

Window on Walton

February -
March 2024



St.
PETER'S CHURCH
WALTON ON THE HILL



• Parish News • Community • Local Events • Clubs & Groups

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Editor's Note

Olivia Rowntree



Welcome to the first edition of Window on Walton (WoW) for 2024! Hopefully you enjoyed spending time with loved ones over the festive period and managed to relax and unwind - and to indulge, just a little!

Regular WoW readers will probably have noticed that we have skipped a month. Following a suggestion by Harry, Leah and Chris it has been decided that 2024 is the year to align the WoW magazine publication cycle with that of Headley & Box Hill (February-March, April-May, June-July and so on). Having an October - November issue that focusses on Harvest Festival and the period of Remembrance and then a December - January Christmas edition makes more sense and avoids the need to scramble together a magazine over the festive break, ready for 1st January.

Coming up we take a look back at all the events of December in the lead up to Christmas, Harry gives us an insight into his sabbatical, we have all the regular columns from the Open Group, Village Kitchen, Little Cherubs, WVF and TWOAT, some

special features (including trivia) on the festival of Lent and Easter, details of all the related services at St Peter's....plus much more.

If the sub-zero temperatures of late have been too much but you're keeping the thermostat under strict control at home, check out Laura's recipe for Marvellous Minestrone to warm you from inside instead.

In terms of key dates for your diaries; Ash Wednesday, marking the beginning of Lent, falls on Valentine's Day this year, it's Mother's Day on 10th March and then Good Friday and Easter Sunday are on 29th and 31st March respectively - so lots to look forward to.

As ever, a big thank you to everyone who has contributed to this edition of WoW and to all the volunteers, including but not limited to WVF, our very own team of "Mrs Mops" and the fabulous Light Up Walton brigade, all of whom work tirelessly in and around the Parish for our benefit.

If you enjoy reading Window on Walton, please support this community project by subscribing for £10 pa, guaranteeing yourself an issue every two months, hand delivered to your door!

Colour Ad Size

Price / Annum

- | | |
|----------------|--------|
| • Full Page | • £180 |
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| • Quarter Page | • £80 |

You can also get in touch if you have news from the local community that you would like to share, or if you run a local business that you would like to promote. Please email admin@stpeterswoth.org for more info. The deadline for the April - May edition is 15th March.

All views expressed are those of the individual authors and are not necessarily those of St Peter's.

Rector's Letter

Rev'd Harry Latham



I had a really good sabbatical break, only my second in thirty years. I have written a separate article about it. If your workplace offers you one, I recommend accepting it.

Returning to work in December was like trying to jump aboard a moving train or bus. It was also hard to finish 2023 by saying goodbye to The Rev'd Christopher Hancock who has left us for the Octagon group of Parishes in Chichester diocese and announcing that The Rev'd Leah Bates will be leaving us after Easter to become Rector of Fetcham.

These are both excellent moves that are good news for those other places, but we will feel the loss of both Christopher and Leah and will need to recruit others to help lead the Ministry in the Benefice.

At our Carol Service I reflected on the cosmic picture of the Word in St John chapter 1 who was with God and was God, who shared in Creation; the giver of life and light, the true light, the One who was coming into the world and becoming flesh for us.

Some people reject Him, some accept Him, and those who believe become children of God, have relationships restored, are lifted up from the Fall and open the door to Grace and Truth and Love and Kindness.

As you reflect on this most recent Christmas I wonder what your experience has been.

As I go forward into 2024, looking towards my 60th birthday with some trepidation, I know that good relationships in life are what really matter the most – particularly family relationships and above all our relationship with God.



Many of us will have some family relationships that are not as good as we would like. Perhaps our relationship with God is also not as good as we would like.

I do not think it is an overstatement to say that our relationship with God is of eternal importance and it helps us with all the others.

So, if you are a regular, please get involved with our 'Pattern for life' course. And if you are looking on from the edges, let me encourage you to try coming to a Sunday service, or if you are not ready for that to pick up a 'try praying' booklet from the porch.

Sunday Service Format at St Peter's

8:00am - 8:45am 1662 Prayer Book Communion

This is a quiet, traditional and spoken service of communion with a short talk.

11:00am - 12:00pm Main Service

This service is our main service of the day. Tea and coffee served from 10:30am weeks 1-4 of the month



1st Sunday - ALL-AGE Service
(with craft activity)



2nd Sunday - FAMILY COMMUNION Service
(less traditional)



3rd Sunday - FAMILY Service
(quite lively)



4th Sunday - PARISH COMMUNION Service
(more traditional)



5th Sunday - UNITED BENEFICE Service
(at either St Peter's, St Mary's or St Andrew's)

Services at St. Peter's February - March

Sunday February 4th

8am Holy Communion (1662)
11am All-Age Service
6pm Explore & Connect in Headley

Sunday February 11th

8am Holy Communion (1662)
11am Family Communion

Wednesday, February 14th

10:30 **Ash Wednesday** Holy Communion and
imposition of Ashes

Sunday February 18th

8am Holy Communion (1662)
11am Family Service

Sunday February 25th

8am Holy Communion (1662)
11am Parish Communion

Sunday March 3rd

8am Holy Communion (1662)
11am All-Age Service
6pm Explore & Connect in Headley

Sunday March 10th

Mothering Sunday
8am Holy Communion (1662)
11am Mothering Sunday Service

Sunday March 17th

8am Holy Communion (1662)
11am Family Service
6pm Explore & Connect in Headley

Sunday March 24th

8am Holy Communion (1662)
11am Parish Communion

Sunday March 31st

Easter Sunday
8am Holy Communion (1662)
11am Easter Family Communion



Services across the wider Benefice

St Mary's Headley

- 1st Sunday** 8am Holy Communion & 10.30 Parish Communion
- 2nd Sunday** 8am Holy Communion & 9.30am Family Communion
- 3rd Sunday** 10.30am Parish Communion
- 4th Sunday** 8am Holy Communion & 9.30am Family Communion

St Andrew's Box Hill

- 1st Sunday** 9.30am Contemporary Worship
- 3rd Sunday** 9.30am Informal Communion
- 4th Sunday** 10am Morning Praise

<https://www.headleyboxhillchurches.org.uk/services.htm>

Prayer & Pastries

St Andrew's Box Hill

A short 20 min reflective space for prayer and quiet followed by tasty pastries, coffee and chat!

Fridays 9.15am

2 - 9 Feb & 23 Feb - 22 Mar



Little Cherubs

for under 5s and their carers



Autumn Term: 9th Jan - 27th Mar
Half Term 13th Feb (no Cherubs)

Tuesdays, 10.30am - 12pm
St Peter's, Walton on the Hill

THE HILLTOP
COMMUNITY CHOIR

The Hilltop Community Choir

Always welcomes
new members!

Spring
Term starts
Weds 10 Jan
8-9pm
at St Mary's
Headley

More info from
leah@hilltopbenefice.org



Healing Communion

at St Mary's Headley

A short communion service with the opportunity to receive prayer for healing and anointing with oil. All are welcome.

Wednesdays 10-11am

17 Jan, 21 Feb & 20 Mar



HEADLEY & BOXHILL
HILLTOP
BENEFICE
WITH WALTON ON THE HILL

Rector's Sabbatical

by Rev'd Harry Latham



Retreat

I caught the overnight sleeper train from Euston to Glasgow. I did not get that much sleep, but it was an effective use of time. The next morning, after porridge, I caught an early train to Oban, then a ferry to Mull, a bus across Mull and another ferry for the last mile to Iona. I arrived at 3pm the next day.

I loved travelling alone with a backpack on public transport. It was great to travel light. It was good discipline not to drive or try and get there faster than the timetable allowed.

The weather was phenomenal – almost like the south of France – and there was just enough wind to keep the midges off. Bad weather and annoying midges would have adversely affected my experience. But there was only one grey day on this retreat.

I stayed at the Catholic House of Prayer, recommended by Charlie Holme from Headley, and I would go there again. It was quiet, friendly, there was home cooking, and I had a room with a view. I rested, slept, ate, reflected, prayed, walked, and sketched and painted. I attended three services at the wonderful Abbey and could have stayed on the island for twice the length of time. I found it to be a welcoming place and also a spiritually encouraging place, well worth travelling to.

Holiday

Tracy and I, having been married for 25 years, decided it was high time to have another honeymoon style holiday – a silver moon this time.



Having honeymooned originally by Lake Annecy we decided to try and recreate the flavour of a lakes and mountains holiday, so we chose Switzerland. We flew to Zurich and caught the train to Lucerne before travelling by train to a couple of other places and then to Geneva for a return flight. We loved Lucerne (or Luzern) especially the Lake and surrounding mountains, the old town, the swimming, and the "Heidi" style hillsides.





Retreat

Having gone west to St Columba’s patch, the next retreat was east to Lindisfarne and St Cuthbert in the company of Tracy (who was part of St Cuthbert’s college in Durham) and Tilly who enjoys beaches.

Study

A particular study element involved spending some time with Rev’d Wes Sutton of the Acorn Christian Healing Foundation and the team at the newly established Healing Hub at Guildford Cathedral. Their work is very inspirational and encouraging.

For the rest of my leave, I read books, was very domesticated, tried to take life more slowly and played a little more golf than usual. It was a very welcome and restorative sabbatical which in God’s providence came at just the right time before my previous colleagues both head for pastures new.



The weather was wild and blustery, the beaches on that north east coast were beautiful. The monastery ruins were powerful. We stayed at Alnmouth and then on the Island itself – especially enjoying the peace when the causeway flooded, and the day trippers had left.

I enjoyed the serendipity of the castle having been converted into a home by Lutyens and it also having a Gertrude Jekyll Garden – very much in tune with our village and the Golf Club.



Iona

World Day of Prayer

by Mo Atkins



Church of the Good Shepherd, Tadworth Friday 1st March, 2:00 pm

World Day of Prayer (WDP, formerly Women's WDP) is a global ecumenical movement of informed prayer and prayerful action. Each year Christian women from a chosen country prepare the service, held worldwide, on the first Friday in March.

It is poignant that this year's service has been prepared (ahead of the current conflict) by the Christian women of Palestine on the theme, '*I beg you, bear with one another in love*'. Please come and support the Palestinian women who, despite an uncertain future share their faith with love.

The Tadworth Branch of WDP represents the following churches; St. Peter's, Walton on the Hill; St. Mary's, Headley; St. Andrew's, Box Hill; Church of the Good Shepherd, and St. John's RC Church, Tadworth; St. Andrew's, and the Church of the Wisdom of God, Kingswood. Representatives from each church coordinate the local service. Everyone is warmly welcome to this year's service, at the Church of the Good Shepherd, which will be followed by a good tea!

If you would like help with transport, please contact Mo: 07799136894 or email: moatkins5@gmail.com



Prayer of St. Ambrose for a Renewed Heart

by Harry Latham

Ambrose was a Bishop of Milan and in this prayer he knows that he needs the help of the Holy Spirit and he has clearly been meditating on the words of Ezekiel in chapter 36 and verse 26:

“I will give you a new heart, and a new spirit I will put within you... I will remove the heart of stone and give you a heart of flesh.”

Try making it your prayer for 2024.

*O Lord, you have mercy on all.
Take away my sins and mercifully kindle
in me the fire of your Holy Spirit.
Take away my heart of stone and give me a
heart of flesh, a heart to love and adore
you, a heart to delight in you, to follow
and to enjoy you, for Christ's sake.
Amen.*

Source: Ambrose, d. 397

The Festival of Lent

by Olivia Rowntree

January heralds a period of greater personal discipline, abstinence or commitment to acts of charity as many people make new year's resolutions. These resolutions are often rooted in our desire for some form of self-improvement or personal gain.



The festival of Lent is a time for solemn self-reflection, abstinence and almsgiving, but distinct from the practice of making new year's resolutions, it is a time for spiritual discipline, devotion to God and repentance of sin, following the example of Jesus who fasted for forty days in the wilderness and rejected Satan.

Shrove Tuesday (13th Feb)



Shrove Tuesday, commonly referred to as "Pancake Day" in the UK and "Mardi Gras" (fat Tuesday) in countries around the world with large Roman Catholic populations, is the last day of feasting (traditionally using up leftover eggs and fat) before the period of Lent begins. "Shrove" derives from "shrive" meaning to "*administer the sacrament of confession to; to absolve*".

Pancakes have a long history in UK, and the ingredients are said to be symbolic: eggs pertaining to creation, flour to the staff of life, salt to wholesomeness and milk to purity. **Tip:** For the perfect batter mix, use a mug to measure equal volumes of flour, eggs and milk (i.e. each filling the mug to the same level). Allow 1 large egg for 2 large pancakes. Beat the eggs and flour into a smooth paste then whisk in the milk.

Fun Fact: Pancake races are held in some parts of the UK on Shrove Tuesday, the most famous being the one at Olney in Buckinghamshire. It is said that in 1445 a woman of Olney heard the shrieving bell whilst making pancakes and dashed to the church with her apron on, still clutching her frying pan. Local housewives competing in the modern day re-enactment of this tale run down the street tossing a hot pancake, donning an apron and a hat or scarf. The pancake must be tossed three times. The winner is the first to arrive at the church, serve her pancake to the bellringer and be kissed by him!



Ash Wednesday marks the beginning of Lent and the day on which Christians go to church to seek forgiveness for their sins. The custom of using ashes made from palm crosses which are blessed and used to mark the cross on the foreheads of worshippers dates back to the middle ages.

The period of Lent lasts for forty days (excluding Sundays) and ends at sunset on Maundy Thursday (28th March this year), three days before Easter Sunday. Maundy Thursday marks the Last Supper between Jesus and his disciples.

The week before Easter Sunday is called Holy Week and begins on Palm Sunday (March 24th this year). Palm Sunday commemorates Jesus's triumphant arrival in Jerusalem, where he received palm branches at his feet. The day before Maundy Thursday, Holy Wednesday, marks Judas's plan to betray Jesus.

Lenten timeline at a glance

Tues 13th Feb	Wed 14th Feb	Sun 24th Mar	Wed 27th Mar	Thurs 28th Mar
Shrove Tuesday (last day of feasting)	Ash Wednesday (start of the 40 days of Lent)	Palm Sunday (Jesus arrives in Jerusalem)	Holy Wednesday (Judas's plan to betray Jesus)	Maundy Thursday (end of Lent and The Last Supper)

A Prayer for Lent

Holy God,
 our lives are laid open before you:
 rescue us from the chaos of sin
 and through the death of your Son
 bring us healing and make us whole
 in Jesus Christ our Lord
 Amen.



We hope you will join us as we journey with Jesus through the events of Holy Week and Easter. We have a range of different events and services taking place across the Benefice at which we'd love to welcome you.

Holy Week



UNITED BENEFICE OF HEADLEY & BOX HILL WITH WALTON ON THE HILL

Palm Sunday - 24 March

8am Holy Communion (1662) at St Mary's & St Peter's

10am Morning Praise at St Andrew's

9.30am Family Communion at St Mary's

11am Parish Communion at St Peter's

Tuesday 26 March

8.30pm Sung Compline by Candlelight

St Peter's, Walton on the Hill

Wednesday 27 March

Open between 10am - 4pm The Easter Pathway

St Mary's, Headley

Come and walk this creative prayer trail at your own pace; follow the images on the Easter Pathway carpet, with inspiring words to guide you, and gentle background music to set the scene, as you reflect on Jesus' final journey from Jerusalem to the cross.

Drop in anytime between 10am-4pm.

Maundy Thursday - 28 March

6.30pm Agape Meal

St Andrew's, Box Hill

Booking essential for catering purposes.

Please contact Leah Bates: leah@hilltopbenefice.org

Good Friday - 29 March

10am Short Open Air Service

The Mere Pond, Walton on the Hill

10.30am Family Service & Hot Cross Buns!

St Peter's, Walton on the Hill

12-2pm Walk of Witness

12pm meet at St Andrew's Box Hill for a short act of worship, then set off at 12.30pm on a reflective walk from St Andrew's to St Mary's, arriving at the church for the final hour at the cross.

2-3pm The Crucifixion by John Stainer

St Mary's Headley

A moving musical meditation on the passion of Christ, with choir, organ and professional soloists.

EASTER



Easter Sunday - 31 March

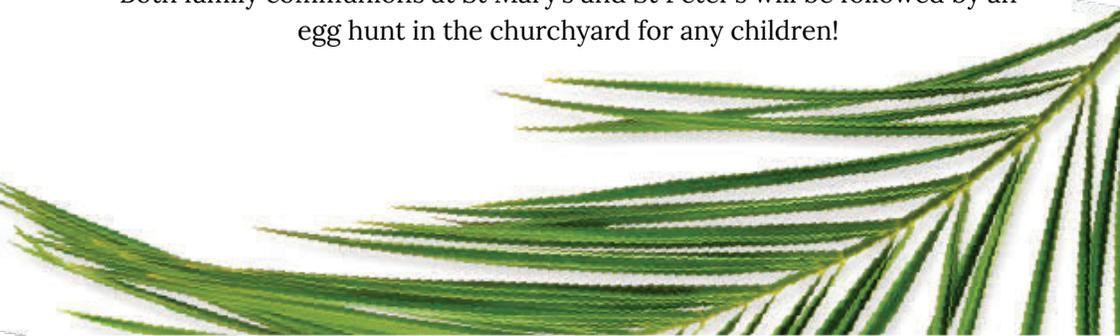


8am Holy Communion (1662) at St Mary's & St Peter's

10.30am Easter Family Communion at St Mary's

11am Easter Family Communion at St Peter's

Both family communions at St Mary's and St Peter's will be followed by an egg hunt in the churchyard for any children!



'Pattern for Life' course

With Leah Bates, Harry Latham & Lucasta Grayson

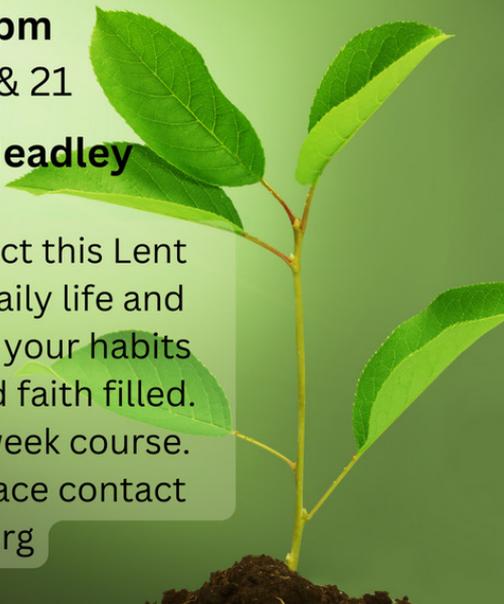


Thursdays 8pm - 9.15pm

Feb 22 & 29, Mar 7, 14 & 21

The Octagon, St Mary's Headley

An opportunity to stop and reflect this Lent on the current pattern of your daily life and consider how you could reshape your habits and routines to be life-giving, and faith filled. All are welcome on this short 5 week course. For more info or to book your place contact leah@hilltopbenefice.org



All are warmly welcome to join us...

Mothering Sunday

Sunday 10 March

9.30am St Mary's Headley
family communion with Harry

11am St Peter's
Walton on the Hill

family communion with Leah



SAVE THE DATE

Good Friday
29th March at 2pm

The Crucifixion by John Stainer

sung in **St Mary's Headley**
with professional soloists

All are welcome



News from our Churchwarden

by Chris Grayson



Christmas reminds us that giving is, if anything, a greater pleasure than receiving. Particularly if we are giving to a child. Although sometimes they might enjoy the box more than the present!

As I mentioned last time, we are the beneficiaries of the gifts of time and money given by previous parishioners in years past who looked after our church. But we also benefit from the people giving in the here and now. We are particularly blessed in having the “Friends” provide financial support to keep the church fabric and the churchyard in good order. This will enable us to repair the chancel roof in the next few months and, perhaps later in the year, to start on the next round of repairs to the stone work.

Elsewhere, our church is in no way unusual in having a raft of unsung heroes beavering away in the background, ensuring that the regular business of the church proceeds without a hitch. The pages of this magazine amply demonstrate the level of activity that they achieve in the parish. Part of my role is to encourage and nurture all this activity but I’m still getting to grips with who is doing what. The current status of this process is a large piece of paper covered with 29 yellow post-it notes, each noting some

function or activity that takes place to keep the church operational. This is still not a definitive list as I keep coming across yet another activity quietly ticking away in the background to which I find myself thinking, ‘So that’s how that happens’. I still have a lot to learn.



These post-it notes include obvious groups such as the choir but also less obvious ones such as the Guild of Clock Winders who, as you might guess, keep the clock running. Then there are the many individual back room roles that all go together to make things happen. Mostly what these post-it notes demonstrate is that a parish organisation is much more diffuse than a business one and that there are plenty of things that need doing.

Quite how many people we need to cover the 29 plus activities is also slightly obscure. Clearly some activities are best done by a group whilst others, more sensibly, are one or perhaps two person roles.



Then again, some people are involved in more than one activity. In round terms we probably have/need about 50 active people to maintain what we are currently doing, so a big thank you to everyone involved.

Later in the year, we will be talking about the meaning of stewardship but the crossover between that and my current thoughts is clear. There are many ways to give and it's not the amount, be it time or money, that is given that is significant but rather, as at Christmas, the act of giving itself. You can see where this is going.



Your church needs you

In order that we can keep our church functioning and, more importantly, expand what we do, we need as many people as possible to contribute to the life of our church. Listen to your inner voice and let us know how you might be able to help; whatever your skill set or interests and however much or little time you have to spare, we can find a place for you.



Finally, staying with the theme of giving and thinking of those families living in fuel poverty this winter, if you are in receipt of the Winter Fuel Allowance but don't need some or all of it, there are a number of charities that can redistribute it to those with greater need.

Keep safe and warm, Chris.

The Origins of the Traditional

Easter Egg A brief history, and related trivia (source English Heritage)



Early Christians in Mesopotamia dyed eggs in the period after Easter. The practice was adopted by the Orthodox Churches, and from there it spread into Western Europe

"Pace Eggs" grew in popularity over the 18th century, "pace" deriving from the Latin name for Easter, "paschal". They were hard boiled hen, duck or goose eggs with a colourful shell. They were given as presents or at pace egg plays, and sometimes they were rolled along the ground in a race - perhaps to symbolise the rolling away of the stone from Jesus' tomb.

Eggs represent new life and rebirth, and it's thought that this ancient custom was absorbed into Easter celebrations



During Lent, when Christians fasted to mark Jesus' time in the wilderness, eggs were one of the foods that people weren't allowed to eat (incidentally, this is why we make pancakes on Shrove Tuesday). So when Easter Sunday came around, tucking into an egg was a real treat.

The first English chocolate egg was sold by Fry's in 1873. Since then they've become hugely popular - 80 million are sold in the UK each year - and the pace egg has all but vanished.





Afternoon tea

with The Hilltop Community Choir

The choir perform an uplifting programme of words and music while you relax at a table with your tea and cake.



Saturday 23rd March at 4pm

**in The Riddell Hall
Walton on the Hill**

Profit will go to the **British Red Cross & Doctors Without Borders**. There will be a raffle & retiring collection. Do bring some cash if you'd like to contribute to these great causes!



Tickets £5 (includes tea & a slice of cake)

Booking in advance is recommended!

Bookings and enquiries:

Leah Bates: leah@hilltopbenefice.org // 07801985786



Little Cherubs

for under 5s and their carers

Autumn Term: 9th Jan - 27th Mar
Half Term 13th Feb (no Cherubs)

**Tuesdays,
10.30am - 12pm**

**St Peter's,
Walton on the Hill**



Insight: Foundation Stones



Our 96-year-old lay minister, Tom Rhind-Tutt MBE, shares his thoughts and experiences.

In 1980, I was a voluntary lay reader at Christ Church, Epsom Common. The vicar, the Reverend Mark Wilson, was renowned for the care he gave to the people in the parish, and he asked me to work in the mental asylum located on the west side of Epsom.

During the services, I noticed that a few of the patients did not sit in the pews but stood alone and isolated at the back of the chapel. When I spoke with them, I realised that they had learning disabilities and found it difficult to communicate with and relate to others. Given my own experience of learning disability I soon started to meet with them and set up volunteer care groups providing friendship and support.



One of the young NHS nurses provided access to NHS classrooms in the evenings, which I used to hold regular, informal training sessions.

A year later we had about twenty active volunteers but when a new matron was appointed our access to the facilities was removed! Undeterred I continued seeking sponsorship and more volunteers.

During the next three months I had limited success. I needed more assistance. It was then that I was introduced to Wates The Builders ("Wates"), a large UK organisation.

I managed to secure a meeting with the national director of their pension fund. Before the meeting, I researched the history of Wates and learnt that the directors were Christians, and each had donated a significant number of their shares to support their outreach work.

During the meeting, I recounted the journey we had been on up to the point and how the new matron had withdrawn our access to the NHS training facilities. The director jumped up, banged his fist on the table and shouted that I had wasted his time with my spurious application. I explained that I had researched the history of the Wates pension and benefits fund and believed that this was a cause that aligned with the Christian values of the board and that if the board understood our faith and commitment, they would assist us. The director shouted at me; "Get out!". I was devastated - I had nowhere else to turn.



Several times every day I and our trustees prayed for guidance. One week passed, nothing. The following week our further efforts failed to bear fruit. I knew we were running out of time. Our hopes and plans to make a difference to the men and women with learning disabilities looked set to fail.

The following Saturday I came home to find an official looking envelope on the door mat. It was from the director I had met with at Wates. He explained that sometime after our meeting he had reflected and had changed his mind about our charitable endeavour. He advised that there was another project Wates had invested in historically which was now closed. The letter went on to say that the balance of funds remaining in that account were to be donated to our project and that he was pleased to enclose a cheque for £29, 309.10 (a lot of money in those days). He wished us every success.

With the donation from Wates, we were able to appoint a fundraiser and administrator and the Sunnybank Trust took root and began to grow.

Three years later we started a regular club for people with learning disabilities which we named 'The Wates Club'.

Today we are a leading local charity. Look us up on the internet: www.sunnybanktrust.org



Your Invitation: If you would like to discuss this topic further, you can speak to Tom in Church or contact him by email: tom@rhindertutt.com

Mothers & Uthers

by Karen Rand & Anne Edwards

Mothers and Uthers meet on the second Tuesday of each month at 8:00 pm in St Peter's Church. Please do come and join us.

On November 14th David Webb led a small group reflection inviting our personal responses to gospel stories. The starting point was our own interpretations and reflections on 'Christmas', the poem by John Betjeman. This was followed by a discussion on our response to the Parable of the Good Samaritan.

12th December saw the return of the ever-popular Rev'd David Skitt who led an Advent reflection. The theme was Christmas Gifts from the Gospels and the need for space to recognise them. Mothers' Union members certainly recognised that need! David was joined by Fiona Gaynor who read reflective texts, Jill Day whose lovely singing voice was an inspiration in itself, and pianist Margaret Samuel. As ever, no-one went hungry, with mince pies and a spiced apple juice, kindly supplied by Mo Atkins.

Next Meeting

Tuesday 13th February, 10:30am

(Note the change of time this month.)

'Walk & Talk' Meet at St Peter's, finishing with a pub lunch. This is open to anyone and everyone and we look forward to meeting some new faces. Children and grandchildren welcome too.

February Reflection: Faith for the Future

The start of another year may elicit in us a mixture of hope and apprehension. The Psalms highlight one way to build our faith for the future: by looking back and remembering how God has helped us in the past. Psalm 77 urges us to remember and meditate on the deeds of the Lord, whilst in Psalm 40, David remembers a past time of deliverance while he waits for God to rescue him from his current troubles. Let's do the same at the start of this year that we may approach the future with thankfulness and faith.

Monthly Prayer

Loving Lord, our faith is in you. We place our future in your hands as we follow where you lead. Inspire us with your vision and empower us with your Spirit, that we may walk forward together, knowing you are our guide and companion. Amen.

Cakes & Conversation

by Karen Rand & Anne Edwards

These get togethers are held for senior members of our village community on the last Wednesday of the month from 10:30am to 12:00pm. Do come and join us for coffee, tea, cakes, conversation and sometimes more.

The November meeting was billed as a time for early festive fun with Ann Liddle presiding over a quiz with a Christmas flavour. There was no meeting in December but on 31st January, Ros Henderson will give a short talk on the work of a charity that supports those with Parkinson's. The February meeting is on the 28th. We would love to see you there.

March Reflection: Works of Transformation

There is a difference between tending to a wound by covering it with a sticking plaster and actually addressing the root cause of the damage. The latter not only brings about total healing but may also ensure the wound doesn't reoccur, whilst the plaster brings some protection, the underlying pain sometimes remains. Similarly, as we serve our communities, let's pray for understanding, resources and supernatural power to effect total transformation, rather than a superficial temporary covering over of issues. May our starting point be the sharing of God's transforming love in all we do and are.

Monthly Prayer

Generous, loving God, you have provided all the resources for works of transformation, which create a sustainable future. Help us to use your provision well to effectively serve our communities, wherever we live in your world. Amen



Little Cherubs

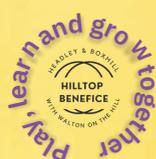
by Karen Rand, Anne Edwards and Lucasta Grayson

Little Cherubs, our group for under-fives and their carers, meets every Tuesday during term time from 10.30 to 12.00 at St Peter's.

Christmas Party Time



Little Cherubs
For under fives and their carers
**St Peter's Walton
on the Hill**



**Tuesdays
10.30 - 12pm**

**9th Jan - 6th Feb
20th Feb - 26th Mar**



For more information about Little Cherubs, please get in touch with Karen Rand (karenrand@gmail.com).

Safeguarding

by Anne Edwards (Safeguarding Officer)



You will know that the Church of England is taking safeguarding very seriously. But what does safeguarding mean for the Church?

When I became Parish Safeguarding Officer (PSO) last summer I had a narrow view, seeing it as removing people from the risk of serious harm. The Church takes a wider approach, focusing on creating safe and caring places where there is no risk of harm. Though if serious harm is likely it can act quickly to keep people safe.



Our Diocese has a safeguarding team who support the PSO. One of their tools is The Safeguarding Dashboard, an on-line resource reminding the Parochial Church Council (PCC) what needs to be done to create a safe environment. Actions include our Churchyard Manager, Neil Williams, arranging DBS checks for members of the PCC and volunteers working with children and vulnerable adults.

The same people follow a series of online courses on safeguarding. Fortunately, these are beautifully produced and interesting. Some of us are also trained in safer recruitment, and we are currently creating clear role descriptions that volunteers sign up to.

The Church reminds us that everyone in a parish contributes to creating a safe environment by ensuring that children and vulnerable adults are cared for and feel welcome and safe in church activities. You may also become aware of situations where there is risk of quite serious harm, where specialised support may be needed.

Contact the Safeguarding Officer, Anne Edwards
M: 07920484869 or
E: SafeguardingWalton@hilltopbenefice.org

The Dashboard has certainly expanded the PSO role! Mo Atkins was PSO for several years and both Mo and Leah have helped me with the transition. But, as I hope I have made clear, we all contribute to creating a safe and caring church.

Light Up Walton



Many thanks to everyone who took part in 'Walton Light Up'. It was a demonstration of village teamwork at its best, not least in overcoming various hurdles on the way! The first was trying to coordinate a mutually convenient date for all participants. Finally, the date was set for Friday, 8th December but would it be fine and dry or wet and windy?

Next stop, checking the lights. Following the squirrels' usual feast, up the churchyard conifer, replacement lights were purchased and John Darter's colleague, Richard, strung them through the branches, intrepidly perched on the arm of a large Treemasters' machine.



Dawn, David and John did a great job of leaf clearing in the car park and church pathway. John provided swathes of greenery to decorate the lych gate and church door, the hanging of which was masterminded by Debbie.

In the event, high winds were forecast; would it be safe to erect a gazebo? Gallon water bottles were filled to batten down the canvas, blessedly with good effect.





At Mereside, David Larnar and his team had worked hard to install the Christmas Tree and hang a myriad of lights. At 5pm, as folk gathered Rev'd Christopher Hancock was poised, ready for the countdown ... 10, 9, 8, 7, 6 and out of the darkness came light ... and a cheer!

On to St. Peter's churchyard, where others were waiting. Led by 'Light Up Celebrity' Christopher and members of TWOAT, the assembled company proceeded through the village, singing the odd carol and admiring the garlands provided by The Walton Village Forum.

Members of St. Peter's Choir, led by Director of Music, Esther Jones and wind band 'Low Key Affair', conducted by Christine Atkinson, filled the air with carols. At 5:30pm the churchyard lights were switched on and community singing continued. Town Crier, Clive Elcome, was on hand for announcements! The bucket collection for TWOAT raised £250.



Thank you to...

- Walton Open Group for providing the churchyard Christmas Tree and to The Village Forum for the Mereside Tree (both supplied via Walton Primary School)
- David and Val for illuminating their home at Mere Pond once again.
- The Open Group Village Kitchen team who served mulled wine, spiced apple juice, prepared by Debbie, as well as mince pies
- Our important road marshals, John, George and David.
- Rev'd Christopher Hancock, who sadly performed his last celebrity 'switch on' duties. We wish him well on his new appointment in the Diocese of Chichester.



Following Walton Light-Up, there was a wonderful Jazz concert, by the Tim Boniface Quartet, in St. Mary's Church, Headley. A glorious end to the evening for those who made it!

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run by Walton on the Hill Association

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Wed. - Art Group 1.30-4.30

Wed. - Exercise class 6.30-7.30

Thurs. - Pastel group - 1.30-4.00

Thurs. - Ladies Yoga 6-7 & 7.30-8.30

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Other news

All Age Christingle

Amelia, William, Charlotte and Florence preparing Christingles for the All Age Christingle Service, on the first Sunday in December, raising funds for the Church of England Children's Society. Everyone in the congregation was invited to complete and take home a Christingle to light at home and to reflect on its meaning.



The orange itself, represents the world. The red tape symbolises the love and blood of Christ and the dried fruits and sweets represent all God's creations, in the four corners of the world. The lit candle symbolises Jesus' light in the world, bringing hope to people living in darkness.



Winter Church Clean



Many thanks to Liz Bishop and a dream team of duster and polish bearing 'Mrs Mops'. St Peter's looked spic and span for the start of Advent. Armed with two vacuum cleaners, they worked tirelessly until summoned by Liz, for a well earned coffee and pastry! Their enthusiastic and cheerful efforts were much appreciated. Thank you ladies!



Ronnie, Val & Ethel (right) enjoy a drink after The Gage's production of Molly's Calling





Family Nativity Service

It was lovely to see children from the parish take part in the Nativity service at St Peter's on 17th December.



The impromptu cast of St Peter's Nativity Tableau, taking their roles very solemnly.

The Bethlehem Star stops to chat with Joseph, Mary and the Donkey.

Note from Norma

I hope you all had a lovely Christmas and are looking forward to 2024. Bill and I certainly are, 2023 was very up and down (most of it not pleasant) but, as they say, that's life and we have to cope with it.

We have also vacated Sandlands Road where we have lived for over 29 years, quite an experience packing it all up. Did we really need all those cups, saucers, plates, kitchen utensils, paperwork, trinkets, items in the garage, shed, etc? We are on to a new 'adventure' and will hopefully have more to tell you next time! We're still nearby so please keep in touch (temporary number 813075).

Marilyn and I sold over **£1,500** worth of The Royal Marsden Christmas cards, a fantastic result. **THANK YOU** to all who supported us. Take care and all the best for the New Year, Norma.

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

We Want to Help.



Open Group & Village Kitchen



by Mo Atkins

Festive Cheer

Very many thanks to Debbie Murray, for hosting a relaxing, festive evening at Ebenezer Cottage, in December. It was a happy occasion, everyone enjoying delicious canapés and light bites, and chat, in the comfort of Debbie's Christmassy home.



We gave a thought to friends, absent through illness, and looked forward to being together for a New Year Afternoon Tea, in St Peter's, in January. There will be lots to discuss, including a postponed fundraising round-up and planning for the year ahead, as well as the choosing of our 2024 charity.

Dates for the diary



- Thursday, 22nd February, 7pm, **Pancake Party**, 26 Greenways, Walton on the Hill. by kind invitation of Sue and Fred Adilz.
- The second **Saturday Kitchen** of 2024 will be open as usual on 13th January, 12:00- 1:30pm. However, as the season of Lent begins on Wednesday, 14th February, there will be **NO VILLAGE KITCHEN ON SATURDAY, 10th FEBRUARY.**
- The six "**SOUP SATURDAYS**", during Lent, will run from Saturday 17th February - Saturday 23rd March, 12:00 - 1:30pm. Soup, bread and cheese with tea, coffee and biscuits will be served each week. Proceeds to "Open Group" charities.

Details to be confirmed in Open Group newsletters. If you would like further information or would like to be on the mailing list, please contact Mo: WaltonOpenGroup@gmail.com or call 07799 136894.

Wine Tasting Evening

by Emmeline Moore

The 'young table', as we were called, were lured in for yet another year of wine tasting, hosted by the Friends of St Peters.

Frank from the VineKing greeted us on arrival with a delicious NV Gran Gesta Brut Cava from Barcelona, apparently this traditional style of Cava is coming back into fashion and we should all be drinking it! Get it ordered now! It was very enjoyable.

Philip Truett opened the evening with his clever wit and entertaining personality. Looking extremely dapper as ever, introducing any newcomers to the thinking behind the Friends of St Peter's and thanking the 105 people for supporting the event. A great turn out! Interestingly enough, I had no idea it cost £7,000 a year to cut the church yard grass, something that the Friends of St Peter's fund each year.

Our table was decorated with an abundance of seasonal flowers, arranged beautifully by Edda Harvey, which were gifted to us to take home. Mine lasted a further two weeks, brightening up my kitchen in the rainiest of hours, thank you Edda. Suddenly we were off, our first wine pairing, a 2021 Casa de Vila Nova Arinto, Arinto being the grape, from Portugal.



This was paired with a 2022 False Bay Slow Chenin Blanc, from South Africa. They were both described as perfect party wines. The first having a touch of spritz and the second using wild yeasts, both very different, both very drinkable.

We then moved on to classic whites, this time a competition, old against new. A 2022 Bodrog Bormuhely, Dry Tokaj from Hungary against a 2022 Domaine Alexandre Chablis from France. The old wine, first being made in 1635 was described as exciting, crisp and truly delicious. Only 10,000 bottles of this are ever made per year. The newer Chablis from France was rich and intense, and considered to sit well with a roasted bird. Talking of food, at this point we had a much enjoyed cheese feast. Plentiful platters of cheeses and biscuits spread among us.



Thank you to Michelle Spink for organising this, it went down particularly well on our table.

Autumn drinking was next, a 2022 La Barbe Rouge Languedoc from France, a lovely and soft dark red blend combined with a 2021 Logodaj Melnik 55 from Bulgaria. This came in a beautiful bottle and was apparently Churchill's favourite.

We then finished on a much lighter note, a 2022 Chateau Puybarbe Gaia from Bordeaux. Predominantly a merlot and considered a breakfast wine with 14% alcohol. If only we could drink wine at breakfast, maybe not at 14% alcohol! Next was their best seller, a 2018 Holden Manz Visionaire from Franschhoek in South Africa, both very moreish.

The raffle was drawn with some excitement and excellent prizes were handed out. I'm certain lots of people went home very happy that evening. Well done to all involved, I hear the raffle alone made a fantastic £1025.



A big, warm thank you to the Friends of St Peter's for another lovely evening, we can't wait until next year.

If you are interested in supporting the Friends of St Peter's, please contact Philip Truett on 01737813832 or email philip@truett.co.uk. He is always happy to hear from you.
www.stpeterswoth.org/friends-of-st-peters

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Arts Society Update

by Susan Adilz

Thurs 1st February	The Monopoly Board; how the streets and stations came about, Roger Mendham (Zoom visit).
Thurs 11th February	The Thames Theatre of Pageantry & Pleasure, Joanna Mabbutt (Lecture, Riddell Hall).
Thurs 22nd February	The Complete Pompeii Ruins. Roman life in the city and outside, Gillian Hovell (Study Day, Riddell Hall).
Thurs 21st March	Fashion, Fury, and Feminism. Women's Fight for Change, Tessa Boas (Lecture, Riddell Hall).



The Arts Society Walton on the Hill meets

Riddell Hall, Deans Lane,
Walton on the Hill, KT20 7UL
Third Thursday each month

Coffee 10.00 – 10.30 am

Lecture 11.00 – 12.00 pm

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Membership: Mike Roshier

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www.theartssocietywaltononthehill.org.uk Guests welcome £5 per lecture

Walton Village Forum

by Emmeline Moore

Happy New Year!

December was very busy and now the Walton Village Forum are enjoying a January rest from spreading Christmas cheer.

Walton Light Up & Christmas Garlands

The Mereside Christmas tree was ordered and paid for by the Walton Village Forum, thank you to David and Val Larner for hosting it and for lighting up our village so spectacularly. Our living Christmas tree at Gun Corner looked beautifully lit up at night, thank you to Walton in Bloom for the decorating of this. We hope you agree that the environmentally-friendly garlands dotted throughout the High Street were equally lovely. It takes quite a bit of time and effort to collect the foliage, gather pine cones, and hunt for red berries on holly, but we did it as a team and really enjoyed it, adding more garlands than ever before. This has been our fourth 4th year and all the ribbons and baubles are still surviving!

A special thanks to the lovely lady who stopped us in the rain to hand out chocolates to show her appreciation, it truly lifted our spirits, just when we were feeling rather wet and cold.

Our next meeting will be **27th February** at Breech Lane Community Centre, 8pm. All welcome www.waltonvillageforum.org

Fox & Hounds Community Christmas Lunch

Our festive spirit didn't end with Christmas trees and garlands, we also donated £250 to The Fox and Hounds pub, who hosted a free community three course Christmas lunch on December 18th to anyone from the village over the age of 65. Such a fantastic thing to do, thank you to The Fox and Hounds. fox@aurabars.co.uk

Parking & Road Safety

We have been liaising with Bramley Hill school about the parking congestion at the Chequers Lane end of the village. Bramley Hill now been allocated parking spaces in the Chequers pub car park, which will hopefully alleviate things.

Unfortunately, some of the new speeding prevention equipment installed on the Dorking Road has been vandalised. This is disappointing and will likely delay completion of the project.

Howard Close Playground

I'm sure you agree that the Howard Close playground has been much improved.. Thank you to Reigate & Banstead Borough Council for this investment.

Tadworth & Walton Residents' Association (TWRA) is pleased to report that in keeping with our tradition of donating money to good causes at Christmas, we were able to support three local initiatives this year; the St Mark's Food Club, which supports local families operating out of St Marks in Tattenham; the MYTI Youth Club, which operates out of the Phoenix Centre near the Preston Estate, and a charity nominated by the Fox & Hounds which supports those suffering from multiple sclerosis.

Food Club

Unlike food banks which typically provide emergency access to supplies for families or individuals in need, food clubs are provide access to food and basic supplies at reduced prices for those suffering hardship. Individuals can refer themselves to a food club, providing details of their personal circumstances or they can be referred by social services, local churches or similar agencies. The items provided by the club are donated by members of the public or by supermarkets and are typically approaching their sell-by date.

The TWRA donation to St Marks was specifically to help the club create Christmas hampers for those in urgent need of support over the festive period (see photo, right).

<https://stmarkschurch.me.uk/what-we-do/community/food-club/>

TWRA was introduced to the MYTI Club when one of their volunteer supporters came to address our committee a few months ago. The MYTI Club provides a range of activities including sport, art, IT, personal development opportunities and mental health support to those 8 – 15 years old. A key objective is to decrease anti-social behaviour in the area by keeping young people off the streets and giving them a voice. You can read more about the club here: <https://www.myticlub.org.uk/>

TWRA's donation to a multiple sclerosis charity nominated by the Fox and Hounds in Walton-on-the-Hill was a thank you gesture to the Fox & Hounds for generously providing circa 200 free Christmas lunches to local senior citizens.

If you want to know more about TWRA visit our web site here www.TWRA.org.uk



Tadworth Overseas Aid Trust (TWOAT)

TWOAT is a local charity which helps provide funds to communities in poor countries for small scale projects that can create a long-lasting benefit. Typically, these include the provision of medical, educational and community facilities and the promotion of new techniques for irrigation, education and organic farming.

A letter to St Peter's from Laurette Totomarovario of "Les Petits Saphirs" school project

Hello! My name is Laurette TOTOMAROVARIO. I used to be the Provincial Mothers' Union community development coordinator (PCDC) for the Anglican church in the Province of Indian Ocean and for the Diocese of Antsiranana, Madagascar where I live. Before I retired, I had created this nursery school project for the Mothers' Union in my Diocese. The project site is situated in a small village, 94Kms from Antsiranana, in the premises of the local Anglican church. We started in 2008. As there is no running water in the village, we needed funding to finish digging a well and building a latrine and shower block for the kids. At that time, my late husband Alex and I met Bob and Jill Gunn by chance, as they were on holiday in Madagascar. Bob introduced to us what TWOAT was doing and, when I described our project to him, he told us that TWOAT may be able to fund the project.

The wells, latrine and shower were finally completed in 2010 and, thanks to God, with TWOAT's funding, we were able to open the school in October 2011. About 20 children were enrolled and hosted in the church building.



TWOAT has been funding the school project ever since. It has been supporting almost everything needed such as teachers' salaries, children's meals and equipment of all sorts. We have created a canteen so that the children are kept at school while their parents are away in the sapphire mining areas. Parents contribute as much as they can, paying a little school fee and also contribute to their children's lunch costs.

The setting of this nursery school, with a day care facility, has been a great help for the poor people in this village. Not only they can go to the mining areas with confidence that their children are safe, but nursery children can also have access to good Christian education and hot meals at the canteen!

In the following years, we have had to extend from nursery into primary levels because parents wanted their younger children to be with the older ones who had started in the nursery level earlier. We then had to build a simple classroom for the primary classes using local materials.

The present school named “Ecole privée Sainte Trinité, Les Petits Saphirs” is now over ten years old with 70 children (31 in the nursery) . Some of the former students have now joined high schools in cities and we know that one of the very first students is at University, doing well, with almost illiterate parents, digging sapphire stones all day long. How amazing our Lord cares for His children, using TWOAT members!

Today however, we are still in need of a proper nursery centre as we have very young children every year. At the moment the nursery kids are still hosted in the church building, which is now too small for them.



They need a larger space to move about and play. Therefore, we are still making appeals to anyone who can back up TWOAT in their funding. We are grateful and give thanks to the Lord for all the help we have already received in the past from St Peter’s Parish congregation, and we are delighted to hear about your very generous pledge to help TWOAT to support us in the future.

I visited the school on Wednesday 20 December, with my daughter Danielle, and have sent photos to Bob Gunn, who will forward some of them to you.

With our best wishes in the name of Jesus our Lord.

Laurette TOTOMAROVARIO

If you would like to support us, donations to TWOAT can be made by bank transfer to NatWest Epsom Branch; Account No. 42988667, Sort Code 60-08-01 or by sending a cheque made out to TWOAT to our Treasurer Antony Hawker at The Holt, Alcocks Lane, KT20 6BB, or <https://cafdonate.cafonline.org/22337>

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Well-being 2024

by Tracy Latham

At the beginning of the New Year I often think of our late Queen because of the words from what is said to have been a favourite poem of hers, written by Minnie Louise Haskins.

**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!”**

This year that image of a gate into the new year reminds me of a gate I took a picture of on a walk in Cornwall last year (see right). Like the words of the poem it reminds me of the fact that most (if not all) new years come with a degree of uncertainty and a sense of heading into the unknown. You can't always see what is ahead.



This can make me feel both excited and anxious - in varying degrees. The word I have come up with for this is 'anxcitement'. I often feel it in the pit of my stomach and it can be quite uncomfortable. Psychologists talk about the importance of 'naming it to tame it' – hence I have come up with a name! But what else can help me deal with it? I find that getting a bit curious about it helps, so I try to complete the following sentences:

I am excited to think that this year

I am anxious to think that this year

This helps me get in touch with my own dreams and fears and empowers me to think about what I do and don't have control over and how to respond to each.

Spending time thinking about the things I can control can be empowering and motivating. The writer Emily Freeman, says that while we can't ever fully control the trajectory of our life, focusing on the next decision - and the way we make and enact it - can both simplify matters for us and help to shape who we become. I have found it helpful to make a list of the 'helps' and 'hindrances' when it comes to achieving the things on my 'can control' list. This has facilitated me in becoming more honest with myself about my own strengths and weaknesses and identifying where I need help and support. Carl Jung said that 'anxiety is excitement without support' so getting support is important. It also helps me think about my internal support system and whether I am listening to my harsh inner critic or sceptic or the still small voice of love.

Well-being 2024

by Tracy Latham

Emily Freeman encourages us to ask 'Am I being pushed by fear, or led by love?'

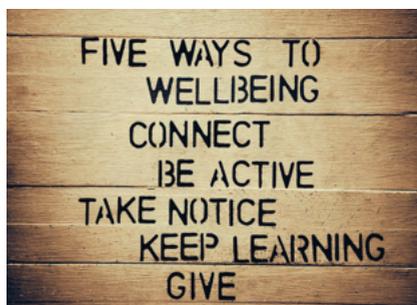
With regards to the things I can't control the response to the request in the poem is helpful for me:

And he replied:

**"Go out into the darkness and put your hand into the Hand of God.
That shall be to you better than light and safer than a known way."**

There is much about life that we don't know and can't predict. This is something we all have to learn to live with. The psychologist Paul Tillich wrote about this back in the 1950s in his book titled 'The Courage To Be'. One of the things I find helpful about this is that it acknowledges that living as a human being in this world takes courage. So to live well we need encouragement – because to encourage is to give someone courage. Therefore taking time to encourage yourself is important.

Before launching in to the new year why not take a moment to write a list of the things you want to give yourself a 'well done' for when you look back at 2023. (I recommend starting small - first on everyone's list can be getting through it! Things like getting up each day, washing and dressing are also important to acknowledge.) It also reminds us that taking time to give a word of encouragement to someone else is a real gift. After all we are all in this life together and we are, I believe, walking each other home.





by Headteacher, Launa Randles and Teacher, Franz Allard

Our school is officially "Outstanding"!

In the heart of Tadworth lies The Children's Trust School, a beacon of transformative education, graded "Outstanding" by OFSTED in September 2023. This achievement is recognition of the school's unwavering commitment to individuality and inclusive education, creating a nurturing environment that parents describe as opening up a new world for pupils.

The dedicated staff at The Children's Trust School play a pivotal role in ensuring a rich and inclusive life experience for every student. Through personalised teaching methods that foster effective communication and self-expression, pupils are empowered to thrive. The school's caring, child-centered culture places the needs of pupils at the forefront, fostering meaningful engagement in learning through a highly effective and individualised curriculum.

For a comprehensive insight into the school's ethos, values, and achievements, you can explore our website <https://www.thechildrenstrust.org.uk/school> or find us on social media, including Facebook and X (formerly known as Twitter).

The Children's Trust School welcomes both day and residential placements and is committed to providing exceptional educational experiences for all children.

Music Mark

2023 was a successful year indeed for our school. I am thrilled to share the exciting news that The Children's Trust School has received an invitation from Surrey Arts to be designated as a Music Mark School for the third consecutive year. This recognition underscores our steadfast commitment to the importance of music education in our curriculum.

Music Mark is a UK-wide organisation championing and supporting access to music for all children and young people. To achieve the coveted 'Music Mark School' designation, schools must meet one or more of three criteria:

- Recognise the value of music education as part of a broad and balanced curriculum;
- Have a strategy for music in place which caters for all children; and/or
- Demonstrate a willingness to engage in development conversations related to improving music provision.

Music education at our School

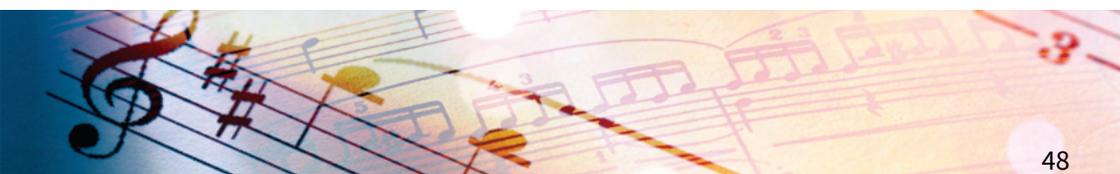
Music lessons at our school become vibrant sensory experiences, offering a creative outlet for self-expression. Guided by the "Sounds of Intent" framework, our music education is designed to be accessible, ensuring everyone, regardless of ability, can engage purposefully and meaningfully with music-making. The framework informs our approach, helping students develop essential skills such as listening, responding, creating and communicating through music.



Music therapy at our School

Music therapy, a vital psychological clinical intervention, plays a crucial role in supporting students whose lives have been affected by injury, illness or disability. Our dedicated music therapists employ a range of interventions, including musical improvisation, songwriting, singing, listening to music and more, to address the psychological, emotional, cognitive, physical, communicative and social needs of our students. Weekly individual music therapy sessions, focused on person-centred and tailored approaches, provide valuable support. Additionally, group music therapy sessions in our school hall offer students opportunities to interact with peers outside of their class group.

Find out more about music therapy at The Children's Trust School on our website <https://www.thechildrenstrust.org.uk/school/learning/therapy/music-therapy>



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Local Chef - Marvellous Minestrone

by Laura Palmer

Whether or not you're on a quest for healthier living this January, this minestrone hits the spot for a nutritious, hearty, clean-yet-comforting soup that borders on a main meal. There's nothing weird in it (if nutritional yeast is a step too far just swap for some grated parmesan or a splash of soy sauce, it's the umami you need here) and you don't even need a blender. It's also really, really frugal and a way to create a big pot of deliciousness from using up odds and ends that might be rattling round your vegetable drawer hoping to be eaten. I love the way the pasta and potato thicken the soup – if you have any left and the liquid seems to have been completely absorbed into the pasta the next day, add a splash of water before reheating and season accordingly.

I've been known to up the protein content further than the beans and nutritional yeast with some toasted pine nuts or chopped vac-packed chestnuts, but don't feel you need to. Also feel free to mix up the veg with whatever you have in your fridge, and swap the spaghetti for any broken up pasta, or the beans for butter beans, haricots or even chickpeas. Like many dishes, my husband likes to add a very generous amount of Tabasco (other chilli based condiments are of course available) when he thinks I'm not looking – I don't hold it against him, of course - but this is a soup that stands up to scrutiny perfectly well when it comes to flavour.

Ingredients

1 tsp oil
1 onion, finely chopped
½ a butternut squash
1 medium sized potato, peeled and cubed
1 medium courgette, cubed
1 medium sized carrot, cubed
6 chestnut mushrooms, quartered
2 cloves garlic, finely grated
3 tablespoons tomato puree
1 tablespoon balsamic vinegar
2 veggie stock cubes
½ teaspoon dried rosemary
a good grating of nutmeg (optional)
1 teaspoon yeast extract
3 tbp nutritional yeast or 2 tbs grated parmesan
1.5 litres water
2 large handfuls of spinach, washed
1 tin of cannellini beans, drained and rinsed
100g broken up spaghetti
Salt and pepper to taste.

Method

Take a large stock pot and add the oil. Fry the onion for five minutes then add the cubed vegetables, garlic and mushrooms and fry for another five minutes. Add the tomato puree, rosemary, nutmeg, vinegar and yeast extract and stir well. Add the beans, stock cubes, nutritional yeast or parmesan and water and bring to the boil. When the vegetables are tender add the spinach and dried spaghetti and simmer until the pasta is cooked.



Taste and season with lots of black pepper and as much salt as necessary.

Enjoy!

St. Valentine's Day

by Olivia Rowntree

This year, Lent begins on 14th February, Valentine's Day. This seems quite fitting when we consider Jesus's teaching that the greatest Commandment is to love: "to love the Lord your God with all your heart and mind and soul and strength, and to love your neighbour as yourself."

Valentine's Day celebrations are popular in the UK, US, Canada and Australia as well as many other countries around the world. Its exact origins are subject to some debate but commonly it's thought that Valentine was the name of a Christian martyr. One story is that the name is derived from a priest who was martyred in circa 270 AD by the emperor Claudius II Gothicus. The priest was said to have signed a letter "from your Valentine" to the daughter of his jailer who he had allegedly healed from blindness. Another theory is that the name is linked to St. Valentine of Terni, who was a bishop. St. Valentine apparently married couples in defiance of the emperor so that husbands could avoid conscription. Hence the feast day is associated with love.

People started writing messages of love to one another around the 1500s and the practice became commercialised in the late 18th century.

Cupid, the Roman God of love is a common feature of Valentine's cards and other symbols of beauty and love (hearts and red roses) are also gifted.



Although traditionally celebrated by couples, the practice of expressing love and affection has extended in recent years to friends and relatives too.



Local Organisations

PUBLIC SERVICES

Doctors	Heathcote Medical Centre Box Hill	360202 843525
Police	Surrey Police	01483 571212 or 101
Hospitals	Epsom General St Helier Leatherhead	01372 735735 020 8644 4343 01372 384384

CHARITIES

Home Farm Trust	Kevin Shaw	812223
RSPCA	Regional Control Centre	08705 555999
Swan Sanctuary Helpline		01932 240790
TWOAT	Mike Fox	350452
Dyscover	Rosemary Townsend	819419
R.N.L.I	Margaret Fox	350452
Friends Of St Peter's Age Concern	Philip Truett	813832 352156
Banstead Live At Home	Tracy Baxter	07968 351211
The Children's Trust		365000
Walton Parochial Church Charity		668254

HALLS AVAILABLE

Community Centre-bookings	Gesina Kula	07801 117621
Riddell Hall	Catherine Shrimpton	813265
Walton Scout & Guide HQ	Julia Boddy	812371
Walton Primary School	Mrs Young	812103

GROUPS

Gage Players Amateur Dramatics	Box Office	812703
Open Group	Mo Atkins	813834
The Arts Society	Mike Roshier	01372 813196
Tadworth & Walton Residents Association	Gillian Bockmeulen	814989
Walton on the Hill & District Local History Society	Peter Denyer	01372 377337
Mothers Union-Mothers & Uthers	Karen Rand	213311

SCHOOLS/NURSERIES/GROUPS

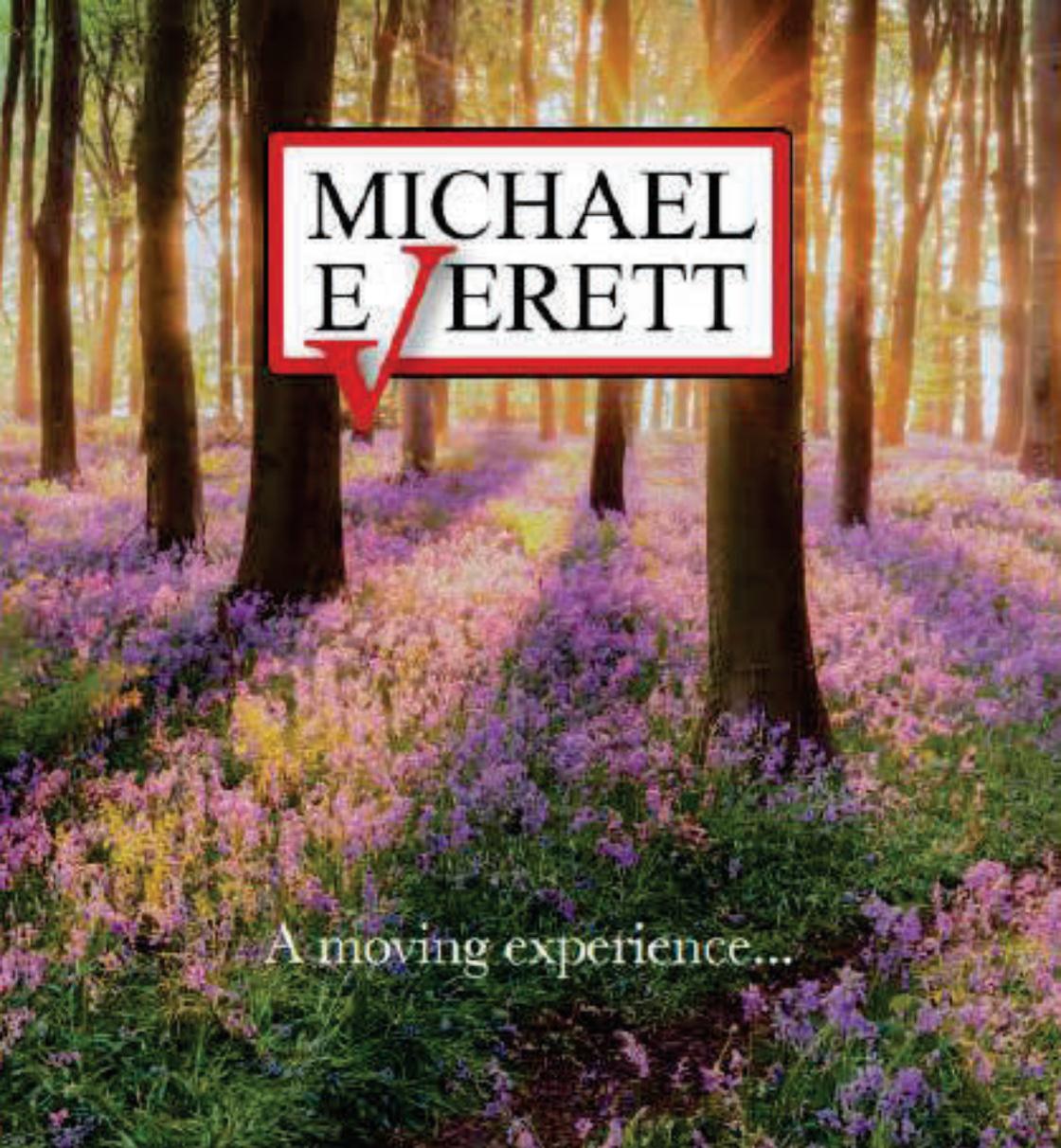
Walton on the Hill Primary School	Timothy Samuel	812103
Little Cherubs	Karen Rand	213311
Little Forest School on the Green	Mrs Voss	813960
Unique Beginnings Childcare & Forest School	Danielle Hyett	078885 238072

SCOUTING & GIRLGUIDING

Rainbows	Tracy Honeyman	0208 6438021
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*Happy
Easter!*

The background of the top half of the advertisement is a photograph of a forest floor covered in purple and yellow wildflowers, with tall, thin trees in the background. Sunlight filters through the trees, creating a warm, golden glow. The Michael Everett logo is centered in the upper portion of this image. The logo consists of the name 'MICHAEL EVERETT' in a black, serif font, with a red checkmark symbol integrated into the letter 'E' of 'EVERETT'. The text is enclosed in a white rectangular box with a red border. The checkmark is positioned to the left of the 'E' and extends upwards and then downwards, crossing the 'E'.

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The Michael Everett logo is repeated in the bottom right corner of the advertisement. It features the name 'MICHAEL EVERETT' in a black, serif font, with a red checkmark symbol integrated into the letter 'E' of 'EVERETT'. The text is enclosed in a white rectangular box with a red border. The checkmark is positioned to the left of the 'E' and extends upwards and then downwards, crossing the 'E'.

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