



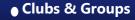


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<u>E</u>ditor's Note By Emmeline Moore

My dog walks and bike rides will never be the same again! Those wretched golfers are back on the Heath, swinging their clubs. It is slightly inconvenient for us, that those golfers should wish to return to their membership.



So, we reluctantly walk along the bottom, down the track. Looking longingly out to the distance, remembering the undulating well kept landscape, dotted with bluebells, and the soft powdery sand.

We had a beautiful open space to roam, my children had the sand pits and the adults of my house, well, we had some much needed head space. We played by the rules, we never went on the greens, but now those troublesome golfers are back. Unfortunately, my boys and dog are not well enough behaved to walk amongst them.

I hear that there is a Corona Cup to be won and with that in mind, it is probably best I avoid the area. I can't guarantee my boys won't do a ninja move at a crucial golfing moment, whilst shouting louder than is necessary into the nearest sand pit and I can't guarantee that my dog won't run off with the winning ball.

Before lockdown, I didn't feel confident enough to explore the Heath without getting in the way of a game. I was unaware of the beauty right on our door step and how hard the Golf Club worked to maintain it. Thank you Walton Heath for sharing it with us at a most crucial time.

However, word has it, the Corona Cup is an important championship and so I grudgingly hand the Heath back over to its competitors. However, all is not lost, I have come away from this experience having learnt something new - those child friendly sand pits are actually called bunkers!

Good luck golfers!

Please support this community project by paying £10 per year and guarantee yourself an issue every two months, hand delivered to your door.

Please email admin@stpeterswoth.org for more info. Thank you.

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The deadline for the Sept/Oct Edition is 15th August. Please send all contributions, by email to:emmelinerolls@yahoo.co.uk All views expressed are those of the individual authors and are not necessarily those of St Peter's or Christchurch.



ST PETER'S PARISH TEAM



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Churchwarden

Vacancy



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Rector's Letter By Reverend Harry Latham

As I write this letter, we are just preparing to see how the churches can be safely opened for private prayer whilst complying with all the important quidance on social distancing.

We are also just thinking about what it means that we can form a 'bubble' with adults who live alone (or single parent families).

As I have spoken on the phone, or at a distance in the street, to different parishioners over the last few weeks I have found quite a range of responses to the ongoing lockdown.

Many are worried about the virus and a second spike. Some just want to get back to normal. Others think we have over-reacted as a society.

Some are furloughed but expecting to lose their jobs, some are bored silly, others are working harder than ever and finding it exhausting having to communicate by looking at people and themselves on screens all day.

Some are lonely and feeling isolated, others are glad to have some quality family time, still others want to have some respite from their families.

As we head to July and August it will be six months since some children had physical school, a good routine and saw their friends. We do not know what kind of holidays will be available but many of us feel we would like some.



In the Church's year we are in 'ordinary time' or the 20 Sundays this year from Trinity Sunday to All Saints Day. So, as we move ahead individually and severally, as a parish and as a nation let us value the ordinary things, things we often take for granted.

Let us continue to look out for each other in our different contexts and with our different needs and let us keep our hands in the hand of God.

I end with words from a poem familiar to some by Minnie Louise Haskins originally titled "God knows."

And I said to the man who stood at the gate of the year: "Give me a light that I may tread safely into the unknown." And he replied: "Go out into the darkness and put your hand in the Hand of God. That shall be to you better than light and safer than a known way." So, I went forth, and finding the Hand of God, trod gladly into the night.

Very best wishes, Harry

A Prayer of J.H Jowett

Grant that we may walk as Christ walked.
Grant that what Spirit was in him,
such he may be also in us.
Grant that our lives may be re-fashioned
after the pattern of his life.
Grant that we may do today here on earth,
what Christ would have done,
and in the way he would have done it.
Grant that we may become vessels of his
grace,
instruments of his will —
to thy honour and glory.
Through Jesus Christ our Lord.
Amen.



From St Peter's Registers

Lavinia Nash, Samantha Crosby

A NOTE FROM SUE ADILZ

Yesterday we visited St Peter's, open again for the first time since March so that Fred could restart and wind the church clock. Inside the church, much had been done in preparation for opening: pews were screened off, the Pascal Candle lit and placed in front of the rood screen, plastic chairs strategically placed on the dais and in the Lady Chapel for those wishing to pray. The church was spotlessly clean and flowers had been placed in the porch. A "Church Open" sign hung on the door; Neil and Clive were there to welcome us. It was lovely to be back in St Peter's; do visit.

A NOTE FROM NORMA

GREETINGS CARDS.

If you wish to purchase Greetings Cards that benefit St Peter's Church, please call me as I keep a supply at home. These are cards that are suitable for Birthdays, Anniversaries, Thank You etc and are £1 each.

Norma 01737 812639.

Services Within Our Benefice of Headley & Box Hill

St Mary's, Headley

Sundays 8.00am Prayer book Communion (except 3rd Sunday)

10.30am 1st & 3rd Sundays: Parish Communion
9.30am 2nd Sundays: Joint Family Communion

9.30am 4th Sundays: Family Communion

St Andrew's, Box Hill

Sundays 9.30am 1st Sundays: Contemporary Worship Service

9.30am 2nd Sundays: Joint Family Communion at Headley

9.30am 3rd Sundays: Informal Family Communion

9.30am 4th Sundays: Morning Praise

CORONAVIRUS PANDEMIC

Following the announcements from the Prime Minister and the Archbishop of Canterbury, all services and meetings at St Mary's, St Andrew's and Walton Heath Manor are cancelled at present.

EVERY TUESDAY AFTERNOON

Holy Communion takes place at Walton Heath Manor, Hurst Drive, 2.30pm



Sometimes you may find this Book Of Common Prayer Service a convenient opportunity. The service includes hymns, an interesting talk followed by refreshments and accompanied by piano music.

Work In The Churchyard During Lockdown.

By John Bishop, Church Warden



The area behind the church office and adjoining the Memorial Garden had become badly overgrown. It was completely covered with powerful brambles and the graves and headstones were submerged beneath them. One or two of us (me included) had a go at clearing the area during previous years, but we made little progress and I'm afraid we gave up.

However, Neil Williams has set to and done the job properly. It must have been painful work in every sense — extremely hard because of the compacted ground and the strength of the mature brambles, and especially painful because of the unforgiving thorns. I didn't see him doing the work, and just came upon the area as it is now. It was startling to find it cleared and with new grass seeded.

The graves and headstones which had been uncovered were largely those of the Ede family from Walton Place in the village, and there was a real sense of history to read dates so close to the battle of Waterloo. There are other graves nearby which are even older and probably many more around the churchyard which are older still, but with

wording and dates which have been worn away and can't be read.

Neil has turned to other work since he finished with the Memorial Garden area. Ivy has established a grip in many parts and there are self seeded saplings growing out of some of the graves. He's been working to kill and remove as many of these as he can reach. He supervises the regular mowing with our reliable mowing contractors and the hedge cutting. He's also engaged with obtaining reports on the safety of trees and has a plan to identify the occupants of some of those graves without legible names.

As I have said before, we are so lucky to have Neil as a specially valuable member of the PCC with his love of the churchyard and his willingness to work so hard in it. He works quietly in a "behind the scenes" sort of way, and he does it without apparently expecting or looking for thanks. That's why I felt I should write to let everyone know what he's been doing and to let him know how grateful we all are.

Do go to look if you are in or near the churchvard.

★ Insight By Tom Rhind-Tutt MBE

How to give a gift to a charity at no extra cost to you.

I am sure that you are familiar with all those Charity Appeal envelopes that come through the post, or online, exhorting you to donate to their worthy causes.

Many years ago, I spent time considering all these appeals and, in the end, I chose eight to regularly support each year. But, I remained concerned, for I still received a steady flow of other appeal envelopes which I just threw into the rubbish bin. Then I woke up! I realised that I could make a contribution to these Charities without it costing me a penny and I could help the environment!

My discovery started when I understood how the charity sector operates. For every Charity is desperate to find and keep Donors, so most employ specialist organisations: Research companies to provide quality lists of potential donors.

Employ professionals to design and print their literature.

Engage mailing companies to post the appeals and keep the mailing lists right up to date.



These essential services cost a lot of money perhaps £8 -16 per envelope!

How to Respond

When you receive a Charity Appeal that you do not wish to support very clearly write on the front of the envelope 'GONE AWAY.' Also cross out your address. Future mailings will then be cancelled saving the Charity £8 or lots more!

Important

If you put anything else such as 'NOT INTERESTED' – 'PLEASE STOP' the mailing company will ignore your message and the envelopes will continue to come! Your Invitation

If you would like to meet with me, or just chat please email 'tom@rhindtutt.com' Or ring 01737 811730.

Tom



$\underline{\mathbb{M}}$ Mereside Bank and New Wall for Mere Pond By David Larner

You might remember the old wall at the water's edge at the Sandlands Road end of Mere Pond. Mereside owner, David Larner, explains how it was replaced 3 years ago, and how the bank was converted into a new hydrangea garden.







Original bank

The new wall

Historical photos showed a neat wall separating Mereside's garden from Mere Pond, but only a few remnants existed when Valerie and I moved into the house. Trees on the bank were dead, long past their best or leaning precariously towards the water, and the bank was covered with weeds. The waterline had an irregular shape where the garden 'tumbled' into the water and overall, it was a sad sight compared to earlier photos.

With input from the council, a detailed plan was made to replace the entire wall, soon afterwards White Horse Contractors (who do large marine projects) were engaged to do the works. A lorry load of green oak arrived, shortly followed by a gang of workers and 2 earth moving vehicles. Even the best made plans . . . the larger vehicle was too wide to pass between the front hedge and a tree so the tree had to be pruned and sprung back to make a passage. We wondered how operations would proceed, but the modusoperandi became evident when a few dramatic sweeps of a bulldozer pushed a 3m wide swathe of bank into the water, leaving a

level platform for ensuing works. A line drawn with spray paint to define the position of the wall turned out to be spot-on, because when excavating the trench, buried remnants of the old wall were discovered over the entire 40m length.

Post were driven into the trench and lengths of oak plank were bent and bolted to the uprights to form the curved wall. The next step was to shift soil from the water-side to the garden-side of the wall to make a 1m step in height. A second wall was then built 2m back and 0.5m higher than the front one. Exit contractor White Horse.

Works included a waterfront platform, the one used for the annual Christmas tree and lights, and therein lies another tale. Fifty tonnes of topsoil arrived in three enormous trucks and was tipped onto the front garden. Moving the soil with wheelbarrows was too laborious, even with help from an enthusiastic neighbour. Enter stage left, a hired-in Bobcat truck, which made short work of the job. When driving

down the bank with a tonne of soil in the bucket, I stopped 3m short of the water, lest the Bobcat inclined too steeply and somersaulted into the pond with a big splash. Driving was good fun, and my sons-in-law keenly took turns at the wheel. Later, I asked Father Christmas for a Bobcat but got hankies and slippers as usual.

Soil was improved by digging-in tonnes of horse-manure and peat. Signature Hydrangeas in Kent, of Monty Don and TV fame, supplied a hundred hydrangeas. My wife and I planted every one; a backbreaking task. Planting also included viburnum bushes, cornus plants, three silver birch trees, gunnera manicatas (giant rhubarb); and a thousand snowdrop, daffodil and tulip bulbs.

Finally, on a green note, a rainwater harvesting and irrigation system was installed to satisfy the needs of the ever-thirsty hydrangeas.

Works took a year and cost a pretty penny. Was it worth it? Emphatically yes, based on compliments paid by villagers who admire the bank and wall from across the pond, especially for those beautiful hydrangeas that bloom and double in size year on year.

The old wall, made only from softwood, lasted something like 50 years. The new wall in oak should last, God willing, much longer. Mark my words, and young Waltonites can bear witness at the turn of the century.



David and Val's beautifully planted hydrangea bank, sitting on the edge of Mere Pond.

$\underline{\mathbb{C}}$ Come and Gone, Although Much Enriched By Ricardo Preve



By the time you read these lines, I will have gone from the community of Walton on the Hill.

I am an Argentine / American film director, and I came to the UK at the beginning of January for a planned 3-month stay to work on my next film. The film is based on the true life-story of a 19th century British bandit woman named Ellen Greenhill in Patagonia and I wanted to research on site, some of the places where she grew up before her family moved her to South America at the age of 14. I had also planned to meet with UK film producers to discuss cooperation on the making of the film.

The Covid 19 emergency put a halt to all of those plans and, pretty soon afterwards, also my chances of returning home.

However, I was most fortunate that a friend who owns a house in the village allowed me to stay there for the duration of the emergency. Fortunate not only in the sense that I had a perfect place to quarantine; a huge garden, a spacious and beautiful house

and most appealing to me, a great library with many wonderful books. Therefore, during my stay I read a lot! I have always been fascinated by Virginia Woolf, and since the house contained quite a few books written by, or about her, I feel as if I have attended an intensive study course on that great English writer.

Venturing beyond the house, it was wonderful walking on the Banstead Common. It reminded me of the hills and woods of Albemarle County, in Virginia in the USA, where I have lived most of my life, and where my three children were born. Even the deer, though of a different species than that of their American cousins, added a touch of familiarity as I spotted them in the fields and woods during my morning walks.

My daughters, Kristin and Erika, had always loved horse riding as young girls in rural Virginia, so I enjoyed very much seeing riders out on their horses through the streets of Walton. Once I ventured further, a nice long walk to Epsom Race Course, to see the site of the Derby, which I very much enjoyed.

On the advice of my wonderful neighbours, I visited Reigate Fort and the Inglis Memorial. This gave me a better understanding of the landscape, with the spectacular views from the North Downs and also added a poignant touch, with a visit to the B-17 bomber crash site nearby. I undertook this on Memorial Day, an important holiday in the US, which is held to remember service members who died in the wars.

During my forced stay I made new friends, educated myself, and enjoyed knowing the wonderful community of Walton on the Hill. If there was ever a silver lining in every cloud, that was certainly the case for me. I may have left now, but the wonderful memories will stay with me forever.



WOTH rock painters have been busy during lockdown creating a village snake around Mere Pond.

The idea is to contribute to the length of the snake by adding in your own painted rock, then watch him grow!

Thank you to Rowan Kay for painting the head (twice) and for organising this, it has been a great community event during lockdown.

At the start we couldn't see anyone but we knew people were around and visiting the pond as the snake kept growing. It was reassuring to know that the community was still about.

Anyone can join in, young or old, just paint a rock and add it to the snakes body. There are now over 60 rocks, weaving around the grass bank by the pond. Lets see how long we can make him grow!

Florence Nightingale's Legacy and a chance to say thank you. By Mo Atkins

Ironically, the bicentenary of the birth of Florence Nightingale (FN) on 12th May 2020, coincided with a global pandemic, when the commitment and dedication of nurses became headline news.

Never before, in our lifetime, has Florence's legacy been so important.

She was a prolific writer. The fundamental principles, as recorded in her epoch-making 'Notes on Nursing', are as relevant today as at the time of their publication, in 1859....
'Every nurse ought to be careful to wash her hands very frequently during the day.....
compare the dirtiness of the water in which you have washed when it is cold without soap, cold with soap, hot with soap....'

As Greta Westwood, CEO of the Florence Nightingale Foundation (FNF) wrote, following the opening of the NHS Nightingale Hospital.....

'We are reminded of the challenges she (FN) faced in her mission to keep our nation's soldiers safe from the spread of infection.' More than 160 years later the importance of hand washing is still the most important thing we can do to beat COVID-19.'

Sadly the many planned celebrations, in Florence's honour, have had to be postponed, including a glorious nurses' Tea Party at St Thomas' Hospital and the annual



service at Westminster Abbey, with this year's special significance.

Burial in Westminster
Abbey was offered to the
family of Florence
Nightingale, but declined
due to provisions in her
will. She was laid to rest
in the family grave at East
Wellow Churchyard, in

Hampshire, but in 2010, on the centenary of her death, the Nurse's Memorial Chapel (set up in 1950 to remember all those in the nursing profession, from the U.K. and Commonwealth, who had died in the 1939 - 1945 war) was re-dedicated to Florence Nightingale. Accessible via steep steps, it is possible to visit the tiny chapel, by appointment with Vergers at the Abbey. On display, is replica of the lamp, which became an international symbol of nursing and is carried by a Florence Nightingale Foundation scholar at the commemoration service.

This year, on 12th May, also International Nurses' Day, the 'Florence Nightingale White Rose Appeal' was launched by the FNF, to celebrate nurses and midwives and the bicentenary of Florence Nightingale. It is a lovely way to give thanks or remember a nurse or midwife who has meant a lot to someone. Buying a £5 e-white rose will enable vital development of nurses and midwives to continue and also provide emotional well being and support during the

Covid-19 outbreak and beyond. *Find details* at Virgin money giving / Florence Nightingale White Rose Appeal.

Shortly after her 'Notes on Nursing' were published, in 1860, the 'Lady of the Lamp's' ambition to set up formal education for nurses was realised, thanks to a fund set up in honour of her achievements.....and thus was born, The Nightingale Training School, attached to St. Thomas' Hospital, initially in Southwark before its final establishment in 1871, on the banks of the Thames.

I can't remember a time when I didn't want to be a nurse. I still have the cape that went with my first uniform, made by my mother, when I was three. The most worn page in my 'Janet and John' Early Reader Series contained the line 'Janet was sick'!

At fifteen I was able to pedal to work at weekends and holidays, in the nursing home

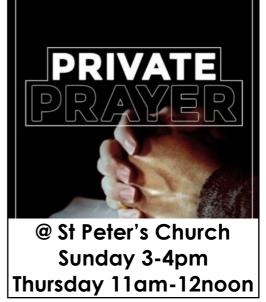
down the road in Tenterden, Kent. It was an eye opener that only served to confirm my vocation ... and the need for hand washing.

For me, there was only one place to train. Not only had the Nightingale Training School, at St Thomas Hospital, a connection with Florence herself, but it's enviable position, opposite Big Ben, was blessedly not far from Waterloo Station, for a quick escape to home in the Kentish countryside on days off.

Many lessons were learned on the way to State Registration (and of that, more anon) but one of the first and arguably one of the most important was the art of hand washing, a technique never to be forgotten.

The threat from Coronavirus may be diminishing but let us not lose sight of that basic principle of HAND WASHING to prevent cross infection.

'Read Mark Learn'
looking at Revelation
Alternate Thursdays
8.15pm On Zoom
Contact Harry for details



∠Open Group Newsletter By Mo Atkins

Village Kitchen / Open Group

The popular Soup Saturdays, during
Lent, came to an inevitable halt, in
March, but thanks to a dedicated,
small team of volunteers, ably
organised by Norma, home deliveries
of soup to a number of isolated folk
continued until the second Saturday of June.

It is hoped that the Village Kitchen will be able to resume something of 'normal' service, on the second Saturday of the month, as



soon as it is deemed safely possible, so 'watch this space'!

Open Group will review meeting plans and activities in the autumn, in the hopes of a joyous reunion and resumption of fundraising for the

Princess Alice Hospice.

In the meantime, special thoughts and wishes to all friends who come to the Village Kitchen and Open Group events.

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The Health Emergency Support Project in Tadworth & Walton By Mike Fox



Current situation

Over 100 people have contacted the community support team either asking for immediate help or indicating that they might need help in future. Some requests were for one-off assistance but most required regular support. Currently some sixty households are being supported on a weekly or fortnightly basis for shopping and/or prescription collection or telephone support involving over 70 of the volunteers.

As the government has started to relax the lockdown rules a critical period is approaching when we will see if the infection rate starts to increase again. A few volunteers are returning to work but there are plenty more to take their place and the community support operation in Tadworth & Walton will certainly continue to operate for those who need it.

Unfortunately, there have been one or two hiccups with deliveries of the government organised food boxes for shielded households. Some have been delivered to households who were neither expecting nor needing them whilst other shielded households have not received their expected delivery. Unfortunately, no destination details are included with the boxes and there is no help line providing direct contact to those organising the government scheme. If you get an unexpected box or do not get an expected one, please contact a member of the team whose phone numbers are below. We will ensure the boxes either reach someone who does need one or get delivered to a local foodbank.

The team contact for new volunteers is Revd. Tim Astin (01737 813152), for requesting support in Walton it is Mo Atkins (07799136894) and for support in Tadworth it is Mike Fox (01737 350452).







Community Support in Tadworth and Walton

Are you self-isolating? Need help with shopping etc.? Like a chat on the phone?

Volunteers are ready to help. If you are finding self-isolation difficult, feeling lonely or worried, or just need some errands doing, please contact us.

Also if you know someone who needs support, do tell us about them.

Volunteers

All volunteers are local residents and are vetted. Thank you to those who have volunteered help already. If you would like to help, do contact us.

CONTACTS

 Mike Fox
 surreychair@surreynhw.org.uk
 01737 350452

 Mo Atkins
 moatkins@hotmail.co.uk
 07799 136894

 Timothy Astin
 tim.astin@virginmedia.com
 01737 813152

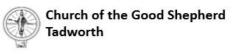
 07786 667170











Community Support in Tadworth and Walton

Many people keen to help each other during this Coronavirus emergency. This partnership of local trusted organisations have combined to provide coordination between people with needs and volunteers. We will put you in touch with named volunteers.

Please be careful of scammers

Sadly there are a few 'bad apples' and a very few people have been cheated. If you have any worries about a person calling, or offering help, or just want to check them out, please ring one of our contacts:

Mike Fox	surreychair@surreynhw.org.uk	01737 350452
Mo Atkins	moatkins@hotmail.co.uk	07799 136894
Timothy Astin tim.astin@virginmedia.com		01737 813152
		07786 667170

For the long haul

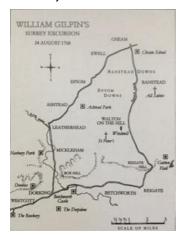
None of us know how long this will last, or how we will feel in a few weeks time. You might not need help at first, or even with support from your families, you might find you need some conversation or help. So do keep this, and ring if you need to.





William Gilpin's Surrey Excursion, 24th August 1768.

By Robert Ruddell





Walton Heath 1913, Etching by Percy Robertson

In August 1768, William Gilpin, then headmaster of Cheam School, made an excursion through Banstead along Potter's Lane, via Reigate and Dorking to the Rookery at Westcott, returning via Mickleham and Ashtead.

The Bodleian Library at Oxford holds his previously unpublished manuscript description of this expedition. It mentions the great estates and describes the 'Picturesque' scenes he observed along the way.

On entering Walton Heath, William Gilpin is struck by the 'wild and desolate view ...'
Nothing picturesque here, only the windmill and a church spire in the distance suggest that there are even any inhabitants and he moves on towards Gatton.

Had he passed nearer to the windmill, he would certainly have enjoyed a more picturesque sight than the remaining mill

body, that sadly we have great difficulty in seeing today between trees on the edge of Banstead Heath.

A black post mill, sailless, stands in the garden of Millfield a house built in 1911 and now used as offices just beyond Mill Road in Tadworth. It is valued for being the only known surviving mill in Surrey with a two – storeyed roundhouse and was last worked in 1902. The site having two mills at least from the eighteenth century with documentary evidence showing those mills have been there for centuries.

The attractive etching by Percy Robertson, held by the Victoria and Albert Museum with the title Walton Heath [1913], shows the windmill with four sails, but it has been suggested, that for the sake of pictorial quality, it was drawn with its full compliment, two of the sales, having dropped off in 1893 and the mill worked by steam engine.



St. Peter's Church [between 1847 and 1878.] sketched by Miss Roupell, the Rector's daughter

The spire in the distance was that of St Peter's Church at Walton and like Banstead's Church spire, it was originally shingled. A photo of St Peter's in the eighteenth century shows its original shingled spire. By 1820 the tower supporting the spire required considerable strengthening and was removed and the tower top ornamented with pinnacles as shown in the undated engraving by P. Simonau made after 1820. The pinnacles themselves proved too heavy and in 1895 a lower square-shaped tower was built which remains today. Some time between 1847 and 1878 the Rector's daughter; Miss Roupell sketched St. Peter's Church, Walton on the Hill.

Prior to Gilpin's excursion there existed a community near Walton – on - the - Hill named Ninehams, which later became Walton Oaks. On this site existed a public house called 'Ye Crown' and some small dwellings and outhouses. 'Ye Crown' which became 'Walton Crown' about 1801 was later converted into a double cottage.

The location of the site of 'Ye Crown' was discovered on Little Heath where Buckland Lane joins what is now the Dorking Road. This was probably at the top of Buckland Lane and was used by travellers when Buckland Lane was the main route south before the Turnpike road was built down Pebble Hill. The Pilgrims Way crosses Buckland Lane.

In 1792 Ambrose Hill [1739-1815] came to Walton and purchased all the dwellings and 'Ye Crown' and over the years this became the three large houses that occupied the site: namely Walton Oaks, The Hermitage and The Cottage which were there before Pfizer arrived in December 2001.

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Walton on the Hill and District Local History Society.

TWOAT Tadworth & Walton Overseas Aid Trust By Mike Fox





Mothers' Union school we support in Madagascar.

We have now held two committee meetings since the start of the lockdown by means of a video conference. Reports indicate that some of the schools we support had to shut down by government decrees which were largely based on the situation in their country's capital. We are somewhat worried that they have now been told to re-open but the virus may still be active in the country areas where schools are located. However, at least this will mean that some children from impoverished families will start to receive the lunches for which TWOAT has sent funds.

We are making plans to restart some of our own activities and we hope to organise some talks about our projects which our supporters will be able to attend via Zoom during July and August. We will be offering guidance in how to use Zoom during the next few weeks. We are re-planning our two John Allinson Sponsored Walks so that instead of being a figure of eight based on a pub they will be centred on a picnic area so participants will be able to enjoy socially distanced

lunches. The route, which will be the same for both walks, will be chosen to avoid constricted pathways again to facilitate social distancing. The two dates we have pencilled in for this are Saturday September 26th and Friday October 2nd.

Sadly, a lot of the revenue that we would normally have expected to have raised by now has been lost to us. However, we are very grateful to those supporters who have increased their donations in recognition that our projects will still need our support.

Mary Heath, who lives opposite Walton's Mere Pond, had made a lot of her lovely marmalade to sell at events that have sadly not happened. Please give her a phone call on 814345 if you would like to arrange to buy some jars from her that you can pick up whilst walking by the pond.

Further information about TWOAT projects and details of how to donate to us can be found here www.TWOAT.org or contact Mike Fox on 01737 350452.

Walton Parochial Charities

Providing help and creating hope in Walton on the Hill Are you struggling to make ends meet?



If you live within the parish of Walton on the Hill then the Walton Parochial Charities could help you.

This fund was created some time ago to provide relief for those 'in need,' the sick or disabled, distressed and the elderly within the Walton on the Hill parish

How can we help?

If you or anyone you know is struggling to make ends meet and could do with some help then please ask them to leave a message in confidence of course at the St Peter's Church office on 01737 668254 and someone will return their call. Alternatively email admin@stpeterswoth.org





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\mathbf{W} alton \mathbf{V} illage \mathbf{F} orum *By Grant Webster, Chairman.*



Nine weeks on from my last update and it seems like there is a light at the end of this long tunnel called isolation. As facets of 'normal' life begin to return, I'm sure we're all beginning to breathe a collective sigh of relief as we begin to reconnect with loved ones, friends and acquaintances.

For the most part we were blessed with some incredible spring weather, which by all accounts was the driest on record. This is clearly evidenced by the water level in Mere Pond which many of you have raised concerns about. Unfortunately, the water level in the pond is directly correlated to the rainfall so unless our summer turns a bit wetter, we are likely to see the water level drop further.

The highlight and subsequent disappointment of the lockdown in our village has to do with a family of swans! Yes, you read correctly, swans!

Without any warning on Tuesday 8th June, we received a call from the Swan Sanctuary courtesy of the TWRA. They called to say they had a family of swans consisting of mum, dad and three cygnets that they urgently needed to re-home and were keen to come and see our pond as it was one of three in the area that was under consideration for re-homing this young family.

What follows one couldn't make up, but then nature is a law unto itself and it's at times and in situations like this we realise not only how powerless we are, but also what impact we as human beings have on our environment.

By 1pm on Wednesday 9th June, we had a family of swans paddling around Mere Pond and although it was raining and a little chilly, it seemed the perfect time to release them because it was so quiet. A few of us

attended the release of the swans with the Swan Sanctuary, and it genuinely felt like it was the missing piece of the puzzle for our pond, words echoed by the Swan Sanctuary who thought it was a wonderful setting for this new family.

Sadly, by the morning of 15th June there were no swans inhabiting Mere Pond. All three cygnets died having suffered after the heavy downpours and cold weather over Wednesday and Thursday, apparently not a combination that allows young cygnets to thrive. Both adults remained through Friday and Saturday but come Saturday evening both flew off with only one returning early on Sunday morning and the remaining adult flew off on Monday morning.

Now while all of this is terribly sad and has had a number of us enduring an emotional rollercoaster, it's by no means the end of this story. So, what next?

Well for many months now we have been discussing and planning how to make our pond an amenity for all to enjoy, including the water birds that currently choose to inhabit our pond. This recent experience means we need to expedite our plans and, together with the council, reprioritise and resolve the issues we've identified over the past 18 months.

The question of swans and Mere Pond's suitability remains an open question and I think that perhaps we need to be honest with ourselves in answering this.

Many of you have expressed concern and been somewhat aghast, by the general behaviour of people witnessed in recent weeks. There have been reports of throwing of stones, unsuitable feeding of all our water birds, littering and dogs being off their leashes. We have all certainly noticed the increased numbers of people and local traffic since lockdown began to be eased and some of these unwanted behaviours may well be attributable to the unusual circumstances, we currently find ourselves in. However, the issues of noise, population density and traffic, to name just three, transcend the current situation and remain challenges for our village. Perhaps this will mean that our pond may never again be suited for swans to thrive and establish a home. Our duty for the time being is to create the best possible environment for our current water birds and an amenity for all to enjoy with due consideration given to others and nature and, in so doing, if a pair of swans chooses to inhabit Mere Pond, then we will be extremely fortunate.

Until then I suspect nature will win out every time.

If anyone has any questions or would like to get involved with our Mere Pond subcommittee then please email us at

info@waltonvillageforum.com

I look forward to seeing you in and around the village.





Sun 5th Mini service YouTube **Thurs 9th Read Mark Learn** 8.15pm Zoom Sun 12th Mini service YouTube Sun 19th Mini service **YouTube** Thurs 23rd 8.15pm **Read Mark Learn** Zoom Sun 26th Mini service **YouTube**

AUGUST

Sun 2nd Mini service **YouTube** Sun 9th Mini service YouTube **Read Mark Learn** Thurs 13th 8.15pm Zoom Sun16th Mini service YouTube Sun23rd Mini service YouTube Thurs 27th 8.15pm **Read Mark Learn 700m** Sun 30th Mini service YouTube

If you would like to join in with RML on Zoom then please email Harry at isaiah61@uwclub.net to request an invite.

CORONAVIRUS PANDEMIC

Following the announcements from the Prime Minister and the Archbishop of Canterbury, all services and meetings in St Peter's are now either suspended or broadcast via YouTube until further notice.



CORONAVIRUS PANDEMIC

Following the announcements from the Prime Minister and the Archbishop of Canterbury, all services and meetings at St Peter's are cancelled at present.

SUNDAYS

8.00am 1662 Prayer Book Communion (45mins)

This is a quiet traditional and spoken service of Communion with a short talk (a wonderful way to start the day)



(60mins)This service actually starts at 11am, but there is Coffee and Tea from 10.30am!





1st Sunday is an ALL-AGE Service (including a Craft activity)





2nd Sunday is a Parish Communion Service (more traditional)



3rd Sunday is a FAMILY Service (quite lively)







4th Sunday is a FAMILY Communion Service (less traditional)





TUESDAYS

At 2:30pm every Tuesday there is a Prayer Book Holy Communion Service with a talk and hymns followed by tea and cake that takes place at Walton Heath Manor Care Home, Hurst Drive, KT20 7QT. Visitors are always welcome. Contact Tom Rhind-Tutt 01737 911730



WEDNESDAYS (1ST AND 3RD)

From 10.15am until 12 noon in St. Peter's Church we meet to pray and study the Bible.

10.15am Parish Prayers, 10.45am Refreshments, 11.00am St Luke's Gospel examined and explained, 12.00 noon conclude. Visitors are most welcome to join us. Contact Tom Rhind-Tutt 01737 911730



THURSDAYS (2ND AND 4TH)

From 8pm to 9.30pm twice a month there is a gathering in St. Peter's for coffee and chat, Bible study and prayer.

Please drop in and try this group out.

$imes extstyle{V}$ irtual Events To keep you entertained during lockdown.

Tate Modern Tate is inviting visitors to the gallery through a series of

virtual tours.

www.tate.org.uk/visit/tate-

modern

The British Museum

The museum has taken a number of its exhibits to a digital platform.

www.britishmuseum.org/collection/galleries

The National Gallery

Take the virtual tour of 18 gallery rooms showcasing more than 300 paintings in total

www.nationalgallery.org.uk/visiting/virtual-tours

The Royal Academy of Arts

If you want to brush up on your art skills, The Royal Academy of Arts' website has an online life drawing tutorial.

http://www.royalacademy.org.uk/article/watch-life-drawing-live-anatomy-class

Buckingham Palace

The Queen's residence offers 360 virtual tours of iconic rooms.

www.royal.uk/virtual-toursbuckingham-palace

Westminster Abbey

Take a virtual tour inside Westminster Abbey www.westminsterabbey.org/learning/ virtual-tours

Houses of Parliament

No area of the Houses of Parliament is off-limits in this 360-degree virtual tour.

http://www.parliament.uk/ visiting/virtualtour/

Canterbury Cathedral

There are several areas of Canterbury Cathedral that the public can enjoy online. www.canterburycathedral.org/visit/ information/tour/

National Theatre at Home

The 'National Theatre at Home' project invites you to catch four of the theatre's best-loved productions weekly on Thursdays for free.

www.secretldn.com/national-theatre-at-home/

Stonehenge Monument

The English Heritage site boasts an official virtual tour that offers 360 degree views.

www.englishheritage.org.uk/visit/ places/stonehenge/

The Lake District National Park

You can see live scenes from Windermere, Conniston Water, Derwentwater, Ullswater, Keswick and Skiddaw

http:// www.lakedistrict.gov.uk/ visiting/webcams-videos-andphotos/webcams

National Trust	Discover the history and beauty of Dinas Oleu in North Wales.	www.nationaltrust. org.uk/south- snowdonia/ features/our- beginnings-at-dinas -oleu
	Located in the Gloucestershire village of Hidcote Bartrim, Hidcote Manor Gardens is a series of outdoor spaces brimming with colourful plants and flowers	http:// www.nationaltrust. org.uk/hidcote/ features/hidcote- virtual-tours
	Sissinghurst Castle, in Kent, has a stunning array of gardens and is best known for its blooms of white roses in the summer.	http:// www.nationaltrust. org.uk/sissinghurst- castle-garden/ features/ sissinghurst-castle- virtual-tours
Classical Music	Every day, as the sun goes down, Igor Levit walks over to the Steinway in his Berlin living room and gives a concert, live.	twitter.com/igorpianist
RAF Museum	The RAF Museum in London has virtual tours of several of its collections and exhibitions.	http:// www.rafmuseum.or g.uk/london/things- to-see-and-do/ virtual-tours.aspx
Pilates	Pilates is a form of exercise that focuses on balance, posture, strength and flexibility	www.nhs.uk/ conditions/nhs-fitness- studio/pilates-for- beginners/
The Body Coach	Joe Wicks, fitness instructor has taken it upon himself to keep the world fit during lockdown.	www.thebodycoach. co.uk
Chester Zoo	The full line-up includes everything from pandas and bears to tigers and elephants	https:// www.facebook.com/ chesterzoo1/
Virtual Farm Tours For Kids	set the kids up to watch these fun, virtual farm tours	https:// www.youtube.com/ watch?v=y- FQsNH0fXI&feature =emb_title
Legoland	Take a virtual tour of Legoland	https:// www.legoland.dk/en/ accommodation/hotel- legoland/virtual-tour/



Reigate & Banstead Helpline

If you are alone self-isolating or know someone who is? A community helpline operated by Surrey County Council is available for residents needing support with tasks such as picking up shopping or prescription collections.

0300 200 1008, Monday to Friday, 9am to 5pm

Walton Pharmacy Prescription Delivery. For patients who are self isolating and do not have a friend or relative to collect their prescription.

0844 288 0300

Striding Into Motherhood

A free local support group for new mums and mums to be, looking for support through the coronavirus

www.facebook.com/groups/ stridingintomotherhood

Walton Parochial Charity

Are you struggling financially? St Peter's has a small fund available to help anyone in need living in the Walton on the Hill parish.

01737 668254 Please leave a message.

Walton Post Office

Co-op

2m floor markers to keep customers at a safe distance when queuing, open 9am-3pm.

https://www.postoffice.co.uk/ branch-finder/1870238/walton -on-the-hill

Shopping for vulnerable customers, those that care coronavirus#stores for them and NHS workers. 8am to 9am Monday to Saturday and 10am to 11am Sundays.

https://www.coop.co.uk/

The Cock Inn, Headley.

Are offering a home delivery service utilising our fantastic local suppliers. They will deliver to the Walton/ Tadworth area.

www.redmistleisure.co.uk/ home-delivery-service

The Chalet Bakery, Tadworth.

Is open and will take bread orders for the following day.

01737 813511 http:// www.thechaletbakery.co.u

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Are open and are selling fish, poultry and eggs.

01737 813144

Hartley's Tadworth

Hartleys Tadworth now stocking fresh vegetables, fruits and an array of cheeses, ham and sausages

We now deliver to customers in isolation or who struggle to get to our shop.

01737 816192

Our address is 26 station Approach KT205AH **Tadworth**

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NHS/Carer hours Priority shopping every Monday, Wednesday and Friday from 8am to 9am.

https:// www.asda.com/ feeding-the-nation

The Volunteer Shopping Card We've created the Volunteer Shopping Card, the cashless—and less stressfull way for people to help get the shopping in. Ideal for those who might be self-isolating, older or medically vulnerable, the Volunteer Shopping Card provides a contactless, safe and secure way to allow others to shop for them.

Pets Corner, Kingswood

You can place an order via the 01737 354051 phone and a member of staff will select the item for you to collect.

Denbies Wine Estate

For all those home-schooling, orders of wine can be placed for delivery or collection.

https:// www.denbies.co.uk/ covid-19-virusinformation/

Kingswood Wines

Please contact the shop on

01737360264

Food Hygiene

Information on food safety for people who want to cook for their neighbours

https:// www.food.gov.uk/ food-safety



plus much more...

pifruits.co.uk/shop 07775037452



The Eyes In The Sky By Mike Hulme, Surrey Visuals.



'Drones' – love them or loath them, they are here to stay! I happen to love them but also totally understand why there are differing opinions. I set up my company, Surrey Visuals, in 2016 after a long career in t security industry. I have always had a

Visuals, in 2016 after a long career in the security industry. I have always had a fascination for 'all things that fly' and drones, at that time, were just starting to become more automated. This automation and software development ensured there were potentially several varying uses for the technology. It was the potential to undertake this variety of work, introduce me to different areas of industry, interact with people from various sectors — as well as, hopefully, run a successful business, that made me take the plunge. I also wanted to be an 'ambassador for drones' — as they had started to (and still do) receive some bad

press!



The company has developed and I have fulfilled that ambition in all the areas previously mentioned. I have filmed the Victoria & Albert Museum

for a Royal Opening, as well as filming for a BBC documentary, 'Secrets of the Museum', at the same location. I have undertaken many mapping projects for the National Trust throughout the Surrey Hills area, and completed many aerial security surveys of people's homes including simple roof inspections. I remain the main supplier of drone services to the Royal Automobile Club, Woodcote Park. Surrey Visuals has also been employed to provide demonstrations of drone capability to several police forces. I enjoy teaching in the form of one to one instruction from basic to more advanced 3D modelling techniques – so yes, you could say I have fulfilled my ambition!

34 There are countless rules and regulations



that professional

commercial drone operators, such as myself, must adhere to – and by doing so lessen any risk to the public in respect of breaches of privacy or physical harm to others. The main question I am asked is 'Where can you fly?'. The answer is always 'Depends...'. Depends on the time of day, the location, the weather, what permission you have sought, what services are required, the list is extensive! Suffice to say I am able to fly, with permission, just about anywhere! However, people's privacy is paramount and commercial drone operators are required to ensure this privacy is respected wherever possible. This is the same for any operator of any camera (mobile phone!). The user has a responsibility to respect the rights of those 'captured' whilst taking photos. I appreciate that the difference is that drones have the added aspect of height and remote operation - therefore the drone operator must be considerate of this. If you intend to employ a commercial drone operator they must be registered and have necessary insurance. If you are not sure – get in contact and I can advise.

With my Civil Aviation Authority qualification I am also able to fly in congested areas, such as towns and villages. However flying in central London required more than a simple risk assessment! I have filmed throughout

Walton on the Hill,

where I have lived with my family for over 20 years. I also provide my services free to the Village Forum and have assisted in filming various building projects throughout the Village. Hopefully, a 360° virtual tour of the Village will be available for all to view on the new Forum website, once that is up and running.

Drones, when used in a sensible, professional and careful way are a real asset to our society. They will in time be passenger carriers (they are already in some countries), they will revolutionise our delivery service, they will be essential for our NHS with urgent medical supplies, they will assist our farms and the whole agricultural family by using technology with crop management.

Finally, who knows where we are heading with Covid -19, but if social distancing is here to stay in some form or other I can see drones playing a key role in keeping our society moving.

I am not sure if I have convinced those of you that still 'loath drones' that they can do more good than evil but if not and you see 'me and my drone' about the Village do come and have a chat, I am sure I can persuade you otherwise...

\mathbb{Z}^{W} alton on the Hill Primary School By Headteacher, Tim Samuel.



Walton, back in April, I wrote about potentially having time to get jobs done around the school site and catching up with admin tasks. I entertained grand ideas both professionally for my own development in the role of Headteacher and setting personal targets such as playing more music, cycling more and working on my meagre French language skills. This now seems a very distant memory and what a change it has been since the end of March

In the last edition of Window on

when I last wrote!

The surreal calm at the start of lockdown with a handful of children in school was very soon replaced with in-depth risk assessments, structural changes to the school site, constant changing of guidance, endless communications for all stakeholders

and then welcoming more and more children coming back in to school.

All the planning and hard work has been worth it as we now have around 70 children in school each day. It is lovely to have the energy and vibrancy that the children bring to the school.

We are operating at half class sizes with only our Reception (Cygnets), Year 1 (Swans), Year 6 and Key Worker children learning together in 'bubbles'. We would love the opportunity to have even more children back in school but every room is being used and all our staff are working at least their contracted hours to provide the setup we have, whilst also planning and supporting the learning of children at home. It really has been a fantastic effort from our staff, and I

am hugely grateful to all of them for their commitment and care for the children in the school. Our offer has been over and beyond the Government guidelines and I am so proud of the team.

Over the summer holiday the Government are suggesting there may be some form of catch-up programme for children but the details of this have not been shared yet. We are looking into how we may be able to support families through the summer with childcare, but this will be outsourced to give our team the well-earned break they all deserve.

What September holds for schools is still unknown and we are planning for a whole range of possible scenarios from operating on a part-time basis with a rota for different year groups; 'blended learning' with some learning taking place in school while some lessons are supported through technology and home learning planning; or the possibility that we will all be back in school together as per any normal year.

A friend of mine quipped to me that some children are likely to come back to school conversant in degree level pure maths while others will be feral! I am confident we will not have children falling into this latter category, but we will clearly have a job to do ensuring we ascertain if there are any aspects of the curriculum that need to be back-filled. More importantly we will be focusing on the personal, social and emotional needs of our whole school community.

There is SO much more to the school day than simply learning and the huge number of social interactions and relationship built up in school time will not have been such a prevalent part of many children's lives for several months. We have a strong ethos of wellbeing and care within our school and this will be invaluable as we reopen and induct our new recruits into our Cygnets (Reception) class and welcome back the older children.

It is for the cohort of Year 6 children leaving us at the end of this school year that I personally feel greatest level of disappointment. I started at the school 7 years ago with these children and have thoroughly enjoyed watching them learn, grow and develop into such a wonderful group of children. That they were not able to complete their SATs tests to quantify their progress through the school and give us a league table rating is of no great importance to me. What I am sad about is that they have missed out on events such as their adventurous residential trip to the Suffolk coast and taking to the stage at The Riddell Hall for their lead roles in the Junior. production; all milestones and rites of passage as they come towards their graduation to secondary school.

Virtually all these children are now back in school and making the most of the time they have left together. We will do our upmost to ensure they have as memorable time as possible while working in two separate 'bubbles'. I know that despite their dispersal to around 10 different secondary schools their friendships are strong, and they will retain great friends from their time with us. I

hope that in the not too distant future we can hold some kind of more interactive celebration of their time with us when the lockdown quidance has changed.

From this year onwards we propose that we will establish an alumni structure in school to maintain contact with any 'Old Waltonian' from any era. Please do email me if you have been to the school as a pupil in any era so we can add you to this database (head@waltonon-the-hill.surrey.sch.uk).

To finish I would like to thank all members of the local community who have helped support the members of our school community during this challenging time. I regularly write about our moto of '*Global School Vision - Village School Values*' and have referred to how it takes a village to raise a child – all of which I think are absolutely demonstrated during this crisis.

I also feel it has taken a village to keep a Headteacher going through the past few months and the kind messages of support, offers of help, socially-distanced chats on the pavement or even just a smiley hello have meant an awful lot to me. Thank You!



We are now closed until further notice.

This decision was made in the light of the current coronavirus (COVID-19) outbreak and recent UK government advice, which I have been carefully monitoring and following.

I am committed to providing a safe and healthy environment for all my guests, AT ALL TIMES. I deeply value my movie-loving customers and their health and well being is my number one priority during this difficult time. We look forward to welcoming you back as soon as possible to enjoy a full slate of film releases, including the now postponed titles.

You will be able to get updates on the status of our cinema via our website.

Should you have any questions, please use the **contact form** on our website.

I sincerely wish good health for you and your families during these uncertain times.

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Activities include:

Tues 7.30-9.00pm Well Being Class Wed 1.30-4.00pm Art Group Thurs 1.30-4.00pm Pastel Class Thursday 7.00-8.00pm Men's Yoga class Sun 10.30-1.00pm Christadelphians

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activities

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THE TRINITY



It can be so confusing to us at times but why is the doctrine of the Trinity so important? Well a solitary God cannot be love because real love requires relationship and in the doctrine of the Trinity we get to see how love is part of the fabric of creation. From eternity, Father, Son and Spirit have been in community, in relationship. They have loved each other.

So, the Trinity is the answer to the deepest longing of the human heart. It clarifies the question and makes us go deeper than 'sentimental notions and elusive emotions.' We're all looking for love. Deep down we all need it in ways we don't understand or even acknowledge. We search and find glimpses, moments, tastes, and samples of love. We have genuine experiences of human love. And yet God's love still calls to us.

"Greater love has no one than this," Jesus said, "that someone lay down their life for their friends" (John 15:13). Sacrificial love is the ultimate love. Now imagine that the One

who is Love sacrificed himself. Imagine that the eternal loving fellowship of the divine community sent out one of their own to die, not just for their friends but for enemies.

Well this is precisely what God has done. The second person of the Trinity, the Son of God, takes on flesh and comes to die, 'that he who is true Love might show true love and give true love so that we might finally know true love.'

This is the hope of all humankind – that the doctrine of the Trinity would "come to life" by welcoming us into the community of love that God has enjoyed since before time began. C. S. Lewis, put it well when he said: "The thing that matters is being actually drawn into that three-personal life."

So the Trinity is best understood by experiencing it.

<u>ChristChurch</u> By Rev'd John B Gordon

Dear Friends,

ChristChurch along with many other churches remains closed due to government restrictions in dealing with the coronavirus. We all want to

get back to "normal" but in a way that is safe and sustainable for all sections of our community.

One of the roles of the Church is to remember in prayer the lives of women and men of faith who made a difference in the world they lived in. Often these people are what we call "Saints," but they also include social reformers who strived to make their communities safer and equal for all concerned.

On the 13th August we remember in our worship Octavia Hill.

Despite not having a formal education, she was a passionate driving force in creating social housing in London and other cities. This task was aided and encouraged by her friend John Ruskin.

Octavia was also deeply concerned about making sure of the availability of open spaces for the poor. Along with others, she made sure that Hampstead Heath and Parliament Hill Fields were not covered in housing. Octavia was one of the three founding members of the National Trust. She founded



the charity Family Action that was to provide a model for our modern-day social services.

It is good to remember and be thankful for people like Octavia Hill. As we move

together into our uncertain future, we will all need to be people of vision and commitment like Octavia.

My prayer is that we can be inspired by many of the stories of hope in the face of real problems and challenges and become better people together.

With every blessing, Reverend John Gordon.



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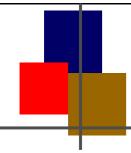
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ocal Chef Laura Palmer Sourdough starter and strawberry summer cup.

jam....





Brown rice flour starter day 1

Day 2







Day 3

24 hr sourdough made with 3 day old starter

Bubbles in my 7 day old starter

Thanks to lockdown, the ever-competitive nature of instagram and the shortage of baking yeast on the shelves, bakers everywhere are trying their lightly floured hands at creating sourdough bread.

I love sourdough. From its San Franciscan history to the personal accomplishment of making bread rise using a homegrown yeast, giving it a unique character and flavour profile. It's not surprising that many bakers, myself included, treat their starter like a pet.

I also really like fermenting stuff. It's fun. Watch out garden apples, I have cider in my sights this year...

My first sourdough success was c. 2008, a pot of bubbling joy that became so integral to my baking that I took it on holiday with me. Surfboard, check. Suitcase, check. Sourdough starter, check. Luckily just to Devon, I wouldn't have fancied explaining that to customs.

When I had to give up wheat a few years later I thought the unique art-meets-science deliciousness of sourdough was banished from my kitchen along with it.

But of course, you don't need to use wheat flour to create a fabulous sourdough starter. And compared to regular bread, sourdough is really good for your gut.

I believe that some of the good bacteria survive the baking process and actually promote gut health (and therefore overall health) in a probiotic way.

Regardless, a truly great sourdough starter, made from organic flour and home to specific types of yeast and bacteria, is the ultimate party-in-a-jar, and an easy way to make delicious bread. I've tried it with wheat flour (albeit over ten years ago), buckwheat flour (my current buckwheat starter is over a year old and going from strength to strength) and most recently brown rice flour.

Here's the science. Add water to organic flour and those wild yeasts naturally present in the flour spring to life, making bubbles (in the form of CO₂) and ethanol. Lactobacillus bacteria (the good guys) join in, creating lactic acid out of the ethanol and creating an

acidic environment perfect for the yeasts to thrive. The beautiful harmony that is symbiosis. Left un- or loosely covered and airborne yeasts join in to create that unique flavour profile I mentioned earlier.



SO we have bubbles, essential for any party and perfect for rising bread.

And if you have days when you're too short on patience (who doesn't?) to wait 24 hours for your bread to rise, you can simply add some of the starter to your favourite bread recipe, reduce the amount of dried yeast slightly, and still benefit from a milder but definitely present sourdough flavour.

Here's how to make one:

Rinse a tall container like a glass pint jar, jam jar or measuring jug with boiling water to make sure it's totally clean. (See above about competing bacteria)

Add 50g organic buckwheat or brown rice flour and 75ml bottled sparkling water and mix well. I use bottled water as it's already sterile and adds a boost of CO_2 right at the start but you could use cooled boiled water. Leave uncovered or cover loosely with a clean cloth and leave at room temperature for 24 hours. Stir every so often.

After 24 hours add 50g more flour and 75ml more water. Leave another day, stirring occasionally.

On the third day remove 100g mixture (either discard or use in pancakes or as part of a bread dough) and add 50g flour and enough water to create a thick batter consistency. It's a good idea to change the container to a clean one now.

By the fourth day your starter should be creating its own bubbles and so will be ready to use. Don't worry about any liquid that separates to the surface, this is the acidic bit. Just stir it in

before using (or you can pour it off for a milder flavour).

Store on the worktop, loosely covered with clingfilm or an upturned sandwich bag, and remember to feed it by taking out about 100g and replacing with 50g flour and 75ml water every other day. Or store in the fridge and do this every 4 or 5 days.

Once the starter is established tap water is fine to feed it with, and if you are fine with wheat you can easily convert this to a wheat flour starter by feeding with regular bread flour. If you are gluten free continue to feed with either rice or buckwheat flour (it no longer needs to be organic) or alternate the two.

Get searching online for some sourdough bread recipes and enjoy experimenting with your new pet...

That said, if you are after more immediate gratification, try this jam. Perfect for scones, toast, pancakes, cupcakes and more. Wimbledon might have been cancelled but Pimms and strawberries certainly haven't.

Here's how:

Take 300g strawberries, add a splash of water and cook in a lidded pan over a low heat until soft.

Add 250g jam sugar (it needs to be jam sugar for the pectin), then simmer until the sugar has dissolved. Add the juice of half a lemon and 50ml Pimms or other "summer cup" brand, bring to a high heat and bubble away, stirring constantly until it reaches setting point or 104C on a sugar thermometer. (To check setting point add a teaspoon of the mixture to a cold plate, it should set slightly and the top wrinkle when touched).

Leave for 10 minutes (so that any strawberry pieces don't float to the top of your jars, then jar in hot sterilised jars, or just keep in a big tub in the fridge to enjoy whenever you need a splash of sunshine on your toast. Sourdough or not.



Set point!



Strawberry jam with Pimms

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★ Well Being-Loss and Grief. By Tracy Latham

In my experience loss and grief are not topics people always feel comfortable talking about or want to think about. However, over the last few months, with the daily updates on the news of the number of Covid related deaths in our country, the reality of loss has been inescapable. I think it is helpful to recognise that there is a universality and uniqueness to loss. Everyone experiences loss so in that sense it is universal, but everyone's experiences of loss are unique. Two different people experiencing the same event that causes loss will have a unique reaction to that loss. There is no 'right' way to react to loss.

However, one of the most important processes in life is grief. Grieving is the process of working through and adjusting to our experience of loss. It is documented that there are usually a number of stages in grief. The Mental Health Handbook by Trevor Powell describes them as:

Stage One – Shock. The reality of the loss takes time to sink in. Initial reactions vary from numbness, denial, disbelief, hysteria, to not being able to think straight. These natural reactions cushion us against the loss and allow us to feel it more slowly and cope with it better.

Stage Two – Protest. At this stage the person protests that the loss cannot be real. Strong and powerful feelings occur, such as anger, guilt, sadness,

fear, yearning and searching, while the person struggles between denying and accepting the reality of what has happened.



Stage Three – Disorganisation. This is the stage when the reality of the loss is only too real. This is the low point of the wheel of grief, characterised by bleakness, despair, depression, apathy, anxiety and confusion. The person may feel that the feelings will go on forever.

Stage Four – Reorganisation. The person begins to rebuild a life, acquiring more balance and being able to choose to remember happier times. The person returns to previous functioning, but often with changed values and new meaning in life.

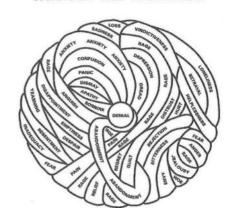
This is a nice neat list, but I think that the reality of the grief process is that it is often messy and doesn't follow a prescribed path.

Many people jump around the different stages described throughout the grieving process. Nor does it happen at a set time or for a set period. In my experience, some people grieve straight away, others grieve many years later. Some do it all in one go, others seem to grieve in bite size chunks. Again, there is no right way and grief is not

about 'getting over' someone or something. It is about processing and digesting the reality of the loss we have experienced.

The feelings that loss evokes can be powerful. Talking about your loss can be very helpful and it can be good to seek help if you need it. During a personal time of grieving I found writing provided a container for feelings that seemed too big to cope with or express. Reading it now I can see that I was in a phase of 'disorganisation'. At the time I just knew it felt scary, overwhelming and very hard to cope with.

BALL OF GRIEF A TANGLED "BALL" OF EMOTIONS



My heart feels so heavy, so weary, so sad. Some days I wake up feeling so heavy I can hardly get out of bed.

And yet the demands of the day beckon. So I force myself into the day – putting one foot in front of the other; wearily, heavily, reluctantly.

Joy and energy elude me.

Occasionally a shaft of light breaks through And that feels so wonderful.

For a moment the darkness is broken up. Scattered.

Just for a moment;

a precious moment.

 \boldsymbol{I} want to cling on to if for as long as \boldsymbol{I} can.

I savour it, suck it, slowly.

But it cannot last.

The heavy clouds engulf me again.
The storms return and the raging seas within.

I have to find a shore for them to crash against.

I cannot contain their might.

It helps to let them crash and crash and crash and break upon the shore.

They are so powerful and strong and loud. They keep coming for hours and hours and sometimes days.

But eventually the storm wanes.

It is quieter within.

The clouds are lighter;

less oppressive and heavy.

I can't control the weather.

Thick black clouds can roll in without warning.

Dark oppressive and looming they arrive.

They stir up the sea within. It is loud and unsettling.

It disturbs me.

I cannot quieten it with a word.

I can watch it

I can feel it

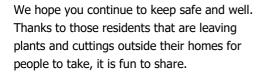
I can find a safe shore for it to beat it's breast against.

I can trust that it will pass

Eventually.

Walton In Bloom in conjunction with the Walton Village Forum

By Jean Bye and Janet Collis



We are sure your gardens are looking marvellous and flourishing in the sun and the rain. Remember to keep mulching and feeding hungry plants.

Fill any gaps in your borders with plants that you would like to move and water well for a few days to help them settle.

Deadhead roses, sweetpeas, geraniums and violas to encourage more beautiful flowers.

Try mowing less often and even leaving some areas uncut to provide wildflower pollen and nectar for bees and butterflies. You may also rediscover the joys of making daisy chains.

Keep an eye on your vegetable patch, embrace wonky produce, and an abundant harvest can be shared with neighbours or blanched for the freezer. For inspiration look up Incredible Edible at Todmorden to see what is possible when a community comes together.

Walton News have bedding plants for sale, subject to availability.

We are pleased to hear that the brown bin collection will be starting again from 22nd June. No excuse now to avoid those jobs you have been putting off.

More jobs for July and August

There is still time to plant vegetable seeds so take a look at the seed catalogues next time you put your feet up.

Keep birdbaths full but do clean regularly to avoid disease.

Thin out vigorous oxygenating plants from ponds.

After all this hard work do take time to sit back and enjoy the fruits of your labour. Those of us lucky enough to have a garden have been particularly blessed over the past few months.



Summer planting at Guncorner

Walton Warriors By Edward Moore

As the Lockdown restrictions are now starting to ease, we have been given advice from the Surrey FA that small groups of social distancing training sessions can now commence. This will be music to some parents ears, they can have an hour or so break and allow their kids some much needed interaction with their friends.

A number of the teams are looking to use Howard Close and Breech Lane, to carry out socially distancing training during the summer months. This will help to make sure all the kids are raring to go for the new season which will hopefully start as normal in September.

As most will know the season was sadly cut short at a crucial time when some of the Warrior's teams were well on the way to having some great success, whether it be in league or cup.

We were not able to hold our usual end of season trophy day or be able to celebrate in the success of both children and parents who are tireless in their commitment to making Walton Warrior the community club it is today. Hopefully we can build on last season with the introduction of more mixed and girls football sessions to ensure that all children have the opportunity to play in which group they feel most comfortable in.

Tadworth Cricket Club By Mark Anthony

With the ongoing Covid restrictions, Tadworth Cricket Club are yet to restart full cricket practice / games.

However junior 1:1 sessions have recently commenced and the club is hopeful some junior and adult cricket will be played later this summer.

TCC have two adult Saturday teams competing in the Surrey downs league and a friendly Sunday team with a reputation for some of the finest teas in Surrey!

The thriving junior section runs league teams from under 7-13.

If you would like any further information on joining this vibrant community club then please send your enquiries to one of the emails below.

Mike Wren Kirkham (New Adult players) - mwk94@sky.com

Mark Anthony (Junior cricket coordinator) - masanthonyuk@yahoo.co.uk

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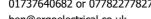


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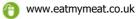
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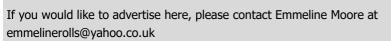




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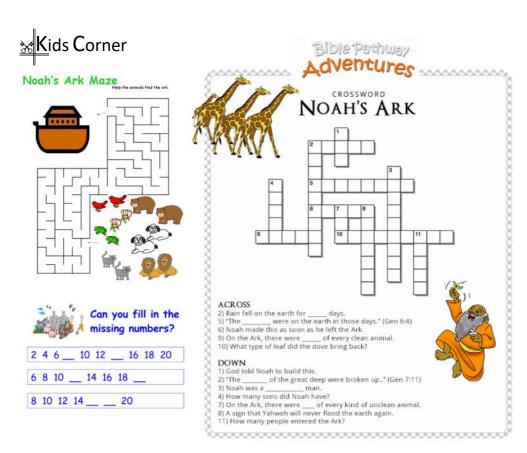




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Where in Walton is this.......

Answer in the next issue.



And the answer to last issues photo is..... Heath Drive. Thank you Caroline Pepper for brightening our day and knitting this.



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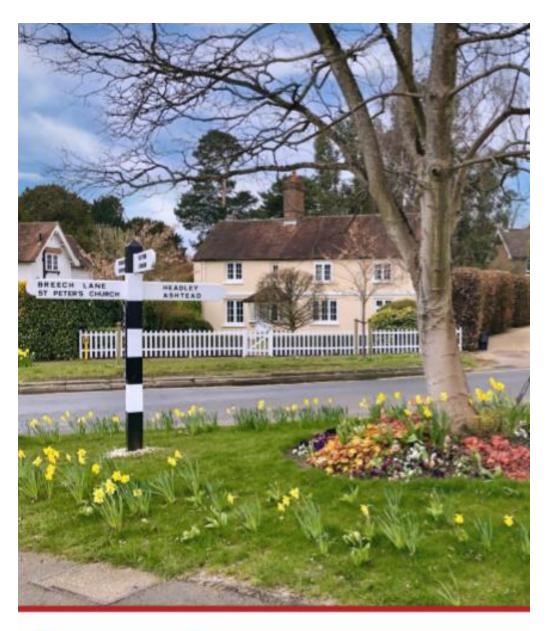


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