



YOUR
Virtual Day Trip
to **EPSOM**

RESOURCE PACK

Created by
whistlestop
ARTS

in partnership with





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Welcome to your Virtual Day Trip to **EPSOM**



Our Virtual Day Trips are designed to take you on a journey where you can meet new people and learn about their connection to the places we visit. Annalees and Luna will act as your tour guides, sharing their discoveries and filming their experiences for everyone to enjoy.



We're delighted that you will be running this Virtual Day Trip in your own setting, and this resource pack will give you all the guidance you need to have a successful 'trip' to Epsom.



We will guide you through all the steps; from decorating your space, creating an immersive environment, a shopping list for the craft activity and providing all the templates you need.



YOU WILL NEED

This pack includes most items for your day trip, but you'll need a few extras.



Decorations

Objects to fill the room. Print and create decorations using the bunting template at the back of this pack. See Create Your Space on page 3 for more.

Sensory Toolkit

Bird sounds on a CD or an online playlist, essential oil room spray, and some hand cream with a scent that reminds you of all the different flowers you'll find in and around Epsom.

Craft Activities

This list is per person, so multiply by the number of participants joining you.

Clock Tower Postcard – See the How To Make craft sheet in the templates section

- ☐ 1 x printed template - preferably on card or thicker paper
- ☐ Glue stick or sticky tape
- ☐ Scissors
- ☐ Colouring pens or pencils

Afternoon Tea

What better way to end the session than with tea and cake! It is an excellent time for everyone to chat about what they enjoyed and share their experiences of visiting the area in person or similar places to which they have been or would like to plan a visit. Why not channel your inner Mrs Beeton and make a cake - there's a delicious Victoria Sponge recipe at the end of this pack.

***** Added Extra - Memory Boxes *****

Boxes filled with Epsom related memorabilia can be borrowed from Epsom and Ewell Borough Council. Contact Lucy Buckland, Arts, Culture and Heritage Programme Officer on 01372 732380 or email lbuckland@epsom-ewell.gov.uk to find out more.



CREATING YOUR SPACE

To have a truly immersive experience, it's important to create a new environment that's different from your usual room setup.

Step One

Bring as many plants into the room as possible and hang the bunting on the walls. If you have access to some props, add some outdoor-themed objects such as some hiking boots, a picnic basket, picnic blanket, or some bird ornaments to set the mood.

Step Two

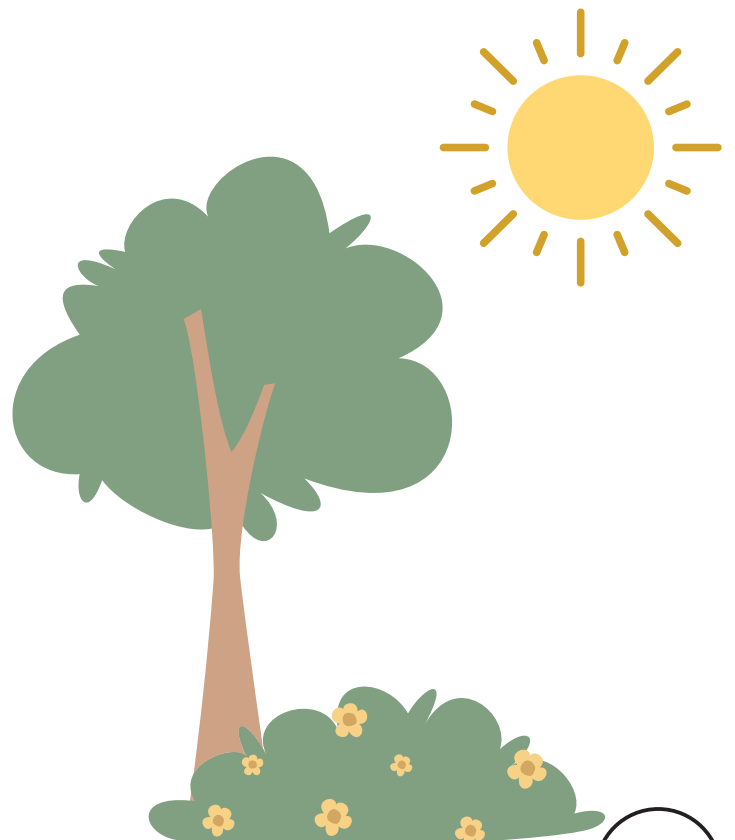
Create an atmosphere by playing some sounds of the outdoors - running water, the wind blowing through the trees, some birds etc. Search the internet for free sounds to play.

Step Three

Set the tables. Sitting in small groups works well, and then add vases of flowers onto the tablecloth-covered tables. Scatter some leaves or petals on the tables to add to the outdoor theme.

Step Four

Position the chairs so everyone can see the screen where you'll play the film. A projector is ideal as it can display the image on a larger scale, but a large TV will also work well.





THE RUNNING ORDER

We've made a film of our Virtual Day trip around Epsom, exploring the area and meeting various guests along the way.



The film is approximately **35 minutes** long. Simply press play, enjoy listening to our experts, and press pause when prompted to make a craft or participate in an activity.



Press **PLAY** – you will meet Annalees and Luna, who will introduce you to David from Bourne Hall Museum.



Press **PAUSE** when you have finished watching the film on how to make the Clock Tower postcard.



Press **PLAY** – You will see David again from the Museum at Bourne Hall and he'll continue the tour of Epsom with more fascinating facts and stories.



At the end of the visit we explore Horton Country Park Local Nature Reserve, before returning to Luna and Annalees. The film will then END.



MEET YOUR EXPERTS

We met so many brilliant experts along the way. We think you'll enjoy meeting them too...



David Brooks

Museum Assistant

Museum at Bourne Hall

web: bournehall.org/visit-us/museum



Councillor Kim Spickett

Cuddington Ward

email: kSpickett@epsom-ewell.gov.uk



Janice Heyes

Epsom Pots

web: epsompots.co.uk

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Yuliia Komyschan

Ukrainian Bandura player

web: epsomrefugeenetwork.org

email: eern@goodcompany.org.uk



Joe Stroud

Walk & Talk 4 Men - Surrey

Instagram handle: [wt4m_surrey](https://www.instagram.com/wt4m_surrey)



TEMPLATES & RESOURCES



Bunting



Postcard Template

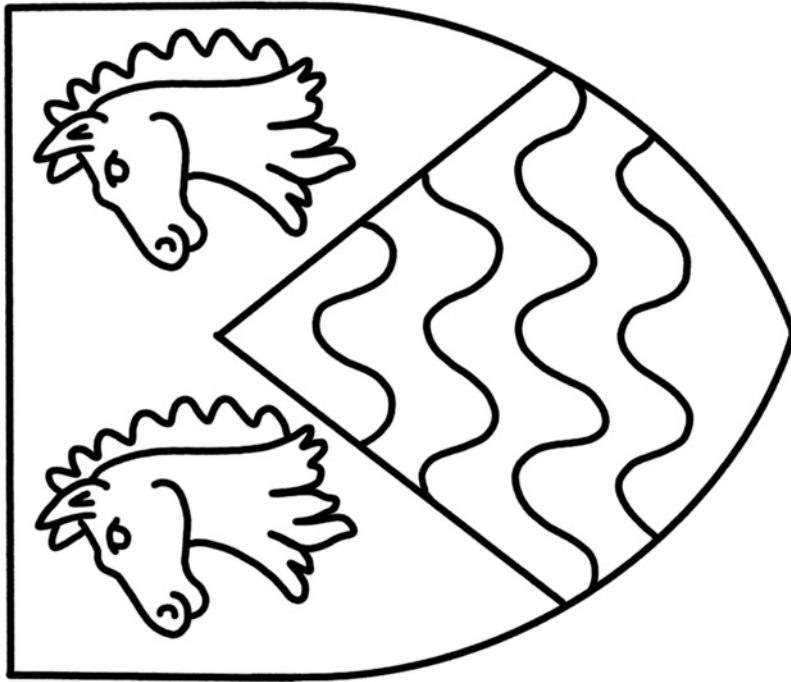


Memory Box Contents



Victoria Sponge Recipe

Virtual Day Trips Bunting

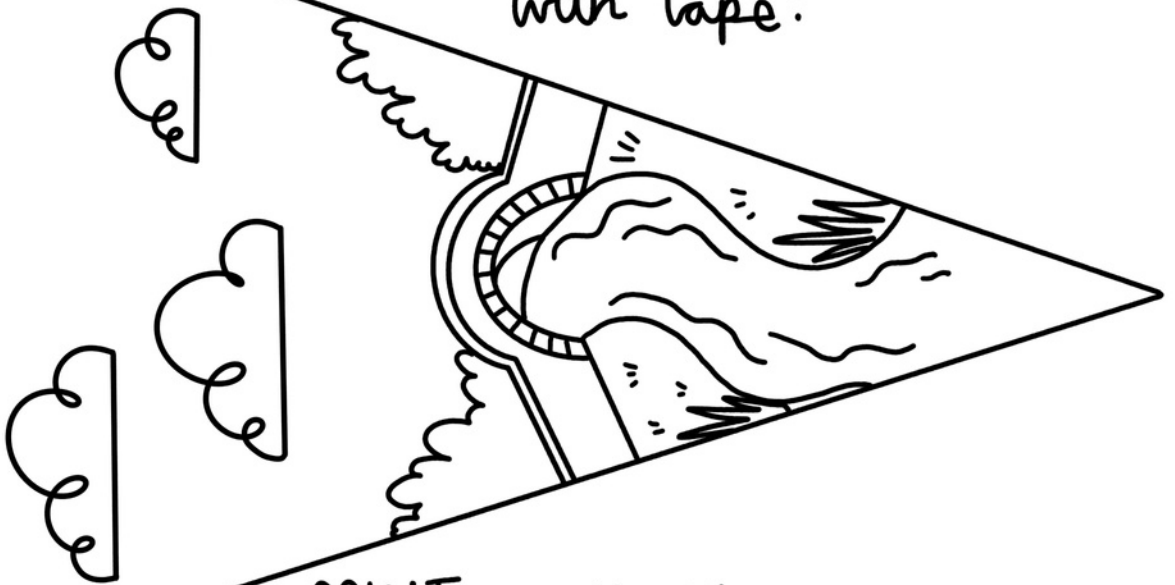


Virtual Day Trips

Colour in
OR print
onto
colourful
paper.

CUT OUT the bunting
and FOLD the tops over some
ribbon or string. Fix in place
with tape.

Virtual Day Trips



PRINT as many
pages as you need
to fill your length
of ribbon or string.

Virtual Day Trips Postcard



★ Colour in, cut out and fold in the middle. Stick the two sides together with glue. Write your message and send.





what's in your MEMORY BOX



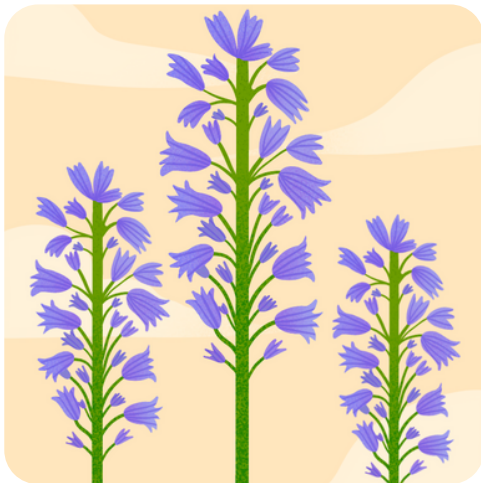
A hedgehog - a reminder of the creatures on the mural



A ceramic piece and pottery glaze samples from Epsom Pots



Musical Instruments



Flowers - the shape may remind you of a particular flower!



Suffragettes Memorabilia Pack



Images and postcards of Epsom



A Lavender bag to capture the scent of summer.



Victoria Sponge Cake

The classic Victoria Sponge goes perfectly with a cuppa.
Its light texture and sweet flavour, make it the perfect treat for any occasion.

YOU WILL NEED

- 170g (6oz) butter
- 170g (6oz) caster sugar
- 3 medium eggs
- 170g (6oz) self-raising flour, sifted

For the filling:

- 140g (5oz) butter (softened)
- 280g (10oz) icing sugar, sifted
- Strawberry or raspberry jam -
approx 140g (5oz)

HOW TO BAKE YOUR CAKE

- 1. Start with the Oven:** Preheat your oven to 180°C (350°F) or Gas Mark 3. Prepare two 7-inch (18cm) cake tins by greasing them and lining the bases.
- 2. Combine Ingredients:** In a bowl, put the butter and caster sugar, then cream them together until smooth.
- 3. Add Eggs and Flour:** Beat in the eggs one at a time, adding a little flour to prevent curdling with each addition. Once combined, add the remaining flour and mix well until the batter is smooth.
- 4. Bake the cake:** Pour the mixture into the prepared tins and place in the oven. Bake for **20 minutes**, or until the cakes feels springy to touch.
- 5. Cool Down:** Allow the cakes to cool in the tin for a short time before turning them out onto a wire rack.

BUTTER ICING METHOD

- 1. Prepare the Icing:** Beat the softened butter until smooth, using a wooden spoon or electric mixer.
- 2. Mix in Icing Sugar:** Gradually add the icing sugar, mixing until well combined and smooth.
- 3. Assemble the Cake:** Once the cakes are completely cool, spread butter icing on one layer and jam on the other. Stack the layers with the jam side on top and finish by dusting with icing sugar through a sieve.