

COMMUNITY NEWSLETTER



Welcome to your Community Wellbeing update from the Guildford team:

Ben, Briony, Conor, Grace, Jo, Lesley, Tracy & Willow!

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

Follow us on Facebook!

@GBCCommunityWellbeing

Edition -# 37, March 2021

1. Team Update

This week is bitter-sweet for our Team, as we say a fond farewell to our loved and talented colleague, Lesley, who has worked in this team for near 16 years and has had a hugely positive impact on our communities. We are also welcoming two new faces to our team, Ben and Conor, who we are so excited about and have already brought so much to our service. *Life is about change, sometimes it's painful, sometimes it's beautiful, but most of the time it is both.*

1. Team Update
2. Thrive at The Hive Essential and Lockdown Bundles
3. Food Parcels
4. Individual Support
5. Recipes from Guildford Community Fridge
6. #Podcastoftheweek
7. Our Favourite Good News Stories
8. Guildford Streets Online Exhibition
9. Find your Councillor
10. How Thrive at The Hive can help you
11. Community Conversations
12. Goodbye, from Lesley
13. Meet our new team Members!

Community Wellbeing Team Contacts - Call us anytime!

Briony: 07970032626 Lesley: 07769642053
Grace: 07966654888 Tracy: 07767475822
Jo: 07901513652 Willow: 07890592201



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

☎ 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

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



 HM Government

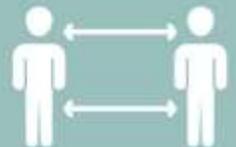


**WASH
YOUR
HANDS**



**COVER
YOUR
FACE**

 NHS



**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. Individual Support

Our Community Wellbeing Team is currently going through a transformation to enable us to improve and tailor our services that support our communities. As a team going forward we will be absorbing the responsibilities of the Neighbourhood Connector. This role originally was established to support individuals on a one to one basis, to signpost them to services to support their overall wellbeing.

As part of these changes, each member of our team will now be able to take on one to one referrals. These referrals will come to us via other professionals and our colleagues within Guildford Borough Council. We will be looking to provide our professional colleagues with the resources they will need to refer as we move forward.

Stay up to date with our newsletters and social media pages, where we will continue to update you of the new ways we will be working.



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.



5. Recipes from Guildford Community Fridge

Herby spring Chicken Pot Pie

- 2 tbsp olive oil , plus a little extra for brushing over the pastry
- bunch spring onions , sliced into 3cm pieces
- 250g frozen spinach
- 6 ready-cooked chicken thighs (or see tip, below)
- 350ml hot chicken stock
- 1/2 tbsp wholegrain mustard
- 200g frozen peas
- 200ml half-fat crème fraîche
- 1/2 small bunch tarragon , leaves fi
- small bunch parsley , finely choppe
- 270g pack filo pastry

STEP 1- Heat oven to 200C/180C fan/gas 6. Heat the oil in a large, shallow casserole dish on a medium heat. Add the spring onions and fry for 3 mins, then stir through the frozen spinach and cook for 2 mins or until it's starting to wilt. Remove the skin from the chicken and discard. Shred the chicken off the bone and into the pan, and discard the bones. Stir through the stock and mustard. Bring to a simmer and cook, uncovered, for 5-10 mins.

STEP 2 - Stir in the peas, crème fraîche and herbs, then remove from the heat. Scrunch the filo pastry sheets over the mixture, brush with a little oil and bake for 15-20 mins or until golden brown.

Easter Chocolate Bark

- 3 x 200g bars milk chocolate
- 2 x 90g packs mini chocolate eggs
- 1 heaped tsp freeze-dried raspberry pieces - or you could use crystallised petals

STEP 1- Break the chocolate into a bowl. Bring a pan of water to a simmer, then sit the bowl on top. Let the chocolate slowly melt, stirring now and again with a spatula.

STEP 2- Meanwhile, lightly grease then line a 23 x 33cm roasting tin or baking tray with parchment. Put three-quarters of the mini eggs into a food bag and bash them with a rolling pin until broken up a little.

STEP 3- When the chocolate is smooth, pour it into the tin. Tip the tin from side to side to let the chocolate find the corners and level out. Scatter with the smashed and whole mini eggs, followed by the freeze-dried raspberry pieces. Leave to set, then remove from the parchment and snap into shards, ready to pack in boxes or bags.

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!

As this week we celebrated World Water Day 2021 we thought it was only right to share one of our favourite environmental Podcast's with you. Friends of The Earth are an international community dedicated to protecting the natural world and the wellbeing of everyone in it. We lead campaigns, provide resources and information, and drive real solutions to the environmental problems facing us all. They have created a Podcast 'How to Save the Planet' and more recently released a mini-series about their plan for building a greener and fairer future as we recover from the pandemic is to fix the broken economy.

You can listen here →→→ →

[How to Save the Planet A Friends of the Earth podcast](#)
[| Friends of the Earth](#)

#Podcastoftheweek



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

A Local One... It has been announced that the new £50 note will enter circulation on 23rd June and will bear the face of Alan Turing. In 1936 Alan Turing developed the idea for the Universal Turing Machine, this technology helped the British government pioneer the technology to decrypt Nazi Germany's secret communications during World War II. Although a hero, Alan Turing suffered persecution for having a relationship with another man, it is important to celebrate that he is also the first gay man to feature on a bank note. You may well be wondering what this has to do with Guildford? Well, Alan Turing spent his teenage years as a resident in his family home in Guildford, just near Stoke Park!

A National One... A charity aptly named 'Bugslife' have spent the last decade mapping out potential routes for 'insect highways'. Roads and railways have made it easy for people to travel around the UK, but have had the precisely opposite effect for insects. This project aims to address just that by creating a network of wildflower superhighways across the UK to reconnect fragmented insect habitats and pollinators! The project created by Bugslife has been called 'B-lines' and was launched earlier this week after years of research and hardwork! Works have begun to instate these B-lines and if you live alongside one of the routes, you can even get involved!

A Worldwide One... It's not all doom and gloom... Recently in India, they have opened their first 'School for Grannies'. This school gives elderly woman the chance to learn and educate themselves for the very first time - for many of them, they will even be learning to write their names for the very first time. They have been enjoying the comroditiy and new skills that had so much of their lives not been available to them. It's inspiring that steps are being taken to bring new opportunities to women who grew up without them, no matter their age!

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.

8. Guildford Streets Online Exhibition

Our colleagues in Guildford Heritage Services have put together a snapshot of the 'Guildford Streets online exhibition'. To see the full exhibition you can follow the link here → <https://www.guildford.gov.uk/museum>

Guildford Streets online exhibition

Lots of people enjoy looking at old photos. If you're one of them visit Guildford Museum's new online exhibition 'Guildford Streets'. It showcases a wonderful selection of black and white photos of the town centre from the 1860s to the 1960s. Spot what's changed and what's stayed the same. The online display is the result of an ongoing project to digitise the museum's collection of photos, storing them electronically, so they can then be shared more widely. Here we take a peak at a few of the photos.

High Street



This view of the High Street is about 100 years old yet it's still recognisable. The clock over the Guildhall has been there since 1683. If you're out in the town centre go and look for the date on the clock. The Bull's Head was one of a large number of pubs in the town centre.



© Photograph by Thomas A Wilkie FRPS AIBP

Many of us have seen flooding in Guildford over the past few years but nothing like the flooding in September 1968. The River Wey burst its banks and flooded much of the lower High Street including Friary Street, on the right in this photo. If you look closely you can see the railings of the Town Bridge poking above the water. There's a mark on the wall on St. Nicholas Church showing where the flood water came up to.

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

North Street



North Street held the weekly cattle market from 1865. Before then it took place in the High Street! This photo was taken in 1896 on the last day before the market moved to a new site in Woodbridge Road. You can see the street is heaving with sheep, cows and people. There's lots of wonderful detail to look for such as the auctioneer, a donkey pulling a cart and the Royal Arms Temperance Hotel which is now a bank. The hotel only sold non-alcoholic drinks. It was an attempt to stop people getting drunk which often happened on market day.

Quarry Street



Quarry Street used to be the main road through Guildford to Horsham before Millbrook and the one-way system were built. Despite being the main road children still played in the street. The arch, originally an entrance to the castle, is still there. So is the building next to it, now part of Guildford Museum. This is one of the oldest photos in the museum collection as it's about 150 years old.

Melanie Holliker

Guildford Heritage Services

All images courtesy of Guildford Borough Council's Heritage Services

To see the full exhibition go online to

<https://www.guildford.gov.uk/museum> and click on the link.

9. 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)

Councillors are people elected to represent our local communities in the running of the council and they have an important role in many of the major decisions that affect people's lives. Councillors represent our local community and can support you with things like: writing to someone for you, ask the Government for help or support your campaign to change something.

10. How Thrive at The Hive can help you

Thrive at The Hive is an initiative we run to support our residents who are mostly experiencing financial difficulties. Some people may need extra help with this but we also pride ourselves on recycling good quality pre-loved items to new homes. We can offer a range of baby, children, teen and adult clothing; homeware items; kitchen and cooking utensils; bedding and toys. But no matter the reason you come to us for support, we ensure that everything is of the best quality because we know that's what our communities deserve.

Our Thrive at The Hive project essentially enables our communities to fill the gaps in their day-to-day lives that certain issues can create and often aren't available through other streams of support. However, it is much more than that and can help support residents in less obvious ways too.

These are just some of the ways Thrive at The Hive has already benefited our communities:

- ❖ Essentials for moving into a new home
- ❖ Improved Confidence
- ❖ Reduced anxieties/stress
- ❖ Improved self-care
- ❖ Feeling more control over being able to provide for themselves and their family

"Thank you as always, also with the clothes and shoes you've helped my confidence to feel I look presentable and not scruffy, thanks as always"



11. Community Conversations



'Community Conversations' - is a local project that helps members of the community to support their area by enabling them to report ("see it, log it, get it fixed") environmental matters directly.

Guildford Community Wellbeing team (Wardens) provide contacts and regular support - so if local issues mean a lot to you and you'd like to help out, then this project is just for you!

"Individually, we are one drop. Together, we are an ocean. Ryunosuke Satoro"

Lighting, littering, damaged bus shelters, utility cabinets (Virgin Media/BT), fly-tipping, trees/greenery.

Contact your local Community Wellbeing team for more information - we can't wait to speak to you!

T: 01483 444150

E: community.wellbeing@guildford.gov.uk



12. Goodbye, from Lesley

"I hope you will allow me to indulge in a little personal message.

Today is my last day at Guildford Borough Council. It is just short of 16 years (June 2005) since I started as a Community Safety Warden working in Tongham. I shared the office at The Meadows, attached to the Shawfield Day Centre, with Jo, who also started as a Community Safety Warden at the same time.

The time spent 'finding our feet' with the new challenges was enjoyable and scary at the same time, but we felt welcomed into the Team, which was then Tracy, Garry, Rodney, Brian, Andy and Richard.

After some time, I then became the Community Safety Warden (with Jo) for the Parish of Ash and that is where the majority of my time has been spent working. I have met some wonderful, supportive people in this time, we truly have some amazing residents in the community and I feel lucky to have been involved with them. Jo and I were well known amongst the residents of Ash and Tongham, particularly the children and we were often spotted by them when we were out and about in the community. People always linked the two of us together, whenever you saw one of us, the other one was never too far behind. We were like the 'Ant and Dec' of Ash!

I also feel lucky to have been involved with some great projects and events whilst working in Ash, some more memorable than others!! It wasn't just the residents that had an impact on me, but I have been lucky to work with some amazing colleagues and professionals who have supported me and the work we have carried out in our communities.

I know things have changed during the last year, for all of us, the Team has to evolve and grow to meet ever changing demands and challenges. I feel it is a good time for me to leave. I know we have some 'new blood' joining the team, which I'm sure you will all become familiar with in time and I would like to wish Sam and the team well for the future. I will never forget you all (even if I want to 😊).

Stay safe and remember 'Life is like a camera, just focus on what's important, capture the good times, develop from the negatives and if things don't turn out – Take another shot!

Lesley Telford"

We will all miss you so much
Lesley, you have been a
loyal, fun colleague and
friend. We wish you the best
of luck with your next
adventure!



13. Meet our new team members!

Meet Ben, he has come across to our team from the Customer Service Centre, and what has been their loss is certainly going to be our gain!

"Hello my name is Ben Carter and I wanted to introduce myself as a new member of the Community Wellbeing Team. I am really looking forward to getting out and about to meet members of our community face to face when we all can. Things that are most important to me is protecting our planet, the environment and nature and leading as healthy, happy, and active life as possible. I am really looking forward to working with Guildford residents to work with them on what their priorities are.

A few things personal about me...! I love getting out and about Cycling and Running. I also play Cricket in the Summer which is just an excuse to stand in the sunshine working on a tan really as I am not very good at it! I live with my partner Jess and have two tortoises, Charlie and Nemo and a dog called Archie.

You can contact me directly about all and any things community and I will always be happy to help. Ben.Carter@guildford.gov.uk I am really looking forward to speaking to residents and thanks to everyone who has given me a warm welcome to the community wellbeing team so far."

And here is Conor, who is joining us from Play and Leisure services. We've worked alongside Conor and his old team at past events and projects and know he will be a massive asset to our communities!

"Hi, my name's Conor. I've recently moved from Leisure Services to the Community Wellbeing Team. I started as a Playranger back in May 2017 delivering play sessions across the borough.

During the last year, while my usual role was halted by the pandemic, I was able to assist in supporting Surrey's food parcels at the Spectrum until July, before moving over to my most recent temporary role at the Guildford crematorium.

In my spare time, I enjoy hiking, taking pictures of the beautiful countryside and wildlife and using anything computer related!

I'm excited to start my new role and cannot wait to start supporting the community."