

# Window on Walton

Aug - Sep  
2024



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



## Rector

Rev'd Harry Latham  
01737 812105  
rector@hilltopbenefice.org



## Benefice Curate

Karen Wheatley  
karen@hilltopbenefice.org  
07493 195674



## Churchwarden

Chris Grayson  
chris.merok@btinternet.com



## Lay Minister

Tom Rhind-Tutt MBE  
01737 811730  
tom@rhindtutt.com



## Churchyard Manager

Neil Williams  
01737 813648  
sylvianeil@supanet.com



## Organist and Junior Choir Lead

Jenny Tuttle  
07733107672  
tuttle.jenny@gmail.com



## Pastoral Assistant

Karen Rand  
01737 213311  
karenrand@gmail.com



## Organist and Choir Lead

Esther Jones  
esther\_jones@icloud.com

## VACANCY

## Parish Administrator

admin@stpeterswoth.org  
01737 668 254



## Safeguarding Officer

Anne Edwards  
07920484869  
SafeguardingWalton@hilltopbenefice.org

## Treasurer

Chrissie James 07801 530222  
[chrissiej10@gmail.com](mailto:chrissiej10@gmail.com)



# Editor's Note

Olivia Rowntree

**Welcome** to the August-September issue of Window on Walton! We're now into the last leg of the elusive British summer, having had only fleeting tasters of mini heatwaves so far. At the time of writing the state schools in Surrey are just about to break up, so fingers and toes crossed that the sun will finally decide to come out - and stay out!

A lot has happened in the country since the last WoW issue. We have a new government that seems set on shaking things up (for better or worse) and many of us rode the roller-coaster ride of emotions watching England make it to the final of the European Championship, only to fall (again) at the final hurdle.

We've just had Wimbledon and the Olympics in Paris is about to get underway.

I was reflecting on the Olympic motto, which was updated in 2021 to recognise the unifying power of sport and the importance of solidarity.

The new Olympic motto now reads in Latin "Citius, Altius, Fortius – Communiter" and in English, "Faster, Higher, Stronger – Together".



Sport certainly brings us Brits together as a nation and if you've ever played a team sport, there's no better feeling than the sense of collective achievement and camaraderie when your team wins.

It's not just sport that unites people though. The sense of community and solidarity is palpable in the parish here, whether borne out of our common faith or broader set of values. And we owe a great deal to those who represent and champion our community's interests, often in a voluntary capacity, and do so much to support St Peter's. Many of those individuals often feature in WoW – thank you to you all!

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](mailto:admin@stpeterswoth.org) for more info. The deadline for the October - November edition is 13th July.

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



On the last day of June our new curate, Karen Wheatley, was ordained Deacon in Guildford Cathedral. It was a lovely service, and Karen and husband Rob have now moved into the Headley Rectory.



We have had lots of Football, Cricket and Rugby going on as a Nation, plus Wimbledon, plus a General Election! There have also been the regular features of baptisms, weddings and funerals as human life happens – in all its different ages and stages.

The weather has been extraordinary at home. Sometimes hot and sunny, sometimes very wet and windy. Perhaps you have had time off and a chance for a break? It is good to pause our normal rhythm. It helps to step away from a busy routine and recharge our batteries.

For some it may be journeying to a place where you have been many times before. Familiarity can be comforting. For others it may be adventuring to somewhere brand new and exciting.

In CS Lewis' sermon "*The Weight of Glory*" he speaks about human beings being made for God and made for Heaven and writes about how the things we call '*beautiful*' hook the desire for heaven in us.

He wrote "they are not the thing itself; they are only the scent of a flower we have not found, the echo of a tune we have not heard, news from a country we have never yet visited."

King Solomon the author of Ecclesiastes says that God "has set eternity in our hearts" which is a beautiful phrase. I think he means that we are not just physical two-dimensional creatures, but in fact physical and spiritual three-dimensional creatures. We are made by God and made in God's image and made for relationship with God.

Yes that 'original design' has been damaged, so we are all flawed, damaged, broken by the reality of what theologians call "The Fall." The story of Adam & Eve conveys the consequences of that event – including our mortality and death. But, even then, we are made for so much more than just physical and two-dimensional lives.

This is a far cry from the secular understanding of human beings as evolved accidents, who like other animals come into this world, live for a while and then die – and that is the end. The secular understanding cannot explain things like 'beauty' or the deep desire within us for justice or the longing to give and receive love.

This Autumn as we encounter that extra dimension of 'beauty' and feel eternity tugging our heartstrings, let us turn to God, talk with God and discover worship.



# Prayer

by John Birch

This is the day that the Lord has made.  
This is the day when he can be found.  
God of all, breath of life,  
Living water, Saviour, friend.  
Come as the hungry, feed on his Word  
Come as the thirsty, drink of his Love  
Come as the faithful, worship the Lord.

We worship a God of Promise,  
whose saving Grace brought a people from captivity  
into a land of promise, whose enduring love still leads us  
from places of captivity into a promise of peace,  
forgiveness and eternal life.  
The promises of God endure forever.  
The promises of God will be fulfilled.

Into your presence we come,  
God of Grace and Peace,  
who was, and is and ever shall be  
the eternal One.  
Into fellowship we come,  
bound together in the love  
that died and rose again for us,  
our Saviour Jesus Christ.  
Amen.



Aug 2nd  
Sept 6th  
**Friday  
Coffee**

St Mary's  
Octagon  
Headley  
10.30am

# News from our Churchwarden

by Chris Grayson



We seem to be living in a time of great change. For many, their local church is a point of stability in this changing world and in many ways that is true. From a Churchwarden's perspective it's slightly less true as we see all the subtle changes that time inflicts on our buildings and congregations, but also we see the "new" bringing good change to our lives and worship.

I have come back from a short break and have taken a moment to review all the various things that I need to do to keep the parish ticking over. To be honest most of the regular activities happen whether I'm here or not and it's more about looking for what is hiding in the long grass. This process is a precursor to Harry and I having an hour together to run through our various action lists and make sure we are on the same page and not to missing anything important.

It's good to see where we are making progress. By the time you read this, the work to the church roof will (hopefully) be either well on its way, or completed and all cleared away. It will be something of a relief to get this work finally done given all the wind and rain this "Summer" has delivered thus far. So much for my eulogy about the weather in May!

We are also making good progress with finding a Parish Administrator. Filling this post will be a great help as there are a lot of things that need keeping under control. 'Cats' and 'herding' analogies apply.

There is always a benefit in having more hands to share the jobs around the weekly services and it is good to see new faces giving some of these jobs a go. The church has always relied on a succession of supporters. Thank you to everyone who is helping.

Thinking of long traditions, the Benefice now has a new curate. Karen is based in the St Mary's rectory but will operate between the three churches. On behalf of you all I welcome Karen and her family to the Benefice and to St. Peter's.

Elsewhere, I will be turning my attention to improving the signage around the church forecourt and thinking about a stonework repair contract for next year. The latter needs to be undertaken out of wedding season but when the weather is still fair - 'good luck with that' I hear you say!

It seems to me that St Peter's is a beacon of stability that is constantly changing: but just a little bit at a time.

Best wishes to you all, Chris



# Prayer & Pastries

St Andrew's Box Hill

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

Fridays 9:15am



# First Friday Coffee Mornings

The Octagon, St Mary's  
Headley



Aug 2nd | Sep 6th  
10:30am - 12pm

A chance to meet, chat and connect over coffee and cake

# Little Cherubs

St Peter's  
Walton on the Hill

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

Autumn Term 2024:

Tues 10th Sep - 22nd Oct  
[Half term: Tues 29th Oct]  
Tues 5th Nov - 10th Dec

From 10.30 am - 12.00 pm

for more information, contact [karenrand@gmail.com](mailto:karenrand@gmail.com)

# Healing Communion

St Mary's Headley

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

All welcome.

Wednesday 10 - 11am



# 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.

The June meeting of Mothers and Uthers took place "chez Rand". There we watched the heart-warming film, Miracle Club, which was a strong reminder to us all to count our blessings. That evening these included popcorn and ice-cream.

In July, a small group met over hot drinks and snacks to review last year's activities and plan next year. We all agreed that the local walks, the Easter egg event, a film and the Advent and Lent reflections are to be repeated over the next 12 months, along with some new topics. We also gratefully noted the generosity of parishioners who responded to the MU Summer of Hope Sunday cake sales, raising money for MU charities worldwide.

## NEXT MEETINGS

No August meeting.

### Tuesday 10th September 2024

'Walk & Talk'

Meet at St Peter's @ 12.30 and walk to The Sportsman, Mogador where we can refresh ourselves with "pub grub" or a picnic!

## Little Cherubs

There was a great turn out at Little Cherubs on 16th July Picnic where we enjoyed a picnic together.



### Little Cherub dates for Autumn 2024:

Tues 10th September - 22nd October

Half term: Tues 29th October 2024

Tues 5th November - Tues 10th December

**Mothers & Uthers**  
Mothers UNION  
Christian care for families





## Thank you for joining us at our Summer of Hope event

With your generosity,  
you have helped raise  
£ **£132**  
for Mothers' Union

Everyone at Mothers' Union would like to say a huge thank you for your support. It is friends like you who stand behind the families and communities we work with. You are truly amazing.



Mothers' Union is a global Christian movement working with people of all faiths and none to develop communities, strengthen families and advocate for change.

Our members are active in 84 countries and work tirelessly to serve their communities to build a future where everyone thrives.

To find out more go to: [mothersunion.org](https://mothersunion.org)

Join together this summer to turn  
hope into action and transform lives

Registered charity number: 240531

Mary Sumner House, 24 Tufon Street, London SW1P 3RB

Mothers' UNION



Registered with  
FUNDRAISING  
REGULATOR

# Mothers & Uthers at Prayer

by Karen Rand & Anne Edwards

## August

(based on The Mary Sumner prayer)

### Reflection

As we meet people on our journey through life, whether family, neighbours, friends; whether Christian, of other faiths or none, we touch each other's lives just as Mary Sumner prayed. We interact together and pray for the power of the Holy Spirit to work through us, enabling us to touch others for God. As we live our lives, as we speak and as we pray, we need to trust in that unseen guidance. We ask "what would Jesus do?" as we daily try to be more like him and be the change we want to see in the world.

### Monthly Prayer

All this day, O Lord  
Let me touch as many lives as possible  
for thee;  
and every life I touch, do thou by thy  
Spirit quicken,  
Whether through the word I speak, the  
prayer I breathe or the life I live.  
Amen

## September

### Reflection

For everything there is a season and a time for every purpose under heaven. Ecclesiastes 3:1 Is this a time to emphasise the Fifth Mark of Mission of the Anglican Communion? A time for the leaves of the trees to become the healing of the nations. Mothers' Union has always engaged in the first four Marks of Mission. The 5th is less well known: To strive to safeguard the integrity of creation and sustain and renew the life of the earth. What can we each do to treasure and safeguard God's gift of creation for future generations and families?

### Monthly Prayer

As the tides of time wash over the  
shores of my life,  
Bless me with the joy of living.  
As I sift through the shifting sands of my  
years,  
Bless me with understanding.  
As the seasons of budding and fruiting  
come and go,  
Bless me with a thankful spirit.  
Amen

**Mothers & Uthers**

**Mothers' UNION**  
Christian care for families





Child with parent invited to  
**MU Summer Party!**

**5th August 2024 11 -2pm;  
free entry for all!  
@Normandy Village Hall  
GU3 2DT**

Lots of  
free  
parking!

All sorts of activities!

- o Playground and open space
- o Magic show with Tim Allen!
- o Balloon modelling
- o Craft activities
- o Toddler soft play
- o Bouncy castle
- o Outdoor Games



Plus...

- o Therapy dogs
- o Packed lunches provided



Please book before 25th July

Email: [Guildford.mothersunion@gmail.com](mailto:Guildford.mothersunion@gmail.com)

# History of Mothers' Union

by Karen Rand & Anne Edwards

**Mary Sumner** is the founder of Mothers' Union and it is Mary Sumner Day on the 9th August 2024.

A brief timeline...

**1876** – Mary Sumner, wife of a rector in Hampshire, established the Mother's Union movement, setting up a group to support mothers of all kinds in bringing up their children.

**1885** – Mary delivered a speech to churchgoing women at the Portsmouth Church Congress, inspiring them to return to their parishes and set up similar groups. Over time the groups forged strong links with local people and the Anglican Church. They worked to support one another and give a voice to disadvantaged women while addressing wider societal issues.

**1892** - membership had reached 60,000 in 28 dioceses, growing to 169,000 by the turn of the century.

**1896** - Mothers' Union Central Council was formed, and Mary was Central President for the next 14 years.

At the age of 80 Mary addressed a members' rally in the Albert Hall and eventually witnessed Mothers' Union become a worldwide organisation. She died at the age of 91 and is buried at Winchester Cathedral.

## Mothers' Union today

There are now hundreds of individual Mothers' Union charities in 83 countries, with four million members. Members work together to solve challenges in their local communities. By helping to restore and strengthen relationships in families and communities, the movement gives a sense of belonging and purpose. It also works extensively through lobbying and engaging power-holders, especially government, to raise issues and bring about systemic change.

## Mothers' Union Branch in Walton-on-the-Hill

Here at our own MU branch in Walton we mentor women who are getting ready to leave prison, help supply provisions to the foodbank at Merland Rise Church, organise and welcome everyone at monthly coffee mornings held at St Peter's and organise and provide support for mums at 'Little Cherubs' toddler group every Tuesday morning (during term-time).

If you would like to help or become involved in any of these projects, please come along to one of our meetings (see page 7). We are a friendly group and would welcome any new faces- Please come and say "hi!"



## **WALTON AND TADWORTH**

### **PRESERVATION SOCIETY UPDATE**

From inception to a fully functioning society, the Walton and Tadworth Preservation Society (the 'Society') has had a whirlwind start and is now busy raising funds from our community to be able to buy and preserve green belt land around Walton and Tadworth

#### **THE STORY SO FAR**

At meetings at the Riddell Hall in January and April the question was asked, "If a society was established what would be the appetite from the community to donate funds to allow the society to buy land around Walton and Tadworth and protect our Green Belt". Unanimously amongst the 300 residents present the answer was simple. Yes – set this up, the community needs to act.

The society was formed a few days later, unaffiliated to any forum in the area this venture has been set up by residents with a common view. Charity status is being sought. This process is not simple and takes time, but the plan is to have a fully functioning Charity as soon as we can get approval.

There is a web site [www.keepwaltonandtadworthgreen.org](http://www.keepwaltonandtadworthgreen.org) which aims to keep people updated. A dedicated phone number 07444 854805 and an email account [keepwaltonandtadworthgreen@yahoo.com](mailto:keepwaltonandtadworthgreen@yahoo.com)

#### **THE AIM OF THE SOCIETY**

The land in question, is a 14-acre plot near the recreation grounds at Howard Close, which was put up for sale at the same time as a planning application was submitted for a traveller site to be erected at the edge of the village. The land was under offer and was close to being sold, but the vendor pulled out of the sale at the last minute over some concerns. It has since been taken off the market pending the Society raising the required funds to purchase it.

Fundraising started in earnest in April and so far, just over £50,000 has been received, a fantastic start to this project, but not yet enough to buy the first pocket of land which is under imminent threat to our way of life.

The intention of the Society is simple, we aim to acquire this land and protect it against any possible attempts to develop it now or in the future; to ensure it is kept green and available for all to use and enjoy. Many ideas have been put forward as to its eventual use and all of these include access for the entire community but no decisions about this can be made until the land is acquired.



At the January meeting 300 hands went up in support of this initiative. If everyone in that room, together with the monies already raised, were to donate we would be close to the target figure we need for the plot. We then intend to look at other "at risk sites" in Tadworth and Walton and look to do the same.

As a community, we only have one chance to acquire this land and that time is now. If we don't buy it then the land will go back on the market and eventually be sold, and all control regarding its future will be lost. As a villagers of Walton and Tadworth, we may then look back in five or ten years and wish we had acted.

Your donations are much needed. Thank you to everyone who has donated so far and to anyone reading this who is now inspired to do so. Donations can be made anonymously if you prefer.

Donations can be made via the Jumblebee crowd funding site or by cheque or by direct bank payment to Walton and Tadworth Preservation Society  
HSBC Bank 40-26-12 Acc No. 72301458

If you have questions, would like to get involved or find out more please don't hesitate to get in touch.

Yours Sincerely

Rob Lee

The Walton and Tadworth Preservation Society

### **News from Tadworth & Walton Residents Association**

Following the acceptance of the proposed new constitution for TWRA at the AGM in May, and the election of Jeff Harris as President, at the subsequent committee meeting in June, the officers of the association for the year 2024/25 were confirmed. These are Chair, Jeff Temple; Vice Chairs, Gillian Hein (with special responsibility for Tadworth planning) and George Curry; Treasurer, Paul Waller; Deputy Treasurer, Robin Parr-Davies and Membership Secretary, Mike Fox.

Current issues being addressed by TWRA include the modifications to the Post Office facilities in One Stop, the proposals from Surrey Council for the Shelveys Way Improvement Scheme, the provision of defibrillators in Tadworth, the Christmas Lighting Event in Tadworth and of course the many and varied issues associated with planning proposals, including following up on the work of the Chequers Lane Working Party.

To keep in touch with TWRA activities and other local events visit [www.TWRA.org.ok](http://www.TWRA.org.ok)

# Insight: General Election Opportunities



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

The recent General Election has resulted in a wave of ideas and suggestions to improve our lives, the country and its prospects.

One focus of the new government is our railways, which also happen to be a hobby of mine since I was a small boy. My grandparents took me to the station to await the arrival of the Yarmouth Express. I recall a fireman taking a cloth and wiping down the green paint of the locomotive that it looked it's very best for the rest of the journey.

I support those who want to improve our lovely country for they really appreciate all that can be provided, and this includes our lovely churches.

Take for example St Peter's Church in the centre of our village. It is a beautiful structure, these days enhanced by 'The Friends of St Peters' who so generously contribute to the huge costs of the upkeep of this ancient building. Our church looks wonderful thanks to everyone who shares in its care and preservation.

I am also grateful to see that our church life is regularly supported by many of the local residents.

That they really share in the full life of the village which includes all the activities in and around St Peter's.

An important element of restoring the Nation's prosperity involves having healthy and happy communities, and St Peter's can play a useful role in achieving this aim. It's vital that we have the support from across all age groups, particularly families and young people.

A lovely welcome awaits all those who come to St Peter's.

If I have never spoken with you do, please, introduce yourself to me either in church or around the village. My good wishes to all our readers for a happy summer.

Your Invitation – if you would like to talk about what Tom has described just email 'tom@rhindtutt.com' and he will gladly respond.

# *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 & the wider Benefice June - July*

<b>Sunday 4th August</b>	8am Holy Communion (1662) 11am <b>All-Age Service</b>
<b>Sunday 11th August</b>	8am Holy Communion (1662) 11am <b>Family Communion</b>
<b>Sunday 18th August</b>	8am Holy Communion (1662) 11am <b>Family Service</b>
<b>Sunday 25th August</b>	8am Holy Communion (1662) 11am <b>Parish Communion</b>
<b>Sunday 1st September</b>	8am Holy Communion (1662) 11am <b>All-Age Service</b>
<b>Sunday 8th September</b>	8am Holy Communion (1662) 11am <b>Family Communion</b>
<b>Sunday 15th September</b>	8am Holy Communion (1662) 11am <b>Family Service</b>
<b>Sunday 22nd September</b>	8am Holy Communion (1662) 11am <b>Parish Communion</b>
<b>Sunday 29th September</b>	8am Holy Communion (1662) 10:30 <b>United Benefice Family Communion at St Mary's Headley</b>

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



# Open Group

by Mo Atkins



Many thanks to Maggie Bingham for, once again, hosting the annual 'Strawberry Soirée', during Wimbledon fortnight, in her pretty and peaceful garden. How blessed we were to be able to sit outside, for once, and enjoy a glass of fizz, Pauline's renowned scones, and strawberries (with or without chocolate coating!) on a summer's evening, albeit not tropical or even balmy, but warm enough!



Peace and serenity before the Strawberry Soirée!

Just in time to report, as Window on Walton goes to print, that the weather on Sunday, 21st July was perfect for serving 'Teas on The Green', in the picturesque churchyard at Christ Church, Brockham.



It was a busy afternoon, with a steady flow of customers and a tempting array of homemade cakes from which to

choose. Great to see visitors from Walton too!

Once again, enormous thanks are due to ALL those who provided cakes and / or helped on what was a very happy and successful afternoon. A special thank you to James Darter, and friends, Nicholas and Charlie, whose willing (and young) helping hands made life so much easier.



Proceeds will be shared between 'Barnardo's', 'Maggie's' at The Royal Marsden and 'The Patchworking Garden Project',

in Dorking, and being counted at time of writing.

We should like to serve **'TEAS IN THE CHURCHYARD', at ST PETER'S**, in aid of the Church, on **Sunday afternoon, 18th AUGUST**, providing enough folk are available to bake and help! Please let Mo, Norma or Pauline know, as soon as possible.

Email: [waltonopengroup@gmail.com](mailto:waltonopengroup@gmail.com)



# *Open Group continued... & Note from Norma*

We are hoping, also, to hold an Open Group barbecue. Date to be confirmed by email and church notices.

For the September meeting, it is planned to have a talk, in St. Peter's, by a representative from 'Barnardo's'. Details to be confirmed.

**Enjoy the rest of summer! Love, Mo**

## **A Note from Norma**

Recently Bill and I were sitting on our lovely new bench and talking about how many different house moves I'd had. I was born in 1 Celia Cottage, Deans Lane (where The Waplings are) then moved to 6 Wapling Cottages. The row of cottages were very simple, two bedrooms with a toilet outside in the garden. Gas mantels lit the two rooms downstairs with candles upstairs. Obviously health and safety wasn't even given a thought back then! Happy years though.

After my sister, Lesley, was born, we moved to a council house in Thornfield Road, Banstead. Sadly, my sister died when she was 5 years old, and we came back to live with my Auntie Doris at 10 Sandlands Road, where my other sister, Sally was born.

The next move was to 21 Walton Street, where Bill and I started married life in an upstairs flat.

We then found our way back to 43 Sandlands Road for a few years until we bought a house in Shelters Spur. Three years later we moved to 9 Duffield Road where we lived until 1994 (lovely times as neighbours to Mo and David) and then we bought 50 Sandlands Road. We lived there for 30 busy years hosting family gatherings and lots of fundraising events, but we realised we needed to sort ourselves out for our 'twilight years'.

And so that brings us up to today, where we find ourselves in our comfortable flat in Coombe Court. If you want to move in later life my advice is; don't leave it too late! It's quite stressful when you are in your 80s! I have had nine different homes and hope the next one will be back in Walton, possibly in Breech Lane....

Take care and best wishes, Norma  
01737 812639.

**Please remember to donate to the Food Bank in St Peter's porch where the items go to Merland Rise church every Tuesday.**

# CHINTHURST SCHOOL *Tadworth*

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## BREECH LANE COMMUNITY CENTRE

*run by Walton on the Hill Association*

Large hall with polished wooden floor, kitchen & toilet facilities, car park with ample parking

*Monday - Ladies Yoga 7.30-8.30*

*Wed. - Art Group 1.30-4.30*

*Wed. - Exercise class 6.30-7.30*

*Thurs. - Pastel group - 1.30-4.00*

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

For Bookings and hall hire costs please email  
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## The Arts Society Walton on the Hill meets

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

**Coffee 10.00 – 10.30 am**

**Lecture 11.00 – 12.00 pm**

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Membership: Mike Roshier  
01372 813196



[www.theartssocietywaltononthehill.org.uk](http://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 September 19th

Creating the Golden Era of Transatlantic Liners, Howard Smith

#### Thursday October 17th

Dinosaur Sculptures of Crystal Palace, Dr Aaron Hunter

#### Thursday November 21st

Renaissance Cassoni: wedding chests and the art of marriage in 15th century Florence, Anna Warrilow

#### Thursday December 19th

Shepard's Christmas, James Campbell

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# *New Defibrillator, Riddell Hall*

*by Martin Saul*



A new 24/7 public access defibrillator has now been installed at the Riddell Memorial Hall in Deans Lane, Walton on the Hill. This was supplied to the Hall by the Community Heartbeat Trust, helped by a grant from the Arts Society, who are regular users of the Hall. The defibrillator is monitored by volunteers who check it regularly and report to the Community Heartbeat Trust. The CHT also ran a training awareness session, attended by 25 local people and users of the Hall.

Sadly, due to the risk of vandalism, the defibrillator is in a locked cabinet requiring a code to open the door.

We hope that it will never be needed, but if you are ever present when someone collapses without warning, is unresponsive and not breathing, immediately start CPR, (Cardiopulmonary Resuscitation). Call 999 and ask for Ambulance Service. If you are near a defibrillator, they will give directions and the door code. Send a runner with the code to collect the defibrillator. As soon as the defib is on scene, press the green start button and follow the clear verbal and visual instructions.

If you are first on the scene, alone, or no one present is able to run for the defibrillator, do not leave the patient,

continue CPR and dial 01737 652606 to call the VETS (Voluntary Emergency Telephone Service), who will know the door code and will fetch the defibrillator. The Ambulance Service may also alert the VETS.

CPR is the first line of defence, its purpose is to circulate blood to the brain, when the heart has stopped doing so. This helps to keep the patient alive until paramedics or the ambulance arrive. To learn more about CPR search 'CPR Videos' on the web.

The function of the defibrillator is to detect and analyse the electrical signals to the heart, which have lost the correct sequence and rhythm, so that the heart is working but not pumping. The defibrillator will determine whether and when a shock is needed, will warn "Stand Clear" and give the shock. This will stop the heart, which should then resume its normal action. Several shocks may be needed.

The VETS, organised by George Curry, are a group of volunteers living around the village, who are familiar with the equipment. They all receive the call simultaneously, and the first one able to respond, takes the call and runs to collect the defibrillator. For more information on the VETS, or to join, contact George on [g.curry@yahoo.com](mailto:g.curry@yahoo.com).



# 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.**





# 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 has had very generous offers from two of our supporters acting anonymously to help us increase the number of regular givers with recurring payment types (direct debits or standing orders). Both supporters have offered to double match the annual value of any recurring payments set up by our supporters before the end of September. As an example, if a supporter sets up a monthly standing order for £10 then the matched funding will be worth £240 (£10 x 12 x 2) to TWOAT.

Many of our projects, especially those involved with education, benefit from us giving them commitments for support up to three years in advance. This for example allows them to recruit new teachers or invest in cooking equipment if we are funding school lunches. Our commitment to providing funds in the next two to three years is equivalent to £20k to £25k each year. However, the amount of money we have been receiving via recurring payment methods have recently been less than £4.4k, so only around 1/5 of our promised commitment. We have coped with this situation by keeping a reserve of about one year's worth of donations, but it would be preferable to have more certainty and confidence in the level of future donations.

The matched funding lump sums will be especially useful as some of our projects have asked us to support new opportunities. For example, the Mtandika Trade School which we support in Tanzania is establishing a new training opportunity to prepare pupils to work in the growing tourist industry, including in hotels. Their current investment in new training facilities will then likely be followed with a requirement for funding to sponsor poorer students to attend the courses.

If you are interested in supporting TWOAT please visit our web site or contact chair Mike Fox.

Mike Fox  
mcary.fox@gmail.com  
01737 350452

# THE RASCAL CLUB

Next to the Coop, At Walton Primary School, Opposite the Chequers Pub and at Howard Close

## Monday

0615 Small Group Personal Training 45'  
' 0930 Small Group Personal Training  
45' 1800 Indoor Cycle - Rhythm+ 50'

## Wednesday

0615 Small Group Personal Training 45'  
0915 Indoor Cycle - Easy or 60+ 0930  
Small Group Personal Training 45' 1230  
Small Group Personal Training 45' 1800  
Beginners Core Strength & Stretch 50'  
1845 Indoor Cycle - beginner friendly 1915  
Core Strength & Stretch - mat work 60'

## Friday

0615 Small Group Personal Training 45'  
0700 Indoor Cycle - suits cyclists 45'  
0900 Core Strength & Stretch - mat work  
50' 1030 Mum Fix - BYO baby or not! 50'  
1145 Core Strength & Stretch - seated 50'  
1400 Indoor Cycle - Beginner Friendly 50'

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## Tuesday

0700 Indoor Cycle 45'  
0930 Core Strength & Stretch with weights - mat  
work 50'  
1030 Mum Fix - BYO baby or not! 50' 1145 Core  
Strength & Stretch with weights - seated 50' 1745  
Indoor Cycle - Beginner Friendly 50' 1830 2000  
Small Group Personal Training 50' 1930 -2100 Small  
Group Personal Training 50' (turn up when it suits you  
30mins or 90 mins- your choice!)

## Thursday

1800 Indoor Cycle - Rhythm+ 50' 1830 2000  
Small Group Personal Training 50 1930 -  
2100 Small Group Personal Training 50' (turn  
up when it suits you 30mins or 90 mins - your  
choice!)

## Saturday

0700 Indoor Cycle - Rhythm+ 50'  
0700 Small Group Personal Training  
45' 0800 Indoor Cycle - Rhythm + 50'  
0800 Small Group Personal training  
45' 0915 Indoor Cycle - Suits  
beginners 45' 1030 Small Group  
Personal Training 45'

## Sunday

0800 Small Group  
Personal Training 45'



[www.TheRascalClub.co.uk](http://www.TheRascalClub.co.uk)  
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7RR, Pop-up to The School KT20 7RR, Pop up To HQ KT20 7QF

# Well-being - Lions and lambs

by Tracy Latham

I find words and images to be powerful and amazing in their ability to communicate and help us connect to ourselves and others. One of my tutors at college used to describe a word as a street inviting us to come and explore more fully. Words are powerful and very useful but sometimes a picture can paint a thousand words.

Compassion is a word used a lot in psychotherapy as it is widely recognized as a fundamental ingredient for promoting well-being. But what is compassion? What does it look and feel like? My research in to the subject has led me to an understanding that it has two interconnected and counterbalancing aspects.

One side of it is being able to hold ourselves and others with love and tenderness – offering validation, comfort and soothing through the painful aspects and experiences of life. This type of compassion releases oxytocin – which I call the ‘cuddle hormone’ – it makes us feel safe and loved.

The other side of compassion is showing up with firm and empowered truth. It allows us to act in the world in an assertive and authoritative way in order to protect and look after ourselves and others with appropriate boundaries, discipline and motivation.

This aspect of compassion is linked with healthy dopamine because it helps drive us forward and therefore helps us get and grow the good feelings associated with a sense of potency and mastery.



By taking refuge in the safety of compassionate warmth and care we are then, amongst other things, more able to:

- separate feelings from fact
- work out what is within our control and what isn't
- identify our needs and desires

and then move forward with greater confidence and become more satisfied with our lives as a result.





# ***Well-being - Lions and Lambs***

*by Tracy Latham*

Yin and Yang is a concept originating in ancient Chinese philosophy that represents the idea that opposite forces are often interconnected and counterbalancing. If one aspect of compassion is used without its interconnected and counterbalancing other I think this can have a distorting and perhaps even damaging effect on the wellness of ourselves, others and the world around us.

In his book 'The Inner voice of Love', Henri Nouwen uses the imagery found in the Bible of the lion and lamb lying down together to explore these interconnected aspects of love and compassion.

*'There is within you a lamb and a lion. Spiritual maturity is the ability to let lion and lamb lie down together. Your lion is your... initiative taking and decision making self. But there is also your ... fearful vulnerable lamb, the part of you that needs affection, support, affirmation and nurturing. When you heed only your lion, you will find yourself overextended and exhausted. When you take notice only of your lamb you will easily become a victim of your need for other people's attention. The art of spiritual living is to fully claim both your lion and your lamb. Then you can act assertively without denying your own needs. You can ask for affection and care without betraying your talent to offer leadership.'*

I think that well-being involves finding ways to let our lion and lamb lie down together. It is an art and not a science but I believe both are vital ingredients in the art of healthy living at both a personal and communal level.

# Local Chef- Easy Cantaloupe Sorbet

by Laura Palmer

I first had a melon sorbet in an Italian restaurant years ago and was blown away by the flavour, so different to lemon or raspberry sorbet, more floral than fruity. So here's my (very easy) version.

Usually, I would make a sugar syrup for a sorbet but I was after absolute freshness for this frozen treat, and I had about 5 minutes to find a home for an almost over-ripe melon that had one slice eaten and was taking up space in the fridge. I've added a little elderflower cordial to max out the floral feel (in a very English way) and to bridge the syrup gap for the best sorbet texture possible without turning on the hob.



## Ingredients (serves 4)

1 very ripe cantaloupe melon  
1 juicy lime  
100g caster sugar  
A tablespoon of elderflower cordial (optional)

## Method

Cut the melon in half and scrape out the seeds, then scoop the orange melon flesh into a high sided container (or base of your stick blender). You should have about 500g fruit.

Add the juice of the lime, the cordial and the sugar, blitz and pop in the freezer.

Remove from the freezer after an hour and blitz again. Repeat 3 times then transfer to a lidded, freezer proof container and enjoy within 48 hours.

Serve as a summer dessert alongside a shortbread biscuit or add a large scoop to a cone for a dairy free iced treat. Or add half a scoop to a glass of prosecco for a different take on a Bellini. Or, do as my son does and stir into apple or orange juice for a cross between a slushie and a smoothie. Either way, best enjoyed in the sunshine!

The background of the advertisement is a photograph of a forest floor covered in a dense carpet of purple and yellow wildflowers. Tall, slender trees stand in the background, with sunlight filtering through the canopy, creating a warm, golden glow. The Michael Everett logo is centered in the upper half of the image, enclosed in a red-bordered box with a white background. The logo features the name 'MICHAEL EVERETT' in a black serif font, with a red checkmark symbol integrated into the letter 'V'.

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A smaller version of the Michael Everett logo, featuring the name 'MICHAEL EVERETT' in a black serif font with a red checkmark symbol integrated into the letter 'V', all contained within a white box with a red border.

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