

COMMUNITY NEWSLETTER



Welcome to your Community Wellbeing update from the Guildford team:

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

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

Follow us on Twitter and Facebook!

@GBCCommunityWellbeing

***Week 29, November 2020**

1. Team Update

Over the past couple of weeks the Community Wellbeing Team have been working hard with our communities, to keep everyone healthy, fed and well. We are still carrying out high numbers of Welfare Calls to our more vulnerable residents and providing food for our families that have been affected by the pandemic. We've all been getting into the festive spirit, organising Christmas gifts and surprises for children across the Borough, which will be delivered in December.

1. Team Update
2. Meeting Others Safely
3. Flu Jabs - Protect the NHS
4. Thrive at The Hive - Lockdown Style!
5. Recipes from Guildford Community Fridge
6. Community Wellbeing Team #throwback
7. Our Favourite 'good news' stories this week...
8. Our Favourite Resource Picks
9. PeerTalk
10. Money Matters



Community Wellbeing Team Contacts - Call us anytime!

Briony: 07970032626

Claudia: 07890591971

Grace: 07966654888

Jo: 07901513652

Lesley: 07769642053

Tracy: 07767475822

Willow: 07890592201

Community Wellbeing Team!



Don't forget, we are now live with our blog and posting regularly! You can now catch up with the whole gang in one place, follow us today!



<https://guildfordcommunitywellbeing.wordpress.com/2020/09/16/the-wealth-of-wellbeing/>

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



National restrictions from 5th November

We have now entered a 2nd National Lockdown and have new restrictions which we must abide to to stop the spread of Coronavirus. The single most important action we can all take to fight coronavirus is to stay at home, to protect the NHS and save lives.

When we reduce our day-to-day contact with other people, we reduce the spread of the infection. That is why, from Thursday 5 November until Wednesday 2 December, you must:

1. Stay at home, except for specific purposes.
2. Avoid meeting people you do not live with, except for specific purposes.
3. Close certain businesses and venues.

These new measures will reduce the growth rate of the virus, which will:

- prevent the NHS from being overwhelmed
- ensure schools, colleges and universities can stay open
- ensure that as many people as possible can continue to work

The new measures will apply nationally for four weeks up to Wednesday 2 December. At the end of the period, we will return to a regional approach, based on the latest data.

These measures will be underpinned by law. Police and other authorities will have powers to give fines and break up gatherings.

2. Meeting others safely

In general, you must not meet people socially. However, you can exercise or meet in a public, outdoors space with people you live with, your support bubble (or as part of a childcare bubble), or with one other person.

You should minimise time spent outside your home. When around other people, stay 2 metres apart from anyone not in your household – meaning the people you live with – or your support bubble. Where this is not possible, stay 1 metre apart with extra precautions (e.g. wearing a face covering).

You must not meet socially indoors with family or friends unless they are part of your household or support bubble.

A support bubble is where a household with 1 adult joins with another household. Households in that support bubble can still visit each other, stay overnight in each other's households, and visit outdoor public places together.

You can exercise or visit outdoor public places with: the people you live with your support bubble or, when on your own, 1 person from another household. Children under 5, as well as disabled people dependent on round-the-clock care are not counted towards the limit on two people meeting outside

There is further guidance on what exercise and other physical activity can continue during the period of national restrictions. Outdoor public places include: neighbourhood streets, parks, beaches, and the countryside public gardens and grounds (whether or not you pay to enter them) allotments outdoor playgrounds

You cannot meet people in a private garden, unless you live with them or have formed a support bubble with them. Face coverings are required by law to be worn in many indoor settings, such as shops or places of worship where these remain open, and on public transport.

Please use the [GOV.UK](https://www.gov.uk) website to find out more on what restrictions are in place during this National Lockdown. You can help to protect your friends and family by downloading the [NHS COVID-19 App](#) to keep updated on the latest guidance from Thursday 5 November

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. Flu Jabs - Protect the NHS

England's top doctors have urged people to protect themselves and their families from flu over the coming week, amid warnings that new cases may peak over the busy Christmas period.

Usually free flu vaccines are reserved for the over 65's and those with existing conditions, but this year the flu vaccine will be offered to 30 million people in England, the largest ever flu vaccination programme. The groups now eligible are:

- adults aged 65 or over
- pregnant women
- those with certain pre-existing conditions
 - NHS and social care workers
 - all children up to year 7
- household contacts of those who are clinically extremely vulnerable
 - adults aged 50 to 64

If you fit into one of these new groups, it is best to book your appointment with your GP as soon as possible. The flu vaccine does not protect against COVID-19, but it will keep those at risk safe and take off the strain on the NHS. Find out more about Winter Preparedness across Surrey here

<https://surreycountycouncil.newsweaver.co.uk/publichealthbulletin/18ob455utz5172q53or6mp?email=true&lang=en&a=1&p=58194328&t=29620420>



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

5. Thrive at The Hive - Lockdown Style!



Thrive at the Hive Essentials 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!

Although the children may be at school, 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 pre-loved but clean, in very good condition



Government launches NHS COVID-19 App

The new 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

6. Recipes from Guildford Community Fridge

Tortilla Pizza

Ingredients

- 4 tbsp passata
- 1 garlic clove , crushed
- 1/2 tbsp olive oil
- 1/2 tsp dried herbs (mixed herbs, basil or oregano work well)
- 2 plain tortillas
- 50g grated mozzarella
- 6-8 slices pepperoni

Method

STEP 1 - Heat the oven to 220C/200C fan/gas 7. Mix the passata, garlic, olive oil, herbs and season well. Put the tortillas onto one large baking sheet, or two smaller ones. Spread over the tomato sauce leaving a 1cm border around the edges. Scatter with the mozzarella, add the pepperoni. Bake for 6-8 minutes until the edges of the tortillas are crisp and golden, and the cheese has melted and is bubbling.

Strawberry Shortcake Slice

Ingredients

- 600ml double cream
- 1 tbsp vanilla bean paste
- 1 tbsp orange blossom water
- 125g icing sugar , plus 2 tbsp
- 500g shortcake biscuits , plus 3 crushed
- 350g strawberries , sliced

Method

STEP 1 - Line a 20cm cake tin or dish (either a square or rectangle works well) with cling film, leaving an overhang. Whip 500ml of the cream, the vanilla, orange blossom water and 125g icing sugar with an electric whisk until thick and billowy.

STEP 2 - Add a layer of biscuits to the tin, and spoon over some of the cream, about 1cm thick all over. Add a layer of strawberry slices, then repeat with the cream, biscuits and strawberries until you fill the tin, finishing on a layer of biscuit. You'll have some strawberries left over to serve. Press everything down well so every biscuit is covered in cream. Cover and chill overnight.

STEP 3 - To serve, flip the tin onto a serving plate, and remove the cling film. Whip the remaining 100ml cream with 1 tbsp icing sugar and dollop on top of the cake, swirling it around. Top with the remaining strawberry slices in lines, sift over the remaining 1 tbsp icing sugar, and sprinkle the biscuit crumbs in between the rows of strawberries.

IMPORTANT ADVICE FOR OVER THE CLINICALLY VULNERABLE AND THOSE MOST SUSEPTIBLE TO COVID-19

If you're at high risk (clinically extremely vulnerable) from coronavirus (COVID-19), you were advised to take extra steps to protect yourself until 1 August 2020. This was called shielding.

Shielding is not being advised during this Lockdown, however you do need to take extra care and attention to social distancing if you are clinically vulnerable.

7. Community Wellbeing Team #throwback

This time last year we were celebrating this heart-warming good news story, where our amazing team-mate Lesley managed to get a successful inter-generational project of the ground!

Children from the Ash Jack and Jill Nursery spent time with our lovely Shawfield Centre clients for games and crafts.

You can still read the GetSurrey article and find out all about it here

<https://www.getsurrey.co.uk/news/surrey-news/aldershot-day-centre-bringing-together-17211230>

#1yrTHROWBACK



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

A Local One... IT'S CHRIIIIIISTMAAAS! Although, sadly there was not the usual big event for the Guildford Christmas Light switch on this year. They are now on and shining proudly, welcoming the Christmas season to our Borough.

A National One... Footballer Marcus Rashford has followed his free school meals campaign by launching a book club to help children enjoy the escapism of reading. This book club is in partnership with Macmillan Children's Book's, Marcus will publish a range of titles for children aged 5-18. This is a really exciting partnership that will aim to equip all children with the resources to develop life skills and overcome challenges by increasing access to books.

A Worldwide One... A vaccine to protect against COVID-19, called 'Moderna', shows nearly 95% protection. This, among other breakthroughs, is great news and hopefully the beginning of the end! To have your questions answered, such as: 'When will I get the Vaccine?', 'How good is it?' and more - we recommend reading this article, found on the BBC

<https://www.bbc.co.uk/news/health-54902908>

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.

9. Our Favourite Resource Picks

Be Your Best – Family Weight Management Programme

Weight gain has been an issue for many during lockdown in Surrey! Now more than ever, with the highlighted risks connected to COVID-19, obesity needs to be addressed. Parents can self-refer or be referred by a health professional to Be Your Best. Find out how to Be Your Best, by following the link below:

<https://www.bybsurrey.org/>

Surrey Young Trustee Event

If you know of any young people who would love to take up the role of a young trustee and who could help a charity thrive, please share with them the details of the Surrey Young Trustee Event on 10th December. This is an information event for those aged between 18-30-years-old helping them find out how becoming a trustee could help benefit them, their career and communities. As you will probably know, many charities in Surrey are looking for trustees to join their Boards and they want more young people to get involved bringing their skills, experience, energy and ideas to the table to help the organisation thrive and move forward with impact. Information and details about how to register for the event can be accessed via this link:

<https://www.eventbrite.co.uk/e/how-to-become-a-young-trustee-in-surrey-tickets-128240798681>

I Can't Find Myself - A Short Film Capturing Experiences of Dementia

Live Steaming 10th December 2020 between 6.30pm-8.00pm! Book your tickets at the ticket office by calling 01932-253354 or visiting the website:

www.surreydance21.com

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

10. Peer Talk

Just turn up ... no need to book and it's free



PeerTalk[®]
GUILDFORD

Peer Support Group for those living with depression, anxiety and related conditions

EVERY WEDNESDAY 7.30^{pm} – 9.00^{pm}
The Spike Community Centre
(next to St Luke's Surgery and St Luke's Square),
Warren Road, Guildford, GU1 3JH.

Starts again on:
Wednesday 16th September

Find out more at:
☎ 07719 562 617
🌐 peertalk.org.uk
📧 @peer_talk
📍 @peertalk1
✉ enquiries@peertalk.org.uk
🌐 peertalkcharity.org

PeerTalk is a registered charity, registered charity no. 1169830.

Peer support group for over 18's still running throughout Lockdown!

This peer support group for anyone facing depression and anxiety in Guildford, will continue to meet face-to-face all through lockdown, every **Wednesday evening, 7.30 - 9pm at The Spike Community Centre, Warren Road, Guildford, GU1 3JH.**

11. Money Matters and Warmth Matters



Email and telephone help available
davidcarter@surreyca.org.uk
07521 503 696
www.moneymatters.today



Email and telephone advice available
Monday, Thursday and Friday
davidcarter@surreyca.org.uk
07521 503 696