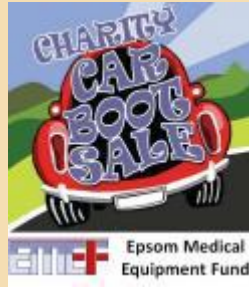


# EMEF Newsletter



## Charity Car Boot Sale - Sunday 23rd October

Your last chance this year to attend one of our Charity Car Boot Sales! This starts at 7:30 a.m. and runs through to 12:30 p.m. Don't forget blow those cobwebs away and clear out your attics, sheds, lofts, garage and come and make money for yourselves whilst supporting Epsom Medical Equipment Fund. The Car Boot Sale is on hard standing, no grass or muddy fields, so if it has been raining we do not cancel.

Please look on our website for future car boot sale dates on [www.emef.org.uk](http://www.emef.org.uk) as some other websites appear not to be updated and could be past years.

The Little Red Hut are planning on being there to offer the delicacies of Poland. All entrance and car boot pitch money goes towards the purchase of medical equipment for Epsom General Hospital. In this case it will go towards the purchase of the £54,000 ultrasound scanner for vascular and stroke.



## The Little Red Hut at the Wheatsheaf, Ewell - Polish Fund Raising Dinner on Wednesday 2nd November

We are holding a Polish Fundraising Dinner at the Wheatsheaf, Ewell on Wednesday, 2<sup>nd</sup> November. Tickets are £20 each and will include a welcome drink, a three course meal (you have a choice from 2 starters, 3 mains and 2 desserts). As space is limited do book as soon as possible. Tickets are available from Bess Harding on 020 8337 8181. Tickets are also available at the Wheatsheaf from Darren. The set menu to choose from is:

## **Polish Night Menu**

### **Starter - soups**

'Barszcz chrzanowy' – Red borsch soup. The classic Polish beetroot soup with potatoes. (option to make vegetarian). **or**

'Zurek' – sour rye soup served with a hardboiled egg and a variety of polish smoked meat.

### **Main courses**

'Bigos' – *a very traditional* Polish stew using various cuts of meat, smoked sausage and sauerkraut. Served with mash potato. **or**

'Pierogi' – Polish dumplings stuffed with curd cheese, onion and potato. Topped with fried onion and a dollop of sour cream. (vegetarian option) **or**

'Schabowy' – Breaded pork chop served with mash potato and browned cabbage (fried cabbage with dill in a creamy sauce).

### **Dessert:**

'Wuzetka' - Polish chocolate cream pie made of two layers of chocolate sponge layered with Polish jam and whipped cream, topped with chocolate icing and dots of whipped cream. **or**

'Sernik' (cheesecake) - a national dish of Poland. Served with fruit compote.

## The most important meeting ever?

On 20 October 2016, representatives from the 11 organisations from Surrey Heartlands, including Epsom and St Helier hospitals, will meet in public to approve the next stage of the Surrey Heartlands Sustainability and Transformation Plan (STP).

The specially convened committee meeting on 20 October will be held at the H.G. Wells Centre in Church Street East, Woking, GU21 6HJ, from 2.30pm-5pm. Those interested in attending should register online at [www.surreyheartlands.co.uk](http://www.surreyheartlands.co.uk) ([opens in a new window](#)) or call 01372 232463. Questions can be submitted up to 48 hours in advance of the meeting. Once approved the plan will be submitted to NHS England for further discussion.

Closest parking to the H.G Wells Cente is in the Victoria Way Car Park in Woking.



## Epsom Light Opera Company

Multi-award winning Epsom Light Opera Company brings you the family show stopper MAME. The show runs from Tuesday, 18<sup>th</sup> to 22<sup>nd</sup> October at 7:30 p.m. with a Saturday Matinee at 2:30 p.m. This toe-tapping, musical revolves around the antics of Mame. Dennis, a wealthy eccentric with razor sharp wit and a flair for life! Featuring the upbeat and heart-warming numbers; "We need a Little Christmas"; It's Today and the eponymous title song "Mame" certainly lifts the spirits.. A collection will be made in aid of Epsom Medical Equipment Fund. Don't miss this classic Jerry Herman gem. Box Office 01372 742555 or book online at [www.epsomplayhouse.co.uk](http://www.epsomplayhouse.co.uk)

## Pre-Christmas Sale

An early festive Fundraising Event sale will be held at Glynn Hall, 3a Cheam Road, Ewell Village opposite Sainsbury's local, on Thursday, 20<sup>th</sup> October from 2:30 – 7:30 p.m. with many unusual items on sale. They will be supporting Epsom Medical Equipment Fund to help purchase a VapoTherm for Paediatric A&E Epsom.

This machine will help with breathing problems when transferring from A&E to the Ward. Do pop along and see what they have to offer, start your Christmas shopping early and find that special gift you were looking for. Stallholders will include Aloe Vera with gift wrap; jewellery, Usborne Books, bespoke gifts for children and adults, quirky garden and home accessories, cards, handmade chocolates and marshmallows', unique, and useful wood turning gifts, stocking fillers Raffle - with a selection of prizes donated by Ewell village traders including a bird feeder, plant, vouchers, wine etc. Epsom Medical Equipment Fund would like to thank all those who donated prizes for the raffle for their generosity. Further details from Bess Harding Tel: 020 8337 8181 or the Organiser Maria Meredith on 07763803879 or email [mmmlz@sky.com](mailto:mmmlz@sky.com) .

## Volunteers needed - Carol Singing at the Ashley Shopping Centre

Come along and listen to the angelic voices of the children and the more mature voices of senior choirs. This is at the Ashley Centre outside the House of Fraser. We are looking for volunteers who can spare an hour or two to hold a collecting tin during our carol singing sessions at the Ashley Shopping Centre in December. The dates are:

Friday 2 Dec, 10 – noon; Monday 5 Dec 10 – noon; Tuesday 6 Dec 10 – noon & 2 – 3 pm; Wednesday 7 December 10 – noon; Wednesday 7 December 2 – 3 pm; Thursday 8 Dec 5 – 7 pm; Friday 9 December 10 – noon and Monday 10 Dec 10 – noon.

Please contact Bess Harding on 020 8337 8181 if you have an hour or so to spare to raise money for medical equipment for your local hospital, Epsom General Hospital which will benefit the local community.

## Barn Dance - Advance Notice

For those Barn Dancers our Charity Barn Dance will take place on Saturday, 11<sup>th</sup> March at 7 p.m. Dancing will be to the sounds of the Hogsmill Group with Caller Veronica and will be held at Ewell Castle School. Church Street, Ewell, KT17 2AW 7 p.m. to 11 p.m.