

COMMUNITY NEWSLETTER



Welcome to your Community Wellbeing update from the Guildford team:

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

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

Follow us on Facebook!

[@GBCCommunityWellbeing](https://www.facebook.com/GBCCommunityWellbeing)

Edition -# 36, March 2021

1. Team Update

With the promise of Spring and easing of restrictions on the horizon, things are looking a lot brighter! We are still here to support you and your families, so if you are feeling overwhelmed by any of the changes that may be happening then please get in touch.

1. Team Update
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Community Wellbeing Team Contacts - Call us anytime!

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Jo: 07901513652

Willow: 07890592201

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 \(https://guildford.gov.uk/home\)](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

COVID-19 Restrictions

The Country is currently restricted within a National Lockdown. Coronavirus is spreading fast so you must not leave your home unless necessary. 1 in 3 people who have the virus have no symptoms, so you could be spreading it without knowing.

Leaving home

You must not leave, or be outside of your home except where necessary. You may leave the home to:

- shop for basic necessities, for you or a vulnerable person
- go to work, or provide voluntary or charitable services, if you cannot reasonably do so from home
- exercise with your household (or support bubble) or one other person, this should be limited to once per day, and you should not travel outside your local area.
- meet your support bubble or childcare bubble where necessary, but only if you are legally permitted to form one
- seek medical assistance or avoid injury, illness or risk of harm (including domestic abuse)
- attend education or childcare - for those eligible

If you do leave home for a permitted reason, you should always stay local - unless it is necessary to go further, for example to go to work. Stay local means stay in the village, town, or part of the city where you live. If you are clinically extremely vulnerable you should only go out for medical appointments, exercise or if it is essential. You also should not attend work.

2. Thrive at The Hive – Essential and 'Back to School' Bundles



Back to School

We are here to help if you need school uniform for your little ones before they head back to school on 8th March!

Thrive at the Hive have various school uniform available, such as, grey trousers, grey skirts, grey dresses and an assortment of coloured school jumpers



If you haven't had time to order new school uniform or have found your little one has outgrown theirs, request a school uniform bundle today!



Contact us at
community.wellbeing@guildford.gov.uk
uk or call 01483 444150



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)

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. Food Parcels

If you or someone you know is struggling to access food, whether that be shielding, self-isolating or financial reasons brought on by the pandemic - we are here for you.

To request a food parcel for yourself or on behalf of someone else, contact us on by telephone or send us an email:


 01483 444400

 community.wellbeing@guildford.gov.uk

Our lovely Care Team, pictured below have shown the true meaning of 'Community Hero' adapting the way they usually care for people to fit the current needs of the pandemic.

A HUGE thankyou for their tireless efforts!



 HM Government



**WASH
YOUR
HANDS**



**COVER
YOUR
FACE**





**KEEP
YOUR
DISTANCE**

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. Guildford Lions - Easter Competition

Paint or draw a picture with the theme 'Happy Easter'

Clearly PRINT your FIRST NAME and AGE on the front

Take a photograph and attach it to an email and send it to guildfordlions@btinternet.com

Two age ranges:

Up to 6 years old

7 to 12 years old

For each age range, the winner will receive a £20 voucher and the runner up a £10 voucher to spend at Biddles of Guildford, 1 Ward Street, Guildford, GU1

4LH. www.biddlesofguildford.co.uk - plenty of art supplies and stationery!

No entry fee!

Closing date: Thursday 1st April

ALL pictures will be displayed on our Facebook page and website.

Lion President Deric will judge the pictures and will choose the best picture and runner up from each age range.

Join their Facebook page to follow the event: [Guildford Lions Easter Colouring](#)



The poster features a blue background with a decorative border of colorful Easter eggs. On the left, there is a drawing of a grey rabbit and three colorful Easter eggs (purple, blue, and pink) with the words 'HAPPY EASTER' written in green and yellow. On the right, the text reads: 'Easter Colouring Competition!', 'Closing date 1st April 2021', 'FREE to enter!', 'Win prizes!', and the email address 'guildfordlions@btinternet.com'. The Guildford Lions Club logo is in the top right corner.

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.



Guildford
Community Fridge

5. Recipes from Guildford Community Fridge

Eggs Benedict Croissant

Ingredients

- 4 frozen croissants
- 130g Italian diced pancetta
- 4 large eggs
- 200g ready made hollandaise sauce, warmed to serve
- a handful parsley, chopped, to serve

- STEP 1 - Heat the oven and bake the frozen croissants as per packet instructions. While they cool, heat a small frying pan over a medium-high heat. Fry the diced pancetta until golden and starting to crisp. Remove from the pan and rest on kitchen paper to remove any excess fat.
- STEP 2 - Meanwhile over a medium-low heat, poach the eggs for 2-3 minutes in a pan of simmering water. Slice the baked croissants in half, add a spoonful of pancetta on the base, top with a poached egg and pour over some Hollandaise sauce. Garnish with a sprinkle of chopped parsley.

Easter Hot Chocolate

Ingredients

- 200ml milk
- 1/2 tbsp cocoa powder
- 100g hollow chocolate egg (milk or dark), broken into small pieces
- 2 tbsp whipped or squirty cream
- 25g mini chocolate eggs, sugar-coated chocolate buttons or beans, or more chocolate egg, broken into small pieces
- 1 tbsp mini marshmallows

- STEP 1 - Pour boiling water from the kettle into a heatproof mug to warm it up. Heat the milk and cocoa in a small pan, or in blasts in the microwave, until steaming. Discard the hot water in the mug, and tip in the chocolate egg pieces. Pour over the hot milk. Stir for 30 seconds or until the chocolate has melted. Top with the cream, sprinkle over the mini eggs or broken egg pieces and marshmallows to serve.

People who are clinically vulnerable are once more being asked to 'shield' during this lockdown. People who are defined as clinically extremely vulnerable are at very high risk of severe illness from coronavirus. There are 2 ways you may be identified as clinically extremely vulnerable:

- 1. You have one or more of conditions listed on the Gov.uk website , or**
- 2. Your clinician or GP has added you to the Shielded Patient List because, based on their clinical judgement, they deem to you be at higher risk of serious illness if you catch the virus.**

[Guidance on shielding and protecting people who are clinically extremely vulnerable from COVID-19 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/shielding-and-protecting-people-who-are-clinically-extremely-vulnerable-from-covid-19)

6. Community Wellbeing's Podcast of The Week!

"She's Electric"

Having celebrated National Woman's Day this week, we thought it only fitting to choose a Podcast that follows modern female leaders! She's Electric takes you on a journey into the lives of some of today's most powerful female leaders, sharing their motivation, their highs, their lows and their insatiable energy, hosted by wellness author **Jody Shield**.

You can listen here → → → →

[Be Electric - Jody Shield](#)

#Podcastoftheweek



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

A Local One... 12 final year Paramedics from the University of Surrey have been busy supporting medical staff with patient care and preparing for treatments at Royal Surrey's Intensive Care unit, during the pandemic. They have worked 50 shifts between them, each for 12 hours. This is alongside studying for their degree's, which they are due to graduate in July.

A National One... Crochet hearts and messages of kindness have been left a round a town in Warwickshire by a crafter nicknamed 'The Queen of Hearts'. The knitted hearts have been found around Alcaster, Warwickshire, leaving residents keen to identify the mystery knitter! Residents have loved finding them and have said it has helped them through difficult lockdown days.

A Worldwide One... A Chicago coffee shop owner has been the driving force behind initiative 'coffee with a purpose', an annual community programme that collects and distributes coats and other necessities to help the local homeless population. They brewed up 40 gallons of coffee for this occasion, which they delivered alongside the coats to those living on the streets.

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. COMING OUT OF LOCKDOWN DON'T WAIT: GET DEBT HELP NOW

Guildford charity urges people in debt to get urgent help as lockdown restrictions are eased

A group of churches in Guildford have been running a Christians Against Poverty (CAP) debt centre for nearly nine years. The free service is available to all people in the surrounding area.

The combination of rising unemployment, reduced hours, illness and larger bills covering the period when so many people have been at home has created a situation where many people now have unmanageable debt. As people emerge from lockdown the uncertain economic effects may impact people hard. However, for people here in Guildford, there is a solution.

Jane Seals, Guildford CAP Debt Centre Manager, said: "Although we've continued helping people out of debt throughout the pandemic, we know that many people have been in survival mode and it's only as we come out of lockdown that they will start to seek help.

"We want everyone to know that we're here to give that help completely free of charge along with localised support, understanding and encouragement.

The Debt Centre currently has plenty of appointments available so we're urging people to get in contact as soon as possible to get help and get their lives back on track.

There is a team of volunteers, some of whom have been in debt themselves and are now out the other side, able to give a helping hand with practical solutions.

CAP client, Lisa*, said: "Without CAP I think I would probably be dead as I wouldn't have had money to buy food! Now, I'm going to uni! Now, I know I can afford it and I feel mentally better, I'm hoping to change people's lives the way CAP has changed mine."

If you know things are out of control and you're stressed, missing meals or sleep, please give us a call and let us help you get your life back on track.

- Book an appointment with CAP by calling Freephone 0800 328 0006 or visit capuk.org

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. Guildford in Bloom

Guildford Borough Council are delighted to launch the 2021 Guildford in Bloom Competition as we celebrate our 40th birthday with the theme 'Blooming 40'.

This year the categories are:

- Best Front Garden
- Best Allotment & Vegetable/Kitchen Gardens
- Best Garden for Wildlife
- Best Site for Nature Conservation
- Best Pub / Business in Bloom
- Best Container Garden
- Best Neighbourhood Project

To take part, please register your entry by replying to this email at guildfordinbloom@guildford.gov.uk - stating the category you are entering, and then your name and address for judging.

The closing date is 13 June 2021 and judging will take place between 28 June to 18 July 2021.

You can keep up with the competition on the Guildford in Bloom media pages www.facebook.com/GuildfordInBloom and [@GuildfordnBloom](https://twitter.com/GuildfordnBloom) / Twitter



10. A word from a resident...

We love hearing from you!

We love the Castle Grounds at this time of year, all of the lovely flowers are erupting in their full glory!



Find your Councillor!

If you have something you would like to bring to the attention of your local Councillor or you need to get in contact with them, you can find out who they are and how to contact them by using the handy link below! It will allow you to search by name, political party, ward, post code and even just part of their name!

[Find Councillor \(guildford.gov.uk\)](https://www.guildford.gov.uk)

11. 2021 Census

🇬🇧 2021 Census 🇬🇧

The 2021 Census will be taking place on the 21st March!

All households will be sent a letter inviting them to complete the 2021 Census.

📄 It can be completed online by using the unique access code

📞 There is an option of having a paper copy issued by calling the *Census Contact Centre number provided on the letter. A large print version can be made on request.

☎ There is also an option to have a telephone interview with a trained member of staff, this can be arranged with the *Census Contact Centre.

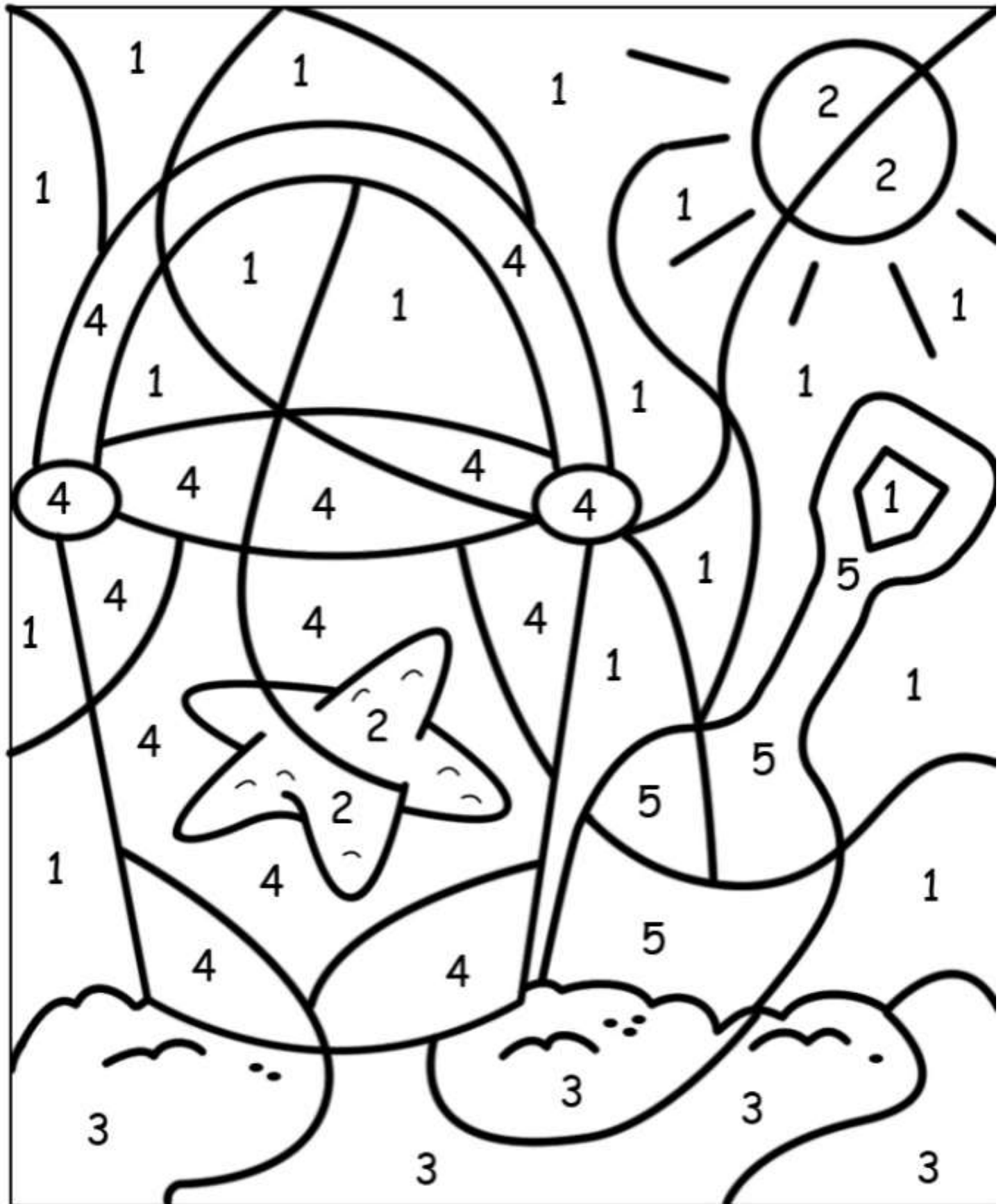
You can find out more information about the 2021 March Census by following the link below...

<https://census.gov.uk/>

*The Census Contact Centre will be available from the 1st of March, the number will be 0800 141 2021



12. Paint by numbers - Seaside



1 = Blue

2 = Yellow

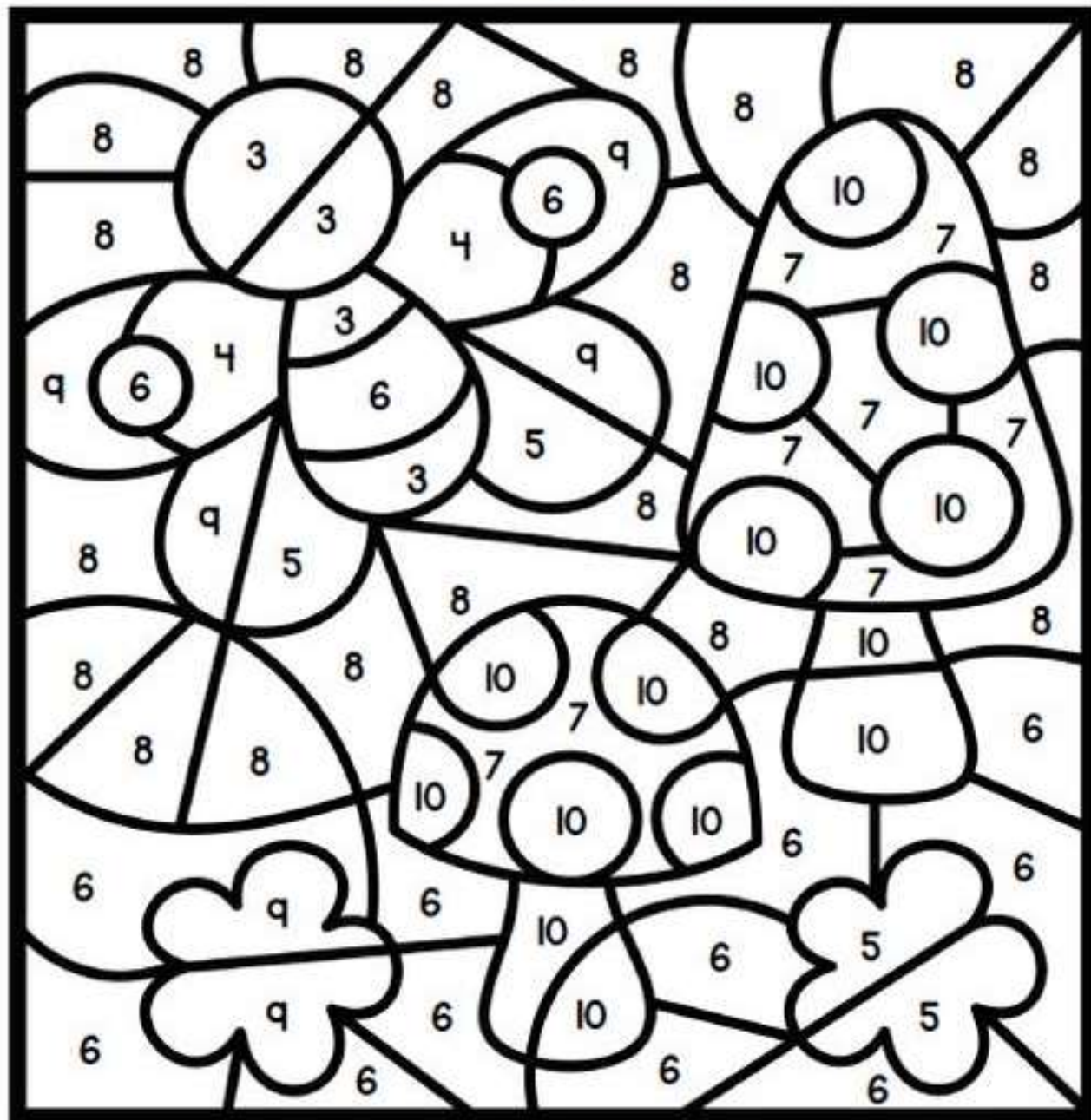
3 = Beige

4 = Green

5 = Red

13. Colour by numbers - Spring Day

Spring Day



Use the color code to finish the picture!

3 = yellow	4 = orange	5 = pink	6 = green
7 = red	8 = blue	9 = purple	10 = white