

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](https://twitter.com/GBCCommunityWellbeing)

***Special edition Week 14, June 2020**

1. Team Update

Most people will experience some form of loneliness at some point which has been intensified by the current situation. With Loneliness Awareness Week 2020 drawing to a close, we are reminded that 'loneliness' comes in many forms and our responsibility as a community is to stay connected. If you know somebody living alone or a friend going through a difficult time, reach out this weekend. Find out more about LAW: <https://marmaladetrust.org/law/>

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Community Wellbeing Team Contacts - Call us anytime!

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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/>

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



2. Thank Our Community Heroes with Positive Pebbles

NEW PROJECT LAUNCH! We have received lots of pebble pack requests so far and are hoping to start distributing next week! Thank you to everyone who has got in touch so far 😊

Here in the Community Wellbeing Team, we think it's really important to show our appreciation for anybody and everybody that has helped us nationally, locally or personally during this pandemic. Whether it be our amazing national frontline services: local community heroes, friends, family or neighbours that have supported us and kept us safe.

If you have an individual or organisation that you would like to show thanks to, get involved with our new project!

The idea is to get as many pebbles decorated with messages and artwork displaying your thanks for our Community Heroes. These will then be put on display in heart shapes in different locations around the Borough - if you have an area/community space in mind, get in touch with your idea! We will provide you with a 'Positive Pebbles' pack, including your own pebble to decorate and instructions of how to get it back to us. Feel free to use your own pebble and get it back to us too!

These packs will be delivered to your doorstep, so if you wish to receive one please get in touch on our normal email address:
community.wellbeing@guildford.gov.uk



The government has set out its plan to return life to as near normal as we can, for as many people as we can, as quickly and fairly as possible in order to safeguard livelihoods, but in a way that is safe and continues to protect our 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

Since 1st June there are a few things you are now able to do, that you weren't allowed to before:

Spend time outdoors, including private gardens and other outdoor spaces, in groups of up to six people from different households, following social distancing guidelines

- visit car showrooms and outdoor markets
- in line with the arrangements made by your school, send your child to school or nursery if they are in early years, reception, year 1 or year 6, if you could not before
- you can meet in a group of up to six people, including you and any carers, as long as you practise strict social distancing. Everyone should observe the same guidelines, keeping 2 metres apart. But where you need personal care from your usual carer this may involve being closer than 2 metres.

At all times, you should continue to adhere to strict social distancing guidelines when you are outside your home, particularly ensuring you are two metres away from anyone outside 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.

3. Face Masks

A wonderful couple from Ash, Jenny and Bill, have been working their socks off to provide our communities with face masks!

Jenny is making face masks out of material/shirts/duvet covers that are being sent into her from the community. They are washed and then Bill cuts out sizeable pieces and Jenny cuts out the masks from a template she has made.

Jenny was a machinist when she was 15 making jeans, so has a 'flair' for sewing and she can make about 30 a day, just working in the morning.

The masks have gone out into the local Ash community, but also further afield and to other parts of Guildford Borough.

There is a 'conveyor belt' system in that once they are made, Jon (Pat Scott's son) collects them on his bike and brings them back to his mum's where she distributes them to whoever is needing them. Some are given to the Ash, Ash Vale & Ash Green CV Support group who hand them out to those that request one.

The 2 'Hubs', Shawfield Centre and Park Barn Centre have had some delivered to them and these are taken out with food parcels to those who need them.

Well done to Jenny and her 'team'!



Face Masks - The Facts

- If you are infected but have not yet developed symptoms, it may provide some protection for others you come into close contact with.
- Face coverings does not replace social distancing. If you have symptoms of COVID-19 you and your household must isolate at home: wearing a face covering does not change this.
- Face coverings should not be used by children under the age of 3 or those who may find it difficult to manage them correctly.
- It is important to use face coverings properly and wash your hands before putting them on and taking them off.

For further guidance please visit the Gov.uk face mask link

<https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering>

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. Recipes from Guildford Community Fridge

Easy Apple Crumble

Ingredients:

- 3 medium apples (peeled, cored and diced)
- 1tbsp lemon juice
- 60ml water
- 43g plain flour
- 43g caster sugar
- 43g rolled oats
- 60g unsalted butter
- Ice cream, cream or custard to serve

Method:

- 1 - Preheat oven to 180C/160C fan-forced. Combine apples, juice, sugar and water in small saucepan over low-medium heat. Cook, stirring for 3 minutes or until apple is slightly softened.
- 2- To make the crumble, combine the flour, sugar, oats and butter in a bowl. Use your fingertips to rub the butter into the flour mixture until the mixture resembles breadcrumbs.
- 3- Transfer apples into a 3 cup-capacity ovenproof dish, draining off most of the liquid. Sprinkle crumble mixture over the apples. Bake in oven for 20-25 minutes or until golden. Serve warm with your choice of ice-cream, custard or cream. Enjoy!



Guildford
Community Fridge

UPDATE - Government launches NHS Trace and Track Service

You've probably heard about the NHS Trace and Track Service. This tool will help keep the COVID-19 virus under control, while safely lifting the lockdown nationally. It will enable the government to replace a national lockdown with individual or if necessary, local action where there are outbreaks.

You can find out everything you need to know by following the link below

<https://www.gov.uk/government/news/government-launches-nhs-test-and-trace-service>

IMPORTANT ADVICE FOR OVER 70's!

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.

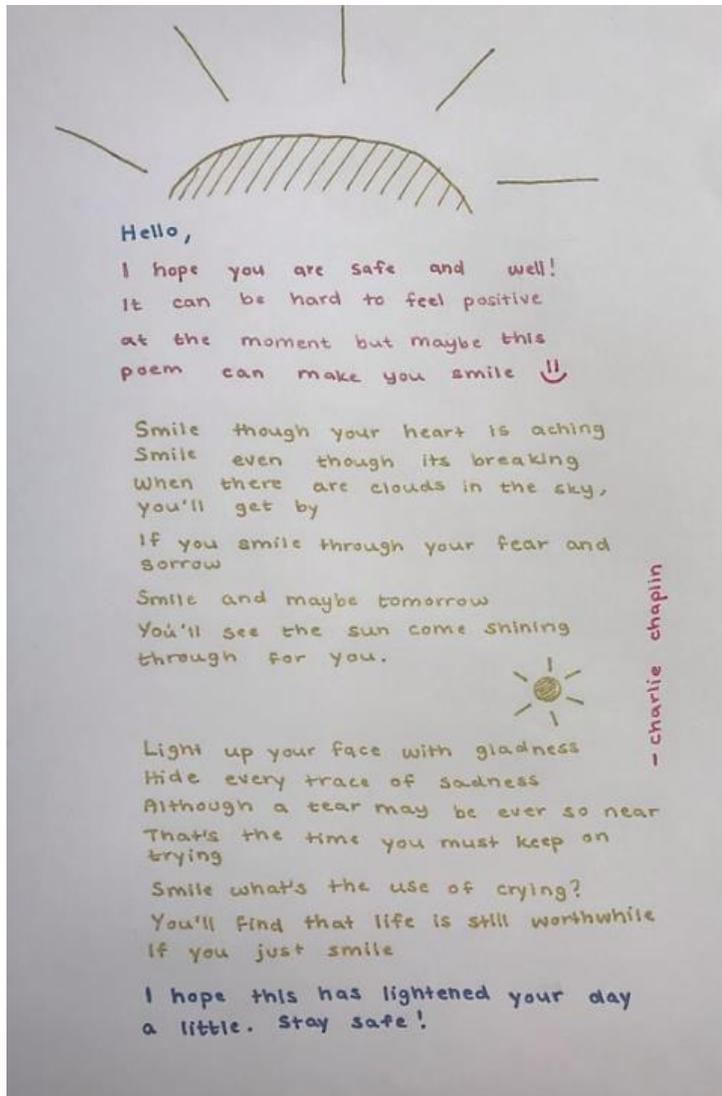
If they do go out more frequently, they should be careful to maintain distance from others. They and everyone should continue to comply with any general social distancing restrictions.

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. People who have been shielding are now able to go out for exercise.

5. A Word from Our Young People



- Charlie Chaplin

Hello, I hope you are safe and well! It can be hard to feel positive at the moment but maybe this poem can make you smile.

Smile though your heart is aching,
Smile even though its breaking,
when there are clouds in the sky,
you'll get by, if you smile through your fear and sorrow,
smile and maybe tomorrow,
you'll see the sun come shining through for you.

Light up your face with gladness,
hide every trace of sadness, although a tear may be ever so near,
that's the time you must keep on trying, smile
whats the use of crying? You'll find that life is still worth
while, if you just smile.

I hope this has lightened your day a little. Stay Safe.

6. Community Wellbeing Team #throwback

This time last year the wonderful duo, Tracy and Lesley, held a book swap at Guildford Grove. These events are always an inspiring way for youngsters to share their favourite stories and go away with new worlds to explore. We love the idea of books passing between families, recycled in a way that keeps bringing excitement to new lives.

Book swapping has become even more popular during lockdown. We have seen residents across the Borough leaving boxes of books outside the front of their houses for neighbours or passersby to pick up and enjoy!

#1yrTHROWBACK



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

A Local One.... 'The Tongham Fairies' - Knitted fairies have been turning up on doorsteps all over Tongham! People who have been helping out those in the local community, have been receiving a fairy on their doorstep as a token of gratitude. They even have their own Facebook page - @TheTonghamFairies.

A National One... Marcus Rashford (English Professional Footballer) has successfully campaigned to extend free meals for 1.3m deprived, vulnerable children until the end of summer. This is a great example of someone using their own past experience and current platform to support communities.

A Worldwide One... A 103-year-old Massachusetts woman who recently beat the coronavirus celebrated by enjoying a Bud Light. Jennie Stejna was not expected to survive COVID-19 but when things took a turn for the better, she decided to celebrate using her own legendary advice - 'You always need a cold beer on a hot day'. The beer company have seen this news and have said that Jennie's next beer is on them!

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 helpline number.

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.

British Library - Online Resources

Unique collection items & expert commentary related to History, English, Religious Studies & Citizenship.

<https://www.bl.uk/learning/online-resources#>

John Muir Award during COVID-19

The John Muir Trust was established to conserve wild land and wild places for the benefit of all. Why not take some inspiration from the ideas and connect with nature in the fresh air in a way that is safe, they've collated examples from various organisations, partners and individuals across the UK - showcasing how working towards a John Muir Award is helping people to look after themselves and support other people's wellbeing during this stressful time.

https://www.johnmuirtrust.org/assets/000/004/429/John_Muir_Award_during_COVID_original.pdf

The Silver Line - Free 24hr Helpline for older people

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people. Open 24 hours a day, every day of the year.

<https://www.thesilverline.org.uk/>

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. Donations

We have been approached by lots of residents who we have been able to support during this crisis, their thanks have been enough for us however, many have wanted to donate what they can to show their appreciation. If you have received any support or help from GBC during the Covid-19 pandemic and feel like you want to give something back, you can do so online by following the instructions via this link:

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

You can also donate over the phone using the GBC Community Helpline listed on page 1

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 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

11. Fraud Warning

Police are reminding Surrey residents, especially the elderly, to stay on the alert for bogus phone calls and visitors after a sudden, sharp increase in courier fraud in the county.

Since 1 June the force has received 20 reports of this type of fraud, a crime which sees the suspect impersonate an official from the police or the victim's bank.

The caller alleges that there has been unauthorised use of a debit or credit card, that someone has been arrested and that there is an investigation underway. They state that they need the residents' help with the investigation and need their PIN and card details provided either over the phone, or handed to a courier who they will send. In four of the recent Surrey cases, a courier turned up at the victim's home.

Luckily only six of the 20 recent attempts were successful, with a total loss of £58,705. The highest single loss is believed to be £22,000.

All the victims were over 60 with the majority being over 75. The oldest victim was 94 years old. Sixteen of the 20 victims targeted were female, with the vast majority living alone. In one unsuccessful case the victim's husband had passed away just two weeks beforehand.

Surrey Police's top tips to help stop this type of fraud are:

- Act with care if you get an unsolicited phone call
- Never transfer funds into a new account on the instruction of an unexpected caller - even if they tell you the account is in your name
- Always check your phone line has properly disconnected before making another call - try calling a good friend first, wait five minutes or use a different phone
 - Never share your PIN number or enter your PIN into a telephone
 - Never withdraw money and hand it to a courier or a police officer
- Never give your bank cards to a courier or anyone who comes to your door

For further advice and information on preventing this type of fraud, see the Surrey Police website linked here:

<https://www.surrey.police.uk/advice/advice-and-information/wsi/watch-schemes-initiatives/os/operation-signature/>

A Letter to a Stranger...

KARINA – BALLERINA

SHE CAME TO GUILDFORD TO BRIGHTEN OUR DAY
HELP ALL AND SUNDRY IS WHAT SHE DOES IN HER VERY OWN WAY

SHE'S A JOY TO WORK WITH AND IS A DREAM

EVERY DAY SHE MAKES LITTLE TOBY BEAM

SOME SEE HER AS THE BUSINESS PERSON TO GO TOO
BUT THAT PROBABLY BECAUSE THEY CANT FIND GEORGE, HE WILL BE IN THE LOO

SHE IS 'FIT' AND GOES FOR A RUN NEARLY EVERY DAY
PROBABLY BECAUSE TOBY IS COMING THE OTHER WAY

HE THINKS SHE IS BEAUTIFUL AND WE CAN ALL SEE WHY
SHE'S PETITE, SMILES A LOT AND IS ABOUT 5 FOOT HIGH

HER SKIRTS CAN BE WELL ABOVE THE KNEE
WHICH IS FINE BY FRAN, TOBY AND ME

SOME SAY SHE'S MYSTERIOUS OR A NERD IN A MARY POPPINS WAY
AND AT 26 SHE STILL LOOKS FOR PIKACHU EVERY SINGLE DAY

KARINA IT WOULDN'T BE GUILDFORD WITHOUT YOU
NOW LEAVE TOBY ALONE, WE HAVE NO IDEA WHAT FRANCES MIGHT DO