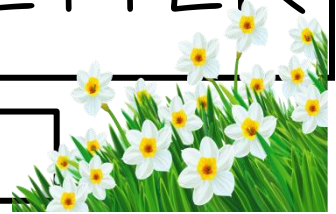


# COMMUNITY NEWSLETTER



Welcome to your February Update for Ash & Tongham, from your Community Wellbeing team:

**Claudia, Grace, Jo & Lesley!**

**Email us at:**

[Community.Wellbeing@Guildford.gov.uk](mailto:Community.Wellbeing@Guildford.gov.uk)

**Follow us on Twitter and Facebook!**

[@GBCCommunityWellbeing](https://twitter.com/GBCCommunityWellbeing)

February 2019

1. Team Updates
2. Ash Velo Dates
3. Activities at Shawfield Centre
4. Ashes Good Neighbours
5. St Peter's Centre Recycle Sale
6. Surrey Heath Veterans & Families
7. Mayor of Guildford's Volunteer Fair
8. Calling All Carers!

## 1. Team Update



We would like to welcome two new members to our Community Wellbeing Team. Willow Cobby will be our Neighbourhood Connector, which means she will be working with individuals to help them make changes, attend activities and groups and work toward their goals. Georgina Jackson has also joined us as a Resident Involvement Officer. This role will be working closely with our Tenants Advisory Group and helping to identify areas to tackle for our residents in the community.

## Valentines Quiz!

Grace and Lesley had a 'lovely' time attending the 'valentine' coffee morning at Japonica Court where Residents were invited to enter into the spirit of the day by joining in with a themed quiz. Although there were no medals for our Wellbeing Team, it was a brilliant morning!



Garry, Claudia, Lesley,  
Grace, Jo & Tracy

## Call us anytime on:

**Claudia: 07890591971,**  
**Grace: 07966654888, Jo: 07901513652,**  
**Lesley: 07769642053**



Community Wardens use Twitter regularly. Follow us for more information of up and coming events @GBCwardens

## USEFUL CONTACT DETAILS:

### Guildford Borough Council

Phone 01483 50 50 50

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

Web page

[Guildford Borough Council](http://www.guildford.gov.uk)

Facebook

[Guildford Borough Council](https://www.facebook.com/guildford.gov.uk)

### Your Ash South & Tongham Councillors



Cllr Paul Spooner

07970 953232

[Paul.spooner@guildford.gov.uk](mailto:Paul.spooner@guildford.gov.uk)



Cllr Andrew Gomm

01252 316411

[Andrew.Gomm@guildford.gov.uk](mailto:Andrew.Gomm@guildford.gov.uk)



Cllr Nigel Kears

07899 846626

[Nigel.kearse@guildford.gov.uk](mailto:Nigel.kearse@guildford.gov.uk)

## 2. Ash Velo

Here are the next cycle rides organised for the next few weeks:

Sunday 3rd March - 9am - Steve - 25+

Saturday 9th March - 10am - Shona Leisure/Family Ride

Sunday 17th March - 9am - Tim - MTB

Saturday 23rd March - 10am - Joolz - 15 miles

Sunday 31st March - 9am - Steffan - 25+ miles

All rides leaving from Ash Wharf, next to Bridges, please note the start times for each ride.

## 3. Activities at Shawfield Centre

Feeling Active? Come and give it a go!



**Over 55 and looking to try something new ? Why not come and try one of the 'drop-in' activity classes at Shawfield Centre Ash ?**

**FIRST CLASS IS FREE !**

Linedancing—Tuesdays 2.15 to 3.45 p.m.

Zumba Gold—Wednesdays 3.30 to 4.15 p.m.

Tai Chi—Fridays 3.15 to 4.15 p.m.  
(Commencing 15th March)

Normal charges—Members £3.20  
Non Members £4.20

For further information please phone  
01252 326304



 GUILDFORD  
BOROUGH

## USEFUL CONTACT DETAILS:

### Ash Vale Councillors



Cllr Nigel Manning  
01252 665999  
Nigel.Manning@guildford.gov.uk



Cllr Marsha Moseley  
01252 665999  
Marsha.moseley@guildford.gov.uk

### Ash Wharf Councillors



Cllr Jo Randall  
01252 344929  
Jo\_randall@yahoo.co.uk



Cllr Murray Grubb Jnr  
07542 166044  
Murray.grubb@guildford.gov.uk

## 4. Ashes Good Neighbours

The Ashes Good Neighbours are looking for volunteers.



### THE ASHES GOOD NEIGHBOURS

Volunteer help for Residents

of Ash & Ash Vale

Urgently needed volunteer Drivers & volunteers

to man the phone ( Expenses paid )

If you are able to help us or would like more information  
we are having a coffee morning @ St Marys church Ash Vale

13th March between 10,30 -12.00

Pop along and speak to one of the committee

or please phone: 07790457632

Between 10- 12 midday Monday - Friday

or Email ashes-gn@hotmail.co.uk

## 5. St Peter's Centre Recycle Sale

### Household 'RECYCLE' Sale

@ St. Peter's Centre, Ash Church Road

On Saturday 16th March from 10.00 - 12.00

Glassware, books, pictures, kitchen items and more...



All items 50p or £1 / Books 20p each

Fill a bag for £5

(standard Carrier Bag)

FREE ENTRY - PLENTY OF PARKING

Help support St. Peter's Church and pick up a bargain at the same time. Charity Number: 1171836

## USEFUL CONTACT DETAILS:

### 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 Neighborhood Team

#### **Ash Neighbourhood team**

PCSO Morgan Webb  
PCSO Nicola Carr

Web page  
Guildford Police on Twitter  
[@surreypolice](#)

### Other local contacts

Catalyst (formerly SAdAS)  
Phone 01483 590150

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

Guildford Action for Families  
Phone 01483 560003  
Website [Guildford Action](#)

Surrey Against Domestic Abuse  
Phone (24 hours) 01483 776 822  
Website [Surrey Against Domestic Abuse](#)

Boom Credit Union (savings & loans)  
01483 917959

## **5. Surrey Heath Veterans & Families Listening Project**

We are a Veterans' & Families of the British Armed Forces community drop-in, run by and for Veterans & Families. Open every 2nd Tuesday of the month 10:00am - 1:00pm at St Mary's Church & Centre, Park Road, Camberley, GU15 2SR. SHV&F-LP have monthly guest speakers at 11am and a Veterans' & Families Well-Being group at 12pm supported by a qualified practitioner. There is the opportunity to meet and talk (in private settings) to guest organisations, charities and other support networks. Such as Veterans UK, SSAFA, SEaP, Vulnerable Veterans, Stoll, Walking With The Wounded, Citizens Advice (formerly CAB), Action For Carers, Military Young Carers, The Royal British Legion, Surrey Adult Social Care Information & Engagement team, plus much more; call-in to find out more.

You do not need to live in the Surrey Heath area to pop-in for a brew and a chat; NO appointment needed.



## Guildford Community Lottery:



Guildford Community Lottery was created by Guildford Borough Council in 2018. It was set up to support local community projects and raise money in fun and effective ways to put back into the causes people care most about.

Tickets cost £1 per week and 60p goes directly to local causes!

If you would like to get involved, put your local cause forward to benefit from the funds raised, or buy tickets you can get in touch via:

Email: [support@guildfordlottery.org](mailto:support@guildfordlottery.org)

Call: 01483 338885

**Now on Facebook and Twitter  
Guildford Community Lottery**



## **6. Mayor of Guildford's Volunteer Fair**

The Mayor of Guildford, Councillor Mike Parsons, wishes to gauge interest in a Volunteers Fair to be held on Thursday 4 April 2019 from 11.00am – 3.00pm. The fair will be held in Guildford High Street with a similar format to the Farmers' Market. The fair would allow local voluntary and charity groups to showcase their work and recruit potential volunteers.

The fair would present a fantastic opportunity for our residents to find something they are passionate about and to see how they can help others, meet new people, make a difference in someone else's life and get involved in their local community.

If your organisation would be interested, please contact Philippa Coldham at [Philippa.Coldham@guildford.gov.uk](mailto:Philippa.Coldham@guildford.gov.uk)

Please note due to licencing regulations, charities will not be able to collect donations on the day and there will be a nominal charge for taking part.



## **National No Smoking Day**

13<sup>th</sup> March is National No Smoking Day - an opportunity for a 'fresh start'. Whether you are a smoker or not it is set to provide everyone an opportunity to inspire, motivate and support anyone looking to quit smoking.

Join thousands of people across the country and begin your journey!



For more information, resources for your workplace or home or just to speak to someone visit: <https://www.todayistheday.co.uk/> or for your local service (Surrey Quit 51) call 0800 622 6968 or text SMOKEFREE to 66777.

## **7. Calling All Carer's!**

**ARE YOU A CARER?**



**The tables are set**

**The Cooks are ready**



And we would love to welcome you to our next lunch for "Carers and those cared for"  
The Millmead Centre  
Guildford Baptist Church  
Between 12.30 and 4.00 p.m.  
On Saturday 9<sup>th</sup> March 2019

Please contact Frances Selves on 07817166798  
Or Email: [francesselfes@ntlworld.com](mailto:francesselfes@ntlworld.com)  
So that we can send you an invitation

---

If you ever want us to include any of your clubs, events or community news please let us know. We send out our newsletter monthly and we are always looking for new updates and local information to include.

Pop us an Email on [Community.Wardens@Guildford.gov.uk](mailto:Community.Wardens@Guildford.gov.uk) or call us on our numbers shown on the front page of this newsletter!

We look forward to hearing from you soon.