

# Window on Walton

June - July  
2025



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

# St Peter's Team



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# Editor's Note

Olivia Rowntree

Welcome to the summer edition of Window on Walton - incredible to think we're nearly half way through 2025 already!

This installment of WoW is brimming with reflections on some lovely events in May, including the VE Day commemorations, Spring (Bluebell) Walk and of course, the Walton on the Hill May Pageant.

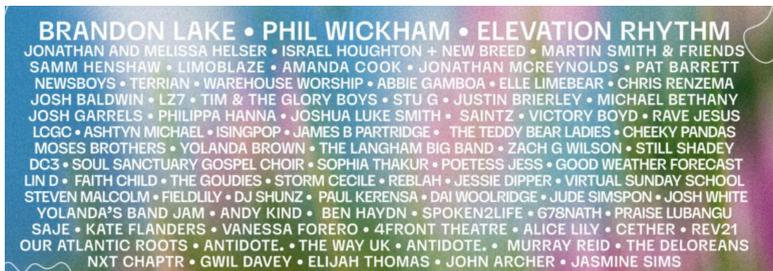
Coming up, there are a number of events to mark in your diaries:

- 21st - 22nd June: Gardener's Delight
- 7th July: The Hilltop Community Choir will be putting on a special concert "Thank you for the Music" at Riddell Hall in aid of Rare Dementia Support.
- Saturday 12th July: Headley Hamper Hop VE Day Celebration at the cricket ground.
- For the more active and adventurous types, walking boots at the ready for the Jubilee Pilgrimage of Hope 9th- 23rd August.

If you fancy getting out of the parish altogether and enjoy a family-friendly music festival, the Big Church Festival 2025 is on 22nd-24th August and looks to have a pretty good line up. Tickets now on sale. More details here and below

<https://bigchurchfestival.com/tickets/>

Whatever you have planned, have a wonderful summer everyone!



If you enjoy reading Window on Walton, did you know you can sign up and have it hand delivered to your door, six times per year for just £10? You can also contribute to future editions or advertise with us.

For more details contact our church administrator ([admin@stpeterswoth.org](mailto:admin@stpeterswoth.org))



## Colour Ad Size

- Full Page
- Half Page
- Quarter Page

## Price / Annum

- £180
- £100
- £80



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

After Jesus' crucifixion, seven disciples have gone fishing at Peter's suggestion. They have gone back to doing the trade that was their way of life before being called to follow Jesus. In the early morning after a fruitless night of fishing they see a man on the shore who asks how things had gone. It is never much fun being asked that kind of question. It is like someone enquiring how you have done after an awful round of golf, or how the game went, when your favourite football or rugby team has lost badly.

*'Throw your net on the right side of the boat and you will find some'* the man says. And when they did, they were unable to haul the net in because of the large number of fish. 153.



Such an experience could only mean one thing to John the beloved - *'It is the Lord!'* Jesus [for it was him] took the bread and gave it to them and did the same with the fish.

Then it was time for a talk with Peter, as Jesus calls him by the old name of Simon. Simon had been named Peter [the Rock] by Jesus – but he had not been living as the Rock. Peter had made big claims

about laying down his life for Jesus, but in the moment, he could not do it. I have no confidence I would have done better.

Peter had drawn a sword and cut off the ear of Malchus, servant of the high priest ... fighting in the human way, we might have done the same. But Jesus had accepted the cup the Father had given him to drink – the cup of suffering on our behalf, dying in our place. So, Jesus asks three times *"Peter, do you love me?"* Then he said to him, *'Follow me!'* Peter is reinstated painfully – but a second chance is given.

I do not know about you, but I need second chances, third chances, fourth chances... I expect you do too. Gladly God gives us many opportunities to start over. This summer term may be an opportunity for someone to make a new start... or a chance to reaffirm their choice to follow Jesus.

Like St Peter you might need to accept forgiveness and move on after past mistakes, even betrayals. I like to pray the second part of the prayer of St Richard of Chichester:

*'Most merciful Redeemer, Friend and Brother, may I know you more clearly, love you more dearly, and follow you more nearly, day by day. Amen.'*

I look forward to seeing you at St Peter's.

Very best wishes,  
Harry

# Prayer and Coffee & Conversation

## Prayer by John Birch

**Thy Kingdom Come Prayer**  
(for our villages and towns and cities)

*Almighty God,  
your ascended Son has sent us into the world  
to preach the good news of your kingdom:  
inspire us with your Spirit  
and fill our hearts with the fire of your love,  
that all who hear your Word  
may be drawn to you,  
through Jesus Christ our Lord. Amen.*

In Matthew 28. 19-20 Jesus says: "Go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

This prayer is especially used from Ascension Day to Pentecost. It helps us to live in the reality of Jesus being alive and of our being equipped with the Holy Spirit. It reminds us that his mission had been handed on to us.

## Coffee & Conversation

by Rev'd Karen Wheatley, Hilltop Benefice

We all like a good sing along from time to time, but sometimes when we learn by listening to others singing, we don't always pick up the words quite as they were written. Perhaps it's the 'Dancing queen, (with) only seven teeth' shortly followed by 'Then I saw her face, now I'm

gonna leave her'; or one for the academics: 'I'm picking up good vibrations, she's giving me her citations.' Sometimes it can be all too easy to miss the original meaning of the song in the enjoyment of singing along together.

Since the autumn, Coffee and Conversation has welcomed all - to meet friends and make new friends. We have shared conversation over a cuppa, and included an interlude to join in singing together a well-known hymn from the 'Hymns We Love' series. With a short talk, we have learned something about the hymn's writer, the hymn's backstory and its message. No chance now of singing about shepherds washing their socks, or similar, but perhaps we now love, even more, a hymn that feeds our heart and soul.

Coffee and Conversation continues every **last Wednesday in the month during the summer term at St Peter's Church, 10.30am**. The 'Hymns We Love' series has now finished, but we plan to continue to include a short time singing together, along with a pause for thought. We very much look forward to welcoming you on **Wednesdays 28th May and 25th June** (with a little art appreciation) before we take a break for the summer.



# News from our Churchwarden

by Chris Grayson

At the time of writing I am enjoying a warm sunny evening, rather reminiscent of August. It is of course May, but the air is warm, the birds are singing their hearts out and there are insects flying through the shafts of sunlight crossing the lawn. Unfortunately, this weather is not doing my garden pond, or the Mere Pond come to that, any good. It is hard to remember that just a few weeks ago it was bitterly cold, and we had the heating on!

As we come to accept that global warming is a 'thing' it is just as well that at the last PCC the 'Heating Team' was given the green light to continue their research into a replacement (low carbon) heating system. The Heating Team's interim report was accepted, and it was agreed that it should:

- Focus its investigation on the air source and ground source heat pump options, which will be assessed against the impact of a gas boiler option,
- Research secondary glazing for the windows,
- Investigate a separate heat source alongside thermal improvements for the vestry and office area.

PCC also agreed to proceed with quotations for professional support with the design and costing of the preferred solution. If you know of anyone who has experience of installing a heat pump in their home or business, we'd very much like to hear from you.

The stonework repairs are not forgotten, and I'm currently working through the

estimated costings and what funds we have available before placing the contract. We then have to wait for work at other churches to be completed before it is our turn. Possibly this year, or perhaps next. I have also agreed a separate and much smaller contract for redecorating the outside of the Church Hall which should be completed during the school summer holidays.

I'm still looking for a volunteer environmental champion. As well as looking after the EcoChurch project (an online reporting tool), Diocese also wants us to have a net zero coordinator to report back on our progress towards becoming a net zero church. It would be great to involve a younger person with this activity, perhaps someone between school and university. But equally anyone comfortable working online could contribute. Please let me know of any potential candidates.

In terms of practical action, there are small steps we can all take to improving St Peter's carbon footprint such as walking to church where feasible, using the overhead screen for services rather than printed booklets and letting part of the church grow wild. But it would be good to have someone guiding us through these things.

Finally, I have not forgotten the revamp of the signage in front of the church. It just keeps getting bounced by other things that demand more immediate action. I'll get to it eventually!



## 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

Not 1<sup>st</sup> Fridays



June 6  
July 4  
**First  
Friday  
Coffee**  
St Mary's  
Octagon  
Headley  
10.30am

# Insight - learning from the past

Our 99-year-old lay minister, Tom Rhind-Tutt MBE shares his thoughts and experiences

It was in 1920 that my father was ordained in London and took up his first curacy in Ipswich. After three successful years as a preacher and teacher in Suffolk he was appointed Vicar of St Johns Church, Woodbridge. It was here that he served until after the war, and where I was brought up, including the wartime years when we were in the front line of the Battle of Britain.

Recently I have started write down my memories of those far off days which are still so fresh in my mind. I remember just before D-Day going to school and being surprised that some of the banks and shops were not open. It was several days before I learned that the managers of these shops and banks were members of the Yacht Club. They had received a personal message from Winston Churchill to go at five hours' notice, under escort, to Dunkirk. They were away for about nine days. All safely returned while their boats bore the marks

of bullets and shrapnel along with blood from brave soldiers.

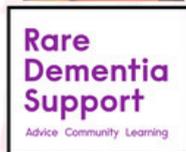
As I recently celebrated VE Day I remembered this event and all those other brave people who gave their lives that we today might remain free. As I listen to the news each day I am filled with horror and sadness for the atrocities that are now occurring and the apparent indifference of much of the world.

Each day I now spend half an hour in praying for peace and justice across the world. I invite you to give some time each day asking Jesus to come into the hearts and minds of those who are creating such awful acts and to transform them into peace-makers who will end suffering and bring about long-lasting justice.

Our real hope lies in believing in Jesus where we find the real solutions to our awful problems.



## A CONCERT WITH TEA & CAKE



## IN AID OF RARE DEMENTIA SUPPORT

**Saturday 5th July 2025, 3pm**  
**Riddell Memorial Hall, Walton-on-the-Hill**  
Tickets available on the door or using this QR code: £12.50 (under 12s £5)  
ticket price includes refreshments

Rare Dementia Support is part of The National Brain Appeal, Registered Charity no. 290173



# 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](mailto:admin@stpeterswoth.org)

**We Want to Help.**



# Mothers' Union

by Karen, Rand, Lucasta Grayson and Anne Edwards

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

## Mothers & Uthers

**Mothers' UNION**  
Christian care for families

### May Meeting - Spring Walk

On Tuesday 13th May we walked from St Peters to Headley in glorious sunshine. We were delighted to see that there was still a beautiful display of bluebells in the woods near St Mary's (right). We stopped for lunch in the garden of the Cock Inn, meeting up with some more friends. Some of us then walked back taking a different route and seeing even more bluebells.



# MU Prayer Diary

Parish News  
by Karen, Rand

## June - Supporting our Clergy



### Reflection

In a much-loved prayer used by our founder, Mary Sumner, she prays *'All this day, O Lord, let me touch as many lives as possible for thee.'* As we consider our own faith journey, it is good to reflect on people who have touched our lives for Christ. Consider how your life has been touched by friends, family, Mothers' Union members past and present, and our clergy. Consider how you may have touched lives for Christ, through words or actions, or just being you.

### Monthly Prayer

Gracious God, we offer heartfelt praise and gratitude for the privilege of supporting our clergy. Bless them with wisdom, strength, and compassion as they help their communities. May our encouragement be a source of strength to them in times of need. Thank you for their dedication and sacrifice in serving your people. Guide us to uplift and uphold them in prayer and practical assistance. In your holy name, Amen.

## July - Refreshment and Enrichment



### Reflection

This July, we consider families and the 'Away From It All' scheme that provide a vital break for those facing challenges. Holidays are important, as a way to recover from the busyness of our lives and to spend time with those we love. But we don't have to travel far to follow the long Christian tradition of a pilgrimage. Committing to undertake a sacred journey to meet with God is allowing ourselves to be refreshed and enriched by him. May we use this July to find ways to rest in the Lord, to reflect on experiences of his amazing grace and allow ourselves to be restored.

### Monthly Prayer

As we move into a month when many of us take a break from the regular routine of life, we pray that we will find sacred moments of rest and reflection, of refreshment for our weary souls. Thank you for the opportunity to pause, to breathe, and to be rejuvenated in your presence. As we journey through these days of respite, may our spirits be enriched by the beauty of your creation, the warmth of fellowship, and the joy of your love. Guide us to use this time wisely, to grow closer to you and to one another. In your Holy Name, Amen.

Diocese of Arundel and Brighton

# ECUMENICAL WALKING PILGRIMAGE *50 Years!*

Come and walk with us

## SURREY HILLS & SUSSEX BY THE SEA

COMING TO  
ST PETER'S  
ON SUNDAY  
10TH  
AUGUST!

- Sat 9 Aug** Horley to Reigate  
**Sun 10 Aug** Reigate to Ashted  
**Mon 11 Aug** Ashted to Weybridge  
**Tue 12 Aug** Weybridge to Frimley  
**Wed 13 Aug** Frimley to Farnham  
**Thu 14 Aug** *Rest Day in Farnham*
- Fri 15 Aug** Farnham to Haslemere  
**Sat 16 Aug** Haslemere to Midhurst  
**Sun 17 Aug** Midhurst to Tangmere  
**Mon 18 Aug** Tangmere to Goring-by-Sea  
**Tue 19 Aug** *Rest Day in Goring-by-Sea*
- Wed 20 Aug** Goring-by-Sea to Brighton  
**Thu 21 Aug** Brighton to Seaford  
**Fri 22 Aug** Seaford to Eastbourne  
**Sat 23 Aug** Celebration Day in Eastbourne  
**Sun 24 Aug** *Journey Home*



**A B 60**  
1965 - 2025

## Jubilee Pilgrimage of Hope: 9 - 23 August 2025



**All are welcome on our pilgrimage, walking as a Christian community.**

The Pilgrimage costs £350 if walking with us for the whole 2 weeks, or £33 per night. You can also walk with us for all or part of a day at no charge. To find out more and book your place visit our website:

[www.thepilgrims.org.uk/book](http://www.thepilgrims.org.uk/book)

Registered Charity No. 252878



# Little Cherubs

by Karen, Rand and Anne Edwards

## The Mother and Uthers Easter Fun Afternoon

Our Easter event took place on 8th April at Walton Primary School's playing field in Breech Lane. Approximately 70 children enjoyed cakes and drinks, craft activities, games and an Easter egg hunt. The adults joined in and chatted in the sunshine. £85.00 was raised for Mothers' Union worldwide charities. Many thanks to Walton School for generously allowing us to use their field and pavilion.



**Little Cherubs**  
for under 5s and their carers

**Play, Learn and Grow Together**

**Tuesdays in term time**  
**10.30am - 12pm**  
2 June - 15 July 2025  
**St Peter's Church, Walton on the Hill**

**New Term starts 7th Jan**

More info: [admin@stpeterswoth.org](mailto:admin@stpeterswoth.org)  
01737 668 254

Logos for Hilltop Benefice and St Peter's Church are also present.

# May Pageant

by Olivia Rowntree

In a joyous celebration and coming together of our local community, 2025 has seen another hugely successful May Pageant benefiting a number of deserving local charities. Many thanks to the May Pageant Committee who work so hard each year to pull off this wonderful event.

The sun shone in an almost cloudless, blue sky and the colourful procession of children, teachers and parents was cheered on by villagers lining the street, enjoying a Pimms or a pint at The Chequers, or camped out with picnics at the foot of their drives.

Reigning May Queen, Abigail Caulkin led the festive procession in an open top car, followed by the May Pageant float carrying this year's May Queen, Ameila Butler; Woodland Princess, Freya Gandey; Spirit of May, Beatrix Caulkin; Jack of the Green, Harrison Kempton; and six attendants; Jess Yates, Florence Brennan. Sophie Poole, Skye Kempton, Hope Kempton and Molly Hammond. Hot on their heels was a stilt-artist and a marching band.



# May Pageant



Once at the green, it was time to assemble and crown the May queen; Amelia Butler.



All agreed that all of the children adorned in their costumes and representing their local school and kindergarten looked fabulous. But it was Walton on the Hill Primary that took two highly coveted awards of 'Best Display' and 'Best Dressed'. The children had been busy at school making instruments, producing artwork and crafting head dresses, choosing to represent the carnival theme by celebrating the culture of Brazil and its wonderful Samba rhythms. Former Headteacher Mr Samuel and acting Headteacher Mr Laing led the Samba band with drum, whistle, and full feathers! Well done Walton on the Hill Primary!



To finish off the weekend of celebrations, on Sunday, our May Queen, Woodland Princess, attendants and their families were welcomed to a special May Pageant service at St Peter's.

# Chinthurst Newsletter

by Susan Trantor

## JOE WICKS LAUNCHES CHINTHURST SCHOOL'S FIRST-EVER COLOUR RUN IN SPECTACULAR STYLE

Chinthurst School was bursting with energy, colour and community spirit on Saturday 22 March 2025 as fitness sensation Joe Wicks, The Body Coach, launched the school's first-ever charity Colour Run – a dazzling finale to its annual Multi-Sports Week.

Organised by the Chinthurst Parents' Association (CPA), the Colour Run transformed the school's playing fields into a vibrant rainbow wonderland in support of the CPA's fundraising initiatives and The Children's Trust, the UK's leading charity for children with brain injury.

The event welcomed children, families and special guests from The Children's Trust, including several resident children, to join in the fun. Each Chinthurst pupil was encouraged to collect sponsorship for taking part, and the event raised an incredible £7,389 with Gift Aid. Prizes were awarded to the top fundraisers – a fantastic opportunity for pupils to engage in charitable giving while having a blast.

Joe Wicks, who was joined by two of his children, brought star power and trademark enthusiasm to the day. In a nostalgic nod to "PE with Joe," which kept children and families moving through lockdown, he led a high-energy warm-up session featuring his signature moves – from Spidey lunges to squats and rope climbs. Accompanied by a crowd-pleasing playlist including Harry Styles, George Ezra and Shakira, the playground echoed with music, movement and laughter.



Children, dressed in white T-shirts and goggles, took on an epic obstacle course around the field by year group – bursting through bubbles, crawling under tunnels, darting through woggle arches and diving into ball pits, while staff and spectators doused them in clouds of colourful powder. As cheers rang out and paint flew, Chinthurst was a joyous explosion of colour and fun.



The excitement reached a peak during the grand finale, when the lucky raffle winner gleefully gunged Year 3 teacher, Mr Thomson, with a huge bucket of bright pink slime – much to the delight of the cheering crowd!

Adding to the festive atmosphere, Chinthurst's senior school, Reigate Grammar School's horse box served refreshments and cakes throughout the morning, providing well-earned treats for all involved.

# CHINTHURST SCHOOL *Tadworth*

*A Junior School of Reigate  
Grammar School*

**“Excellent  
in all areas”** ISI 2023

*Co-educational school for  
children aged 2 1/2–11  
years*

**WORKING OPEN MORNING – 25**

*September* **EARLY YEARS FUN MORNING**  
*– 4 October*



Visit [www.chinthurstschool.co.uk](http://www.chinthurstschool.co.uk) to find out

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

 ChinthurstSchool E: [lhughes@chinthurstschool.co.uk](mailto:lhughes@chinthurstschool.co.uk)

# Sunday Services 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)



# United Benefice Services

Parish News

## June - July

### June

- 1st:** 8am Holy Communion (1662)  
11am All-Age Service
- 8th:** 8am Holy Communion (1662)  
11am Pentecost Celebration with the Community Choir
- 15th:** 8am Holy Communion (1662)  
11am Family Service
- 18th:** 10am Healing Communion, Headley Octagon
- 22nd:** 8am Holy Communion (1662)  
11am Parish Communion
- 29th:** 8am St Mary's Holy Communion (1662)  
St Peter's 11am United Benefice Communion

### July

- 6th:** 8am Holy Communion (1662)  
11am All-Age Service
- 13th:** 8am Holy Communion (1662)  
11am Family Communion Service
- 16th:** 10am Healing Communion, Headley Octagon
- 20th:** 8am Holy Communion (1662)  
10.30am Family Service
- 27th:** 8am Holy Communion (1662)  
11am Parish Communion Service

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

# VE Day Celebrations

by Mo Atkins

To commemorate VE Day, the Church of England encouraged churches to ring a peal of bells on 8th May. The churchyard was festooned with red white and blue bunting. A big THANK YOU to pupils at Bramley Hill School, who made and decorated two special banners, one of which was hung over the West door, by their teachers, as they looked on! The other graced the adjacent fence. The children also made a delicious Victoria sponge. It was lovely to see them on their visit to the church that day.

In the afternoon, folk gathered in church, from 3.30pm for a cup of tea and cake, some made from a wartime recipe book, and surprisingly tasty!

We were fortunate that bellringers from St Martin's Church, Epsom had agreed kindly to ring bells at St Peter's, at 4.00pm, ahead of their own peal at 6.30pm. Ring they did, and beautifully, for around ten minutes, during which a small glass of celebratory Prosecco was served. Those who were in the churchyard saw a Spitfire fly poignantly overhead. A fitting end to the celebration marking 80 years since a war had almost ended, but also a reminder of what had gone before.

Many thanks to those who contributed cakes and helped decorate the church and churchyard.



Thanks to Bramley Hill School for the banner over the West Door and for the Victoria Sponge!

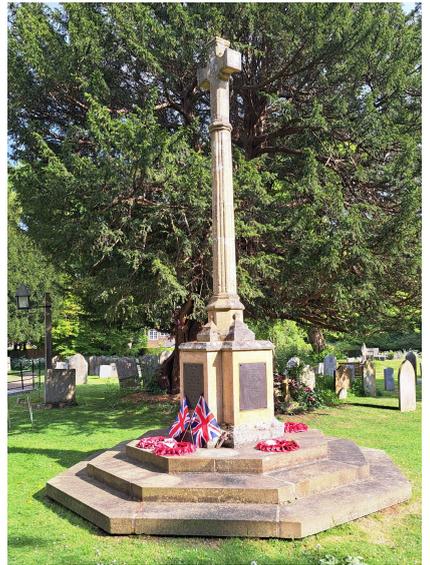
Jean Gurr's flowers, below.



# VE Day Celebrations



**80  
Years**





# HEADLEY HAMPER HOP

## VE Celebration

### Saturday 12th July 2025

*Get ready to dance the night away with live music!*



➤ 7 - 11pm (come early, Pavilion bar open all evening from 6pm)

➤ Seated marquee and large dancing area at Headley cricket ground

➤ Live music from 4 piece band 'OFF THE RAILS' (formerly Night Train)

➤ Bring food and drink to the marquee (BYO)

➤ Fabulous Raffle prizes to be won

➤ In support of the charity 'Combat Stress'

➤ No glass please with the exception of drinks bottles



For more information and to **buy tickets**

<https://headley-pc.gov.uk/hamper-hop/>

Tickets also available from Headley Village Stores

# Tadworth & Walton Residents' Association

by Mike Fox

Deliveries of the TWRA Tribune magazine to all households in Tadworth & Walton started at the beginning of May. If you live in Tadworth or Walton-on-the-Hill and have not already received a copy please use either the contact form on the TWRA web site or telephone Mike Fox on the number below to advise us. Distribution is managed through a combination of volunteers and commercial delivery. We have about 25 volunteers, and we are always interested in growing this number, not just to reduce delivery costs but also to provide cover for holidays or sickness for the May and November print-runs. Do get in touch if you would like to help.

TWRA has been delighted to welcome David Lerner onto the committee. David has worked tirelessly to monitor and look after the interest of Mere Pond on behalf of all residents. A draft of his report on Mere pond can be downloaded from the News Section of the TWRA web site [www.TWRA.org.uk/news/](http://www.TWRA.org.uk/news/)

Please remember that the important appeal hearing relating to the planning proposal to erect three permanent and three temporary pitches in a field alongside Chequers Lane is scheduled to take place in Reigate Town Hall, starting on June 17th at 10am. Members of the public are able to attend these hearings and may be able to speak if they wish to raise relevant issues that have not already been addressed by other speakers.

TWRA has been pleased to work with a new group called the Tadworth Village Forum in expanding the number of

defibrillators installed locally. They have also been organising familiarisation/training events for residents to be able to make use of the defibrillators in critical situations that can save lives. The next such event is taking place on June 4th at Chinthurst School. Please contact Felicity Hook [hookfel15@gmail.com](mailto:hookfel15@gmail.com) for more details and to book a place.

The Tadworth Village Forum is also planning to organise a series of social events both to develop community spirit and to raise funds to cover the costs of maintaining the defibrillators and running the training events.



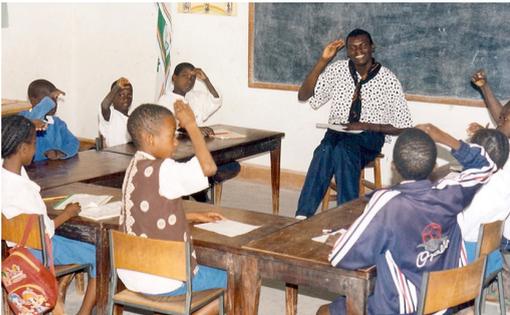
The first of these events will be a Quiz Evening on Saturday June 28th in St John's Hall opposite Tadworth Station from 7.30 – 10.30pm. Tickets will be £15 per person and will include a nibbles and charcuterie platter on each table – bring your own bottle. Maximum is 8 persons per team. Places can be booked at [TadworthVillageForum@gmail.com](mailto:TadworthVillageForum@gmail.com)

Mike Fox:  
[mike.fox2@ntlworld.com](mailto:mike.fox2@ntlworld.com) 01737 350452

# TWOAT

by Mike Fox

Having lost contact with St John's School for the Deaf in The Gambia for a period of three years (because the previous headmaster, whose email we had been using, retired) we now have both the new Headmaster's email and a general one for the school. We agreed with the new Head that we would send £3,000 to fund major repairs to one of the school buses. These are used to bring vulnerable deaf children from quite a large catchment area as they are the only school catering specifically for deaf children in The Gambia. The £3,000 was more than we had previously given them in a single donation but equivalent to the funding we might have given them if we had kept in contact.



Pupils at St John's School for the Deaf learning sign language.

The Head told us that the school was now using a different bank account as its finances were being administered by the Roman Catholic Church in The Gambia. We decided to send a test transfer to be sure it was going to the right place. This actually failed as the Head had given us slightly incorrect details. Fortunately, this was rectified and an initial tranche of £1,000 was safely transferred and converted into 94,000 Dalasi, the local currency. A further £2,000 is due to follow. This illustrates some of the

complications we have to deal with in providing overseas aid – all of which are, fortunately, competently handled by our experienced treasurer, Antony Hawker.

We have now heard that due to reduced US aid, the food rations in the camp where we support the school for Myanmar refugee children are to be reduced by up to 40%. We have offered to send additional funds if the school is able to run a breakfast club in the summer holidays for the children that usually have TWOAT funded lunches in term time.

During May & June we are running our two John Allinson Memorial Sponsored Walks. By the time you read this there may still be an opportunity to participate in or to sponsor a participant in the second walk on June 7th. The walks will follow a 5-mile riverside trail from the Red Lion in Betchworth. Contact [DickShelley@NTLWorld.com](mailto:DickShelley@NTLWorld.com) if you wish to take part or [www.TWOAT.org/donate/](http://www.TWOAT.org/donate/) if you want to sponsor a walker.

In June we'll be running a social event in the beautiful garden of TWOAT supporters Diana and Mike Gannon at Motts Hill in Motts Hill Lane. For those of you not familiar with Motts Hill Lane it is an unmade road running between The Avenue in Tadworth and Ebbisham Lane in Walton on the Hill. The best way to approach the house is from Ebbisham Lane, as the section from The Avenue is longer and has more potholes and stony patches! Approaching from Ebbisham Lane, Motts Hill is the fourth house on the right.

# TWOAT cont. & A Note from Norma

by Mike Fox &  
Norma Darter

Entrance is £10 (donated to TWOAT) for those aged 16 and over and £5 for 6-15 year-olds. Younger children are also welcome free of charge. Garden games will be available but unfortunately dogs cannot be accommodated. Teas and home-made cakes will be available at no further charge. Parking is limited, so those who can walk or share cars are kindly requested to do so.

Derek Parsons will also be opening his garden at Meon House, Meon Close off The Avenue in Tadworth as part of the Gardener's Delight event on Sunday 22nd June with tea and cakes being sold generously in aid of TWOAT.

Please keep an eye on our web site [www.TWOAT.org](http://www.TWOAT.org) for further details and any possible changes to our schedule. We are hoping to arrange more Zoom presentations from some of our projects during the winter months when it is easier for supporters to participate from home.

Mike Fox, Chair, TWOAT,  
[mike.fox2@ntlworld.com](mailto:mike.fox2@ntlworld.com) 01737 350452

## A Note from Norma

I've written before about my Uncle, Edward Charles Marsh, who was born in Walton on the Hill. He was one of a group of about eight young soldiers killed in a village in Germany.

Before Covid, a German lady (Debbie Buelau) who lived nearby decided to find out more about all these soldiers. She contacted Edward's family through Neil Williams who was churchwarden at St Peter's. Since then Debbie has visited

various families in the UK, and she came to meet me and Bill at for tea at St Peter's last year. Because of her kindness and enthusiasm she has recently been awarded The British Empire Medal (BEM) and she invited John and Ivana to go to Germany to be part of the award ceremony presided over by the British Ambassador to Germany, Andrew Mitchell. We are looking forward to seeing her again in August when she flies over to the UK.

Lots of events to look forward to in Walton and Tadworth this summer including Village Kitchen, Teas and coffee mornings, the community choir concert and 'Open Garden Weekend' in June. Fingers crossed for a summer of warm sunshine (and some rain but not too much - sometimes it doesn't know when to stop!).

I had an interesting mobile phone call recently. A lady asked me if I could help, as there were



little ducklings on a busy road and she didn't know what to do. She had Googled it and my name and number had come up! I told her about the Mere Pond and how the traffic stops when the families of ducks cross over, but she said she was talking about ducklings in Reading town centre! Why did my number come up and how could I possibly help? She should have contacted David Larnier!

PS. Food Bank items can always be brought to The Village Kitchen and Bill and I will take them to Merland Rise church on the following Tuesday.

# Open Group & Village Kitchen

by Mo Atkins

## OPEN GROUP

Tea and cake has been Open Group's theme since the last edition of Window on Walton!

We were pleased to welcome to our April meeting, Ella, from the Fundraising Dept at The Royal Marsden. Ella gave a talk about the work of 'Maggie's', an independent charity with twenty six centres in the UK. The first opened in Edinburgh, in 1996 and was the inspiration of Maggie Keswick Jencks, who used her own experience of cancer to create a new type of cancer care. Maggie's cancer nurse, Dame Laura Lee is now CEO of Maggie's.

The centres, usually in pleasant hospital grounds, provide free support for anyone with cancer and those close to them. Cancer support specialists and Benefit Advisors are available, as well as experts providing exercise groups, yoga, nutrition advice and much more... including a cuppa while awaiting a blood result!

We are fortunate to have Maggie's Royal Marsden on our doorstep. It opened in 2019 and, on average, has 100 -120 visitors daily, expecting to have 25,000 visitors this year. It sees 41% of the local cancer population and takes around £1 million, each year, to keep the centre running.

In 2012, Maggie's Hong Kong opened and in 2016, Maggie's Tokyo. Plans are underway to set up centres in Norway and the Netherlands, as well as further centres in the UK.

After questions, Ella was presented a bunch of tulips and an Open Group cheque for

£3,000, with the promise of a further donation at the end of the year.



Ella joined us for a delicious Easter Tea, amid chatter, and reflection on the inspiring work of Maggie's. Thank you to those who helped and contributed cakes.

## MAY PAGEANT TEA TENT



The weather was perfect on May Pageant Day. For Open Group, there was a sense of excitement that, after a gap of several years the teapots would be pouring, and tea as well as cake would be served, once again, this time from the new pavilion! But how would this work?

After some logistical consideration, the gazebo was positioned as near to the pavilion as was practical and tables and chairs arranged in front creating a café area. Bunting was hung and the 'Open Group Tea Tent' banner (made some years ago by Pauline Bezodis!) was displayed

# Open Group & Village Kitchen cont.

by Mo Atkins

high on the pavilion (by Brian Williams who, fortunately, has a head for heights!).

We were very grateful for the use of the pavilion. It was much easier to prepare trays of cakes in the shelter of the pavilion, then transfer to the tent. We should certainly not like to return to the old days of noisy generators, long extension leads and electricity cut outs, in the tea tent! Hand washing with hot water taps and a sink rather than a camping bowl is also a great improvement.

Nevertheless it takes a huge amount of hard work to have the successful afternoon that we enjoyed. An enormous amount of equipment has to be transferred to the field! MANY THANKS to all those who participated in any way, either by providing cakes, setting up and dismantling or serving and taking monies, fetching and carrying equipment... the list is endless! And not forgetting, of course all those who came for tea and cake, and helped raise over £600 towards Barnardo's, Maggie's and the Patchworking Garden Project.

## OPEN GROUP - DATES FOR THE DIARY

**THURSDAY 12th JUNE, 3.00pm**  
SUE'S 'GARDEN OF DELIGHTS'

**TUESDAY, 8th JULY, 7.00pm**  
SOCIABLE STRAWBERRY SOIRÉE

**SUNDAY, 20th JULY, 3.00pm (TBC)**  
TEAS IN THE CHURCHYARD

## VILLAGE KITCHEN

Monthly service resumed at the Village Kitchen, in May, following the Six Soup Saturdays, during Lent. It being two days after VE Day, the Riddell Hall was decked with red, white and blue bunting and flowers, with long tables emulating a street party. Numbers were less than usual but those who came enjoyed lunch, in celebratory surroundings similar to those of eighty years earlier.

The Soup Saturdays were well supported and a great coming together of community. The lunches raised a splendid £1,837 towards the current Open Group charities, Barnardo's, Maggie's, and the Patchworking Garden Project. A further £500, from the last two Saturdays, was donated to the Disasters Emergency Committee (DEC) via Tear Fund, to aid those affected by the Myanmar Earthquake.

Huge thanks are due to all the willing volunteers who make the Village Kitchen happen. It is not a commercial concern and, at busy times, it is sometimes difficult to keep up with orders. Everyone does their best! If you would like to volunteer, please talk to Norma, Mo or any of the Saturday team. There are lots of ways in which to help, from providing lifts, serving, and baking cakes to washing up or selling at the Bring and Buy stall! We should be pleased to hear from you. The monthly Village Kitchen will be open next on SATURDAYS, 10th JUNE and 12th JULY, 12.00 - 1.30pm. Do come along, to the Riddell Hall for tea, coffee and light lunches.

# VILLAGE KITCHEN

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Or phone Norma 01737 812639 or Mo 07799 136 894

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# Rascal Club Newsletter

by Sam Fountain [www.TheRascalClub.co.uk](http://www.TheRascalClub.co.uk) or phone +44 7795 239497

## Why Nutrition Matters More Than Ever

We often hear the phrase, “You can’t out train a bad diet” and it’s true.

Whether your goal is to lose weight, gain strength, boost energy, or simply feel better in your skin, nutrition is the foundation of it all.

As we age, our bodies naturally change. Muscle mass decreases, metabolism slows down, and hormone levels shift. This means the way we fuel our bodies becomes even more important. Good nutrition isn’t just about fitting into jeans, it’s about supporting bone health, managing inflammation, improving recovery, and keeping your energy up to do the things you love.

But eating well doesn’t have to be complicated.

Start by focusing on balance. Aim for protein with every meal to support muscle and keep you fuller for longer. Load up on colourful fruits and veggies for vitamins, minerals, and fibre. Don’t fear carbs, just choose smarter ones like oats, whole grains, and sweet



potatoes that give you lasting energy. And yes, healthy fats like

avocado, olive oil, and nuts are your friends. The key is consistency, not perfection. Here are a few simple ways to integrate better nutrition into your day:

- Prep a few meals or snacks ahead of time so you’re not caught out when life gets busy.
- Keep a water bottle with you and aim for 2 litres a day.
- Build your



meals around real, whole foods 80% of the time and leave room for the things you enjoy too.

Nutrition isn’t a diet. It’s a daily act of self-care and it’s one of the most powerful tools you have to feel strong, energised, and empowered at any age.

If you’d like to chat to a professional, one to one, about reducing inflation, fat loss, reducing and eliminating allergens and with them allergies, and so much more, please do get in touch with one of the resident Nutritionists at The Rascal Club. Working with a professional you will learn how to support yourself for you whole life.

Louise Long [info@louise-long.com](mailto:info@louise-long.com) or phone +44 7824 826998



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We will publish the open garden addresses on our website shortly

<https://kwthortsoc.co.uk/community/kingswood-walton-tadworth-horticultural-society-20091/home>

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Thurs - Ladies Yoga 6-7 & 7.30-8.30

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# Well-being - Loss, Disappointment and Beauty

by Tracy Latham

*'Not to make loss beautiful, but to make loss the place where beauty starts.'*

Earlier this year I was introduced to these words by the poet Gregory Orr, and they stuck with me because loss and disappointment are as much part of our human experience as satisfaction and gain but perhaps less talked about and less often associated with beauty. The better-known words 'No Rain No Beauty' perhaps point us towards the incongruence of this.

Disappointment and loss are often delicately intertwined, because when we lose things of value to us we often feel disappointed. Recently I went through a season of disappointment and loss in the area of my physical wellbeing. I love playing tennis but over the last year I have spent more time not playing tennis than playing due to a very stubborn tendon issue, most commonly known as tennis elbow. When I first began to feel the injury, I bought appropriate supports and played on. Then I adapted my style of play to ensure I could play on but the pain just kept getting worse, until I could hardly lift a cup of tea and so realised I had to stop playing. I was so disappointed because I was going to lose something very valuable to me; my hobby, fitness regime and time with my team mates and friends. Initially I fell into all three of the common responses to disappointment that I have written about before – attack and blame ourselves, attack and blame others or give up, and I certainly protested about the loss. However, when two weeks off turned

into six weeks and then an indefinite period until I could play, it became clear I had to find a healthier and more helpful way through.

I had to get used to asking for help with basic tasks and stop seeing that as a sign of failure. I had to get used to seeing lots of different health professionals to help me get better and stop seeing that as me being difficult. I had to take seriously the importance of all the ingredients of TLC. I had to rely on my family's consistent, loving presence even when I was grumpy and difficult. I learned to treasure my team mate's loyalty through texts and enquiries of progress. I learned to show myself grace through success and failure, progress and setbacks and to trust that God is at work through it all.

*Not to make disappointment beautiful. But to make disappointment the place where beauty can begin.*

*Beauty of love and teamwork, interdependence, strength and vulnerability.*

*Beauty of difference – each person both extraordinary and ordinary.*

*Beauty of tender loving care; comfort, challenge, gentleness, encouragement, affirmation and acceptance. Beauty of self-sacrifice and self-care.*

*Beauty of the STABLE presence; Strong, Tender, Attuned, Balanced, Loving, Engaged.*

*Beauty of faithfulness through success and failure.*

*Beauty of blooming and blossoming - in season, in the desert, in exile.*

# Well-being cont. & Local Chef

Looking back, I can see how much beauty began with my disappointment. This experience was in many ways at the mild end of the disappointment and loss spectrum. However, I hope that in sharing my reflections on it – using the lens of the ‘beauty that can begin’ through these hard experiences, we might be helped to be those who see and bring beauty as we live through our own and others experiences of loss and disappointment throughout our lives.

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## Local Chef - Apricot traybake with lemon drizzle topping

by *Laura Palmer*

It's always good to have a light, tasty and incredibly easy traybake up your sleeve for a summer picnic, garden party or just with a cuppa. Apricots are super-summery and the lemon drizzle adds a lovely zing. There's no need to decorate this, just slice and enjoy – maybe with the rest of the apricots from the tin or some summer fruits and a dollop of something naughty on the side.



### Ingredients

80g apricot jam  
120g tinned apricot halves, drained  
150g sugar  
50g butter  
50g light olive or rapeseed oil  
½ teaspoon vanilla powder or 1tsp extract  
2 eggs  
A pinch of salt  
200g self-raising flour (I used Doves Farm gluten free, but wheat flour will work fine)  
¼ teaspoon bicarbonate of soda  
For the drizzle: juice of one lemon plus 75g granulated sugar, combined.

### Method

Put everything except the flour and bicarbonate of soda in a tall container and blitz with a stick blender. Mix in the flour and bicarb with a fork until completely smooth. Use a spatula to scoop every remaining drop into a large round tin or brownie tin. Bake for 25 minutes (until a cocktail stick comes out clean). Prick the surface several times and drizzle over the lemon and sugar mix. Put back in the oven for 5 minutes then remove and cool in the tin. Slice and serve.



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