

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 9, May 2020**

1. Team Update

This week has been full of news, updates and events but we hope everyone had a lovely VE Day last Friday. We especially hope that you enjoyed our special VE Day newsletter edition and were able to get crafty and decorate the house with the bunting included.

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10. Write a letter to a stranger



Community Wellbeing Team
Contacts - Call us anytime!

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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 \(https://guildford.gov.uk/home\)](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



UPDATE!

The government has set out its plan to return life to as near normal as we can, for as many people as we can, as quickly and fairly as possible in order to safeguard livelihoods, but in a way that is safe and continues to protect our NHS.

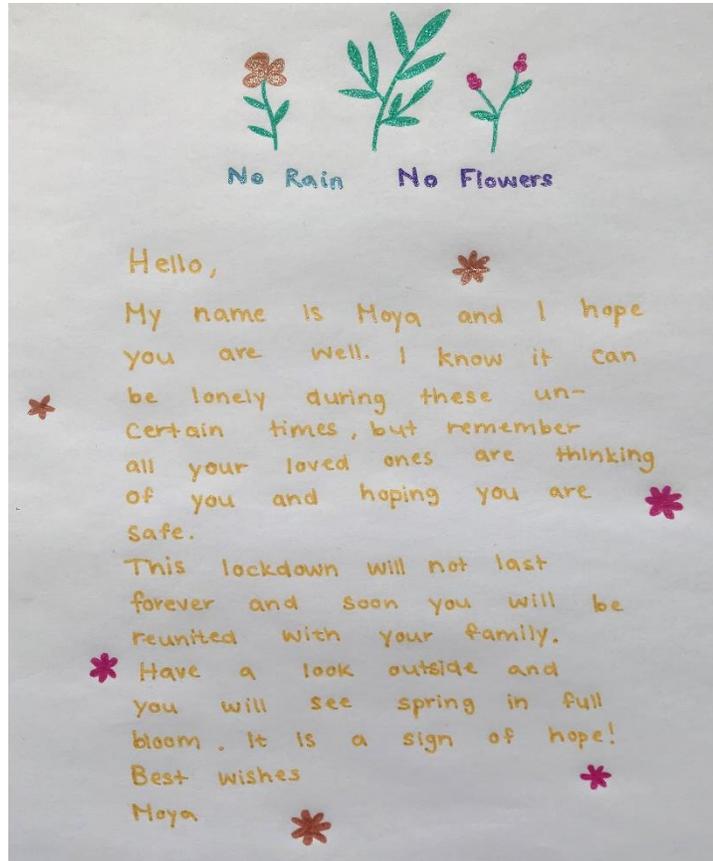
The government has published [staying safe outside your home](#) for guidance on what the new rules will mean.

Although some restrictions have been relaxed, we still need to make sure we are staying safe and keeping those in our communities safe.

You should stay at home as much as possible. The reasons you may leave home include:

- for work, where you cannot work from home
- going to shops that are permitted to be open - to get things like food and medicine
- to exercise or spend time outdoors
- any medical need, including to donate blood, avoid injury or illness, escape risk of harm, or to provide care or to help a vulnerable person

2. A word from our young people



Hello,

My name is Moya and I hope you are well. I know it can be lonely during these uncertain times but remember all your loved ones are thinking of you and hoping you are safe.

This lockdown will not last forever and soon you will be reunited with your family.

Have a look outside and you will see spring in full bloom. It is a sign of hope!

Best wishes,

Moya

YOUTH
CAFE DROPin

UPDATE!

Sports courts can re-open, but you should only partake in such activities alone, with members of your household, or with one other person from outside your household, while practising social distancing.

You can meet one other person from outside your household if you are outdoors. Public gatherings of more than 2 people from different households are prohibited in law. There are no limits on gatherings in the park with members of your household.

If you must make an essential journey, you should cycle or walk wherever possible. Before you travel on public transport, consider if your journey is necessary and if you can, stay local. Try to reduce your travel. This will help keep the transport network running and allows people who need to make essential journeys to travel.

It is being encouraged that people wear face masks on public transport and in areas where social distancing cannot be avoided. Lots of people have already been making their own face masks but if you haven't, why not have a go using scarfs or other textile items. Please send in any photos of you wearing the masks you have created!

3. Arts and Crafts

What you need:

- A used, clean tin (get help from a parent & make sure there are no sharp edges)
- Two bottle tops
 - String
- Double sided tape/ Glue
 - 4 buttons
- Yellow and black paint
 - Paper for wings
 - A black marker pen



Instructions:

1. With a parent/guardian clean the tin and ensure it is safe to use
2. Paint the tin with black and yellow stripes and leave to dry
3. Colour two black pupils for the bee's eyes onto the bottle tops
4. Stick the eyes onto the base of the tin and drawer on your bee's mouth
5. Trace some wing shapes onto a piece of paper and cut out for your bee
6. Attach a piece of string to the top of the bee using tape/glue
7. Attach your wings around the string using tape/glue
8. Cut out four pieces of string the same size and thread the

We would love to see your creations when we are able to return to The Hive. We hope to make a display of these in a window within the Playzone. Please hold on to your critters to donate to the display!



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.



Community Street Cleansing Operative - 30 hrs per week
(Monday to Friday)

A position has become available within the Guildford Learning And Development Enterprise (GLADE). This project is part of Surrey Lifelong Learning Partnership, a registered charity based in Knaphill.

The GLADE team are based in Park Barn in Guildford and the role involves street cleansing, garden maintenance and working on environmental projects within the communities. Employees are provided with opportunities to generate their own environmental initiatives such as clearing waterways or woodlands.

The successful candidate will be very much a 'people person' with strong communication skills, enjoy working in an outdoor environment and have the ability to work alone occasionally. They will also require a full UK driving license. In return, a competitive salary will be paid and opportunities for overtime exist.

Closing date for applications: Friday 15th May 2020, interviews planned to take place Friday 29th May 2020.

If interested, please email a CV to; nina.selfe@surreyllp.org.uk or for an informal discussion call Dave Pascoe on 01483 481789.

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.

UPDATE FOR THE ELDERLY!

The advice for those aged 70 and over continues to be that they should take particular care to minimise contact with others outside their household.

If they do go out more frequently, they should be careful to maintain distance from others. They and everyone should continue to comply with any general social distancing restrictions.

We know that those aged 70 and over can be absolutely fit and healthy and it's not the case that everybody over 70 has a chronic health condition or an underlying disease.

But unfortunately, we also know that as you get older, there is a higher risk of coronavirus having a more serious impact with infection. Complications and deaths are more common in the elderly, even those without pre-existing conditions.

Anyone who has been advised to shield by the NHS or their GP, including those 70 and over, should continue to do this until at least the end of June.

4. Recipes from Guildford Community Fridge

Peanut Butter Bread (makes 4 small slices)

Ingredients:

- 5 tbsp any flour (or blitzed porridge oats)
- 5 tbsp any milk
- 1 tbsp any sugar
- 1 tbsp (heaped) peanut butter
- 1 tsp baking powder

Instructions:

1. Put all of the ingredients into a deep mug
2. Stir until smooth
3. Microwave on high for 90 seconds
4. Use a knife to ease the bread out of the mug, turn out and slice

Dalgona Coffee (Serves 1)

Ingredients:

- 2 tsp instant coffee granules
- 2 tsp any sugar
- 2 tsp boiling water
- 300ml cold milk
- A few ice cubes

Instructions:

1. Whisk sugar, coffee and water in a cup hard by hand for 3 minutes until thick and creamy
2. Fill a glass with milk of choice and some ice cubes
3. Pour the coffee mix over the cold milk



Guildford
Community Fridge

5. Community Wellbeing Team #throwback

This time last year, we all came together as a community for a fun-packed day to celebrate the opening of the fantastic 3G football pitch at Kings College.

It was an exciting event with plenty of variety for all the family. We had fantastic face painting, plenty of bouncing on the bouncy castle and for the brave amongst us, an assault course from our brilliant Playranger team! Plenty tucked into the delicious cream teas on offer, which finished off this great community event.

The team love to look back at these community events, we are already looking forward to the future and all the exciting things that we will be able to do again.

#1yrTHROWBACK



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

A Local One...Residents of one street in Hersham took part in a street relay race to raise an amazing £3,097 for the NHS. Running laps of their road, 21 families of all ages took part throughout the day. Other neighbours came out cheering with banners and offering up donations. Those running included an 88-year-old woman who completed the 100th lap, crossing the chalk painted finish line, with the help of her carers.

A National One...A family in Leicester have set up a 'hope board' outside their house allowing people to fill it up with messages for the future. Almost 200 people have shared their hopes for the future on the board, ranging from meeting up with friends and family, getting fish and chips and buying a nice cold pint of beer at the pub. The Gentleman who set up the board said he had wanted it to be a "symbol of hope" in these difficult times.

A Worldwide One...Quarantined city residents in Dearborn, Michigan are celebrating Ramadan by decorating their homes with stunning light displays. They have launched the 'Ramadan Lighting Contest' for the first time to help safely celebrate the Islamic holiday whilst in lockdown. Since the contest launched on the 23rd April more than 65 families have festooned their homes with lanterns, lights and decorative signs. Neighbours can nominate one another's homes and the winner will be announced prior to Eid al-Fitr, the celebration marking the end of Ramadan. The winner will receive a gift basket of goodies from a local restaurant!

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.

7. Your VE Day celebrations



Here are some of your fabulous VE Day pictures to show us how you celebrated the day!

8. Supporting Unpaid Carers at Home

NEW project, titled **SUCH** – Supporting Unpaid Carers at Home, will help unpaid carers gain awareness of some of the steps they need to take to create a hygienically safer environment during the pandemic, with the aim of reducing infection rates.

You will be able to refer carers for this new service from Monday 11th May by ticking the box by following this web-link <http://carersworldradio.ihoststudio.com/centralsurrey.html> alternatively you can sign post them to Action for Carers Surrey Tel: 0303 040 1234

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. Rainbows Over Ash

Do you live in the Ash Parish area? This year Ash PC are looking at holding a virtual Ash in Bloom, but before they do that they are looking at holding a trial virtual contest by asking people to send into a special email account, photos or drawings of their Rainbows. Please see the following link on their web site; for more information!

<https://www.ashpcsurrey.gov.uk/rainbows-over-ash/>

10. 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

Dear (sort of) Neighbour,

I hope you are managing to weather the storm as best as possible. The virus has taken my livelihood and kept my family stuck inside since March to shield my Father who has a serious lung condition. It has reminded me of what is really important, so I am thankful for that. And it's also important to remember that it is temporary!

I'm not sure if this will find you before or after VE Day, but I'm just about to sew a bit of red, white and blue bunting for the front of the house. Because why on earth not?

Seeing all the volunteer groups spring up and so many people offering to help their neighbours during this weird time - has made me feel proud of my country for the first time in a long while. Feels like a good time to celebrate VE day to me.

I really hope you have also been shown some kindness, and if not, please enjoy this drawing I did for you.

Vera Lynn, still in her prime at 103!

Stay safe, and all the best,

Claire



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.