

# COMMUNITY NEWSLETTER



Welcome to your Community Wellbeing update from the Guildford team:

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

Email us at: [community.wellbeing@guildford.gov.uk](mailto:community.wellbeing@guildford.gov.uk)

**Follow us on Facebook!**

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

**Edition -# 35, February 2021**

## 1. Team Update

After the announcements from Government this week, The Community Wellbeing Team are starting to look to the future. We are working on our transition, alongside our communities transition, back to normal life as we journey together through the easing of the lockdown rules over the coming months. We are still offering all of our usual services and if you have any worries about the easing of restrictions and what this will mean for you, get in touch with us for support.

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

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Jo: 07901513652      Willow: 07890592201

Community Wellbeing Team!



Find Thrive at the Hive on Instagram!



**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 Restrictions

The Country is currently restricted within a National Lockdown. Coronavirus is spreading fast so you must not leave your home unless necessary. 1 in 3 people who have the virus have no symptoms, so you could be spreading it without knowing.

### Leaving home

You must not leave, or be outside of your home except where necessary. You may leave the home to:

- shop for basic necessities, for you or a vulnerable person
- go to work, or provide voluntary or charitable services, if you cannot reasonably do so from home
- exercise with your household (or support bubble) or one other person, this should be limited to once per day, and you should not travel outside your local area.
- meet your support bubble or childcare bubble where necessary, but only if you are legally permitted to form one
- seek medical assistance or avoid injury, illness or risk of harm (including domestic abuse)
- attend education or childcare – for those eligible

If you do leave home for a permitted reason, you should always stay local – unless it is necessary to go further, for example to go to work. Stay local means stay in the village, town, or part of the city where you live. If you are clinically extremely vulnerable you should only go out for medical appointments, exercise or if it is essential. You also should not attend work.

## 2. Thrive at The Hive – Essential and Lockdown 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!

As children are currently learning at home, 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 preloved but clean, in very good condition.



01483 - 444150



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

### Remember, 'Hands. Face. Space':

hands: wash your hands regularly and for 20 seconds

face: wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet

space: stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings)



## 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. Food Parcels

If you or someone you know is struggling to access food, whether that be shielding, self-isolating or financial reasons brought on by the pandemic - we are here for you.

To request a food parcel for yourself or on behalf of someone else, contact us on by telephone or send us an email:


 01483 444400

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

Our lovely Care Team, pictured below have shown the true meaning of 'Community Hero' adapting the way they usually care for people to fit the current needs of the pandemic.

A HUGE thankyou for their tireless efforts!



 HM Government



**WASH  
YOUR  
HANDS**



**COVER  
YOUR  
FACE**





**KEEP  
YOUR  
DISTANCE**

## 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

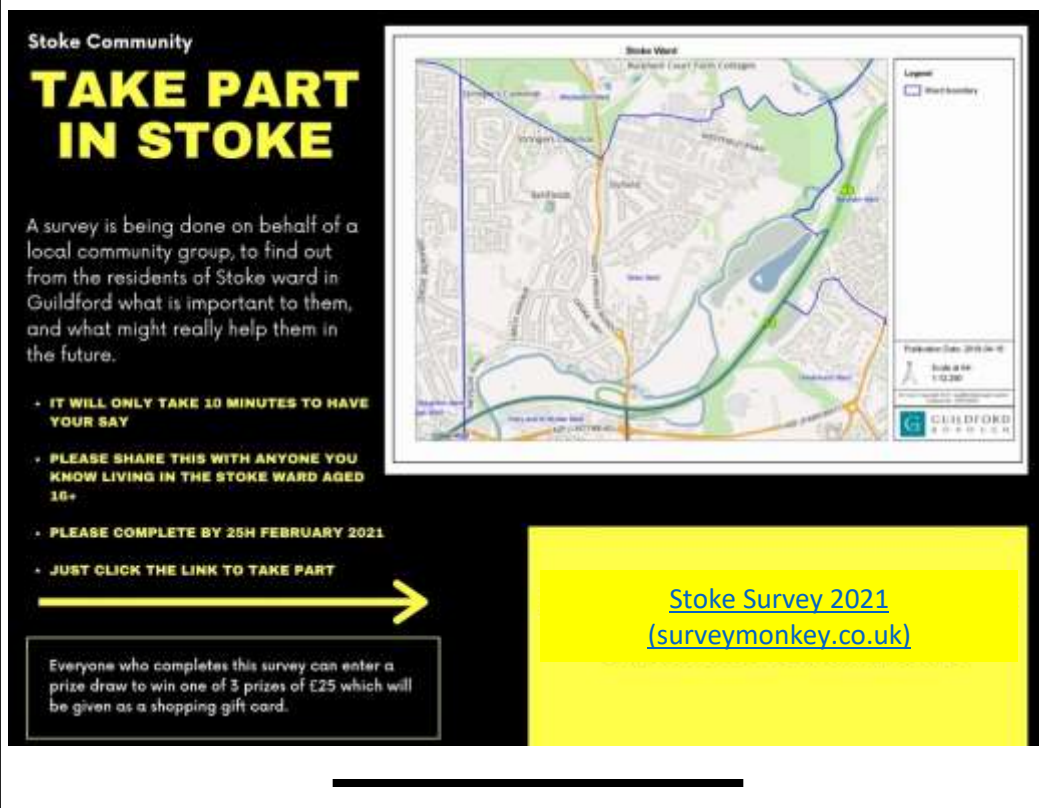
## 4. Stoke Community Survey

A Stoke Community group have set up a survey to take into account what is really important to the residents of their Ward. We are trying to encourage as many people, aged 16+, living in this area to take part - it only takes 10 short minutes to share your feedback which could lead to many new benefits in the area! Please follow the link to complete the short questionnaire:

<https://www.surveymonkey.co.uk/r/Stoke2021>

Please share this with anyone you know living in the Stoke Ward before the end date of 25<sup>th</sup> February 2021.

Chance to WIN! Everyone who completes this survey can enter a prize draw to win one of 3 prizes of £25, which will be given as a shopping gift card!



The poster features a black background with yellow and white text. At the top left, it says 'Stoke Community' and 'TAKE PART IN STOKE'. Below this is a map of the Stoke Ward area. To the right of the map is a legend and a scale. Below the map, there are four bullet points: 'IT WILL ONLY TAKE 10 MINUTES TO HAVE YOUR SAY', 'PLEASE SHARE THIS WITH ANYONE YOU KNOW LIVING IN THE STOKE WARD AGED 16+', 'PLEASE COMPLETE BY 25H FEBRUARY 2021', and 'JUST CLICK THE LINK TO TAKE PART'. A yellow arrow points from the text to a yellow box containing the link 'Stoke Survey 2021 (surveymonkey.co.uk)'. At the bottom left, there is a small box with the text: 'Everyone who completes this survey can enter a prize draw to win one of 3 prizes of £25 which will be given as a shopping gift card.'

## Government NHS COVID-19 App

The 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

Creamy Courgette Soup

- 2 tbsp olive oil
- 3 courgettes 600g cut into 2 chunks
- 1 med onion chopped
- 2 tsp medium curry powder
- fresh ginger 15g (fresh or jar)
- 200 ml full fat coconut milk
- 1 veg stock cube
- 500 ml water

## 5. Recipes from Guildford Community Fridge

1. Heat oil and fry courgette chunks and onion over medium heat for 10-15 mins until softened.
2. Stir in curry powder and ginger and cook for 30 seconds, pour in 500 ml water and coconut milk, crumble vegetable stock cube in and simmer for 2-3 mins, stirring regularly.
3. 3. Remove from heat and season with s & p. Then blitz with a stick blender.

Chocolate Chip Muffins

- 250g self-raising flour
- 1 tsp bicarbonate of soda
- 150g chocolate chips, milk, white, dark or a mix of all three
- 100g golden caster sugar
- 2 eggs, lightly beaten
- 150ml natural yogurt
- 100g unsalted butter, melted

1. Heat oven to 200C/180C fan/gas 6 and line a 12-hole muffin tin with paper cases. Sift the flour and bicarbonate of soda into a large bowl, then stir in the chocolate chips and sugar. Add the beaten eggs, yogurt and butter, and stir to combine. It doesn't matter if the mixture looks a bit lumpy, it's more important not to overmix or the muffins will turn out tough.
2. Fill the paper cases and bake for 20-25 mins until risen and golden brown. Transfer to a rack to cool - or eat slightly warm. Will keep for three days in an airtight container.

People who are clinically vulnerable are once more being asked to 'shield' during this lockdown. People who are defined as clinically extremely vulnerable are at very high risk of severe illness from coronavirus. There are 2 ways you may be identified as clinically extremely vulnerable:

1. You have one or more of conditions listed on the Gov.uk website , or
2. Your clinician or GP has added you to the Shielded Patient List because, based on their clinical judgement, they deem to you be at higher risk of serious illness if you catch the virus.

[Guidance on shielding and protecting people who are clinically extremely vulnerable from COVID-19 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/shielding-and-protecting-people-who-are-clinically-extremely-vulnerable-from-covid-19)



## 6. Community Wellbeing's Podcast of The Week!

Katie Piper's Extraordinary People introduces us to people who have overcome something in their lives and come out the other side stronger; just like Katie herself, a survivor of an acid attack.

Katie Piper, writer, broadcaster and star of Strictly Come Dancing 2018, brings stories that will inspire you, making you laugh and cry. Katie chats with inspirational people who have turned incredible adversity into powerful positivity. A Somethin' Else production.

You can listen here →→→ →

<https://play.acast.com/s/katiepiper>

## #Podcastoftheweek



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

**A Local One...** Have you heard about the red telephone box in Guildford that's been turned into a coffee kiosk? Well, local businesswoman Lily Deluca, originally, from Sao Paulo in Brazil, has helped by Guildford Borough Council, which also gave her a pavement licence to sell coffee from the phone box, nestled behind the stunning Tunsgate Arch. Read the full story here – [Red telephone box in Guildford converted into a coffee kiosk – Surrey Live \(getsurrey.co.uk\)](https://www.getsurrey.co.uk/news/local-news/red-telephone-box-in-guildford-turned-into-a-coffee-kiosk)

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**A National One...** Goats! Certainly one of our Nations underrated animals, apart from being whimsically cute there is a herd that has helped their local hospice raise thousands, by staff selling merchandise featuring the town's famous goats. The Kashmiri goats **became a sensation** when they ventured from the Great Orme to Llandudno's empty streets in March. Last Sunday, the town saw the goats return to for the first time since our very first lockdown, and those who spotted them were happy to see them!

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**A Worldwide One...** The UK have joined the pledge to provide poorer countries with the coronavirus vaccine. Boris Johnson is pledging to donate most of the UK's surplus vaccine supply to poorer countries in a speech to a virtual G7 meeting on Friday. He urged rich countries to back a 100-day target for the developing new vaccines for future emerging diseases. The UK has ordered more than 400 million doses of various vaccines, so many will be left over once all adults are vaccinated.

## 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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## 8. Our Favourite Resource Picks

### National Apprenticeship Week 2021

Looking for an apprenticeship? Search Surrey County Council's current vacancies! Here you can find out how to become an apprentice, the benefits apprenticeships come with, learn about work experience and hear from people who are already apprentices.

[Apprenticeships - Surrey County Council \(surreycc.gov.uk\)](https://www.surreycc.gov.uk/apprenticeships)

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### Children's Mental Health and Wellbeing

If you are struggling with your child's behaviour then you aren't alone. Home-schooling has presented many challenges for young people and parents and it's important to remember there are lots of self-help options out there. Healthy Surrey have put together this resource to help you spot what to look out for, learn self-help strategies, link you with local services, help you access support as a parent and what to do in crisis.

[Children's mental health and wellbeing - Healthy Surrey](#)

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### Tax Relief for Working From Home

If you have had extra expenses or had to pay out for equipment due to working from home. You may be eligible to claim tax relief which will be backdated to 6<sup>th</sup> April 2020. To check your eligibility, access the link below to the official Gov website.

[Claim tax relief for your job expenses: Working from home - GOV.UK \(www.gov.uk\)](https://www.gov.uk/claim-tax-relief-for-your-job-expenses-working-from-home)

## 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

## 9. St Francis Community Food Share

St Francis

# Community Food Share

At St Francis Church, Beckingham Road,

In co-operation with Co-op

At present we operate 7 days a week. 9.30 am – 4pm or until stock is gone

Open to all in the local community,

**Free**

Bread, Cakes, Fridge goods, Salad, Yogurts etc, Fruit, Veg

Please bring your own carrier bag.

## 10. Surrey Community Action and The Good Things Foundation

Surrey Community Action is working with the Good Things Foundation (funded by Google) to help adults with basic digital skills to improve their digital know-how and computer confidence so they can find a job or look for new employment opportunities. People who have good digital skills can get better jobs, earn more money and even start their own business.

Good Things Foundation have launched a new learning platform, the 'Make It Click' website. Learners using the website will find a variety of reliable, easy to follow, free resources made up of guides, videos, blogs and news articles.

There are ten main subject areas:

Careers; Email; Documents; Calendars; Presentations; Photos; Online security; Spreadsheets; Social media;  
Working from home;

Our Make It Click Facilitator, Caroline Butler can provide support to help people to get the most out of the Make It Click learning platform or learners can choose to self-study. Learners can choose what they want to learn and when. To find out how to register, contact our Make It Click Facilitator, Caroline Butler - email [carolineb@surreyca.org.uk](mailto:carolineb@surreyca.org.uk) or call 01483 447137 or visit [www.surreyca.org.uk/advice-and-support/make-it-click/](http://www.surreyca.org.uk/advice-and-support/make-it-click/)



## 11. A word from a resident...

*We love hearing from you!*

"With this very cold snap we are having the snowdrops always puts a smile on your face and you know that spring is knocking at the door. And Thankyou for looking after our community you are all very special at the centre." -

Shirley 



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### Find your Councillor!

If you have something you would like to bring to the attention of your local Councillor or you need to get in contact with them, you can find out who they are and how to contact them by using the handy link below! It will allow you to search by name, political party, ward, post code and even just part of their name!

[Find Councillor \(guildford.gov.uk\)](http://guildford.gov.uk)

## 12. Easter Card Design Competition



Ash Parish Council is inviting its residents to create their own Easter card designs and send them to the Council for the winners to be decided by public vote. There will be Easter prizes for the winners and copies of the cards will be delivered to care homes within the Parish following the closure of the competition.

To enter simply make your Easter card design on an A5 (148mm x 210mm) sheet of paper or card. Entries can either be scanned / photographed and attached via email or delivered to the Parish office. All entries will be displayed on the Ash Parish Council website ([www.ashpcsurrey.gov.uk](http://www.ashpcsurrey.gov.uk)).

To enter, email a photo of your design to [events@ashpcsurrey.gov.uk](mailto:events@ashpcsurrey.gov.uk), and provide the following information :


 Subject : Easter

 First Name


 Last Name

 Postal Address

 Email Address

 Confirmation of consent to display on the council's website

If you would prefer to deliver your card to Ash Parish Council, Ash Centre, Ash Hill Road, Ash, Surrey, GU12 5DP, then please ensure the above information is on the back of the design.

The closing date for the competition is Sunday 14 March 2021. An online survey will be posted shortly after the closing date, with the online voting closing on the 26 March 2021. Once all the votes have been counted, the winner will be announced 



# 13. Warm Home Discount Scheme




**Receive £140 back with the Warm Home Discount Scheme**

**Register your interest!**

You could get £140 off your electricity bill under the Warm Home Discount Scheme.

The money is not paid to you – it's a one-off discount that is applied to your energy bill or vouchers if you are on a pre-payment meter.

There are two ways to qualify for the Warm Home Discount Scheme:

- The Core Group - You get the guarantee credit element of Pension credit
- The Broader Group - You are on a low income, in receipt of certain benefits and meet your energy supplier's criteria for the scheme.

For more information contact your energy supplier or contact David Carter from Surrey Community Action on 07521 503 696 or email [davidcarter@surreyca.org.uk](mailto:davidcarter@surreyca.org.uk)




**Ever heard of the Priority Service Register?**

The Priority Services Register (PSR) is a free service provided by energy companies, water companies and network operators to customers in need.

You can receive the services available if you:

- are of pensionable age
- are disabled or chronically sick
- have a long-term medical condition
- have a hearing or visual impairment or additional communication needs
- are in a vulnerable situation
- living with children under 5

If you register as a priority services customer, you may be eligible for free services including:

- Advance notice of planned power cuts.
- Identification scheme and Password protection.
- Nominee Scheme.
- Arrangements to ensure it's safe and practical for you to use your prepayment meter.
- Meter reading services at appropriate intervals.
- Account and bill information in an accessible format, for example in larger print or braille.



For more information contact David Carter from Surrey Community Action on 01483 566072 or email [davidcarter@surreyca.org.uk](mailto:davidcarter@surreyca.org.uk)

# 13. Spot the difference!

Disney  
**FROZEN**  
IN THEATRES NOVEMBER 27

## SPOT THE DIFFERENCE

CAN YOU FIND THE NINE THINGS DIFFERENT BETWEEN THE LEFT AND RIGHT IMAGES?





## 15. Riddles



# Riddles



1. WHAT GOES UP AND DOWN BUT DOES NOT MOVE?

2. WHERE DO YOU FIND AN OCEAN WITH NO WATER?

3. WHAT IS WHITE WHEN DIRTY AND BLACK WHEN CLEAN?

4. WHAT HAS AN EYE BUT CAN NOT SEE?

5. WHAT TRAVELS AROUND THE WORLD BUT STAYS IN ONE CORNER?

6. WHAT CAN YOU CATCH BUT NEVER THROW?

7. WHAT HAS HANDS BUT CAN NOT CLAP?

8. WHAT STAYS WHERE IT IS WHEN IT GOES OFF?

9. WHAT HAS TO BE BROKEN BEFORE YOU CAN USE IT?

10. WHAT BECOMES SMALLER WHEN YOU TURN IT UPSIDE DOWN?

Answers - 1. Stairs 2. A Map 3. Chalkboard 4. A Hurricane 5. A Stamp 6. A cold 7. A clock 8. An alarm clock 9. An egg 10. The number 9