins with the MJQ' featuring Grant Stewart (4th), Byron Wallen's Four Corners (11th), the Martin Speake International Quartet (18th), and Emilia Martensson – Loredana Tour (25th).

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Love is in the air in February! Listen out for birds singing and look out for spring flowers

Drumming Great Spotted woodpeckers



Listen out for great spotted woodpeckers drumming on trees to announce their presence in the woods. It is during early spring that woodpeckers begin to

establish their territories. Unlike most other birds they don't do this by singing but by drumming.

Hitting a solid tree with your beak so hard that splinters fly ought to cause the brain to rotate in the way that causes concussion in Man. Not a bit of it. The evolution of the bird's drilling equipment has provided very sophisticated shock absorbing adaptations involving the way that the bird's beak joins the skull. The stresses are transmitted directly towards the centre of the brain and do not cause the knockout swirl.

When woodpeckers hammer into wood to get at grubs, they also have another anatomical adaptation

designed to help them feed. The roots of their tongues are coiled round the back of their skulls and can be extended a prodigious distance to harpoon insect larvae in their tunnels. The Great Spotted Woodpecker's tongue protrudes 40mm beyond the tip of the bill. In autumn and winter, they will switch to eating berries and nuts, and will visit peanut feeders in gardens.

Male great spotted woodpeckers have red feathers at the nape of their necks while females have no red on their heads at all.

Frogs a spawning

Frogs breed before toads and you may see great jelly masses of early frog spawn in ponds in February. The male swells his throat and croaks; the larger female returns the call with a grunt. The male responds by grabbing the nearest partner with his sucker pads and attaches himself to her back.

Frogs have, during the course of history, suffered at the hands of man. Through lack of knowledge, the frog's supposed 'slimy' existence and ugly appearance were associated with the powers of evil and darkness. It was often the victim of cruel animal mutilation and was utilised in much the same way as a voodoo doll.

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Throughout the 17th century, frog spawn was used as a poultice to stop bleeding.

Hazel flowers

Hazel produces female flowers and male catkins at this time of year. The tiny flowers are bright pink. Take a close look and be amazed by this minute flower waiting to catch pollen from the catkins. Hazel catkins hang like little (lamb's!) tails from bare branches, wafting pollen in the breeze.

'Like little tails of little lambs,
On leafless twigs my catkins swing;
They dingle-dangle merrily
Before the wakening of Spring.'
Cicely Mary Barker



Hazel isn't the only plant that produces catkins but is one of the earliest. Other trees that produce catkins include willow species and alder.

Lesser Celandine

Lesser celandine is one of the first wildflowers to bloom, its pretty, golden stars often blanket the ground. As

one of the first flowers to appear after winter, they provide an important n e c t a r s o u r c e for queen bumblebees



and other pollinators emerging from hibernation, and other early insects.

It's the floral equivalent of the swallow: both reappear around the same time and herald the coming of spring. In fact, the word 'celandine' comes from the Greek chelidion meaning 'swallow' and it traditionally first blooms on 21st February making it one of the first woodland flowers of the year. This also gave the lesser celandine the name 'spring messenger'.

'There is a Flower, the Lesser
Celandine,
That shrinks, like many more, from
cold and rain;
And, the first moment that the sun
may shine,
Bright as the sun himself, 'tis out
again!'

William Wordsworth

Other local names include bright eye, butter and cheese, frog's foot, gentleman's cap and frills, golden guineas and pilewort since the herb was given for haemorrhoids. This was



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based on the doctrine of signatures since the knobbly tubers were thought to resemble piles.

As a member of the buttercup family, it isn't closely related to the greater celandine (a member of the poppy family).

Drifts of snowdrops



It is the flower of February and there are many locations around the UK that allow you to see great drifts of nodding white flowers in spectacular settings. As they flower so early,

snowdrops do not rely on pollinators to reproduce. Instead, they spread via bulb division. However, they may still be visited by bees and other insects on a particularly warm day.

The origins of UK snowdrops are a mystery – they are associated with purity and thus were planted around religious sites. Although formally considered “native”, snowdrops are actually recent arrivals. It's first known cultivation was in 1597 and was first recorded in the wild in 1778. It is widely naturalised with little change thought to be occurring.

Traditionally, snowdrops were used to treat headaches and as a painkiller. In modern medicine a compound in the bulb has been used to develop a dementia treatment.

Amanda
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The Gabb family would like to say thank you for all the letters, flowers, cards and all the care and support our friends in Westcott have shown us on the death of our much loved daughter-in-law Amanda. We have been overwhelmed with kindness, and are so grateful. We would like to pay tribute to Westcott's unique village community.



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In May last year, the UK parliament became the first to declare a Climate and Ecological Emergency. While public awareness of the climate crisis has certainly increased, there is perhaps less awareness on the no-less-critical, concurrent ecological emergency.



Last year's report from the United Nation's Intergovernmental Platform on Biodiversity and Ecosystem Services (IPBES) showed that the ecological crisis is on a par with the threat posed by climate change. Huge, human-caused, losses to biodiversity (the variety and variability of life on Earth) are being caused by changing habitat, exploitation (eg over-fishing, hunting and logging), invasive alien species, soil, air and water pollution and climate change.

The horrific bush fires in Australia over the last few months have demonstrated how extreme events, driven by climate change, can exacerbate the situation – at the start of the new year it was estimated that over one billion animals had been

killed in New South Wales alone.

During the last 50 years, it is estimated by the World Wildlife Fund, that wildlife populations have fallen by over 50% and the 2016 State of Nature report declared the UK to be "amongst the most nature-depleted countries in the world", with one in five British mammals at risk of being lost. Insect numbers have also fallen drastically, as have the number of birds. This level of loss of wildlife and diversity is devastating in itself. It could also potentially have a catastrophic effect on the food chain on which humanity depends.



But there is much that can be done to try and reverse the decline: rewilding areas to bring nature back to life; changing agricultural practices to reduce pesticide use and increase landscape diversity; reducing light, water and noise pollution – all these can also be beneficial on a small scale (see 'What can I do?' overleaf) and boost health and wellbeing too!



The Climate & Ecological Crisis - Local issues

Wildlife in Surrey

According to Surrey Wildlife Trust a third of Surrey's wildlife is either now extinct or heading that way. Surrey is one of Britain's most nature-depleted counties, with loss due to habitat lost to farmland, roads, housing estates, golf courses and other human developments and pesticide use.



Sharp declines in invertebrate (animals without backbones) groups have been

recorded in Surrey: bumblebees (42%); ground beetles (51%); butterflies (44%) fresh water snails, slugs and mussels



(34%); hoverflies (25%).

The mistle thrush recently joining house sparrows, starlings and song thrushes on the 'red' list for conservation priority, with at least 50% decline in the UK breeding populations.

New local plan

A public consultation will take place on the draft Future Mole Valley Local Plan between 3rd February and 16th March. The Local Plan will set out plans for development over the next 15 years to 2033. There will be exhibition events at the Dorking Christian Centre on Saturday, 15th February (1-5.30pm) and Friday, 6th March (4.30-8.30pm), among other times and venues. Views can be given at the exhibition or via the MVDC website.

February diary

- Sat 1st 10.30am Dorking Repair Café at Dorking Christian Centre
- Mon 10th 7.30-9pm Eco Café at St John's Westcott
- Sat 22nd 10am-3pm Climate Fair, United Reformed Church, West Street, Dorking



Nature & Mental Health

Daily contact with nature can reduce stress, encourage exercise and improve concentration.

There is a 10% reduction in work absence if employees can see green space rather than a wall and the presence of houseplants in an office boosts productivity by 15%!

Natural features, such as wildflower borders or bird feeding stations, reduce mental illness and benefit wellbeing.

What can I do?

Leave areas wild for wildlife: The Blue Campaign promotes the rewilding of gardens, parks, road verges and school grounds by individuals, schools and local councils. The idea is to let part of a patch of land go wild – let plants grow without tidying or cutting them back until late winter. Stick a blue heart on a pole in the middle of the area to show that it is a deliberate act, for the benefit of wildlife – not



just you being lazy!

More information available at: www.bluecampaignhub.com

Go pesticide free: Encourage natural predators into your garden to help keep pest numbers down. A log pile is attractive to invertebrates, which in turn will attract natural predators, like birds. Log piles can also provide shelter for hedgehogs who love to dine on slugs. A small pond can encourage frogs which eat aphids – as do ladybirds.

Go peat free: Peatlands provide valuable habitat for wildlife and are a great at locking up carbon. Much of the compost and potted plants available to buy contain peat. Peat is dug up from wild places - more than 94% of the UK's lowland peat bogs have been damaged or destroyed. Ask for peat-free compost or make your own.

Join Surrey Wildlife's call for a Nature Recovery Network: Ask MPs to back an ambitious Environment Act and support a network to join up habitats across farmland, new developments, roads and towns.

More information available at: www.surreywildlifetrust.org

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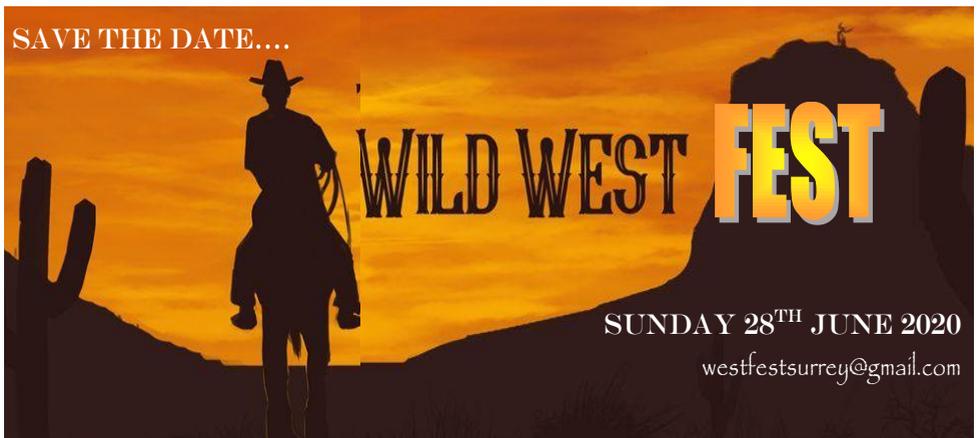
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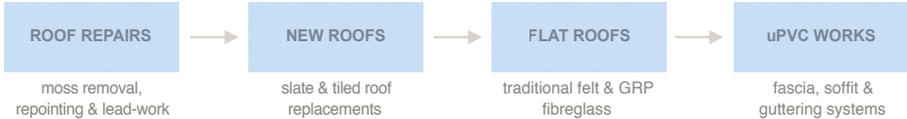


remedial roofing

/rɪ'mi:diəl 'ru:fɪŋ/ adjective

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MOLE VALLEY RAMBLERS



February sees the second of our Beating the Bounds of Mole Valley walks on the 12th, as part of our 40th anniversary celebrations but each of these walks is going to be repeated the following month, if you cannot make this first one. There is a wide choice of other walks ranging from a leisurely 4 miles on Ranmore on the 3rd to a strenuous 8 miles up Box Hill on the 26th. Mole Valley Ramblers organises group walks across the heart of Surrey and further afield, on weekdays and at weekends, with a range of distances from 3.5 to 12 miles and levels from leisurely to strenuous Visit www.molevalleyramblers.org.uk for full information, including where to meet at the start of the walk.



Leisurely – 4-4.5 miles

Monday 3rd: Ranmore Ramble. 10.30am, 4 miles.

Monday 10th: Polesden Lacey to Norbury Park. 10am, 4.5 miles.

Monday 17th: Box Hill from the top. 10.30am, 4 miles.

Monday 24th: Com'on and stretch your legs on this stroll. 10am, 4 miles.

Moderate – 5.5-11 miles

Saturday 1st: The Way to the H'art of the Matter. 10am, 11 miles

Sunday 2nd: A Winter Forest Warmer. 9.30am, 7 miles

Wednesday 5th: East of Polesden. 10am, 6 miles.

Saturday 8th: Slaffam or Slaugham. 10am, 11.5 miles.

Sunday 9th: Two bridges. 9.30am, 7 miles.

Wednesday 12th: Midwinter Mix. 10am, 5.5 miles.

Wednesday 12th: Beating the Bounds Section 2. 10am, 6.5 miles.

Sunday 16th: Beating the Bounds Section 1. 9.30am, 7.5 miles.

Wednesday 19th: Nature reserves & farms around Malden Rushett. 10am, 6.5 miles.

Wednesday 19th: Take the rough with the smooth and enjoy the views. 10am, 7 miles.

Saturday 22nd: The Devil and the Lion's Mouth. 10am, 10 miles.

Wednesday 26th: Holmbury & Pitch Hills. 10am, 6.5 miles.

Saturday 29th: Adventure to Ashdown Forest. 10am, 9 miles.

Strenuous – 7.5-8 miles

Wednesday 5th: Almost over Leith Hill. 10.30am, 8 miles

Sunday 23rd: A Friday Street Frolic. 9.30am, 7.5 miles.

Wednesday 26th: The Box Hill hike. 10am, 8 miles.

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	Wednesday	8:00 - 12:30	Closed
	Thursday	8:00 - 12:30	1:30 - 6:30
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