



April 2018



Because every person matters

## Your Local Wardens



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Phone  
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## Welcome to our latest update on what we have been up to this month!

We had our first 'Gazebo' event recently down on Ash Wharf. Although the weather wasn't marvellous, we were able to let people know about the various community events coming up. We had a visit from the new 'soon to be' Parish Clerk, Sarah Groom.

Our next one will be outside Tesco Express in Ash Vale on Wednesday 9 May 3-5pm. Come and say Hi!



During the Easter holidays Cllr Manning asked us to organise a free 'Bike Clinic' for the community. Steve Groombridge from local bike Store 'Geared Up' did a 3 hour session at Ash Skatepark. Many families and young people came along to take advantage of getting their bikes checked out and made roadworthy.

Surrey TV came along and did an interview which you can see here: [https://youtu.be/xa\\_Vu84urs0](https://youtu.be/xa_Vu84urs0)



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Web page  
[Guildford Borough Council](http://Guildford Borough Council)

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## Elected Councillors

GBC Cllr Andrew Gomm

01252 316 411  
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GBC Cllr Nigel Kears

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GBC Cllr Paul Spooner

07970 953232  
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GBC Cllr Nigel Manning

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[nigel.manning@guildford.gov.uk](mailto:nigel.manning@guildford.gov.uk)

GBC Cllr Marsha Moseley

01252 665 999  
[marsha.moseley@guildford.gov.uk](mailto:marsha.moseley@guildford.gov.uk)

GBC Cllr Murray Grubb Jnr

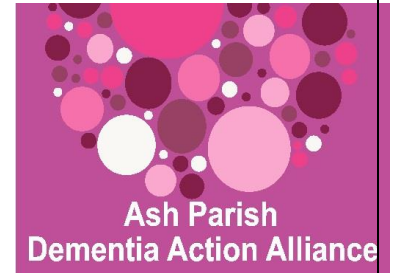
07561143714  
[murray.grubb@guildford.gov.uk](mailto:murray.grubb@guildford.gov.uk)

GBC Cllr Jo Randall

01252 344 929  
[Jo.randall@guildford.gov.uk](mailto:Jo.randall@guildford.gov.uk)

## 1. APDAA Update

The APDAA are working towards Dementia Action Week, which will run from 21 May until 27 May. The APDAA have asked us to share with you the various activities they will be doing below.



### DEMENTIA ACTION WEEK

#### Monday 21 May 2018

1.30 - 2.30pm Memory Lane at Shawfield Social Centre, Shawfield Road, Ash - a fun sing a-long group to help prevent memory loss.

#### Tuesday 22 May 2018

6.30pm to 9.00pm Free First Aid session at Shawfield Social Centre, Shawfield Road, Ash. Contact Community Wardens on 01483 444137 or email [AAVTWardens@guildford.gov.uk](mailto:AAVTWardens@guildford.gov.uk) to book a place. Only 15 spaces available, book early to avoid disappointment.

#### Wednesday 23 May 2017

2.30 - 4.00pm - Tea Dance, at St Peter's Centre, Ash Church Road, Ash, GU12 6LU - A fun event open to everyone and opportunity to talk to us.

#### Thursday 24 May 2017

3.00pm -5.00pm - Gazebo on Ash Wharf to promote dementia awareness. Come and talk to us and find out more about us. We're hoping to be joined by a barge boat and a musician!

#### Friday 25 May 2017

1.00pm - 3.00pm APDAA Meet and Greet at the Ash Centre, Ash Hill Road, Ash, GU12 5DP - lots of different agencies, open to anyone who needs some help or who wants to know more.

#### Sunday 27 May 2017

10.00am Dementia Friendly Church Service at St Peter's Church, Ash, followed by refreshments at St Peter's Centre

If you would like to find out more about the work the APDAA are doing, would like to help support the group,

## Surrey County Council

Phone 03456 009 009

Email [contact.centre@surreycc.gov.uk](mailto:contact.centre@surreycc.gov.uk)

Web page [Surrey County Council](#)

## Police Neighbourhood Team Ash Vale, Ash Wharf, Ash South & Tongham

PCSO Morgan Webb

101

[morgan.webb@surrey.pnn.police.uk](mailto:morgan.webb@surrey.pnn.police.uk)

PCSO Tom Wright

101

[thomas.wright@surrey.pnn.police.uk](mailto:thomas.wright@surrey.pnn.police.uk)

Guildford Police on Twitter

<http://twitter.com/#!/surreypolice/>

are worried about your memory, or are caring for someone living with dementia, come along to our Meet and Greet on Friday 25 May at the Ash Centre.

For any information on the other events or to contact the APDAA you can call the Community Wardens on 01483 444137 or email [AAVTWardens@guildford.gov.uk](mailto:AAVTWardens@guildford.gov.uk).

All events are open to EVERYONE no matter where you live.

Help Ash Parish unite against dementia!

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## **2. Guildford in Bloom 2018**

As our gardens and allotments show signs of springing back into life we are delighted to announce that this year's [Guildford in Bloom competition](#) is now open for entries.

The competition is free to enter for borough residents, schools, community groups and businesses who love gardening and want to help make Guildford and surrounding villages an even more beautiful place to live, work and visit.

**The competition has eight categories to choose from:**

1. Best Front Garden
2. Best Allotment & Vegetable/Kitchen Gardens
3. Best Garden for Wildlife
4. Best Pub in Bloom
5. Best Container Garden
6. Best Neighbourhood Project
7. Best School in Bloom
8. Student Garden Showcase

Commemorating the centenary of WW1, our theme this year is 'Peace'. The best themed garden, allotment or container will win the Dorothy Walden Award. You can choose to theme, or not to theme.

To enter, pick your category, use our new [on line form](#) to register and start preparing your garden, allotment or containers for judging – it is that simple! Or you can respond to this email with your name, address, email address, contact telephone number and the category you wish to enter.

If you have a friend, neighbour, family member or local

## Other local contacts

Catalyst (formerly SAdAS)

Phone 01483 590150

Web site [www.catalystsupport.org.uk](http://www.catalystsupport.org.uk)

Guildford Action for Families

Phone 01483 560003

Web site [Guildford Action](http://Guildford Action)

Surrey Against Domestic Abuse

Phone (24 hours) 01483 776 822

Web site [Surrey Against Domestic Abuse](http://Surrey Against Domestic Abuse)

Voluntary Action South West Surrey

Phone 01483 504626

Email [info@vasws.org.uk](mailto:info@vasws.org.uk)

Website [voluntary action sws](http://voluntary action sws)

Age UK Surrey

Phone 01483 503 414

Web Page [Age UK Surrey](http://Age UK Surrey)

pub with a beautiful garden, you are welcome to nominate them.

For more information about the competition, dates and events, see [www.guildford.gov.uk/guildfordinbloom](http://www.guildford.gov.uk/guildfordinbloom)

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### **3. Ash Velo – Cycle Rides**

Some of you may not be aware that Ash has its very own popular cycling club. If you are looking to get back on your bike, build confidence and strength, and at the same time learn local cycle routes, then this could be just what you're looking for. There are rides to suit all abilities.

All rides are led by trained leaders and you can either book in advance or just turn up, but please bring your own bike. Meeting point is Ash Wharf, on the corner of Vale/Wharf Road GU12 5AZ by Bridges Estate Agents.

Please see below forthcoming rides:

**Sunday 22nd Apr** - 9am - Steve - 25-30 miles

**Saturday 28th Apr** - 10am - Tim - 10-15 miles

#### **Special**

**Sunday 6th May** - 8am - Epic 30 miler.

Challenging Box Hill Ride!! or alternatively a 15-20 mile ride.

There will be a choice of the Challenge 30 Ride for those that want to, but for those that don't there will be an alternative cycle of 15-20 mile ride leaving at 9am.

Both will leave from the Wharf near Bridges. Let us know which ride you would like to take part in by the 2<sup>nd</sup> May by emailing: [ashvelocycling@gmail.com](mailto:ashvelocycling@gmail.com)

**Saturday 12th May** - 10am - Steffan, 10-15 miles

**Sunday 20th May** - 9am - Joolz, 25+ miles

**Saturday 26th May** -10am - Tim MTB Ride, 10-15 miles

**Sunday 3rd June** - 9am - Richard, 25+ miles

For more information contact:

[ashvelocycling@gmail.com](mailto:ashvelocycling@gmail.com)

or if you use Facebook, just look up Ash Velo.

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#### 4. Prostrate Screening

Please see details below about an event the Guildford Lions are running.



**GUILDFORD LIONS CLUB**



**CALLING ALL MEN OVER 50**  
Younger men welcome if there  
is a history of Cancer in the

**1 IN 8 MEN WILL DEVELOP PROSTATE CANCER DURING THEIR LIVES**

**EARLY DETECTION SAVES LIVES**

**FREE PSA BLOOD TEST EVENT**

**The Samson Centre**

Riverside, Stoughton, Guildford, Surrey

GU1 1LW

Come along on

**Saturday - 28<sup>th</sup> April - 13.00 -17.30**

**What May Affect PSA**

**Prostate Specific Antigen (PSA) values can be affected by a number of factors.**

**Here's what you need to know before and after the test.**

**EXERCISE**

It is suggested not to do any vigorous exercise 24 hours before your PSA test



**SEX**

Take a break from sexual activity for 24 hours before your PSA test



**PRESSURE**

Pressure on the area near the prostate may increase your PSA value - please don't ride your bike for 24 hours before your appointment



**AFTER**

Should you be referred to your GP, tell your Doctor if you are taking any prescription or non-prescription medications e.g. aspirin or supplements



Following on from the Prostrate screening, take a look at this link. Lots of men find it difficult to ask for help. Macmillan can make it easier:

[men talking about Cancer](#)

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## 5. Swap Shop in Ash

Come down and join us on the 5 May at the Ash Centre for another very popular Swap Shop.



*Come to the*

# Swap Shop

The Ash Centre, Ash Hill Road,  
Ash, Surrey GU12 5DP

11.00am - 12noon  
**Saturday 5th May 2018**

**Free Refreshments**

*Bring items you no longer need, toys, books, CDs, games, clothes, baby stuff, DVDs, bikes etc. Nothing large or electrical.*

Come and take even if you don't bring anything.

**No money changes hands!**

Contact for further information – Lesley Telford,  
Community Warden, Telephone: 07769 642053

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## 6. Playranger News

The Playrangers are back from their Easter break and are ready to play outside!

This term the Playrangers will bring fun and engaging activities to parks near you in Guildford. You can look forward to mud painting, den building and so much more! The Playrangers will be back on Monday 16 April and will stop for half term on Friday 25 April.

Playranger sessions run every weekday during term-time and are a great way for children and young people to get outside, be active and make new friends. The main age group is 8 to 12 year olds, however under 8s are welcome if accompanied by an adult.

Please click [here](#) to visit the Guildford Borough Council Playranger webpage for more details on each site and our service.



Drop into Japonica Court, first floor and have a chat, our door is always open!