

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!

@GCCCommunityWellbeing

Edition -# 38, April 2021

1. Team Update

Welcome back to our monthly newsletters! We have now returned to monthly newsletters, as restrictions begin to ease it's important we stay connected with you all. If you want to keep up with us more frequently, follow us on Facebook or keep up with us on our Instagram - [@GCCCommunityWellbeing](https://www.instagram.com/GCCCommunityWellbeing)

1. Team Update
2. Thrive at The Hive - Open for Visits
3. Food Parcels - Coming to an end
4. Individual Support - Live for referrals
5. Recipes from Guildford Community Fridge
6. Community Wellbeing's Podcast of the Week!
7. Our Favourite good news stories this week...
8. A Message from our residents
9. Holiday at Home
10. Community Fridge Re-launch
11. Guildford Quilt
12. Playworker Job Opportunity
13. Stoke and Stoughton Skills Hub

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!



@thriveatthehive



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

Coronavirus restrictions remain in place across the country:

- Only socialise indoors with people you live with or who are in your support bubble
- Up to 6 people or 2 households can meet outside
- Work from home if you can and minimise travel
- If you have symptoms get a test and stay at home (see following page for how to get the right test for you)

Find out what support you can get if you are affected by coronavirus → [Find out what support you can get if you're affected by coronavirus - GOV.UK](#) (www.gov.uk)

Shielding ended on 31st March 2021. If you are clinically vulnerable, find out how to protect yourself → [COVID-19: guidance on shielding and protecting people defined on medical grounds as extremely vulnerable - GOV.UK](#) (www.gov.uk)

2. Thrive at The Hive – Open for Visits!



Thrive at the Hive
IS BACK!

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

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

We are excited to announce we can officially reopen as of Monday 12th April. We will be open for visitors on Wednesdays and Thursdays.

To book your time slot which allows you to browse on your own in a safe and comfortable environment, simply send us an email to community.wellbeing@guildford.gov.uk



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)

Get tested for Coronavirus

There are different tests you can get to check if you have coronavirus (COVID-19). The test you need depends on why you're getting tested.

The 2 main tests are:

- PCR tests - mainly for people with symptoms, they're sent to a lab to be checked
- rapid lateral flow tests - only for people who do not have symptoms, they give a result in 30 minutes using a device similar to a pregnancy test

Both tests are free. You can order/book your test and find out more advice by following this NHS link → [Get tested for coronavirus \(COVID-19\) - NHS](https://www.nhs.uk) (www.nhs.uk)

3. Food Parcels – Coming to an end

Guildford Borough Council have been supporting our vulnerable residents as well as those affected by the pandemic with weekly food parcels since March 2020.

With shielding coming to an end and a roadmap outlined, alongside Government guidelines this service will end as of 30th April 2021.

We understand that some people will still be affected financially by knock-on effects of the pandemic and we are still here to help. If you do still require support with food beyond this date, please do get in touch so we can signpost you to other services and organisations that will be able to help.

community.wellbeing@guildford.gov.uk
01483-444510

We'd like to say a massive thank you to all re-deployed staff that have worked tirelessly during this last year, everyone's dedicated efforts enabled our communities to be supported with 8000+ food parcels distributed across the Borough.

Aspire

 HM Government

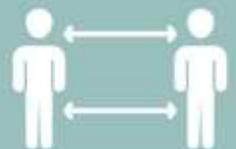


**WASH
YOUR
HANDS**



**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 – Live for referrals

We are now accepting referrals for one-to-one support for individuals 18+ within our communities. This service allows professionals who are working alongside an individual who they believe would benefit from additional support, to refer to the Community Engagement team. We can provide direct support for an individual and work closely alongside them, helping to access various community led services and activities in the area.

. If you are a professional and wish to refer a client to this service, you will need to fill out our referral form which we will send to you upon request. Please E-mail community.wellbeing@guildford.gov.uk for a copy of this referral form.

Although we are accepting referral's from professionals, if you feel you yourself could benefit from our support we will be more than happy to hear from you.



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

Coconut & Squash Dhansak

- 1 tbsp vegetable oil
- 500g butternut squash
- 100g frozen chopped onions
- 4 heaped tbsp mild curry paste
- 400g can chopped tomatoes
- 400g can light coconut milk
- mini naan bread
- 400g can lentils, drained
- 200g bag baby spinach
- 150ml coconut yoghurt

STEP 1 - Heat the oil in a large pan. Put the squash in a bowl with a splash of water. Cover with cling film and microwave on High for 10 mins or until tender. Meanwhile, add the onions to the hot oil and cook for a few mins until soft. Add the curry paste, tomatoes and coconut milk, and simmer for 10 mins until thickened to a rich sauce.

STEP 2 - Warm the naan breads in a low oven or in the toaster. Drain any liquid from the squash, then add to the sauce with the lentils, spinach and some seasoning. Simmer for a further 2-3 mins to wilt the spinach, then stir in the coconut yoghurt. Serve with the warm naan and a dollop of extra yogurt.

Easy Cheesecake

- 4 shortbread biscuits
- 300g tub soft cheese
- zest and juice of 1 lime
- 3 tbsp icing sugar
- 1/2 a 380g pack of frozen mixed berries, plus a few extra to serve

STEP 1 - Put the shortbread biscuits into a plastic bag and bash with a rolling pin until broken. Divide between two dessert glasses. Beat together the soft cheese with the zest of a lime and 2 tbsp icing sugar until smooth. Put this on top of each biscuit base and smooth out with the back of a spoon.

STEP 2 - Take the mixed frozen berries, defrost and blend half with 1 tbsp icing sugar and the juice of the lime. Pour this on top of each cheesecake and scatter with a few extra whole berries. Serve or sit in the fridge for a few hours before serving.

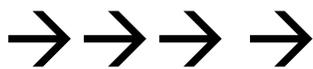


**Guildford
Community Fridge**

6. Community Wellbeing's Podcast of The Week!

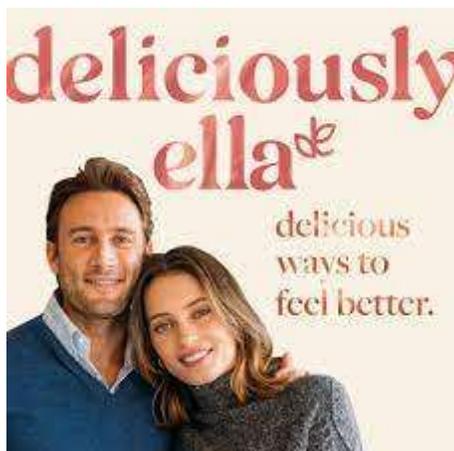
This week we are listening to 'delicious ways to feel better'. From gut health to mental health and anxiety, how to make sustainable changes and finding happiness - we have found this podcast great for unravelling the confusion that often surrounds health and wellbeing.

You can listen here



[Delicious Ways to Feel Better \(google.com\)](https://www.google.com)

#Podcastoftheweek



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

A Local One... Alongside our local business owners we are celebrating the reopening of Shops, personal care and public buildings reopening after months of being shut! Independent retailer Ben Darnton, owner of Ben's Collectors Records in **Guildford**, established in 1993, has described the period of closure as "very tough" but was delighted to welcome customers back to his popular store, which has been closed since December. We thank our local businesses for working hard to enable us to enjoy the easing of restrictions safely!

A National One... A remarkable documentary about a community coming together during the pandemic has won a European film award. As people isolated, volunteers in Blaenau Gwent (Wales) were filmed as they completed 15,000 tasks including delivering food and prescriptions. This is a documentary of volunteers in their community of Tredegar, Wales, working first hand to support their community through the pandemic. You can watch the short trailer here → [Together - The Volunteers of a Covid Community - Trailer #1 - YouTube](#)

A Worldwide One... People have been celebrating the future as more and more people across the world are receiving their vaccinations. For many, it means returning to activities that have become a distant memory, for Robert Holzman, an 89-year-old New Yorker, it means a return to what he loves most - dancing. He received his Covid vaccine as soon as he was able, and has been dancing the streets ever since You can watch Robert swining his hips here → [The 89-year-old dancing in the streets of New York City after vaccination - BBC News.](#)

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.

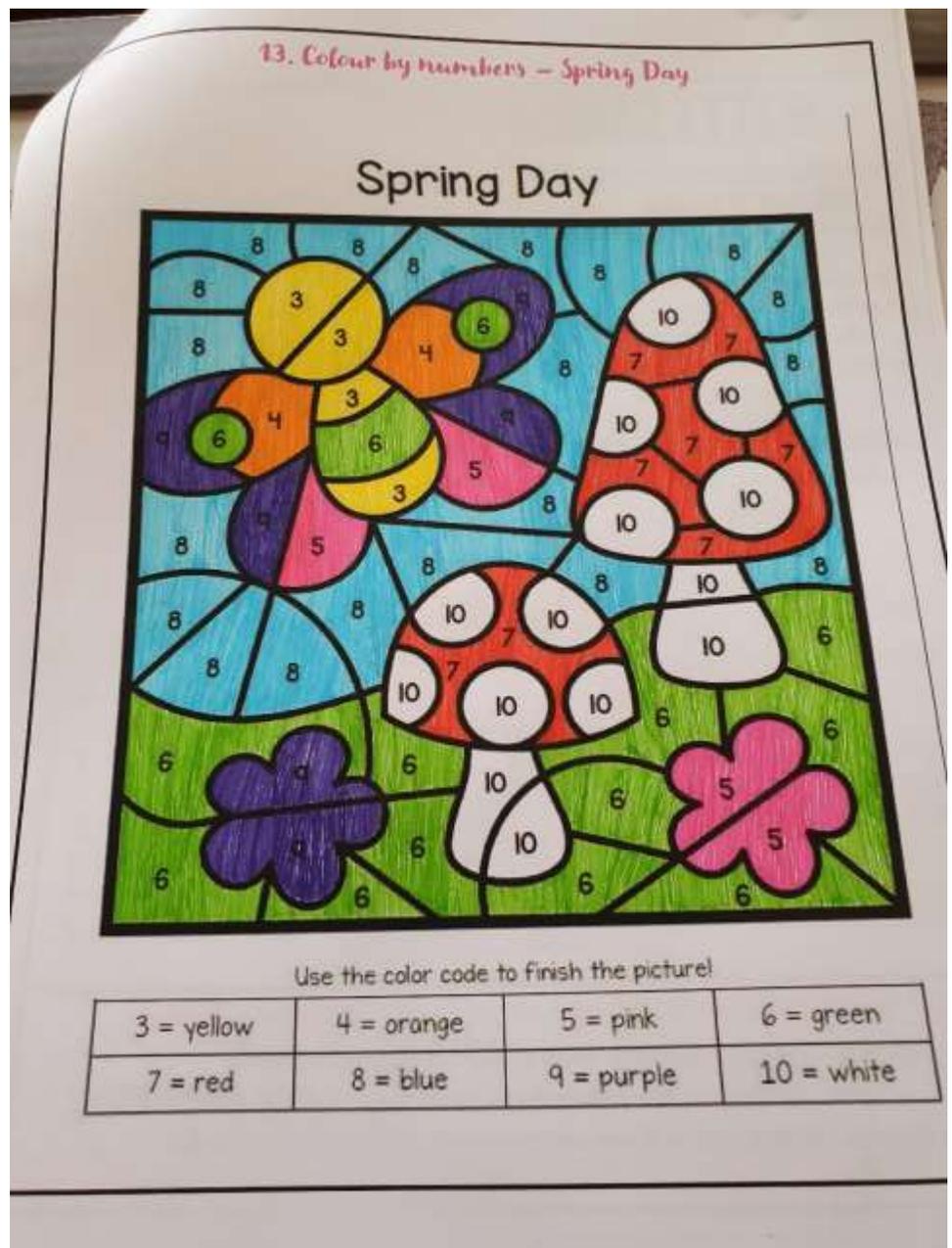
If you're advised to go to hospital, it's important to go. Keep going to any appointments you usually have, unless you're told not to.

8. A Message from our residents...

We love hearing from you and we were so pleased to receive this message from one of our readers!

"Just thought I let you know I read the 'Community Newsletter' regularly, and I thought I show you, 'EVEN 50YR OLDS' still enjoy colouring hahahaha

Attached! Thank You! For all the fab support in there ALL" - Linda



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. Holiday at Home



FUN and GAMES in Japan

As we get older we can feel more lonely, particularly with the restrictions we've all been facing, so why not join us at the Millmead Holiday at Home on July 20th - 22nd where you can meet up with friends old and new, enjoy various activities, reminiscence, good food and some much needed fun! £7.50 per day or £21 for all 3 days. Provisional bookings can be made soon, but please do not send payment. We will confirm the booking after 21st June. Booking forms will soon be available in hard copy from the Church Office, or electronically via: www.guildfordbaptist.org/hah-guest

Any questions, please contact the Church Office (01483 575008 or office@guildfordbaptist.org)

10. Community Fridge Re-launch



Guildford Community Fridge

Open Monday - Friday 10am-3pm

Your #GuildfordCommunityFridge is open to everyone as part of an aim to tackle food waste in the borough and celebrate sharing of quality food!

The Community Fridge relaunches in May 2021

Take · Share · Thrive



Guildford Community Fridge will be open daily Monday -Friday 10am-3pm

Situated in The Hive (Park Barn Centre, Park Barn Drive, GU2 8EN)

Please follow us on social media for updates on the community fridge! @GBCCCommunityWellbeing

Please contact us on: Community.Wellbeing@guildford.gov.uk or call 01483 444150

Free parking on-site or use bus routes 1, 4, 5, 17



11. Guildford's Quilt –stitch your way into history!

The Ripley Lending Quilt at Guildford Museum

Being kind to each-other is so important, especially now.

This patchwork cover was made in the late 1800s by **The Girls' Friendly Society**, and lent to comfort sick villagers in Ripley, Surrey.

The Ripley Lending Quilt survives as a record of our kindness to each-other in difficult times. It is displayed at Guildford Museum where it inspires our patchwork project and display.

Guildford's Quilt

As we move into Spring and an easing of Covid-19 restrictions, please take a moment to remember past acts of kindness that helped you through difficult times, or reflect on your hopes for a kinder world ahead.

We are inviting Guildford residents, to capture your memories and hopes, in pictures or words on a fabric patch to become part of a new community quilt - Guildford's Quilt.

Take a 10 inch square piece of cloth. Mark a border 1 inch deep. Stitch, stick or draw your design within that border. Send it to Guildford Museum to be a part of this project.

Your patches will be displayed at Guildford Museum, and then with the expert help of **Stitch Together** (formerly South East Region, Embroiderers' Guild), they will be sewn together to create Guildford's Quilt. This will become part of Guildford Heritage Service's needlework collection, as a permanent record of this moment in time.

Please share pictures of your work with us on social media: Facebook Guildford'sHeritage; Instagram @guildfordsheritageservices .

Tag us in your posts and we will share your designs. Email the image of your creation to heritageservices@guildford.gov.uk so we can share on our social media channels.



*Please continue to next page for more information

Guildford's Quilt - Stitch yourself into History

Send your patch by 1 August to

Guildford's Quilt, Heritage Services, Guildford Museum, Castle Arch Quarry, Street Guildford GU13SX

Tell us:

- **Your** Name, postal address and email
- **Your** age - if you want this recorded in the display and archive

Do you permit us to show your name alongside your square or design in the exhibition - circle your response YES NO

If you are aged under 13 please ask a parent or guardian to complete this section

Title of or the story behind your patch so that we can share this in the exhibition and preserve the information with the quilt.

We will send you a form to record your donation of a patch to Guildford's Quilt.

Privacy Statement

The personal information you provide on this form (ie your name and contact details) will only be used to send you the form relating to this transfer and will be processed in accordance with data protection legislation. It will not be passed on to any third parties without your consent and will be securely destroyed within one month of receipt. For further information, please see the Council's website - [Data protection and privacy - Guildford Borough Council](#) - or contact the Data Protection Officer at dpo@guildford.gov.uk.

We look forward to seeing your fantastic patch or design.

Contact heritageservices@guildford.gov.uk for more information



The Ripley Lending Quilt

12. Playworker Job Opportunity



CHIPS GUILDFORD

Registered Charity No. 1189799
c/o 20 May Crescent, Ash, Aldershot, Hampshire GU12 PT
Telephone: 07729 878964

Staff Required

Duration: Monday 26th July – Friday 20th August 2021

Are you a sporty, artistic, creative, fun loving, child friendly person looking for casual work for four weeks over the summer holidays?

CHIPS Playscheme are looking for the following

Playworkers

Childcare qualification or childcare experience essential.
First Aid Training - preferred

Lunchtime assistant

11.30 – 14.00 five days a week for four weeks
To serve up lunches and clear up afterwards. This will include sweeping floors, washing/drying plates and cutlery, preparing utensils for next day's lunches.
Food hygiene certificate preferred but if not training will be provided

The playscheme is based in Guildford.

Applicants must be 18years+. Competitive rates of pay

For more details please email Helen on
chipsguildford@hotmail.co.uk

13. Stoke and Stoughton Skills Hub



Stoke and Stoughton Skills Hub is offering **FREE** workshops

Are you worried how COVID has impacted you and your family?

We are running small and friendly courses that will give you the tools to benefit you and your children in the months ahead, as life returns to normal

Sessions will be run Guildford Family Centre in Hazel Avenue during school hours

- Supporting your children in school and at home
- Your family's health and wellbeing
- Making your money work for you
- Feeding your family on a budget

Sign up to the next course
rosalind@surreyllp.org.uk
d.pascoe@surreyllp.org.uk
01483 487892 07904909013



The future, better together