

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 12, May 2020**

1. Team Update

1st-7th June 2020 is Volunteers' Week! Volunteers Week is an annual celebration of the contribution millions of people make across the UK through volunteering. Although the coronavirus pandemic has stopped many of the things we would usually do, so many local community heroes have stepped up or adapted the ways in which they volunteer. If you are a volunteer in anyway, we thank you!

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Community Wellbeing Team!



**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. Thank Our Community Heroes with Positive Pebbles

NEW PROJECT LAUNCH

Here in the Community Wellbeing Team, we think it's really important to show our appreciation for anybody and everybody that has helped us nationally, locally or personally during this pandemic. Whether it be our amazing national frontline services, our local community heroes or friends, family and neighbours that have supported us and kept us safe.

If you have an individual or organisation that you would like to show thanks to, get involved with our new project!

The idea is to get as many pebbles decorated with messages and artwork displaying your thanks for our Community Heroes. These will be then be put on display in heart shapes in different locations around the Borough. We will provide you with a 'Positive Pebbles' pack, including your own pebble to decorate and instructions of how to get it back to us.

These packs will be delivered to your doorstep, so if you wish to receive one please get in touch on our normal email address:
community.wellbeing@guildford.gov.uk



UPDATE!

Since 1st June there are a few things you are now able to do, that you weren't allowed to before:

Spend time outdoors, including private gardens and other outdoor spaces, in groups of up to six people from different households, following social distancing guidelines

- visit car showrooms and outdoor markets
- in line with the arrangements made by your school, send your child to school or nursery if they are in early years, reception, year 1 or year 6, if you could not before
- you can meet in a group of up to six people, including you and any carers, as long as you practise strict social distancing. Everyone should observe the same guidelines, keeping 2 metres apart. But where you need personal care from your usual carer this may involve being closer than 2 metres.

At all times, you should continue to adhere to strict social distancing guidelines when you are outside your home, particularly ensuring you are two metres away from anyone outside 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.

3. An Ode to Service Dogs

This week we are feeling inspired by our four-legged furry friends, who are there for us through thick and thin! Meet our team mascots that are helping to keep their families safe and sane during lockdown.



Scarlett (care dog)

"Scarlett bloodhound is her name,
Care dog is her special game.
Size 14 in a 16 dress,
So many wrinkles to caress.
2 feet high in stockinged paws,
Perfect, down to her dewclaws.
Velvet nose, with perfect smell.
Before you knew, in love we fell.

Leathers long and lightly furnished,
A golden coat, that's brightly burnished,
Sickle tail and curious nose.
A natural with a winning pose.
Scent hound of the secret knowledge,
Though she's never been to college.
She won our hearts with just one kiss -
She's Scarlett bloodhound, our little Miss"



Albus (pets as therapy volunteer)

"Hi everyone, I'm Albus. I volunteer for 'Pets As Therapy' and before lockdown I would visit a school for young people with additional needs every Friday. The students have a wide range of different needs, so I have to take health and safety very seriously, that's why I've been practising wearing my new face mask. I really miss all the cuddles and treats, but most I miss all the joy and happiness when I'm with them. I heard some humans are doing their jobs from home, so I thought I could give that a go too with this photo and message. I really hope it's worked and that I've brightened up your day. Waggy tails and lots of cuddles, Albus."

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.

4. Recipes from Guildford Community Fridge

Saucy Sausage Pasta

Ingredients:

- 1 tbsp olive oil
- Packet of sausages
- 1 onion
- 2 garlic cloves
- 1 tsp chilli powder
- 400g chopped tomatoes
- 300g pasta

1. Heat 1tbsp olive oil in a large frying pan and fry chunky pieces of 8 pork sausages on a fairly high heat until golden brown all over.
2. Turn the heat down and add the chopped onion and 2 crushed garlic cloves, cooking them until they have softened.
3. Stir in 1 tsp chilli powder & 400g chopped tomatoes with the sausages, bring the sauce to the boil then turn the heat down and let it bubble for about 10 minutes while you cook the pasta.
4. When the pasta is cooked, drain and add to the frying pan with the sauce mixing well to coat. Dish up and enjoy!



Guildford Community Fridge

Chocolate fudge crinkle biscuits

Ingredients:

- 60g cocoa powder
- 200g caster sugar
- 60ml vegetable oil
- 2 large eggs
- 180g plain flour
- 1 tsp baking powder
- 70g icing sugar

1. Mix the cocoa powder, caster sugar & oil together. Add the eggs one at a time, whisking until fully combined.
2. Stir the flour, baking powder and a pinch of salt together in a separate bowl, then add to the cocoa mixture and mix until a soft dough forms. If it feels soft, transfer to the fridge and chill for 1hr. Heat the oven to 190C/170C fan/gas 5. Tip the icing sugar into a shallow dish. Form a heaped teaspoon of the dough into a ball, then roll in the sugar to coat. Repeat with the remaining dough, then put, evenly spaced, on a baking tray lined with baking parchment.
3. Bake in the oven for 10 mins - they will firm up as they cool.

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.

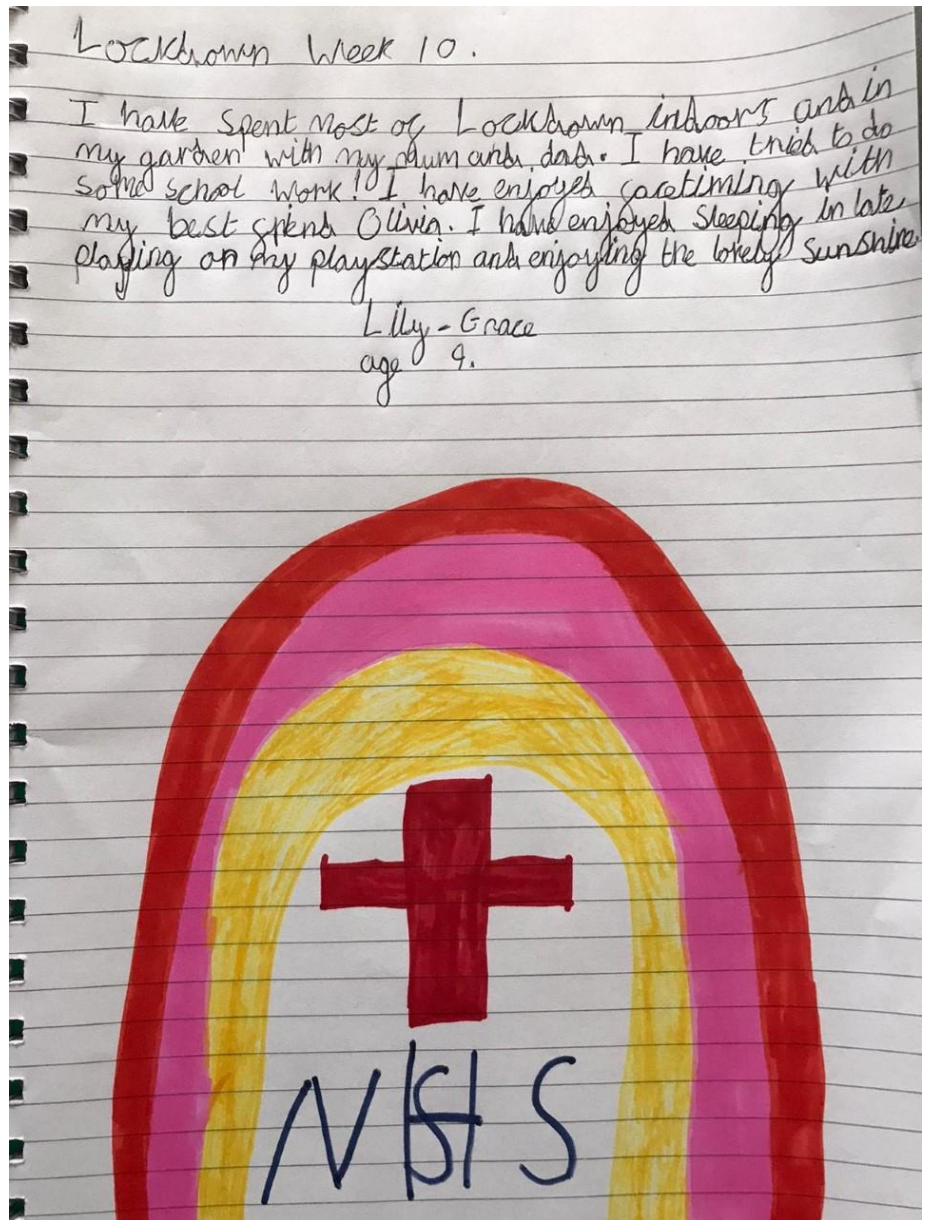
We know that those aged 70 and over can be absolutely fit and healthy and it's not the case that everybody over 70 has a chronic health condition or an underlying disease.

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.

5. A Word from Our Young People

Lily-Grace, Age 9



Like most of our young people, Lily-Grace has been protecting lives by staying home and inadvertently having a great time! We love hearing the benefits that Lockdown has brought to families and we are so pleased young people have been able to have so much

family-time!
PARK BARN
YOUTH CAFE **DROP** in

"I have spent most of Lockdown indoors and in my garden with my mum and dad. I have tried to do some schoolwork! I have enjoyed Face Timing with my best friend Olivia. I have enjoyed sleeping in late, playing on my PlayStation and enjoying the lovely sunshine."

6. Community Wellbeing Team #throwback

This time last year we welcomed Browells Pet Therapy and their troop of fluffy companions down at the Shawfield Centre.

The older folk that enjoy the day centre relaxed with chickens, kittens, rabbits, guinea pigs and a rather cantankerous Shetland Pony called Kevin.

It's safe to say we all left the session with smiles on our faces!

#1yrTHROWBACK



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

A Local One.... RAINBOWS OVER ASH! You may remember in one of our earlier editions we promoted the 'Rainbows Over Ash' competition, well...the winners have been revealed! A big well-done to everyone who entered, you can see the winners here:

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

A National One... As many businesses are now reopening, this piece of good news shows what the people of our Nation are all about! A Community Hero named 'Scott' from the Great Yarmouth area has been using his window cleaning firm to clean windows of local businesses free of charge to help them get back on their feet! He is paying his employees out of his own pocket whilst not expecting a penny back and simply popping a note through the establishments door to say they have been. As Lockdown continues to affect a lot of businesses, acts like this goes to show just how far people will go to support their communities.

A Worldwide One... Two Giant Pandas who reside at Ocean Park Hong Kong have mated for the first time in more than a decade, after finally enjoying a period of privacy thanks to the coronavirus lockdown. The Pandas, named Ying Ying and Le Le have been trying to reproduce since 2007 by zookeepers, but have showed little inclination to do so while daily hordes of visitors were watching their every move (and who can blame them!). A panda cub would contribute to a vulnerable species, so we are wishing the happy couple all the best!

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 Favourite Resource Picks

If you are accessing this newsletter electronically, please click on any links to access them. If you have received a paper copy, carefully type the text into your web browser, or google the content.

Guildford Community Wellbeing Blog

Last week, we launched our very own blog! Here we will share with you what it really means to be a part of the Guildford Community Wellbeing Team and what goes on behind the scenes! We hope you all enjoy getting a glimpse into our world and getting to know us all a bit better. Read our latest posts here:

<https://guildfordcommunitywellbeing.wordpress.com/>

Coping With Change

Over the past 12 weeks we have all been affected by our worlds changing and having limitations put on the way we live. As we process all this new information and prepare to slowly re-enter the 'new way of life', some of us might find all of these changes challenging. If you feel you need any tips or support, Mind Tools have a posted a great article on how to cope.

<https://www.mindtools.com/pages/article/coping-with-change.htm>

Young Minds

After enjoying a long period of time at home with loved ones, young people are slowly being phased into returning to normal life. If you are feeling worried about anything coronavirus related, make sure you have access to this resource:

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

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. Donations

We have been approached by lots of residents who we have been able to support during this crisis, their thanks have been enough for us however, many have wanted to donate what they can to show their appreciation. If you have received any support or help from GBC during the Covid-19 pandemic and feel like you want to give something back, you can do so online by following the instructions via this link:

<https://www.guildford.gov.uk/foodparcel>

You can also donate over the phone using the GBC Community Helpline listed on page 1

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

A Letter to a Stranger...

Hello

I hope you are well and enjoying the great weather we are having just now; I don't know you and you don't know me but I hope my letter to you below can bring a bit of happiness to your day.

What strange time this is we are living through but in some crazy way it is bringing the world to a better place. Friends are looking in on each other, neighbours are keeping an eye out and helping each other, families are talking a lot more than they used to.

I myself am guilty of being so busy at work I have lost the insight on how important family and friends were. I live on my own with 2 cats, they are fantastic company but as they are both very furry, they are not really enjoying this great weather, they sit inside by the fan. I knew I was a crazy cat lady before as I talk to my cats – even more now!!!!

I hope you have a little outdoor space where you can pop out and get some fresh air. The air feels truly cleaner with the lack of cars on the road.

It is also so quiet, I live near a main road and it is so unusual to not hear cars racing up and down 24/7.

Am still working full time from home so get up and have my usual routine, most of my colleagues are furloughed but they are all well, with new routines and lots have been getting fit on their bikes. I have been catching up on lots of movies and series on the telly, not as much exercise.

Hopefully soon this will all seem like a bad dream and we will get back to the new normality.

Wishing you all the best, take care and stay safe

Lots of love

Yvonne and her moggies

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.