

# 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 28, November 2020**

## 1. Team Update

As we move into the 2<sup>nd</sup> National Lockdown, the Community Wellbeing Team are still here to help. We will be working to keep you connected with all of our services and providing additional support to those who need it during this time.

1. Team Update
2. Staying at home and Support Bubbles
3. Every Poppy Counts
4. Thrive at The Hive - Lockdown Style!
5. Recipes from Guildford Community Fridge
6. Community Wellbeing Team #throwback
7. Our Favourite 'good news' stories this week...
8. Our Favourite Resource Picks
9. Our Favourite COVID-19 Mascot
10. Money Matters



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

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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



## National restrictions from 5<sup>th</sup> November

We have now entered a 2<sup>nd</sup> National Lockdown and have new restrictions which we must abide to to stop the spread of Coronavirus. The single most important action we can all take to fight coronavirus is to stay at home, to protect the NHS and save lives.

When we reduce our day-to-day contact with other people, we reduce the spread of the infection. That is why, from Thursday 5 November until Wednesday 2 December, you must:

1. Stay at home, except for specific purposes.
2. Avoid meeting people you do not live with, except for specific purposes.
3. Close certain businesses and venues.

These new measures will reduce the growth rate of the virus, which will:

- prevent the NHS from being overwhelmed
- ensure schools, colleges and universities can stay open
- ensure that as many people as possible can continue to work

The new measures will apply nationally for four weeks up to Wednesday 2 December. At the end of the period, we will return to a regional approach, based on the latest data.

**These measures will be underpinned by law. Police and other authorities will have powers to give fines and break up gatherings.**

## 2. Meeting others safely

In general, you must not meet people socially. However, you can exercise or meet in a public, outdoors space with people you live with, your support bubble (or as part of a childcare bubble), or with one other person. You should minimise time spent outside your home. When around other people, stay 2 metres apart from anyone not in your household – meaning the people you live with – or your support bubble. Where this is not possible, stay 1 metre apart with extra precautions (e.g. wearing a face covering). You must not meet socially indoors with family or friends unless they are part of your household or support bubble.

A support bubble is where a household with 1 adult joins with another household. Households in that support bubble can still visit each other, stay overnight in each other's households, and visit outdoor public places together.

You can exercise or visit outdoor public places with: the people you live with your support bubble or, when on your own, 1 person from another household. Children under 5, as well as disabled people dependent on round-the-clock care are not counted towards the limit on two people meeting outside

There is further guidance on what exercise and other physical activity can continue during the period of national restrictions. Outdoor public places include: neighbourhood streets, parks, beaches, and the countryside public gardens and grounds (whether or not you pay to enter them) allotments outdoor playgrounds

You cannot meet people in a private garden, unless you live with them or have formed a support bubble with them. Face coverings are required by law to be worn in many indoor settings, such as shops or places of worship where these remain open, and on public transport.

Please use the [GOV.UK](https://www.gov.uk) website to find out more on what restrictions are in place during this National Lockdown. You can help to protect your friends and family by downloading the [NHS COVID-19 App](#) to keep updated on the latest guidance from Thursday 5 November

## 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>

## 3. Every Poppy Counts

With Remembrance Day fast approaching and having entered a second National Lockdown, we hope everyone has started decorating their Poppy's and are displaying them in their windows! Don't worry if you haven't yet, you can find a printable poppy at the end of this newsletter.

Don't forget to send any pictures of your work into us at [community.wellbeing@guildford.gov.uk](mailto:community.wellbeing@guildford.gov.uk)

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.*



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

## 5. Thrive at The Hive - Lockdown Style!



### Thrive at the Hive Essentials Bundles



We can parcel up essential items like babywear, bedding, kitchen items, clothing, shoes, coats into a parcel which can be delivered to your door. Required items can be specified and we can let you know if we have what you need.

✉ Email us on [Community.Wellbeing@guildford.gov.uk](mailto:Community.Wellbeing@guildford.gov.uk)



Call us on: 01483 444150

Guildford Borough Council Helpline: 01483 444400



### Lockdown Packs!

**Although the children may be at school, we are providing lockdown packs with puzzles or games and books as well as small toys to help keep the little ones occupied\*.**

\* all items are pre-loved but clean, in very good condition



### 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.



## Guildford Community Fridge

# 6. Recipes from Guildford Community Fridge

### Quick Pitta Pizzas!

Ingredients:

- wholewheat pitta breads
- 4 tsp sun-dried tomato purée
- 3 ripe plum tomatoes , diced
- 1 shallot , thinly sliced
- 85g chorizo , diced
- 50g mature cheddar , grated

Method:

STEP 1

Heat oven to 200C/180C fan/gas 6 and put a baking sheet inside to heat up. Spread each pitta with 1 tsp purée. Top with the tomatoes, shallot, chorizo and cheddar.

STEP 2

Place on the hot sheet and bake for 10 mins until the pittas are crisp, the cheese has melted and the chorizo has frazzled edges.

### Chocolate and Raspberry Pots

Ingredients:

- 200g plain chocolate (not too bitter, 50% or less)
- 100g frozen raspberry , defrosted or fresh raspberries
- 500g Greek yogurt
- 3 tbsp honey
- chocolate curls or sprinkles, for serving

Method:

STEP 1

Break the chocolate into small pieces and place in a heatproof bowl. Bring a little water to the boil in a small saucepan, then place the bowl of chocolate on top, making sure the bottom of the bowl does not touch the water. Leave the chocolate to melt slowly over a low heat.

STEP 2

Remove the chocolate from the heat and leave to cool for 10 mins. Meanwhile, divide the raspberries between 6 small ramekins or glasses.

STEP 3

When the chocolate has cooled slightly, quickly mix in the yogurt and honey. Spoon the chocolate mixture over the raspberries. Place in the fridge to cool, then finish the pots with a few chocolate shavings before serving.

## IMPORTANT ADVICE FOR OVER THE CLINICALLY VULNERABLE AND THOSE MOST SUSEPTIBLE 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. Shielding is not being advised during this Lockdown, however you do need to take extra care and attention to social distancing if you are clinically vulnerable.

## 7. Community Wellbeing Team #throwback

These time last year we were working with the wonderfully talented Karen from Merrist Wood and the tenants at Tarragon Court developing their garden to become a zen and peaceful area for all of the residents, their friends, families and neighbours to enjoy!

## #1yrTHROWBACK



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

**A Local One...** A magical new shop has opened in Ash! Enchanted Emporium offers lots of beautifully creative items that have been crafted by local people or themselves. Having just been open for 2 weeks, they are hoping to arrange a click and collect service so they are able to remain trading throughout Lockdown. Find out where they are based, what they sell and who they are on their Facebook page

[@enchantedofthevale](https://www.facebook.com/enchantedofthevale)

**A National One...** A 97-year-old woman, called Grace Know, has been taking part in virtual dog walks to raise money for hearing dogs. Grace Know, of Wrexham, who is profoundly deaf and has to use mobility aids, said there is "no stopping" her and her hearing dog Amy. She was called "crazy" when she aimed to raise £100 during Hearing Dogs for Deaf People's "Virtual Great British Dog Walk". But she's now raised more than £1,000 to train more "life-changing" dogs.

**A Worldwide One...** Five girls in Afghanistan, aged between 14 and 17, have joined the fight against the coronavirus, designing a cheap ventilator that runs off the motor of a Toyota Corolla (car parts!). The all-female robotics team, are aptly named the Afghan Dreamers! The girls are seen as heroes and an inspiration for women seeking higher education in Afghanistan, where around only 40 per cent of women are literate.

## 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

### £500 Self-Isolation One Time Payment

If you are working, on a low-income and have been told to self-isolate by NHS Test and Trace you could be eligible for a £500 payment. The Test and Trace Support Payment scheme started on Monday 28 September 2020. It will end on 31 January 2021. Find out everything you need to know, including who can apply and how to apply, by following the link below:

<https://www.guildford.gov.uk/article/24373/-500-Self-Isolation-Payment>

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### Lockdown Bonfire Night Ideas and Activities!

These ideas and activities to keep help you celebrate Bonfire Night whilst in Lockdown are keeping us alight! From arts and crafts to snacks, this will have your celebrations covered.

<https://northleeds.mumbler.co.uk/top-tips-to-make-bonfire-night-in-lockdown-a-night-to-remember/>

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### Space in a Bottle

This is a super cool science experiment in a bottle! Who knew our empty condiment bottles could be so groovy. Love space? Enjoy making cool crafts? Then blast off with these colourful, cosmic carafes - they're out of this world!

<https://www.natgeokids.com/uk/home-is-good/space-in-a-bottle/>

## 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. Our Favourite COVID-19 Mascot!

You may well remember Scarlett, who featured in one of our earlier pandemic newsletters? Well, our number 1 four-legged supporter has been in touch, letting us know just how much she loves her community! This fluffy beauty queen loves reading our 'Good News' section in her down-time from keeping her family safe and well!



## 11. Money Matters!

**Money Matters**

Free and impartial support for your money worries

Email and telephone help available

[davidcarter@surreyca.org.uk](mailto:davidcarter@surreyca.org.uk)

07521 503 696

[www.moneymatters.today](http://www.moneymatters.today)

**Warmth Matters**

Stay warm. Stay healthy. Save money.

Email and telephone advice available

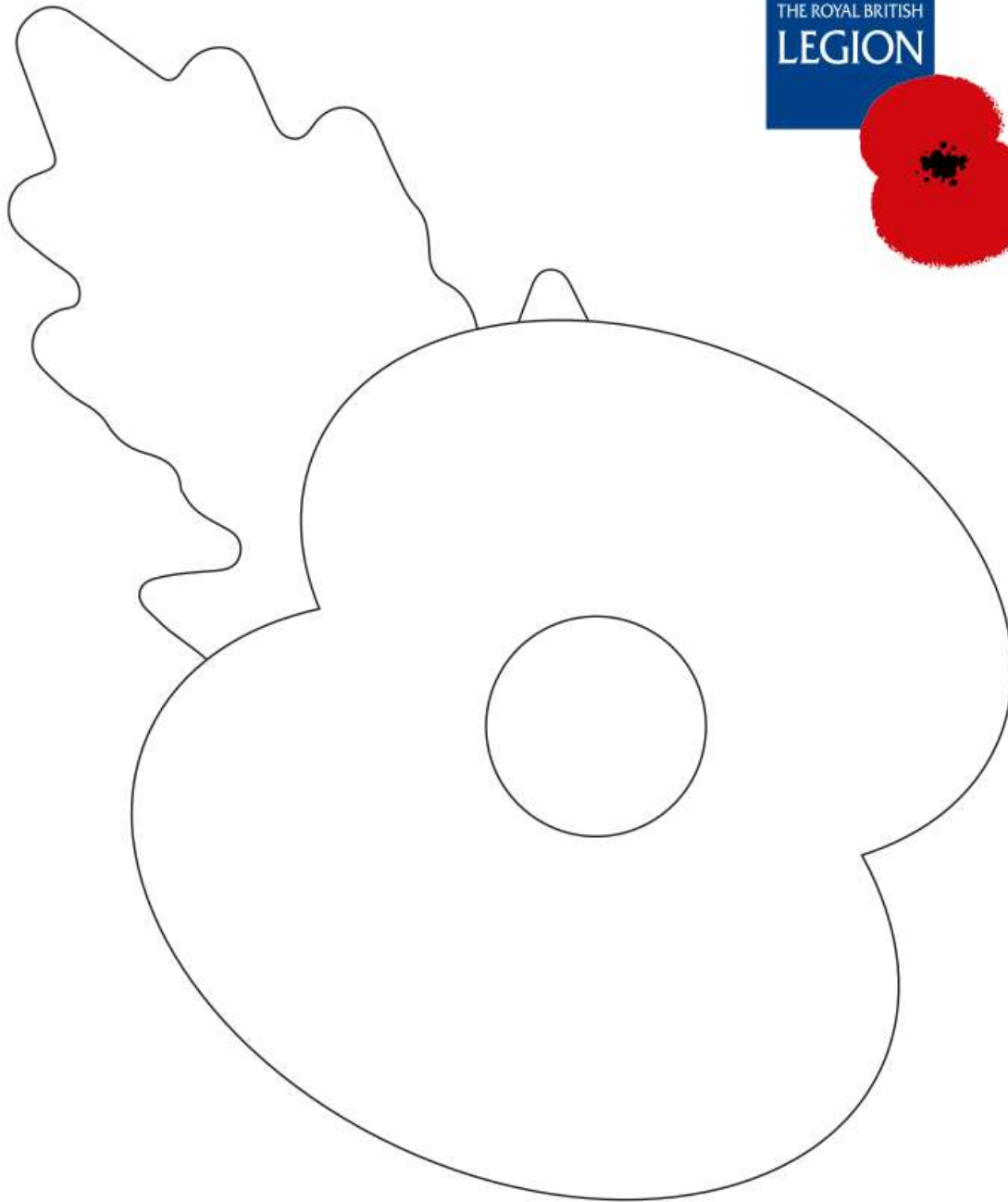
Monday, Thursday and Friday

[davidcarter@surreyca.org.uk](mailto:davidcarter@surreyca.org.uk)

07521 503 696



**Get Colouring ! Every Poppy Counts**



**EVERY POPPY COUNTS**

Registered charity number: 219279