

COMMUNITY NEWSLETTER



Welcome to your Community Wellbeing update from the Guildford team:

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

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

Follow us on Facebook!

@GBCCommunityWellbeing

Edition -# 40, June 2021

1. Team Update

As we take on our new titles - Community Engagement Advisors, we also welcome a new team leader, Lisa. Lisa has hit the ground running and we are certainly very pleased to have her aboard! We've been busy bees the last two weeks as we have launched Thrive at The Hive on the road. It is so important to us to support communities in all corners of our Borough, if you would like Thrive at The Hive to visit your area - let us know!

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Community Wellbeing Team Contacts - Call us anytime!

Ben: 07970953177

Jo: 07901513652

Briony: 07970032626

Tracy: 07767475822

Conor: 07747 473197

Willow: 07890592201

Grace: 07966654888



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, including for people who have been vaccinated. In England:

- ✓ You can meet indoors in a group of up to 6 people or a group of any size from 2 households
- ✓ You can meet outside in a group of up to 30 people
- ✓ Work from home if you can and travel safely
- ✓ If you have symptoms get a test and stay at home

Step 3 restrictions remain in place. There is currently a 4-week pause at Step 3 of the roadmap and it is expected that England will move to Step 4 on 19 July.

As we move through each of these phases in the roadmap, we must all remember that COVID-19 remains a part of our lives. We are going to have to keep living our lives differently to keep ourselves and others safe. We must carry on with 'hands, face, space'. Comply with the COVID-Secure measures that remain in place. Meet outdoors when we can and keep letting fresh air in. Get tested when needed. Get vaccinated when offered. If we all continue to play our part, we will be that bit closer to a future that is more familiar.

Please follow this link to find out exactly what you can and cannot do, if you are ever in doubt please always check the Government website →

[\(COVID-19\) Coronavirus restrictions: what you can and cannot do - GOV.UK \(www.gov.uk\)](https://www.gov.uk/coronavirus-restrictions)

2. Community Wellbeing's New Look

So a change is afoot! Our community wellbeing team is having a revamp. Gone are our red t-shirts along with being called Community Wardens. We are now your Community Engagement Advisors and to mark our new name, we will be wearing a rather fetching purple shirt. So look out for us! As you know, we are a team that is all about the wellbeing of our residents and putting people first. Your health and wellbeing are hugely important and we are also looking to ensure that your voice is heard in all matters relating to the council. It is important that everyone is engaged. Tenant engagement is really key and we will be looking to work with tenants on all matters relating to your home. It is vital to us that you are consulted on any policies to do with our housing provision and that your opinions are listened to and actioned, to bring about any changes needed. Our team already work closely with your Tenants Advisory Group (TAG) and it is our mission to get as many of our tenants involved with their community and neighbourhoods as possible. Alongside our name change will be the relaunch of the park barn centre to THE HIVE - a community intergenerational space. More news to come on the relaunch in your next Contact Point, but we would love to see you there checking out our community fridge, the play zone, thrive at the hive donation bank and of course tasting our coffee shop cakes!

Briony, Tracy, Jo, Ben, Conor, Grace, Willow, Lisa



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/getting-test-for-coronavirus) (www.nhs.uk)

3. Thrive at The Hive at Playrangers

Over the past week Thrive at The Hive has taken to the road for the first time. We have set up our pop-up at various Playranger location sessions to support our young people and their families with essential items. Our communities & young people are so important to us and we have really enjoyed introducing our project to such a wide range of ages. If you haven't managed to catch up with us at one of these sessions, you haven't missed your chance! We will be at every Playranger session from now until the end of the term.

This week we will be in Ash on Tuesday 29th June and we will be in Bellfields on Wednesday 30th June between 3.30-4.30pm. Please see section 11 of this newsletter for Playrangers July dates - where Thrive at The Hive will continue to visit!



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. Thrive at The Hive Needs You!

Thrive at the Hive
PRE-LOVED ITEMS NEEDED

We need your help and are looking for specific items for Thrive at the Hive!

We are currently in need of:
Girls clothes ages 4-16 years
Boys clothes 2-8 years
Mens t-shirts and tracksuit bottoms

We really appreciate your donations and want to say a big thank you to everyone who has been involved. To donate please get in touch with us at community.wellbeing@guildford.gov.uk

*please note that due to capacity we will only be accepting the requested items above and any other donations will be turned away at this time

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

Guildford Community Fridge

Vegetarian Bean Fajitas

Ingredients

- 1 red and 1 yellow pepper, cut into strips
 - 1 tbsp oil
 - 1 red onion cut into thin wedges
- ½ tsp chilli powder, ½ tsp paprika, ½ tsp ground cumin (1 tsp for a stronger flavour)
- 400g can of beans of your choice! (I chose Taco mixed Beans)
 - 4 large or 8-12 small flour tortillas
 - OPTIONAL: 1 Lime/Lemon, Sprinkling of Coriander

Optional sides

- 1 avocado sliced, or 1 small tub guacamole, soured cream, salsa, cheese, chilli sauce (as hot as you dare!)

Method

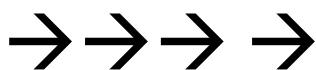
1. To make the fajita mix, chop the red onion and red and yellow pepper into strips and Coriander if using. Set aside in a bowl.
2. Heat the oil in a frying pan and fry the pepper strips and the onion until starting to soften. Whilst cooking add the spices and stir so all vegetables are well coated. Cook for a couple of mins more until the spices become mixed in, then add a squeeze of lime if using.
3. Tip the beans into the same pan, then add the remaining lime and stir the beans around the pan to warm them through
4. Leave on the hob on a medium/low heat for 5-10 minutes whilst preparing sides to help beans absorb any flavours of the fajita mix, then stir through the coriander.
5. Warm the tortillas in a microwave or in a low oven-Serve the tortillas with the fajita mix and optional sides for everyone to help themselves!

ENJOY!

6. Community Wellbeing's Podcast of The Month!

This month we are looking at how art can be beneficial to your overall wellbeing. So, what better way than to listen to artists, curators and health professionals discuss the role creativity can play in promoting wellbeing.

You can listen here



[The Art of Creativity](#)
[– Podcast | Tate](#)

#Podcastoftheweek



7. Your Community Fridge Update

Guildford Community Fridge has been up and running from The Hive (Park Barn Centre) for over a month now. We are delighted that we are seeing so many Guildford Borough residents using the fridge and our visitor numbers are going up all the time. Thank you for helping us with our aim to reduce food waste in the borough and celebrate the sharing of quality food.

This month we also welcomed back student volunteers from Kings College Guildford. They will be helping us to manage the fridge and ensure it is looking great and well stocked. They are also here to talk to our community and help our visitors. Please come down and have a chat with them about the project and they would be delighted to speak to you when helping on Monday, Wednesday and Friday lunchtimes.

We also wanted to take the opportunity to mention our suppliers. We are very grateful for the support of the Guildford branches of ALDI, M&S and Waitrose, as well as local businesses Cheesman Bros Ltd and The Christmas Bakery. They help us to keep the fridge well stocked with a mixture of quality surplus food items including cupboard essentials, bakery items and fresh fruit and vegetables.

The Guildford Community Fridge is open for everyone from Monday to Friday 10am-3pm and is situated in The Hive (Park Barn Centre, Park Barn Drive, GU2 8EN). We ask that people only take what they need and also bring a re-usable bag for life when possible.

There is free parking on-site or you can use bus routes 1, 4, 5, 17 to get to the Centre. Please be aware all visitors must wear a face mask, adhere to social distancing, and follow government Covid-19 regulations.

If you have any queries or questions about the Community Fridge we would be happy to answer them, please contact us on: Community.Wellbeing@guildford.gov.uk or call 01483 444150.

Follow the Community Wellbeing team on social media for regular updates on what delicious items we get in to the community fridge! [@GBCCCommunityWellbeing](#)



Guildford
Community Fridge

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. Ash Fun Day – 10th July!

The annual Ash Fun Day is back! With lots of exciting attractions it promises to be a fantastically fun day the whole family can enjoy but, if the endless list of shows and stalls can't tempt you, perhaps we can? Your Community Wellbeing Team will be there with Thrive at The Hive on The Road and the opportunity to chat to us as residents about your community! We look forward to seeing you all there!



Fun Day

Saturday 10 July

12 noon until 4 PM Ash Recreation Ground, Ash Hill Road, Ash



Birds of Prey Show



Magic Show



Fun Dog Show



Stalls & Games



BBQ & Refreshments



Brek's Magic



Radio Frimley Park
music the best medicine



Henfold Birds of Prey

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. Resident Involvement

Introducing the Tenants' Advisory Group... If you are a Guildford Borough Council tenant then this article should be of BIG interest to you, so listen up! You need look no further for where to direct any feedback or suggestions on tenant-based services. Next month we will hear from Alan Wood, Chair of the Tenants' Advisory Group, with an update of all the important issues they are working on for you.

Tenants' Advisory Group Needs You

As part of this work, we look at different Council Services for example void properties and the standards for letting. We want to make sure that everyone's voice is heard and are therefore looking at different ways we can consult and engage other tenants in our work. Obviously, this needs to be quick and easy, so it could be email surveys on a particular subject, a coffee morning in your local area or just us standing around on your estate talking to you. If you would be interested in being involved in this way, please do let us know. You can contact us via the Community Wellbeing Team or can call Jo or Tracy in the Community Wellbeing Team on the numbers below who, with your permission, will pass your details on to us.

We want to hear about your experiences to make sure that we are representing you and your concerns or compliments regarding the services you receive from the Council. The Council are committed to improving their services but need our help to do this.

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

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

10. Where in the Borough is Ben?

Finally, Summer is here and the sun is shining, and it seemed like the perfect opportunity to go and visit the Riverside Nature Reserve, an 80-hectare reserve managed by Guildford Borough Council along the River Wey in Guildford. This will be the first in a new series where we promote amazing outdoor spaces and our aim is to tick off every part of the Borough. The reserve is accessible and a short walk from the Bellfields and Slyfield area of Guildford in Stoke.

As we walked along the tow path next to the lazy winding River Wey, we encountered two ladies using the river for Paddle boarding. They shared with us about how it benefits physical and mental health, feeling close to nature and socialising with others. It did look like they were having a great time and they had started their journey from the middle of Guildford.

We walked on to the wooden boardwalks of the nature reserve at Stoke Lock which twisted above the marshy grassland below towards the lake. This is an important area for nature and the wetland area supports many birds, amphibians, and insects. You can explore in circular loops crossing under great green oak trees at one time and strolling alongside dappled water the next.

We said 'hello' to people of all ages who were enjoying the weather and the environment. One of these was a group of volunteers and customers on a Swingbridge boat run by the Surrey Care Trust. According to their website 'Swingbridge boats provide a wonderful experience for young people, community groups, the elderly, and families...These outings offer the opportunity to enhance wellbeing by the soothing speed and tranquillity of travelling on water.' Please visit their website for more details on how to hire and use the boats.

<https://www.swingbridgeboats.co.uk/>

Our experience at the Riverside Nature Reserve was amazing with easy accessibility from Guildford. An experience of nature can have a big impact, benefitting both mental and physical wellbeing. We hope this encourages Guildford residents to visit this amazing reserve. We would love to hear what you think about our natural spaces and see your pictures. Please email them to community.wellbeing@guildford.gov.uk

We accessed the reserve on foot from Stoke Lock, Woking Road, GU1 1QE, but you can also walk from Thorneycroft Wood behind the Spectrum Leisure Centre, Parkway, GU1 1UP and a Car park is located at Bowers Lane in Burpham, GU4 7ND. At this time of year, you only require light trainers for your walk and the area is largely level and flat.



11. Playrangers – July!

With the summer holidays in our sight comes the summer break for our Playrangers service. We can't quite believe we've been holding sessions across the Borough for a full term, since our return following the easing of restrictions. Although we don't run during the holidays there are plenty of other holiday clubs and activities for young people to participate in, make sure you are following us on Facebook to find out the latest on what's on in the community.

We will be back at the start of the Autumn term with more fun activities for our young people to enjoy in the heart of their community.



Playrangers

JULY DATES

Week 1:

Tuesday 6th – Pirbright Village Green
Wednesday 7th – Park Barn Drive
Friday 9th – Hornhatch Green, Chilworth

Week 2:

Tuesday 13th – Coronation Gardens, Ash
Wednesday 14th – Bellfields Green

12. Guildford's Very Own Bob Ross

Young person's work after session 1

We are currently running an art project with young people at Kings College school in Park Barn and Ash resident, Paul Cook. We asked young people on the Youth Café steering group what they would like to see in art sessions and their main response was that they wanted a 'Bob Ross' theme. We were working with a resident who had recently discovered a talent for art and asked him if he would want to get involved, amazingly one of his main inspirations was famous 70's artist, Bob Ross!

"Painting has always been an interest for me although I never really had the confidence to try it for myself. I was given some Bob Ross CD's from a friend, and basically never looked back. It gave me the confidence to realise everybody can paint, regardless of experience and furthermore, there is no right or wrong to painting"

Paul has created a landscape acrylic painting and filmed tutorials of himself creating his masterpiece. Paul created these on camera tutorials due to the coronavirus pandemic, as he would not have been able to deliver sessions face to face. We have been working with a group of young people to follow these in afterschool sessions and Paul is looking forward to meeting the group and seeing all of their amazing work.

Paul believes that this form of free art does wonders for relaxation and your wellbeing and has loved being able to share this with other

people.



Young person's work after session 1



Young person's work after session 2



If you fancy giving it ago, you can access the video tutorials on YouTube by following the link below:

<https://www.youtube.com/channel/UC1ufzInZ02di6y5-MY4JXVw>

"Hi my name is Paul Cook. Whilst being off work due to an injury I found myself looking for something which I would enjoy to keep myself occupied. Painting has always been an interest for me although I never really had the confidence to try it for myself. I was given some Bob Ross CD's from a friend, and basically never looked back. It gave me the confidence to realise everybody can paint, regardless of experience and furthermore, there is no right or wrong to a painting.

I have worked with young people for the last 20 years and I feel passionate about passing on my knowledge and experience so that everybody can enjoy the benefits of art and painting that I do. If anybody hasn't heard of Bob Ross take a look on You Tube. He is a bit dated but the simplistic of his work makes painting incredibly accessible. You'll be hooked.."

13. The Hive

The Hive is a great place to meet old friends as well as make new ones. It is based at Park Barn and offers a wide variety of accessible activities for older adults with a varying degree of needs. Activities include Live entertainment, Boccia, Bowls, Arts & Crafts, Bingo, Quiz's, chair based exercises and many more. We also provide a 2 course lunch at £4.40 for members (£6.20 for non members) and can cater for most dietary needs. We can also visit members in their own homes if they are unable to access the Hive. We are open Monday to Friday from 9:00 am and Lunch is served at 12:00 noon and yearly membership is just £13.10.

This is a service for residents who are 60+, however if you are slightly younger and would like to come we would consider you depending on your need.

The Hive Day Centre provides a safe and happy environment to socialise, combating loneliness and isolation. The range of activities promotes physical and mental wellbeing.

How can I get in touch?

You can find out more by calling on 01483 458055 or emailing info.communityservices@guildford.gov.uk

Where is it?

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

