

Westcott Village Magazine

March 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
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8th March 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.

Cover 'Crocus in the sun' by Cath Friend

FROM THE EDITOR



Hello spring! As I write this the rain is coming down hard and fast and I have the lights on because it's so dark, but we can hope. Spring is all about hope, I think, hoping the weather will get better, hoping the days will get longer soon, hoping for some sunshine and warmer days.

Whatever the weather though, spend some time with the people you love and enjoy it, as life is short and we need to be make the most of friends

and family while we can. Don't forget to do some of the fun stuff in amongst all the things you have to tick off the list each and every day.

There are lots of ideas of things to do with friends this month, whether it's going to a concert, going for a walk together with the Ramblers, creating something lovely at the Art Club, or eating cake at the Abinger Bake Off, so pick something new to do and you might just discover a new favourite hobby. Enjoy!

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



PRAY ... FOR THE CLIMATE CRISIS...YOUR CHURCH ...YOURSELF... OTHERS

In consultation with the PCC (Church Council) I have fixed monthly evenings of prayer for the remainder of the year, and three focus weeks of prayer (In Lent, before Pentecost, and in Advent).

I, and many others I am sure, pray all through every week for Westcott and beyond, praying for the people of the village and others in particular need, so why this further focus ? I guess, in essence, because you cannot have too much of a good thing.

Prayer "allows" God to work; prayer is the dynamite that breaks up the strongholds of sin, death and the devil. In prayer, we meet with God and circumstances change and/or we are changed – we become wiser, stronger, more centred in Truth and Goodness. I sense we need much more of the power of prayer:

- For the Climate Crisis and other international threats to our existence. Climate science tells us that without a concerted turnaround by individuals, corporations and world governments, we are heading for catastrophe by 2030. Also, the current Coronavirus reminds us how

we all are vulnerable to international threat. We have seen prayer change the course of international events before. For example, early in the Second World War, millions of people in this country flocked into churches in response to King George VI's call for a day of prayer, and by 1942 as the tide of the War was turning, Winston Churchill wrote: "I sometimes have a feeling of interference. I want to stress that. I have a feeling sometimes that some Guiding Hand has interfered. I have a feeling that we have a Guardian...." We can pray the "Guiding Hand" is evident in all the national and international challenges we face.

- For our/the Church. Thank God, as Bishop Jo Bailey-Wells said after a visit last year, that Holy Trinity is "so very healthy". However, we know the challenges the Church is facing throughout the whole country against the tide of secularism and indifference. There have been many examples in Church history where revivals in attendance, mission and ministry have been preceded by regular, focussed prayer. We can pray for revival.



...FROM ALAN JONAS, VICAR OF WESTCOTT

• For Yourself. Our God of peace, hope, the possibility of grace and love is ever willing to bless your life with goodness, blessings that are found as we open ourselves to Him in prayer. physical healing.

“PRAYER IS THE
DYNAMITE THAT
BREAKS UP THE
STRONGHOLDS OF SIN”

All are very welcome at these times of prayer. Please consider joining me and others in the Church.

• For Others in need. As we pray, there can be sure hope of “grace sufficient for every need” (2 Corinthians 12:9) – certain strength, If you ever have a particular issue or know of a person that you would like prayer for, please do not hesitate to contact me.

2020: Monthly Evening of Prayer 7.15 – 9.30 pm St Johns for the Climate Crisis...Your Church...Yourself... Others

7.15 – 7.35 pm **Prayer – the Climate Emergency**
(Welcome to stay or leave at the end)

7.35 pm Gather, refreshments

7.50 pm **Prayer – Church, You, Others**
(including the opportunity for Prayer Ministry)

9.30 pm Close

Dates: 16th March 20th April 18th May 15th June 20th July 17th August
21st September 19th October 16th November 21st December

Lent Week of Prayer

Monday 23rd March –
Saturday 28th March

Prayer times through the week.
Contact Alan, Vicar, for more details



..FROM ALAN JONAS, VICAR OF WESTCOTT

Farewell John & Maureen Howell

We said a sad farewell to John and Maureen on Sunday 5th January, as they prepared to leave for Exeter. "It has been the best of times and worst of times", John said, quoting Dickens, as he reflected on his and Maureen's years in Westcott. It has been a delight and privilege to share these years together. John has given so much of his time and energy as Assistant Treasurer, Churchwarden and Sound System Operator. More than this, John and Maureen's friendship and support in prayer and encouragement have been precious, with much laughter along the way. The years here for John and Maureen have also been marked by disability and tragedy. A strong Christian community is one that "rejoices together, and weeps together". Many thanks to John and Maureen for being so central to the Christian community in Westcott.

We pray for them as they make their new life in Devon with family nearby.



FROM THE PARISH REGISTERS

Death:

14th January 2020

Amanda Louise Gabb (37)



FLOODLIGHTING

There has been no sponsorship for the floodlighting for March.

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.)



Mothering Sunday

**Celebrate All-Age
Service**

**10.15 am March 22nd
Breakfast at 9.30 am**



Friday 13th March 7 – 11pm

£20 per head

Includes;

- Entrance Fee
- Fish & Chips
- + £10 donation

Venue: **St Johns Chapel**

Reserve Tickets: email grant.smetham@gmail.com



PAPUA
PARTNERS
WITH THE PEOPLE FOR THE PEOPLE

SERVICES AT THE CHURCH IN WESTCOTT



We run a regular programme of worship services and other activities for young and old. All services at Holy Trinity unless otherwise stated. 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.

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

DATE	THEME	8:30AM	10:15AM	4:00PM
1st Mar	Lent – Lead us not into temptation but deliver us from evil	Book of Common Prayer Communion	Celebrate Breakfast Morning Worship with Baptism followed by Communion	Evensong
8th Mar	Practice of a Disciple – Eating Together (1)	Book of Common Prayer Communion	Parish Communion	Evensong
15th Mar	Papua Partners	Book of Common Prayer Communion	Morning Worship	Holy Communion with Prayer for Healing
22nd Mar	Mothering Sunday	Book of Common Prayer Communion	Celebrate Breakfast Communion	Evensong
29th Mar	Practice of a Disciple – Eating Together (2)	Book of Common Prayer Communion	Morning Worship with Baptism followed by Communion	Evensong

MID WEEK SERVICES

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



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READING ROOM



The good news going into Spring is that our switch to 100% renewable electricity has lowered our carbon impact by 1.3 tonnes every year!

The Reading Room continues to be very popular. Here are all our activities with times and if you would like to join in please do not hesitate to contact the organiser.

Regular users					
Activity	Day	From To	Organiser	Phone	Email
Art Class: Friday	Friday	10:00 13:00	Pat Williams		patwilliamsartist@gmail.com
Art Class: Monday	Monday	10:00 13:00	Chris Forsey		Christopher.Forsey@btinternet.com
Art History Group	Wednesday	10:30 12:30	Brenda Culliford	01483 808924	bwhitaker@uwclub.net
Bridge club	Monday	19:30 22:30	Brian Lynch	01306 880792	blynch@ntlworld.com
Brownies	Friday	17:30 19:00	Nicola Brett	07500 737375	westcott.brownies@outlook.com
Coffee Morning	First Wednesday monthly	10:00 12:00	Jean Mickle	01306 881208	FamilyMickle@googlemail.com
Dorking Aikido Club	Wednesday	17:00 21:00	Nicola Endicott	01306 640389	NicolaEndicott@yahoo.com
Exercise for health (U3A)	Tuesday	10:00 13:00	Elizabeth Crook		G.Crook09@btinternet.com
Gong Bath	Third Saturday monthly	12:15 14:45	Beata Dzwigol	077316 73759	info@ifeelgoodtherapy.com
Martial Arts	Tuesday Saturday Sunday	20:00 21:00 16:00 18:00 10:00 12:00	Alan Richings	07711 954466	alan.richings@gmail.com
Pilates	Friday	14:30 15:30	Debbie Stafford	07771 157235	surreyhillspilates@gmail.com
Polite Paws Dog Training	Tuesday Thursday Saturday	12:00 16:00 18:00 22:00 08:00 12:00	Angela Doyle	07834 167376	angela@politepawsdogtraining.co.uk
Surrey Academy of Ballet	Tuesday	16:00 19:30	Rosemary Walters		rosemary.a.walters@gmail.com
Tai Chi Age concern	Thursday	13:00 16:00	Sonia Hubbard	01306 899104	sonia@ageconcernmolevalley.org.uk

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

Alan Reif, Chairman

Brighton Royal Pavilion

Despite the unpromising weather, we enjoyed a pleasant coach journey to the Royal Pavilion at Brighton, where our party was divided into two groups for a guided tour. Our group's guide gathered us into the Red Drawing Room for an informative and entertaining introduction to the history of the Pavilion, and the lavish creation of the Prince Regent, later King George IV.



We learned that his modest Marine Pavilion, designed by Henry Holland in 1787, was to evolve into the grand oriental design of John Nash, completed in the early 1820s. Here the Indian style of the exterior combined with an interior reflecting the fashionable interest in exotic Chinese decoration. After the death of George IV, the Pavilion was used as a seaside palace by King William IV, and then Queen Victoria, by whom it was sold



in 1850 to the Town of Brighton. Prior to this sale the interior was stripped of virtually all fixtures and fittings, although many original items were subsequently returned. Currently items usually housed in Buckingham Palace have been loaned back to the Pavilion by Her Majesty The Queen, whilst a major programme of maintenance work is carried out at the Palace.



Our guide then conducted us on a fascinating tour of the State Rooms on the ground floor, including the Entrance Hall, the Long Gallery, the Music Room, the Banqueting Room and their galleries. We marvelled at the furniture, works of art and magnificent Regency silver-gilt, and were amused to learn that the gilt dragons were more Welsh than Chinese - they were designed by Robert Jones who had never been to China!

We were intrigued to learn of the concealed corridor where the servants would scurry about their work unseen by the guests, and to see the spacious and airy Great Kitchen with the cutting-

edge technology of the day, including a device for mechanically turning the spit.

Perhaps the climax of the tour was the Saloon, which was re-opened in September 2018 after a six-year restoration. For the first time in over 170 years we see the room as originally



conceived by George IV, richly decorated in crimson, gold and silver and dazzlingly reflected in huge mirrors.

Expressing our thanks to our excellent guide, we left the Pavilion for the Lanes, to meet up with the other group for lunch. Then there was time for a quick return to the Pavilion, to browse in the gift shop or visit the first floor rooms, before re-joining our coach for the journey home. Once again our leaders had arranged a wonderful day out.



Jean and Alison Gray



Christian Aid Week 2020 is the 10th – 16th May

This year Christian Aid will prioritise raising awareness of the impact and consequences of climate change on the world's poorest communities.

Last year the donations from people in Westcott during Christian Aid Week House to House collection came to the magnificent total of £2,278.74.

Can we help Christian Aid to support some of the poorest people around the globe as we have done before? Would you consider being a volunteer collector for Christian Aid's House to House collection in Westcott this year?

Helen Chappell

Christian Aid Week co-ordinator for Holy Trinity in Westcott.

01306 881841

h-j-chappell@yahoo.co.uk

Free Entry!

Wild WESTfest

THE WESTCOTT VILLAGE FAIR

SUNDAY

28th JUNE

TWENTY TWENTY

Cradhurst 12PM - 4PM
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★ FREE GAMES ★ FUN DOG SHOW ★
HOT FOOD ★ PIZZA ★ BEER ★ GIN
★ PIMMS ★ LOCAL ARTS AND CRAFTS ★



facebook.com/WESTfestSurrey

Please note there is no on site parking

WANTED

Diddy doodle dazzling design for the front cover of our programme

Yee-ha! This year WESTfest is bringing the **Wild West** to Westcott on Sunday 28th June ~ 12-4pm

There'll be Cowboys, Bucking Bronco, Lasso Challenge, Line Dancing, a Shooting Gallery and plenty of cactus!

Plus all you favourites returning for another year, including the Fun Dog Show!

All we are missing is your fang dangling drawing for the front cover of our fair programme, depicting the things you are looking forward to enjoying at WESTfest



REWARD!

The winner will receive a goody bag plus, of course, their design in pride of place on the front of the programme.

Your colour drawing should be on a plain piece of A4 paper (portrait) and clearly state your child's name and age on the back.

Please return your entry to Corefit Physio (next to Westcott Bakery), in an envelope marked 'WESTfest Programme Cover Competition', no later than **Friday 13th March**.



Wild
WESTfest

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Springtime for the Nursery brings with it many exciting things for us to celebrate including a special day to celebrate our lovely mummies. We'll be spending time with them and throwing them a tea party where they can listen to us sing and then enjoy some yummy cake and tea.

It's a great time of year to be outside as the sun starts to shine a little bit more. We are enjoying being surprised by the array of new flowers popping up all around us with the crocus and snowdrops putting in an appearance in our Nursery garden.



When heading out to forest school we've been keeping cosy and warm by toasting delicious crumpets on the fire but we don't sit still for long! Chasing bubbles in the breeze, making ribbon sticks and building dens for the dinosaurs are some of our favourite activities. We have a resident Robin who joins us in the forest and if you look closely at the picture above you'll be able to see him!

We are still enjoying listening to many different fairytales and have been focusing recently on the story of the Ugly Duckling which gave us the opportunity to discuss our feelings and being kind to each other.

At the end of this month we'll be heading to the Evelyn Hall for our exciting Easter event 'The Great Abinger Bake Off'. (see page 19)

This takes place on the 29th March from 2pm - 4pm and everyone is welcome to come along and join in. If you've not been before this is a really lovely family event where the children are able to make lots of Easter crafts, enjoy an Easter egg hunt in the garden and the adults (and children too) can show off their baking skills entering into one or all (!) of our brilliant baking categories. We do hope you can join us.

Kate Fairbrass



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THE GREAT ABINGER BAKE OFF AND EASTER CRAFT FAIR

Join us at The Evelyn Hall for an afternoon of Easter crafts and fun, raffle, Easter egg hunt, tea and cakes and of course, to enter The Great Abinger Bake Off!

SUNDAY
29TH
MARCH
2PM-4PM

The categories to be judged, in two age categories (childrens and adults) are:

BISCUITS ★ TRAY BAKE
CUPCAKES ★ SHOW STOPPER

An Easter-themed, 8 inch cake

Children £1 per entry / Adults £2 per entry

All cakes to be brought to the hall by 1.30pm and will be auctioned off unless otherwise specified.
All proceeds going to Abinger Common Nursery.

**For more information contact
Emma on acn.chair@gmail.com**



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Future Mole Valley – Draft Local Plan released for consultation



MVDC has now formally released for consultation the draft Local Plan which covers the next 15 years and which identifies potential locations and other development sites in the District. The public consultation will run between 3rd February and 23rd March 2020 – one week later than first announced.

The two proposed sites for Westcott are included in the draft Local Plan which can be found on the WVA website www.westcottvillage.com or at www.futuremolevalley.org The council will be holding presentation meetings across the District and the WVA encourages as many people as possible to attend one of these events listed at <https://futuremolevalley.org/consultation/>

You may also want to take the time to listen to Guy Davies' presentation

at the Cabinet meeting on 14th January which gives an overview of the draft Plan, which is interesting as context. Use this web address to listen to the presentation https://molevalley.public-i.tv/core/portal/webcast_interactive/447719/start_time/307000?force_language_code=en_GB

Jane Smith, the interim Planning Policy Manager (who has replaced Guy Davies) will be attending the **Open Meeting due to be held on 5th March at 19.30** hours at Holy Trinity Church, Westcott. She will give a brief introduction and answer questions, but primarily she will want to listen to residents' views on the proposed draft plan.

Speeding and Noise Campaign

At the end of January, a joint meeting involving Highways, the Police, and Councillors discussed the issue of Speeding and Noise which the WVA is campaigning on your behalf over. We are hopeful that this will result in further discussions with stakeholders, including the WVA, to agree what practical measures will be implemented.



St John's Chapel Café

Every Monday morning

9.15-11.45

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Speed: Rear windscreen stickers are now available for residents to display in their cars urging drivers to observe the 30mph through the village; these are available at various locations in the village. Please write to me if you cannot obtain one. Please also look out for a questionnaire on the subject in hard copy and also available on-line at www.westcottvillage.com.

Noise: Mickleham Parish Council has launched a petition to press the



Department for Transport and the Highways Authorities to take action on excessive motorbike noise through our Surrey villages.

The WVA is working with the Parish Council and supporting this initiative. If you have not already done so, please sign the petition on line at <https://petitions.surreycc.gov.uk/DAENS2019/> and encourage others to do so.

Change of date for the AGM

The date of this year's AGM has had to be changed. It will now take place one week earlier than advertised and will now be on **Thursday 8th October 2020**.

And finally...

Please take a moment to amend your Membership subscription standing order to the new Bank Account.

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

You can also go on line to www.westcottvillage.com and click on the Pay/Renew button. You can pay with any debit card – you don't have to have a PayPal account to do this.

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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Well, 2020 is promising to be an amazing year for the Memorial Woodland with the public backing of two prominent charity funders. This proves to me and the Trustees that QRMW has real credibility and their belief in our charitable Purpose means so much to all of us who volunteer at the woodland.

This sponsorship has come from the Armed Forces Covenant Trust and from The People's Postcode Lottery and Postcode Local Trust specifically for certain improvements around the woodland such as a new shelter for our visitors in inclement weather and new picnic benches for all to sit and talk, reflect, listen and remember those who are no longer with us.

As Chairman of the Charity I am extremely grateful for the support these organisations have given to us and makes me very proud of all those who work, every one a volunteer, at this unique facility we have in Holmbury St Mary. So now work will commence with a view to all being able to enjoy these enhancements by the time we celebrate our 6th Anniversary of the opening of the Memorial Woodland on Saturday 6th June and the Anniversary of D-Day! Remember ALL are welcome.

Before that however we have our very popular annual Easter Egg Hunt

at the Woodland on Saturday 4th April to which all are invited (see our poster) but please ensure you register your children/grandchildren asap as numbers are limited for safety reasons. Please contact debbiehornblow@yahoo.co.uk.

The woodland flora and fauna are bursting into life, the spring bulbs are almost ready to flower, the buds on the trees and shrubs and fit to burst and the birds are frantically looking around the woodland to see where they might make home for a new family very soon.



2020 promises to be another special year for QRMW but we must never forget there are many ex-servicemen out there who are not so enthusiastic about where they are in life and our promise is "With Pride we Give Back Respect". We will never let anyone down.

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THE DISTRICT COUNCILLOR WRITES...



Responsible Vehicle Use and Ownership in Westcott

Did you know that the mean traffic speeds in Westcott have been recorded as 36 mph near School Lane and 30 mph at the Green? Nearly on one seven vehicles were going at 41mph and 34mph or more respectively.

In January I asked the Surrey County Council Local Committee to look at what measures could be put in place to reduce the speed of traffic in our village to improve safety. Their background information showed that there were a total of 15 collisions on our village centre one mile stretch of road from December 2014 to November 2019. This included one collision resulting in serious injury and 14 collisions resulting in slight injury. Two slight injury collisions involved pedestrians. Four slight injury collisions involved motorcyclists.

- Six collisions involved shunts
- Seven collisions involved loss of control of the vehicle
- One involved "failure to look properly"

- One involved overtaking
- One involved exceeding the speed limit



The 30 mph section of road within Westcott is included on the Mole Valley speed management plan as a site requiring enforcement by the police. As a result of highlighting the issue, County council officers have now met with police colleagues to discuss the speed management plan and an update and consideration of potential options for speed management and enforcement has been requested. Their conclusions will be discussed with the Village Association before any changes are implemented.

In addition to the speed concerns, frequently residents see drivers ignoring the pedestrian crossing at the Green. Our local police team did some observations of this recently and spoke to a number of drivers as a result. Drivers passing through the crossing when pedestrians are waiting to cross is against highway code advice but is not an offence. Driving over the crossing while pedestrians were still on it is an offence and when observed will be dealt with appropriately.

It is quite likely that someone reading



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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.)

this article will have been one of the drivers spoken to during this police work – previous research has demonstrated that speeding vehicles coming through the village are often being driven by local residents. So, the first thing we can all do is to stick to the rules and take responsibility ourselves.

Elsewhere, there have been complaints that the Byway Open To All Traffic (“BOAT”) that is Wolvens Lane, to the west of Westcott, is being used late at night by quad and motorbikes – revving noisily which can be heard across the village (prevailing wind direction and the lack of other noise sources serving to augment the impact). Again, this isn’t necessarily illegal, it is just something that has an impact on other people.

Finally, the same seems to go for taking responsibility when parking in our village. Residents often tell me that it isn’t visitors to our village that park over their entrances or otherwise blocking access, but fellow residents that they know.

Through the Westcott Neighbourhood Development Plan, it was demonstrated that there is a shortage of parking spaces for residents in the village. People are genuinely understanding of the challenge, but are asking me to spread the word about the issue and appeal for a little more responsibility.

The Wheel of Wellbeing (Part 2)



Last month I introduced the Wheel of Wellbeing, six simple steps to helping us to look after ourselves

everyday to help improve mood and reduce stress. There wasn’t space in the February edition to include the ideas from all six areas so, here are the final three:

Spirit – Give



Being happy means you’re more likely to give to others, so it’s a great way to begin a cycle of generosity and happiness. Why don’t you start off by trying one of these ways to give?

Volunteer - Find your volunteering match. Would you like to help people in your community, inspire a young person, take on a new challenge or use your experience in a different way? There are thousands of ways to volunteer throughout Mole Valley. Some organisations offer volunteering days, if your company offers this why not take advantage and volunteer for a day?

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THE DISTRICT COUNCILLOR WRITES... (cont.)

Donate to charity - It is really easy to set up small monthly donations that can make a big difference to people's lives. You could also have a clear out and take some items to a local charity shop. You could also arrange charity events through work or with friends, this could be having a bake sale or taking part in a charity sponsored event.

Sponsor a friend - If you know someone who is doing something amazing to help raise money for charity, you can show your support by sponsoring them.

Give blood - It is very easy to do and you could save someone's life by doing so. Find out how to give blood.

People – Connect



Spending time with friends and family can reduce your chances of becoming depressed and lonely. Spending time with people is also likely to make you more confident, so give one of these a go:

Organise a dinner party – get a date in the diary so that your friends can pop round for a fun evening.

Meet friends and family after work - or catch up with a colleague in your lunch break.

Get back in touch - Busy lives mean

it's easy to lose touch with friends but the internet also makes it a bit easier to get back in touch with them.

Helping out in your local community - helps you get to know your neighbours. Ask a colleague - If you're on your lunch break at work you could ask a colleague if they would like to go out for a walk.

Place – Take Notice



Get up a bit earlier - start a sunny day by taking in the sunrise or take time to notice the sunset.

Go for a walk in your lunch break and explore the local area - take notice of the birds and the changing seasons.

Take in some nature - through some of Surrey's spectacular countryside.

Try using public transport - you can take notice and watch the scenery out of the window (e.g. take a bus or train instead of the car)

Astronomy - try an app or get a telescope and spend a bit of time on a clear night looking into the stars.

(Thanks to the colleague at South London and Maudsley NHS Foundation Trust for pointing out the original work on this to me).

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THE DISTRICT COUNCILLOR WRITES... (cont.)

Could You Change A Child's Life?

Could you make a difference to a child's life? Why not think about fostering with Surrey County Council? There are over 900 children in care in Surrey, sadly, nearly half of these children are placed outside of the county because there are not enough foster carers within Surrey. This means that many children are moved away from the areas they know, schools and friends making being in care even harder. Surrey are especially looking for foster carers in Mole Valley.



They need foster carers for children aged 0-18, supported lodgings providers for young people aged 16-21, and Short Breaks carers for disabled children. They would love to hear from you and welcome enquiries from people of all backgrounds, religions, cultures and sexualities. You don't need to own your home, be in a relationship nor have your own children to foster and you can continue to work and foster in some instances.

There are a number of ways in which you can speak with them whether you

would like to have an informal chat or if you would like to speak more formally with our recruitment team.



Firstly, they have organised an information event on Saturday 14 March 10.30am-12.30pm where you can chat with foster carers and a care-experienced young person at Molesey Youth Centre, Ray Road, West Molesey, KT8 2LG. Alternatively, you can book a home visit to chat to them about fostering by giving their friendly team a call on 0800 0969 626 or emailing fostering.recruitment@surreycc.gov.uk



There's no obligation to take your enquiry further if you decide after talking to them that fostering isn't for you at this time. You can also follow them on social media, Twitter, Facebook and Instagram, through @surreyfostering. They appreciate shares and retweets, as it helps to spread the fostering message.

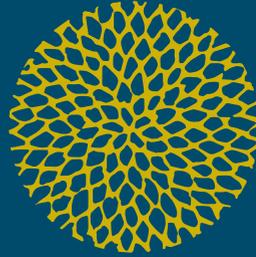
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THE DISTRICT COUNCILLOR WRITES... (cont.)

MINDFEST 2020 – Save the Date

This message is by way of a 'save the date' notification. You may have heard about MINDFEST 2019, perhaps you even managed to get along. If not, it was a celebration of all that our community can offer in terms of resilience training and services for mental ill health to enable people to be as well equipped as possible.



**DORKING
MINDS**

It was organised by the volunteer team at DorkingMinds and by The Ashcombe school and the good news is that the event is back again for 2020.

It will be held at The Ashcombe from 5pm to 9pm on April 1st with individuals, charities and voluntary organisations linked with mental health and wellbeing represented under one roof.

BE ME PROJECT
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The main hall will host local organisations such as BeMeproject and BeLongcommunity, Patchwork

Garden, the Police and the Leisure Centre. There will be a healthy food offering and a book shop running in there.

In the Study Centre we have a more intimate atmosphere for organisations such as Samaritans, GIRES and ESRA to have share information about more delicate areas.



A speaker programme will be run on subjects such as eating disorders, self harm and anxiety. The keynote speaker this year is Jenny Rayner from the Lucy Rayner Foundation, an amazing local charity; if you haven't heard her before then please try to come for her session at 7.45. She lost a daughter to suicide several years ago and is an active campaigner for mental health services.

You can find out more at <https://thelucyraynerfoundation.com>

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C of E Primary School

As always, both sites continue to be a hive of activity. Here are some of the highlights.

Squidge and Splat

Every Wednesday, we are welcoming babies and toddlers to a messy play session, at the Abinger site. There is a different theme every week so if you have a baby or toddler, please do drop into the weekly session. More details can be found on our website, Twitter and Facebook pages.

O2 Young Voices

On Thursday 23rd January, forty pupils from our Surrey Hills All Saints choir, joined together with 8,400 children from London and the South East, to perform to a packed audience at the O2. The children spent the afternoon rehearsing and then wowed the audience with performances of songs, including, a pop medley, a tribute to Queen, as well as having the opportunity to sing along with Tony Hadley, The Shires and Ruti (winner of The Voice 2018). We were incredibly proud of each and every child who modelled just how fantastic our SHAS children are.



Dorking Schools Sportshall Athletics Competition

A huge congratulations to our year 5 and 6 Sportshall Athletics team who took part in the Dorking schools competition on Monday 20th January, at The Ashcombe School. After training really hard, the children took part in 12 track relay races and 12 field events. They performed extremely well, winning 12 out of the 24 events.



We came 1st in the boys' competition, 1st in the girls' competition and so 1st overall!! Our score was 336 points, St Martins 2nd with 302 points and St Paul's 3rd with 250 points. The team went on to represent Dorking in the County finals at Guildford Spectrum in February, where they put in a great performance.



SURREY HILLS ALL SAINTS SCHOOL (cont.)

Cranleigh Lions Presentation

Following the success at the ROAR Project Finals in December, we were delighted to welcome three members of Cranleigh and District Lions Club this week. During an assembly, members of the three teams chosen by Lions representatives to be the most innovative and best designed ideas, were rewarded with individual book tokens. In addition, we were overwhelmed by their incredibly generous donation of £500 to the school.



The winning team attended the Lions South East Convention in February and we eagerly await the publishing of a book which will celebrate their idea (we will, of course, let you know when it is available to purchase on Amazon).

Year 5/6 Viking Workshop

In January, year 5 and 6 were lucky to take part in a Viking Workshop. Within the workshop they had the chance to get into character as a Viking; understanding the importance of gaining word fame for Viking society, what it was like to travel on a long ship

and even take part in a raid. Upon return they also explored a bit of Norse mythology and how it was important to honour your Jarl (leader) so they could go to Valhalla and came up with a ritual for a song to do so. They also explored the other side of the raids and imagined the fear the Anglo-Saxon civilians would have had of the Vikings and what could happen to them when caught.

- Noah "It was really scary when Vikings chased us as we tried to escape"
- Freya "I enjoyed learning about the funeral process and how important it was for their leaders to live in the afterlife"
- Jude "It was really tense when we hid from the Vikings as I didn't want to get caught"
- Heath "I enjoyed being a Viking and choosing what to do with my captured Anglo-Saxons"



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Elena Accogli - viola

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More information visit the Maiastra website www.maiastra.org or phone on 07768 254511.

Hugh Parry, Chairman

THANK YOU!

Jean and Tony Mickle would like to say a big 'Thank You' and how very touched we have been with all the kind wishes and offers of help over the past three months since Tony's accident. It has meant so much to us knowing that we have been in your thoughts and prayers. Now that Tony has been discharged from Atkinson Morley (who have been wonderful by the way,) we are now on the home straight!





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Tales from the Caves

On 14th Jan at the new venue in St John's Hall some 29 members braved the rainy evening to gather to hear Peter Burgess give a talk about "Tales from the Caves". To supplement his own experiences visiting the caves with the Wealden Cave & Mine Society he had collected a number of stories of mostly nefarious events from newspaper historical archives dating back into the 1800s. These mainly concerned caves and tunnels in Reigate, Godstone and Merstham.

He started with several accounts of thefts of equipment from the Reigate Red Cross sand caves between 1858 and 1870. The sand was commercially excavated for making glass and their equipment was habitually stolen. In those days the lighting underground was provided by candles which must

have made activity in the half dark particularly difficult. In more recent times (1942) in the Reigate Castle grounds there was a shooting range in one of the tunnels and there was an incident involving theft of a rifle, a revolver and some ammunition rounds for which young boys were responsible.

Moving on to Godstone in 1935, where caves were utilised for mushroom growing, there was an incident in 1935 involving the theft of corrugated iron sheets used for covering the wooden trays in which mushrooms were grown.



Candle light in caves



Mushrooms growing in cave

Some photos showed the very primitive conditions in which this little industry was performed. Men had to manhandle the large wooden trays filled with compost manure on which sandy soil from Chichester was spread and the mushrooms grew. This was still a thriving industry in 1948 carried on in the half dark of the caves.

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Peter Burgess mentioned a particular account from Godstone where in 1942 some 83 bottles of brandy and some wine were stolen from WW2 stores owned by a military supply company. All these reports usually concerned a court case but we never learned the outcome!



It seems that in Merstham in 1810 after a period of serious flooding there was a big subsidence in an area of limestone/chalk caves. This resulted in a court case between the Lord of the Manor and the local Miller who owned the land but had not dug the caves himself – they were licenced as mines by the Lord of the Manor.

The consequence of the subsidence was that the water course to the water mill had shifted and the mill lost its means of power. The Miller took the Lord of the Manor to court but it is not clear what the outcome was for the unfortunate Miller!

Peter Burgess had some interesting photos of the extraction of limestone blocks used for prestigious buildings in the local area and in South London. It is thought that all these caves and tunnels had first been excavated as early as 1300 -1400 to obtain building stone.



Imogen Barker, our Chairman, thanked Peter for his talk and the effort he must have put into researching the history of our nearby caves. Our next Talk is scheduled for Tuesday 10th March at the usual time in St John's Hall at 8pm and is expected to be a slideshow of scenes and personalities in Westcott over the years.

Members are encouraged to keep an eye open for suggestions on future speakers and talks and keep the committee informed.

Roger Christian

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DORKING MUSEUM

Under the headline, "The key to a longer life? Museums!", a recent newspaper article gave the news, "Trips to art galleries, museums or the theatre can help you live longer, research has suggested". Dorking Museum is playing its part!

Gallery Talk, Thursday 19th March: 'Mrs. Pankhurst's Purple Feather'



The Museum is delighted to welcome author Tessa Boase to the Museum to present a talk on her book, 'Mrs. Pankhurst's Purple Feather: Fashion, Fury and Feminism – Women's Fight for Change'.

When Mrs. Pankhurst stormed the House of Commons with her crack squad of militant suffragettes in 1908, she wore on her hat a voluptuous purple feather. This is the intriguing story behind that feather, the rise and fall of 'murderous millinery' and the birth of the all-female RSPB. Tessa will be signing copies of her book after the talk. At the Museum, 7pm, doors open 6.30pm. Tickets £7 (£5.00 members),

includes a glass of Prosecco. Entry on the door or book in advance on the Museum 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 gathered together paintings and drawings of the area, from conventional views to interesting interpretations of the local townscape and landscape.



She asks, 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

DORKING MUSEUM (cont.)

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."

Archaeological finds:



Dorking Museum has recently accepted a number of significant local archaeological finds dating from the medieval and early modern periods. The largest is a 16th or early 17th century pear-shaped jug, usually known as a 'bellarmine', found in the middle of the last century during building work behind the former Red Lion Hotel (previously the Cardinal's Hat) in the High Street.

Two of the other items, both found in Betchworth, are a jetton (an accounting token) made in Germany in the 16th century and a bent fragment of a medieval silver annular brooch, complete with its pin, estimated to date from c1200-1400. It

is hoped to be able to display these items soon, although, at the time of writing, the Museum is seeking a volunteer curator to care for its artefact collections.

Walking in Dorking:

With Spring well on the way, the Museum walks team has been polishing its boots ready for this year's programme of guided walks. See Dorking in a new light with a Museum guide! Scheduled walks in March include:

Mayflower 400 Walk, 1st March, 2pm from the Museum. See buildings that were in existence during the time of the Pilgrim Fathers and which survive today: 16th/17th century 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.

Hidden Dorking Historic Walk, 4th March, 2pm from the Museum. Journey into Dorking's history with a guided walk of the town to see hidden Dorking: the secrets that lie behind the modern streets and the people who built the town's reputation.

Betchworth Castle Tour, 14th March, 2pm from entrance to Betchworth Park golf club. Stunning views across to Box Hill and towards Brockham with

DORKING MUSEUM (cont.)

exclusive access to the former great hall and down into the cellars, not normally open to the public.



All walks take around 90 minutes. £4 per person (£3 members). Details and booking for scheduled walks on the website, or group bookings (minimum 10 people) taken by appointment. Some of these walks sell out early, so please see the website for further dates.

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

BROCKHAM CHORAL SOCIETY

will be performing
Haydn 'Nelson Mass' along with 3 Bruckner Motets
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on Saturday 28th March at 7.30
in St.Martin's Church, Dorking, RH4 1UX

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LEITH HILL PLACE

2019 is now a distant memory and we are looking forward to opening Leith Hill Place on Friday 13 March.



Our theme this year is 'The House of Science', a nod towards the scientific links the house has to the Wedgwood family, famed for their ceramics which involved a great deal of chemistry, and also to the Darwins.

The best-known Darwin is of course Charles, but other members of the family such as his grandfather Erasmus Darwin, who was a renowned physician and naturalist, are also figures of interest. Charles's sister Caroline was a keen botanist who planted up the Rhododendron Wood, and her daughters, especially Lucy, helped their uncle Charles in some of his experiments for his final treatise on earthworms.

Our exhibitions don't stop with the Darwin/Wedgwood connections. We are looking at the science of landscape and some aspects of

historic houses, and we are also investigating the kitchen science that goes into the cream teas that are a well-known draw to Leith Hill Place.

We will have beautiful cake-stands made by a volunteer to help furnish the exhibition, and we are looking for realistic-looking knitted, crocheted, felted or stitched scones or cake to fill them. If you can help us, please drop your creations at the property before the end of March.



Finally, we also look at the technology used by Vaughan Williams to help him record the folk songs he heard from local people, some of which formed the basis of his best loved hymns and carols.

All the exhibitions are free with entry, and our tea room, staffed by our wonderful volunteer bakers and

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LEITH HILL PLACE (cont.)

helpers, will be putting on the usual spread of delicious cakes and scones.

The Leith Hill Place workshops are back again, including **a day of well-being and yoga with Nicole Bowles on 8 March** (10am – 3pm, £65 including lunch and refreshments, 07887 841855), and the popular **scone workshops on 12 March and 21 April** (10am – 12.30pm, £25, 0344 249 1895).

We have **creating sculptures in clay with Pippa Weaver on 30th March** (10am – 5pm, £80 including all the

materials and a cream tea, 07989 949922), and **instruction in portraiture across four weeks in March/April** with Jane Allison, 07790 476394).

Over Easter the house is open 10 – 13 April, 11am – 5pm, with our Cadbury Easter Egg Hunt for children, £3 each.

For more information please visit our website on www.nationaltrust.org.uk/leith-hill-place or phone the house on 01306 711 685.

Anna Trenter



THE DORKING GROUP OF ARTISTS

Spring Exhibition
Betchworth Village Hall, RH3 7JD
1st - 3rd May 10 am - 5 pm
(open until 4pm on the last day)



The Dorking Group of Artists, one of the largest art groups in Surrey, will be holding its popular Spring Exhibition at Betchworth Village Hall.

Over two hundred paintings, drawings, prints and mixed media works in a variety of different styles are being exhibited by the members, of whom many are professional artists.



All artwork exhibited is for sale including a large selection of unframed works and cards.

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Burns night

So it was a bit chaotic until everyone got seated, but then all went smoothly. But once all were seated and the Selkirk Grace said by one of our few true Scots present, the Haggis was piped in and set before another of our be-kilted guests who gave us a wonderful Scottish rendition of the Address to a Haggis. I think Robbie himself would have applauded. A toast was made to the Haggis and then came the feast.



Heather McCombe provided us with a delicious traditional meal of Haggis (what else? Well there was an alternative choice of salmon) followed by a choice of Cranachan or roulade. In keeping with tradition, there followed the Toast to the Lassies, somewhat tongue in cheek, admirably made by Alistair Meldrum, with the Lassies' response made by me. With the formalities over, we were able to sit back and be entertained by the Billberries. We had enjoyed them at a previous meeting, and it was a great pleasure to welcome them back, with an emphasis on Scottish songs, and audience participation.

A bit of a change last evening, and back in St John's Chapel we had a very interesting talk from a local author, Tony Earnshaw, about his career in writing poetry and subsequently his first novel.

He was introduced by Judith Packer, who also presented a short interview with him which gave us an insight into his background. Having grown up in York and later settled in Surrey, this novel brings the characters to life in settings we are all familiar with. For anyone interested, it is called Blessed Assurance and can be found on Amazon, but be sure to search under his name, not the book title!



Next month, March 4th, Hannah Mayo is coming to talk about ECO church, of which I know nothing but am curious to find out about!!

Then comes the Spring and with it the butterflies, so what better than a talk on "Butterfly conservation at Merrist Wood" The talk will be at St John's Chapel, not Merrist Wood! So come fly with us and join a colourful evening.

Meetings are at St John's Chapel, from 7.30pm first Wednesday of the month, teas and coffee included in the annual £15 or £4 on the night, with wine available for which we ask donations of £1.

Everyone is welcome, and further details can be obtained from Jacki Moss, johnjacki.moss@btinternet.com

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MUSIC IN DORKING



- 2nd at 1.30, ballet screening at Dorking Halls, £18.50, 01306 881717
3rd 10th 17th 24th 31st at 8.30, Watermill Jazz at Betchworth Park golf club, 07415 815784
7th at 12.00, Music at Midday at St Martin's church, free, 01306 884229
8th at 7.30, LHMFBach Mass at Dorking Halls, £15-24, 01403 240093
14th at 9am, LHMFB youth choirs competition day at Dorking Halls, £5
17th at 7.15, opera screening at Dorking Halls, £18.50, 01306 881717
18th at 7.00, opera screening at Dorking Halls, £18.50, 01306 881717
21st at 7.30, European chamber orchestra at Dorking Halls, £20-25, 01306 740619
21st at 7.30, Dorking Philharmonia at St Martin's church, £15, 01306 730640
23rd at 1.30, opera screening at Dorking Halls, £18.50, 01306 881717
28th at 7.30, Brockham Choral Society at St Martin's church, £15, 01306 882728
28th at 7.30, Ashtead Choral Society at Dorking Halls, £20, 01306 881717
30th at 7.00, ballet screening at Dorking Halls, £18.50, 01306 881717

The Dorking Concertgoers present a concert by the Chamber Philharmonic Europe, a small orchestra of talented musicians from several European countries. The group played in Dorking a few years ago and now makes a welcome return visit with an attractive programme including concertos by Bach and Vivaldi, Rachmaninov's beautiful Vocalise and Nielsen's Little suite for strings. The Dorking Philharmonia's programme includes Brahms' first Serenade alongside two Russian works – Prokofiev's light-hearted Classical symphony and Shostakovich's virtuosic second piano concerto.

The Leith Hill Musical Festival gets underway with a performance of Bach's grand and impressive Mass in B minor, one of the truly great choral works, given by a large choir, with four soloists and a baroque orchestra, under the direction of Jonathan Willcocks. There is also the competition day for young choirs, and the main festival concerts will follow in April.

Another grand choral work, Mendelssohn's oratorio Elijah, will be sung by Ashtead Choral Society, accompanied by Kent Sinfonia. Brockham Choral Society will sing Haydn's Nelson Mass together with some motets by Bruckner; the concert also includes Mozart's symphony no.40.

There are several screenings at the Dorking Halls, both live and recorded. Opera

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MUSIC IN DORKING (cont.)



lovers can see Beethoven's one and only opera *Fidelio* from the Royal Opera in London (17th and 23rd) and Wagner's *Flying Dutchman* from the New York Met (18th). For ballet enthusiasts, there is a double bill from the Royal Ballet – *The cellist and Dances at a gathering* (2nd) – and Prokofiev's *Romeo and Juliet* from the Bolshoi (30th).

The midday concert at St Martin's church will be an organ recital given by the director of music, Stephen Hope. Watermill Jazz has a range of performers, including the following: Get the Blessing + John Hegley (3rd), Brubecks play Brubeck (10th), Bruce Barth Quartet featuring Peter Bernstein (24th) and the Surrey County Youth Jazz Orchestra (31st).

Ian Codd

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Goat Leprosy

Chogoria Mission Hospital in the shadow of Mount Kenya, had the responsibility of tending to leprosy patients in Northern Kenya. One bright sunny African morning we set out in a loaded Land Rover heading north. The Northern Frontier District (NFD) of Kenya is a vast arid area populated by nomads. Their main form of transport is camels and they are accompanied by large herds of goats and rather scrawny cattle. There is no stigma associated with leprosy but the lepers keep to themselves and seem to look forward to our visits.



The first few interactions went well. Although there is no cure for the disease, we would monitor their progress and adjust their medication accordingly. The next group always gave us problems but there they were patiently waiting for us. We'd chosen a large tree, the only one for miles around and told them to count 12 full moons before meeting us there again. Unfortunately their disease was worsening. Amongst all of them. Still we handed out a year's worth of medication to each of them and invited them to the traditional feast we provided. This they really enjoyed and the festivities went on 'til the early hours.

Something was not right. They had been given thousands of pounds worth of medicine, generously supplied by the German Leprosy Mission and yet they were getting worse. Thus we decided to take a leaf out of the Greek's book at the siege of Troy. Taking our man Thomas to one side, we told him to wander off and get "lost". We would leave and come back for him in a week or so. And so it happened: back we came to find a tearful Thomas sitting under the tree reading his bible. He was alone.

"The Goats won't get leprosy" he said. "But Thomas" I said, "Goats can't get leprosy. What do you mean?" "As soon as you left, they gave all the medicine to the goats!" "Why would they do that?" I asked, aghast. "They know that these medicines will never cure them, only stop them getting worse. This is not good enough for them: cure or nothing. The only reason they counted 12 moons and came to the tree was for the feast."

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EARTH HOUR

Earth Hour is an annual event, created by the World Wildlife Fund, and is marked by hundreds of millions of people around the world to show their commitment to protecting the planet.



We are fortunate in Westcott to be surrounded by the beautiful Surrey Hills and we live in Surrey's most wooded county. It is sometimes easy to just take this for granted.

Nature provides our life support system: the air we breathe; the water we drink and use to sustain our crops; the soil to grow our food. We depend upon the health of the planet for our own wellbeing. And yet the system that we live in, that focuses on consumption and economic growth, does not value these natural services essential for human health. It depletes and degrades the earth's resources for profit, with scant regard to the long-term consequences.

Earth Hour provides a great opportunity to reflect on how important nature is for our wellbeing. Beyond us being dependent upon it for our most fundamental needs,

spending time in nature is good for our soul – appreciating the beauty of the landscape; the thrill of observing wild creatures; the amazing intricacies of a flower.

The idea is to switch off for an hour – switch off your lights, the television/radio, and other forms of distraction, and be part of the change you want to see in the world.

We are inviting people to **join us for Earth Hour at St Johns Westcott on Saturday, 28th March at 8.30pm**. We'll come together to celebrate Earth and all its gifts, by candlelight. Please feel free to bring along a poem, prayer, natural object or something to share together to help us think about and give thanks for our beautiful planet.



The Earth Hour website www.wwf.org.uk/earthhour has more information on how your participation can help to make a difference.

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Our food system is responsible for the loss of almost 60% of global biodiversity. Loss of habitats to grow mono crops and increased use of pesticides and fertilizers are contributing to species extinction.



A huge reported decline in the number of insects threatens food supply - they pollinate 35% of plant crops.

We need food to sustain us in our daily lives, however, in our busyness it is easy to spare little thought to where our food has come from and how it was grown, harvested or produced. Fast food, ready meals and processed foods are very convenient and often cost effective but can take their toll on our health, the environment and lead to a growing lack of knowledge of how to grow and cook food.

The globalized food system gives us access, via industrialized agriculture and supermarkets, to plentiful, cheap food, but at a significant cost to the environment: greenhouse gas emissions from fossil fuel usage in transportation and packaging; air and water pollution from pesticides and fertilizers; and soil degradation.



The resulting depletion of these natural resources means that our current food system is unsustainable - sooner or later it will collapse.

In their 2019 report 'Our Planet, Our Health' the Environmental Audit Committee found that the UK's 'high dependency on imported fresh food, coupled with a failure to act on climate breakdown, is risking national food security.' It also expressed concern that the poorest and most vulnerable would be worst affected by any food price rises, which may be triggered by crop failures.



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March diary

Sat 7th 10.30am-1pm Dorking Repair Café at Dorking Christian Centre

Mon 9th 7.30-9pm Eco Café at St John's Westcott

Mon 16th 7.15-7.35pm Focused prayer re Climate Emergency at Holy Trinity

Sat 28th 8.30-9.30pm Earth Hour at St John's Westcott

What can I do?

Choose palm oil free products.

Palm oil production destroys rainforests and biodiversity, as vast areas of land are cleared for planting. Orangutans are now at serious risk of extinction as 80% of their habitat has been destroyed in 20 years. Palm oil is found in around half of supermarket products, due to its useful properties and cheap cost. www.ethicalconsumer.org/palm-oil-free-list



Eat locally-produced, seasonal food

Locally-produced food is generally fresher, tastier and more nutritious. It reduces the need for transportation, meaning less carbon emissions and helps to support the local economy. Food bought and eaten during its

natural season of growth is likely to be produced with fewer human inputs. It may also be cheaper, due to seasonal abundance. Grow some of your own food at home or in the local community.



Eat less meat and dairy

Livestock is responsible for around 18% of the greenhouse gases that contribute to global warming – more than the emissions from all cars and planes.

It takes up to 12kg of animal feed and 15,500 litres of water to produce 1kg of intensively reared beef.

Eating more fruit and vegetables but less meat is likely to be both healthier for you and more sustainable for the planet.



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- CHRISTMAS PARTIES
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- ❖ Hilton Hotel, BT Tower, National Portrait Gallery, and many others in London

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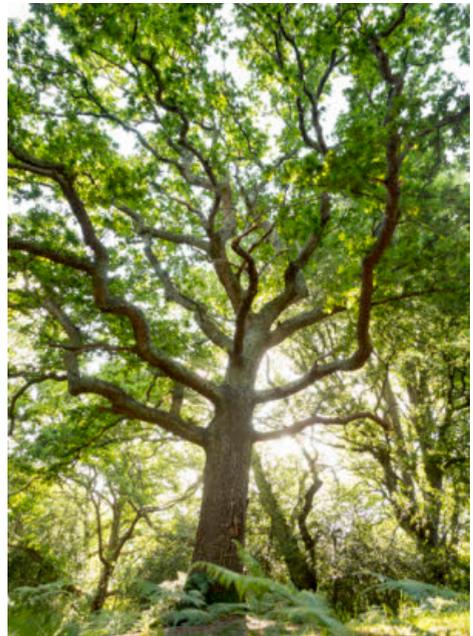
Abinger Roughts have been owned and managed by the National Trust since July 1950 when the freehold was acquired from the Abinger Hall Estate. This unique parcel of land has an often overlooked history dating back to the Neolithic with continuous occupation through to the modern day. The Roughts and surrounding fields contain burial mounds, pit dwellings, Roman villas and vineyards as well as Georgian and Victorian pathways, tree planting and shrubs.

The glade which is next to Frogbury Lane was the site of the first Abinger Fair as well as being the original home for the village cricket team until they moved down into the field in front of Abinger Hall. (Their current home was a marsh until it was donated as the village war memorial in 1920). Perhaps the best known historical feature on Abinger Roughts is the memorial stone marking where Bishop Samuel Wilberforce fell from his horse and died. His body then being carried to Abinger Hall and laid out on the billiard table.

It seems only fitting that in our 125th anniversary year, The National Trust in the Surrey Hills should choose Abinger Roughts as the site for our next fantastic habitat creation project.

Land, Outdoors and Nature

As part of a major strategy beginning in 2015, the National Trust has committed to restoring or creating 25,000 hectares of priority habitat by 2025. This will be a major contribution towards combatting species loss and climate change across the UK. Priority habitats might include chalk grassland, wildflower meadows, wetland creation, river restoration or woodpasture/parkland creation. In the case of Abinger Roughts we are very excited to be working towards establishing 34.5ha (85 acres) of wood pasture.



Open grown oaks offer a huge number of niches for a vast array of species

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What is Wood Pasture?

Woodpasture is an ancient habitat, originally created by native animals which humans have long ago driven to extinction, and recreated by farmed animals. Many of the best current woodpastures in Britain are former medieval deer parks, royal hunting forests and old wooded commons. These areas contain large, old, open grown native trees and a mosaic of habitats including scrub and an open ground layer. These ancient trees have their own unique assemblage of fungi and invertebrates as well as bats, mammals and birds. They are vital links to our ecological past, and without appropriate management they will be lost.

What's involved?

There are a few stages to this project:

- Reference the entire perimeter of



Stag Beetles will benefit from the increase in dead wood.

Abinger Roughs and install a central division.

- Thin the woodland to allow more light in and promote ground flora.
- Reduce the amount of invasive, non-native *Rhododendron ponticum*.
- "Halo release" veteran trees to promote long side growth.
- The selective creation of new pollards by the cutting back of branches above grazing height
- Introduce low level cattle grazing to the site.

This process will produce a large amount of timber. The smaller trunks will be sold for biomass, or used as wood fuel through National Trust offices in the Surrey Hills. The larger trunks will be milled and seasoned at Landbarn Farm where our carpentry team will use them to create a huge range of items and support the work of the Surrey Hills team.

If you would like to find out more about the project, why not come along to one of our walks in the summer. Meet at 10:00 in Abinger Roughs carpark on either Friday 22nd May or Friday 26th June.

Henry Barnard
Lead Ranger North Downs West
henry.barnard@nationaltrust.org.uk

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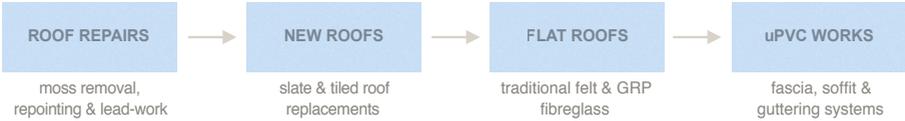


remedial roofing

/rɪ'mɪ:dɪəl 'ru:fɪŋ/ adjective

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With the clocks going forward at the end of the month, you can really begin to feel that spring is well and truly on its way at last. And what a choice of walks we have this month. We are continuing with our series of Beating the Bounds of Mole Valley walks in celebration of our 40th anniversary in 2020 but we really do have something for everyone from a 3 mile leisurely walk in Hatchlands Parks to a couple of 12-mile strenuous hikes for the more energetic and everything in between. You never know how much you might enjoy it unless you give it a try! Mole Valley Ramblers organises group walks across the heart of Surrey and further afield, on weekdays and at weekends, with a range of distances and levels of ability from leisurely to strenuous. Visit www.molevalleyramblers.org.uk for full information, including where to meet at the start of the walk. No need to be a member – anyone can come along.



Leisurely – 3-4 miles

Sunday 1st: Water, water everywhere. 2pm, 3.5 miles.

Monday 9th: Ancient Asthead. 2pm, 4 miles.

Monday 16th: A Westcott Wander. 10am, 4 miles.

Monday 23rd: Spring in the Park at Hatchlands. 10.30am, 3 miles.

Sunday 29th: Deepdene. 2pm, 4 miles

Moderate – 6-10 miles

Wednesday 4th: Friday Street, Leith Hill. 10am, 6.5 miles.

Wednesday 4th: Holmbury St Mary and Ewhurst. 10am, 7 miles.

Saturday 7th: Beating the Bounds Section 2. 10am, 10 miles.

Sunday 8th: Experience the Hills near Holmbury. 9.30am, 7 miles.

Wednesday 11th: From a wood without a mountain to where drovers once passed. 10am, 6 miles.

Wednesday 11th: Beating the Bounds Section 3a. 10am, 6.5 miles.

Sunday 15th: A Sheepleas Ramble. 9.30am, 7 miles.

Wednesday 18th: Denbies to Polesden Lacey. 10am, 7 miles.

Sunday 22nd: Back to Black-heath. 9.30am, 7 miles.

Wednesday 25th: Beating the Bounds Section 3b. 10am, 7 miles.

Strenuous – 7.5-12 miles

Sunday 1st: Bridges around Hatchford. 9.30am, 8 miles

Saturday 14th: Blackdown, Lurgashall and Fernhurst. 10am, 12 miles.

Wednesday 18th: Farley Heath, Wonersh and Blackheath. 10am, 7.5 miles.

Wednesday 25th: Clandon, Netley and Netherlands. 10am, 11.5 miles

Saturday 28th: Great Kentish houses. 10am, 11 miles.

Sunday 29th: Longer Walk for a Longer Daytime. 9.30am, 12 miles.

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