

# 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](mailto:community.wellbeing@guildford.gov.uk)

**Follow us on Twitter and Facebook!**

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

**\*Week 24, September 2020**

## 1. Team Update

Like many, our team are still striving to adapt our way of working to ensure our communities needs are met and everybody is kept safe and supported. We continue to maintain contact with our more vulnerable residents and work with our families and individuals who have been affected by the ongoing pandemic. Stay up to date with us via our Facebook and blog - check out our newest blog post 'The Wealth of Wellbeing' by following the link below.

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Community Wellbeing Team!



**Community Wellbeing Team Contacts - Call us anytime!**

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**NEW POST** 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/2020/09/16/the-wealth-of-wellbeing/>



**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



## TESTING FOR COVID-19

### Who can get a test

You can get a test: for yourself, if you have coronavirus symptoms now (a high temperature, a new, continuous cough, or a loss or change to your sense of smell or taste); for someone you live with, if they have symptoms; if you live in England and have been told to have a test before you go into hospital, for example, for surgery; if you live, work or study in these local councils – Leicester, Luton, Pendle, or Blackburn with Darwen or if your local council asks you to get a test. This service is for people of all ages in England, Scotland, Wales and Northern Ireland.

### 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>

## 2. COVID-19 Update (changes from 22<sup>nd</sup> September)

Understanding new restrictions can be a struggle for anybody, following the Prime Minister's announcement on Tuesday it may seem that the 'new rules' are just the same as the ones in place already. The main difference between the 'rules' is that most of them have now become law. The police and other enforcement officers can issue penalties to those that don't comply with law. We've put the key updates below.

### Meeting friends and Families:

- meet in groups of 6 or less (this now includes children)
- follow social distancing rules when you meet up
- limit how many different people you see socially over a short period of time
- meet people outdoors where practical: meeting people outdoors is safer than meeting people indoors because fresh air provides better ventilation

Limits on the number of people you can see socially have changed. When meeting friends and family you do not live with (or have formed a support bubble with) you must not meet in a group of more than 6, indoors or outdoors. This is against the law and the police will have the powers to enforce these legal limits, including to issue fines

### Social Distancing:

Where you cannot stay 2 metres apart you should stay more than 1 metre apart, as well as taking extra steps to stay safe. For example:

- wear a face covering: on public transport and in many indoor spaces, you must wear a face covering by law, unless you are exempt
  - move outdoors, where it is safer and there is more space
- if indoors, make sure rooms are well ventilated by keeping windows and doors open



## 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

Where you **MUST** wear 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 taxi's and on public transport
- ✓ in shops
- ✓ when you go to hospital appointments or visit someone in hospital

## 3. Thrive at The Hive

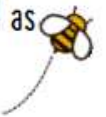
Thrive at The Hive is growing! As well as appointments we are now offering 'packs' of goods - simply email us with your request and it will be delivered to your door.

You can now keep up with updates about Thrive at The Hive and everything we have to offer on Instagram - [@thriveatthehive](https://www.instagram.com/thriveatthehive)

**Not Online?** Take a peek at the next page to browse some of our pre-loved items that are ready for new homes!

Want to visit our hub of pre-loved clothing, homeware, childrens items, babygrows, toys and games, shoes and bedding and towels?

Thrive at The Hive is open to everyone and all items are provided as **Pay As You Feel**



To book your time slot which allows you to browse on your own in a safe and comfortable environment, simply send us a message on Facebook, call or Email us to book:



01483 444150



[Community.Wellbeing@guildford.gov.uk](mailto:Community.Wellbeing@guildford.gov.uk)



## Coronavirus

### Guidance for the clinically extremely vulnerable

From 6 July you can gather in groups of up to 6 people outdoors whilst maintaining social distancing and form 'support bubbles' with another household if you live alone

From 1 August you can return to work if necessary and participate in activities such as going to the shops or a place of worship

Until 6 July you should continue to shield in line with the current guidance

Shielding support package will be continued until the end of July

From August continue accessing priority supermarket delivery slots and NHS Volunteer Responder scheme



## 5. Recipes from Guildford Community Fridge

### One-pot chicken & mushroom risotto

#### Ingredients:

- 60g butter
- 1 large onion, finely chopped
- 2 thyme sprigs, leaves picked
- 250g pack chestnut mushrooms, sliced
- 300g risotto rice
- 1½l hot chicken stock
- 200g cooked chicken, chopped into chunks
- 50g grated parmesan, plus extra to serve (optional)
- small pack parsley, finely chopped

#### Method:

##### STEP 1

Heat the butter in a large pan over a gentle heat and add the onion. Cook for 10 mins until softened, then stir in the thyme leaves and mushrooms. Cook for 5 mins, sprinkle in the rice and stir to coat in the mixture.

##### STEP 2

Ladle in a quarter of the stock and continue cooking, stirring occasionally and topping up with more stock as it absorbs (you may not need all the stock).

##### STEP 3

When most of the stock has been absorbed and the rice is nearly cooked, add the chicken and stir to warm through. Season well and stir in the parmesan and parsley. Serve scattered with extra parmesan, if you like.

### Quick sticky toffee puddings

#### Ingredients:

- 4 large chocolate muffins, crumbled
- 50g large sultanas
- small knob of butter, for greasing
- For the sauce
- 50g light muscovado sugar
- 50g butter
- 75ml double cream
- vanilla ice cream, to serve

#### Method:

##### STEP 1

Heat oven to 200C/180C fan/gas 6. Mix the muffins with the sultanas. Divide between 4 buttered ramekins or one baking dish. Cover with foil and bake for 8 mins until just warmed through.

##### STEP 2

Meanwhile, place the sugar, butter and cream in a small pan and gently heat together, stirring until the sugar dissolves. Pour the sauce over the muffin mixture and serve warm with ice cream.

## IMPORTANT ADVICE FOR OVER THE CLINICALLY VULNERABLE AND THOSE MOST SUSCEPTIBLE 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.

In England, the risk of getting coronavirus is now low enough that you're no longer advised to shield.

## 6. Community Wellbeing Team #throwback

This time last year we were celebrating the Syrian refugee families who won a gold award in the Guildford in Bloom competition!

Created at Guildford House, this garden was designed to fit in with the history of the House and Guildford by encompassing a 17<sup>th</sup> Century style.

Guildford House was built in 1660 for the Childe family and retains many of its original 17<sup>th</sup>-century features, including finely crafted plasterwork ceilings, wrought-iron window fittings, wooden panelling, and a beautifully carved staircase. Guildford House remains an integral part of Guildford's history.

The garden, created by the Syrian families, was a gesture of gratitude for the work and support Guildford had provided them during their arrival and settlement within our communities. We were so proud to be a part of this project and work alongside the families and our Arts and Heritage services. Read more about the project by following the link below.

## #1yrTHROWBACK

<https://experienceguildford.co.uk/sowing-seeds-with-cultural-collaboration/>

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

**A Local One...** We are sure you must have heard by now...You haven't? Well, Tom Hardy (famous for his good looks and blockbuster roles!) was spotted in Guildford Town Centre, enjoying a coffee on his birthday. Having been schooled in Surrey, Tom Hardy remains to have links to our area and is seemingly always up for a selfie! Who have you spotted in Guildford that's famous? We'd love to hear, so email us your celebrity spots!

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**A National One....** We love 'random acts of kindness' and this Lichfield Teen has worked hard to bring kindness to others in his community. When schools closed in March, he made it his mission to carry out as many random acts of kindness as possible. So far he has raised more than £3,500 for charities who support young people. His acts of kindness included washing cars, watering gardens and handing out Nice biscuits to strangers! If you're inspired to carry out a random act of kindness, email it in to us, we'd love to hear it!

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**A Worldwide One...** Coronavirus has had negative impacts across the globe, but we like to focus our energy on bringing you news about all the positive ones! Rare pink dolphins (or the Indo-pacific humpback dolphin) have been returning to Hong Kong following the ferries being shut down due to the pandemic. This has allowed scientists to learn more about the dolphins, previously the breed were threatened but it's been discovered that they have since adapted quickly and numbers are on the rise.

## 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

## 8. A Message from Surrey University to Residents

The University of Surrey is pleased to welcome its students back to Guildford, and our campus, safely this September. Here we update on our plans to do this in these challenging times.

New and existing students will be welcomed back to campus from 21 September for the 2020/21 academic year, although we acknowledge many may move in to rented housing in the community prior to this.

We appreciate that as members of the local community, you will be particularly interested to know how we are supporting our students' safe return to Guildford. The Public Engagement team and the Students' Union are working closely with colleagues internally as well as with key local partners, including Guildford Borough Council, Surrey Police and Experience Guildford to ensure a joined-up approach to welcoming students back to the town.

We are also ensuring that our own communications to students reiterate Government guidance and advice for how to safely socialise and live as considerate neighbours and members of the community.

You will notice many of our usual initiatives continuing this year, including the presence of our Street Marshals and our lamppost campaign to encourage a reduction in street noise in key residential areas - with both initiatives now incorporating further messaging around Covid-19 safety and social distancing.

In terms of ensuring a safe return to campus, this year the University will move to a blend of online and campus-based learning. This model includes Covid-secure face-to-face delivery for most seminars, tutorials, workshops and practical sessions, supported by online learning and assessments. Lectures will be recorded and available online.

Campus preparation includes; making our halls of residence Covid-secure; installation of extensive health and safety signage; installing perspex screens and more than 200 antiviral wipe locations; providing all staff and students with a reusable face covering; delivering return to work inductions covering Covid-19 health and safety.

You can find out further information and full details of our plans on our dedicated webpages.

Our moving in weekend, where students arrive and are enrolled into campus accommodation, takes place on 19 and 20 September. This year there are additional measures to ensure these students arrive in a measured way, so our staff teams managing the event can maintain a Covid-secure environment both on and off campus, avoiding congestion on local roads and parking.

We have a complaints procedure for the local community to use, such as for anti-social noise or behaviour relating to our students. To report an incident you can email [publicengagement@surrey.ac.uk](mailto:publicengagement@surrey.ac.uk) and we will get back to you the next working day. To log incidents overnight or at weekends you can either email us or call 01483 682002 and our security team will take details and pass them on to us. The University has very limited jurisdiction off campus, so please also remember to contact the Police on 101 or Guildford Borough Council via the report function on their website if necessary.

If you would like to discuss any matters, related to the University community, please don't hesitate to get in touch directly. You can reach us via [publicengagement@surrey.ac.uk](mailto:publicengagement@surrey.ac.uk) or visit our community webpage to learn more about how we are getting involved locally to you.

## 9. Our Favourite Resource Picks

### Carer's Rights: Carer's Assessments and Social Care session - Action for Carer's

Action for Carer's are holding a session exploring carer's rights and assessments this November. The session will be held on 26th November between 1.30-3pm. If you are interested in attending this event, or others like this, or you just want to find out more, please call 0303 0401234 opt 1 or email [admin@actionforcarers.org.uk](mailto:admin@actionforcarers.org.uk) You can see everything

Action for Carer's are up to by accessing their Autumn newsletter by following the link below:

<https://www.actionforcarers.org.uk/wp-content/uploads/2020/09/ACS-Newsletter-Autumn-2020.pdf>

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### NHS COVID-19 App - Download for FREE today

We are all being encouraged to download the new NHS COVID-19 App to protect our loved ones. But what does it really do? Well, it's the fastest way to check if you are at risk from Coronavirus. The App has many features that include: Trace, Alert, Check-In, Symptoms, Test and Isolate. You can find out more about what these individual features mean on the NHS website or by following the link here <https://www.covid19.nhs.uk/what-the-app-does.html>

To download the app simply go to your App Store or Playstore (depending on your device), search 'NHS COVID-19' and download in the normal way. Staying safe and supporting our communities to stay safe means taking responsibility for our actions and how we respond to the government guidance, let's all do our bit to keep our communities and families healthy.

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### Young Minds - Coping with Anxiety about Going back to School

Young Minds is a great online resource that supports young people and their mental health. Recently it has had a particular emphasis on how the pandemic is affecting young people and support is available for those who are struggling with the mental side-effects of everything that's been going on. Their recent blog post covers returning to school and real-life accounts from young bloggers who have naturally been feeling anxious about the return. You can read the blog by following the link here: <https://youngminds.org.uk/blog/coping-with-anxiety-about-going-back-to-school/>