

COMMUNITY NEWSLETTER



Welcome to your Community Wellbeing update from the Guildford team:

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

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

Follow us on Twitter and Facebook!

@GBCCommunityWellbeing

*Special edition Week 10, May 2020

1. Team Update

Great news to end the week, you'll all remember Tom Moore who has been celebrated across the nation since he raised 32million for the NHS. He has now been nominated by the Prime Minister to be Knighted for his fundraising efforts. Many congratulations to you, Sir Tom, what a hero!

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Community Wellbeing Team
Contacts - Call us anytime!

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Guildford Borough Council COVID-19 Helplines - open Mon-Fri 8:30-5pm/ Sat-Sun 10am-2pm

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



UPDATE!

The government has set out its plan to return life to as near as normal for as many people as quickly and fairly as it can whilst safeguarding livelihoods and protecting the NHS.

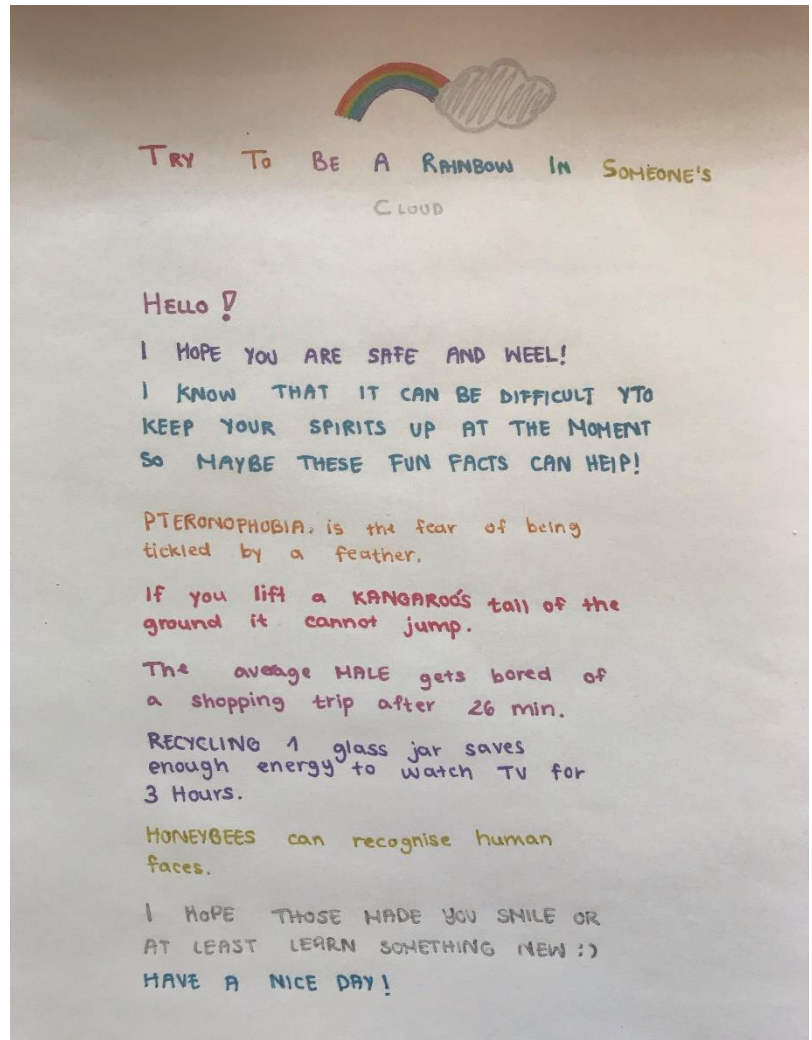
The government has published [staying safe outside your home](#) for guidance on what the new rules will mean.

Although some restrictions have been relaxed, we still need to make sure we are staying safe and keeping those in our communities safe.

You should stay at home as much as possible. The reasons you may leave home include:

- for work, where you cannot work from home
- going to shops that are permitted to be open - to get things like food and medicine
- to exercise or spend time outdoors
- any medical need, including to donate blood, avoid injury or illness, escape risk of harm, or to provide care or to help a vulnerable person

2. A word from our young people



Thank you for your second letter this week, Moya! Keep these positive vibes coming our way. We have all certainly learnt lots of new fun facts!

Hello!

I hope you are safe and well!

I know that it can be difficult to keep your spirits up at the moment, so maybe these fun facts can help!

Pteronophobia, is the fear of being tickled by a feather.

If you lift a kangaroo's tail off the ground, it cannot jump!

The average male gets bored of a shopping trip after 26 mins.

Recycling 1 glass jar saves enough energy to watch TV for 3 hours.

Honeybees can recognise human faces.

I hope those made you smile or at least learn something new



Have a nice day!

UPDATE!

Sports courts can re-open, but you should only partake in such activities alone, with members of your household, or with one other person from outside your household, while practising social distancing.

You can meet one other person from outside your household if you are outdoors. Public gatherings of more than 2 people from different households are prohibited in law. There are no limits on gatherings in the park with members of your household.

If you must make an essential journey, you should cycle or walk wherever possible. Before you travel on public transport, consider if your journey is necessary and if you can, stay local. Try to reduce your travel. This will help keep the transport network running and allows people who need to make essential journeys to travel.

It is being encouraged that people wear face masks on public transport and in areas where social distancing cannot be avoided. Lots of people have already been making their own face masks but if you haven't, why not have a go using scarfs or other textile items. Please send in any photos of you wearing the masks you have created!

3. Arts and Crafts

During lockdown, a lot of people have flocked to their gardens to tend to flowers old and new. If you aren't of the green-fingered variety, or have a smaller space, why not have a crack at these to brighten the place up!



What you'll need:

- Egg cartons
- Paint/felt tip pens
 - Straws
- Glue/sticky tape

Step 1

Cut out egg carton (using 4 of the dipped sections to give the flower shape)

Step 2

Decorate your cut-out section with paint or felt tips. You can add any pattern, or just some bright colours that will cheer you up!



Step 3

After you have decorated and let your flower dry, use some glue or sticky tape to attach the straw to the centre of the back of the flower.



What to do if you have coronavirus symptoms

Continue to stay at home if you have either:

- *a high temperature - this means you feel hot to touch on your chest or back (you do not need to measure your temperature)*
- *a new, continuous cough - this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)*

To protect others, do **NOT** go to places like a GP surgery, pharmacy or hospital. Stay at home. Use the 111 **ONLINE** coronavirus service to find out what to do.

4. Book Access Scheme

The Widening Participation & Outreach (WP&O) Team at the University of Surrey are launching a Book Access Scheme. Many young people have had less access to books and many will not be able to access online or audio books.

This community initiative helps young people aged between 3-13 (key stages 2-5). They will be provided with a Book Bundle to ensure you are still able to access literature and continue reading whilst they are not at school.

The Book Bundle, will be posted to your door, will include five recommended, age appropriate fiction and non-fiction books and will encourage you to explore new authors, genres and themes.

To apply, follow the link below and complete the online form:

<https://surrey.onlinesurveys.ac.uk/book-access-scheme>

If you are unable to get online you can call 07814 785536 and leave a message with your name and contact details and stating that you would like to apply to the Book Access Scheme.

What to do if you need medical help for another reason?

If you need medical help not related to coronavirus, do not go to places like a GP surgery, pharmacy or hospital:

For health information and advice, use the NHS website or check your GP surgery website.

For urgent medical help, use the NHS 111 online service. Only call 111 if you're unable to get help online.

For life-threatening emergencies, call 999 for an ambulance.

UPDATE FOR THE ELDERLY!

The advice for those aged 70 and over continues to be that they should take particular care to minimise contact with others outside their household.

If they do go out more frequently, they should be careful to maintain distance from others. They and everyone should continue to comply with any general social distancing restrictions.

We know that those aged 70 and over can be absolutely fit and healthy and it's not the case that everybody over 70 has a chronic health condition or an underlying disease.

But unfortunately, we also know that as you get older, there is a higher risk of coronavirus having a more serious impact with infection. Complications and deaths are more common in the elderly, even those without pre-existing conditions.

Anyone who has been advised to shield by the NHS or their GP, including those 70 and over, should continue to do this until at least the end of June.

5. Recipes from Guildford Community Fridge

Homemade 'Mini Milk' Ice Lolly Recipe

Instructions:

Ingredients (6 lollies):

- 100ml sweetened condensed milk
- 400ml fresh semi skimmed milk

1. Whisk the sweetened condensed milk together with the semi-skimmed milk.
2. Pour into lolly moulds (get creative if you don't have any, you could use a cleaned empty yoghurt pot!)
3. Freeze your creations for 6 hours (the easiest thing to do is to leave them overnight!)

Quick Banana Ice Cream Sandwiches

Ingredients:

- 200g peanut butter
- 175g golden caster sugar
- 75g chocolate
- 1 large egg
- 3 bananas (chopped 7 frozen in advance)
- 2 tbsp double cream (or normal cream whipped up)

Instructions:

1. Heat oven to 180C/fan 160C/gas 4 and line two large baking sheets/butter. Put the peanut butter, sugar and chocolate chunks in a bowl & mix well. Crack in an egg and mix until it forms a dough.
2. Break off chunks of dough and space them out on the backing tray. Press them down to squash a little for a cookie shape. Bake for about 12 mins until golden. Leave to cool for 5 mins.
3. Put the bananas & cream in a blender and process until they make a thick ice cream. Scoop into balls and sandwich between the cookies.



Guildford
Community Fridge

6. Community Wellbeing Team

#throwback

With Dementia Awareness Week 2020 postponed this year. The Victoria Hall, Ash Facebook page with the support of Dave Brown - didn't let social distancing stop them fundraising for the cause, so last Friday they held an online quiz via their Facebook page with donations payable online! We are sad that we couldn't join in hosting our usual awareness and fundraising events but look back and remember last year's celebration at Japonica Court and are hopeful for a time when we can reunite once more.

This #throwback takes us to the Ash Parish Dementia Alliance Fish & Chips Bingo Evening! Our lovely Lesley, residents from Japonica Court and members of the Shawfield Centre got together for an evening of good local fish & chips and a few wild rounds of Bingo.

Proceeds were raised for the APDAA who work closely with our team member, Jo Packman, doing wonderful work with those living with Dementia in Ash.

#1yrTHROWBACK



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

A Local One... Amazingly generous staff at a Guildford residential care home, who are in lockdown, have taken the enormous decision to set up camp in the care home's garden! These are the measures our local carers are going to, to shield the vulnerable from Covid-19.

A National One... Like so many of us, Ivy Reeves for looking forward to spending her birthday with loved ones. In Ivy's case, she was specifically planning on spending her 100th birthday surrounded by family and friends at a Tearoom (we like your style Ivy!). Unfortunately, Ivy was hospitalised with coronavirus and with lockdown her dreams shattered. Luckily, her symptoms improved and the hospital allowed her son to join her (wearing all appropriate personal protective gear, of course) and celebrate by presenting her with the traditional message from the Queen whilst the nurses all sung Happy Birthday!

A Worldwide One... New York photographer Laura Fuchs has been capturing her fellow city dwellers 'smiling through their masks'. Laura is spreading positivity during this pandemic by helping others smile and capturing the moment. We love the idea that the smile is all in the eyes and cannot be hidden behind a mask. You can meet the smiles behind the masks by visiting Laura's website www.laurafuchsphoto.com **

**If you are keeping safe by wearing a mask or have made your own, don't forget to send your pictures in of YOU smiling through the mask so we can start our own gallery - you can always send your bits and bobs through to us at community.wellbeing@guildford.gov.uk

BE AWARE

Please be aware and advise any vulnerable neighbours or friends and family that there are multiple scams being circulated and many of them relate to Council and Government services... In some cases these scams have been able to access credentials and in some cases bank details.

Look out for:

- Texts sent to phone purporting to be from your local Council asking you to submit your details for a Council Tax Refund

- Fake emails been sent from a 'gov.uk' website asking you to input your details to apply for COVID-19 relief

- An Android App called 'COVID19 Tracker' marketing itself as a coronavirus app available on the Google Store. This App if downloaded will ask for device permissions and lock your phone and delete all your data unless you pay \$100.

Please ignore any texts or emails that ask you to input any details and if you are unsure, please pick up the phone and call the Service Desk to verify if you are concerned.

8. Our Favourite Resource Picks

If you are accessing this newsletter electronically, please click on any links to access them. If you have received a paper copy, carefully type the text into your web browser, or google the content.

Virtual Harry Potter-Themed Escape Room!

We all remember Professor Dumbledore's immortal words *'Happiness can be found, even in the darkest of times, if one only remembers to turn on the light'*. So, why not step into this virtual world and pursue that flighty temptress, adventure. The link to follow is below:

https://docs.google.com/forms/d/e/1FAIpQLSfINxNMOjzbZJjUqOcXkwhGTfii4CM_CA3kCxImbY8c3AABEA/viewform

Surrey Health and Wellbeing - get online interactive support!

Healthy Surrey can help you lead a healthier life, even during lockdown.

Whether you want to be more active, quit smoking, reduce alcohol consumption and a host of wellbeing advice and programmes. Check out what they have to offer here:

<https://www.healthysurrey.org.uk/#health-finder>

Explore Live Cams!

We love this site where you can delve into entirely new worlds, learn new facts and witness the natural world as it continues to thrive. Here you can flick between polar bear families, alligator filled swamps, honey bee hives, puppies and much, much more.

<https://explore.org/livecams/currently-live/alligator-spoonbill-swamp-cam>

Other useful contacts for support:

Surrey County Council Coronavirus
Community Support

<https://www.surreycc.gov.uk/people-and-community/emergency-planning-and-community-safety/coronavirus/community-support>

For people who want to help or
people who need help

Government Help for Extremely
Vulnerable

<https://www.gov.uk/coronavirus-extremely-vulnerable>

For extremely vulnerable people

Community Angels
Guildford Borough Wide
07825 799309

gfd.communityangels@gmail.com

Offering a befriending service, calls to
the mobile Monday to Friday 12 till
2pm

9. Catalyst Virtual Fundraiser

Quizzes

They involve a mix of questions on topics including general knowledge, music, film and sport. The top 3 contestants will win cash prizes, all other proceeds will go to charity. They will take around 25 minutes each to complete.

Please follow the below links to get yourself tickets!

Thursday 28th May, 3pm -

<https://www.virtualquizevents.com/quiz/catalyst-fundraiser-quiz-4/>

Sunday 31st May, 5pm - <https://www.virtualquizevents.com/quiz/catalyst-fundraiser-quiz-6/>

10. Write a letter to a stranger...

We've had lots of letters and poems submitted so far, all of which we have loved reading! Our Meals on Wheels customers have been receiving them over the past week and are enjoying them as much as we are. Keep 'em coming!

You can see one below...

There are many people in our communities that will be feeling the loneliness and separation from friends and loved ones. They may not be able to have regular contact with the ones they care about the most. We are asking you to write a friendly note/letter to remind them that they are not alone and that this isn't forever - we will all meet again.

If you want to get involved, there is an activity sheet at the end of this newsletter that you can use as a template. When you are ready, send it back into us. We will be collecting these digitally, which you can do by taking a picture of your letter on your or your parent's mobile and email it in or type it on a computer. These will be sent out to people who use our Meals On Wheels service.

If you are under 18, ask a parent/guardian to check it over before sending it in and remember not to share any personal information such as your address. Please email any letters to us as at:

Community.Wellbeing@guildford.gov.uk

Hi there

Firstly I hope this finds you well and is something that might at least brighten a day – despite being unable to leave your home.

I know we've not met, and probably won't, but it's times like this when people do things they never have before. I've never written a note to stranger before, but hope that by doing so it helps in some small way. We've all had to adapt to a very new way of living, but things will change and we will get back to normality at some point.

It was my birthday this week, and was unable to see all my friends and family (I live with my wife and 19 year old son). But we adapted...I asked for no gifts as I'd just had to buy a new phone, so my wife and son made me a cake. I can't remember the last time that she baked, and actually (don't tell her!) it was very tasty – and I've got a few more days' worth to enjoy. The thing I missed most was seeing my friends – we'd usually have all met at the pub and then gone for meal afterwards.

I hope you have someone that is checking up on you from time to time, and you have people that can call and chat to. We've started calling some of our more vulnerable customers, to do just that – chat. The reaction is lovely, and they genuinely are delighted that we have called just to check on them. Sorry I should have said, I work in a bank and we're still open for essential business. I look after the Surrey/Sussex and Hampshire area, but for now I'm only coming to work from Guildford from time to time (the rest is spent working from home). We have all the new technology and spend most of the day on video conferencing with others. It's amazing how normal it is to see people in casual clothes, with their pets, other halves or kids walking past the camera too.

So I hope you're getting other people write too, stay well, stay safe – we'll be through this before too long.

Russell

ACTIVITY SHEET



WE ALL KNOW ABOUT THE POWER OF CONNECTION IN THESE DIFFICULT TIMES AND WE THOUGHT IT WOULD BE NICE TO SHARE NOTES OF HAPPINESS AND HOPE TO PEOPLE WHO MAY BE SOCIALLY ISOLATED. IF YOU WOULD LIKE TO SEND SOMEONE A MESSAGE BELOW, WE WILL DELIVER IT TO A NEIGHBOUR, OR WITH A FOOD PARCEL OR TO SOMEONE WHO WOULD LIKE TO HAVE A LITTLE HAPPINESS IN THEIR DAY.

A large rectangular area with a dashed blue border, containing ten horizontal dashed lines for writing a message.