

# Window on Walton

Feb - Mar  
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 Window on Walton! As I type it's nearing the end of January, widely regarded as the most gloomy month of the year. Indeed, parts of the UK are currently being battered by yet another storm; Storm Eowyn.

On the positive side, Blue Monday is now behind us and following the winter solstice on 21st December, daylight hours are slowly increasing (8 hours in January, 9 in February and 12 by the end of March). Then, with the arrival of Spring, the daffodils and cherry blossom, things will start to feel altogether more cheerful.

The season of Lent will soon be upon us; a time for greater spiritual discipline for those who seek it. St Peter's will be running a Lent course again this year; more details from Harry to come. Frying pans at the ready - Shrove Tuesday is on 4th March and Lent then runs from Wednesday 5th - 17th April. During Lent, the Village Kitchen will operate a slightly altered programme, running six "soup Saturdays" (more details on page 19).

If you were able to make it to one of the many Christmas events and services at St Peter's in December, I'm sure you will agree they provided some lovely opportunities for the local community to come together. Thanks to everyone who was involved in their organisation. There are some photos from Light up Walton on pages 20-21 and from the Nativity service and the Little Cherub's

Christmas party on page 8.

One or two key dates for the diary coming up include World Prayer Day on Friday 7th March (see page 23) and 'The Friends' annual Quiz Night on 19th March at the Blue Ball. The £10 quiz night ticket includes a glass of wine (more on page 18).

There's some lovely news from TWOAT on pages 26-27 including a heart-warming letter from Laurette Totomarovario of Les Petits Saphirs, one of TWOAT's key projects and beneficiaries. It's wonderful to see how the funds raised right here in our parish directly benefit deprived communities overseas. Thanks to Mike and the team at TWOAT for the amazing work they do.

## A couple of appeals...

*Local businesses - we'd love to work with you!*  
We're interested in hearing from any local business who would like to advertise in Window on Walton, whilst simultaneously supporting St Peter's. The magazine circulation is 250 in print and is also published online. More details below.

## Contributors wanted!

If you have some news you'd like to share with the local community, we're always looking for new content. Business owner or local resident, young or old, do get in touch.

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

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- 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

This year has started with multiple funerals in the benefice so I thought it might be a help to reflect again on John chapter 14 v 1-7 which is often a favourite reading.

It is always hard saying goodbye even after quite a long human life. It is no wonder then that in this passage we see Jesus' disciples were struggling with the idea of saying goodbye to him at such a young age (33yrs). But Jesus reassures his followers and friends "Trust in God" he tells them "and trust in me." He then speaks of a Heavenly Home, of many rooms in his Father's House, made ready and prepared.

You see Christians believe that God always created us to live in a relationship of love with him, so we could enjoy him and all that he has made. He wants us with him in this life and the next. But something awful has gone wrong, the world is fallen and broken and damaged, as are we, and God sometimes seems far away.

Mercifully things do not have to stay that way! For God so loved the world that He sent Jesus to rescue us and give us life both in this life and the next! Jesus is the way in a lost world. He is the truth in a confused and confusing world. He is the life in a dying world.

As the Way he says, "Trust in what I have done for you." You see his death on the Cross was purposed and designed, not a dreadful accident but the heart of the plan. It was as the Lamb of God that he died. It was a sacrifice for sin, an atonement offering to do for us what we cannot do for ourselves, to enable us to be made right with Heaven.

As the Truth he says, "Anyone who has seen me has seen the Father." It is the message of Christmas – God made human for us. Jesus showing us what God is really like and standing in our shoes. This is what Jesus asks his followers and friends to believe, that his words are true and that he is the truth.

And as the Life, he invites us to believe and trust and then to live by faith as men and women who have received spiritual life and become children of a loving Heavenly Father through the work of the wonderful Holy Spirit. The Holy Spirit is given as Jesus says, "I will not leave you as orphans, I will come to you." The Holy Spirit is given so that we may know ourselves to have become children of his Heavenly Father, who then becomes our Heavenly Father.

Very best wishes, Harry

## Prayer by John Birch

Bless those who mourn  
the death of relative or friend  
and feel that with this loss  
their lives are incomplete.

Bless those who mourn,  
and fill these empty hearts  
with pleasant memories,  
the sound of laughter,  
sunshine and happier days.

Bless those who mourn,  
and heal their brokenness  
with the soothing balm  
of your gentle touch,  
that they might know  
shalom, wholeness, peace.

John Birch @ [www.faithandworship.com](http://www.faithandworship.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.**





## Fridays in Term time

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

All Welcome



10.30am  
Pilgrim  
in the  
St Mary's  
Octagon

No Pilgrim on First Fridays



Feb 7  
Mar 7  
**First  
Friday  
Coffee**  
St Mary's  
Octagon  
Headley  
10.30am



# News from our Churchwarden

by Chris Grayson

Over Christmas, whilst we were trying to teach our granddaughter how to use numbers, the  $1+1=2$ ,  $1+2=3$  kind, I realised that it is quite hard to understand what is meant by 'one', 'plus', 'equals' and 'two'. Do you remember all those 'if Mike has 5 apples and gives you 2, how many apples does Mike have', type of maths questions at school? All very useful but if I wanted a 2 meter length of wood, as I do for the bell chamber, and the store gave me two 1 meter lengths on the basis that  $1+1=2$ , it would be correct as a sum but unhelpful in reality. Yet as adults we barely give numbers a second thought despite their importance in our lives.

This is an 'electoral-roll-renewal' year. Every six years the old roll drops away and we have to get everyone that wants to be on the roll signed up anew. So, even if you have just been added to the roll you will need to go through the process again. You might be particularly interested in registering if you want to have more of a say in parish affairs. More information about registration will follow on the St Peter's website and porch notice board in the next few weeks, so look out for this.

The number of people on our roll is important to us as it impacts on the permitted size of the Parochial Church Committee (PCC), our representation at synod and the amount of parish share we are required to pay. Parish share is a contribution to mission and ministry, such as clergy housing and allowances across the diocese and a means of redistributing wealth from large and/or rich parishes to smaller/ poorer ones. For 2025, our required contribution (calculated by the diocese) has increased by about £7,500. There will be more about how we fund this increase when we come to reconsider our stewardship contributions later in the year.

We have just submitted our parish attendance data for 2024. This is a bit like the 'big butterfly count'. The difference being that instead of standing in a field counting butterflies for fifteen minutes, we sum up the numbers from our parish register. Attendance data submitted by St Peter's and other parishes across the country are then consolidated centrally to assess how the Church of England is faring. Harry and I had both had the impression that attendance in 2024 was continuing to creep up, but this is not borne out from the year-on-year averages. Despite our efforts, we have had a significant reduction in attendance from children and a slight reduction in adult attendance, mostly in the second half of the year. The decline in adult attendance is equivalent to four fewer adults per service. In the case of child attendance (which includes attendance at Little Cherubs), the decline seems to be attributable to improvements in childcare support generally. We will be identifying ways to reverse this trend as part of our Church Development Plan.

Finally, and perhaps not altogether unrelated to the numbers attending church, the Heating Renewal Team are now approaching 'stakeholders' to establish what our future heating system needs to deliver by way of a warm and habitable church.

Many thanks to you all, Chris

# Mothers & Uthers

by Karen Rand & Anne Edwards

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

## Mothers & Uthers

MothersUNION  
Christian care for families

### Mothers and Uthers' Meetings in January

It was lovely to see everyone in January; we had a very chatty lunch and a productive meeting.

Harry took led a look-back review of the Mothers' Union Programme for 2024 and shared his appreciation for all our support in the community and with young families, referencing the Mothers' Union project aims to:

Strengthen communities all over the world  
Help the most disadvantaged at home  
Shape how we advocate for the rights of families  
Building supportive, loving relationships  
Develop our relationship with God

Harry identified opportunities to strengthen support for local projects, including:

- The Mother's Union school in Madagascar (St Peter's donated £2,000 in 2024);
- The Walton Parochial Charity;
- The Food Club at St Mark's;
- The Village Kitchen/Lent lunches.

We also discussed continuing to support parents and carers with our 'Under 5s Toddler Group' at St Peter's and providing a caring and happy environment where all feel welcome.



In terms of developing our relationship with God, work would continue with Lucasta's mid-week bible study group and a midweek communion service at the Good Shepherd (1st Wednesday of the month at 10 am). Harry emphasised the importance of looking after our spiritual body as much as our physical one!

### Fundraiser, with thanks to Sue Adilz

I am delighted to say that the money raised from the cushion sale amounted to £60. As Mothers' Union was taking part in the Big Give, the first week of December, the money was doubled and with gift aid amounted to a final figure of £135. This money will be used to support the work in Burundi (more details here: <https://www.mothersunion.org/burundireport>) Many thanks must go to Sue Adilz for coming up with the idea back in the summer and a big thank you to those who bought cushions!





# Little Cherubs

by Karen Rand

The Nativity service was well attended and Little Cherubs had a wonderful time making Christingles and enjoying their Christmas party. There was also an opportunity to mark a big milestone for Jean, as she celebrated her 80th birthday. Congratulations, Jean!



# ***MU Programme 2025***

*by Karen Rand*

## **Tuesday 14th January**

Review of 2024 and ideas for the future

## **Tuesday 18th February, 10.30am**

‘Walk & Talk’ meet in St Peter’s car park and finish at 12 noon with lunch at St Peter’s. (As it is half term all families and children (and dogs) are invited and very welcome).

## **Tuesday 11th March, 12.30pm**

Lunch, followed at 1.30 pm by a Lent reflection led by Revd David Skitt: “Landscapes through Lent”

## **Tuesday 25th March, 11am**

Lady Day Eucharist & Commissioning Service at Guildford Cathedral

## **Sunday 30th March -Mothering Sunday**

## **Tuesday 8th April, 2pm – 4pm**

Easter Egg Hunt Walton Primary School playing fields (help needed – all welcome)

## **Sunday 20th April – Easter Sunday**

## **Tuesday 13th May**

‘Bluebell Wood Walk’ Meet at 1 pm for walk and late lunch at The Sportsman (please note change of time)

## **Thursday 19th June 7.30pm**

Moira Astin ‘Christianity comes to Britain’ (merge with Tadworth MU, venue the Meeting Room COGS)

## **1st and 2nd Sundays in June, 8am and 11am service**

Summer of Hope Appeal (cakes required please)

## **Tuesday 8th July – to merge with Open Group (details nearer the time)**

## **Monday 4th August**

Summer Party, Normandy Village Hall GU3 2DE (help needed please)

## **Saturday 9th August – Mary Sumner Day (founder of MU)**

# MIU Prayer Diary

Karen Rand

## February

### Reflection

'May we bloom where we are planted.' As we take a moment to think of the impact that we have around the world as Mothers' Union, may we remember the lives that are touched daily, at all hours of the day when we pray for one another. God has planted each of us where we need to be. He has placed us here in his time and in his way. As we are scattered like seeds in our communities, we are part of the new growth springing to life. He brings us new growth through the resurrection power of Christ and through the strength of the Holy Spirit. We are a people of hope. Let's reflect this unshakeable hope together as Mothers' Union.

### Monthly Prayer

We give thanks to you, Lord for our membership in the global Mothers' Union. May we be blessed with a sense of connection and belonging. May we accept the call in the power of the Holy Spirit to grow in faith. May we be empowered in all that we do and say to help others. May we bloom where you plant us, O Lord. Amen.

### Creative Prayer

Seek the power of the Holy Spirit as we spread the message of Mothers' Union. Pray for an increase in our membership. Plant a seed or bulb and nurture it. You could even grow some mustard or cress on cotton wool or re-purpose an eggshell by putting cotton wool inside the shell and draw a face on it. Imagine a new face as a new member. As your seeds or bulb grows, pray that others see us as a force for good in our world, by the work of our hands, the words we speak, the actions we take and the prayers we breathe. Amen.

## March

### Reflection

March is in many ways, a month for women as we mark International Women's Day and Mothering Sunday. Women once were deemed the weaker sex; yet so often they have an abundance of power and strength inherent in their very beings. Simply because of love! Women are also tender, gentle, nurturing, but in one of the world's great dichotomies, they are also strong, tenacious and courageous. Whenever the moment arises, women are at the forefront of calling to protect the innocent, defend the helpless and to stand resolute against injustice.

### Monthly Prayer

Father, we thank you that through the sacrificial love of Christ we have been shown the transcending and transforming power of love. Thank you for the unending grace and redemption found in his sacrifice. Thank you for his selfless sacrifice, which exemplifies the depth of your love for us. May we reflect his love in all we do. Help us to be people showing love for others through inclusion, forgiveness, compassion, and social justice. In your holy name we pray. Amen. (Based on 1 John 4:7-12.)

### Creative Prayer

Many keep a daily diary, or a prayer journal. Why not join them for March? Instead of recording all that happens, make a particular note of your new experiences and ways in which you can see the power of love through Christ. Write down the things you have done, seen or heard, new situations, new possibilities, and use them as part of your prayers and explore them to see where they might lead you. Draw what you are seeing and feeling to accompany your journal of new experiences as you deepen your relationship with Christ.

# Walton Village Forum

by Emmeline Moore



WALTON-ON-THE-HILL  
VILLAGE FORUM

## WALTON VILLAGE FORUM MEETING AND AGM

All Residents Welcome

### WHEN

25th Feb 8pm - 9.30pm

2025

### WHERE

Breech Lane Community Centre

Walton on the Hill

Do you care about where you live?

Do you like to see your village looked after ?

Want to know how all of this happens?

✉ [info@waltonvillageforum.com](mailto:info@waltonvillageforum.com)

🌐 [www.waltonvillageforum.org](http://www.waltonvillageforum.org)

### TADWORTH AND WALTON PRESERVATION SOCIETY

Update on planning from  
the committee

### MERE POND COMMITEE

Update on our village  
pond and water levels

### WALTON IN BLOOM

Update on recent  
planting and  
maintenance

### Q&A WITH LOCAL COUNCILLORS

Got anything you'd like  
to know/ask?



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# Reigate Grammar News

by Jo Hughes, Reigate Grammar School

## **Reigate Grammar School has been named Sunday Times School of the Year 2025**

Reigate Grammar School has been named Sunday Times School of the Year for 2025 in the The Sunday Times Parent Power Guide 2025, securing two awards:

- Independent Secondary School of the Year 2025
- School of the Year, South East 2025

As part of the annual Sunday Times Parent Power Schools Guide, these awards are probably the UK's most prestigious school accolades. They reflect RGS's holistic approach to education, encompassing academic excellence, pastoral care, community engagement, and a commitment to providing opportunities through bursaries.

This recognition comes as RGS approaches a landmark moment in its history. In 2025, Reigate Grammar School will celebrate its 350th anniversary, marking three and a half centuries of shaping lives through outstanding education.

Headmaster Shaun Fenton commented:

*"This recognition celebrates the extraordinary support of our staff, students, and families in making RGS such a special place. For our students, it strengthens the profile of their RGS education for university applications, to employers, and for attracting and retaining the very best teachers. Our 350th anniversary in 2025 is a time for reflection and celebration, and*



*these awards are a fantastic way to start such a momentous year for RGS."*

To learn more about Reigate Grammar School, arrange a visit, or speak to the admissions team, please visit our website at [www.reigategrammar.org](http://www.reigategrammar.org) or call on 01737 222 231.

*\* About Reigate Grammar School \*  
Reigate Grammar School is an independent co-educational school known for its commitment to academic excellence and holistic student development. With a rich history of nurturing exceptional talent, the school prides itself on preparing students for academic success, as well as in various extracurricular pursuits and community engagement.*

# CHINTHURST SCHOOL *Tadworth*

A Junior School of Reigate  
Grammar School

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

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

WORKING **OPEN MORNING** – 25

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



Visit [www.chinthurstschool.co.uk](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 Service Format at St Peter's

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

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

## **11:00am - 12:00pm Main Service**

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



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



**2nd Sunday - FAMILY COMMUNION Service**  
(less traditional)



**3rd Sunday - FAMILY Service**  
(quite lively)



**4th Sunday - PARISH COMMUNION Service**  
(more traditional)



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



# Services at St. Peter's February - March

<b>Sunday 2nd February</b>	8am Holy Communion (1662) 11am <b>All-Age Service</b>
<b>Sunday 9th February</b>	8am Holy Communion (1662) 11am <b>Family Communion</b>
<b>Sunday 16th February</b>	8am Holy Communion (1662) 11am <b>Family Service</b>
<b>Wednesday 19th February</b>	10am Healing Communion (1662) Headley Octagon
<b>Sunday 23rd February</b>	8am Holy Communion (1662) 11am <b>Parish Communion</b>
<b>Sunday 2nd March</b>	8am Holy Communion (1662) 11am <b>All-Age Service</b>
<b>Wednesday 5th March</b>	<b>Ash Wednesday</b> , Holy Communion, 10:30am, St Andrew's Box Hill
<b>Sunday 9th March</b>	8am Holy Communion (1662) 11am <b>Family Communion Service</b>
<b>Sunday 16th March</b>	8am Holy Communion (1662) <b>11am Family Service</b>
<b>Wednesday 19th March</b>	10am Healing Communion (1662) Headley Octagon
<b>Sunday 23rd March</b>	8am Holy Communion (1662) <b>11am Parish Communion</b>
<b>Sunday 30th March</b>	8am Holy Communion (1662) <b>11am Mothering Sunday Service</b>

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

# Tadworth & Walton Residents' Association (TWRA)

by Mike FOX

TWRA made its usual Christmas donations to local charitable activities including St Mark's in Tattenham which produced Christmas Hampers for Food Club members and others in need, the Fox & Hounds which provided free lunches for senior citizens, and we were also able to support the Myti Youth Club. TWRA was introduced to the MYTI Club which operates in the Preston estate when one of their volunteer supporters came to address our committee a year or so ago. The MYTI Club provides a range of activities including sport, art, IT, personal development opportunities and mental health support to 8 – 15 year-olds. A key objective of the club is to reduce anti-social behaviour by keeping young people off the streets and by giving them a voice. You can read more about the club here: [www.myticlub.org.uk/](http://www.myticlub.org.uk/)

Readers may be aware of the proposals by central government to change the way local government is organised, with district and borough councils being abolished in some counties including Surrey. Reigate & Banstead Borough Council currently plays a major role in developing the planning policies and decisions on proposed developments which impact our local area. Monitoring and reacting to planning proposals is the number one objective listed in TWRA's Constitution by which it seeks to maintain, preserve and improve the welfare of and the amenities available to the community in Tadworth and Walton-on-the-Hill. As such TWRA is closely monitoring the proposals being put forward and will endeavour to alert residents to issues where their views could most usefully be made known.

For further information check [www.TWRA.org.uk](http://www.TWRA.org.uk)

Happy New Year!  
Mike Fox  
01737 350452



# The Friends of St Peter's Quiz Night

# QUIZ

*Join us for a  
thrilling night of  
trivia!*

Gather your team, or come along as a singleton or pair  
and test your knowledge!

**Wednesday 19th March at 7pm for 7.30pm**  
**The Blue Ball, Walton on the Hill**  
**Price: £10 entry, including a glass of wine**

# Open Group & Village Kitchen

by Mo Atkins

## OPEN GROUP

Many thanks to Gina and Robin Parr-Davies for hosting the relaxing Christmas gathering of members, old and new, in December. It was good to see former Walton residents, Penny Harrison and her daughter Jenny, who had made a special effort, on a winter's night, to travel from Romney Marsh and Chatham.

Conversation flowed and eyes and brains were put to the test in deciphering Christmas dingbats! Thank you to Sue Casbon for providing a seasonal quiz to add to the fun. Mulled wine and light bites were enjoyed, especially Pauline's salmon blinis and Gina's honey and mustard mini sausages. Needless to say, the customary Open Group raffle was drawn at the end of a happy evening!

At the time of going to print we are looking forward to an Afternoon Tea and a Pancake Evening, dates TBC..

If you would like to join the Open Group distribution list (or unsubscribe) please email [waltonopengroup@gmail.com](mailto:waltonopengroup@gmail.com).

## VILLAGE KITCHEN

The Village Kitchen continues to provide a community hub where food and fellowship can be enjoyed, in a friendly and welcoming atmosphere, at the Riddell Hall.



The December Kitchen was bursting at the seams and the ambiance festive!

'Bring and Buy' did a roaring trade thanks to Barbara's and Marilyn's commercial skills. Debbie generously provided a bulging Christmas hamper, which was duly raffled and the menu had a seasonal touch, including Betty Dench's renowned mincemeat tart, which always goes down well!

## CHANGES TO VILLAGE KITCHEN DURING LENT:

The Village Kitchen is normally open on the second Saturday of the month, except during Lent when we serve soup, bread and cheese and run a 'rolling' Easter raffle, over six 'soup Saturdays'. This year the soup Saturdays will be held on the following Saturdays, 12.30 - 1.00pm:

8th March  
15th March  
22nd March  
29th March  
5th April  
12th April



There *regular* Village Kitchen will then resume after Easter, on Saturday 10th May.

# Light Up Walton

by Mo Atkins

Time seems to have flown since plans were underway for the 'Light Up Walton' event, on Friday, 6th December. Lots of thanks are due to all those who contributed, in so many ways, to this annual community gathering.

Once again David and Val Larner, with their usual community spirit, lit up 'Mereside', for the benefit of everyone entering Walton.



As ever, Martin and Jean Saul, and Richard Millbourn, were on hand to help David with the set up. This year, the display was even more spectacular, with new lights, kindly sourced, and sent from Canada, by former resident, Linn Ferg. These were generously funded by the Larners, along with transformers and other vital pieces of electrical equipment! Thank you all.

One afternoon, early December saw Richard, from Treemasters, aloft on a cherry picker, in the church car park, supervised by James Darter, at ground level.



It was fascinating to watch Richard as he swung slowly around the tall conifer, stringing lights as he went! The sun was setting by the time they had finished but by then lights adorned the conifer ... and the hedge! Many thanks to John Darter for generously facilitating this, and also for his help in setting up (and disposing of) the outside Christmas tree and garlands. Thank you also, to Neil Williams for putting up the Christmas tree and lights in St. Peter's.



Thanks to David Atkins for lighting up the outside Christmas tree and generally being a helpful gofer! In spite of the

looming threat of bad weather, a good number gathered at the pond to witness the 'switch-on' countdown, by Dave Larner, at 5pm. The assembled company then processed to the churchyard, led by lantern bearer Mike Fox, and members of TWOAT, with collection boxes. There, members of St. Peter's and the Hilltop Community choirs, alongside the brass ensemble, 'Low Key Affair', were at the ready.



The afternoon weather had been promising but, having erected a gazebo, from which to serve refreshments, a last minute decision had to be taken... 'to be ... outside... or not to be'? Clouds had darkened and rain drops could be felt. Folk were arriving imminently...inside the church it would be!

# Light Up Walton

by Mo Atkins

So, for the first time, the 'Light Up' carol singing took place in the warmth of St. Peter's, with standing room only.



Many thanks to Esther Jones, Director of Music, and the combined choir, and to Christine Atkinson, Band Leader, and members of 'Low Key Affair' for leading the singing so cheerfully.

Mince pies, mulled wine and spiced apple juice, efficiently prepared by Debbie Murray, were served by the Open Group team, and the lights outside were switched on midway, in a scenario reminiscent of Ambridge!



This event would not happen without a great effort by a team of willing participants, not forgetting marshals, Chris Grayson, John Renshaw and David A., who sported the new hi-vis jackets bearing the St. Peter's logo. Thank you to everyone who came to the event and to those who contributed to the collection for TWOAT, which raised an encouraging £594.73, with Gift Aid.

Watch this space for December 2025!

## Thanks to our Christingle helpers, Florence and Amelia



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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

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## Easter Lillies

*Penelope Dring*

As in previous years, there will be lilies in St. Peter's Church at Easter, in remembrance of loved ones no longer with us.

If you would like to remember someone in this way, please see the list in the Church porch from the beginning of Lent (9th March) until Palm Sunday (13th April).

Please write your name and contact telephone number, and print clearly the name/names to be remembered - they will be inscribed in the Easter Remembrance Book.

£6 per name of each person to be inscribed, please give the money as soon as possible either to Penelope Dring or to the sides person on duty. The proceeds will go to St. Peter's. Thank you.



# World Prayer Day & A Note from Norma

by Mo Atkins &  
Norma Darter



**EVERYONE IS VERY WARMLY WELCOME** to this interesting and meaningful service on **Friday 7th March** at St John's Church, 59 The Avenue, Tadworth, KT20 5DB. The service will be followed by a good tea in the adjacent hall. This year's service has been written by Christian women in the Cook Islands. The theme, '*I made you wonderful*' is based on the words of Psalm 139 and is woven within the stories of three Christian women, from the islands.

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

The local committee comprises representatives from denominations in Headley, Kingswood, Tadworth and Walton on the Hill. They meet each year to organise and present the service, as planned by the host country. If you would like transport, please email Nicola, [admin@stpeterswoth.org](mailto:admin@stpeterswoth.org) or call the Office on 01737 668254, leaving a message if you get the answer phone.

## A Note from Norma

Well, here we are into another new year; I wish you all a healthy and happy one.

Christmas came and went but I'm pleased to say that Marilyn and I sold £1,636 worth of cards for The Royal Marsden. A great result considering the price of postage. We also collected £110 in extra donations for the hospital and bought Amazon vouchers and a big bag of sweets for the teenage unit with funds raised from the sale of refreshments at film showings at Riddell Hall. THANK YOU to everyone who supports this charity.



Speaking of films at Riddell Hall, tickets are on sale for two showings of 'LEE' on Friday 21st February at 2pm and 7.15 pm (£8). 'Paddington in Peru' (£3 a ticket) is also showing at 4.45pm. Tickets can be booked online (link opposite)

<https://www.curzoncountrycinema.com/buy-cinema-tickets/>

When I look back over the last two years, I can't believe how quickly time has gone. Bill and I have packed in so much, and at last we are feeling settled in our flat. The weather has been pretty grim this winter, keeping us indoors. A good time to sort the cupboards, we thought. Some days it looks like we're in the process of moving again, with boxes everywhere! The trouble is, we've forgotten where we put everything when we moved in on 13th March last year! Does this sound familiar? Unfortunately, we have mislaid lots of items, so you might find us pottering about in the local charity shops in search of bargain replacements. Note to self; the upcoming jumble sale on the 22nd February at the Good Shepherd Church Hall might come in handy too!

Best wishes and take care, Norma



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# Tadworth Overseas Aid Trust (TWOAT)

by Mike Fox

*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.*

We were very grateful for the good wishes and donations to our appeal over Christmas. The appeal supports the many projects we are involved helping babies, children and young people around the world in Africa, Asia, South America and Eastern Europe. These projects are mainly concerned with education at primary and secondary levels together with skills training those interested in careers in both electronics and in the hospitality industry. We also help with funding for school lunches, such as at the camp for refugees from Myanmar, as we are aware that children learn more effectively if they are not distracted by hunger.



*Myanmar refugees children eating a TWOAT funded lunch in a brightly decorated classroom last September.*

In addition to its focus on education, TWOAT has also traditionally funded both medical and environmental activities including the supply of water and development of agriculture and forestry. Those of you who attended our annual dinner will have heard our speaker, Joe, who is involved in a project in Malawi, talking about tree planting and forestry protection. Following his talk, the TWOAT committee decided that £1200 (most of the funds raised at the meeting) should be allocated to the tree planting work. Once TWOAT became regular supporters we were invited to participate in a monthly video

conference session with Joe, in Wales with a link to Malawi and other supporters based in the UK. We could also view previous recordings of these sessions. The first one attended by TWOAT took place on December 17th. I was impressed to see that the Malawian transmission was outdoors from an area of fruit trees planted by one of the farmers supported by the project. We and other supporters were able to question the project's local support staff and the farmers with the staff acting as interpreters. We heard directly about their challenges and successes. A recent recruit to the project staff was a very impressive young Malawian lady, recently qualified with a degree in Earth Sciences. She was explaining how root grafting techniques can improve both growth rates and resistance to pests, although monkeys who like similar fruits to humans remain a problem. We should be able to invite TWOAT supporters to join us in some future sessions.

We have been planning TWOAT's activities for the next few months and provisional dates for our events are as follows:

- Friday 4th and Saturday 5th April: **Annual Street Collection**;
- Saturday 12th April: **Quiz Evening** in St John's Hall;
- Sunday 27th April: **Open Garden** event kindly organised for us by Keith Lewis, 41 Shelveys Way.

TWOAT will also be one of the charities benefitting from the proceeds of a Quiz Evening in Kingswood Village Hall on March 1st.

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.

# TWOAT: Les Petits Saphirs

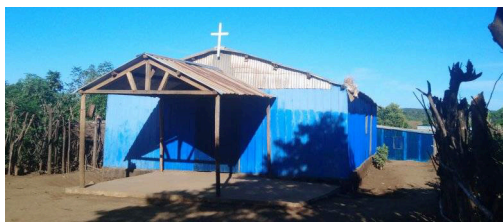
by Laurette Totomarovario

Latest news from Les Petits Saphirs, Ambondromifehy school project.

Dear Reverend Harry Latham, the Rector of St Peter's and to the whole congregation of St Peter's Parish church in Walton. Greetings in the name of our Lord Jesus Christ.

It is always a great pleasure for us to share with you some fresh news of Les Petits Saphirs school at St Trinity Church, Ambondromifehy.

First of all, I would like to thank you all, not only for your recent donation to the school project but also for the year before. Thanks to your hugely important, regular donation to TWOAT, we have been able to keep improving the state of the school. As a matter of fact, last school year 2023-2024, the number of children had suddenly jumped from 38 to 76. We were very glad and relieved to receive your last year contribution from TWOAT, which enabled us, with the support from some other friends in France, to build two new nursery classes, to host the youngest who had to be kept in the church building.



Thanks to your generous gift, at the start of this new school year 2024-2025, the nursery kids are so happy and proud of their new building as you can see in the photos (opposite).

As you must have heard from TWOAT, for various unexpected reasons, enrolment has more than doubled again to 161 at the St Trinity church. Thanks to TWOAT's continuous assistance in early September, we have been able to hire a new teacher, reorganise the furniture and make some adjustments to be able to meet this new sudden

increase. Primary classes have to be kept in the church building this current year. Whatever the reasons for this sudden increase, we will definitely set a limit to the enrolment next September 2025 in order to keep our original goal for good education.



Meanwhile, with your donation to TWOAT this year, we are hoping to build another classroom for the primary years 1 and 2.



Please remember us in your prayers for all these plans to be fulfilled.

With our best wishes for Christmas and the New year 2025, in the name of Jesus our Lord.

**Laurette Totomarovario**

# Well-being - Recovery & Growth

by Tracy Latham

Last time we explored resilience as finding ways to cope with, recover from and hopefully grow and develop as a result of challenges. It is almost inevitable that the longer we have lived, the more challenges we will have faced and sometimes when we get through something tough, we don't want to look back. We just want to wave that season goodbye and never think about it again. Perhaps that is part of the recovery process. Allowing ourselves a period of comfort, ease and space from all that has felt so challenging.

But after a period of recovery taking some time to look back and think about how you got through it and the skills or character traits you developed can be very encouraging and can build our resilience. It is not helpful to live life looking in the rear-view mirror, but if we don't think about how our experience has impacted us, we can take unhelpful baggage with us, become bitter rather than better or lose courage and hope to keep going. Hard experiences can leave us with lots of self-doubt, mistrust or a negative mindset. Beholding – taking time to see and validate what we have been through – allows us to digest our experiences. Digestion helps us let go of what is not helpful and hold on to what is. Beholding can have a positive effect on our becoming.

Many of the challenges we face come unbidden and can make us feel quite powerless. Recognizing we do have some control over who we become as a result can be quite empowering and steadying as we get ready to face fresh challenges and engage in the hurly burly of life.

## Questions for reflection:

- What are the most significant challenges life has given you?
- How have you recovered from them and grown as a result?
- What fruit have your struggles produced?
- Who have you become?
- Who would you like to become?

## Living

**This life is not a walk in the park;  
There is heavy and light, light and dark.  
It's a wild adventure; not for the faint heart.  
We try to take it all in and play our part  
But it is much easier said than done  
And I can't pretend it is always fun!  
Sometimes longing for home maybe ok  
And not being sure I know how to play  
This game of life.**

*You say 'It's ok to work, rest and play.  
I am with you – don't dismay.  
Live life to the full; I have set you free.  
My home is in you and yours in me.  
Gratitude and a renewed mind  
Will help you find  
your way.'*

**Amidst the pain and the mess,  
The cacophony and the distress,  
The discordant notes,  
The high pitch notes;  
There is a sweet melody  
Played so consistently.  
And a deep base note  
That confirms His vote.  
His arms outflung;  
His song of love is sung  
Over it all  
Over us all  
Over me.**

# Rascal Club Newsletter

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

As we age, our bodies experience a natural decline in muscle mass and strength, a process known as sarcopenia. Maintaining muscle mass becomes increasingly important for overall health, mobility, and independence. For individuals over 60, eating an adequate amount of protein plays a crucial role in preserving and building muscle, providing the necessary building blocks—amino acids—that the body uses to repair and grow muscle tissue. Ensuring you are getting enough protein has other health benefits too:

- maintaining a strong immune system, which becomes more vulnerable with age.
- supporting bone health by increasing calcium retention and improving bone density, further reducing the risk of fractures.
- improved functional capacity, better balance, and enhanced quality of life

Protein intake is especially important after exercise. Resistance training, when paired with sufficient protein consumption, enhances muscle growth and strength.

Aim for a well-rounded diet, including a variety of high-quality protein sources, such as lean meats, fish, dairy, beans, and legumes. Studies suggest that consuming protein evenly throughout the day—rather than in large quantities in one meal—may be more effective for muscle synthesis.

How much protein is enough? An adult needs between 40 and 60 grams of protein a day to maintain their health. Aim for 1.5 times your weight in kilograms, in grams to build muscle. Hint! You need to use your muscles in order for them to repair stronger! Example: I weigh 75kg.  $75 \times 1.5 = 112.5$  grams of protein is required per day to build muscle. A 200g chicken breast contains about 50g of protein. A medium egg contains about 13g of protein. A tablespoon of Greek yogurt contains about 10g of protein. Some helpful examples and meal ideas are provided opposite.

## Breakfast

Try eggs, salmon, omelette, chicken with leafy greens and avocado or Greek yogurt.  
2 eggs (13g x 2) x salmon (18g) on a bed of spinach (cooked 100g 3g) = 47g protein  
Greek yogurt (2 tbsp x 10g) and mixed seeds (50g = 12g) with berries (2g) = 34g protein

## Lunch

Opt for a chicken soup or bone broth to heal the gut. A side of humous (see Local Chef pg 30) and crunchy vegetables. Pea soup- half a litre contains 15g of protein. Chicken soup - half a litre contains 12.5g of protein. 2 tbsp humous contains 2.4g protein.

## Dinner

End your day with a nourishing meal at about 6pm. This gives your body time to 'fast', during which it heals and replenishes its cells before break'fast' in the morning.

Steak 8 ounces or about 200g contains 50g protein. Mince beef 200g contains about 28g of protein. Serve with pea pasta for bolognese or homemade guacamole for chilli. Daal curry, one cup can hold up to 20g of protein. Add vegetables.

Need a sweet treat? Enjoy a tbsp of Greek yoghurt or a gluten free pea protein and cocoa pancake and fruit.

With careful planning, choosing protein rich whole foods will heal your gut and level out your glycemic index, which means you stop craving calorie dense/nutrient poor damaging foods. You'll build muscle and should you need to lose weight, providing calories in are less than the calories used throughout the week, you'll lose fat.

If you'd like to learn more, or want to work on muscle building to live a long and strong life, contact The Rascal Club. Classes for all ages. Personal training available. Over 60's specialist classes too!

# Local Chef- Easy herb flatbread and an even easier cannellini bean "hummus"

by Laura Palmer

Sometimes speed is key. I need healthy food within minutes or the snack cupboard gets it and I end up feeling rubbish. This recipe takes 10 minutes, is a plant based yet protein-packed store-cupboard lunch and you can add sliced avocado, grated carrot, roasted beetroot chunks, side salad, whatever you like, to make it a more substantial meal. Or serve it as part of a spring mezze.

I'm slightly obsessed with hummus since I don't eat cheese, and a decent dip makes me eat carrot sticks, or any other veg I can cut into suitable receptacles. But what happens when you run out of chickpeas? No problem, white beans will do. The dip goes perfectly with this flatbread. I realise there are many, many versions of instant yogurt bread on the internet, but here's mine. The key to the dip is seasoning; white beans are bland so don't hold back on the salt and pepper; and herbs in the flatbread make all the difference.

## Ingredients

### For the bread:

200g self-raising flour (I use Dove's Farm gluten free flour),  
150g coconut yogurt, (or any other kind)  
A pinch of salt,  
1 tbsp rapeseed or light olive oil,  
½ teaspoon dried mixed herbs,  
¼ teaspoon dried rosemary,  
1 tbsp water (not always required).

### For the "hummus":

1 tin of cannellini beans (drained but not rinsed),  
2 tbsp tahini,  
2 tbsp nutritional yeast,  
¼ teaspoon rosemary,  
½ tsp Zaatar (optional),  
1 clove garlic (peeled),  
¼ teaspoon coarse sea salt (plus more to taste),  
Lots of black pepper,  
¼ tsp smoked paprika,  
2 tbsp rapeseed or olive oil,  
Juice of 1 lemon.



## Method

To make the bread, mix everything together to form a fairly firm dough. Roll half of this to about 2mm thick, pop a side plate on top and cut round it to create a round dough. Place in a non-stick frying pan over a medium heat for 2-3 minutes, flip and cook the other side for another 2-3 minutes.

For the dip, blend all the ingredients to a creamy paste. Enjoy!

PS. The flatbread needs to be eaten the same day, but the dip will keep in the fridge for 3-4 days.



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