



**GUILDFORD**  
B O R O U G H

# Community Warden Update Ash, Ash Vale & Tongham

May 2018



Every person matters

## Your Local Wardens



Jo and Lesley

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Community Wardens on  
[Twitter and Instagram @GBCwardens](#)

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

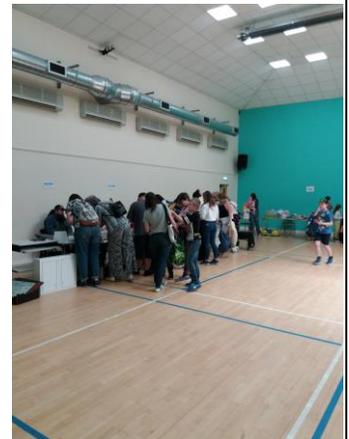
We've been out and about with our Gazebo again. Earlier this month we were outside Tesco Express in Ash Vale. We chatted to a number of local residents and were also able to give out information on the Dementia Action Week, as well as other useful information.

Our next Gazebo event will be on the Cardinals Estate (opposite St Paul's School) on Wednesday 6 June 2.30-3.30pm, so come along and see us.

We will also be outside the Ash Centre on Tuesday 26 June 9.30-11.30am. See you there!

We also had another successful Swap Shop this month with many people turning out to pick up a bargain. In fact it was all for FREE!

Next one will be in November!



We popped in to see members of The Welcome Club in the Benson Room at Japonica Court. They were enjoying a cuppa and a game of bingo. The 2<sup>nd</sup> Ash Rainbows wanted to do an act of kindness for older people so they hand decorated some plant pots with a lovely plant in and gave them to the group – what a lovely gesture.

Email  
[customerservices@guildford.gov.uk](mailto:customerservices@guildford.gov.uk)

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

Facebook  
[Guildford Borough Council](http://Guildford Borough Council)

## Elected Councillors

GBC Cllr Andrew Gomm

01252 316 411  
[andrew.gomm@guildford.gov.uk](mailto:andrew.gomm@guildford.gov.uk)

GBC Cllr Nigel Kears

01252 312 154  
[nigel.kearse@guildford.gov.uk](mailto:nigel.kearse@guildford.gov.uk)

GBC Cllr Paul Spooner

07970 953232  
[paul.spooner@guildford.gov.uk](mailto:paul.spooner@guildford.gov.uk)

GBC Cllr Nigel Manning

01252 665 999  
[nigel.manning@guildford.gov.uk](mailto:nigel.manning@guildford.gov.uk)

GBC Cllr Marsha Moseley

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GBC Cllr Murray Grubb Jnr

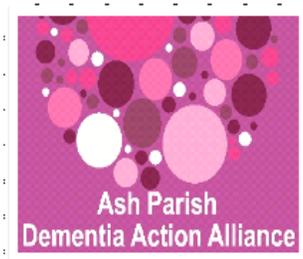
07561143714  
[murray.grubb@guildford.gov.uk](mailto:murray.grubb@guildford.gov.uk)

GBC Cllr Jo Randall

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

## 1. APDAA Update

Here's another reminder of the activities during 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.



## Ash Parish Uniting Against Dementia 21 - 27 May 2018

ALL EVENTS ARE OPEN TO  
EVERYONE, THIS MEANS YOU

For more information contact Community Wardens 01483 444137

### Monday 21 May

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

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

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

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

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

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

**A reminder about the free First Aid session on Tuesday 22 May 6.30-9pm. If we don't get enough participants, we will have to cancel it. Please let your friends and neighbours know about this valuable opportunity.**

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

## 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/>

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. Ash in Bloom 2018

Ash Parish Council are holding their **ASH In Bloom** competition.

They are encouraging all residents and schools to make the Parish of Ash a brighter and greener place in which to live.

Why not join in by entering either yourself or nominate a neighbour, friend or other Parish Resident. There are five competition categories and you may win yourself or your nominee a prize and a certificate.

Judging will take place in secret during **JULY** and entry to all categories is **FREE**. The judge will be particularly looking for the use of environmental practices such as peat free soil, composting, water butts and wormeries. All winners will be invited to attend a presentation ceremony at the Ash Centre on 5th September 2018, where there will also be an opportunity to meet other winners.

For more information contact the Ash Parish Council office on: 01252 328287 or email: [office@ashpcsurrey.gov.uk](mailto:office@ashpcsurrey.gov.uk)

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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.



## 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)

Meeting point is Ash Wharf, on the corner of Vale/Wharf Road GU12 5AZ by Bridges Estate Agents.

Please see below forthcoming rides:

**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

**Saturday 9th June, 10am** - Shona, Leisure Ride, Gentle beginner/family ride

**Sunday 17th June, 9am** - Tim MTB Ride, 10-15 miles

**Saturday 23rd June, 10am** - Steve, 10-15 miles

**Sunday 1st July, 9am** - Steffan, 25+ miles

**Sunday 8th July - NO Ash Velo Ride - It is the Farnham Charity Ride, 8am, Who's up for that instead?**

**Sunday 15th July, 9am** - Richard, 25+ miles

**Saturday 21st July, 10am** - Shona Leisure Ride, Gentle beginner/family ride

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. Community Golf – Tesco voting tokens**

We have been asked by Community Golf to let you know about the following scheme:

Following the success of the Get Active 50+ project with Active Surrey in 2017, Community Golf applied to the Tesco Bag of Help fund at the end of 2017 and has recently been selected. The next stage of the process is the public vote where Tesco customers vote to decide how much money our project will be given, this will be either £1,000, £2,000 or £4,000 (or requested amount). The customer voting will take place throughout May & June in local Tesco stores. Voting tokens are given out to customers when they request one after making a purchase in store.

Community Golf sessions are run at local centres in Park Barn Centre, Shawfield Centre, Brockhill Centre and Clockhouse Milford. They need to get as many "blue voting tokens" as possible to fill their box so they can earn the maximum amount of £4000.

The Tesco Stores participating are:  
Guildford Superstore  
Guildford Bridge Express  
Milford Express

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## 5. Action For Carers Information

Please see some posters about some interesting events that are coming up in the next couple of months.



Action for Carers  
Surrey  
Adult Carer Support



**SALSA  
DANCING**  
with  
El Mundo Latino

Thursday 28<sup>th</sup> June 2018  
10am – 12noon  
The Ash Centre, Ash Hill Road, Ash, GU12 5DP

Learn some new moves or brush up on your technique. No previous dance experience needed – just come and have some fun!

10 am	Arrive and have a coffee
10.30- 11.30	Salsa !
11.30- 12noon	Well earned light refreshment

If you wish to book onto this event please contact –  
☎ 0303 040 1234  
✉ [CSAdmin@actionforcarers.org.uk](mailto:CSAdmin@actionforcarers.org.uk)  
] SMS 07714 075993



Action for Carers (Surrey) Reg Office: Astolat Coniers Way  
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Registration No. 1116714



carerstrust  
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## Looking after your health and wellbeing

Thursday 5<sup>th</sup> July  
9.30am - 2.00pm

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

Encourage and remind yourself about taking care of the carer. Join us in looking at how we can all look after ourselves better including back care. Have a chat to other carers and have some fun trying out Tai chi, Pilates, hand massage and mindfulness and more.

Sandwich lunch and healthy refreshments provided

Please wear loose, comfy clothing

If you wish to book onto this event please contact –

☎ 0303 040 1234

✉ [CSAdmin@actionforcarers.org.uk](mailto:CSAdmin@actionforcarers.org.uk)

📱 SMS 07714 075993



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Registration No. 1114714



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