

COMMUNITY NEWSLETTER



Welcome to your Community Wellbeing update from the Guildford team:

Briony, Claudia, Grace, Jo, Lesley, Tracy & Willow!

Email us at: community.wellbeing@guildford.gov.uk

Follow us on Twitter and Facebook!

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

***Week 22, August 2020**

1. Team Update

We are working hard at the moment, focussing on connecting families and individuals with packs from 'Thrive at The Hive'. Looking towards the weekend we aren't letting our spirits be dampened by the wet weather as we head for this August Bank Holiday. Make the most of that extra day no matter the weather, if you need some inspiration we have included our favourite things to do when we can't enjoy the sunshine!

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Community Wellbeing Team Contacts - Call us anytime!

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Community Wellbeing Team!



New Post! Don't forget, we are now live with our blog and posting regularly! You can now catch up with the whole gang in one place, follow us today!

<https://guildfordcommunitywellbeing.wordpress.com/2020/08/12/thriving-at-the-hive/>



Guildford Borough Council COVID-19 Helplines - open Mon-Thur 8:30-5pm / Fri 8.30-4.30pm

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



TESTING FOR COVID-19

Who can get a test

You can get a test: for yourself, if you have coronavirus symptoms now (a high temperature, a new, continuous cough, or a loss or change to your sense of smell or taste); for someone you live with, if they have symptoms; if you live in England and have been told to have a test before you go into hospital, for example, for surgery; if you live, work or study in these local councils - Leicester, Luton, Pendle, or Blackburn with Darwen or if your local council asks you to get a test This service is for people of all ages in England, Scotland, Wales and Northern Ireland.

When to get a test

If you have coronavirus symptoms, you need to get a test done as soon as possible. You need to get the test done in the first 5 days of having symptoms. Book a visit to a test site to have the test today. Or order a home test kit if you cannot get to a test site.

- On days 1 to 4, you can get tested at a site or at home. If you're ordering a home test kit on day 4, do so by 3pm.
- On day 5, you need to go to a test site. It's too late to order a home test kit.

Get help applying

If you have problems using the online service, call: 119 if you're in England.
Lines are open 7am to 11pm.

<https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name>

2. Our Favourite Resource Picks

Story-time From Space!

This online library directory is full of space-themed stories for little ones. You can access a bundle of fun adventures, read to you by astronauts! This is a great tool to use if you are too busy for story-time and need a hand in settling down your little-ones, or kick back and enjoy together! Just follow the link and you will be transported out of this world...

<https://storytimefromspace.com/library/>

Crash Course

Crash Course is one of the best ways to educate yourself, your classmates, and your family on YouTube!

From courses like Astronomy to US History and Anatomy & Physiology it's got you covered with an awesome variety of AP high school curriculum topics. With various witty hosts at your service, you won't even notice you're getting smarter.

Start learning today!

<https://thecrashcourse.com/>

Kitten and Puppy Live Cams

Whether you're a dog or a cat person, you'll be able to soothe your anxiety's by watching these furry friends sleep, play and be generally cute!

Kitten Cam - <https://explore.org/livecams/kitten-rescue/kitten-rescue-cam>

Puppy Cam - <https://explore.org/livecams/currently-live/service-puppy-cam>

CONTROL THE VIRUS

To protect yourself and others, when you leave home you must:

- ✓ **wash hands** – keep washing your hands regularly
- ✓ **cover face** – wear a face covering over your nose and mouth in enclosed spaces
- ✓ **make space** – stay at least a metre away from people not in your household
- ✓ If you are feeling unwell, get a test and do not leave home for at least 10 days.

FACE COVERINGS

Where you **MUST** wear face coverings

If you can, wear something that covers your nose and mouth in places where it's hard to stay away from other people.

There are some places where you must wear a face covering, such as:

- ✓ on public transport
- ✓ in shops
- ✓ when you go to hospital appointments or visit someone in hospital

3. Our Top 5 things to do on a rainy Bank Holiday

1. **Board Games and Puzzles!** This one might seem a bit out-dated, but there is nothing like sitting down with the family, battling out your favourite games!
2. **Movie Marathon** - Get everyone in your household to pick their favourite film, get the popcorn and hunker down.
3. **Baking, we love baking!** This week we have a fantastic bacon muffin recipe in our Recipe's from Guildford's Community Fridge section, give it a go and tell us how you got in.
4. **Go on a walk...** Hear us out, dress up in your best wet weather gear and go on an adventure! Nature can be just as beautiful when the weather is a little dampner and you'll be sure to see different forms of wildlife that don't come out on the sunnier days.
5. **Catch up with an old friend.** If you're stuck inside bored, chances are, so are your friends! Why not give one of them a call or FaceTime and see what's new with them.

The image is a blue informational graphic from the NHS and HM Government. It features a yellow horizontal timeline with five vertical markers. The text is as follows:

- HM Government** (top left)
- NHS** (top right)
- Coronavirus** (center, large yellow text)
- Guidance for the clinically extremely vulnerable** (center, white text)
- Until 6 July** you should continue to shield in line with the current guidance (bottom left)
- From 6 July** you can gather in groups of up to 6 people outdoors whilst maintaining social distancing and form 'support bubbles' with another household if you live alone (middle left)
- Shielding support package** will be continued until the end of July (bottom center)
- From 1 August** you can return to work if necessary and participate in activities such as going to the shops or a place of worship (middle right)
- From August** continue accessing priority supermarket delivery slots and NHS Volunteer Responder scheme (bottom right)

IF YOU NEED MEDICAL HELP

It's important to get medical help if you need it, especially if you feel very unwell or think there's something seriously wrong.

- ✓ If you think you have [symptoms of coronavirus](#) and need medical advice, use the [NHS 111 online coronavirus service](#).
- ✓ If you need to contact a GP, use the GP surgery's website, use an [online service or app](#), or call the surgery.
- ✓ For urgent medical help, use the regular [NHS 111 online service](#), or call 111 if you're unable to get help online.
- ✓ For life-threatening emergencies call 999 for an ambulance.

If you're advised to go to hospital, it's important to go. Keep going to any appointments you usually have, unless you're told not to.

4. Recipes from Guildford Community Fridge

Healthy Smoothie

Ingredients

- 1 banana
- 1 tbsp porridge oats
- 80g soft fruit (whatever you have - strawberries, blueberries, and mango all work well)
- 150ml milk
- 1 tsp honey
- 1 tsp vanilla extract

Method

STEP 1

Put all the ingredients in a blender and whizz for 1 min until smooth.

STEP 2

Pour the banana oat smoothie into two glasses to serve.

Bacon and Egg Muffins

Ingredients

- 12 bacon medallions
- 12 free-range eggs
- 12 small cherry tomatoes, halved
- freshly ground black pepper
- 6 slices of bread, to serve
- knob of butter, to spread

Method

- Preheat the oven to 220C/200C Fan/Gas 8 and lightly grease a 12-hole muffin tin.
- Put the bacon medallions between two sheets of cling film and roll out using a rolling pin. Put them into the muffin tin, creating a case shape.
- Crack the eggs into the centre of each bacon case, season with black pepper and top with two tomato halves.
- Bake in the oven for 10 minutes until the bacon is cooked and the egg just cooked on the inside. If you like your egg well done, cook for 15 minutes.



Government launches NHS Trace and Track Service

You've probably heard about the NHS Trace and Track Service. This tool will help keep the COVID-19 virus under control, while safely lifting the lockdown nationally. It will enable the government to replace a national lockdown with individual or if necessary, local action where there are outbreaks.

You can find out everything you need to know by following the link below

<https://www.gov.uk/government/news/government-launches-nhs-test-and-trace-service>

5. Thrive at The Hive



The Hive is re-opening from 11 August!

We are taking appointments to visit The Hive to get pre-loved items including:

- **Homeware**
- **Children's items and clothing**
- **Adult clothing and shoes**
- **Kitchenware**
- **Linen and Towels**
- **Toys**



We will be opening The Hive on Tuesdays and Thursdays and will be taking appointments of 20 minutes where you will have the space to yourself. Masks will be compulsory, and we will provide gloves and sanitiser for your visit. Please read the information provided with your booking to ensure your visit is a safe and enjoyable one!

To book a space please call us on 01483 444150 or Email us on community.wellbeing@guildford.gov.uk

IMPORTANT ADVICE FOR OVER THE CLINICALLY VULNERABLE AND THOSE MOST SUSCEPTIBLE TO COVID-19

If you're at high risk (clinically extremely vulnerable) from coronavirus (COVID-19), you were advised to take extra steps to protect yourself until 1 August 2020. This was called shielding.

In England, the risk of getting coronavirus is now low enough that you're no longer advised to shield.

6. Community Wellbeing Team #throwback

After lots of hard work from the residents at Friary House and volunteers, this time last August the pavilion was blooming throughout the Summer!

Residents continue to maintain all of the changes they strived for and now their communal pavilion is a haven to all that pass through and take the time to sit and enjoy.

The Friary House project is a great project that shows that determination from within can lead to success in the community.

#1yrTHROWBACK



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

A Local One... In a recent article by Paul Burch of Ash United FC, a huge thanks went out to Pat Scott and her team for their continued hard working making and distributing Face Masks. The funds raised will clothe the Junior Teams at Ash United FC. You can read the whole article here: <https://ashparish.org/2020/08/17/ash-united-fc-supported-by-ash-community/>

A National One.... We celebrated International Dog Day this week, so it's only apt that we include a four-legged friend good news story! A little boy named Oscar, who is sadly losing his sight to a rare disease, was able to tick off a number on his bucket list! Thanks to West Midlands Police, Oscar was able to play police-men for the day and, perhaps more importantly, cuddle Police pups! Read the entire heart-warming story here: https://www.bbc.co.uk/news/uk-england-birmingham-53712870?intlink_from_url=https://www.bbc.co.uk/news/topics/cx2pk70323et/uplifting-stories&link_location=live-reporting-story

A Worldwide One... This young teen from Tennessee, William, has made over \$9,000 dollars in profits, providing over 27,000 meals for those in need at his local food bank. How? By making and selling his own vanilla extract! This is a huge achievement and innovative idea for someone so young. William, we commend you! You Can read the ins and outs here: <https://www.goodnewsnetwork.org/tennessee-teen-raises-thousands-for-food-bank-by-creating-vanilla/>

COVID-19 SYMPTOMS AND HOW TO TREAT THEM

Treating a high temperature

- ✓ get lots of rest
- ✓ drink plenty of fluids (water is best) to avoid dehydration - drink enough so your pee is light yellow and clear
- ✓ take [paracetamol](#) or [ibuprofen](#) if you feel uncomfortable

Treating a persistent cough

- ✓ If you have a cough, it's best to avoid lying on your back.
- ✓ Lie on your side or sit upright instead.
- ✓ To help ease a cough, try having a teaspoon of honey. (But do not give honey to babies under 12 months. If this does not help, you could contact a pharmacist for advice about cough treatments.

Things to try if you're feeling breathless

- ✓ breathing slowly in through your nose and out through your mouth, with your lips together like you're gently blowing out a candle
- ✓ sitting upright in a chair relaxing your shoulders, so you're not hunched
- ✓ leaning forward slightly - support yourself by putting your hands on your knees or on something stable like a chair

8. CONNECT – Support Group for ages 16-24

It's so important for all age groups to stay connected and have a space where you can share and enjoy. This virtual support group is a great way for anyone aged 16-24 to have fun whilst getting peer-support for anything they might be going through. You can book a place to take part in this group by contacting the numbers in the flyer below.

CONNECT!
Support group for ages 16-24

ANXIETY & STRESS
Feeling Low
Worried about the future
LOW SELF-ESTEEM
ISOLATED & BORED

COME & JOIN US EVERY THURSDAY FROM 6PM-7PM ON ZOOM FROM 27 AUGUST

TAKE PART IN:
SHARING THOUGHTS & EXPERIENCES
MEETING NEW PEOPLE
QUIZZES
ARTS & CRAFT
& MORE!

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first and then contact:
01372 375400, text 07929 024722,
email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk

MFT MARY FRANCES TRUST
Inspiring Mental Wellbeing

9. Food – What Happens Now?



FOOD



WHAT HAPPENS NOW?

You may have been receiving much needed help in the form of food parcels and extra items to help you remain safe and well at home, but as of 1 August this will be changing to help you get back to a more normal routine. Guidelines are changing and restrictions on 'shielded' individuals will be lifted to enable everyone to get out to access food and be able to shop again.

We will be reducing what we provide but our [community helpline 01483 444400](tel:01483444400), will remain open to ensure we are providing support to the community - new hours commence from 1 August:

- Monday to Thursday: 8.30am-5pm
- Friday: 8.30-4.30pm

It is of course still possible to register yourself or on behalf of someone else seven days a week, 24 hours a day via our website: <http://guildford.gov.uk/athome>. We will continue to pay close attention to government changes and advice to support our communities in line with guidelines.

URGENT CIRCUMSTANCES

IF YOU FIND YOURSELF IN NEED AND HAVE NOWHERE TO TURN, PLEASE DO CONTACT US ON OUR COMMUNITY HELPLINE **01483 444400** - WE CONTINUE TO BE THERE TO SUPPORT OUR COMMUNITY AND IF YOU NEED HELP PLEASE CONTACT US TO SEE HOW WE CAN ADVISE YOU.

Aspire

GUILDFORD
BOROUGH COUNCIL

