

COMMUNITY NEWSLETTER



Welcome to your Community Wellbeing update from the Guildford team:

Briony, Claudia, Georgina, Grace, Jo, Lesley, Tracy & Willow!

Email us at: community.wellbeing@guildford.gov.uk

Follow us on Twitter and Facebook!

@GBCCommunityWellbeing

*Special edition Week 5, April 2020



1. Team Update

We're in the 4th week of lockdown - funnily enough, things are pretty similar around here! We are all still working hard to provide our communities with supplies and information to survive and thrive in isolation!

1. Team Update
2. A word from our young people
3. Write a letter to a stranger
4. Positivity Jar
5. Recipes from Guildford Community Fridge
6. Community Wellbeing Team #Throwback
7. Our favourite good news story this week
8. Our 'home resource' picks
9. Garden Design Competition!



Community Wellbeing Team!

Community Wellbeing Team
Contacts - Call us anytime!

Claudia: 07890591971

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Guildford Borough Council COVID-19 Helplines - open Mon-Fri 8:30-5pm/ Sat-Sun 10am-2pm

Community helpline 01483 444400 or register [online \(https://guildford.gov.uk/athome\)](https://guildford.gov.uk/athome)

Call 01483 444476 for help making adjusting your home to live independently after you return from hospital

Help others: Call 0483 505050 for volunteers who want to be put in touch with community groups



Coronavirus (COVID-19): what you need to do

You must stay at home apart from essential travel or you may be fined

All non-essential shops and community spaces are closed

Coronavirus (COVID-19)

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

Stay at home to stop coronavirus spreading

Everyone must follow government guidelines to help stop the spread of coronavirus.

This includes people of all ages - even if you do not have any symptoms or other health conditions.

You can only leave your home:

- *to shop for basic essentials - only when you really need to*
- *to do one form of exercise a day - such as a run, walk or cycle, alone or with other people you live with*
- *for any medical need - for example, to visit a pharmacy or deliver essential supplies to a vulnerable person*
- *to travel to and from work - but only where this is absolutely necessary*

2. A word from our young people

We were delighted to hear from Molly, who spent 4 months with our team every Tuesday for work experience. We are super proud of Molly who has since been successful for a job with the GBC Playrangers Team!

“I’m Molly Pryce and I’m 16 years old. I was supposed to be sitting my GCSE exams in May & June, but these have all been cancelled. Since lockdown began it’s been a struggle for all of us, old and young but I feel like the young have been portrayed very badly in amongst all this madness. The majority of teens are staying inside just like everyone else and it’s a very small few who still go out, probably the same amount as the small few adults who still go out. My boyfriend is 17 years old and works six days a week, 13-hour days caring for elderly residents in Guildford, so amongst my frustration of staying in I’m grateful for people like him because I know I could not cope with what they are dealing with. Since lockdown began, I’ve been spending my time with my dog teaching her new things and playing with her in the garden. I’ve also been using all this time to really relax, sunbathe, pamper myself and do some art. I think amongst all the bad this virus brings it is also giving most of us the much-needed space and time we need to recuperate.”

What to do if you have coronavirus symptoms

Continue to stay at home if you have either:

- *a high temperature - this means you feel hot to touch on your chest or back (you do not need to measure your temperature)*
- *a new, continuous cough - this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)*

To protect others, do **NOT** go to places like a GP surgery, pharmacy or hospital. Stay at home. Use the 111 **ONLINE** coronavirus service to find out what to do.

[Happy news pages to follow on Facebook:](#)

The Happy Newspaper
Positive News UK
The Happy Broadcast

3. Write a letter to a stranger...

There are many people in our communities that will be feeling the loneliness and separation from friends and loved ones. They may not be able to have regular contact with the ones they care about the most. We are asking you to write a friendly note/letter to remind them that they are not alone and that this isn't forever - we will all meet again.

It only takes a few minutes to write a few words that could make somebody's whole week a little brighter.

Why not put your personal touch on it and get creative - write a poem, share a story or draw a picture?

If you want to get involved, there is an activity sheet at the end of this newsletter that you can use as a template.

When you are ready, send it back into us. We will be collecting these digitally, which you can do by taking a picture of your letter on your or your parent's mobile and email it in or type it on a computer.

These will be sent out to people who use our Meals On Wheels service.

If you are under 18, ask a parent/guardian to check it over before sending it in and remember not to share any personal information such as your address.

Please email any letters to us as at:
Community.Wellbeing@guildford.gov.uk

4. Positivity Jar

A JAR FULL OF SUNSHINE....

1. FIND A CLEAN JAR (IDEALLY WITH A LID THAT YOU CAN RE SEAL)
2. FEEL FREE TO DECORATE, ADD SOME FUN PAPER, STICKERS, POM POMS.. (WHATEVER YOU FANCY!) , AND MAYBE A LABEL OF WHAT YOUR JAR MEANS TO YOU! SOME OF OUR IDEAS:

- MY POSITIVITY JAR

- JAR OF SUNSHINE

- HAPPINESS JAR

3. CUT OUT SOME BITS OF PAPER THAT YOU CAN EASILY GRAB AND WRITE ON WHICH CAN BE PLACED WITH THE JAR (IF YOU HAVE LOTS OF JARS YOU COULD EVEN HAVE ONE FOR YOUR BLANK PIECES)

4. START MAKING MEMORIES! THIS IS THE FUN BIT...

- HAPPY MOMENTS YOU WANT TO REMEMBER

- FUN THINGS YOU HAVE DONE

- JOKES AND FUN STORIES

- POSITIVE MESSAGES TO RE-READ

- GOALS FOR THE FUTURE

- THINGS YOU ARE GRATEFUL FOR



What to do if you need medical help for another reason?

If you need medical help not related to coronavirus, do not go to places like a GP surgery, pharmacy or hospital:

For health information and advice, use the NHS website or check your GP surgery website.

For urgent medical help, use the NHS 111 online service. Only call 111 if you're unable to get help online.

For life-threatening emergencies, call 999 for an ambulance.

Information for Carers

A timely reminder that Surrey carers including staff carers may find these digital tools helpful.
See email below from our partners Carers UK.

Free Access Code is: DGTL3562

<https://www.surreycc.gov.uk/social-care-and-health/adults/looking-after-someone/your-role-as-a-carer#digitaltools>

These are challenging time for families and carers and we would encourage you (wherever possible) to continue to refer carers to support using the Surrey Carers Prescription Service.

<http://carersworldradio.ihoststudio.com/centralsurrey.html>

Action for Carers Surrey remains open for business and continues to provide remote support to carers of all ages.

5. Recipes from Guildford Community Fridge

Navajo Flatbread

Here is a simple yet tasty flatbread recipe you can cook in a frying pan!

- 2 cups flour (272g)
- 1-1 1/4 water (225-280g)
- 1tbsp baking power
- 1tsp salt
- 1tbsp oil/butter

1. Mix dry ingredients and add most of the water
2. Add the rest of the water slowly while mixing, until ingredients have the consistency of tacky pizza dough
3. Knead for a few minutes
4. Leave in a greased bowl for 30- 60 minutes
5. Divide into 6 pieces and roll out to tortilla thickness on a floured surface
6. Heat pan to 180°C
7. Cook until golden brown spots form
8. Flip and then cook on the other side before removing



Guildford Community Fridge

The #GuildfordCommunityFridge is now operating in a new way.

As of 3rd April, the fridge will be partnering with the local hubs providing additional supplies to support the team preparing food parcels for the local community.

If you wish to collect one of these food parcels please come to the centre between 12-4pm or contact us on 01483 444400

6. Community Wellbeing Team #throwback

Another week, another #throwback. This time we are enjoying looking back at a coffee morning held by our Resident Involvement Officer - Georgina!

Georgie invited local parents and little ones to come together at the then newly opened Playzone at the Park Barn Centre (The Hive!)

It was a fantastic success that helped lead to mums meeting new mums and making friendships. Our team got lots of feedback and support from parents that helped tailored what is now offered to them at our Playzone, making it the vibrant & welcoming space it is today!



Babes at the Barn
Coffee Morning

7. Our favourite 'good news' stories this week...

A Local one... A member of staff at the Lloyds Chemist in Ash Vale has been going the extra mile for her customers. She is delivering some of the prescriptions for people who can't get to pick them up after her shift finishes from work. Now that's dedication I would say! This is just one example of the many unsung heroes in our communities, volunteering to help their neighbours and strangers alike.

A National one... A 106-year-old great-grandmother, thought to be Britain's oldest patient to recover from coronavirus, has been discharged from hospital. Connie Titchen was applauded by staff as she left Birmingham's City Hospital on Tuesday, after three weeks. We love the fight Connie has shown and the dedication from NHS workers to see her through the illness. Remember the weekly 'clap for carers' is on Thursdays at 8pm.

A Worldwide one... There are many positive impacts on the environment since the lockdown. Cleaner air and increased visibility is allowing citizens in Northern India to see the view of the Himalayan mountain range for the first time due to the drop in air pollution - this had been hidden from sight for 30 years.

If this is the worst of times, it is also the best of times. In our unease we are drawing deep reserves of strength from others. In this isolation, we are in some ways rediscovering community. Every good news story is spreading inspiration to stay positive in this war against an invisible threat.

BE AWARE

Please be aware and advise any vulnerable neighbours or friends and family that there are multiple scams being circulated and many of them relate to Council and Government services... In some cases these scams have been able to access credentials and in some cases bank details.

Look out for:

- Texts sent to phone purporting to be from your local Council asking you to submit your details for a Council Tax Refund
 - Fake emails been sent from a 'gov.uk' website asking you to input your details to apply for COVID-19 relief
 - An Android App called 'COVID19 Tracker' marketing itself as a coronavirus app available on the Google Store. This App if downloaded will ask for device permissions and lock your phone and delete all your data unless you pay \$100.
- Please ignore any texts or emails that ask you to input any details and if you are unsure, please pick up the phone and call the Service Desk to verify if you are concerned.

8. Our 'home resource' picks



Bringing Hogwarts to you

www.wizardingworld.com/collections/harry-potter-at-home

This special Harry Potter At Home hub is where you'll find the latest things to keep you occupied - from activity kits, nifty magical craft videos, fun articles, quizzes, puzzles and more. Cast a banishing charm on boredom and join us in the Wizarding World!

Home Festival Fun



<https://www.instagram.com/homefestivalfun/>

An online community of daily fun activities including workouts, dance lessons for both adults and kids, cooking lessons, arts and crafts and quizzes!



National Live Theatre

www.nationaltheatre.org.uk



National Live Theatre are broadcasting its most popular productions for free during lockdown every Thursday night at 7pm.

Oakleaf Virtual Pub Quiz

Want to test your general knowledge? Join Oakleaf on Tuesday 21st April at 7pm on their Facebook page to take part in their online pub quiz.

<https://www.facebook.com/events/s/oakleaf-virtual-pub-quiz>

You can follow the above link or type 'Oakleaf Virtual Pub Quiz' in your Facebook search bar

TRIVIA



Other useful contacts for support:

Surrey County Council Coronavirus
Community Support

<https://www.surreycc.gov.uk/people-and-community/emergency-planning-and-community-safety/coronavirus/community-support>

For people who want to help or
people who need help

Government Help for Extremely
Vulnerable

<https://www.gov.uk/coronavirus-extremely-vulnerable>

For extremely vulnerable people

Community Angels
Guildford Borough Wide
07825 799309

gfd.communityangels@gmail.com

Offering a befriending service, calls to
the mobile Monday to Friday 12 till
2pm

9. Garden design competition!

Are you a keen gardener? Do you have an eye for design? Are you interested in climate change gardening?

Then why not have a go at designing a climate change inspired garden!

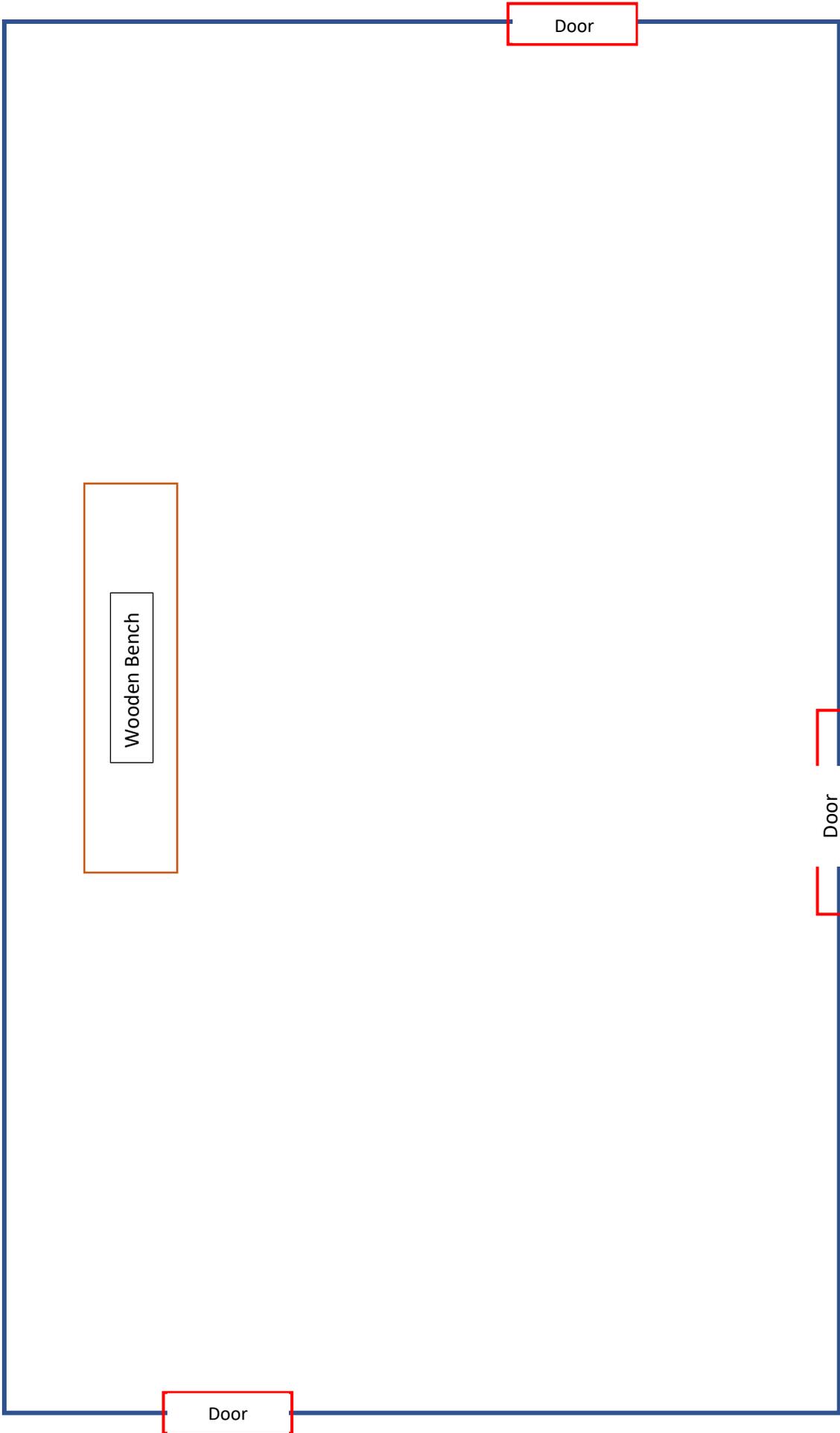
We are working with the students from the Kings College Gardening Club alongside RHS Wisley to transform the courtyard space at the Park Barn Centre into a wonderful garden. The project is still in the early stages and with the current situation, we thought it would be a great time to get everyone's ideas on what they would like to see in this space.

Climate-friendly gardening is gardening in a way that reduces the amount of greenhouse gases being emitted and encourages more absorption of carbon dioxide that contribute to global warming.

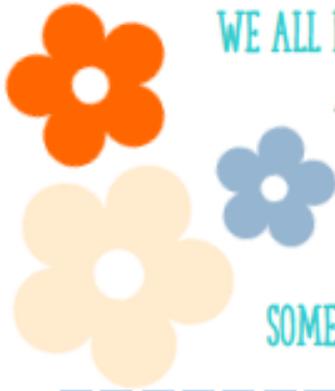
At the end of this newsletter you will find a plan of the courtyard space. If you would like to have a go at designing, please do! You can send these to us via email. If you don't have access to emails, keep hold of your design and either drop it in/post it to the centre when it is safe to do so after social distancing has been relaxed.

Stay safe and happy designing everyone!





ACTIVITY SHEET



WE ALL KNOW ABOUT THE POWER OF CONNECTION IN THESE DIFFICULT TIMES AND WE THOUGHT IT WOULD BE NICE TO SHARE NOTES OF HAPPINESS AND HOPE TO PEOPLE WHO MAY BE SOCIALLY ISOLATED. IF YOU WOULD LIKE TO SEND SOMEONE A MESSAGE BELOW, WE WILL DELIVER IT TO A NEIGHBOUR, OR WITH A FOOD PARCEL OR TO SOMEONE WHO WOULD LIKE TO HAVE A LITTLE HAPPINESS IN THEIR DAY.

A large rectangular area with a dashed blue border, containing 15 horizontal dashed lines for writing a message.