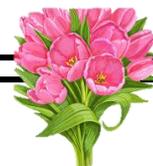


COMMUNITY NEWSLETTER



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

***Special edition Week 6, April 2020**

1. Team Update

The team have enjoyed receiving all of your thank-you's and well wishes during this time and are continuing to work with the wider community team to ensure we can boost your health and wellbeing. We look forward to hearing how you are getting on, so please get in touch or send pictures of any of your isolation creations!

1. Team Update
2. A word from our young people
3. Positive Podcasts
4. Employment Opportunity
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. Write a letter to a stranger



**Community Wellbeing Team
Contacts - Call us anytime!**

Briony: 07970032626

Claudia: 07890591971

Georgie: 07890592197

Grace: 07966654888

Jo: 07901513652

Lesley: 07769642053

Tracy: 07767475822

Willow: 07890592201

Community Wellbeing Team!



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



This week we heard from Blossom Walker who has been busy creating positive letters and artwork about her time in isolation.

We can see from her picture above that Blossom and her family have been taking part in the online 'P.E with Joe Wick's' lessons - well done for staying active!

Blossom's letter explores the importance of being kind and shows a heart warming message to speak out if you are experiencing bullying. Living in a world that has moved predominantly online, the risk of unusual or nasty behaviour experienced on social media is increased. If you feel you are being bullied, please do tell a parent or someone you trust.

“Bullying makes people feel sad and unhappy. Bullying is for fools, don't do it. Stand up to a bully. Tell a grown up or a teacher. Always be a good friend. Ask if someone is OK. Always be brave and kind, don't be afraid to tell someone.

By Blossom Walker”

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. Positive Podcasts

You can listen to all of these podcasts for free on your Android or Iphone 'Podcast' app OR on any web browser

The Happy Place - by Fearne Cotton (for adults)

Fearne delves into the subject of 'happiness' by chatting to inspiring individuals, who have made changes in their lives and met people to help them find a new way of looking at life.

Earth Podcast - by the BBC (for adults)

Intimate stories and surprising truths about nature, science and the human experience.

Science Weekly - by Fun Kids (for children)

Exploring the coolest stuff in science, from when dinosaurs roamed the earth to a future where humans can live in space!

Everything under the sun - by Molly Oldfield (for children)

Join Molly as she answers questions from young people around the world anything and everything!

Unlocking Us - by Brene Brown (for adults)

Looking at emotions and experiences that bring meaning and purpose to our lives.

Feel better, live more - by Dr Rangan Chatterjee

Stories from leading health experts that offer easy life hacks, expert advice and debunk common health myths.



4. Employment Opportunity



Employment Opportunities in the Care Sector Home Counties Carers

(In Partnership with the GLADE Park Barn Learning Centre & Project Aspire)

Home Counties Carers are an organisation who provide care to the elderly and vulnerable residents in Leatherhead and Guildford (www.homecountiescarers.co.uk/).

They currently have positions available for interested individuals to become part of their team. Vacancies are very flexible and family-friendly. With the Covid-19 process in mind, the recruitment process will be as follows;

- HCC will send out an application form for completion.
- On return of the form (emailed or posted back), an online or telephone interview will be arranged with applicants
- If the applicant is successful, they will be sent an offer of employment.
- Experienced carers wishing to join HCC would then go onto an e-learning Care Certificate training course.
- They would then attend Induction Training (in a safe environment)

Please note, a person new to care work would need more substantial training and this would be discussed. However, if they are considered a good candidate, every effort will be made to ensure they have the best training possible considering the current lock down situation.

HCC's partners in this process are the GLADE Park Barn Learning Centre and are assisting in this recruitment drive. The Learning Centre will provide free training and guidance around completing of the application form, interview techniques training, literacy, numeracy and IT support.

If a candidate applies through the Learning Centre (contact details below), Home Counties Carers will guarantee an interview on receipt of their application form.

To apply directly to Home Counties Carers, please ring Ingrid on; **01483 224985**

To apply through the Learning Centre (guaranteed interview) email Dave Pascoe at; dpascoe@surreyllp.org.uk



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

Creamy Pesto and Kale Pasta

Method:

1: Heat the oil in a large pan over a medium heat. Fry the onions for 10 mins until softened and beginning to caramelise. Add the kale and 100ml water, then cover and cook for 5 mins more, or until the kale has wilted.

2: Cook the pasta following pack instructions. Drain, reserving a little of the cooking water. Toss the pasta with the onion mixture, cream cheese and pesto, adding a splash of the reserved cooking water to loosen, if needed. Season and enjoy!

Ingredients:

- 1 tbsp rapeseed oil (or any oil you have)
- 2 thinly sliced red onions
- 300g kale (you can use spinach, rocket or anything else you like!)
- 300g pasta of your choice
- 4 tbsp cream cheese (can use reduced fat to make this a bit healthier)
- 4 tbsp pesto



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.

6. Community Wellbeing Team #throwback

We are missing physically connecting with our most loved community groups. This week takes us back to April 2019 when Lyn was awarded the Mayor's Award for Service to the Community.

Lyn Day is a volunteer with the Ash Parish Dementia Action Alliance who regularly helps out at Memory Lane, which is a music therapy group for those suffering with dementia and their carers.

It's important to celebrate community hero's like Lyn, without people like her these invaluable community services wouldn't be the same.

We hope that in the not to distant future, we will all be taking a trip down Memory Lane once again.

#1yrTHROWBACK



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

(you can either click the links or copy the text into your browser)

A Local one... Head of Design at Guildford High School, Chris McGhee, has designed and produced face shields for the Royal Surrey County Hospital, using left-over materials from his classes. His target is to produce 120 face masks a week to aid NHS staff. Please visit his GoFundMe page to find out more and donate to this worthy cause.

<https://www.gofundme.com/f/face-protection-for-front-line-medical-staff>

A National one... The truly amazing Captain Tom Moore has raised an outstanding £28,244,984 for the NHS. The inspiring 99-year-old walked a staggering 100 lengths in his garden and was awarded a Pride of Britain Award! Captain Moore will be celebrating his 100th birthday on the 30th April - Please spare a moment to sign this petition to get this hero knighted.

<https://www.change.org/p/uk-parliament-knight-captain-tom-moore>

A Worldwide one...'Adopt a Grandparent' - an initiative that started in a care home in our home County, Surrey, has become a worldwide project. So far it has attracted thousands of people from across the globe who have signed up to this scheme. The aim is to help battle loneliness among the elderly, but everyone involved has been benefiting from learning through these inter-generation friendships that will hopefully last long into the future.

If you want to get involved visit:

chdliving.co.uk/adopt-grandparent

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

100 day challenge to grow the tallest sun flower!

Don't worry, there's still a month to go make sure you have your seeds at the ready! If you have already have seeds why not share some with neighbours that want to get involved? If you are starting from scratch, you can get all the info you need from the website below. They will even send you seeds for free!

www.landscapeshow.co.uk/growhappy



Monterey Bay Aquarium has 10 live cams to choose from so you can tune in and enjoy experiencing what all of their fascinating creatures are getting up to. We particularly enjoy watching the live feeding time for the Otters - did you know an otter can consume up to 11kg of food a day, that's 1/4 of it's own body weight! Otterly awesome!

www.montereybayaquarium.org/animals/live-cams



How to meditate - ever thought about meditating but not known how or had the time? This website will take you step by step to a position where you are comfortable to give it a go.

<https://www.mindful.org/how-to-meditate/>



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. 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

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 enclosed by a dashed blue border, containing 15 horizontal dashed lines for writing a message.