

Window on Walton

**Dec - Jan
2024 - 25**



**St.
PETER'S CHURCH
WALTON ON THE HILL**



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

<https://www.stpeterswoth.org>



stpeterschurchwoth



st-peters-church-walton-on-the-hill

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Editor's Note

Olivia Rowntree

Welcome to Window on Walton as we step into the wonderful season of Advent and look forward to all the customary festivities that lie ahead. If you've already made a list and checked it twice, got your tree and ordered the turkey, you're well ahead of me! Each year I promise myself I'm not going to be waiting for the last online order to arrive on Christmas Eve, or staying up past midnight wrapping the last present. Maybe that sounds familiar to you too?

The bakers among you will know that planning ahead is key when it comes to making a tasty Christmas cake. It takes time to perfect; feeding it with brandy for a few weeks, before finally decorating with marzipan and icing. If you fancy making your own this year, check out Local Chef, pg. 34 for Laura's tried and tested, family recipe.

This is of course one of the busiest times of year and it's easy to lose track of things. Here, a quick sign post to some helpful reminders and dates to add to the diary:

Your guide to Christmas at St Peter's, page 5
Carols at The Chequers, page 10
Winter Festival at The Children's Trust, page 13
Epsom on Ice, page 17
December – January services at St Peter's, page 19
Light Up Walton, page 20
Santa Run, page 31

Christmas is a magical time for children, what with the excitement of the Elf on the Shelf, Santa and Rudolph. There's nothing wrong with that of course, but I'll leave you with a lovely poem I stumbled across, by an unknown author, to remind little ones what Christmas is really about.

Have a very merry Christmas and a happy New Year!

If You Look for Me at Christmas... Author Unknown



If you look for me at Christmas,
you won't need a special star;
I'm no longer just in Bethlehem,
I'm right there where you are.

You may not be aware of Me
amid the celebrations.
You'll have to look beyond the stores
and all the decorations.

But if you take a moment
from your list of things to do,
and listen to your heart, you'll find
I'm waiting there for you.

You're the one I want to be with,
you're the reason that I came,
and you'll find Me in the stillness,
as I'm whispering your name.

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 |
| • Half Page | • £100 |
| • 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 February - March edition is 14th Jan

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



We recently thought about Hebrews, chapter 10, a letter that uses the Old Testament (OT) understanding of the priest's ministry and especially the high priest's ministry to help us understand Jesus.

Christians find, to their amazement, that they have been set apart (selected if you will) when they start to follow Jesus. But they are also called to a new way of being and behaving that we are not always all that good at.

The author of Hebrews wants us to be confident about being forgiven. He compares the OT model of the priest performing his daily services, offering repeatedly the same sacrifices, which can never take away sins (Heb.10:11). And he compares it with Jesus Christ who offered for all time a single sacrifice for sins and has now sat down at the right hand of God (Heb. 10:12). Because, by a single offering he has perfected for all time those who are being sanctified (Heb. 10:14). Jesus' sacrifice is sufficient, complete and therefore unrepeatable, but we are in a change process and what will help us are these three encouragements:

1) Let us draw near to God (Heb. 10:22), rather than run away or keep Him at arm's length. God wants us to draw near in worship, on our own and together – we do not need to be afraid of coming into the Presence of God. We are invited to seek his face and experience his love.

2) Let us hold fast to Jesus (Heb. 10:23) and put our hope in Him, for he who promised is faithful. Sometimes human beings let us down. But Jesus will not abandon his church or let us down so keep holding on – even when it is hard.

3) Let us stir one another up (Heb. 10:24) to show love and do good works. Perhaps you have people in your families who stir each other up? Perhaps you are a stirrer? Well, we are not to provoke each other to quarrels or fights, but to something else entirely! To stir each other up to love God with all our heart and mind and soul and strength, and to love our neighbour as ourselves (so including appropriate love for ourselves).

And to stir each other up to do good works – not deeds to curry favour with God – but deeds that flow out of our experience of God's favour and love and grace and kindness to us.

I look forward to seeing you along with many other old and new faces at St Peter's over the Christmas season and into the New Year.

Very best wishes, Harry

Prayer by John Birch

You gave your all to the world
in the bleakness of that stable.

Love was born that day.
Pure love. Undiluted.

Poured out for all
who call on Your name.

Such Grace.

Undeserved
deserves a response
in the life that we lead.

Forgive our ingratitude
for all you have done,
draw us to your Word,
give us a new song to sing,
that will resonate throughout this world.

And begin with us today.

Amen.

Christmas at St Peter's Church

Sunday 1st December

11am Christingle

Friday 6th December

5pm Light up Walton

Sunday 15th December

5pm 9 Lessons and Carols

Christmas Eve

3pm Crib Service

5pm Family Carols

11.30pm Midnight Mass

Christmas Day

8am Holy Communion

10am Family Communion



www.stpeterswoth.org admin@stpeterswoth.org

Fridays in Term time

9.15am
Prayer &
Pastries at
St Andrew's
Box Hill

All Welcome



10.30am
Pilgrim
in the
St Mary's
Octagon

No Pilgrim on First Fridays



HYMNS

WE LOVE

Wednesdays 10:30m - 12pm at St Peter's Church



Dec 6
Jan 3
**First
Friday
Coffee**
St Mary's
Octagon
Headley
10.30am

News from our Churchwarden

by Chris Grayson



I am pleased to report that, after a bit of a struggle, there is once again heating in our church.

Last time, I mentioned that I was anticipating a fairly simple boiler repair to replace a fan and circuit board. However, when the work was attempted, it was found that the boiler was in a much worse state than foreseen. The engineer recommended that the boiler should be replaced. We contacted the Diocese to see if we could proceed with the installation of a new boiler and then get retrospective approval. We were firmly advised that this was not an option.

As the church was already becoming unpleasantly cool, we purchased two electric unit heaters to try to take the chill off the nave. Whilst these worked quite well, having checked the size of the electrical supply, we decided we couldn't risk plugging in more units to heat the rest of the church in case the main fuse blew and left us with an even bigger problem.

So, faced with the prospect of a winter without effective heating while we put together a faculty application, we asked our heating engineers to return and do their best to get the boiler up and running. Fortunately, they succeeded and we have, at least for the time being, a warm church again.

The heating replacement problem was discussed at the last PCC meeting and it was agreed that we need a longer-term plan before our temporarily repaired boiler breaks down again. To this end a small team has been established to assess our heating needs, review options and make recommendations to the PCC to take forward in a faculty application. Fortunately, there are other parishes that have already trodden this path so we should be able to tap into their experiences.

You may have been surprised to see that we now have a Commonwealth War Graves Commission (CWGC) notice next to the Lychgate. It is a little-known fact that many of our churchyards and cemeteries contain war graves. I for one had assumed that the war dead were in cemeteries near to where they had died. To correct this misunderstanding the CWGC has set about identifying and marking these locations. We have six such graves at St Peter's. James Chatfield has done a great job in working with the CWGC to arrange for our sign to be fitted. The sign was erected just after the Remembrance Day service. Like me, you may have been struck, as I read out the 49 names from the First World War, by just how many soldiers from this small village died in that conflict. There would, of course, also have been many injured, both physically and mentally, returning home here.

I was further struck by how little we seem to have on record about these men. Does anyone still have any knowledge or photos of lost relatives I wonder? It would be a fitting tribute to be able to share a bit more about these brave, local men and perhaps put faces to names for next year's service if we can.

Finally, if you need a warm space this winter, our two nearest locations appear to be Banstead Library and St Marks, Great Tattenhams, Epsom Downs. Details are on the surreycc.gov.uk website.

Wishing you a very happy Christmas, Chris

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.

Mothers & Uther
Mothers UNION
Christian care for families

Mothers and Uthers' Meetings in October and November

On the evening of October 8th, a group of us listened to a fascinating account of key moments in the life of Karen Wheatley as she explained her journey to faith.

The journey was brought to life through Karen showing objects that each represented a significant step in her trajectory towards joining the Benefice earlier this year. The detail of the talk evoked many memories for participants and there was a lively discussion. The meeting on November 12th began with lunch for around 30 people from the Benefice, The Good Shepherd and St Mark's. This jolly occasion was followed by a reflection led by the Rev'd David Skitt, entitled 'Remembered and Admired'. As ever David led the reflection with a mixture of humour and deep thinking, this time about how we engage with others. David was supported by Fiona Gayner's poetry reading and music from Margaret Samuel. A firm favourite with Mothers & Uthers, David left us with much food for thought.

Next Meetings

Wednesday 18th December

10:30-12:00

Cakes and Conversation with Festive Fun (including Christmas quiz!)

Tuesday 14th January

12.30-2.30 pm

12:30: "bring-your-own-lunch"; coffee and biscuits provided with 'catch up after Christmas'. 13:30 – 14:30 Review of 2024 activities: What next? Led by Harry

December Reflection

This Advent, in the joy of looking back to when the Messiah was born, let us not forget to look forward to when the King will return. We live in the time of now and not yet, between the first and second coming of Christ. The story is only half told; the other half awaits. The plan of salvation is complete, yet its outworking is still to unfold. Unlike Christ's first coming, which was witnessed by a select few, his second coming will be seen by all. May we always be ready and waiting to meet our glorious Lord.

Monthly Prayer

As we journey through Advent
We praise God for his Word
which leads us to the stable of salvation.
As we draw near to adore the Christ-child,
we share in the joy that the risen Lord
accompanies us every step of the way. Amen



Little Cherubs

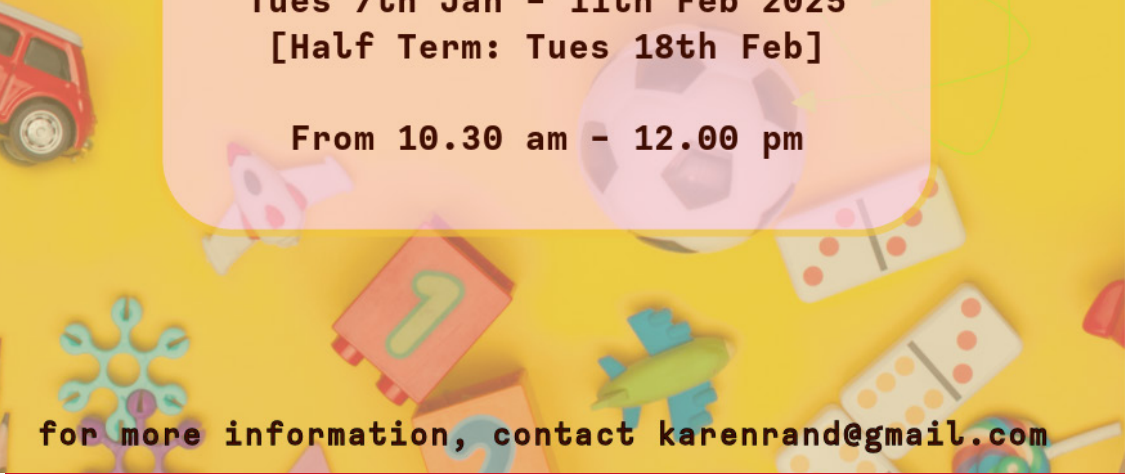
St Peter's Walton on the Hill

for under fives and their carers
£2 per family at St Peter's church

Spring Term 2025

Tues 7th Jan - 11th Feb 2025
[Half Term: Tues 18th Feb]

From 10.30 am - 12.00 pm



for more information, contact karenrand@gmail.com

Keeping the Benefice Safe for Everyone

by Sue Boswell (St Mary's and St Andrew's), Anne Edwards (St Peter's)



As Parish Safeguarding Officers (PSO), we thought you might be interested in the safeguarding work that goes on in each of the parishes. First of all, each volunteer is police checked. They are then asked to agree to a formal role description which emphasises safeguarding in relation to their role. To enable them to fulfil these responsibilities they undertake detailed safeguarding training provided by the Diocese and refresh their training every three years. PCC members, activity leaders and the administrator undertake three on-line courses lasting approximately five hours in total. Most of the other volunteers follow two of the courses lasting in total between three and four hours. The Churchwardens take five courses as do the PSO, who also receive additional training on a regular basis. Information on safeguarding contacts is also available in the churches, including the toilets. Importantly, we discuss safeguarding at every PCC meeting and regularly remind parishioners that safeguarding is everyone's responsibility. As you can see every effort is being made to make the Benefice a safe place.

For St Peter's, please contact Anne on 07920 484869; or
safeguardingwalton@hilltopbenefice.org ; or
<https://www.stpeterswoth.org/safeguarding>/<https://www.stpeterswoth.org/safeguarding/>



Join The Hilltop Community Choir for a cosy night
of

Carols at The Chequers

6pm on December 20th

Raising money for
LeatherHEAD START
Registered charity 1137054

The Dylan Strong Foundation
Registered charity number England and Wales 1199242



Insight: A Traveller's Tale



Our 97-year-old lay minister, Tom Rhind-Tutt MBE, shares his thoughts and experiences.

I moved into Walton Heath Manor, in Hurst Drive, more than six years ago, and I have really enjoyed my life in this wonderfully caring community.

Each morning around 8:15 am, apart from Sundays when I go to Church, I go for a long walk. In my early years I went around the Golf Course but as the years pass, so my ability to walk safely reduces. These days I confine my walking to local roads where I feel safe and secure. Some years ago, my doctor advised me that when I am out walking, I should use two polo sticks to improve my posture and reduce the risk of falling. They are a great help on my walks, and I would encourage others to try them.

A few weeks ago something unusual happened which I would like to share with you. As I was walking towards the Dorking Road, I noticed a smart white Mercedes car parked on the opposite side of the road with all its lights on. I continued to the top of the road and then turned around to head back. As I retraced my steps, I came again to the white Mercedes, and I peered through the window. The driver was a sixty-year-old man slumped over the steering wheel. I knocked several times but there was no reply. I was afraid to open the door in case the driver fell out because he would be too heavy for me. A little way down the road was the weekly dust cart. Its crew were always friendly to me and we would exchange greetings. I walked down to them and asked if they would have a look at the white car and check on the driver. They agreed and approached the car. But I watched them glance through the window and then drive off to another road!

I knew that I must make another attempt for I could not leave the driver alone if he was unconscious as I suspected he might be. A few moments later a local shopkeeper who I knew drove up and stopped for a brief chat.

I asked him to come and help me open the door and establish whether the driver was in need of urgent help. The shopkeeper replied that he could not wait because he was late opening his shop. He also promptly drove off.

I went back to the Mercedes and waited for the next vehicle. I waved at it to stop. The female driver pulled up beside me and I explained the situation and asked her if she would help me. She replied that her husband was expecting her to be home by now so she would have to leave right away.

I returned to the white Mercedes where the Driver is still slumped over the steering wheel. I decided to bang firmly on the window. The driver sat up, looked around and started the car engine. I had to step back quickly as the Mercedes accelerated down the road. I watched it turn into the Dorking Road and disappear.

As I resumed my walk, I couldn't help but feel so sad and disappointed how little concern some people have today for their neighbours.

Best wishes and a merry Christmas, Tom

Your Invitation – Tom is always ready to hear from our readers. if you would like to talk to Tom, just email 'tom@rhindtutt.com'

Commonwealth War Graves Sign at St Peter's

by James Chatfield

Many of you will have noticed the new sign at the left of the Lych Gate at the entrance to St Peter's: "At this location there are Commonwealth War Graves." How does it come to be there?



Matt from CWGC who installed the sign.

A friend of mine, David Barke, is the local volunteer for the Commonwealth War Graves Commission, (CWGC). Did I know, he asked me, as part of the centenary of the First World War, that the CWGC has undertaken to erect signs at as many churchyards as possible that contain war graves? The initiative is to increase awareness of war graves in the United Kingdom and remind the public that they need not travel abroad to find Commonwealth commemorations. All signs are installed, paid for and maintained by the CWGC on a permanent basis.

Buried in our churchyard we have six soldiers from the First World War and three servicemen from the Second World War and now we have the sign.

But who were these soldiers? David has kindly provided me with the background information. Some have local connections and may have been buried in St Peter's by their family. William Boniface died in hospital in Hornsea in 1917 and had parents living at Walton Manor Farm. Albert Holden died in 1919 in Epsom of pneumonia; was this in the deadly flu pandemic? Ernest Newman died of illness in Kettering in November 1918 and was the son of Mrs Newman of Ivy Cottage Walton. Frank Teesdale was a regular soldier before the First World War, serving on the North West Frontier, and died in 1916 in Lambeth after an operation; he was the son of Marmaduke and Elise Teesdale of The Gables, Walton. Some soldiers appear not to have had connections with Walton-on-the-Hill but came to be buried here. Albert Coney was a corporal with the Army Service Corps and died in Limerick. John Trevarthen died in July 1917 but lived in Purley.

From the Second World War we have Charles Butler, Royal Artillery, son of Mr and Mrs Butler; Flying Officer Harry Carr, husband of Eileen Carr; and Michael Skelton, husband of Catherine Skelton. Their parents and wives all lived in Walton-on-the-Hill.

A story lies behind each of these servicemen that may yet be discovered, but we now have a way of commemorating them, along with those who are remembered on the memorial in St Peter's.

Make this Christmas magical

with The Children's Trust

Winter Festival 2024

Saturday 7 December 12pm - 7pm

Tadworth, Surrey KT20 5RU

Find out more

👉 thechildrenstrust.org.uk/winter-festival

✉ events@thechildrenstrust.org.uk



Registered with
**FUNDRAISING
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The Children's Trust, Tadworth Court, Tadworth, Surrey KT20 5RU
Registered charity number 288018. ICL 1970 07/24



**The
Children's Trust**
For children with brain injury

News from Chinthurst

by Susan Trantnor

Ration Books and Stories Bring WWII to Life for Year 5 at Chinthurst

On 20th November, Chinthurst's Year 5 children welcomed a very special visitor, Mrs Roberts (grandmother of Georgina who is in Year 6). Mrs Roberts (pictured, right) shared fascinating stories about her life during WWII when she was just a young child, offering a vivid glimpse into a world very different from today.

The children were fascinated to hear how families lived without modern conveniences like TV, central heating, or phones. Children spent afternoons playing outside by streams, with no central heating in their houses. Frost was so thick on windows in winter that it could be scraped off with a spoon. She recalled heating water on a fire for baths, dressing under blankets to stay warm, and using newspaper squares instead of toilet paper. Despite the challenges, she remembered the joy of simpler times living in the countryside, such as keeping chickens and foraging for mushrooms and wild fruits like blackberries and rosehips.

The highlight of the talk was when she shared details about rationing. She brought in her original identity card - required by everyone to carry at the time - and rationing book, which the children eagerly passed around to see the handwritten entries and government stamps. She also brought examples of the weekly food rations: five rashers of bacon, one egg, a small piece of cheese, 4-6 tea bags, and a jar of jam to last two months. Milk was limited to the same volume as the bottom of the handle on a four-pint bottle, and families often turned to powdered milk and egg alternatives. For meat, a single pack of minced beef had to stretch across the week.



The children were amazed to learn how resourceful families had to be, mending and reusing clothes and joining Make Do and Mend clubs to extend the life of worn-out garments. Even bread was restricted to brown bread, as it was quicker to produce. Parks in cities were transformed into vegetable gardens, and women joined the workforce in factories or the Women's Land Army, stepping into roles traditionally held by men.

Her stories brought history to life, helping the children to reflect on how much life has changed. They gained a real appreciation of the resilience and creativity shown by people during the war and were also struck by the importance of avoiding food waste. Chinthurst is so thankful to Mrs Roberts for sharing her stories in such an engaging way to provide this inspiring and educational experience.

CHINTHURST SCHOOL *Tadworth*

*A Junior School of Reigate
Grammar School*

**“Excellent
in all areas”** ISI 2023

*Co-educational school for
children aged 2 ½–11
years*

WORKING OPEN MORNING – 25
September **EARLY YEARS FUN MORNING**
– 4 October



Visit www.chinthurstschool.co.uk to find out

Facebook: [brechinthurst.school](https://www.facebook.com/brechinthurst.school) T: 01737 812 011

ChinthurstSchool E: lhughes@chinthurstschool.co.uk



News from TWRA

by Mike Fox

Well over 100 attendees participated in a third public meeting relating to the planning application for three permanent and three temporary caravan pitches to be established for the "Travelling Community" on a field next to Chequers Lane. The meeting addressed two issues. First there were presentations from TWRA concerning government proposals for changes to planning policy relating to the Green Belt, and specific details relating to the appeal against Reigate & Banstead Council's refusal to grant planning permission to the Chequers Lane application. The second part of the meeting was an appeal for donations from representatives of the newly formed charity, The Walton & Tadworth Preservation Society, to buy land to preserve the Green Belt around the two villages.

During the first session attendees were told how new government proposals would result in Reigate & Banstead being targeted to virtually double the number of new dwellings that would be constructed over the next few years. This would be most likely to put the Green Belt at risk and not just those parts of it initially suggested by the government. With respect to the appeal it was stated that the hearing would take place on the 4th February in Reigate Town Hall. It is expected to last about five days, but those wishing to contribute to the hearing should attend on the first day as that would set the scene for subsequent days. TWRA will be able to contribute as an "interested party" but its main role will be to support the council in resisting the appeal. Thus, it will not itself be hiring barristers or commissioning expert witnesses. It was noted that the inspector running the appeal would not be interested in evidence that merely repeated what others have already said hence TWRA has been liaising with the council to identify areas where they can add value to the council's defence of its original decision to reject the application.

It is to be noted that the objection is not to the involvement of particular individuals or communities in the application but to its impact on the Green Belt and the ecology of the actual site. Those wishing to understand why TWRA supports the six main grounds on which the original application was rejected by the Council can find details on the TWRA web site www.TWRA.org.uk

The second session provided details of the formation of The Walton & Tadworth Preservation Society as a charity and its fund raising to date which has exceeded £60,000. The initial objective is to acquire 14 acres of Green Belt land which the owner wishes to sell and which is adjacent to both the recreation area on Howards Close and adjoins the land subject to the planning appeal above. It was emphasised that whilst the initial focus was on this particular field, the long-term aim was to protect vulnerable Green Belt land adjacent to both Tadworth & Walton. Robert Lee, the Chair of the Society, told the gathering that the most important thing would be to spread the word about the new charity. Their current target of raising over £300,000 might seem daunting, but if many more people became supporters then it would be achievable. He reported that a major upgrade was planned for the society's website www.keepWaltonandTadworthgreen.org

In another activity TWRA is helping to deploy three new defibrillators to cover Tadworth.

TWRA is supporting the "Carols in the Woodland" event in jubilee Woodland on December 7th. Note the Dec 7th event will be subject to cancellation in the case of inclement weather. Please check www.TWRA.org.uk for details of these events.

Epsom ON ICE

ICE
SKATING
FAMILY
FUN



**28 NOVEMBER –
5 JANUARY 2025**

**OPEN EVERY DAY 10AM - 9PM EXCLUDING CHRISTMAS DAY
TICKETS FROM JUST £10!**

Epsom Downs
RACECOURSE

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)



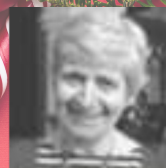
Services at St. Peter's December - January

Sunday 1st December	8am Holy Communion (1662) 11am Christingle Service
Sunday 8th December	8am Holy Communion (1662) 11am Family Communion
Sunday 15th December	8am Holy Communion (1662) 11am Nativity Service & 5pm Carol Service
Sunday 22nd December	8am Holy Communion (1662) 11am Parish Communion
Tuesday 24th December	3pm Crib Service 5pm Family Carol Service
Sunday 25th December	8am Holy Communion (1662) 10am Family Communion Service
Sunday 29th December	8am United Service in Headley 11am United Family Communion Service
Sunday 5th January	8am Holy Communion (1662) 11am All-Age Service
Sunday 12th January	8am Holy Communion (1662) 11am Family Communion Service
Sunday 19th January	8am Holy Communion (1662) 11am Family Communion
Sunday 26th January	8am Holy Communion (1662) 11am Parish Communion

<https://www.stpeterswoth.org/services>

Open Group & Village Kitchen

by Mo Atkins



Open Group

It was a full house at Ebenezer Cottage in October when Debbie Murray generously hosted an Autumn Supper for a capacity 'score and more'. It was a convivial and conversational evening in a warm and welcoming environment. Good to have new faces among us too. Everyone greatly enjoyed Debbie's autumn chicken dish, followed by her renowned apple crumble. We are indebted to Debbie, not only for her splendid hospitality, but for her culinary and hostess skills, which make 'feeding the five thousand' look easy!

Open Group had a bric à brac stall at the 'Mencap' fundraising Table Top Sale, in the Riddell Hall, also in October, raising £60 for the group's current charities; Barnardo's, Maggie's at The Marsden and The Patchworking Garden Project. Many thanks to Elizabeth Cooper, Caroline Pepper and Norma Darter for masterminding this.

Members of Open Group are once again organising the 'LIGHT UP WALTON' event on St. Nicholas' Day, **FRIDAY, 6th DECEMBER** (see right). Please support this community occasion.

We look forward to an 'Epiphany Tea' in St. Peter's, in January, date 'to be confirmed' at time of writing.

Further Open Group news will be shared by email and weekly church notices. If you would like to join the Open Group distribution list (or unsubscribe) please email waltonopengroup@gmail.com

Village Kitchen

The Village Kitchen goes from strength to strength and looks forward to welcoming guests on **SATURDAY, 7th DECEMBER**, when there will be a festive raffle and then, in the New Year on **SATURDAY, 11th JANUARY**.

CHRISTMAS LIGHTS

The Feast of St Nicholas, FRIDAY, 6th December will see the lighting up of Walton's Christmas Trees. Everyone welcome!



5:00pm: LIGHT UP MERESIDE

The 'House on the Pond' will switch on its customary, colourful display of Christmas lights, this year with new illuminations!

If you are passing, please give a big **CHEER ACROSS THE POND** and appreciate the beautiful reflections in the water.

Wend your way carolling through the village, en route to St. Peter's Churchyard. Admire the Christmas Garlands, dotted along Walton Street.

SPOT the lights at **Gun Corner!**

From 5:15pm GATHER IN ST PETER'S CHURCHYARD

Join us for this short but fun tree-lighting ceremony with carols. Mulled wine, spiced apple juice and mince pies will be served.

Donations invited in aid of TWOAT (Tadworth & Walton Overseas Aid Trust). Please give as generously as you can. For further information please contact Mo: 07799136894.

A Note from Norma & Mo's Musing

by Norma Darter & Mo Atkins

A Note from Norma

On the 14th November we had a gentle reminder from our editor, Olivia, that it was time to send in our articles for the December and January issue. Oh help! Time is going so fast that I had forgotten that it's nearly 2025. This year has been so busy with various events in the village and now we live 'just over the border' there are even more things to get involved with. We are really getting settled into our new flat and feel quite at home. We are looking forward to the many Christmas events that are planned.

The Royal Marsden Christmas cards that Marilyn and I sell have been popular so far, and we will continue selling them right up to Christmas week.



Bill and I take are still taking donations for the food bank left in St Peter's porch to Merland Rise Church every Tuesday. If anyone wishes to donate new Christmas presents for boys and girls from 0—16 years old (gifts must be new and in sealed packaging), please take them to Halifax Bank in Epsom where they will take them to Epsom Hospital. Reigate Fire Service will do the same for East Surrey Hospital. Both drop off points are operational up to 20th December. If you would prefer to leave donations at St Peter's, Bill and I are happy to pick them up.

I would like to wish everyone a very happy Christmas and certainly a healthy new year. All the best and see you at the many mulled wine and mince pie events!

Mo's Musing

Reading, in the last edition of Window on Walton, Norma's account of poor Bill's traumatic wait for rescue when his car broke down, prompted me to respond with a more positive tale.

On a recent journey to Northumberland, our regularly serviced car suddenly started emitting billowing smoke on the motorway just north of Birmingham. A large lorry behind was helpfully flashing its lights and hooting loudly, in case we hadn't noticed!

David manoeuvred the car over to the hard shoulder and we leaped out, grabbing high-vis vests as we did so. To our surprise, the lorry that had noticed our plight drew up behind us. A burly driver jumped out and offered to take us 'up country'. 'I don't think so', I thought, wondering where we might end up and with whom. He then asked if we were AA members. I was surprised when David replied, 'yes'! Apparently, we had subscribed only a couple of weeks earlier! I then noticed the the large AA sign on the front of the lorry - things became clearer!

Within ten minutes, our car was on the back of the truck, and we were traveling north, safely and comfortably seated behind the driver, Ben. Ben had been on his way home, after a day's work which had begun at 3am. It was now well after 7pm and dusk. He was the kindest, most considerate and cheerful, 'Good Samaritan' ever.

After a pit stop at a service station to transfer the car to another truck with new driver, Tom (another equally kind and considerate Northumbrian), we finally reached our firends' house, safe and sound, just before midnight.

We had passed the Angel of the North on our journey, and I really think we met him on that eventful Saturday night. Not once but thrice. How blessed we felt and how grateful we were!

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The Arts Society

by Susan Adilz



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

The Arts Society Walton on the Hill meets 10.00 – 12.00 in the Riddell Hall for interesting lectures on a wide range of art related topics. Guests are welcome at £5 per lecture.

Dates for the Diary:

Thursday December 19th, Shepard's Christmas, by James Campbell

Thursday January 16th, Winter Wonderland in Paintings, by Sarah Ciaci

Thursday February 20th, Roman Civic Architecture, by Stuart Harvey

Guests are welcome, £5 per lecture. Riddell Hall, 10.00 for coffee, lecture 11.00-12.00. Further details on the website www.theartssocietywaltononthehill.org.uk

Celebrating Christmas

by Olivia Rowntree

The Season of Advent

The countdown to Christmas begins with Advent (from the Latin word "adventus") denoting the "coming," or "arrival" of Jesus Christ. The season of Advent dates back to the fourth and fifth centuries and originally lasted for 40 days, like the season of Lent. The tradition has evolved in more recent times, and we now mark Advent over the four Sundays before Christmas. The first paper Advent calendars are thought to have emerged in Germany at the beginning of the 20th century. The first chocolate calendar was made in 1958 (and by Cadbury's later, in 1971).



On the first day of Christmas.....

We're all familiar with the song of course, which steps us through the giving of various (somewhat unconventional!!) gifts each day for 12 days. It is thought that the song has its origins in a Catholic poem, with each gift representing the fundamentals of Christian faith.

Christians celebrate the 12 days between the birth of Jesus on 25th December, and the coming of the three wise men on Twelfth Night (Epiphany Eve). The Feast of Epiphany ("Three Kings Day" in many Catholic countries) is celebrated on 6th January. In the UK this is also the day we take all our Christmas decorations down for another year.

The birth of Jesus

Luke 2: 8-14

"And in the same region there were shepherds out in the field, keeping watch over their flock by night. And an angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were filled with great fear. And the angel said to them, 'Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord. And this will be a sign for you: you will find a Baby wrapped in swaddling cloths and lying in a manger.' And suddenly there was with the angel a multitude of the heavenly host praising God and saying, 'Glory to God in the highest, and on earth peace among those with whom He is pleased!'"



Matthew 2: 10-12

"When they [the wise men] saw the star, they rejoiced exceedingly with great joy. And going into the house, they saw the Child with Mary His mother, and they fell down and worshiped Him. Then, opening their treasures, they offered Him gifts, gold and frankincense and myrrh. And being warned in a dream not to return to Herod, they departed to their own country by another way."

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Friends of St Peter's Wine Tasting

A view from table 5, by Emmeline Moore

The weather was changing, it was starting to get chilly. It meant only one thing; it was that time of year again that we all looked forward to. The Riddell Hall was brimming with light and chatter at 7.30pm, on a Friday evening in November. As we entered, we were greeted by Erik, from Vineking, in Reigate, who passed us a welcome glass of sparkling fizz from South Africa. The evening was set to be a good one. The atmosphere was fun and friendly, matching Philip Truett. Philip was on form as he always is, looking dapper in a fine checked suit and introducing the evening with his usual charm. We were the largest table there; 13 women, or "the girls", as Philip kindly referred to us. However, we had competition this year, George Curry had mustered together a "boys'" table of six.



The tables were set up beautifully with matching napkins and flower arrangements. Thank you to David Atkins and Brian and Pat Williams for their help with this and to Edda Harvey for her very pretty floral table centrepieces.

Edda kindly provided us with a Teddy on the table to even things out, 13 being unlucky for some. Turns out this helped, as one of our 'girls' won the top raffle prize; wine tasting at the Vineking for 12. Thanks must go to members of Walton Heath Golf Club, our three village pubs: the Chequers, Fox and Hounds and the Blue Ball; the Co-Op, and finally, Walton Newsagents, who received a big community spirited cheer when their name was mentioned. Thank you all for your generous raffle donations.

The wine started flowing, two very good whites, one Sicilian, which was recommended with food and another French, which was our table's favourite, a lovely fresh crisp wine that you could easily drink on a lovely summer's day or, equally, mid-winter with Christmas Turkey.

We then moved on to more whites, an Italian versus an unoaked French Chardonnay. George Curry, from the boys' table, had been roped into pouring - a task he undertook most generously to the delight of table 5. Thank you, George.



Out came a sensationally presented selection of cheeses, with an abundance of crackers and grapes, many thanks to Helen Gyselynck and Michelle Spink. We thought we'd never get through it all, but it turns out we did! Delicious and a perfect match for the wine. The reds came and went, as did George Curry and his boys, the Curry House calling them. That left Tori Truett to serve our table, as well, having been unexpectedly enrolled as Erik's 'assistant' at the start of the evening. Well done Tori! Two rich and full-bodied reds were our table's preference, a Malbec from Argentina and an Appassimento from Italy, with partially dried grapes, crushed to create a deep smooth taste.

The evening was a success, with new record attendance of 106, and £1,000 being raised from the raffle alone. Thanks to Jane Davies and Tori for their sales prowess. At the end of the evening, everyone was thanked, and Mo, who according to Philip, likes the last word, thanked Philip for all his hard work in yet another year. Cheers to that Mo and to us girls having the last word!

Best wishes, Emmeline Moore

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News from Walton Village Forum

by Emmeline Moore

It was great to see so many of you at our public meeting on the 29th October. Lots of you have told me how insightful you found the Crime Stoppers and the Walton and Tadworth Preservation Society talk, and I have to agree with you. Thank you very much to those that attended. Our next meeting will be in 2025, at 8pm-9.30pm on 25th February at Breech Lane.

We have been in talks with Councilor Ben Green about adapting the currently remodeled playground to be more inclusive for different ages and disabilities. Photos of local playgrounds that have something of interest are being collated, so if you see anything you think we should have in our playground then please email us a photo, we'd love to hear from you.

Our lovely new circular bench is now in place around our beautiful oak tree on the green. Thank you very much to 'Your Fund Surrey' for funding this and to Rebecca Paul for bringing the fund to the Walton Village Forum's attention. The oak tree itself is in need of a trim around the lower branches for safety reason. This is currently awaiting a planning decision, but we can't see why there would be any objection. I think you'll agree that Oakley Homes did a fantastic job of weatherproofing and fitting the bench, it feels like a good solid seat to sit on now and I have already viewed many doing just this. Its great to see successful projects being used and loved by the community almost immediately.

The Walton Village Forum came together the weekend before Remembrance Day to adorn the village with poppies. We could not compete with John Mitchell's fantastic display, although we hope we helped to enhance it. The service at St Peter's church was fitting and attracted many, including the Walton Village Forum committee who laid a wreath in memory, as we do every year.

The Committee, along with Walton in Bloom will be coming together towards the end of November for our annual initiative to make and hang Christmas garlands in the village. Each year we spend time gathering greenery, mustering up holly and ribbon and creating Christmassy decorations to adorn our village in time for the Light Up Walton gathering on the evening of 6th December. Our lights on the living Christmas tree at Gun corner have all been checked, and the Mere Pond Christmas tree has been gifted by Walton Village Forum. We cant wait. We look forward to seeing you all there if not before!

Best wishes, Emmeline Moore



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.





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.

TWOAT held its annual meeting and dinner in St John's Hall on Saturday 9th November with some 62 supporters in attendance. Treasurer, Antony Hawker, reported that in the previous 12 months the charity had provided record levels of support to some 20 or so projects totalling just over £42,000 with income from donations, bequests and events being slightly below this. He described the very generous response from members to the appeal to increase the amount of donations via recurring payments and stated that, with the promised "quadruple" matched funding and Gift Aid, this would add in excess of £21,000 to TWOAT's income, with most of that in 2024-25.

The guest speaker for the evening was Joe Robinson, a representative from Fishermen's Rest, a new charitable project supported by TWOAT focusing on ecological improvements in Malawi. Joe told the audience that the money TWOAT had already given had gone towards both planting trees and providing materials to create efficient wood burning stoves. He described the very worrying levels of deforestation that are occurring in Malawi with one factor being the use of tree wood as fuel for both cooking and heating. Many poorer people use inefficient open fires which consume wood rapidly.

The charity is training villagers how to construct more efficient stoves and providing them with the bricks to do this. This has many benefits - less trees are felled and less time wasted by the women, whose main task this is, thus freeing them up for other activities such as receiving basic education. The charity is also encouraging the planting of new fruit trees, such as mangoes and papayas, which can provide both nutrition and a source of sustainable fuel for the stoves. Some fruit trees can start to be productive in under three years due to the suitability of the local climate.

Fishermen's Rest has 70 employees in Malawi and has established tree nurseries producing seedlings and has already arranged the planting of over 100,000 new trees. Committee member Sally Nethercott had introduced the project to TWOAT, after a nephew had participated in one of the volunteer activities organised by Fishermen's Rest to enable people from the UK to visit Malawi and participate in their projects. It was a useful coincidence that two visitors from Malawi had accompanied one of the TWOAT supporters to the event and they were able to confirm the challenges faced by Malawi in maintaining its forests. From the questions and interest shown by the audience it was clear that TWOAT supporters were delighted with this new project that TWOAT will continue to support.

Chair Mike Fox concluded the evening by referring back to a TWOAT Newsletter published in 1999 that detailed the £8,800 that TWOAT had been able to pass to projects in that year with £1,000 being the maximum given to any one project. He contrasted this with the current situation where five of the projects had received over £3,000 last year and one as much as £7,000. He noted that these larger donations were in support of ongoing activities such as teachers' salaries, school lunches or medication for epilepsy sufferers where it was necessary for TWOAT to give commitments for ongoing support up to two years ahead. This was the reason for TWOAT's gratitude to those who had responded to the appeal for recurring donations. He thanked the audience, TWOAT committee members, volunteers and others who had contributed to the results achieved. He mentioned that another opportunity to donate to TWOAT would occur at the 'Lighting Up Walton' event starting at 5pm by Mere Pond on Dec 6th and moving on to St Peter's Churchyard where carols would be sung and refreshments available.



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Well-being - Coping & Resilience

by Tracy Latham

It seems to me that as a nation we have been faced with more big stressful events in the last six months – not least the elections both here and in the USA. This has reminded me about the need for and complexity of finding resilience. It is a buzz word in the sphere of mental health – and rightly so – because it is something we all need in this ever changing and rather challenging world. However, finding it is not always easy, simple or straight forward.

Resilience is the capacity to face, overcome and even be strengthened by difficult experiences. It is not about finding ways to be immune to stress, sadness or suffering. It is about finding ways to cope with these things, recover from them and hopefully even grow and develop positively as a result of the challenges we encounter. It is a big subject so in this article I am focusing solely on the ‘Coping’ element of resilience. Coping is about managing the challenging or stressful situation or your own responses to it. Anything we do to try and deal with challenges is a type of coping. Coping strategies can be either helpful or unhelpful. It can be helpful to separate coping strategies into two separate categories:

Emotion focused coping strategies - these are helpful when a stressful situation is out of our control and/or cannot be changed. They are ways of trying to reduce or cope with the feelings without getting stuck in unhelpful anxious, overwhelmed or depressed states. An unhelpful emotion focused coping strategy might be overeating or overresponding to numb or suppress the feelings. Healthy emotion focused coping strategies normally involve feeling, naming and validating our feelings to help us to cope with them. We need a container for these feelings so they don’t overwhelm us. Sometimes another person can hear and contain our feelings. Other times we might need to express them in a journal or on a piece of paper. One exercise I often recommend is writing ‘I feel _(angry)_ that’

over and over until you have expressed all the things that are making you feel that way in the current situation. Another is to draw a picture of the feelings. Sometimes if there are lots of situations making me sad I might draw a picture of me being rained on with each cloud representing a situation.

Problem focused coping strategies – these are helpful when you have some control – so finding ways to think about a situation differently or do something differently to change it and make it less stressful is likely to be more helpful than trying to just manage your feelings about it. An unhelpful coping strategy might be getting very aggressive, domineering or critical - looking only at the faults in others. More helpful strategies might involve asking questions such as what help do I need? Or what can I do to gain a different perspective, more knowledge or wisdom? Or how can I find reassurance or share my concerns compassionately? Or where can I be flexible and where do I need to hold to my boundaries? Or how can I resource myself for this?

Many situations benefit from both types of strategies – probably because there are aspects within them we can control and aspects we can’t. Validating the feelings a situation evokes can then help me make space to problem-solve how to cope with it. So, to continue the example of when situations out of my control are making me feel sad, and I express that with rain clouds, I then might continue by actively thinking about other situations that make me feel happy or grateful. This is me metaphorically drawing in the sun – which may be hidden behind all the clouds - but is still there and that helps me gain perspective and maintain hope. I may then go on to draw in a rainbow to help me think about how I can be faithful to my values and responsibilities within the challenging situations.

Well-being - Coping & Resilience

by Tracy Latham

I like to use the acronym 'VIP' as a way to remember to use both strategies to find resilience for the challenges in life: Validate. Inquire. Problem Solve. The acronym reminds me what to do – but also reminds me to treat everyone (including myself) with respect and compassion whatever challenges they face or present because they are a 'VIP' (Very Important Person). This in itself is a major contributor to resilience.

I have also developed '7Ws' in my own search for resilience. I share them here in case they help you too.



- **Words** can bring comfort and reassurance; they are a way of expressing and exploring experience.

- **Walks** can bring perspective and connection with nature; rhythm and movement can help to restore calm



- **Waves** are a reminder to surf rather than try to control; surfers accept and ride the waves that come over and over.

- **Witnesses** to a story can heal and restore our soul; they remind us of the God who fully sees and fully knows.



- **Wells** need to be drunk from not just looked at; life giving water is refreshing when drunk deeply.

- **Worship** liberates from self-preoccupation; Awe and wonder can bring joy and inspire hope.



- **Walking With Others** is so much more bearable; Collaborativity, companionship, community matter.

Rascal Club Newsletter

by Sam Fountain

Do you suffer with hip or knee pain?

I've found my niche this year supporting individuals with hip and knee pain. Either to maintain or improve their quality of life, to make it pain free, or to support them pre- and post-surgery. Whether it be full or partial replacements, Sam's worked closely with patients from both Epsom and Ashted hospitals.



Hip rehabilitation plays a crucial role in restoring mobility, strength, and flexibility for individuals dealing with pain. Whether recovering from hip replacement surgery, a sports injury, or general wear and tear, targeted rehabilitation offers numerous benefits. Does your pain wake you in the night? Do you feel that you can't rely on your knees or hips to support you all the time? Reducing inflammation, working the muscles correctly and with one-to-one support pain can be reduced and the body can be realigned to fix itself.



Did you know that muscle mass reduces up to 5% a year after the age of 50? This alone could be the cause of your pain and reduction in mobility.

How does it work? First and foremost, hip rehab helps reduce pain and inflammation. Through guided exercises and physical therapy, patients can alleviate pressure on the joint, promoting faster healing and reducing discomfort. By improving blood circulation and enhancing muscle strength, rehabilitation also supports better joint stability, which can help prevent future injuries.

Another key benefit is the improvement in mobility. Regular exercises focused on hip flexibility and strength can significantly enhance range of motion, enabling individuals to resume everyday activities, such as walking, climbing stairs, or even enjoying physical hobbies.

Do get in touch to learn more. As a Community Interest Company, The Rascal Club has options for personal one-to-one physical therapy, as well as very supportive small group classes – some seated too! We cater for everyone and are found opposite The Chequers Pub with plenty of off-street parking and disabled access.

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Local Chef - Christmas Cake

by Laura Palmer

There are many, many different versions of Christmas Cake out there. This is my absolute favourite and it took me a long time to get it right! I make several for family each year. Each time I mess with the recipe I wish I hadn't. It's rich and fruity without sitting heavily on top of everything else you're going to eat on Christmas Day, and has just enough spice to tantalise your tastebuds without tasting a bit medicinal. And every year I think, oh I'll just test it to make sure it still works. As if the science behind all these amazing ingredients working together will somehow change. It doesn't. But it does mean I get to eat Christmas Cake in November.

You can eat the cake straightaway, or bake ahead, store in an airtight tin and feed it weekly with a teaspoon of rum or brandy. Then simply marzipan and ice in the week before Christmas. It's gluten free and dairy free, and easily made vegan using the swaps detailed below. You could use regular wheat flour though if you prefer. Feel free to double the quantities for a larger cake but it will need significantly longer cooking time.

Ingredients

Makes 1 x 6 inch cake, serves at least 8.

200g raisins

140g sultanas

90g ready to eat dried prunes (or a mix of prunes, dates and apricots)

1 orange, zested and juiced

25-50ml brandy (optional)

50g glace cherries or dried cranberries

60g extra virgin coconut oil or block plant butter, melted

40g light olive or rapeseed oil

2 eggs

100g dark brown sugar

1 tsp cinnamon

1 tsp ginger

Large pinch cloves

A good grating of nutmeg

3 cardamom pods, bashed, seeds removed and ground, with

A large pinch of sea salt flakes

1 tsp vanilla extract or ½ tsp vanilla powder

120g gluten free plain flour (I used Dove's Farm) with ¼ tsp xanthan gum added.

20g treacle

If completely plant-based, swap egg for 100g banana or cooked sweet potato and use self-raising flour in place of plain, plus 30g tapioca flour and an extra ½ tsp xanthan gum.



Method

- Soak the raisins and sultanas in 25ml brandy and 25ml orange juice (or use all brandy or juice) for at least 4 hours or overnight. Stir in the remaining fruit.
- Grease and double line a 6 inch sandwich tin. Preheat oven to 160C fan.
- Measure flour, salt and spices.
- Mix egg, treacle, cardamom seeds, orange zest, vanilla, and fats. Blitz with a stick blender if lumpy.
- Add dry mix to fruit mix then stir in the wet mix and mix until all the flour has been combined.
- Pour into baking tin. Bake for an hour and 20 minutes or until cooked through - all ovens are different!
- Check with a skewer, listen for a cake crackle.
- Cool in the tin on a wire rack. Turn out after an hour or so.
- Roll out 250g marzipan into a circle and place on top, then the same with white fondant. Decorate with fondant shapes if you like.



MICHAEL
E/ERETT

A moving experience...

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