

# 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](mailto:community.wellbeing@guildford.gov.uk)

**Follow us on Twitter and Facebook!**

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

**\*Week 26, September 2020**

## 1. Team Update

The Community Wellbeing Team are wishing you a happy Halloween this week! As the clocks turn back tomorrow, we will be welcoming that extra hour and enjoying the new joys the change of season brings. We are encouraging everyone to stay up to date with all of the government guidelines as the pandemic evolves.

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**Community Wellbeing Team Contacts - Call us anytime!**

Briony: 07970032626

Claudia: 07890591971

Grace: 07966654888

Jo: 07901513652

Lesley: 07769642053

Tracy: 07767475822

Willow: 07890592201

Community Wellbeing Team!



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/2020/09/16/the-wealth-of-wellbeing/>



**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



## COVID-19 Update (changes from 22<sup>nd</sup> September)

Understanding new restrictions can be a struggle for anybody, following the Prime Minister's announcement on Tuesday it may seem that the 'new rules' are just the same as the ones in place already. The main difference between the 'rules' is that most of them have now become law. The police and other enforcement officers can issue penalties to those that don't comply with law. We've put the key updates below.

### Meeting friends and Families:

- meet in groups of 6 or less (this now includes children)
- follow social distancing rules when you meet up
- limit how many different people you see socially over a short period of time
- meet people outdoors where practical: meeting people outdoors is safer than meeting people indoors because fresh air provides better ventilation

Limits on the number of people you can see socially have changed. When meeting friends and family you do not live with (or have formed a support bubble with) you must not meet in a group of more than 6, indoors or outdoors. This is against the law and the police will have the powers to enforce these legal limits, including to issue fines

## 2. Every Poppy Counts

We all came together to create amazing window displays to celebrate the NHS through lockdown and the displays were quite frankly beautiful, inspiring and uplifting! To see how the NHS celebrated these images see: <https://thepeoplespicture.com/rainbows-for-the-nhs/>

This year, Remembrance 2020 will look a little different and we would love to join those following on from this community art to get the remembrance poppy out to as many families and homes as possible to create the same wonderful displays to unite and remember those who have served and sacrificed to defend our nation.

If you would like to download the Royal British Legion Poppy and colour it in, we would love to see your photos to add to our Guildford Community Montage which we will put together just before 11 November for Remembrance. Simply Email or send us your photos with your Poppy, or your Poppy in the window and we will add them to our display -you will find the Poppy to colour in at the end of this newsletter.

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## 3. Active Surrey Survey

Active Surrey and Public Health are currently asking for Surrey people to tell us about their physical activity habits - what motivates them, what stops them exercising and how they could be more active. We want everyone in Surrey to be moving more, in their own ways, for their own reasons.

Your responses will help to get Surrey moving! You will help shape the new physical activity strategy which will have positive impacts on all of our generations.

Access the survey by clicking on the following link

<https://www.surveymechanics.com/s/surreyphysicalactivitystrategysurvey>



A Physical Activity Strategy for Surrey



## TESTING FOR COVID-19

### 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>

## 4. Halloween at Thrive at The Hive

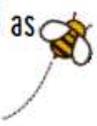
This week at Thrive at The Hive we have lots of Halloween costumes waiting to be re-homed for all of your creepy costume needs! Why not come along and get you're your fancy dress for Halloween night!

As well as appointments we are now offering 'packs' of goods - simply email us with your request and it will be delivered to your door.

You can now keep up with updates about Thrive at The Hive and everything we have to offer on Instagram - [@thriveatthehive](https://www.instagram.com/thriveatthehive)

**Not Online?** Take a peek at the next page to browse some of our pre-loved items

Want to visit our hub of pre-loved clothing, homeware, childrens items, babygrows, toys and games, shoes and bedding and towels?

Thrive at The Hive is open to everyone and all items are provided as   
**Pay As You Feel**

To book your time slot which allows you to browse on your own in a safe and comfortable environment, simply send us a message on Facebook, call or Email us to book:



01483 444150



[Community.Wellbeing@guildford.gov.uk](mailto:Community.Wellbeing@guildford.gov.uk)



## 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

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:

- ✓ In taxi's and on public transport
- ✓ in shops
- ✓ when you go to hospital appointments or visit someone in hospital

## 5. Inside Thrive at The Hive...



RETHINK  
REPAIR  
REUSE  
REDUCE  
REFUSE  
RECYCLE  
RECOVER  
REGIFT



### Government launches NHS COVID-19 App

The new NHS COVID-19 app, now available to download for free in England and Wales, is the fastest way to see if you're at risk from coronavirus. The faster you know, the quicker you can alert and protect your loved ones and community.

The app has a number of tools to protect you, including contact tracing, local area alerts and venue check-in. It uses proven technology from Apple and Google, designed to protect every user's privacy.

## 6. Recipes from Guildford Community Fridge

### Squeamish Squares

#### Ingredient's:

- 150g dark chocolate , broken into pieces (70% cocoa solids is good)
- 100g unsalted butter
- 4 tbsp golden syrup
- 100g Rice Krispies cereal
- 50g dried blueberry
- 50g dried cranberry
- 100g mini marshmallow
- 50g white chocolate , broken into pieces
- jelly snakes and bugs, to decorate

#### Method:

- STEP 1 Line a 20cm square tin with baking parchment or cling film. Place the dark chocolate, butter and golden syrup in a pan over a low heat and stir until melted.
- STEP 2 Put the Rice Krispies in a large bowl and mix in the blueberries, cranberries and marshmallows. Stir in the melted chocolate mixture until everything is well-coated. Spoon the mixture into the tin and spread out evenly. Chill in the fridge for an hour until set (or make the day before and chill overnight).
- STEP 3 Remove from tin and peel away paper or cling film. Using a sharp knife, cut into 16 squares or 32 bite-size pieces. Melt the white chocolate in a small bowl over a pan of barely-simmering water, or in the microwave on high for 1 min, stirring half way. Using a teaspoon, drizzle the white chocolate over the squares. Scatter with the jelly sweets, then allow to set before piling onto a serving plate. Keep in an airtight container for up to 2 days.



### 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.

## 7. Community Wellbeing Team #throwback

This time last year the Community Warden team held the annual Lakeside Fun Day event alongside our colleagues in Parks and the Play Ranger service. It is without a doubt one of our favourite events of the year and we have many memories that we look back on fondly. We hope you are all finding new ways to entertain yourselves this half-term whilst staying safe and healthy! We have loads of fun activities to try, check out section 10 of this newsletter for more information!

## #1yrTHROWBACK



## 8. Our favourite 'good news' stories this week...

**A Local One...** The Community Wellbeing team have been busy at Thrive at The Hive making and delivering packs up for families and individuals of items that they need the most. We were so touched to hear just how much our service has helped one particular family who sent us a lovely card expressing their thanks, which reads - "Thank you for your kindness and support during these difficult times Your hard work is greatly appreciated! Thank you for the lovely baby pack you have provided me and my daughter with. I hope you are all staying well and safe. Much love". If you know anyone or you yourself would benefit from one of our packs, please get in touch with us for more information.

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**A National One...** Cardiff University students are battling loneliness during their Tier 3 Lockdown, that Wales are currently facing, by joining up at 'walk and talk' events with their canine companions! The activity aims to provide support for students who may be struggling with the current restrictions. The students are missing their homes, families and pets and has really made them re-think their immediate communities "Coronavirus has made us rethink how to create community amongst students and has therefore opened up new ideas that we wouldn't have thought about in the past".

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**A Worldwide One...** Ikea have announced that they are driving a new recycle scheme to take in used furniture The Swedish giant will next month launch a scheme to buy back your unwanted furniture items you no longer need or want. By making sustainable living more simple and accessible, Ikea hopes that the initiative will help its customers take a stand against excessive consumption. Find out more about how Ikea are tackling zero waste here: <https://www.ikea.com/gb/en/this-is-ikea/about-us/towards-zero-waste-towards-a-better-tomorrow->

## 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.**

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## 9. Our Favourite Resource Picks

### Free Events! Festival of Social Science

The University of Surrey is hosting a week of events in November, as part of the Economic and Social Research Council's Festival of Social Science. All of the events are hosted online, are free and cover a range of interesting and very relevant topics, from how to thrive in lockdown to parenting in a pandemic. Find out more by accessing the link below:

: <https://www.surrey.ac.uk/news/social-scientists-explore-themes-forefront-2020-free-online-events>

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### Half-term Events and Activities in Guildford

Are you looking for things to do in Surrey with the family this October half term? Check out the Visit Surrey website to find out what's on. Due to the uncertain nature of the coronavirus developments, we recommend you visit the venue/event organiser's website or check their social media before visiting. For guidance please visit our [Enjoy Surrey Safely](#) page.

<https://www.visitsurrey.com/whats-on/half-term>

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### Pumpkin Carving Ideas with Instructions

Here you will find a whopping 52 ideas for how to carve your pumpkin this year that will win first prize in any Pumpkin Carving Competition!

<https://www.housebeautiful.com/entertaining/holidays-celebrations/g2530/pumpkin-carving-ideas/>

## 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

## 10. Social Distancing Halloween Fun!

Keep your Community safe by avoiding Trick or Treating this year and try these social distancing alternatives...

1. **Neighbourhood decoration competition!** Why not make this the year to go all out with your Halloween decorations, get your neighbours on board and get creative by decorating your front lawns or doors - see who can come up with the spookiest or most elaborate decorations! How about checking out this list of in-expensive, easy decorations that you can make yourself for inspiration <https://www.rd.com/list/cheap-halloween-decorations/>
2. **Go on a household Halloween Decoration Spotting drive!** This is a fun and easy Halloween activity with the added bonus of remaining warm and cosy! Maybe do the drive night before Halloween itself, so the roads are not so busy and you can really enjoy all the decor!
3. **Organise a Halloween Window Letter Hunt!** Create a "word scramble", by assigning letters to different neighbours. They decorate these letters, and put one in each of their windows to spell out a word. The kids need to find the letters and unscramble the word. Find out more about our Halloween Window Letter Hunt here <https://www.redtedart.com/halloween-window-letter-hunt>
4. **Have a Zoom spooky story-telling session!** The great thing about zoom, is that the kids can still dress up and show off their costumes... and talk to their friends. Why not have a Halloween Spooky Story Telling session? Make the stories as scary or non scary as you like - so long as they are age appropriate!!
5. **Halloween Treasure Hunt!** Similarly, you can have lots of fun with a spooky Halloween Treasure Hunt! Write your own or make use of the plenty of the online resources available - such as these cards which focusses your treasure hunt around the home <https://blog.partydelights.co.uk/how-to-do-a-halloween-treasure-hunt/>

# 11. Your Local COVID alert level and what it means

## Local COVID alert level: medium

This means you must not socialise in groups larger than 6, indoors or outdoors (other than where a legal exemption applies) businesses and venues can continue to operate, in a COVID-secure manner, other than those that remain closed in law certain businesses are required to ensure customers only consume food and drink while seated, and must close between 10pm and 5am businesses and venues selling food for consumption off the premises can continue to do so after 10pm as long as this is through delivery service, click-and-collect or drive-through schools and universities remain open places of worship remain open, subject to the rule of 6 weddings and funerals can go ahead with restrictions on numbers of attendees exercise classes and organised sport can continue to take place outdoors, or indoors if the rule of 6 is followed; there are exceptions for supervised activities for under-18s, and disability sport

### You must:

- wear a face covering in those areas where this is mandated

### You should continue to:

- follow social distancing rules
- work from home where you can effectively do so
- when travelling, plan ahead or avoid busy times and routes; walk or cycle if you can

### Key differences in England alert system

#### TIER 1: MEDIUM

Follow the rule of six if meeting indoors or outdoors

Pubs and restaurants to shut at 10pm

#### TIER 2: HIGH

No household mixing indoors

Rule of six will apply outdoors

Pubs and restaurants to shut at 10pm

#### TIER 3: VERY HIGH Further measures may be agreed locally

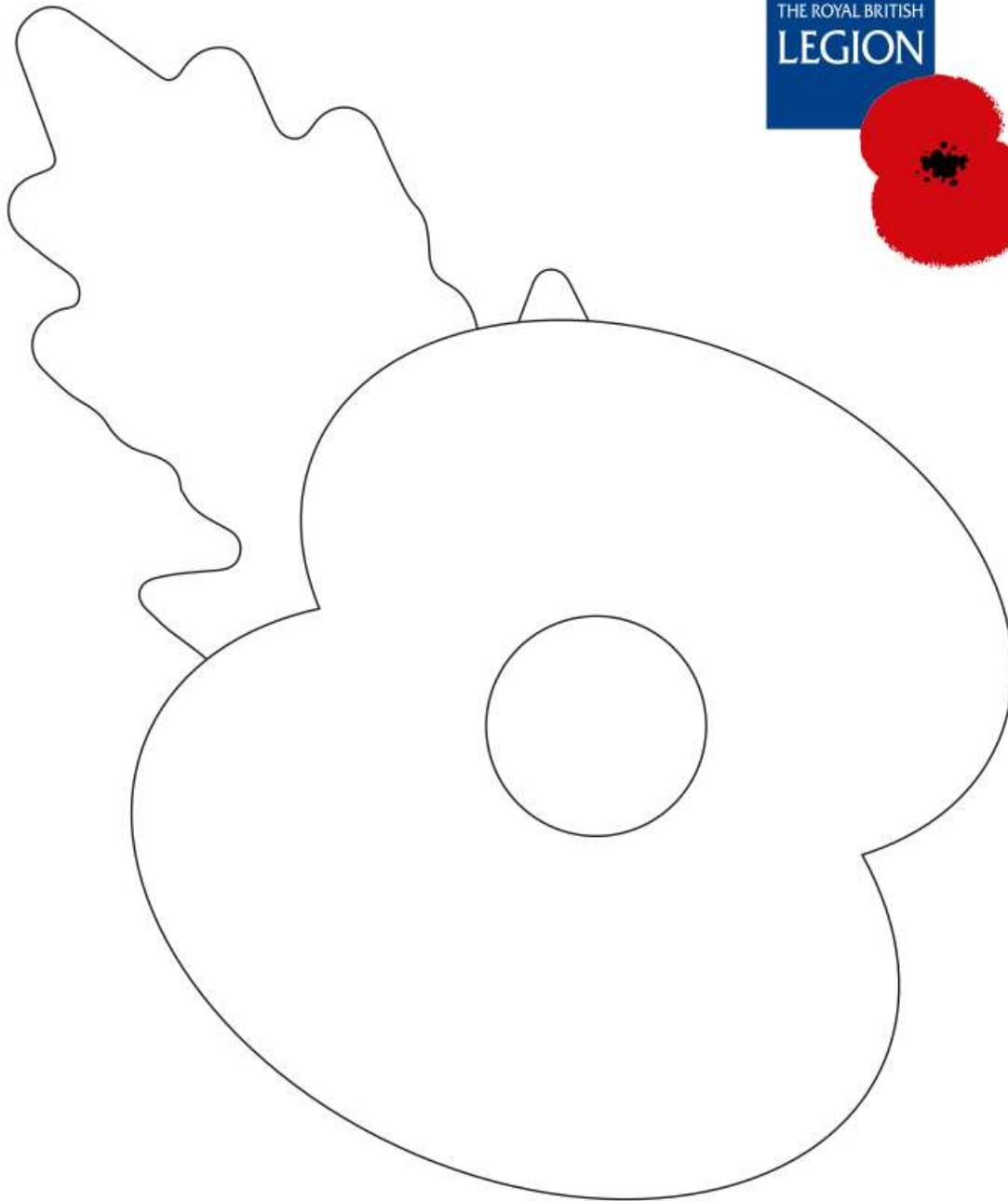
No household mixing indoors or outdoors in hospitality venues or private gardens

Rule of six applies in outdoor public spaces like parks

Pubs and bars not serving meals will be closed

Guidance against travelling in and out of the area

**Get Colouring ! Every Poppy Counts**



**EVERY POPPY COUNTS**

Registered charity number: 219279