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 Facebook!

@GBCCommunityWellbeing

*Week 30, Decemeber 2020

1. Team Update

Exciting team updates! Thrive at the Hive is reopening, we look forward to seeing community members access the goodies we have available. The team have also been busy sorting Christmas presents, for families in our borough still being effected by the pandemic.

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Community Wellbeing Team Contacts - Call us anytime!

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Community Wellbeing Team!

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)

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

Restrictions and Guidance from 2nd December 2020

The 'Tier System' has been updated and it is important to know which Tier your area is in.

Living within the Guildford Borough puts you into Tier 2 - High Alert.

In Tier 2 you can't:

- socialise indoors with anyone you do not live with, or who is not in your support bubble
- You can meet in a group of up to six outside - including in a garden, or a public place
- Shops, gyms and personal care services (such as hairdressing) can reopen (if Covid-secure)
- Pubs and bars can only open if they serve substantial meals. Alcohol can be served with that meal
- Pubs and restaurants must shut at 23:00 GMT, with last orders at 22:00 GMT
- Sports can resume with up to 2,000 spectators, or 50% capacity (whichever is smaller)
- Collective worship, weddings and outdoor sports can resume (with restrictions)
- Non-essential foreign travel allowed, subject to quarantine rules
- People are advised not to travel to and from tier 3 areas

2. Coronavirus – Christmas Bubble

The festive period is an important time for many people of all faiths who come together over the holidays. The UK Government has recognised that people will want to be with their friends and family over Christmas, particularly after an incredibly difficult year. For this reason, the government is changing some social contact restrictions for a short period of time. For many, this will mean that it isn't possible to celebrate Christmas in the way you normally would.

Between 23 and 27 December:

- you can form an exclusive 'Christmas bubble' composed of people from no more than three households
- you can only be in one Christmas bubble
- you cannot change your Christmas bubble
- you can travel between tiers and UK nations for the purposes of meeting your Christmas bubble
- you can only meet your Christmas bubble in private homes or in your garden, places of worship, or public outdoor spaces
- you can continue to meet people who are not in your Christmas bubble outside your home according to the rules in the tier you are meeting in
- if you form a Christmas bubble, you should not meet socially with friends and family that you do not live with in your home or garden unless they are part of your Christmas bubble

If you are still feeling a little confused about what a 'Christmas bubble' means for your individual circumstance, you can read the full advise on the Governemnt website by following this weblink - Making a Christmas bubble with friends and family - GOV.UK (www.gov.uk) - here you will find more detailed information.

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)

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 conditons, 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

4. Thrive at The Hive

The Hive

Thrive at the Hive Essentials Bundles

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

5. Recipes from Guildford Community Fridge

Soft Gingerbread

Ingredients

- 150g butter, softened
- 150g light muscovado sugar
- 150g golden syrup
- 50g black treacle
- 1 egg
- 1 tsp vanilla extract
- 450g plain flour
- 1 tsp baking powder
- 1 tbsp ground ginger
- icing pens and edible decorations to decorate

Method

1) Beat the butter in a stand mixer or with electric beaters until it is soft and then beat in, one by one, the sugar, golden syrup and treacle. Beat in the egg and vanilla extract and scrape down the sides of the bowl. Tip in the flour, baking powder and ginger along with a pinch of salt and beat in the flour on a slow speed until it is just combined. The dough will be very soft at this point. Scrape the dough into a container and chill it in the fridge for about 8 hours or overnight. You don't have to leave it for this long but it does improve the flavour.
2) To roll out the dough you'll need a non-stick work surface that is lightly dusted with flour. Scoop out a small batch of the dough (it will still be very soft) and roll it out carefully to about 2mm thick. Cut out gingerbread people or circles and transfer them to a lined baking sheet. When you have filled the sheet (leaving enough room for spreading) put it into the fridge for 30 mins along with the remaining dough (you can freeze the dough in batches, if you like).
3) Heat the oven to 170C/150C fan/gas 3. Cook the gingerbread for the 10-12 minutes depending on level of crispness don't try and remove them from the sheet until the gingerbread shapes have cooled enough. Cool completely and then decorate if you want. You can freeze the cooked gingerbread if you like, or keep for up to 3 days in an airtight container

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.

Sheilding is not being advised any longer, however you do need to take extra care and attention to social distancing if you are clinically vulnerable.

6. Community Wellbeing Team #throwback

We've been missing all of our wonderful community days for the best part of this year...but now we are looking back fondly to late November 2019 where we were bulb planting in Merrow.

Merrow saw lots of green-fingered helpers come out to help plant over 800 bulbs around Hall Dene Close green on a sunny winter Wednesday.

It was a wonderful activity with some amazing support from our local churches and school. Thank you to everyone who helped us and joined in

#1yrTHROWBACK

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

A Local One.... Mandira's Kitchen is an all-woman artisan food producer, the company creates Indian dishes using local produce. Mandira's Kitchen went above and beyond to make frozen meals to distribute out to families across our borough. Not only would we like to say a massive thank you to them but also congratulate them on some of their recent successes. Firstly, they were awarded six new stars across four products from Great Taste (bringing their total stars to 11),. Secondly, they made the SmallBiz100 for a special mention in the run-up to Small Business Saturday. As if this wasn't enough to celebrate, the founder of Mandira's Kitchen, Mandira Sarkar, was named Food and Drink Entrepreneur of the Year for the south-east at the Great British Entrepreneur Awards!

A National One... A 93-year-old care home resident has spent lockdown creating hand-drawn Christmas cards to raise money for charity. He had been unable to see his family for most of this year due to the coronavirus. He has designed, drawn and painted the cards, so far he has sold 600 cards in three designs, raising £350 for the Royal British Legion and the Willow Trust. His family arranged for his Christmas cards to be professionally printed and have been helping to sell them to support good causes.One of the designs features Father Christmas telling his reindeer off for not wearing his face mask, while another sees Mary, Joseph and a donkey at the door of the care home with a care worker in PPE opening the door.

A Worldwide One... There has been outstanding success of the i-80 wildlife overpass in Utah, where you can watch elk, moose, small mammals, black bears, coyotes, and even what appears to be a porcupine safely cross a dangerous stretch of road. For wildlife researchers, it demonstrates that the time it takes for animals to adapt to using wildlife overpasses may be years shorter than first anticipated. The bridge incorporates miles of fencing in both directions on both sides of the road, funneling mammals to the bridge which is covered in soil, boulders, and logs to make it feel like a natural environment. Not only are the animals using it instead of crossing the highway further down the corridor, but they are treating it like their natural habitat.

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. Our Favourite Resource Picks

Find Coronavirus Support

If the Coronavirus pandemic has affected you in any way, there is lots of support out there. For example, if you are out of work, need to get food, or want to take care of your mental health. Find the right support and advise for your circumstance.

Find out what support you can get if you're affected by coronavirus - GOV.UK (www.gov.uk)

Soul Sanity - Wellbeing Platform

Soul Sanity lets you focus on your mental wellbeing by participating in your favourite activities from the comfort of your own home. You can book live streaming sessions with lots and lots of great options to choose from!

Soul Sanity | Live Online Classes for Mental Wellbeing

Eventbrite Virtual Christmas Events

Eventbrite are offering virtual Christmas themed events including, the 12 days of Chirtsmas, theatre at home for Christmas and a Christmas carol performance. The events are free to book and join! The link below gives you access to see all the different events and shows you how to book.

https://www.eventbrite.co.uk/d/online/free--arts--performances/christmas-concert/

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. Let's Get Steady!

Let's Get Steady aims to raise awareness of falls prevention, support with wellbeing and empower people to make positive changes to their lifestyle, to enable them to live independent lives. The short films will provide advice on what to do if you have a fall

Let's Get Steady Falls Prevention Advice and Information

Let's Get Steady offers practical advice and guidance to help reduce the risks of falls for individuals who have had a fall, are worried about falling or are at risk of falling due to a long-term condition.

A series of film clips are available which aim to raise awareness of falls prevention, support with wellbeing and empower people to make positive changes to their lifestyle, to enable them to live independent lives.

The short films provide advice on:

- What to do if you have a fall
- Careline Community Alarm
- The Home Environment
- The Fire Service, Safe and Well Visits
- The Importance of Hydration
- The Balance Triangle (how our senses work together to keep us safe)
- Medication, Healthy Bones and Nutrition
- Social Prescribing (support with social, emotional and practical needs)
- The Importance of Exercise

To view the films, visit www.surreyheartlandsccg.nhs.uk and search for Independence and Wellbeing Information for Guildford and Waverley Residents, click on Let's Get Steady Videos.

To order the film on DVD, email syheartlandsccg.independence@nhs.net or phone 07799 750 889.

Joint Partnership Working

GUILDFORD BOROUGH · Waverley Borough Council · Guildford and Waverley Integrated Care Partnership · NHS Royal Surrey NHS Foundation Trust · Procare · SURREY COUNTY COUNCIL

10. Positive Pebbles

This week we heard from the fantastic guys and girls from Surrey Choices. Surrey Choices provide a range of support services to improve, independence and life skills for people with a range of disabilities of any age in the local community. This particular group took part in the Positive Pebbles project we ran throughout Lockdown, to thank our community for being there for one another.

"As part of the lockdown Positive Pebble Project we lauched in the first lockdown, the lovely people from Surrey Choices have been getting creative and painted some beautiful pebbles to add to those sent in over the Summer. Two of the customers, who both work at the park barn, were happy to do something fun and creative as they are missing being at work at the moment! We are incredibly grateful for all their help and support over the months as they have been supporting us by delivering leaflets for our Thrive at the Hive project (which they say has kept them fit and healthy over the months!) Thank you for all your support 😊

We are so thankful to have you be part of this project @SurreyChoices and look forward to putting them into the final display."