

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

**Follow us on Facebook!**

**@GBCCommunityWellbeing**

**Edition -# 41, July 2021**

## **1. Team Update**

The team have had a very busy month with the centre re-launching as The Hive and hosting our first Grassroots event of the year outside! Luckily enough the weather was beautiful and it was a great success! We have plenty of exciting exciting events happening across the month of August so keep your eyes peeled!

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

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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 remains a serious health risk. You should stay cautious to help protect yourself and others.

- Meet outside, or open windows and doors for indoor visitors
- If you think you have symptoms stay at home and take a PCR test
- Wear face coverings in crowded places and on public transport
- Check in to venues when you go out
- Wash your hands with soap regularly, and for at least 20 seconds
- Get vaccinated if you're 18 or over

### IF YOU NEED MEDICAL HELP

- ✓ 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.

## 2. Meet Lisa



### Tune in Tuesday!

#### Get to know... Lisa

Tell us who you are and what you do!

Hi, my name is Lisa and I am the new Community Wellbeing Team Leader. I have worked for Guildford Borough Council since Oct 2015, however I have only been in this role since 21st June so I am the newest member of the team! My team are the Community Wellbeing Advisors and hopefully you have met or will be meeting them all very soon!

Sum up a day in the life of Lisa

A day for me starts at approx. 8:15am when I arrive at the Hive or my desk at home. Once my laptop is plugged in, the most important task of the morning is performed - coffee! I will then review my day, what meetings do I have? Are there any events happening this week that might need some extra attention? Are the team all ok? What are our priorities? A lot of my time is currently spent with the team learning what we do & what projects we are currently working on plus visiting organisations and our communities to understand their needs and how we might be able to support.

What's your greatest achievement?

My family - It's just the 3 of us, however I am immensely proud of the family unit we have built and the life we have together.

What are you most looking forward to?

Having a greater understanding of what we can achieve as a team and a service in the knowledge that we can and do directly help others in improving their quality of life. Sharing our successes.



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 \(www.nhs.uk\)](https://www.nhs.uk)

## 3. Playrangers Picnic



Join us on the Bellfields Green for our Playrangers Picnic this August! We will be pitching up with an assortment of activities for families and teenagers to get involved with, including our infamous water slide, fire pit and FREE ice cream for all! Just like our regular Playrangers session, these events are free to access.

Thrive at The Hive and our Community Fridge will be joining us on the road too, with a selection of our best quality essential items, clothing for all ages, household essentials and baby items - all at a pay-as-you-feel price!

**If you would like to, please bring your own picnic with you OR we do have limited spaces for a free picnic pack for children, which you should pre-book via email -**

**community.wellbeing@guildford.gov.uk**

**Location:** Bellfields Green

**Dates:** 18th and 19th August from 12-3pm

**How to join:** This is a drop-in session and no need to book, join us for the full session or just part of it!

**For more info call 01483 - 444150**



@GBCCommunityWellbeing



HM Government

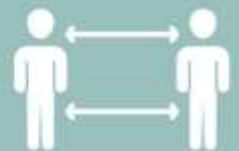


**WASH  
YOUR  
HANDS**



**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.
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## 4. Thrive at The Hive on The Road!

In the weeks leading up to Summer we have been touring all of our regular Playrangers sites, bringing Thrive at The Hive with us and connecting residents with essential items tailored to their local need. It was fantastic to see so many young people and families benefiting from this project. Our latest outing led us to Ash Fun Day, we were so grateful to be apart of this community event that brought so many from the Ash and surrounding communities back together. The next stop for Thrive at The Hive on The Road is Bellfields Green! **We will be there on the 18<sup>th</sup> and 19<sup>th</sup> of August alongside the Playrangers Picnic and would love to see residents from all pockets of the community!**

We will be taking Thrive at The Hive on the road throughout the year, so if you have a school or community event - please do invite us along!



### 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

### Chicken, sweet potato & pea curry

#### Ingredients

- 1 tbsp rapeseed oil
- 1 tbsp korma paste
- 2 skinless chicken breast fillets, each cut into 8-10 pieces
- 320g sweet potatoes, chopped into bite-sized pieces
- 6 tbsp red lentils
- 325ml can light coconut milk (freeze the rest for later)
- 200g frozen peas
- 220g cherry tomatoes
- 300g cooked rice or roti, to serve

**STEP 1** - Heat the oil in a deep frying pan or wok, stir in the curry paste and fry for 30 seconds until it becomes fragrant. Stir in the chicken, then add the sweet potatoes and lentils and keep stirring to coat everything in the paste. Add 300ml water and the coconut milk. Bring to the boil, then simmer for 15-20 mins or until the chicken and sweet potato are cooked through and the consistency of the sauce is slightly thickened.

**STEP 2** - Tip in the peas, bring back to the boil and simmer for a further 2 mins, then add the tomatoes and cook for 2 mins more. Serve with steamed rice, or roti.

### Summer fruit drizzle cake

- 2 large eggs
- 2 tsp vanilla extract
- 175g fruit, stoned and diced weight
- 140g granulated sugar
- 1-2 tbsp citrus juice - lemon, lime or orange
- 175g very soft butter, plus extra for greasing
- 175g golden caster sugar
- 250g self-raising flour

**Step 1** - Heat oven to 180C/160C fan/gas 4. Grease a 900g/2lb loaf tin and line the base and ends with a long strip of baking parchment. Put the butter, caster sugar, flour, eggs and vanilla extract into a large bowl and beat with an electric hand mixer for 5 mins until pale and creamy - the mixture will be very thick.

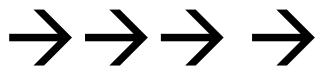
**STEP 2** - Spread one-third of the cake mix into the tin, then scatter over 50g of the fruit. Carefully dot and spread another third of the cake mix on top, and scatter with another 50g fruit. Finally dot the rest of the cake mix over and gently spread with the back of a spoon. Bake for 1 hr, until an inserted skewer comes out clean.

**STEP 3** - Poke the cake all over with a skewer. Put remaining 75g fruit into a bowl with the granulated sugar. Stir in 1 tbsp of the citrus juice first with a fork, mashing a little of the fruit as you go. If it's a bit dry, add a splash more juice and spoon over the cake. Leave in the tin until the cake is cool and the topping is set and crisp.

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

Are you always looking for the next life hack? In this podcast, we hear stories from leading health experts and exciting personalities who offer easy health life-hacks, expert advice and debunk common health myths giving you the tools to revolutionise how you eat, sleep, move and relax.

You can listen here



[Podcast Archives - Dr Rangan Chatterjee \(drchatterjee.com\)](https://drchatterjee.com)

## #Podcastoftheweek



## 7. Guildford's Very Own Bob Ross

We were lucky enough to have local artist Paul Cook, better known as the Bob Ross of Guildford Borough working with Kings College to deliver 6 weeks of arts sessions to some very talented students! Paul filmed a set of easy-to-follow tutorial videos, which detailed each step of the painting process to create a beautiful black and white landscape piece. Lots of the students involved had not worked with acrylic paints or on canvas so this was a new and exciting experience for them. Throughout the weeks their confidence grew as they learnt different skills and techniques, they were able to mix and blend the colours well and were taught different ways to use the paint brushes to create shapes. Paul joined us at the school for the final sessions, the students were able to ask him questions and get his ideas and thoughts on their masterpieces. I think the sessions discovered some hidden talents and we might have found some of the next Van Gogh's or Picasso's in the making.

This is what some of the students had to say about the sessions -

"You just have to believe in yourself. I'm going to take mine to show my uncle who is an artist" - Maddie, the Mad Artist

"Take a leap of faith, I'm making this as a gift for my mum but you could do it as a gift for yourself" - Stan, the Worried Artist

"I was worried at the start, but if you don't succeed try and try again, never stop!" - Billie

"Mistakes are how we learn!" - Jess



## 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

## 8. Resident Involvement

"As Chair of TAG , I have been asked to write a short article for the newsletter, so here it is.

Now that the Government has lifted most of the Covid restrictions , TAG has been able to start its monthly meetings again. We held our first meeting last Thursday 29th July, and during this meeting it appeared that, with all the changes that are happening in the borough, it seemed the right time for TAG to look at our roll and what we do.

So, after some discussion, it was decided that we would make some changes. The first of these changes was to our constitution, which was a little out of date. Secondly, it was agreed that we should concentrate more on the scrutiny work that we do, which is the main purpose of the group. With this in mind, the group decided to drop the 'A' ( advisory) part of TAG , so we will now be known as the Tenants Group. We will carry on working very closely with the Community Team, as we have been doing for some time.

We will keep you updated with any more news as it happens.

I would like to take this opportunity to thank the Community Team, Repairs Team, among but a few, for all their efforts during these hard times of the pandemic. They kept working tirelessly to ensure that all of us in the borough were safe and as well provided for as we could be. So to all of them, from us all, THANK YOU." Alan Wood - Chair of TG

We can advocate on your behalf and ask the questions that perhaps you wanted to know but were afraid to ask.

Remember, we are here for you!

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

Telephone: Jo or Tracy, Community Engagement Team - 01483 444623 or mobiles: 07901 513652/07767 475822

## 9. Where in the Borough is Ben?

I am now going to recommend visiting another fantastic natural space in our Borough. The Chantry Woods which are located a short distance south of the main town centre of Guildford. You can park for free at the Chantries Car Park, Pilgrim Way, Guildford, Surrey GU4 8AW.

Walking into this green woodland after a busy day of work was a enjoyable experience. There are numerous species of trees here towering to make a dark green canopy in mid-Summer, these include English oak, beech, ash and American redwoods, as well as evergreen. According to the Woodland Trust, 'green spaces can help to make us physically healthier and improve our mental wellbeing. Nature alleviates stress, stabilises blood pressure and treats anxiety and depression.' I certainly found the woods a very special place to be as I breathed the fresh air in deeply.

The woods are managed to encourage bird and insect life to flourish and you are instantly surrounded by the sound of birdsong as you walk. There are also current areas of ongoing woodland restoration works. This includes clearing spaces and replanting with a wider mix of native trees to improve biodiversity. We also spotted different bees and butterfly species including the Red Admiral, Marbled White and Comma Butterfly.

In Spring, the woods are famous for their display of colourful Bluebells that carpet the woodland floor. These beautiful flowers put on a lovely display of colour, but you must be careful to stick to paths and not damage the bluebells as they are very delicate and do not recover well from human feet.

I reached the top of the hill and emerged from the woods to open meadow and downland. There were amazing views over the rolling green countryside of the Surrey Hills which was lovely to take in. Guildford Borough Council also runs a 'wild' campsite here too which is now re-open to the public. See further information on the website below.

<https://www.guildford.gov.uk/chantrywoodcampsite>.

The woodland is very hilly and steep and sturdy walking trainers or boots are required as well as moderate levels of fitness. I passed runners, mountain bikers and local dog walkers enjoying an afternoon walk between the rain showers of the day as we looped back towards the car park, refreshed and with a renewed positive sense of mental wellbeing.





## 10. Activities at Guildford Museum

If you're looking for some free children's activities this summer head down to Guildford Museum. They have a variety of fun family trails you can do. These include a quiz sheet to go with their exhibition 'Guildford Streets' showing black and white photos of the town like the one below of the cattle market in North Street. Or pick up a copy of 'On the Trail of Guildford's History' and take a walk round the Museum, Quarry Street and the Castle with different things to spot. You can also learn how to draw a portrait in the 'John Russell, a Georgian Portrait Painter at Work' exhibition. Guildford Museum is open Wednesday to Saturday 12 noon to 4.30pm. Entry is free and you don't need to book. The museum asks visitors who are able to wear face masks to continue doing so and there's plenty of room for everyone and hand sanitiser points.

