

Welcome to your Community Wellbeing update from the team:
Ben, Briony, Conor, Jo, Katie, Lisa, Rosh & Tracy!



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1. Team Update
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Welcome to our latest newsletter, We've had another busy couple of months and our newsletter is packed with some of the things we've been up to, as well as some events that we'll be holding in the autumn. Behind the scenes the team have been working with individual referrals and checking that our paperwork and procedures are up to date.

We visited the coffee morning at Merrow Methodist Church and St Mary's Church, Ash Vale, to give advice and information in relation to the Cost of Living crisis. It was great to catch up with old friends and make new ones. We had a great time at the Ash Parish Village Fete, the Community Fun Day on the Green in Bellfields, and our annual Grassroots event that was well attended [see item 10]. We hope you enjoy this edition, if you have any comments, good or bad, then get in touch with us and please feel free to share with others.



2. Make a Difference Awards Nomination



The Community Wellbeing team are finalists in the prestigious "Make a Difference Awards". Out of thousands of nominations made, only four finalists made the cut in the 'Together' category!

BBC Radio Sussex and BBC Radio Surrey have run the awards for 12 years. It gives local people the chance to recognise those who make their lives better.

We want to say a big thank you to the Repair Café's volunteer Co-ordinator and local resident Susi for nominating us!



Julia from BBC Radio Sussex and Surrey came down to The Hive to meet the team to hear about all the work we do in the community.

To our volunteers Angela, Joyce and Nick, Youth Café attendee Aiden and Sally from Action for Carers - thank you for coming in and chatting to Julia about our team!

Lead Councillor for Community, Cllr Carla Morson, sent us her heartfelt congratulations:

"This recognition is a testament to our team's unwavering dedication and genuine care for the community. We are fortunate to have such a compassionate and caring group of people whose work touches the lives of many.

I am immensely proud to congratulate each member of our team for their outstanding contributions. Through countless worthwhile projects, we support our communities in what truly matters. Best of luck to the team in the final round of judging!"



The final round of judging will take place before the awards ceremony on 25 September!



3. Playrangers



It's the start of a new academic year which means Playrangers is back!!

As we are starting to head into the colder months don't forget to wrap up warm and get ready to make smores on the firepit! The team have a huge array of activities planned so make sure you drop by the sessions to see what the Playrangers team have to offer.

The team put on a couple summer events in August, have a look under Summer Events to see what we got up to!



Our Playranger sessions are a great way for children and young people to get outside, be active and make new friends. Sessions are aimed at 8-12 year olds, however under-8s are welcome if accompanied by an adult.

For more information,
follow the link:
[Playrangers - Guildford Borough Council](#)

3:30PM - 5:30PM

PlayRangers

SEPTEMBER DATES

Week 1 + 3:

Monday 11th + 25th - Pirbright Village Green
Tuesday 12th + 26th - Hornhatch Green, Chilworth
Wednesday 13th + 27th - Park Barn Drive

Week 2

Monday 18th - Bushy Hill Park, Merrow
Tuesday 19th - Coronation Gardens, Ash
Wednesday 20th - Bellfields Green

#CommunityWellbeing





4. Youth Café



YOUTH CAFE

Available for all!

For school years
7 – 11

Open every Thursday (during term time)
from 4pm–5.30pm

The Hive, Park Barn
Drive, Guildford,
GU2 8EN

Want to know more? Get in touch!

✉ community.wellbeing@guildford.gov.uk
☎ 01483 444150
📱 [f GBCCommunityWellbeing](https://www.facebook.com/GBCCommunityWellbeing)

This poster has been designed in collaboration with the Youth Café attendees!

We hope you all had wonderful summer holidays and had lots of fun! As you can see, Youth Café has had a bit of a rebrand thanks to the young people's creative designs and input. We hope you all like it as much as we do!

There are lots of fun and exciting activities coming to Youth Café this year including cooking classes and sports activities!

This term, Youth Café's first session will be on 7th September and the last session will be 19th October before the half term.

Young people in school years 7–11 are welcome at our Youth Café every Thursday during term-time between 4.00 – 5.30pm at The Hive, Park Barn Drive, GU2 8EN. Join Youth Cafe today!



Please contact us for more information on how young people can get involved across Guildford!



5. Guildford Walkfest



The annual Guildford Walkfest, supported by The Community Wellbeing Team returns again this September. There are 45 FREE walks all over Guildford Borough throughout the whole of the month.

The walks are designed to suit all ages, interests and abilities. Included this year are family, baby buggy, bird watching, walk and talk and dog-friendly walks on different days.



Here are some of the amazing benefits of walking!

- Increase your fitness levels
- Keep muscles and bones healthy
- Lower anxiety and stress levels
- Walking in a group is sociable and fun
- A great opportunity to meet people
- Get more involved in your community
- Explore new places

What's not to like? Put your best foot forward and join in this year. Everyone is welcome.

Please like and follow the Guildford Walkfest Facebook page:

www.facebook.com/guildfordwalkfest

and check out the website to book your walk:

www.guildfordwalkfest.co.uk





6. Lakeside Fun Day



Join us and our Park Rangers on 26th October for our annual Fun Day. It will run from 10am until 2pm at Lakeside Nature Reserve and all activities are FREE!

This reserve is a lovely peaceful park in Ash Vale. There's a free car park where a cement mixer lorry was buried. Apparently, the cement set before it could be used, ruining part of the lorry, so it had to be buried there. Despite such drama, Lakeside is now a tranquil spot with a lovely view across the lake and reed bed. Great for dragonflies on a warm summer's day. The small wildflower meadow is a good place to look out for plants such as bee orchid and ragged robin, not to mention butterflies like the common blue.

If you have kids to entertain, there's a fantastic play park complete with zip wire and mini-climbing walls. There's also a trail of child-friendly nature posts to find. If you're looking for a longer walk, you can follow the Blackwater River along the way marked Blackwater Valley Path towards Hollybush.



LAKESIDE FUN DAY!

CELEBRATE LAKE SIDE NATURE RESERVE
WITH US.FUN OUTDOOR-BASED ACTIVITIES
FOR ALL THE FAMILY:

REFRESHMENTS & TOILET FACILITIES AVAILABLE /
LIMITED PARKING, PLEASE WALK WHERE POSSIBLE



01483 - 444150
COMMUNITY.WELLBEING@GUILDFORD.GOV.UK

THURSDAY 26 OCTOBER 10AM-2PM
LAKE SIDE NATURE RESERVE,
LAKE SIDE ROAD, ASH VALE



Don't forget to check our social media pages for updates on this event!



 GBCCCommunityWellbeing

 GBCCCommunityWellbeing



We hope to see you all there!



7. Carers' Fair



The definition of a carer is:

Anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support.

The care they give is unpaid.

Many people don't recognise themselves as a carer and if you're not sure, please ask.



As part of Carers' Rights Week, we are working in partnership with Action for Carers and will be hosting a Carers' Fair:

Saturday 25 November

The Hive, Park Barn Drive, Guildford,
GU2 8EN

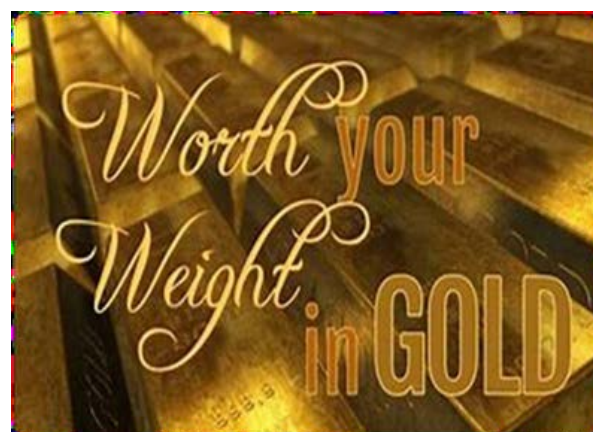
10.00AM TO 2.00PM



Various organisations will be available to offer advice and support. Keep an eye on our Facebook page for further details and to see who will be there.

In the meantime, if you are a carer please register with Action for Carers, they have a hub at The Hive every Monday from 10am till 2pm, or call 0303 040 1234 . Your GP surgery also needs to know too.

Carers are worth their weight in gold

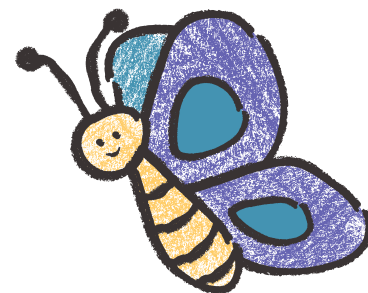




8. Street Play



Street Play is an ongoing initiative in Guildford which allows residents to apply for a free road closure. The sessions encourage children to regularly play actively and independently near their own front door, contributing to a healthy lifestyle.



Street Play is about bringing communities back together and sharing their street with the neighbourhood. Sessions are set up and run by the local residents and our team are here to offer advice and support on setting up these sessions. Applications can take up to 8 weeks so make sure to plan well in advance!

Do get in contact or visit: www.guildford.gov.uk/streetplay



9. Summer Events!



The team have been very busy this Summer attending and putting on events across the Borough. We hope those who came to these had a great time! You can check out what we've been up to below!

Dapdune Wharf Summer of Play

Katie and Briony went along to Dapdune Wharf and hosted a woodland and river themed arts and craft activity. Everyone seemed to really enjoy it, perfect weather for getting the paint to dry!

Thank you to the Men in Sheds for cutting and creating the shapes and to Selco for donating the wood!



Playrangers Summer Spectacular!

This year the team were at Bellfields and Tongham hosting our annual Playranger summer events!

It was great to see so many familiar faces who attend sessions and new ones who are excited about them starting again in September.

Special thanks to Amber from Surrey Sports Park who came along and provided spikeball and corn hole to play!

We hope everyone enjoyed the waterslide, getting their temporary tattoos and playing on the endless amount of Playranger equipment!



9. Summer Events!

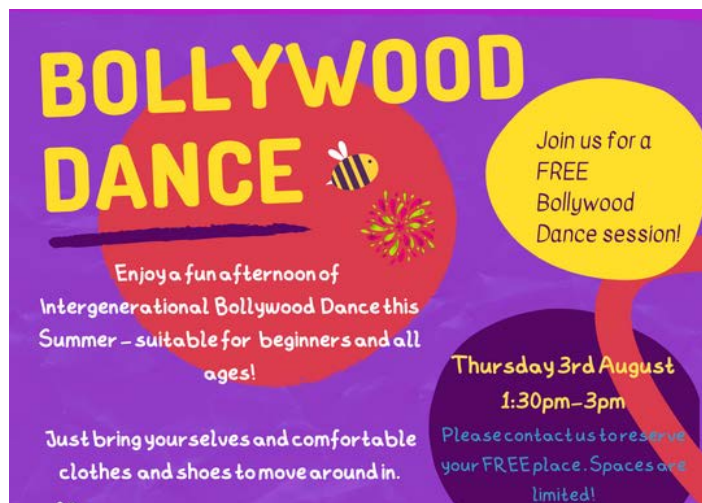


Over July and August The Hive has hosted some amazing intergenerational events in the lounge. These are open to all ages and visitors to the centre! Take a look at a few things we got up to!

Bollywood Dancing!

At the beginning of August, we had the lovely Santosh in to teach some Bollywood dancing.

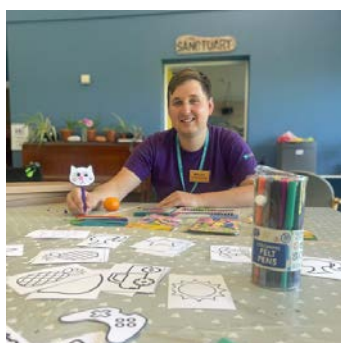
It was safe to say everyone from the children to the staff and day centre clients really enjoyed the session and learning some Bollywood dance moves!



Bookmark Making!

Later on in August we held an intergenerational craft event in the lounge where we invited visitors to create their own bookmarks!

The team were really impressed with the creativity we saw and are glad that everyone had a great time.





10. Grassroots Networking Event



These events remain extremely popular and attract many organisations, charities, community and faith groups across both statutory and voluntary sectors. The overall aim is to bring everyone together in an effort to learn more about boroughwide services.

This July we went 'on tour' again and hosted the event on the stunning Bellfields Green. It is such a beautiful and much loved open space in the heart of the local community.

This year was open for public visits and we were joined by residents and visitors alike who wanted to know more from the many tables and stalls represented,

Thanks to everyone who braved the drizzly weather and field conditions in support of sharing and celebrating the incredible services available.

See you in 2024!

Photos: Surrey Wildlife Trust garden markers: Cllr Vanessa King, Guildford Mayor Masuk Miah, Tracy; Reskilled – Piers, Cllr Miah & Rosh; Attendees



Action for Carers: Active Surrey: CHS Surrey School Based Information: Christians Against Poverty [CAP] & Job Club: Dose of Nature: Family Information Service/Local Offer: Citizens Advice South West Surrey: Guildford Job Centre Plus: : Guildford Nursery School and Family Centre: Guildford Poyle Charities: Guildford Town Centre Chaplaincy: halow Project: Home Start Guildford: Lockwood Arts: Matrix Trust: Oakleaf Enterprise: Reskilled: Right at Home: River Wey Navigations [National Trust]: Seniors Helping Seniors: SCC Fostering Service: SCC Communities & Prevention/Unpaid Carers: Sport in Mind: St Peter's Shared Church: Surrey Care Trust: Surrey Choices: Surrey Coalition of Disabled People: Surrey Wildlife Trust: SW Surrey DA Service: The Hunter Centre: Voluntary Action SW Surrey (VASWS)
Wellbeing Team – Guildford Borough Council



11. Play Zone News & Updates



PlayZone
 **SEND**

Under 6's

TUESDAY MORNINGS (9AM- 11AM) WILL NOW BE DESIGNATED FOR CHILDREN WITH SPECIAL EDUCATIONAL NEEDS & DISABILITIES.

DURING THIS TIME, THE CAPACITY OF THE PLAYZONE WILL BE REDUCED TO A MAXIMUM OF 10 PEOPLE.

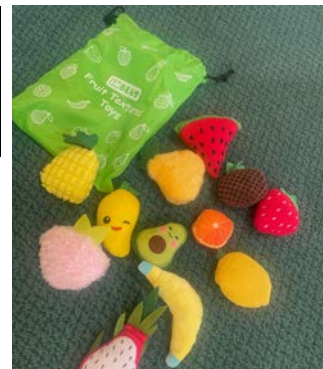


IF YOU WOULD LIKE TO FIND OUT MORE INFORMATION PLEASE GIVE US
A CALL ON 01483 444 150
OR EMAIL COMMUNITY.WELLBEING@GUILDFORD.GOV.UK





Tuesday mornings are now designated for children with special educational needs & disabilities.



During this time, the capacity of the PlayZone is reduced to a maximum of 10 people and there are more sensory toys to play with.



A huge thank you to the Well Project who created this fantastic busy board for our PlayZone Garden! They used an old wooden palette and various recycled goods to decorate it.



Check out how our vegetables are growing. We can't wait to add these to our community fridge!



11. Play Zone News & Updates



Watts Gallery have continued to support our Playzone by running popular events during the summer holidays. Recently they held two sessions called 'Seeing double' which went down a treat for the kids. Lots of paint on hands, faces and hair! We would like to thank Watts Gallery for supporting us by providing these free sessions for families. We look forward to advertising the next one!



A huge thank you to Dinky Dance who offered their time in our Playzone to get the kids dancing! They enjoyed it thoroughly!

Dinky Dance is a dance and movement class, delivered by qualified and experienced dance teachers, using movement, props, music and more to build confidence, social skills, musicality, muscle strength, motor skills, coordination and balance but above all to provide a space to let loose and experience the joy that moving your body brings. It is for both boys and girls!

You can usually find them holding classes at Sutton Green Village Hall every Monday at 10am!

To get in touch or find out more please contact hello@doitwithdance.co.uk

#MOVEMENT4ALL

Dinky Dance
Walking to 4 years

Monday 10am
Sutton Green Village Hall

Thursday 9.45am
QEP Centre

Balance
Muscle development
Listening Skills
Spatial awareness
Creativity
Rhythm

12. The Hive's Community Pantry



The Hive's Community Pantry is open to everyone effected by the current cost of living crisis. Bags contain 8- 12 'top up' products.

When requesting a bag you will be asked to provide part of your postcode.



We have been running our new Hive Community Pantry for a couple of months and we need your help to build up our stock,

We are looking for donations of sealed and in-date dry goods and long life items. Essential Items like pasta, rice, sauces, spreads, cooking sauces and soup.

You can drop off donations at the following venues. Please check directly with them for opening hours



The Hive, Park Barn Dr, Guildford GU2 8EN



Guildford Borough Council, Millmead, Guildford, GU2 4BB



Voluntary Action SWS, 39 Castle St, Guildford GU1 3UQ



The Guildford Institute, Ward St, Guildford GU1 4LH

Thank you in advance for your support!

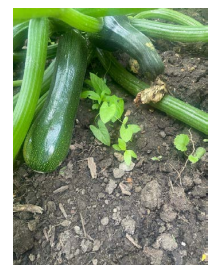


13. The Hive Community Fridge



We continue to receive donated fresh food from our lovely partners here at The Hive Community Fridge. Our fridge is now located in the main entrance area of The Hive. Fresh food is received from Aldi, Lidl, Sainsbury's M&S, Waitrose, Nando's, Aldershot Road Allotments and Ripley Farmers Market! We are truly grateful to offer a service to the community to help tackle food & landfill waste and with the help of all our partners who donate, we are decreasing the carbon footprint on our wonderful planet! **Take what you need - leave what you don't!**
Come and visit our Community Fridge from Monday - Thursday 9am-4pm and until 3.30pm on Friday.

Have you visited the community fridge lately? Our amazing Volunteer Nick has been busy creating slow cooker recipes to save you energy! He volunteers on a Wednesday and loves talking to people about ways to make delicious cost-effective meals. With energy and food prices continuously soaring, he has come up with budget-friendly recipes. Why not come and have a look at the recipes and speak to him about ways you can enjoy lovely meals without having to pay a fortune!



The Hive Community Fridge poster features a central hexagonal grid with the words: FRESH, SHARE, RESCUE, DONATE, SUSTAINABLE, and REDUCE WASTE. The grid is surrounded by illustrations of fresh food items: a red apple, a carton of eggs, a carton of milk, a loaf of bread, an orange, and a bunch of leeks. The text 'The Hive Community Fridge' is written in a large, stylized font, with 'Monday - Thursday 9am-4pm and until 3:30pm on Friday' below it. At the bottom, the slogan 'Take what you need, leave what you don't.' is displayed in a colorful, playful font.

The Hive Community Fridge
Monday - Thursday 9am-4pm and until 3:30pm on Friday

FRESH
SHARE
RESCUE
DONATE
SUSTAINABLE
REDUCE WASTE

**Take what you need,
leave what you don't.**

Have you tried one of Nick's budget-friendly recipe's? We have chosen potato curry as our top recipe this month!

Why not e-mail your version in to community.wellbeing@guildford.gov.uk and we can pop it in our next newsletter with a special shout-out to you!



INGREDIENTS

- 3 large Large baking potatoes
- 1 x Tinned chopped tomato
- 1 x red onion
- 1 x teaspoon cumin
- 1 x teaspoon mustard seeds
- 1 x teaspoon Garam Masala

DIRECTIONS

- 1) Dice potatoes and onions and fry off for 10 minutes until crispy.
- 2) Add your chopped tomatoes and spices and let this simmer for 12-15 minutes or until potatoes are soft.
- 3) Serve with Naan Bread.



Guildford
Community Fridge





14. Thrive at The Hive



The Hive, Park Barn Drive, Park Barn, Gu2 8EN



It's coming up to that time of year where you might be looking for school clothing – well Thrive at The Hive has got you covered! Our wonderful volunteers have been stocking our rails with school uniform for different schools around the borough!

Don't forget that we also have a wide selection of books, games and toys available! If you can't see what you're looking for please ask a volunteer as we may have it in storage!

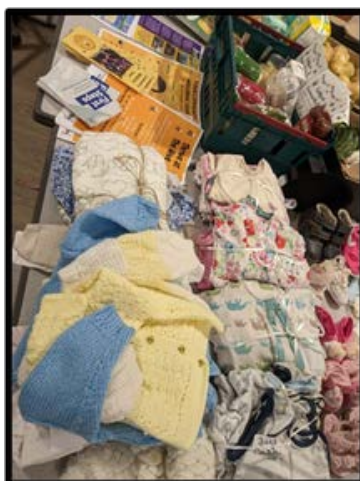


Visit us!

We are open Monday–Thursday 9am–4pm and Friday 9am–3.30pm.

Thrive at the Hive is located at the back of the centre.

When you arrive, please follow the Thrive at the Hive signs to your left, this will lead you down the walkway and to our shop! **Please make sure you stick to the path and do not cross the car park as our drivers use this throughout the day.**



Thrive at the Hive on The Road!

If you would like us to visit a group local to you, please drop us an email: community.wellbeing@guildford.gov.uk



15. Coffee, Cake & Chat



Signposting – Support – Advice – Listen – Reconnect



Meet a member of the community wellbeing team for a hot drink, slice of cake and a chat at The Hive!

Wednesdays 10am - 12pm

If you buy a posh coffee you can get a free slice of the 'cake of the day' - every Wednesday is cake day at The Honey Pot Café!

We are here to listen! As part of what we do, being available to support residents face to face is something we love to be able to prioritise.

We always try to be on hand to chat to our community members as and when they drop-in to see us, but sometimes this can be tricky to balance as we are often out delivering our services and meeting residents.

To make sure we are there for you, we are available every Wednesday between 10am-12pm. You can meet with us in The Honey Pot Cafe at The Hive. If you wish to discuss a private matter, we will find a quieter space.



The Honey Pot Cafe at The Hive, Park Barn Drive, GU2 8EN. ☎ 01483 444150





16. Services at The Hive



Business Support!

Our Business Support Team are the first point of contact for all enquiries regarding the Activities Centre, Community Transport and Community Meals. All bookings and cancellations for Community Transport and Meals are made through our Business Support Team who are always happy to help.

The team manage all hire requests for The Hive too, if you're looking for a venue to host a birthday party, community event or anything in between then get in touch!

They also manage referrals to the North Guildford foodbank.



Chiropody and Podiatry!

The Hive has a dedicated treatment room where Vida and Emma are here to help you look after your feet! If you would like to book an appointment, give them a call on the below numbers:

📞 Emma 07961 316839

📞 Vida 07941 994878

Coffee Shop!

Our coffee shop, The Honey Pot Café, is the heart of our community hub! With lots of delicious sweet and savoury treats made in our kitchen, it's the perfect space to meet family and friends in your local community. If you are a registered carer with Action for Carers, ask them about the discount scheme.

Don't forget that on Wednesdays you get a free slice of cake with a posh coffee!





16. Services at The Hive



Community Meals!

Our Community Meals drivers deliver delicious two course meals within the community 7 days a week and they can be flexible to suit your needs. This is a lunchtime service designed for those who are unable to cook for themselves, unable to shop or for residents who require some extra support with meals. Meals are delivered hot and ready to eat between 11.30am – 2pm and there's a variety of nutritional meals available to choose from.



Community Transport!

If you're looking for a door-to-door transport service, then this is for you! Our Community Transport drivers take customers across the borough to social activities, medical appointments, shopping trips or to visit friends and family. The service is available to anyone who has a physical disability or mobility issues, long and short-term ill health, learning difficulties or mental health issues.

Sassy's Salon!

Gemma, who has been hairdressing for over 20 years, opened Sassy's in August 2021. She loves working at The Hive and offers a professional service to all of her customers.

You can WhatsApp, email, text or call Gemma to make an appointment:

📞 07932 576892

✉️ sassyshair.salon18@gmail.com



To register for these services or for more information, please contact our Business Support Office on:
01483 458055 Monday – Thursday 8.30am – 5pm and Friday 8.30am – 4.30pm.



17. Community Wellbeing Contacts



Come and visit us at our base!

The Hive, Park Barn Drive, Guildford GU2 8EN

It's now easier than ever to find us! Just follow the signs to Community Wellbeing. We have plenty of parking and are on main bus routes if you are coming on the bus!



Community Engagement Advisor's
contact details:

Ben: 07970 953177

Briony: 07970 032626

Conor: 07747 473197

Jo: 07901 513652

Katie: 07971 483790

Rosh: 07866 162987

Tracy: 07767 475822

Follow us on social media!



@GBCCCommunityWellbeing

For general enquiries about the community, resident engagement, visiting Thrive at The Hive, how to access our services or you have an idea for a project where you live – please get in touch!



community.wellbeing@guildford.gov.uk



01483 - 444 150

Look out for our next newsletter in
November!