

**ABINGER AND COLDHARBOUR**

# Parish News



March 2026

## Who's who in your Parish

Rector: The Rev'd Kia Pakenham (01306 737160) rector@abingerandcoldharbour.org

Honorary Assistant Priest: The Rev'd Virginia Smith (01306 885349)

Licensed Lay Ministers: Hilary Swift and Amber Wood amber@abingerandcoldharbour.org

Parish Office: parishoffice@abingerandcoldharbour.org

Secretary: Sally McCance (01306 737160) Mon, Tue, Wed, Thu 9 -3 pm

Organist and Choirmaster: David Hansell:dhabchbr@gmail.com

St. James' website: www.stjameschurchabinger.org

Webmaster: Phil Rawlings (01306 730382) web@stjameschurchabinger.org

Christ Church website: www.coldharbourchurch.org.uk

Webmaster: Martin Richards (01306 711885) webmaster@coldharbourchurch.org.uk

St Mary's, Holmbury: www.holmburychurch.com

St John's, Wotton: www.wottonchurch.org

### Abinger

Churchwardens: Lucy Harlow  
(contact via Parish Office)

PCC Secretary: Sally McCance (737160)

Treasurer: Tim Prideaux (730730)

Gift Aid Secretary: Tim Prideaux

Flowers Secretary: Kim Edwards (730809)

Hall Bookings: Evelyn Hall (Kim Edwards)  
theevelynhall@gmail.com  
01306 730809  
Ab. Hammer Hall (730703)

### Coldharbour

John Anthony Simpson  
(contact via Parish Office)

Sally McCance (737160)

Martin Neve (07974 777448)

Helen Potter ( 712214)

Patsy Simpson (via parish office)

John Venus Hall (Su Jones)  
suaj1512@gmail.com  
07779 726930  
Village Pavilion (712009)

### Parish News

Editors: Liz Hamilton (730382) Jenny Parker (731851), abingerpn@gmail.com

Distribution: Kim Edwards (730809)

Advertising: Sally McCance (737160), PNadvertising@aol.co.uk

### Abinger Organisations

Abinger Consolidated Charities: Kim Clark (07775 531912)

Church Choir: Lucy Harlow: lucyharlow@me.com

D&G Choir: Jess Brown (07936542411) danielthreec@aol.com

Fair Secretary: Liz Irvine: lizandkeithi@btinternet.com

Sports Club: Rob Dunn (01306 730320) robert.a.dunn@btinternet.com

Booking Secretary: Ed Bigland (07968 417852)

Abinger Common & Wotton WI: President: Lesley Childs (01483 205461)

SALV Rep for Abinger: Alyson Webber: alysonjwebber@aol.com

Good Neighbours (lifts): Jo Kelly (01483 205446 or 07900 302794)

### Coldharbour Organisations

Surrey Hills Aikido Club 07931 714812

Sports and Social Club/Village Society: www.coldharbour.net

Church Electoral Roll Officer: Helen Potter (01306 712214)

Cricket Club: John Hopper (07957 611664)

Golf Society: Stuart McLachlan (01306 712009)

Village Band: Debby Chapman (01306 711704)

## **Parish Councils**

Abinger: clerk@abinger-pc.gov.uk www.abinger-pc.gov.uk

Coldharbour (Capel): Stuart McLachlan (712009) www.capel-pc.gov.uk

## **Surrey County Council**

Councillor: Hazel Watson (880120) h.watson@surreycc.gov.uk/ hva.watson@btinternet.com

**Shere Surgery** 01483 202066; Dispensary 01483 209913\*

Monday: 8.30am – 6.30pm (Closed 1.00-2.00pm)

Tuesday: 8.30am - 6.30pm (Closed 1.00-3.00pm)

Wed, Thurs & Fri: 8.30am - 6.30pm (Closed 1.00-2.00pm)

\*For dispensary ring after 11.00am. Saturday morning - prescription collection only

**Westcott Surgery & Dispensary** 01306 875577

Mon, Tue, Thu & Fri: 8.30am - 6.15pm (Closed 12.30 - 2.30pm)

Wed: 8.30am - 12.30pm

**Capel Surgery** 01306 711105 / Fax 01036 712751

Mon – Fri: 08:00 to 18:30.

Emergency appointments can be booked the same day at 08:00 and 14:00. Out-of-hours appointments, including weekends and bank holidays, can be booked via Capel or Holmwood. Dispensary: 10:30 to 13:00.

**Holmwood Surgery** 01306 889242

Mon to Fri: 8.00am - 1.00pm.

**Medwyn Surgery** 01306 883816 (Pharmacy 01306 740865)

Mon, Thu, Fri: 8.00am – 6.30pm Tue, Wed: 8.00am – 8.30pm

Pharmacy, Mon – Sat: 8.00am – 11.00pm, Sun: 10.00am – 8.00pm

**NHS Direct** 111

## **Police**

Non-emergency: 101 or Emergency: 999

**Electricity Power Cuts** 0800 783 8866

## **Buses**

Coldharbour and Abinger Common Bus Services: www.buses4U.org.uk

Connect Bus: 0300 123 7751

www.surreycc.gov.uk/roads-and-transport/buses-and-other-transport/community-transport/mole-valley-connect

Wasp Bus: 07802 460069 or e-mail: waspbusinfo@gmail.com

## **Local Schools**

Abinger Common Nursery: Pre-School Leader: Hayley Hatton 07842 978823

abingercommonnursery@gmail.com

Surrey Hills All Saints Primary School. Head: Jacky Fyson 01306 881136

Shere School Head: Victoria Beattie head@shere.surrey.sch.uk



# EVENTS



## March

- 1st St David's Day Come & Sing, St James', 4-5
- 4th SJ's café & repair café, St James', 9 – 11
- 5th WI, Wotton Village Hall, 2.30
- 5th Shere Cinema, *I Swear*, 7.30
- 6th Coldharbour coffee morning, JV Hall, 10.30-11.30
- 8th Home Energy Advice, Pippbrook House, 10-4
- 11th SJ's café & repair café, St James', 9 – 11
- 14th Surrey Serenaders, St James', 10-12
- 18th SJ's café & repair café, St James', 9 – 11
- 22nd Great Abinger Bake Off, Evelyn Hall, 2 -4
- 22nd Shere Cinema, *Ocean with David Attenborough*, 7.30
- 25th SJ's café & repair café, St James', 9 – 11
- 25th SALV Evening, *Men's Health*, Shere Village Hall, 8pm
- 28th Surrey Serenaders, St James', 10-12
- 28th D&G 20th Anniversary Concert, St James', 7.30

## April

- 1st SJ's café & repair café, St James', 9 – 11
- 2nd WI, Wotton Village Hall, 2.30
- 5th Easter Sunday
- 5th Shere Cinema, *One Battle After Another*, 7.00
- 6th Easter Fun Day, St James'. 11 – 1.30
- 19th Shere Cinema, *Downton Abbey, The Grand Finale*, 7.30



# Reflections from the Rectory

In the church's liturgical rhythm we are in the season of Lent. Traditionally a time where we pause to reflect on what is getting in the way of our relationship with the Divine, to reassess where our treasure lies and therefore where we are placing the majority of our time and attention; to bring these areas to God and to re-dedicate ourselves to his service. As we free up ourselves internally and externally it is also an opportunity to practice love and gratitude and to look outwards at how we can positively affect the world and the people around us. To this end, can I draw your attention to a couple of possibilities?



The first is to have a look at this link: **40acts: Do Lent generously** where we are encouraged to focus on kindness and small acts of generosity – there are some wonderful ideas for families with wall planners and targets – do take a look!

And secondly, Estelle Earnshaw is inviting us to look at how faith, hope, love and joy can speak into the world around us and how faith is relevant to us today. For more information please contact her on [estellearnshaw@me.com](mailto:estellearnshaw@me.com)

With love, Rev'd Kia ☺

Rev'd Kia Pakenham  
Rector of the Leith Hill  
Benefice  
Sabbath: Friday  
[rector@abingerandcoldharbour.org](mailto:rector@abingerandcoldharbour.org)  
01306 737160

## Remembering Roy Frampton



In late January we said a very sad and sudden goodbye to Roy, beloved team member at The Abinger Hatch for over 15 years and a genuine gentleman.

Roy had lived in Abinger throughout the long time he had worked at The Abinger Hatch, most recently with Brad, Charlotte and their team for the over 8 years that they have been running the pub. Prior to his time at The Abinger Hatch he had lived and worked in and around Dorking for many years and was well-known in the strong hospitality community in the area having also worked at The Kings Head,

The Watermill and The Spotted Dog to name just a few! For the team and locals alike though Roy had been a constant feature of many people's lives in Abinger.

He was everyone's favourite, slightly grumpy, lager drinker and was truly adored by the entire team at The Abinger Hatch. Roy always had time for everyone, and he would take the time to listen if anyone needed an ear and give his own brand of sage advice. He will be fondly remembered by so many people who were lucky enough to work with him over the years. Some of the team's favourite memories are seeing him sunning himself outside with a pint of lager as soon as the sun would shine, in his crisp white t-shirts, his love of the Ice Age films and for somehow being one of only two team members who seemed to always be the ones to take the (slightly odd!) order for 'a sausage in a box' for dogs! The team saw him reduced to tears by this alone and, as silly as it may sound, just mentioning a sausage in a box to him at any point would set him off chuckling away again.

For all the team at The Abinger Hatch he was especially known to have been a man of common sense, able to find simple solutions for any problem, no matter how big or small. He was a generous person who would offer to help everyone with any of their troubles, whether it would involve fixing something physical or simply having a beer and a conversation after a shift. It is with great sadness that we say farewell to a great friend and colleague.

The outpouring of love, affection and stories at the sharing of his sad passing was so heart-warming and meant a lot to all of us at the pub and to his family who have been touched reading all the comments online.

We are in contact with his family regarding funeral arrangements and, with their permission, will share details with the community for those who would like to attend to pay their respects as soon as possible. Should the family wish to keep their arrangements private we will arrange a memorial event for Roy at the pub separately for all those who would like to attend.

*Brad, Charlotte and the team at The Hatch*



## **Another brilliant Abinger Community Lunch**

To mark Valentine's Day, well the day after actually, the second Abinger Community lunch was held in the Evelyn Hall. Many thanks to Lucy, Katie, Kim and their team for all their hard work – planning, cooking, serving, washing up... And thanks to all the volunteers who helped get things straight afterwards – Clive Williams in particular for his drying services in the kitchen.

A good time was had by all!



**When's the next one?**

**See the next page...**

# Save the Date: Abinger Community Events in 2026

Date	Event	Venue	Time
<b>APRIL</b> Mon 6 <sup>th</sup>	<b>Family Fun Day</b>	<b>St. James' Church</b>	<b>11-1.30pm</b>
<b>MAY</b> Fri 1 <sup>st</sup>	<b>All Age Games Night</b>	<b>St. James' Church</b>	<b>6 - 8pm</b>
<b>JUN</b> Sun 7 <sup>th</sup>	<b>Community Lunch</b>	<b>Evelyn Hall</b>	<b>12 - 2.30pm</b>
<b>JULY</b> Fri 10 <sup>th</sup>	<b>Softball</b>	<b>The Green, Abinger Common</b>	<b>5.30pm</b>
<b>SEPT</b> Sun 6 <sup>th</sup>	<b>Community Lunch</b>	<b>Evelyn Hall</b>	<b>12 - 2.30pm</b>
<b>OCT</b> Sat 3 <sup>rd</sup>	<b>Make a Scarecrow</b>	<b>St. James' Church</b>	<b>11 - 1.30pm</b>
<b>NOV</b> Fri 13 <sup>th</sup>	<b>Film Night</b>	<b>St. James' Church</b>	<b>6.30 - 8.30pm</b>
<b>DEC</b> Sat 5 <sup>th</sup>	<b>Christmas Crafts</b>	<b>St. James' Church</b>	<b>11 - 1.30pm</b>
<b>Sun 6<sup>th</sup></b>	<b>Community Lunch</b>	<b>Evelyn Hall</b>	<b>12 - 2.30pm</b>

## **EASTER FUN DAY**

**Bank Holiday Monday**

**(6th April)**

**11am to 1.30pm**

**@ St James' Church**

-  **Easter Treasure Hunt**
-  **Crafts & Games**
-  **Hot Dogs**

Everyone is WELCOME





## 70 Years of the Abinger Fair

The Old Fair of Abinger will take place on **Saturday 13th June 2026** from 2 - 5pm. This will be a special year in which we celebrate the 70th Anniversary of the revival of the medieval themed fair in Abinger. The Fair was brought back to life in 1956 by Dr Chapman, Rector of St James' at the time as a means to raise much needed funds for the Church following the expense of its restoration after it had been bombed in 1944. The fair has been held on the second Saturday in June every year since with the exception of the Covid years.

In this special anniversary year, we are excited to be joined in the Main Arena by Invicta Men at Arms. The Men at Arms will give us a demonstration of medieval hand to hand combat while dressed in a full suit of authentically replicated armour weighing around 15 kg and with medieval weaponry. The aim of the combat is to put your opponent on the ground whilst remaining standing yourself. In addition to the demonstrations the Invicta Men at Arms will be around all afternoon and will be happy to explain Buhurt which is the name of the medieval armoured combat team sport in which they participate. Invicta is one of the leading UK Buhurt teams and travel to tournaments all over the country but are based less than 10 miles from Abinger.

Kim Clark

**AGE** Mole Valley  
*Concern*

**PERMANENTLY CLOSED FROM 30/1/26**

We are sad to announce that Age Concern Mole Valley will be closing down on 30<sup>th</sup> January 2026 due to lack of funds and fewer grants being available to support older people's charities.

**The Information and Signposting Service will still be available and will be supported by Central Surrey Voluntary Action, Tel: 01306 640369**

Our existing clients and befriending volunteers will continue to be supported by Diana Webb on:

Mobile: 07821 649683 Email: [diana.webb@csva.co.uk](mailto:diana.webb@csva.co.uk)  
CSVA 1135830

Registered Charity No

## A new neighbour in Abinger

Amongst the familiar faces at the Community Lunch, there was one new one - Monica Dumitrache. Monica has been helping Elwyn Perry who brought her along to the lunch. Born in Romania, Monica came to England to study about 20 years ago and now works as a carer in Raynes Park. She wanted to move out of London into the countryside and has now been living in Spindles Cottage since last November. She would love to work closer to home if opportunities arise. Her number: 07824 628929.



## Coldharbour welcomes Kieren and Helen Stanley

We decided to make the move to Coldharbour from Old Coulsdon near Purley as it was time for our own version of 'escape to the country', and what better place to come to than an area we know well from cycling and that we had already fallen in love with.

I am from the Wirral near Liverpool but have spent most of my life away from the Scouse twang living across the Home Counties and central London, and Helen is a born and bred Surrey girl, never straying far from the Purley area! Until now!

Life in the village and Surrey Hills so far has not disappointed; we have been made to feel very welcome, a huge thank you to everybody who has played a part in that, we feel like we have lived here longer than we have.

We certainly look forward to the warmer and drier months as it feels like it has rained everyday here in our first month though. We are assured that it does stop at some point!

Looking forward to meeting more of you over the next few weeks and months, probably in The Plough, Michaela's pop up pizza night at the Ockley Village Green or out walking our dog, or dare we say it, out cycling. We both ride (and I race) for Addiscombe Cycling Club but have both recently joined Dorking CC so look forward to riding new routes with them when we have settled in and are able to.

PS If there are any triathletes out there, I race for South London Harriers and GB so do get in touch as it would be great to have some locally based training partners.

*Kieren Stanley*

## Lesley and Craig Zocher - also new to Coldharbour

My husband and I moved to beautiful Coldharbour in September last year and are loving village life!

I am a qualified Reflexologist offering professional, calming treatments from my home in Coldharbour; with the additional option of home visits for your convenience. My aim is to help you feel more balanced, relaxed and supported - physically, mentally and emotionally. Reflexology is a gentle, holistic therapy based on specific points on the feet corresponding to different organs, systems and structures within the body. By applying precise pressure to these reflex points, Reflexology encourages the body's natural ability to heal itself, promoting a deep sense of relaxation and improved wellbeing. Life places huge demands on our bodies and minds with stress being a leading factor behind many conditions we experience - from poor sleep, digestive discomfort, low energy, hormonal imbalance and many more. Reflexology helps calm the nervous system, reduce stress levels, lower blood pressure and improves circulation, making it an effective support for a wide range of issues. Whether you're seeking relief from a specific condition or simply looking to create more calming in your life, Reflexology offers a nurturing and restorative experience. Treatments are tailored to your individual needs.



Curious to know more? Please feel free to get in touch to discuss how Reflexology can benefit you. A gift voucher for a Reflexology treatment makes an indulgent gift too. Lesley- 07494 862361. Email- [mrs.zocher@gmail.com](mailto:mrs.zocher@gmail.com).

*Lesley Zocher*

### **Erratum**

Coldharbour's Graham Mytton points it an error with the zeros in his stamp sales article last month. He actually sold over 700!

**Obviously I didn't sell 70 stamps! I sold 708! 70 stamps could not have raised £700!**

## Forty one years a Coldharbourite

We moved into Coldharbour in January 1985, it was a cold winter, heating oil cost 9p a litre, and having stretched myself to the limit on the mortgage we had to make do with the coal fire in the living room. No broadband for at least another 25 years.

Coldharbour had many strong characterful women. There was Mrs Lipscombe and her two daughters, who delivered papers, wood for the fire, and eggs. Mrs Mary Mewitt, who regularly went up to Covent Garden market and organised fresh fruit and vegetables, she also looked after the village hall. There was of course Nelly Jelly, who I did not know, Joan Sarle whose grandfather was Cuthbert Heath, who I lived next door to and then I bought her house subsequently; and also her sister Mary Arben. Plus at least three other formidable women, who were my close neighbours, whose names I have forgotten.

The village hall was being rebuilt, after fire damage, later to be renamed the John Venus Hall and I, i.e. the Surrey Hills Aikido Club, was the first person to hire it and have been hiring it every Tuesday night ever since, to teach Aikido to whomever would like to practise it. For the uninitiated, aikido is a non-competitive, non-aggressive martial art, which is great for building confidence and fitness. It is ideal for women and children because it does not rely on strength.

The essence of Coldharbour has not really changed, it is still a beautiful community and village. There are quite a lot of village activities - yoga, aikido, cricket, golf, church, the band, book club, NT volunteers, fetes, quiz night etc., more than there were back in 1985. People care, which is a lovely characteristic.

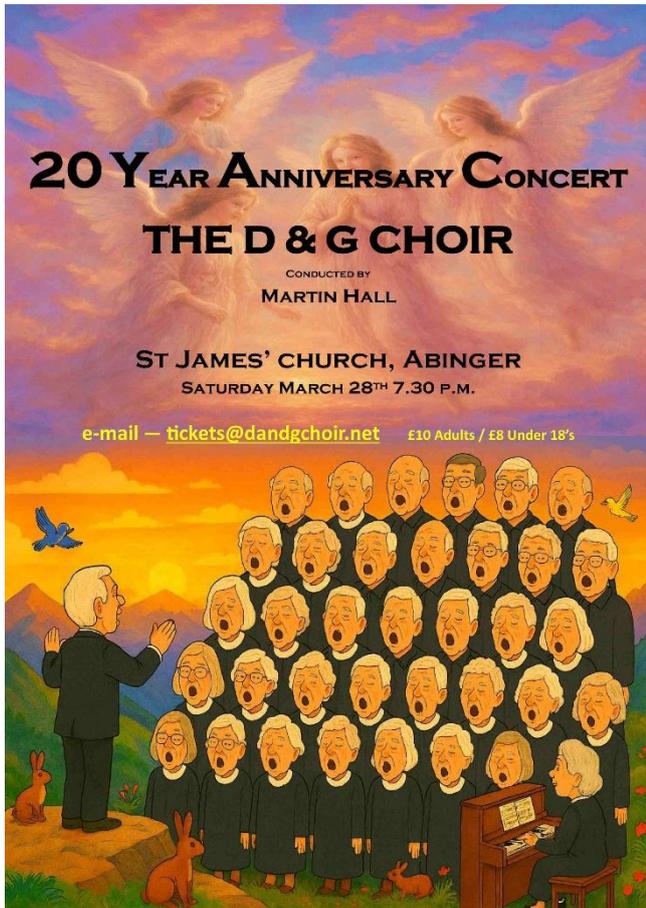
When I moved in I was 30 and was just about to get married, we went on to have two children and they now both have two children each. I am now 71 and the time seems to have flown by. Fortunately, we still have a great Plough pub with a wonderful landlord Enes and team, we still have a shop and the community of Coldharbour still has a fantastic community spirit. Thanks to everyone who contributes and long may it continue.

*Piers Cooke*



# MUSIC AND THE ARTS

## The D&G Choir



The D&G Choir who sing at St James' Abinger are celebrating their 20th Anniversary at a Concert being held in the Church on 28th March at 7:30pm. But the Concert will also be a farewell and thank you to Musical Director Martin Hall who founded the Choir and has been its inspiration for the last 20 years.

The Choir was originally formed by a group of women from Abinger who asked Martin if he could teach them to sing and they went on to take a number of Choral Exams which they passed successfully.

In 2016 the Choir then asked husbands and partners to join and it has grown into a 40 member

strong choir that has performed significant works including singing the Chorus in Purcell's *Dido and Aeneas* and performing Faure's *Requiem* in both Abinger and Romalldkirk, North Yorkshire.

To celebrate 20 fantastic years the Choir will be performing a selection of their favourite pieces ranging from excerpts from *Dido and Faure's Requiem* to melodies from *South Pacific* and the Beatles. With some new pieces as well.

Chair of the Administration Committee Martin Perry said: This will be a wonderful concert to celebrate an amazing milestone of singing together for 20 years but also to say farewell and thank you to Martin for creating the choir and leaving us with a huge legacy which we will take forward into a new exciting era for the choir.

We are so grateful to St James' for allowing us to sing there and we hope that as many local people as possible will join us for this very special event.

Tickets are £10 each for adults and £8 for U18's and can be obtained via the D&G ticket website: [tickets@dandg.net](mailto:tickets@dandg.net)

# Services at St James' Church, Abinger

- 1st March      The Second Sunday of Lent**  
10.30am      Parish Communion (Common Worship) with provision for children  
Refreshments after the service  
4.00pm      St. David's Day Celebration 'Come and Sing'  
Followed by refreshments
- 8th March      The Third Sunday of Lent**  
6.00pm      Choral Evensong
- 15th March     Mothering Sunday**  
10.30am      'Mothering Sunday with Compassion' Service  
Refreshments after the service
- 22nd March    The Fifth Sunday of Lent**  
10.30am      Sideways Church  
New angles on faith with breakfast, laughter and conversation  
6.00pm      Julian meeting at Christ Church Coldharbour  
Half of an hour of stillness with God
- 29th March    Palm Sunday**  
10.00am      Joint Palm Sunday Service at Christ Church Coldharbour  
Refreshments after the service

## **SJ's and Repair Café Abinger**

Every Wednesday morning from 9.00am to 11.00am.

Join us at St James' for tea, coffee, croissants and chat - and bring along your material items to be repaired.



# Services at Christ Church, Coldharbour

<b>1st March</b> 9.00am	<b>The Second Sunday of Lent</b> Parish Communion (Book of Common Prayer)
<b>8th March</b> 10.00am	<b>The Third Sunday of Lent</b> Second Sunday Service (Iona with communion) Refreshments after the service
<b>15th March</b> 10.00am  6.00pm	<b>Mothering Sunday</b> Mothering Sunday Service Refreshments after the service  Congregational Evensong
<b>22nd March</b> 10.00am  6.00pm	<b>The Fifth Sunday of Lent</b> Parish Communion (Common Worship) Refreshments after the service  Julian meeting Half of an hour of stillness with God
<b>29th March</b> 10.00am	<b>Palm Sunday</b> Joint Palm Sunday Service Refreshments after the service

**Parish Office at Coldharbour will take place on:**

Monday 2nd March and Monday 16th March from 10am - 11am in the JV Hall.

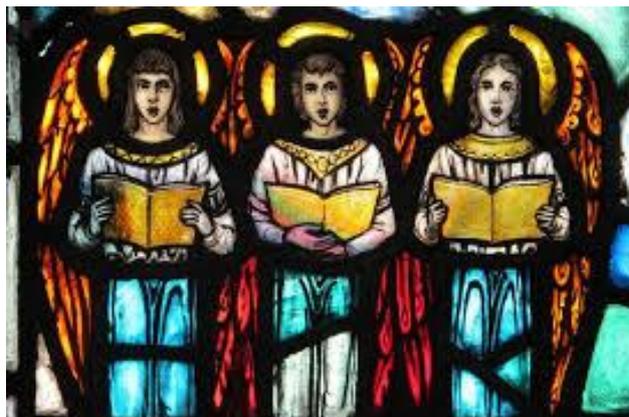
Do pop in to say hello to Kia and Sally with any questions - or just for a coffee and a chat!



## Hidden Treasure

The treasure I am talking about is hidden in plain sight, or perhaps more accurately, undiscovered. It is an event, a traditional act of worship and a musical treat.

I am referring to Choral Evensong, which takes place at 6pm at St James' on the second Sunday of the month. And it is something special.



The Book of Common Prayer is used, so you can savour Cranmer's beautiful prose which enjoins us "to show forth Thy praise not only with our lips but in our lives". The choir sings an Introit appropriate for that liturgical Sunday before the presiding minister opens the service with prayer. The choir sings a Psalm in Anglican chant, and then Mary's paean of praise, the Magnificat, which is sung each time in a variety of settings. There are readings, referred to as Lessons and a prayerful rendering of the Nunc Dimittis, Simon's prayer as he sees the child, Jesus: "Lord, now lettest thou thy servant depart in peace..." We all sing a hymn from time to time and there is a short address. At the end we say that beautiful prayer "Lighten our darkness, we beseech Thee, O Lord" and The Grace, after which David Hansell, the organist and choirmaster, bursts into a voluntary and everyone stays and listens to that. Once we were startled to hear the clarion call of the Marseillaise, and then it dawned on us that it was the 14th July, Bastille Day!

The choirmaster and choir put a lot of time and commitment into rehearsal and I would say that the singing is cathedral standard. If you are a believer, it is a prayerful occasion and if not, it is a superb concert of sacred music. The choir (Leith Hill Churches Choir, with members from both Abinger and Coldharbour) consists of about 16 -20 singers, and usually outnumbers the "congregation"!

The next Choral Evensong is on Sunday 8th March (see page 31). So do come. It really is something special.

*Pat O'Brien*

**A church choir singing at St James' goes back a long way – see the next page...**



**Church Choir in 1899**



**Church Choir in 1967**



**Church Choir in 2026**

# The Joy of Song

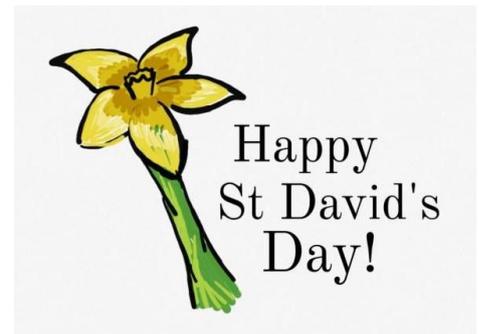
## 'Cymanfa Ganu' – Come and Sing



**Sunday 1st March at 4pm**

Join us at **St James' Church** for a celebration of St David's Day with a 'Cymanfa Ganu' – Come and Sing.

It is a participatory event giving us all the opportunity to come together and sing some of the finest hymns ever written. It will be led by Hilary Swift (she's Welsh you know!), supported by Guy Pakenham and organist David Hansell. It will last an hour, followed by refreshments.



## Surrey Serenaders

If you enjoy singing come along to Surrey Serenaders, 10-12 every second Saturday in St James': **March 14th and 28th.**



Joy Joy Joy

**Goldharbour Celebration**

**Easter Singing**

**Love to sing? We need you!**

Come and join us to practise singing a few hymns for Easter Sunday at Christ Church, Coldharbour

For more details email Estelle: [estelleearnshaw@me.com](mailto:estelleearnshaw@me.com)

Joy

**A New Opportunity!**

No experience required!

Do you love singing?

We would love to encourage you to sing in our Church at Coldharbour!

Contact Estelle for more information - [estelleearnshaw@me.com](mailto:estelleearnshaw@me.com)

## **Choral Evensong at St James' on March 8th at 6.00 pm**

The liturgical calendar is, of course, the main driver for the musical content of services, but sometimes it is possible to reflect purely musical or historical issues as well. We often mark anniversaries of composers, for example, and this month we shall celebrate the music of Samuel Sebastian Wesley, who died 150 years ago. David will play organ music by him – including the well-known Choral Song – before and after the service and the introit and anthem will be *Lead me, Lord* and *Wash me thoroughly*, this being one of the finest anthems in the entire repertoire.

SSW himself was the grandson of Charles Wesley and became one of the most famous organists and choirmasters of his day. He was also one of the most travelled, having held posts at Hereford Cathedral, Exeter Cathedral, Leeds Parish Church, Winchester Cathedral and College, and Gloucester Cathedral. Some might conclude, and with some justification, that he could be a difficult colleague: but also he was always searching for an institution that would and could fully support his aims and ambitions for cathedral music. Niche knowledge – he also re-designed the organ pedal board! Talk to our organist for details.

*David Hansell*

Details of the music for all 'choir and organ' services at St James are on the church website.

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### **SALV EVENING**

#### **“Men’s Health”**

Dr Douglas Wardrop and Dr Marcus McEwen  
will be talking about men’s health.

An informal evening covering various aspects on the subject for men of  
all ages.

**Wednesday 25th March, 8pm, Shere Village Hall**

Admission is free but donations to SALV very welcome

**SALV** Shere and Local Villages Health Trust, the charity that supports  
Shere Surgery (Registered Charity no. 1016023)

[WWW.SALV.ORG.UK](http://WWW.SALV.ORG.UK)

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## MUSIC IN DORKING – MARCH 2026 by Ian Codd

1st at 3.00, Carducci string quartet at Dorking Halls, £25, 01306 740619

1st at 3.00, Vaughan Williams Singers at Mickleham Village Hall, £18

6th at 7.15, ballet screening at Dorking Halls, £19.50, 01306 881717

7th at 12.00, lunchtime recital at St Martin's Church, free

7th at 2.30, ballet screening at Dorking Halls, £19.50

8th at 7.00, LHMFC Haydn's Creation at Dorking Halls, £20-25

14th at 7.30, Dorking Philharmonia at St Paul's church

15th at 3.00, Carducci string quartet at Dorking Halls, £25, 01306 740619

15th at 2.30, Big Band concert, LP Swing Orchestra at Dorking Halls, £32

28th at 7.30, Brockham Choral, St Martin's Church, £20

31st at 5.15, opera screening at Dorking Halls, £19.50

**The Dorking Concertgoers** present two concerts by the excellent Carducci string quartet. Their first concert includes music by Mozart, Rebecca Clarke and Shostakovich. The second concert features music by Beethoven, Philip Glass and Mendelssohn.

The **Leith Hill Music Festival** is performing Haydn's great oratorio **The Creation**. This will be sung by a large choir, drawn from the various individual choirs that belong to the Festival, accompanied by a period-instrument orchestra, with three excellent vocal soloists, conducted by Neil Ferris.

The **Dorking Philharmonia's** concert features Mozart's *Paris Symphony* and music by Fauré, Debussy and Saint-Saëns.

The **Vaughan Williams Singers**, directed by Ian Assersohn, present a cream tea concert in Mickleham. The music includes Stanford's *The Blue Bird* and pieces by Eric Whitacre and Ian Assersohn himself.

The **lunchtime recital** at St Martin's Church will be given by local pianist **Mike Stewart**. Mike will be performing a selection of Chopin's studies. The concert is free with a retiring collection.

The Dorking Halls has a screening of Wagner's *Siegfried*, live from the Royal Opera House. There are also two opportunities to see the Royal Ballet in *Giselle* with both a live and an encore screening.

Brockham Choral's Concert Elijah by Mendelssohn, Musical Director David Swinson with the British Sinfonietta Orchestra and soloists.  
<https://ticketsource.co.uk/brockham-choral/t-njomlqp>.  
See [www.brockhamchoral.org](http://www.brockhamchoral.org).



## Book now for films in March and April

Apologies to all our cinema attendees in February, as we were unable to serve ice-creams! This was due to the freezer in the hall breaking down, with the loss of all the ice creams! Hopefully the freezer will be repaired or replaced in time for our March films. If you have bought ice cream tokens for either or both of the February films, please bring them with you when you next visit in March or April.

To sign up to our newsletter and/or to book tickets for future films please go to the website: [www.sherevillagecinema.com](http://www.sherevillagecinema.com). For those unable to access the internet, there may be some tickets for sale on the door. All tickets, except where indicated, cost £5/adult and £3.50/child.

**Thursday March 5th – *I Swear*** - is the true-life story of John Davidson, who is from Galashiels in the Scottish Borders. He has Tourette's syndrome, with its tics, compulsive behaviour patterns and random obscene shouts. John was diagnosed with Tourette's at 15, was targeted as 'insane' by his peers, and struggled with a condition that few had witnessed before. Campaigning, as an adult, for better understanding and acceptance of the condition, he finds his life's purpose and in 2019 he received an MBE for his work. Robert Aramayo plays the adult John. Classification 15 (no one under 15 can see it in cinemas, due to its portrayal of Tourette's Syndrome and "unprecedented" use of strong, authentic language, including the "c-word," reflecting the real experiences of its subject, John Davidson). Running time: 2 hours 1 minute. Start time is: 7.30.

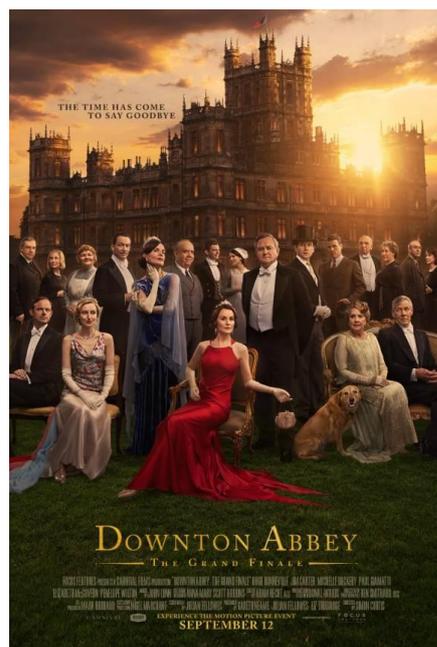
**Sunday March 22nd – *Ocean* with David Attenborough** – in conjunction with the Climate Café. All tickets for this event are free, but the number is limited to 80 (including helpers), so book early to avoid disappointment. The documentary takes viewers on a breath-taking journey showing there is nowhere more vital for our survival, more full of life, wonder, or surprise, than the ocean. The celebrated broadcaster and filmmaker reveals how his lifetime has coincided with the great age of ocean discovery. Through spectacular sequences featuring coral reefs, kelp forests and the open ocean, Attenborough shares why a healthy ocean keeps the entire

Parish of Shere Eco Church  
Tillingbourne.Earth  
**CLIMATEcafé**  
Sunday 22 March  
OCEAN with  
David Attenborough  
Shere Village Hall  
with the generous collaboration of Shere Village Cinema  
6.30pm doors open  
7.00pm Guest speaker, Chris Pickard, CEO of  
World Cetacean Alliance  
7.30pm film 'Ocean with David Attenborough'  
Tickets: <https://sherevillagecinema.com>  
Made with PosterMyWall.com

planet stable and flourishing. Stunning, immersive cinematography showcases the wonder of life under the seas and exposes the realities and challenges facing our ocean as never-before-seen, from destructive fishing techniques to mass coral reef bleaching. Yet the story is one of optimism, with Attenborough pointing to inspirational stories from around the world to deliver his greatest message: the ocean can recover to a glory beyond anything anyone alive has ever seen. Classification PG (Running time is 1 hour 48 minutes). Film start time is 7.30, with doors open at 6.30 for drinks and refreshments, and a talk at 7pm, by the CEO of World Cetacean Alliance.

**Thursday April 5th – *One Battle After Another*** – is inspired by the 1990 novel *Vineland* by Thomas Pynchon. The film's ensemble cast is led by Leonardo DiCaprio, Sean Penn and Benicio Del Toro. Washed-up revolutionary Bob (DiCaprio) exists in a state of stoned paranoia, surviving off-grid with his spirited, self-reliant daughter, Willa. When his evil nemesis resurfaces and Willa goes missing, Bob is forced back into his former combative lifestyle when he and his daughter, are pursued by a corrupt military officer, and both father & daughter battle the consequences of their pasts. The film explores the “collapse of revolution,” the generational gap, and the lasting, personal consequences of political violence, as shown through the lens of a father's love and a daughter's journey to define her own, identity. Classification 15 (Running time is 2 hours 50 minutes). Note - earlier start time of: 7pm

**Friday April 19th – *Downton Abbey: The Grand Finale*** – is the third and final film in the series. The film was directed by Simon Curtis and written by Julian Fellowes, the creator and writer of the television series of the same name. The film follows the Crawley family and their staff as they enter the 1930s, navigating the Great Depression and the approaching threat of World War II. When Mary finds herself at the centre of a public scandal and the family faces financial trouble, the entire household grapples with the threat of social disgrace. The Crawleys must embrace change, as the staff prepares for a new chapter with the next generation leading Downton Abbey into the future. Classification PG (Running time is 2 hours 3 minutes). Start time is: 7.30



Shere Village Cinema Team

## A fundraiser for the Leatherhead Theatre

Written by Susy Puckett of Coldharbour, this new book *Message In A Bottle* is suitable for children and grown-ups to heal their inner child with a pirate's and mermaid's interactive adventure!

Every copy purchased directly funds the grade two listed Leatherhead Theatre's restoration works, keeping this historic building alive for future generations!

Order from Amazon: <https://www.amazon.co.uk/dp/B0FW4T55Y4>

**Book overview:** Dive right into your very own swashbuckling pirate adventure book with magical mermaids, drama games, creative activities, mindful colouring, wellbeing yoga, circus tricks, skills, imagination and a big cosy self-hug! This book is Captain Blackbeard's wellbeing manifesto - a call to arms - to take control of your own mental health. With the help of Mermaid Pearl, readers will help to save Blackbeard from a fate worse than death! Write your own message in a bottle, spot glimmers in rainbows, glittery shells and sparkling waves carrying the most powerful message of all: hope!

Children and grown-ups have been contributing to the messages throughout this book during our interactive workshops at schools, community groups and events in Mole Valley throughout 2024-2025 as part of the Arts Alive Festival. There is a special treasure for you to find in our treasure box at the end of book: a link to watch our live action circus stunt show of the original one-man stage production, *Message In A Bottle*, performed and produced by TTA @ The Leatherhead Theatre.

## Ockley Pantomime

Susy Puckett has once again choreographed the Ockley pantomime for ODS and lots of local children danced in the show to packed audiences in February. Familiar Coldharbour and surrounding residents took



on some of the main roles in the panto *Sleeping Beauty* and as the show draws to a close we are looking for more dancers to join us for the next pantomime! We start auditions in September and if anyone has any children or grandchildren who love to perform please contact Susy: [tta@the-theatre.org](mailto:tta@the-theatre.org)

## WI Report – February 2026

There was a vote to commence the winter meetings a little earlier at 2pm to enable members to drive home in better light. The next item related to the resolution for the National WI to adopt for the coming year. Having considered a choice of five, all very worthy causes, the one that our group voted to support was for the provision of more accessible public toilets to provide dignity. The National WI will adopt the cause with the highest number of supporting WI groups and this will be the focus of their quite considerable influence in the year ahead.

We then welcomed back our beekeeper speaker, Peter Smith, but on this occasion, he talked on the private lives of butterflies. The UK is at the northern edge of viability for butterflies - we have 59 species here, but further south Europe hosts 480 different species. They have amazing strategies for developing from egg, through larva and pupa to their adult form. A few overwinter as adults in a dormant state and you may see a small tortoiseshell or a peacock hiding away or emerging if the conditions become warm enough. Most though get through the winter as an egg, caterpillar or chrysalis.



All species have very specific requirements for development, needing different plants for the caterpillars to eat. A number need nettles and we were encouraged to leave a patch in our gardens to help out. The small tortoiseshell are most particular in that the nettles must be young with tender leaves and the adult butterflies test the leaves before laying their eggs. Another fascinating fact related to the large blue, our largest and rarest blue butterfly, the larvae of which live in the nests of red ants and feed on ant grubs. Not just any red ant though, but a specific type requiring a habitat where the grass is around just one centimetre high. Replicating conditions to assist the spread of these beautiful insects is not straightforward!

Thank you to our tea hostesses Diana Raisman, Ann Salter and Avril Sharman.

Our next meeting will be on **March 5th** at 2.30pm at Wotton Village Hall. The talk will be by Dr Judith Hill – “Victorian Pharmacy – Kill or Cure” - please do get in touch if you wish to join us - the subject may sound a little gruesome, but hopefully will be interesting and informative. The subject of the following meeting on **2nd April** is Ukraine.

*Claire Hill*

# March in your Garden



Well, let's hope March is drier than January and February has been! A major problem this year is that the constant rain has washed nutrients out of the soil, and especially pots, so plants will need extra feeding with fertilisers and compost. The ground has also not had the opportunity to warm up, so don't be too hasty to sow seeds directly into the ground. Nature has a way of catching up. Once weeds start to grow it is an indication that the ground is warm enough.

Despite being beaten down by the constant rain, snowdrops and crocus have made a welcome show. It's a waste of effort planting snowdrop bulbs in the autumn, far easier and more reliable if you split clumps as soon as they have finished flowering, (in the green).



Sweet pea seedlings need pinching back as soon as they have 2 sets of true leaves. This encourages the formation of side shoots which produce the better flowers.

Now is a good time to sow tomato, pepper and aubergine seeds inside, a few seeds in pots on a windowsill works well.

Once grass starts to grow, and the ground dries out remember not to cut it too short for the first few cuts. As days lengthen, greenhouses need more ventilation to prevent problems like damping off which can quickly devastate seedlings.

There is still time to prune roses, and I have noticed that many need firming into the ground - a heavy boot will suffice!

If you have peach, apricot or nectarine trees, using a small soft paintbrush to hand pollinate flowers, especially in colder weather when there may be fewer insects around, helps to increase fruit set.

Finally, if planting new shrubs etc. in the garden, don't put fertiliser in the bottom of the planting hole, but mix it in the top couple of inches. The rain will wash it down.



Robin

# Circular Dorking – help to reduce your energy bills

Finding ways to reduce energy bills is a hot topic, as is reducing emissions. Making sure your home is as energy efficient as possible is easier than you think, thanks to having a Home Energy Advice Team (HEAT) on your doorstep!

Last May a community consortium led by Zero Carbon Guildford with Circular Dorking, Energy Action Redhill & Reigate and Surrey Climate Commission won a two-year funding bid from the Energy Saving Trust's Energy Redress Scheme to provide local residents with free home energy surveys, energy advice, infrared heat loss surveys and guidance on securing grants.



The HEAT energy surveys are completely free and totally impartial. There is no cold calling or pressure to buy expensive equipment or services. Trained Volunteer Energy Champions carry out a 60 minute thermal imaging survey and provide residents with a written report with recommendations and bespoke referrals to further support if relevant.

Paul Street, co-founder of Circular Dorking, said: “We are delighted to play our part in directly benefiting home-owners and renters in our local towns and villages. We’ve been carrying out Home Energy Advice Team surveys for two years and consistently receive extremely high customer feedback scores. We’ve helped hundreds of local residents save money and make their homes more energy efficient.”

The HEAT surveys are a great example of creating a more circular sustainable local economy. Not only do the surveys help residents reduce their energy bills and their carbon emissions, there can be health benefits too - HEAT reports include advice on making homes more comfortable, reducing draughts and the risk of health impacting mould, as well as providing help and guidance on accessing grants.

You can meet HEAT's Energy Champions at **Circular Dorking's Home Energy Showcase (10am - 4pm Sunday 8th March, Pippbrook House, Dorking)** where you'll also find trusted suppliers and energy saving solutions on hand to help you save money, energy and time.

*Helen Shiers, Circular Dorking, 07940 432053  
[www.circulardorking.org.uk](http://www.circulardorking.org.uk)*



## CHILDREN



Move over Bob the Builder and lay down your tools workmen of Abinger –we’ve got this covered. Our construction site was donated to us by one of our lovely parents, with super spongy bricks, trusty trowels, dynamic drills and of course a good helping of PPE we’re pretty much qualified! We’d like to say a huge thank you to all our parents who with their support in all things fundraising, committing and donating we simply could not do without.

One thing that makes our nursery so uniquely special (and indeed our village) is the never-ending support we receive from our community and we’d love to invite you all to one of our much-loved events. That’s right:



**The Great Abinger Bake Off**  
**takes place on the 22nd March**  
**at the Evelyn Hall from 2pm to 4pm**

When we say everyone is welcome we mean everyone and we’d love your to enter your baked goods to spice up the competition this year! The categories are **Biscuits, Tray bakes, Cupcakes** and the **Showstopper** - with separate child and adult competitions (just to give the adults a chance!). Just drop your entries to us at the hall by 2.00pm on the day (adults £2 per entry, children £1) and let the lovely judges (no Paul Hollywood in sight) have a nibble. Other highlights include the chocolate tombola, cake stall, Easter crafts and an egg hunt. We’d love to see you there!

Continuing our building theme we had a brilliant baking session where we made oaty bricks! (Guaranteed to fill our tummies). We were able to choose from a huge variety of yummy ingredients including glacé cherries, raisins, apricots and chocolate chips and mixed them all up much like a cement mixer! Super fuel for the journey home from nursery!

If you would like to join our nursery family please don’t hesitate to get in touch. Call 07842 978823 or email [abingercommonnursery@gmail.com](mailto:abingercommonnursery@gmail.com). We can’t wait to meet you and show you around! We are also on Facebook and now Instagram. Our opening hours are 7.45 am to 5pm Monday to Thursday and 7.45am to 12.45pm on Fridays.



## Surrey Hills School

### Visit to Surrey Wildlife Trust

Year 3, 4 and 5 visited Surrey Wildlife Trust at Nower Wood. We spent the day learning about a range of different wildlife, including those we may find in the woodland or



in the ponds. First, we went on a leaf hunt to learn how the leaves are different and what clues we can see that help tell us what tree they may



be from. We enjoyed looking at what we had find under the magnifying lens on the big screen at the end of the day! Both Hedgehogs and Otters displayed brilliant team work skills alongside excellent ideas!

## DORKING MUSEUM IN MARCH

### Hidden in Stone: Dorking's Dinosaur Discovery:



The Museum's current special exhibition celebrates Dorking's contribution to the developing understanding of the wild life that roamed the area 125 million years ago when the area was part of a vast tropical river delta with swamps, sand flats and lagoons. Extreme seasons and changing conditions

resulted in the evolution of amazing species and the Wealden clay has yielded much evidence of the dinosaurs that evolved. The exhibition explores Dorking's dinosaur connections with displays including lifelike replica models on loan from the University of Southampton. Takeaway model templates of Dorking's most famous dinosaur are available to go with the exhibition.

**Family Activities at Dorking Library:** The Museum is pleased to continue its collaboration with Dorking Library. **World Book Day:** Come and see some old books that your grandparents or great grandparents might have used at school and make a bookmark: **Saturday 14th March**, 10am-noon. Create a Blue Plaque for yourself: What are your hopes and dreams? How would you like to be remembered in the future? Create a blue plaque to commemorate the life you hope to lead: **Saturday 21st March**, 10am-2pm. Free, materials provided and children must be accompanied.

**Walking in Dorking:** Guided walks in the town centre and at Betchworth Castle and The Deepdene Trail resume this month. The Blue Plaques and Statues walk tells of some of the famous people who lived or were active in Dorking, revealing a diverse range of interests and activities: **Sunday 1st March**, 2pm, from the Cubitt statue opposite Dorking Halls. On the edge of town, a Betchworth Castle tour includes exclusive access to the Castle enclosure, the romantic ruin of the only remaining fortified medieval manor house in Surrey: **Sunday 21st March**, 2pm, from the entrance to Betchworth Park Golf Club. Please see [dorkingmuseum.org.uk/guided-walks-around-dorking/](http://dorkingmuseum.org.uk/guided-walks-around-dorking/) for scheduled walks and private group bookings.

**South Street Caves tours:** One of Dorking's most popular attractions, the 17th century South Street Caves lie beneath Dorking's busy streets, where a series of staircases, galleries, wine vaults and chambers lead down to the 'Mystery Chamber', 50 feet below street level. Tickets are on sale from 1st March with the first Open Day of the season on Easter Saturday 4th April. Tours at 10am, 11am, 1pm and 2pm, each lasting about 45 minutes and led by a trained guide. For details and open day bookings (which sell out fast!) see [dorkingmuseum.org.uk/south-street-caves/](http://dorkingmuseum.org.uk/south-street-caves/). Private group bookings may also be made, e-mail [caves@dorkingmuseum.org.uk](mailto:caves@dorkingmuseum.org.uk) to arrange a date.

**Get involved:** The Museum depends on its enthusiastic team of volunteers to maintain this valuable community resource. Maybe you could spare a few hours a month, with opportunities in an interesting range of key roles with flexible working in the Museum, in the community or from home.

See [dorkingmuseum.org.uk/about/volunteer-opportunities](http://dorkingmuseum.org.uk/about/volunteer-opportunities) for further details.

Dorking Museum, 62 West Street. Thursdays 1pm-4pm, Fridays and Saturdays 10am-4pm, free entry. [www.dorkingmuseum.org.uk](http://www.dorkingmuseum.org.uk). Visit [dorkingmuseum.org.uk/digital-guide/](http://dorkingmuseum.org.uk/digital-guide/). 01306 876591

# Directory of Local Businesses

<b>Animal Care</b>	The Mutt Hut – dog grooming. The House Vet	07760 162661 01483 272999 info@rowlyhousevet.net
<b>Art</b>	Austin Art	07760 222921 clive@austin.art
<b>Beauty</b>	Peaslake Beauty Room.	01306 731182 pamperyourself@thepeaslakebeautyroom.co.uk
<b>Builders etc.</b>	B A Gunter Dorking Glass LHP Groundwork and Drainage Lyne & Co Capel Building and Renovation	01306 628291 01306 882971 01306 628412 info@lhpl.co.uk 01293 871008 info@lyneandco.co.uk
<b>Carpenters</b>	Tony Winch – Carpenter, Joiner, Cabinet Maker Matt Flynn – Carpentry, Handyman  Ohwo Lund Carpentry	01306 742373 07969 016924 www.tonywinch.com 07805 456027 matt@thecarpentryhandyman.co.uk 07462 810126 ohwolundcarpentry@gmail.com
<b>Cars</b>	Service, repairs, MOTs, Car Sales, Part Exchange	Dave Mir 07736 912751 Dave@Mir-Tech.co.uk Neil Howey 07956 391804 neilhowey@gmail.com
<b>Charities</b>	Abinger Consolidated Charities	kimclark50@gmail.com
<b>Chimneys</b>	Joe Lund (sweep)	07930 507115 and 01243 583430
<b>Computers</b>	WMF-IT consultants	01306 731253 sales@wmf-it.co.uk
<b>Decorators</b>	Dorking Decorators	01306 640418 www.dorkingdecorators.co.uk
<b>Electricians</b>	Phase Electrical	Toby Stevenson 07903 773996 phase.surrey@gmail.com
<b>Fencing</b>	RB Fencing	01306 640143 01483 414745 info@rbfencingltd.co.uk
<b>Finance</b>	Porter & Co  Bullimores	01306 644695 admin@porterifa.co.uk www.porterifa.co.uk 01306 880880 partners@bullimores.co.uk
<b>Funeral Services</b>	Sherlock & Sons	01306 882266
<b>Gardens &amp; Trees</b>	David Ford Tree Care  Capel Tree Surgeons	01306 611661 07940 197911 info@davefordtreecare.co.uk 01306 711124 07775 727121 www.capeltreesurgeons.co.uk

FCS Trees & Vegetation Management	0800 146 122 support@fcscleaning.co.uk
Osborne Landscapes & construction.	Mark Osborne 07818 001840 01306 730090
Phil's Mowing	07905 160765 phil@philsmowingdorking.co.uk
SJH Garden Services	07792 628785 sam@sjhgardeservices.co.uk
Steve Heath Gardening	07761 5123791
<b>Heating, Plumbing</b>	
Senergy Heating	01306 302085 www.senergyheating.co.uk
UK Solar Power Panels	01306 733965 admin@solarpanels.co.uk
<b>Jobs in Care</b>	
Home Instead	01372 741544
Epsom & Mole Valley	Maggie.adenmosun@homeinstead.co.uk
<b>Pest Control</b>	
Emwood	01483 203823 www.emwoodpestcontrol.com
<b>Piano Tuning</b>	
Nick Harris	07476 729389 info@leithhillpianos.co.uk
<b>Printing</b>	
Barkers, Dorking	01306 888858 rob@barkerprint.co.uk
<b>Removals</b>	
Ede Bros	01306 711293 edebros.co.uk
<b>Shops</b>	
Coldharbour Village Shop	01306 711793
Kingfisher Farm Shop	01306 730703
Abinger Hammer Village Shop	01306 730701
<b>Sport &amp; Fitness</b>	
Abinger Sports Club	07774 773993 charlieye2020@gmail.com
Dance a Ramix	01306 731182. 07899 842 727 dancearamix@btinternet.com
Dorking Lawn Tennis and Squash Club	01306 889009 www.dltsc.co.uk
<b>Swimming Pools</b>	
Burgess Pools	01306 730952 burgesspools@yahoo.co.uk
<b>Wellbeing</b>	
Nicola MacDonald Adult Courses, workshops, events	Nicola.mcdonald.ppc@gmail.com
Jodechi Morton: Psychotherapy, CBT, TA, Life Coaching	07825 138508 info@jodechicoachingandcvt.com
Qigong, meditation, natural health and healing	internitylife@pm.me 07919 102332 http://internity.life
Skybound Pole & Aerial Studio	info@skyboundaerialstudios.co.uk

**NEXT ISSUE:**  
 April 2026  
 Closes 1pm  
 Tuesday March 17th  
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