

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 8, May 2020**

1. Team Update

Welcome to Lockdown, week 8! With an update due from our Prime Minister this Sunday, we are all waiting with anticipation to hear the latest update. Our team and those working from the Hubs will be working through the Bank Holiday & Weekend to make sure our communities are staying well and safe.

1. Team Update
2. A word from our young people
3. Arts and Crafts
4. Rainbow Templates
5. Recipe 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!

Community Wellbeing Team
Contacts - Call us anytime!

Briony: 07970032626

Claudia: 07890591971

Georgie: 07890592197

Grace: 07966654888

Jo: 07901513652

Lesley: 07769642053

Tracy: 07767475822

Willow: 07890592201

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

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

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

Help others: Call **01483 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



Aurora, aged 2, and Belle, aged 4, have been busy creating drawings and artwork throughout lockdown and have shared some of their masterpieces with us for the community!

Belle and Aurora have been keeping very busy in lockdown, including home-schooling and enjoying their new garden space. Both girls love to dance and sing and have recently found a new love of yoga. Belle has also been learning to read which is coming on leaps and bounds!

The girls are most looking forward to a sleepover at grandma and grandad's house when they are out of lockdown and seeing all their friends.

Belle and Aurora hope these pictures bring lots of happiness to others and wanted to share their smiles with the community!

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. Arts and Crafts

Photo tutorial below:



What you will need...

- An empty egg carton
- Scissors
- Yarn
- Needle to poke a hole and a large needle to fit the yarn.
- Tissue paper. Great to save if you get it in packaging and sometimes with clothing.
- Paper for the eyes
- Sharpie
- Glue
- Paint and brush

Fun Fact...

Some Jellyfish are biologically immortal!!

The scientific name for these is *Turritopsis dohrnii*.

They can be found worldwide in temperate to tropic waters.

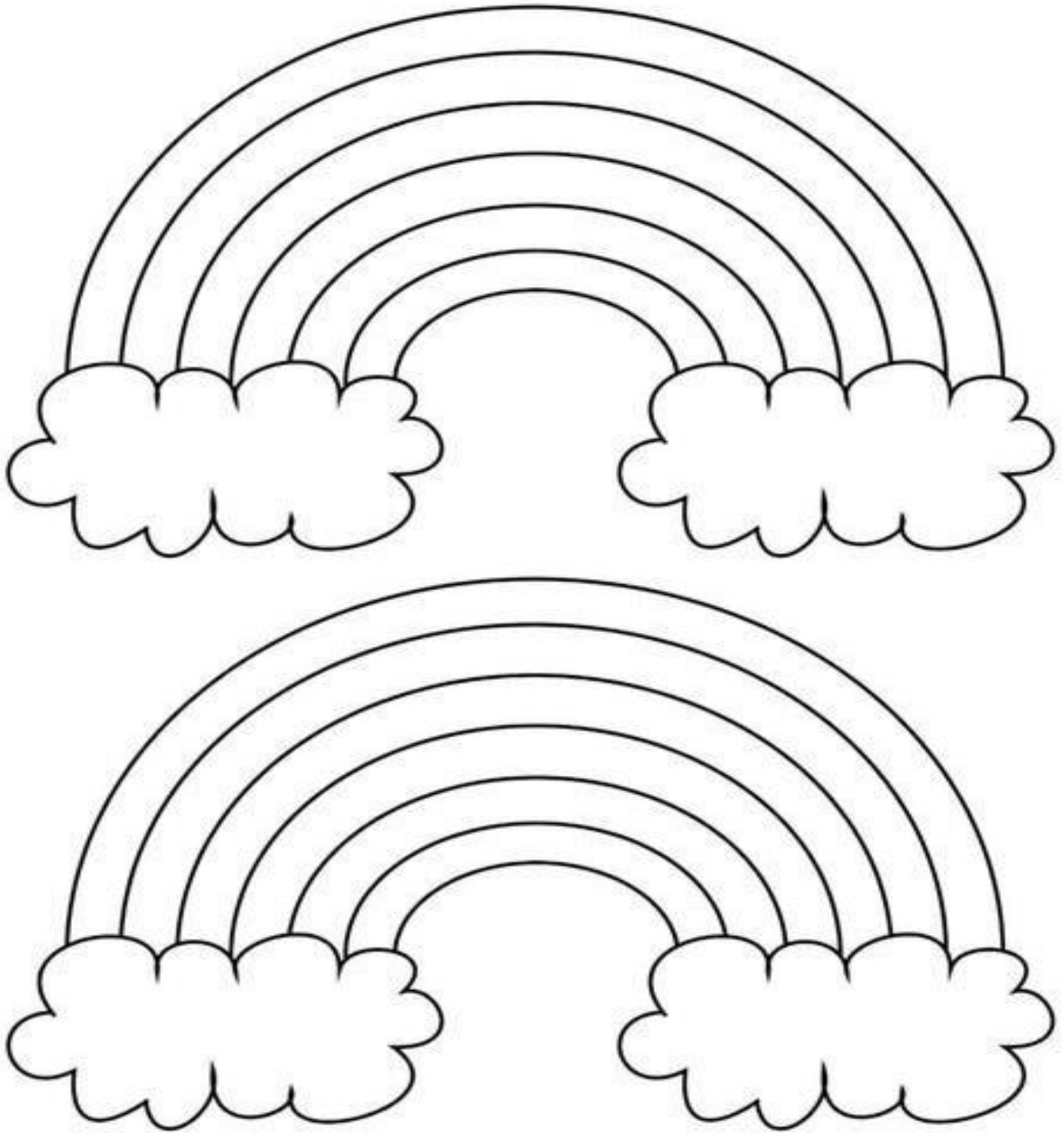
It is now officially the only immortal creature, instead of dying they transform themselves back into their juvenile state.



Here's a heard from our last recycle DIY craft idea!

We love seeing your work so please keep sending it in.

4. Rainbow Templates (for cutting out & colouring in!)



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

Simple & quick 'Mug Cake' recipes

Eggless Chocolate Cake

Ingredients:

- 1/4 cup all-purpose flour
- 2 tablespoon unsweetened cocoa powder
- 1/4 teaspoon baking powder
- 2 tbsp. granulated sugar
- 1/8 teaspoon salt
- 1/4 cup & 1 tbsp. milk
- 2 tbsp. vegetable oil
- 1 tbsp. chocolate spread or chocolate chips

Instructions:

1. Whisk together dry ingredients
2. Whisk in the milk & vegetable oil until all ingredients are combined and the batter has no lumps
3. Pour batter into a microwave-safe mug (with enough head space for the cake to rise without spilling over)
4. Add a dollop of chocolate spread in the middle of the mix
5. Pop it in the microwave for 70 seconds, carefully remove and enjoy!

Sponge Cake

Ingredients:

- 30g butter
- 1 large egg
- 2 tbsp. pure vanilla extract
- 50g granulated sugar
- 6 tbsp flour
- 1/4 teaspoon baking powder
- Tiny pinch of salt

Instructions:

1. Melt the butter (microwave in mug for 20/30 secs)
2. Add the egg and whisk it in with a fork
3. Stir in the milk, vanilla and sugar
4. Add the flour, baking powder and salt. Mix the batter with a fork until smooth.
5. Cover and place in the fridge, When ready to serve microwave for 1 minute & 20 secs.
6. Top with your choice of treat, we suggest whipped cream & fresh berries!



Guildford
Community Fridge

6. Community Wellbeing Team

#throwback

Last May members of the team joined Guildford Stoolball team. A year ago, throws us back to our first friendly. We think it's so important to try new ways of staying active and what better way than doing exercise with friends.

Claudia went on to be awarded 'most improved player' - (Grace & Willow are NOT bitter at all..)

Thank you, Lesley, for encouraging us to take part, you were an amazing captain.

#1yrTHROWBACK



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

A Local One...Waitrose have been invaluable to our teams at the hub during this time and their latest act of generosity really touched us all. Like many, one resident was really struggling due to financial worries and necessary isolation. The lovely Manager at Waitrose was kind enough to cover the cost of this food parcel and include a lovely bunch of flowers. Their generosity continued as he then offered us to take 3000 bags that we could use to make up food parcels. A very big thank you from us all!!

A National One...A woman has been putting smiles on faces and raising morale by wearing fancy dress on walks with her daughter during lockdown. The lady, who is from Warwickshire is coming up with a new costume everyday for their exercise. So far these have included Harry Potter characters, Halloween outfits and even an early appearance of Father Christmas!

A Worldwide One...Ballet dancers from the Paris Opera have put on a special video performance as a tribute to their country's key workers. Performers filmed themselves dancing to music from the ballet Romeo and Juliet in their kitchen, bedroom and even in the bath! Featuring a total of 61 dancers, even with venues closed they were still able to put on a first-class performance. You can watch it here on Instagram https://www.instagram.com/tv/B_CRBOSHmqP/?igshid=zhdhwgowu0ti or at the Daily Mail Online.

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

Girlguiding Presents: Adventures at Home Festival!

It's all free, just tune in to the live online programme of acts and events on [the Girlguiding Youtube channel](#).

Saturday 23rd May between 10.30am - 7.30pm

Enjoy a range of music performances, football challenges for the whole family (courtesy of England Women's Lioness star Jill Scott) and children's magic & comedy shows. There will be a range of arts and crafts and talks from brilliant speakers! To find out more search the link below:

www.girlguiding.org.uk/what-we-do/events-and-opportunities/event-and-opportunity-finder/girlguiding-presents-adventures-at-home-festival

Downloadable board game party!

If you or your parent has a smartphone and you have exhausted all of your physical board games, why not search your app store for some new virtual fun! Some of our favourites during lockdown have been: Risk - Global Domination, Monopoly, Battleships and of course, Uno!

Virtual lights over Lapland tour!

Arctic experts have created a tour of the arctic and gives you a chance to spot the Northern Lights from the comfort of your home. It's a 360 degree view, so you really feel like you're there. Watch as you move your phone and travel through another world. Make sure you wrap up warm!

www.youtube.com/watch?v=3CFpeEpMGUA&feature=youtu.be&app=desktop

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...

We've had lots of letters and poems submitted so far, all of which we have loved reading! Our Meals on Wheels customers have been receiving them over the past week and are enjoying them as much as we are. Keep 'em coming!

You can see one below...

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.

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

'2020 - OH WHAT A YEAR
WHEN IT FINALLY ENDS, WE ALL SHALL CHEER

FROM FLOODS TO PANDEMICS, WE ALL LOOKED ON IN
SHOCK
TO THE SHOPS, WE WERE TOLD - PLEASE DON'T FLOCK

BUT AS TIME DID PASS, WE ALL GOT TO KNOW
THAT SHOWING HELP AND SUPPORT, IT'S THE WAY TO GO
WHEN THIS YEAR IS FINALLY OVER, WE HOPEFULLY WILL
SEE
THAT THIS BRAND NEW WORLD, IS A MUCH BETTER PLACE
TO BE'

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.