

Window on Walton

Dec- Jan
2026

St. PETER'S
CHURCH
WALTON ON THE HILL



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

<https://www.stpeterswoth.org>



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St Peter's Team



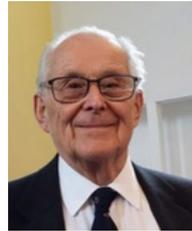
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Editor's Note

Olivia Rowntree



Well, here we are again, as another year draws to a close, and we look forward to spending time with our nearest and dearest over the festive season.

Looking back at November, the Remembrance Service at St Peter's was, as usual, a very poignant and moving occasion as we paused to express our gratitude for the brave sacrifices of so many.

By the time this edition goes to print and copies are in your hands, 'Light up Walton' will have been and gone and



the Christingle Service and Nine Lessons and Carols will be upon us on **7th December.**

I look forward to seeing many of you at the various services at St Peter's and wish you a very merry Christmas and a happy 2026!



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 editor magazine@stpeterswoth.org)



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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



From Isaiah 9 (one of our readings at the Carol Service) Jesus is foretold with this name: “Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace.”

Quite a name for a baby that – a lot to live up to don't you think? But yes please Lord – that sounds wonderful.

The Almighty's plan is being put in place with an awesome power, but there are some big surprises in the arrangements. The Head of the Roman Empire unwittingly orders Joseph to the city of David!

The location is all important!

But when they turn up the Son of God is born, not in a palace, nor even a prominent house, but it seems in a stable – certainly Jesus' first bed is in a manger (an animal's feeding box).

The singers turned up... lots of them the angels of the heavenly host! But they sang for the shepherds – hardly the most prominent of the Bethlehem townsfolk – the smelly dirty shepherds!

Oh, they were frightened at first, terrified actually... but they got the message and obeyed it and were Jesus' first visitors.

The baby Jesus in the manger at Bethlehem is God made human for us. He is the true light; the light shining in the darkness and not being overcome by it!

In spite of the job done by John the Baptist many did not know Him, they would not receive Him as Saviour or Shepherd, nor would they believe in His Name.

Do you remember it? “Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace.”

That was a shame, in fact more than a shame... a tragedy, a self-inflicted disaster. It still is when Jesus is turned away. Why? Because to receive Him, believing in His Name is to find that you yourself become a child of God, born of God by adoption and grace.

God's gift is amazing and wonderful but what will we give to Him? Will we, like the shepherds obey the Angels? Will we like the wise men follow the Star?

The Word made flesh asks us to believe in His Name and to receive Him into our hearts and lives.

Rector's Letter cont.

Rev'd Harry Latham



He wants us to know what it is to be sons and daughters of the Living God. Is that what you already know? Christmas 2025 is an opportunity for us to see St Peter's packed full of men and women, young and old, family, friends and neighbours new and old. Those who have come for many years and those for whom it may all be a new and strange experience.

O come let us adore Him
and bring ourselves before Him.
To Jesus Lord of All.
May our lungs supply our singing
and our hearts release our giving.
To Jesus Lord of All.
For our souls do find their lover
as in Him we God discover.
This Jesus Lord of All.

My very best wishes for Christmas
and the New Year!



St.
PETER'S CHURCH
WALTON ON THE HILL

Sunday 7th December

11am

Christingle Service
With oranges for all!

A Christmas Prayer

by John Birch



The joy of discovery
that moment
when hope and expectation
were gloriously met
by the illumination of one bright
star.

We cannot imagine
what words were spoken by
visitors

or if first impressions
left them somewhat confused.

Messiah, Saviour, a King
born in the barest of palaces.

Yet they saw and fell down
on their knees in adoration.

Lord, they saw you and knew
whom they had met.

As we meet around crib
candle or advent wreath
draw us into that stable
in our imagination.

In the quiet moments of prayer
this Christmas, that brief oasis
from the bustle of the world
bring alive to us

the smell of the hay
the sound of the animals
the cry of a baby.

Draw us close to our Saviour
Messiah and King as we bring
not Gold, Myrrh or Frankincense
but the gift of our lives
the only offering we can bring.



Coffee & Conversation with Art and Prayers We Love

10.30am - 12pm St Peter's Church,
last Wednesday of the month

Meet friends and make friends over a cuppa.

**Once a month - including a hymn and short talk, helping us
appreciate Art and Prayers We Love**

For further details, please contact Rev'd Karen Wheatley
at karen@hilltopbenfice.org

For the diary.....



Prayer & Pastries

9.15am

Fridays, in Term Time

St Andrew's Boxhill

All Welcome



First
Friday
Coffee

St Mary's
Octagon
Headley
10.30am

News from our Churchwarden

Chris Grayson



One of the benefits of living in Walton is being able to walk to the shops and restaurants and, of course, to the church. But the real joy is walking through the village at those times when there is little or no motor traffic, preferably in the sunshine. For me this is often when I am going to the 8am Service on Sunday when there is almost no one else about.

Assuming that the wind is carrying the motorway noise away from the village, these are times when all I can hear is the sound of my footfall, my breathing, the rustle of my clothes and the sounds of birds around the houses and on the Mere.

I grew up with a similar sound scape and the experience brings back memories and associations of my early life and family, leaving me with a sense that all is right with the world. And indeed we all have so much to be thankful for living when and where we do. You are going to be reminded of this good fortune in the coming months on a number of fronts.

We have what we have in church because of the efforts of others. We really are a community in which different skills and abilities come together to create a sum greater than its parts. However nothing is static in life and it's that time of year when we start to look at our church family in terms of what we need to be doing and who can be 'doing the doing'. We also look at our income streams and costs to see if we can increase the former and reduce the latter in setting our budget for 2026. All of this needing to be in place in order to maximise our ability to spread God's word beyond our present congregation.

On a practical level we are trying to reduce our running costs across a number of fronts. We are also trying to keep our banking costs under control and to that end have and are introducing several cashless options for contribution to the church. These include the card reader, on-line payments and the new Parish Giving app.

News from our Churchwarden cont.



Whilst we will not be turning cashless anytime soon given that notes are still relatively easy to bank, our aim is to have minimal need to take coins to the bank as this is a particularly time consuming process. So if you are going to the cash machine to get notes for the collection please consider using one of the cashless options.

In other news.....You may be wondering why the heating broke down in October given all of the expenditure last year to repair the boiler. Well the boiler was working fine, it was just that the separate original pump had stopped working! This is, of course, non-standard so the replacement had to be ordered in which took a few days. Hopefully all is now good.

You may also be wondering if you missed the stonework repairs that I previously advised were about to happen. Well they haven't and I am still chasing the architect to find out when this work will start. I'm guessing that we are now looking at next year to avoid any risk of frost.

The good news is that this work will clear all of the repairs noted in the last Quinquennial Survey. The not so good news is that the next survey is due in 2026!

Nothing is static, even if the sound of the ducks on the Mere suggest otherwise.

I wish you all a very happy and warm Christmas Tide.

Parish Giving



St.
PETER'S CHURCH
WALTON ON THE HILL

- Thank you for financially supporting St Peter's Church
- Please review how much you can give
- Please consider planned giving
- Please explore the Parish Giving Scheme



<https://www.parishgiving.org.uk/donors/find-your-parish/walton-on-the-hill-st-peter-tadworth>

- ⇒ Follow the above link (Or look out for email with link)
- ⇒ select the option that says **Regular Giving**
- ⇒ follow the instructions to fill in the form.



Details of the
found on the

Parish Giving



Benefits of the Parish Giving Scheme(PGS)

This secure and simple method of giving serves givers and churches.

The giver benefits from:

- ◇ Retaining control of how much they give, how often and to which church
- ◇ Using a simple method of regular financial support to their church
- ◇ The option to increase giving annually to protect their gift against inflation
- ◇ Anonymity, if preferred
- ◇ Peace of mind that the Direct Debit Guarantee Scheme

The treasurer benefits from:

- ◇ Reduced administration and paperwork
- ◇ Easy access to monthly and annual statements

The church benefits from:

- ◇ Stable and often increased planned giving
- ◇ Efficient and regular reclaim of Gift Aid

The administrative cost of operating the scheme is covered by each member diocese, making the service free to use for churches and givers.

GoCardless Ltd (company registration number 07495895) is authorised by the Financial Conduct Authority under the Payment Services Regulations 2017, registration number 597190, for the provision of payment services.

As a charity whose origins are within the Church, PGS is dedicated to serving givers and churches in a shared ministry of giving. Every pound donated through PGS can be put to Christian service in the local community, free from time-consuming admin.

Mothers' Union

by Karen Rand, Lucasta Grayson and Anne Edwards



Mothers & Uthers

Mothers' UNION
Christian care for families



December Meeting



Tuesday 9th December 2025

Time: 12.30 bring-your-own-lunch (coffee and mince pie available).

1.30 -2.30 Talk:

Speaker: Revd. David Skitt

Talk: Journeying Through Advent into Epiphany

Paying Attention: Crashing into Mars

ALL WELCOME TO LUNCH, OR TALK, OR BOTH

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



For our **November meeting** we enjoyed a delicious lunch, hosted by Anne Edwards. Thank you, Anne.

Mothers' Union Prayer Diary



December - Invitations and Gifts



Reflection

As we enter the seasons of Advent and Christmas - let's think about invitations.

December is such a time of preparation: invitations, messages and cards, feasts and parties, gifts and secrets, travel plans or bed-making and welcoming.

It may also be a time of repentance; deep sorrow and loneliness, frustrated hopes and dreams, financial difficulties or, for so many in our world, of hunger and fear. Let's prepare our hearts and minds to receive the greatest gift, Christ.

Monthly Prayer

Gracious god, we gladly accept and give thanks for your invitation to venture with you through this season of Advent. As we await in anticipation the promises foretold by prophets 'behold a virgin shall conceive and bear a son', may we be ready at his birth, to recognise the gift of your Son and be well prepared to love and serve him. Amen.

Creative Prayer

As we take our journey through Advent, preparing for Christmas, take time to reflect. It is too easy to be carried away by the rush to get things done, the busy, the busyness of Advent taking over. Take moments to stop and think about family, friends, and those who are lonely at this time as we prepare for Christmas.

As we write and receive invitations and cards, think about the person who will receive it from you and pray for them. Why not send out a few extra cards to those who may received a couple, or none at all? It is such a simple way to let someone know you're thinking of them at this time.

Les Petits Saphirs

Laurette Totomarovario



Dear brothers and sisters in Christ,

On behalf of the Mothers' Union in my diocese, the local village community and St Trinity congregation in Ambondromifehy, the children at Les Petits Saphirs, my daughter Danielle and myself, I would like to express here how grateful we are to St Peter's church, for the continuous donations you are making every year, through TWOAT, towards the well-being of the children at Les Petits Saphirs school.

Thanks to your generous contributions over the years, we have been able to improve the state of the school by properly feeding the children, repairing, refurbishing and even building a new classroom for the nursery children! The difference this has made to school compared to a few years ago is significant.

Here we have children of all faiths, some coming from different regions of Madagascar and that really brings about a friendly and healthy environment in the village. A lot of parents wish to enrol their children here, but we can't of course host too many children as our priority remains the poor and also the provision of good quality education,



despite the precarious situation in our country.

Thank you, dear brothers and sisters. We pray that our Lord Jesus Christ, who is certainly sending you over here, to make our ends meet, will continue to provide for St Peter's congregation as He surely knows the plans He has for the welfare of every one of us. May the Lord always bless you for taking good care of the needy people.

If you would like further information about the school, please feel free to write.

We say: Misaotra betsaka! (or "thank you very much")

Very best wishes, love and prayers from, **Laurette TOTOMAROVARIO**

Les Petits Saphirs

Laurette Totomarovario



A Note from Norma

Norma Darter



As usual, the prompt from the editor, Olivia, to send in our articles for WOW, is always a stark reminder of just how quickly time flies! And, as the saying goes, time flies fastest when you're enjoying yourself. But I must admit, after a visit to St George's A&E and a nasty bout of flu, I have definitely not enjoyed the last few weeks! I'm thankfully now over it all and gearing up for Christmas events and fun.

Recently Bill celebrated his birthday (BIG one next year) and, as it fell on Village Kitchen Saturday, he had 50 plus singing to him. It took him by surprise and he did go a lovely shade of red!

Marilyn and I have had a very good start selling The Royal Marsden Christmas cards; Marilyn at her charity day and me at Tadworth Craft Fair. This is another enjoyable community event where I feel completely at home. We're so grateful for all our lovely friends and acquaintances; so very lucky.

Barrie Gilbert, who runs the film shows in the Riddell Hall, is showing Downton in January, so look out for his

posters if you are a fan of Downton Abbey.

Bill and I popped in to see Eve Baker, who lives in Breech Lane, and was 100 years old on Thursday 13th November. What a remarkable lady. Eve has some trouble with her vision but as soon as she knew it was me she said "*oh, you're Peggy's daughter aren't you*". She then went on to tell me the names of all my aunties and uncles. What a memory! It puts Bill and I to shame!

Food Bank

Very many thanks to everyone who contributed to our Harvest Festival Service. We took two cars packed full to Merland Rise Church where the donations were very gratefully received.

Jean Gurr, who is a member of St Peter's church choir, started collecting at the church with her husband and Gary Mann, possibly 14 years ago? Unfortunately, with the high cost of living, the Food Bank is still very much needed. Please put any items in the boxes in the porch and Bill and I will take them in. Thank you.

Walton Village Forum

Emmeline Moore



During October, the Walton Village Forum meeting was attended by at least 50 people at The Dog House, formerly known as the Fox and Hounds. It was a very successful meeting helped along by beverages and a welcoming environment. Lots was discussed, including the Chequers Lane public enquiry and the potential closure of The Bell pub. Due to the success of the meeting and positive local feedback, we will be having our next meeting in February at The Dog House.

The Walton Village Forum has been busy this November decorating the village with remembrance poppies. A majority of the committee also attended the St Peter's remembrance service, the Forum placed a wreath at the memorial in the church yard to remember those who had fallen.

Towards the end of November the Walton Village Forum will be getting together with Walton in Bloom to gather greenery for their usual hand crafted Christmas decorations. These will then go up at the beginning of December, throughout the village, in time for Light Up Walton. Our living tree at Gun Corner will also be looking beautiful as well as the tree at Mere Pond, which has been



paid for and donated by the Forum.

Keep well everyone, we look forward to seeing you around the village this Christmas.



WVF Future Meetings

24th February 2026

23rd June 2026

27th October 2026

Walton Village Forum meetings are open to all residents of Walton on the Hill so do come along and join us.

info@waltonvillageforum.org

<https://www.waltonvillageforum.org>



**10% off on Sunday lunch for
all at St Peter's Church and
Friends**

KT20 5SP – TADWORTH

Friends' Farewell to Philip

by Mo Atkins



In 2016, Philip Truett and Andrew Brown co-founded 'Friends of St Peter's'. They realised that the church, although primarily a place of Christian worship, is also an important building of historic importance in Walton on the Hill. Both the church and churchyard are there for all to visit. However, if they are to be available for generations to come, they must be maintained effectively.

The vision, inspired by Philip and Andrew, and the funds raised thus far, have made an enormous difference to the upkeep of St Peter's. Very many thanks must go to all Friends for their generous contributions over the years.

Andrew stood down as first class treasurer in 2023. Philip has chaired Friends since its inception, with enthusiasm, dedication and total commitment; he will be much missed, not least for his inimitable presentation skills. Philip has been a welcoming and generous host of committee meetings. However, Friends is only one string to Philip's well strung bow. He has stepped down reluctantly as Chair and Trustee of Friends, in order to concentrate on other pursuits



(possibly golf related!). In July, Philip was thanked by fellow trustees, for his service to Friends of St. Peter's, at a farewell dinner at The Chequers. At the end of the evening, a presentation was made. Philip was delighted with a fine bottle of red and an inscribed drawing of St. Peter's Church, by renowned local artist, Robin Hunter. You may have seen photos of the occasion in the last edition of Window on Walton.

In turn, later in the month, Philip hosted a drinks party at Walton Cottage, to thank Friends for their support.

At the November meeting of Trustees, Philip handed over Friends' records to George Curry, acting chair for the occasion. It was noted, with pleasure, that Philip will continue to take a keen interest in the activities of Friends of St Peter's. **Thank you, Philip.**

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



December

- 7th** 8am Holy Communion (1662) & 11am Christingle Service
6pm Nine Lessons and Carols
- 14th** 8am Holy Communion (1662) & 11am Family Communion
- 17th** 10am Healing Communion, Headley Octagon
- 21st** 8am Holy Communion (1662) & 11am Nativity Service
- 24th** 3pm Crib Service & 5pm Family Carol Service
- 25th** 8am Holy Communion (1662) & 10am Christmas Communion
- 28th** 11am All-Together Communion
(an 8am is being held at St Mary's)

January

- 4th** 8am Holy Communion (1662) & 11am All-Age Service
- 11th** 8am Holy Communion (1662) & 11am Family Communion Service
- 18th** 8am Holy Communion (1662) & 11am Family Service
- 21st** 10am Healing Communion, Headley Octagon
- 25th** 8am Holy Communion (1662) & 11am Parish Communion Service

News from TWRA

Mike Fox



Our Tribune magazine has been distributed to residents. If you have not received a copy please contact Mike Fox on 01737 350452.

TWRA committee members have been very busy. In addition to finalising and distributing over 3,000 copies of the Tribune we have been promoting the idea of forming a Parish/District Council for the northern part of Reigate & Banstead with Banstead as its largest constituent. This new body with 20 or so elected councillors would provide a democratic way to represent residents' interests to the new Unitary Council comprising five existing Surrey boroughs. This idea has gained wide acceptance amongst those residents who have been consulted. For more details of the issues and progress to date please visit the TWRA web site www.TWRA.org.uk

We also organised the installation of poppies for Remembrance on local lamp posts and prepared for the TWRA Tadworth Christmas Lighting Event which took place on Nov 26th. Another major activity in October was supporting R&B Council at the appeal hearing against their decision to refuse planning permission for a number of temporary and permanent caravan pitches to be

installed in a field alongside Chequers Lane. These are extracts from a full TWRA report on the appeal published on the TWRA web site.

"It has involved quite a bit of work, not least because the appellants, that is the travellers, produced a lot of new information just before the inquiry started. In addition, new government legislation has come out since the application was submitted. Unfortunately, probably due to the delays as well as the difficulty and expense of parking in Reigate, the attendance from local residents was poor. It was particularly disappointing that no local councillors came to give support. We and the Heath Drive Residents' Association gave evidence on the first day and the inspector encouraged the TWRA's active participation on subsequent days.

Of the six original reasons for refusal, the Council withdrew three which related to ecology, traffic and flooding. We were particularly concerned at the withdrawal of the ecology grounds for refusal especially as the site has already been considerably degraded by intensive

News from TWRA cont.



grazing by the travellers' horses even before any development has taken place on site. We also had concerns on certain traffic issues which we did not feel had been addressed by Surrey County Council as the Highways Authority when removing its objection. This left three grounds for refusal, namely harm to the Green Belt and no 'very special circumstances' to clearly outweigh the harm, secondly harm to the character of the area and Area of Great Landscape Value, and thirdly the loss of trees."

The inquiry documents can be found on the council's planning web site under reference 23/20680 within the Appeals section.

At the time of writing the decision is not known. The inspector indicated it would be weeks rather than months. We are concerned that if the case is lost much of the open land around our villages could be vulnerable.

Walton Parochial Charities.

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

✂ A centuries old fund is in place to help the elderly, sick, disabled, distressed and 'in need'.

✂ If you or anyone you know is struggling financially then please ask them to leave a message in confidence at the St Peter's Church office.

01737668254

admin@stpeterswoth.org



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THE RIDDELL HALL
DEANS LANE

2ND SATURDAY OF EACH MONTH

serving from 12 noon - 1.30 pm
COFFEE • TEAS • CAKE • LIGHT LUNCHES



Co-ordinated by Walton Open Group

Donations Invited • Proceeds to Charities • Bring & Buy Table

If you require a lift or would like to be involved please contact ...

waltonopengroup@gmail.com

Or phone Norma 01737 812639 or Mo 07799 136 894

EVERYONE WELCOME

Open Group

Mo Atkins



Open Group will be meeting in **St Peter's**, for **ADVENT TEA, 2.30pm, THURSDAY 4th DECEMBER**



It will be a chance to catch up, maybe take a break from the bustle of the season, and discuss Open Group plans for next year. Further details in OG newsletter.

A month later:
EPIPHANY TEA PARTY THURSDAY 8th JAN 2.30 - 4.30pm St Peter's



We shall be celebrating the season of EPIPHANY, by hosting a TEA PARTY to brighten the dark days of winter. All welcome to join us for a cuppa, convivial company and the excitement of the French tradition of 'Galette des Rois'! A contribution of £5 is invited and there will be a raffle.

An idea of numbers is helpful (but no-one would be turned away!) for catering and seating. If you would like to join us, contact Mo: 07799136894, Norma: 01737 812639 or email: waltonopengroup@gmail.com

The **Village Kitchen** has had a busy autumn, lunches have been very popular and the 'bring-and-buy' and book stalls well supported. Thank you to all those who have participated.

We are extremely grateful to everyone who has helped, in any way, throughout the year. The Village Kitchen is a great example of community effort, thanks to the team of dedicated and willing volunteers, expertly coordinated by Norma!

There are lots of ways in which to contribute. If you would like to be involved, or find out more, do come along, or email: waltonopengroup@gmail.com

'Christmas' Village Kitchen SATURDAY 13TH DEC 12.00 - 1.30pm



This will be the final fundraising event for the current Open Group charities, Maggie's at The Marsden; The Garden Project in Dorking; Barnardo's. There will be a **CHRISTMAS RAFFLE!**

Open Group



20
26

Village Kitchen will reopen in the New Year, for food and friendship, on **SATURDAY 10th JANUARY**, 12.00 - 1.30pm, Riddell Hall. All are warmly welcome!

LOOKING AHEAD: WORLD DAY OF PRAYER

2pm FRIDAY 6th MARCH
LOCAL SERVICE and TEA,
Hosted by ST PETER'S CHURCH

Pop the date in your diary. Further details in next edition of WoW.



VERY BEST WISHES TO EVERYONE FOR CHRISTMAS AND THE NEW YEAR FROM OPEN GROUP!

CORRIGENDUM - THANK YOU JAMIE!

Apologies to Jamie Powell, for an omission in the article about 'Teas in the Churchyard', published in the last edition. I remembered, too late for the deadline, that I should have acknowledged Jamie's enormous contribution in watering the beautiful yellow begonias by the west door. Thanks to Jamie's diligent, daily care, the cheerful yellow display welcomed visitors to St. Peter's throughout the summer months and into autumn.

Jamie has pledged to continue looking after the new display of violas, kindly supplied and planted by Liz Bishop. Very many THANKS to both Liz and Jamie.



TWOAT Update

Mike Fox



Tanzania is one of the most beautiful countries in Africa containing both the continent's highest mountain, Kilimanjaro, and one of its most popular wildlife safari destinations, the Serengeti. It is also the location of two of the most effective projects supported by TWOAT- the Mtandika Trade School and the Epilepsy Clinic at Berega Hospital. The Trade School initially supported girls preparing to be seamstresses and TWOAT helped to fund sewing machines. It has subsequently broadened its educational reach by training young people to become electrical engineers and most recently with further support from TWOAT introduced a hotel management course. They have proudly sent us photographs of school graduates who have obtained high quality jobs.

The Epilepsy Clinic which TWOAT was instrumental in funding and creating at Berega Hospital was not our first contact with the area. Many years ago Jonathan Northway, the medical doctor son of one of our committee, went to Berega providing medical and surgical support. As a result he helped form a UK based charity called BREAD closely linked to St. Marks in Tattenhams to provide ongoing support to Berega

Hospital. BREAD is our primary source of contact with the hospital via one of their trustees, medical Dr David Curnock, who typically visits Berega annually. He has provided us with direct contact with the clinic via Zoom video conference and spoken on two occasions at our AGM in Tadworth. During the last two years we were encouraged to hear that the Tanzanian government was taking a greater interest in supporting the provision of health and that government funds for paying hospital staff salaries were arriving more regularly. The Epilepsy Clinic has identified over 60 sufferers who are now receiving the regular drugs needed to ameliorate the condition with some patients reporting that they have been able to return to work.

Very sadly Dr Curnock has just informed us that he has had to cancel this year's planned visit due to unrest and violent suppression following what many people in the country believe to have been a rigged election. The election took place after the principal opposition leader had been put into prison and a 98% vote was declared in favour of the sitting president.

TWOAT Update cont.

Mike Fox



The British Foreign Office has assessed Tanzania to be currently unsafe for foreign visitors which automatically invalidates travel insurance and it was this that necessitated the cancellation of his visit. In recent newsletters I have reported the difficulties that western governments have caused by reductions in aid. It is unfortunately also true that other government actions can cause much harm and TWOAT is currently assisting children displaced from war zones in Burkina Faso, Ukraine and Myanmar.

Dr Curnock has asked us to remember the people of Tanzania in our thoughts and prayers and it is to be hoped that both Berega and Mtandika, being largely rural communities, may not see the same violence as the cities.

Please visit our web site www.TWOAT.org which has recently been kindly updated and improved by one of our supporters, Jon Castle. The web site includes details of our projects and how to donate to us to support people in need both as a result of poverty or manmade disasters.

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Has your body ever had a full MOT?

Have you ever wondered just how healthy—or unhealthy—you really are? Many of us go years without checking the basics, yet understanding your true health status can be incredibly empowering. Your metabolic age, for example, might be younger or older than your actual age, and knowing this can be a great motivator to take charge of your wellbeing. The good news is that there are plenty of simple checks you can do at home, as well as accessible tests you can arrange with professional guidance, to get a fuller picture of what's going on inside your body.

Most of us step on the scales from time to time, but how often do we stop to think about what the number truly represents? Losing weight may feel encouraging, especially later in life, but it's important to understand whether that change comes from fat, muscle, bone, or water. Too often, it's the latter three—and that's where problems can begin.

Do you ever check your stools?

One of the most revealing tests you can do at home involves simply paying attention to what leaves your body. A quick search for the Bristol Stool Chart

is a helpful place to start. Our gut health provides valuable clues about hydration, digestion, intolerance, and overall wellbeing. Confusing a Type 1 stool with a Type 5 may sound trivial, but the difference could point to dehydration, a temporary bug, a food intolerance, or something that deserves more attention.

What does your heart rate say about you?

If you wear a smartwatch, you may already know your resting heart rate—especially that calm, overnight reading. But have you ever tested your maximum heart rate? This is the highest number of beats per minute your heart reaches during exertion, such as climbing a steep hill. The universal guideline for estimating your maximum is 220 minus your age. So, at age 50, you'd expect around 170 bpm. Always test this with a professional present for safety. And remember, it's only an average. A naturally larger heart might beat fewer times per minute, while someone with a smaller heart—or exceptional fitness—may reach much higher numbers.



How much fat are you carrying?

Your body stores two main types of fat: visceral and subcutaneous. Visceral fat is the deeper, more dangerous kind that gathers around your organs and can disrupt vital functions over time.

Subcutaneous fat lies just beneath the skin and provides insulation and temperature regulation. While less harmful, carrying too much of it can still affect mobility and overall health. A full body scan can easily measure both and help you understand what's really happening below the surface.

What is your blood telling you?

When was your last full blood test?

Many of us take our cars for regular check-ups but rarely apply the same care to our own bodies. In fact, the best time to get a comprehensive blood test is when you feel well, so you have a reliable baseline for comparison if you become unwell later. Private clinics often offer quick appointments and clear explanations of your results—well worth considering.

And what about your body water?

Did you know that more than half of your body should be water? It's a simple but revealing metric. Men typically carry around 60% water due to higher muscle mass, women around 55%, and infants

up to 78%. While these numbers naturally decrease with age, staying well hydrated is crucial for clear thinking, good memory, healthy skin, and even effective fat loss. A good rule of thumb? Aim to drink more fluid each day than the weight of solid food you consume.

Taking the time to understand your body is one of the most valuable investments you can make in your long-term health. With just a few simple checks—many of which you can do at home—you can spot early signs of imbalance, track your progress, and make informed choices that support a healthier, more energetic life. Think of it as giving yourself the same care and attention you'd give your car or your home. Your body works hard for you every single day, and it deserves a regular MOT to keep it running smoothly. Start small, stay consistent, and your future self will thank you.

Confused?

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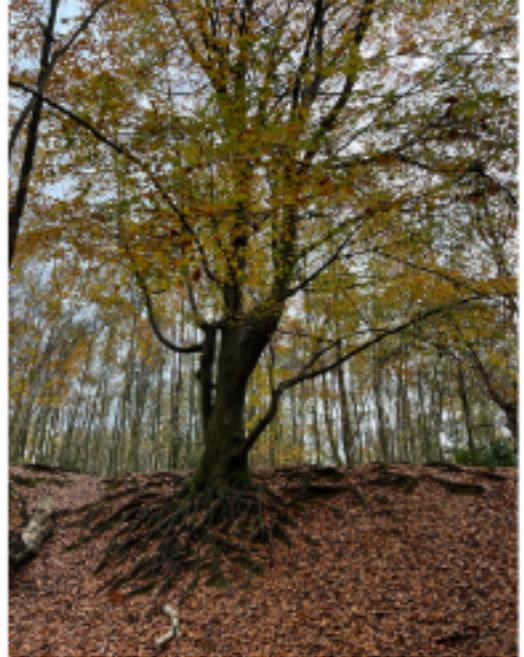
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Well-being



As autumn has taken me along its path again this year I have been struck afresh by the beauty and majesty of trees; such wonderful, unique and complex living and created beings. Their leaves are often particularly attention grabbing in autumn because of the changing colours, and density as the season progresses. And as the density changes, so too does the light and space between the branches – which I also find so fascinating and wonderful because it encourages me to look up and find the light even in a wood. But this year one particular tree reminded me to also look down and marvel at its roots. Of course, a tree's roots are wonderful - so foundational and life sustaining, but because they are usually buried underground maybe we don't pay them as much attention.

Just like trees, we as humans are wonderful, unique and complex beings. And I think we also have roots – but even more so than trees, perhaps we don't pay much attention to them. Maybe this is because as humans there is not only a sense of hiddenness about them but also mystery – because they don't really have a physical element. If someone asked you about your roots – what might you talk about?



Would it be your geography, your family, your faith, your past or present interests and experiences or memories of them? Or something else? We might use the function of tree roots to help us. Its roots are the things that keep it grounded and secure, sustain it and strengthen it and connect it to its environment in a way that helps it flourish. They are laid down over many years, but they are always growing and spreading too. So helpful questions to ask might be: What helps me stay grounded and secure? What sustains me? What strengthens me? What helps me feel connected in a way that helps

Well-being



me flourish? And as autumn ends here we are at the door of Advent – and it is again inviting us along its path leading us up to Christmas. And there is a different tree that is part of most people's advent, the Christmas tree. I wonder how you feel about Christmas and putting up the tree (if you do)? Does it bring up memories – good or bad? I once secretly recorded my children excitedly negotiating (arguing over!) where to put different decorations on our tree when they were between the ages of 5-13 – because although it was exhausting and exasperating at the time I knew it was a precious moment. I love to listen to it now because it makes me smile inwardly because of its accurate reflection of Christmas- with its challenges and celebrations, sacredness and struggles, brokenness and beauty.

For Christmas and life, I know that I need roots that ground and sustain me and give me security and strength through it all. Ironically many of us may have Christmas trees that have been cut off from their roots, but we could use our imaginations and see the things we hang on its branches as symbols of our roots. I can begin to imagine hanging certain decorations that remind me of

friendship, fellowship, family, fun and faith – all of which keep me rooted. Or we could just use the trees we see or put up this year as a reminder to give a little thought to our roots – and perhaps take a moment or two to give thanks for them and to them and maybe even to strengthen them or grow some new ones.

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Happy Birthday, Ronnie!



87th

Many happy returns, Ronnie, from everyone at St Peter's!

Sunny Sunday Best for Ronnie, caught on camera, leaving church with Sheila and Dawn, two days after his **87th birthday** on All Hallows' Eve!



Happy Birthday!

100th

On the **24th November**, **Ulla Adilz** celebrated her 100th birthday with family and friends at Walton Heath Golf Club, where until recently she was a member for 50 years.

Swedish by birth, Ulla & Bengt and their children moved to England in 1966, initially for two years, first living in Cheam and Kingswood, before moving to Walton in 1991.

Ulla has had a remarkable life and is an exceptional Bridge player.

We wish Ulla every happiness and congratulations on reaching **100 years!**

Eve Baker also turned 100 on **13th November** and shared some photos with WoW of her and her brother, Colin, 95 years old. We wish you very many happy returns, Eve.



If you know someone celebrating their birthday and would like to give a shout-out in the next edition of WoW, get in touch: magazine@stpeterswoth.org



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