

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 7, April 2020

Visit Guildford Heritage

1. Team Update

This week the team have been collaborating with our Guildford Heritage Team to bring you a special VE day edition, in preparation for the celebrations next Friday (8th May). Although plans for this historical event can no longer go ahead, it doesn't mean we can't adapt our festivities to comply with lockdown.

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Community Wellbeing Team!



Community Wellbeing Team
Contacts - Call us anytime!

Briony: 07970032626

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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

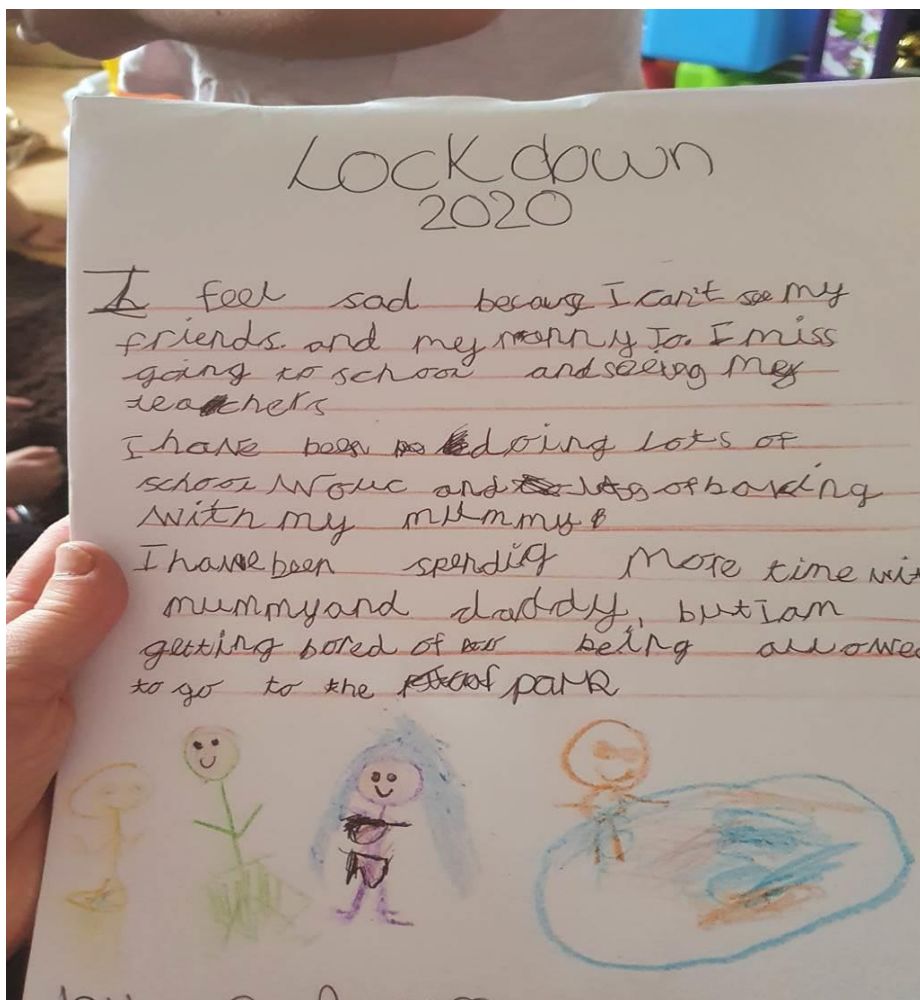
Everyone must follow government guidelines to help stop the spread of coronavirus.

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



The message above was sent to us by 5-year-old Sofia.

Everyone we have heard from has been experiencing the same frustration and challenges no matter what age. We are all missing our family, friends and normal day to day life. However, equally some of us are able to spend some much-needed quality time with our loved ones, such as Sofia.

"I feel sad because I can't see my friends and my nanny Jo. I miss going to school and seeing my teachers. I have been doing lots of schoolwork and lots of baking with my Mummy. I have been spending more time with Mummy and Daddy, but I am getting bored of not being allowed to go to the park."

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. Colour your own VE day bunting

VE Day Street Party Bunting Activity

What you need: Colouring pencils, pens, paints etc.
String, some tape and scissors.

Create your own colourful design in the triangle.

Carefully cut out your bunting (get an adult to help).

Fold the dotted line area behind the bunting, over some string to hang it up.

Use a piece of tape to fix the folded area to the back of the bunting.

Take a photo and share your designs with us on:

Facebook: @Guildford's Heritage

Twitter: @Gfdheritage



Did you know?

A national holiday was declared in Britain, 8th May 1945. Churchill had gained assurances from the Ministry of Food that there were enough beer supplies in the capital and the Board of Trade announced that people could purchase red, white and blue bunting without using ration coupons.



You can find this fun bunting template at the back of the newsletter. You can print as many as you like and design them as you wish, to decorate your homes to celebrate
VE day

4. Local World War 2 History



Home Guard helmet

Courtesy of Guildford Heritage Services

During the spring of 1940 the threat of Britain being invaded by the Germans was real. Local Defence Volunteers, soon renamed the Home Guard, were formed to defend the nation. Guildford's Home Guard was formed of men from all walks of life who also continued with their 'day jobs'. This helmet was worn by James Gwinn who ran a bakery in Chapel Street. E.H. Shepard, the well-known illustrator of A. A. Milne's Winnie-the-Pooh books, was a company commander of the local Home Guard. By 1943 the 4th Guildford Battalion alone had 3200 members.

During the war thousands of children, threatened by enemy bombing in their home towns, were evacuated to safety in the countryside. Almost 4,500 London children arrived in Guildford labelled with their name tags, carrying gas masks and suitcases. Miss Edith Gaskell who lived in Blackheath looked after four evacuees, George, Reggie, Peter, and Mimi. Another boy Peter, an Austrian Jew who escaped Europe as part of the Kindertransport, joined them in the safety of Edith's Surrey cottage. After the war Edith received an award from HM Queen Elizabeth, mother to Elizabeth II, in recognition of all that she had done by "opening your door to strangers who were in need of shelter and sharing your home with them."



Two of the evacuee children who stayed with Edith
Courtesy of Kirsteen Warner



VE Day street party in Grantley Gardens, Westborough

Courtesy of David Rose

On 7 May 1945 BBC radio broadcast news of the end of war in Europe. It was announced that the next day would be Victory in Europe Day and a national holiday. People celebrated with hastily organised street parties, bonfires and fireworks, and pubs were licensed to open late. Over the next weeks further parties, parades and services of thanksgiving were organised.

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

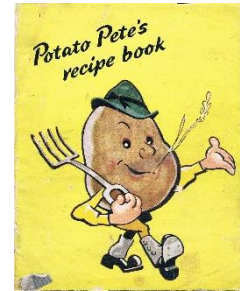
A timely reminder that Surrey carers including staff carers may find these digital tools helpful.
See email below from our partners Carers UK.

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. VE day original recipe



Middleton Medley

Photo courtesy of Carolyn Nield - Recipe courtesy of Potato Pete

Potato Pete was a character devised for The Ministry of Food to encourage people to eat more potatoes as they were easy to grow and cheap to buy. This booklet contains recipes using potatoes for every meal from breakfast to dinner. There are even recipes for sweet dishes that could be used for a VE Day street party such as scones and 'Middleton Medley', a piped mashed potato nest baked in the oven and then filled with grated apple and jam.

"Beat some mashed potato with a little milk, including a little egg if possible. Pipe with forcing bag, or mould with a fork into little nest shapes. Bake these in a hot oven for 15 minutes until lightly browned. Fill nests with roughly grated raw apple mixed with jam to bind and sprinkled with toasted coarse oatmeal or wheat germ."



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

Last year the Community Wellbeing Team, Guildford Heritage Services and the Arts & Leisure Department worked alongside our local Syrian families who helped us transform some outdoor spaces to bring a mix of cultures together.

This #throwback takes us back a whole year to when this project began. We didn't know then that this would bring our departments and a new aspect of our local communities closer together. Or end with so many achievements, such as winning an award at Guildford In Bloom.

We are thankful for every group and individual that makes up our communities. We would not be the same without you.

#1yrTHROWBACK



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

A Local One... One Ash resident was dreading spending her birthday alone in isolation when usually her children and grandchildren would take her out for a special meal. To surprise her, her family took a route passing her house on their daily walk, stopping at the end of her driveway to sing happy birthday. The resident later received multiple birthday cards from neighbours who witnessed the celebration.

A National One... On Tuesday 28th at 11am people from all around the UK stopped what they were doing to hold a minute's silence to commemorate and remember the lives of the selfless and brave key workers, who have sadly lost their lives to the coronavirus. It is touching to see the nation come together at a time like this to honour the most crucial workers risking their lives every day to save others.

A Worldwide One... All over the world people are finding creative ways to still enjoy fun activities. Two mums in Oregon USA organised a neighbourhood stuffed animal exhibit, complete with educational notes on the pavement written in chalk. This idea came to life when the mums two young daughters were disappointed that they could no longer attend the local petting zoo. The whole neighbourhood got involved, creating long rows of cuddly toys on the driveways for passing children to enjoy.

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 V.E day inspired 'home resource' picks

The BIG neighbourhood V.E Day 75 Family Festival

You can register for a free Festival Pack, where they will supply templates and printables so you can make your own decorations and props for 'stay at home' parties! The easiest way to join in with the build up, fun activities and online sessions during the day is to join

[The BIG Neighbourhood V.E Day 75 Family Festival at Home!](#) on

Facebook. You can register for your pack by visiting

www.artventures.co.uk/the-big-neighbourhood-v-e-day-family-festival

Dan Snow's V.E Day Challenge

Historian Dan Snow has set you a challenge! Dan wants to find out how YOU would tell the story of VE Day. This challenge will teach you a thing or two you didn't know about VE Day and get your creative juices flowing. Find out what to do here [https://ve-](https://ve-vjday75.gov.uk/dan-snows-ve-day-challenge/)

[vjday75.gov.uk/dan-snows-ve-day-challenge/](https://ve-vjday75.gov.uk/dan-snows-ve-day-challenge/) Make sure you get your entries in by the 6th May! You can also listen to Dan Snow's History Hit Podcast to learn some more, just search on your Podcast

App.

Join the BBC in marking the 75th Anniversary of VE Day

The BBC will have dedicated programming across their various TV & Radio channels to celebrate VE Day. You can find out what's on, how to tune in and at what time here

www.bbc.co.uk/mediacentre/latestnews/2020/75-anniversary-ve-day

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, 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!

We are asking you to write a friendly note/letter to remind our Meals On Wheels customers 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.

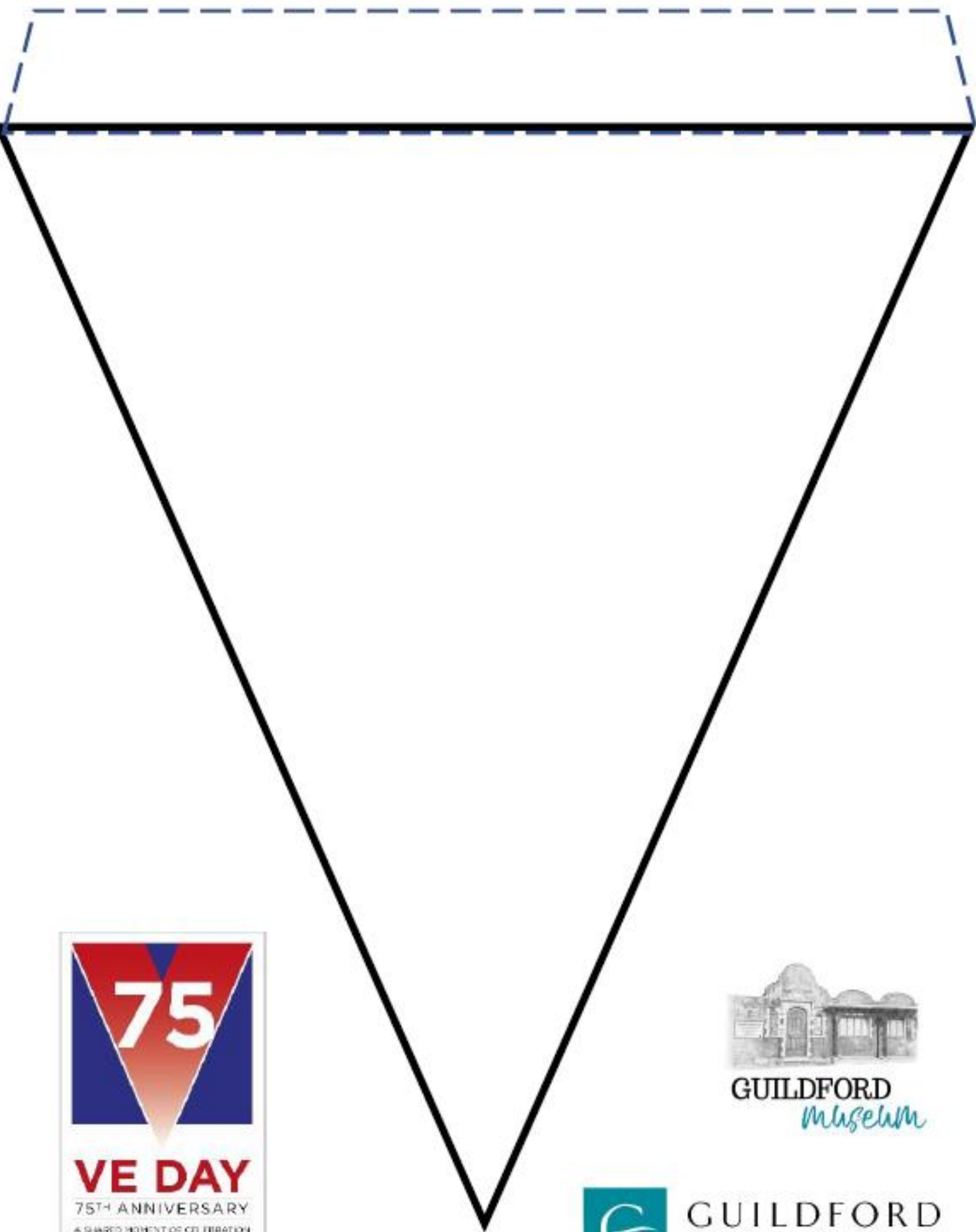
Please email any letters to us as at:
Community.Wellbeing@guildford.gov.uk

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



GUILDFORD
BOROUGH