

YOUR MAGAZINE

THE MAGAZINE FOR GUILDFORD BOROUGH COUNCIL TENANTS

Contact *point*



GUILDFORD
BOROUGH

and



working together

Spring 2021



Spring is coming!



Delivering services throughout the pandemic



Community Wellbeing Team

www.guildford.gov.uk

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If you would like:

- information on any of the articles in this edition of Contact Point
- to receive in large print, Braille, audio or another language

please contact us.

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Park Barn Drive,
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Tel: 01483 444150

Email: community.wellbeing@guildford.gov.uk

 @GBCCommunityWellbeing

Front cover photo: Deer in the woods. Credit: Jon Hawkins, Ash resident

Welcome to the latest edition of Contact Point

We hoped that we would be getting back to some form of normality, but it seems that this could be the new normal. With the vaccination programme being rolled out, we hope that we will be able to see family and friends soon. Make sure you have a look at the vaccination article opposite, this will give you some information on what to expect as well as one of our own experiences. Our support lines remain open see page 14. Also check our website for up-to-date details of help: www.guildford.gov.uk/Covid19. We still need to **Wash Hands, Cover Face and Make Space!**

Tenants Advisory Group (TAG)



The Tenants Advisory Group (TAG) is run by tenants who help us monitor our performance as your landlord. Unfortunately, they haven't been able to meet in the current climate, although Alan Wood, Chair sent this message. If you would like to find out more about TAG please contact us.

As we enter another new year, it is very obvious that we are still facing some very difficult times, but as the vaccination programme gets into full swing, I am very hopeful that we may soon see a little light at the end of the tunnel. However, we must not get complacent, we are not out of the woods yet. So please, let's all keep to the rules and together we can beat this pandemic.

Firstly, I would like to say that my thoughts are with everyone who has been affected by this horrific virus.

I would also like to take this opportunity to express my sincere thanks to everyone who has worked so very hard over the last year to enable us to get to where we are today. NHS staff, care workers, GPs, supermarkets, delivery people, postal workers, etc., far too many to mention.

I would also like to express my sincere thanks to those Guildford Borough Council employees that went far beyond their normal jobs and workload to ensure that those most vulnerable were looked after.

Another big thank you must also go to the Community Wardens and the staff at The Park Barn centre for the running of the food distribution system and the weekly phone calls to ensure that we are all safe and have what we require.

It is when I am listening to fellow tenants' reports of all these good actions that I feel most proud to be associated with GBC.

It has been a year now since TAG has been able to have a proper meeting, but during this time, I have been in communication with certain officers to discuss issues as they have arisen. Our meetings will resume as soon as we are allowed to, and I know we will be as busy as ever. There is a lot of catching up to be done and I am sure that there are going to be a lot of changes on the way.

So, that said, I hope that the next time I sit down to write something for you, it will be in better times and our lives will be a little easier.

In the meantime, take care and stay safe.

Alan Wood

Chair of TAG



COVID Vaccination

Many of you will have already been contacted by the NHS and will have had your first injection of the vaccine. Jo Packman from our Community Wellbeing Team wrote, “I’m classed as Clinically Extremely Vulnerable and have already had mine.

“The centres seem to be very well organised and I was there for no longer than 20 minutes and that included sitting for 15 minutes to make sure I had no adverse effects. I didn’t and neither did the 20 people who were in the room with me. I’m now looking forward to my second one and having a little taste of freedom.”

Contrary to what some people believe, you cannot catch COVID from the vaccine, but it is possible to have caught the virus and not realise you have the symptoms until after you’ve been vaccinated.

The most common side effects include:

- Having a painful, heavy feeling and tenderness in the arm where you had the injection. This tends to be worst around 1 to 2 days after the vaccine
- Feeling tired
- Headache
- General aches, or mild flu like symptoms

Although feeling feverish is not uncommon for two to three days, a high temperature is unusual.

Will the vaccine protect me?

It may take a week or two for your body to

build up some protection from the first dose of the vaccine. Like all medicines, no vaccine is completely effective, so we all need to continue to take recommended precautions to avoid infection. However, if you do get COVID it should be less severe.

Please remember:

COVID is spread through droplets breathed out from the nose or mouth, particularly when speaking or coughing. It can also be picked up by touching your eyes, nose and mouth after contact with contaminated objects and surfaces.

Watchout for Scams

The NHS will invite you for your vaccination - you **DO NOT** have to pay for it. If you receive any emails or text messages asking for payment for the vaccine, please ignore them.

Grow your own!

Planting sunflower seeds is really quick and easy.

Start off by filling your plant pots with compost, until they're about two thirds full. Use your finger to poke a little hole into the middle of the compost.

Next, pop a few seeds into your palm, and drop one into each hole.

Water when dry and watch them grow!



Bringing Back Bees

You might be surprised to learn that there are over 240 species of bees in the UK!

These include **1** honey bee species, **25** bumblebees and an amazing **224** species of solitary bees, which come in many colours, shapes and sizes.

It's no secret that bees and other pollinators are facing significant threats from habitat loss, disease and the overuse of pesticides, but with a little work, your garden can serve as a fantastic habitat for a wide range of bee species throughout the year.

Did you know...

bees provide us with every third mouthful we eat? Without them, we couldn't grow foods like tomatoes, blueberries and strawberries.



Helping bees in your garden

It's easier than you think to make your garden a haven for bees and other pollinators! Feed the bees! Plant a diverse range of nectar-rich flowering plants and shrubs that bloom at different times of the year. Great choices include borage, cornflowers, seedum, sunflowers, ivy, Aubretia, scabious, hebe, winter flowering crocus and winter flowering hellebore.

The coming of spring



The coming of spring is a busy time for the Parks department of Guildford Borough Council.

The growing season begins! All that has been lying dormant over the winter months begins its new lease of life. Bulbs emerge and bring joyous colours. A lovely example of crocus is The Memory Meadow at Stoke Park.



The winter bedding needs to be removed and the spring bedding planted in its place. For a wonderful Floral display the Castle grounds in the centre of Guildford is not to be missed.

All of this colour is a real attraction for bees and other pollinators.

Grass cutting begins again in earnest. Whether it is the larger parks around the borough being cut by tractors or gardens or churchyards being cut by pedestrian mowers, the staff and machines will all be out in spring ensuring areas are well maintained so they can be enjoyed by all.

Playground inspections and litter picking at all our sites becomes a bigger task. More people are out and about enjoying the sunshine and our facilities.

Unfortunately, this does lead to more litter being dropped.

As with all gardening, spring for us is also a time to prepare for the next season... summer! During the spring, we will start planting up the hanging baskets and troughs and let them establish themselves in our greenhouses. Come summer, they will be providing a beautiful display of colour around the town centre for all to enjoy.

Spring is a time of renewal and anticipation. For the parks staff, it is another season where we hope the hard work we put in helps to ensure the Borough of Guildford can be enjoyed by all.

By Adie Byatt, Parks Department

Woods in Spring:

Here are some ideas of what to see and do from the Woodland Trust

While our woods are a pleasure to visit all year round, the jewel in the crown has got to be spring. Flowers bloom, bringing bursts of colour, and wildlife reawakens, turning the woodland into a hive of activity.

Enjoy a spring stroll

Admire all the sights and sounds of this time of year with a springtime stroll around your favourite wood. Look out for blossoming bluebells and wild garlic, listen for the sweet sound of birdsong and why not have a go at climbing a tree on your travels? A walk in the woods during springtime is always a delight.

Admire the beauty of bluebells

One of the most stunning spring highlights has got to be the bluebells that peep out from the ground, carpeting it in a magnificent sea of violet. Visit during April or May to see this springtime spectacle in all its glory. Explore our top bluebell woods.

Take some spring snaps

Spring is one of the best seasons to capture the beauty of woodland on camera, as flowers are blooming, frothy pink and white blossom covers many of the trees and wildlife is all around after months of hibernation. Grab your camera and get snapping shots of bluebells, butterflies and everything in between.

Listen to the dawn chorus

Visit the woods before sunrise to experience the wonder of the dawn chorus. Listen out for the magical melodies sung by birds as they try to attract a mate. There is nothing better than wandering around the woods in the early hours with the enchanting sound of birdsong in your ears.

Go foraging

Fresh spring greens are in abundance at this time of year, so why not head out to the woods and have a go at foraging? You can pick up a plethora of edible herbs and plants during springtime, including wild garlic, dandelion, hairy bittercress and Japanese knotweed. Just make sure you follow our foraging guidelines!

Spot spring wildlife

When spring arrives, the animals which spent their winters in a deep slumber begin to awake from hibernation. Migrant birds arrive and burst into song, the buzz of bees can be heard once more and the woods become a hub of activity as mating season begins. You might even spot hares boxing in the fields close to the woods!

www.woodlandtrust.org.uk

Note: Due to COVID, please follow the government guidelines regarding exercise.

Credit: Stephen Morris Photography / Alamy Stock Photo

Recipe Corner



Spring Chicken in a Pot

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 500g boneless, skinless chicken thigh
- 300g small new potato
- 425ml low-salt vegetable stock (such as Kallo low-salt vegetable stock cubes)
- 350g broccoli, cut into small florets
- 350g spring green, shredded
- 140g petits pois
- bunch spring onion, sliced
- 2 tbsp pesto

How to make it:

1. Heat the oil in a large, heavy pan. Add the onion, gently fry for 5 mins until softened, add the chicken, then fry until lightly coloured. Add the potatoes, stock and plenty of freshly ground black pepper, then bring to the boil. Cover, then simmer for 30 mins until the potatoes are tender and the chicken is cooked. Can be frozen at this point.
2. Add the broccoli, spring greens, petit pois and spring onions, stir well, then return to the boil. Cover, then cook for 5 mins more, stir in the pesto and heat through.

Photo competition!

£25 voucher prize for the winner of your 'Nature' photo!



Photo: Boris Smokrovic on Unsplash

Send in your 'Nature' photos along with your name, address and daytime telephone number to: Community Wellbeing Team, Guildford Borough Council, Park Barn Centre, Park Barn Drive, Guildford, GU2 8EN or email: community.wellbeing@guildford.gov.uk. Any competition enquiries, please call: 01483 444150.

Closing date is Friday 7 May 2021. Our photo competition and wordsearch features are open to GBC tenants and their households only.

Please do not send photos which have people in them. By submitting a photo to the competition, you give permission for Guildford Borough Council to reproduce it in print, online or on social media. You can contact the Council's Information Rights Officer by emailing iro@guildford.gov.uk – calling 01483 505050 or writing to them at Guildford Borough Council, Millmead House Millmead, Guildford, Surrey, GU2 4BB at anytime and ask us not to use the photograph.

WINNER OF 'FAVOURITE FESTIVE DECORATION' PHOTO!

In the previous issue of Contact Point, we ran a competition to find your 'Favourite Festive Decoration' photo.

Congratulations to Charlotte Badham from Merrow who won the £25 voucher prize for this lovely photo.



Your Community Wellbeing Team

We are delighted that we can continue to operate our service as best we can under the current guidelines, running our 'Thrive at The Hive' project in an alternative way.

When requests for items are sent to the team, we pack them and they are then delivered directly to your home.

The project runs on a 'Pay As You Feel' basis, and if able, donations can be made to: www.guildford.gov.uk/foodparcel where the donations are used for other community initiatives.

Check our Facebook page for current guidelines and any donations we are currently looking for.

Our Facebook and Instagram pages are updated daily so please do follow us for up to date news.

 @GBCCommunityWellbeing

 @thriveatthehive



We send out regular newsletters via email. If you'd like to receive a copy, just email us at: community.wellbeing@guildford.gov.uk or telephone 01483 444150.

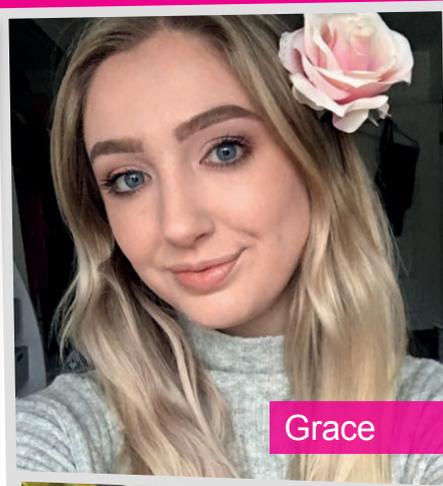
Jo



Briony



Grace



Tracy



Willow



Lesley



Redeployment of staff

During the pandemic, many of our staff with non-critical roles have been redeployed into frontline roles to support vulnerable members of our community. Amanda Pick tells us about her experience:

My usual job is in play and youth development, planning and organising exciting play projects for children and young people. As these services are not currently running, I have been working with colleagues in Community Services.

My new daily tasks are very different from my usual day; we are organising collection of medication from the chemist plus delivery of emergency food parcels for residents who are unable to get to out due to shielding, isolating, or if they are financially impacted by the pandemic.

It has been inspiring to see so many colleagues react with such care and compassion, providing residents with not only their essentials but a socially distanced friendly face.



Civil enforcement officers Lachhuman Rana and Agnieszka Kazmarska explain how their roles have changed dramatically over the past few weeks.



Left to right: Lachhuman Rana & Agnieszka Kaczmarzka

We are now involved with helping vulnerable people struggling with the strict lockdown and shielding rules. We have been delivering food and prescriptions and are amazed at how grateful people are for the small amount of help we are able to give them. We are always being told that they are so happy to see someone and to know that they are not being forgotten about.

We have had the chance of meeting new people we wouldn't normally work with at the Council. We have to say the team is fantastic and we are amazed how they have united to give as much support to the community as possible.

We have thoroughly enjoyed this different role and feel privileged that we have been able to help, in some small way, during the pandemic. We'd like to thank our managers for this opportunity.

The Estates Management team



The Estates Management team is made up of five Area Housing Managers: Chrissy, Mathew, Ian, Minela and Laura.

We each manage a separate part of the borough. Our daily task is to manage the Estates, including the environment and support our tenants. The photo is one such improvement at Elmbank Avenue in Guildford, where shin rails were installed. If you have any ideas for improvements in your local area, please get in touch with your Area Housing Manager.



Pre COVID-19, a typical day would have seen us visiting our estates, attending pre-arranged appointments with tenants to conduct flexible tenancy reviews, garden visits or discussions around anti-social behaviour. Estates Managers can attend court and undertake evictions when there have been breaches of the Conditions of Tenancy. We also take calls from members of the public and clarify matters such as tree felling and boundary enquiries.

2020 was a hard year for everyone and our team had to quickly adapt and change the way we worked because of the pandemic. Post COVID-19, we work away from the council offices and have created innovative and new ways of communicating. We now use technology whenever we can, this includes using WhatsApp calls to undertake mutual exchange inspections, flexible tenancy audits and reviews over the phone and even using Microsoft Teams to have pre-arranged meetings.

COVID Information

In line with COVID restrictions and guidance and our own commitment to the safety of our residents and staff, we have continued to carry out repair works inside your home categorised as an emergency or urgent priority along with external works throughout the pandemic lockdowns.

Our staff and contractors have continued to work through the pandemic using full personal protective equipment and have ensured that a safe distance from residents is maintained whilst any work is being carried out.

They have continued to work in a situation where short notice absence, through sickness, self-isolation and other issues, has affected our ability to carry out work as originally planned and we appreciate this has meant cancelled and rearranged appointments. We are grateful for everyone's patience and understanding during this difficult period.



Repairs Reporting

For all urgent or emergency repair works, please email repairs@guildford.gov.uk or call 01483 444222 during weekdays and 01483 532122 evenings/weekends.

For everyone's safety when attending, we'll be asking you if:

- 1 You or anyone in the house feels unwell with a fever, cough or flu like symptoms
- 2 You or anyone in the house has been in contact with a person with a confirmed case of Coronavirus or are self-isolating.

Our Housing Repairs team have been helping to deliver essential medical and food supplies to those who are vulnerable and unable to leave their homes due to shielding or isolating to protect themselves. They are also helping to support Meals on Wheels and other essential service areas to make sure our residents get the help they need.



Up to 5 February 2021, our Community Services team has delivered...



6,032
food parcels



984
medication collections



7,566
Welfare calls

In 2019/20, we spent £6m on improvements and planned maintenance to our housing – this was in addition to our normal repairs and routine maintenance and included:



Modernising kitchens & bathrooms -
£1,000,000



Void refurbishment & conversion works -
£700,000



Renewal of roofs -
£700,000



Replacement of windows and doors -
£300,000



Central heating upgrades -
£500,000



Fire protection works in blocks of flats -
£100,000



Disabled adaptations -
£600,000



Environmental improvements -
£50,000



Replacement of electric heating with Air Source Heat Pump systems -
£750,000

Keeping active at home

Keeping active will help you stay healthy and happy, whether you have an existing condition or not.



Physical activity can help lift your mood, improve your wellbeing (including sleep), as well as keep your body healthy, supple and strong.

If you can't get out to take a walk, contact us and we can send you a leaflet with exercises that will help both your strength and balance, whatever your fitness level.

Website: www.activesurrey.com/

Telephone: 01483 518944

Email: active.surrey@surreycc.gov.uk

What to do if you have a fall

If you have a fall, lie still for a minute, stay calm and check if you are hurt. If you know you can't get up, try calling for help or bang on walls/radiators.

Keep warm by covering yourself with something close by and try to keep your limbs moving.

If you think you can get up:

1. Roll onto your side, then push up onto your elbows
2. Using your arms push yourself onto your hands and knees
3. Crawl towards a stable piece of furniture (chair or bed ideal) and hold onto it for support
4. Bring your stronger leg forwards. Lean forwards and push up using your arms and front leg
5. Slowly stand, before sitting down to recover.

Watts Gallery - Artists' Village

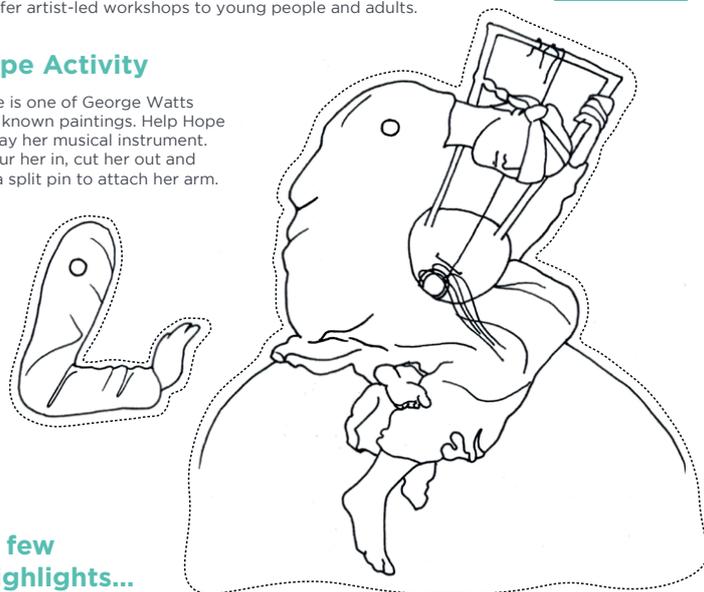
Watts Gallery is an art gallery near Guildford. It is dedicated to the work of the Victorian painter and sculptor George Frederic Watts and the artist and potter, Mary Watts.

Just as Mary Watts invited the local community into her studio-home to learn new creative skills, Watts Gallery Trust works in partnership with local charities, organisations, schools and prisons to offer artist-led workshops to young people and adults.



Hope Activity

Hope is one of George Watts best known paintings. Help Hope to play her musical instrument. Colour her in, cut her out and use a split pin to attach her arm.



A few highlights...

Watts Tots

Online - find out more on our website

Discover simple art tutorials designed by our Make Space artists and perfect for under 5s. Guided by video tutorials and free printable activity sheets, experiment with different techniques and explore the wonderful creations that can be made from limited resources.

Make Space

Fortnightly, Free Online Suitable for all ages.

Get creative with all the family with the Watts at Home digital Make Space! Discover simple art and craft activities.

Access and book your activities online at wattsgallery.org.uk/whats-on

A helping hand during difficult times - Stoke Community Support

Stoke Community Support (SCS), a community response to the COVID-19 pandemic led by St John's Church, Stoke and St Peter's Shared Church Stoke Hill, continues to provide free frozen meals to families facing challenges during the pandemic.

Since its inception in April 2020, SCS has provided over 25,000 meals to more than 200 families facing loss of income, food poverty, isolation or caring responsibilities made more difficult by COVID-19. The frozen food producer, COOK has generously provided free or discounted meals. The Caring Foundation (part of the Ivy chain), TESCO, Sainsbury's and the award winning Mandira's Kitchen (Albury) have also kindly donated meals. At Christmas, we distributed a Christmas-themed meal, and have received great feedback.

An Easter-themed meal is now being planned and will certainly include chocolate in some form! SCS is planning to continue beyond Easter for as long as there is a need due to the pandemic.

Focused in the Stoke Ward area of Guildford, SCS also distributes across the town as capacity allows. SCS is entirely voluntary; the meals are administered, packed and delivered to the door by our wonderful team of 40 volunteers from local churches and schools.

For more information or if you know a family in need who would benefit from SCS meals, contact us by email at: admin@stokecommunitysupport.com

If you wish to support SCS's work, please see donate page on the SCS website at: www.stokecommunitysupport.com

Peter Curran
Chair, Stoke Community Support

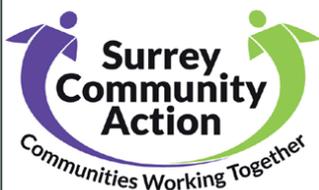




Resident Support from Guildford Borough Council

If you are self-isolating, feel you need support or you would like to help others, please contact us:

- Call our **Community Helpline** on **01483 444400** or go online at www.guildford.gov.uk/home for help with food, prescription collection and support for yourself - **or you can register a relative, friend or neighbour on their behalf** (helpline is open Mon-Thur 8.30am-5pm Fri 8.30am – 4.30pm).
- Call our **Safe and Settled team** on **01483 444476** if you have recently come home from hospital or are struggling to manage at home. We can help with adaptations, urgent repairs to your home and also answer queries about private tenancy agreements and landlord disputes.
- Call our **Community Transport** on **01483 458052** or email communitytransport@guildford.gov.uk to book journeys or to join the scheme.
- Call our **Community Meals** on **01483 503010** for hot meals which can be provided on a flexible basis, main meal and dessert for £4.40 for older or disabled people.



Gypsy, Traveller & Roma Advice



Our Gypsy, Roma and Traveller Advice and Guidance Officer can help you to:



Manage your money



Claim welfare & benefits



Find a doctor



Find help if you are a carer



Apply for housing



Use websites



Share your views



Find more information

Call us on 01483 447118

Surrey Community Action, Astolat, Coniers Way,
Burpham, Guildford, Surrey GU4 7HL
Company Registered in England No. 3203003 Charity Registered No. 1056527



FREE online art club

The Art Room is an online art club for families with kids aged 4-7 years.

These sessions are a great way to spend quality time together. We'll give you handy tips on how to make clean up easier and you can ask our experienced art teacher questions during the session if you get stuck. Join us for two art activities you can do at home each week using low cost materials you may already have around the home.

Email us at community.wellbeing@guildford.gov.uk for a list of materials and details on how to join the session. We will also send out a worksheet after the session in case you missed anything.

Blankets without Borders

Blankets without Borders (BWB) is a local knitting initiative that started in 2017. We are based in East Horsley in the offices of Home Counties Carers (www.homecountiescarers.co.uk)

We donate the blankets we knit to charities that support those that have been homeless or who are being rehoused. There is nothing more comforting than a warm, bright and cheerful blanket.

Our knitters and crocheters are of varying ages and abilities, who also knit and crochet shawls and knee rugs for the elderly and fiddle muffs for those living with dementia. BWB gives people the opportunity to knit or crochet something that will make a positive difference to someone.

We are so grateful to all those that are part of our initiative!

Some of the BWB knitters just knit or crochet squares; others only sew these squares together to make a full blanket, while

others knit whole blankets. Some just make shawls or only fiddle muffs. There are many ways that anyone interested can become part of our BWB family.

If you know of charities that would benefit please do let us know, we'd love to share our BWB love with as many people as possible.

Wool donations are always very welcome as are knitting needles!

Please visit our BWB Facebook page - www.facebook.com/BlanketsWithoutBorders and have a look at what we do.

Call us on 01483 224985 for a postcard with our blanket pattern on it, we'll pop one in the post for you!

Happy knitting and crocheting!



Your Poems

After watching *Born To Be Free*, an investigative film made by free-diving journalists about the global trade in wild sea mammals, Eloise Farr (11) was moved to write this poem.

Born To Be Free

I watched a film
That made me think and made me feel.
Thank you for making, because now I know it's real

It's all about money
It is all about greed
Who was the first to plant this seed?

Why are they captured?
Why do they have to live in fear?
Why do we do this? It gives me a tear

My fave are whales,
They are living in jails.
How would you feel in a cell
You don't speak their language, so who could you tell?

I'm guilty of having a picture
It wasn't so fun.
When I see a baby with her.
I think of that moment, it brings me to tears
Why I was so stupid?
They perform through fear.

Fear of hunger, fear or abuse,
I want to know and I want you to as well,
That these animals have been through absolute hell.

Imagine being ripped from your mum,
Sad times ahead, it's not a lucky escape for some.
They should be living free in the wild,
No animals should lose their child,

Maybe one day we could live alongside,
But for now, I hope they don't die through the long ride,
They are incredible this is all preventable
We need to love and respect, even an insect.

One day I hope I make a difference
I just hope my voice will be heard through the distance.

COVID-19 Lockdown

What a dreadful situation we find ourselves in!
Everyone in the worlds must endure a lock in.
"Stay at home," is the cry.
"We will all do our best!"
At the top of our hero list is the NHS
Then come many others:
The police and the carers,

The Weatherman

The Weatherman reports
From some windswept shore,
Nevermind the danger,
They do it all the more!

You shout at the telly,
'Move you fool!'
As debris flies everywhere,
There's a definite brawl,

Between the guy with the mic,
And the increasing gale,
No-one can hear him,
And his face has grown pale,

He's not going to win this battle,
The tempestuous sea,
Roars like a lion,
It's pointless you see,

To take on nature
With no more than a cagoule,
'Get back inside!' I shout,
'You silly, silly fool!'

And yet, as you watch,
There's a strange fascination,
Will he fall over?
Despite his determination,

I've not seen a presenter yet,
Ever land on their bottom,
But that would be an image
Not easily forgotten!

By Lisa Jones

I wrote this poem during lockdown while I was away from home and self-isolating with my family in Wales. I missed my friends at Japonica Court terribly and wasn't expecting to be away for as long as I was! My son phoned me one day during lockdown and informed me of a post he had seen on Facebook where they were asking for poems to be written for older people to help them through the lockdown and to bring them comfort – I decided to enter this poem, in the hopes it would lift spirits and make people aware they were not alone.'

The postmen and drivers,
And also the shops!
We cannot go out until this cruel virus stops
When will it finish?
Where will it end?
We long to hug our family and friends!
We all need our families!
We all need our friends!
Please, dear God, bring us all together again!

By Shirley Hind

Children's Quiz

Guess what

Take the first letter of each answer to spell out a word.
Answers on the back page.

1. What animal is Suzie in Pepper Pig?
2. Chips are made from which vegetable?
3. A bunny is a baby what?
4. Something that is very cold but nice to eat
5. Big Ears best friend
6. Something that is green and you can see a lot of it in gardens and parks



From the Garden

All the answers are things that can be grown

1. Last name of lead singer of hard rock band
2. Co-creator of 'This Country'
3. Ginger haired Brummie comedian
4. Former Bowler for England, Durham and Lancashire (last Test Series 2012)
5. TV presenter of 'Dancing on Ice'
6. Chris Martin and Gwynneth Paltrow's first child
7. Fictional character created and portrayed by Lee Francis in 'Celebrity Juice'
8. Beatles record label
9. Capital of Belgium
10. Member of 'Take That'
11. A drink and a sport
12. Gloves found in the kitchen
13. Henry VIII's flag ship
14. Where money can be made
15. This caused the Titanic to sink
16. Always greener on the other side

Answers on the back page.

Quiz provided by local resident Gillian J.



Lockdown Thoughts

The Community Wellbeing Team reached out recently asking people, of all ages, to share thoughts and reflections on life whilst in lockdown. Here are some of their stories...

Lockdown has made me a stronger person. I'm 10 years old and have started writing in a diary to record this strange time.

I have spent a lot more time with my parents & sister and I have learnt to cook. I have read lots more books than normal and it guided us to the library's 'Ready Reads' which is fantastic as we are shielding. I play in my garden a lot more than I used to which is also nice especially with the snow!



We have discovered new walks and parts of Guildford that we never knew about.

I do not enjoy not seeing my friends and not going to school. I'm also missing out on birthday parties and holidays. I really miss not seeing my grandparents or Aunties and Uncles. Which makes me sad.

By the dragon!

Highs and Lows of Lockdown

As a young adult, who is currently working towards A-levels and as time has neared towards the exams, lockdown has become significantly harder due to so much uncertainty regarding our future. Not only having an impact on our lives but also our mental health. Despite this, as a generation it is clear to see that we have become more aware and appreciative of our surroundings and beginning to realise we can't take things for granted as a result we can assure that our lives beyond lockdown will be lived to the fullest.

By Mia Aged 18.

How food parcels have helped me

I am a single mum to three children under the age of 8, I am receiving Universal Credit.

The food parcels have been invaluable to me during this pandemic.

My Universal Credit is stretched to its limit, my food budget, without the help of the food parcels is very tight, the food parcels bring much needed help and relief to myself and knowing that I have the much needed top up of food for us. Where my shopping budget is a set amount monthly, I don't often get to try new foods as my Universal Credit money is allocated to the penny, so some weeks the parcels has offered lovely new food I wouldn't have normally been able to choose for my kids or myself, which makes a nice change from having to stick to the same food week by week, month by month.

We got given lots of lovely fresh fruit and vegetables which I'd normally have to get frozen as it's the cheaper option for me, we've also been given toiletries as well which is incredibly helpful also

because nothing goes to waste, the food parcels help give peace of mind when you can't always stretch your money like you're supposed to. I have been incredibly grateful and so have my three children, the generosity is incredible.

I have found the pandemic a massive struggle, I struggle with my mental health (depression and anxiety) already but there have been times during the last 12 months where it was so dire, but again, I have a very supportive school link worker and the school have been able to offer the children school places, which hasn't had just helped me it has helped my children. We don't have friends or family nearby so our main link to the world is just as a four or anything through the school, so its helped with my son's anxiety also and even my daughter, it helps us not to be completely detached and drifting.

I know I've been so fortunate with the help I've received and the support I've been given, I'd never take that for granted and I don't think I'd be half as functional if I hadn't been receiving the extra help and support with the food parcels and the school.

My experience of March lockdown

What a year 2020 has been for everyone, with each of us having our own stories to tell.

From the start, my eldest daughter, Deborah, thought it would be a good idea to lend me her iPad so that I could keep in contact with my lovely children and grandchildren over Facetime. I wasn't sure what Facetime even was but with some helpful guidance from my daughter I became quite a whizz and was very thankful to see my grandchildren smiling at me through the screen. They were also very surprised and impressed that Nanny could Facetime.

To start off with I wanted to find some things to occupy my time, so I thought I'd start doing some baking. My Victoria sponges were improving over the weeks – the better they became the more I made, however, the baking came to a grinding halt as the bathroom scales became quite unkind to me. As much as I enjoyed it there was only myself to eat the treats and I'd put on a tonne in weight!

As well as some time spent in the kitchen, my children wanted to make sure I was doing ok and had things to keep me busy, so they stocked me up with magazines, word searches and puzzle books to help pass some time away. I also had two jigsaw puzzles of 1,000 pieces each to get through – the first being a success, that I completed over the weeks but the second one was too

much of a challenge and started to hurt my head as it was all too much of the same colour, so I had to put this one down.

Getting my one hour's exercise was very important to me. Most days I would walk around the grounds of Guildford Castle, which I found every enjoyable. It was so important to get outside for some fresh air, as it helped to clear my mind, but it was also a good way to work off this extra weight I'd gained!

Lockdown for me started ok but then out of the blue I found myself very tearful over the slightest thing which went on for 6 weeks or so. Living alone was taking its toll on me and I missed seeing people and doing normal things, but I picked myself up again and carried on as best as I could.

Prior to this recent lockdown I decided to go back to crocheting, this has kept me very busy. I've made a blanket for each of my grandchildren to keep them warm over winter and have had a few special requests too.

Lockdown has been a very emotional time, especially living alone but I'm very thankful for my own health and that of my family and friends and hope that brighter days are ahead.

Tenant of Millmead Court

Me and my family have benefited from being involved with the great work and support from the community team, from attending the centre with my 90-year-old great Aunty to do crafts supported by Watts Gallery to enjoying the soft play with my 3 year old.

We have been coming to the centre for a number of years now and have enjoyed all kinds of events from farm days, the opening of the Hive to simply coming for coffee and delicious cake and a chat with one of the workers!

We have missed it terribly but are so grateful that we still have been connected during this strange time! We have visited the Hive (within the guidelines) received play packs of toys and jigsaws for my two children and even a food parcel and flowers for my Great Aunty on her 90th birthday!

My oldest daughter was involved with the colouring book and was so proud to see her design on the cover with the help from the Watts Gallery!

We have enjoyed the newsletters and entered the competitions and even featured in them! The support is always there for us when we need it and is extremely important to our family as well as other families in the area!

We are so lucky and grateful to have you and be apart of your community blanket!

Most of all your there just for a chat if we need it!

Thanks so much all of you! You are appreciated and long may it continue throughout this difficult time your support has meant the world

Forever grateful

The Walkers & Aunty Daisy



I would be lying if I said that Covid and lockdown has been fun.

Since last March (almost 1 year), I haven't seen any

family or friends or been to a supermarket/shop. The postman delivering is the highlight of my day! As a sociable person, it's very draining and really sad not to be able to see people in person. Zoom and Teams are no substitute for face-to-face.

That said, as I'm self-employed (and not working due to Covid), I have been able to have breakfast and dinner with my husband & kids. A first time in 11 years!

As I'm not working, I've also been able to do some volunteering work (online) which gives me a sense of purpose and "giving back."

I've also convinced the kids that they need to do more housework – bonus!

Spring is now beginning to Spring – it's so lovely to see the buds and flowers pushing through. It gives me hope that we are nearing the beginning of the end of this time.



PRIZE wordsearch

Win a £25 voucher, donated by the Tenants' Advisory Group



- | | |
|-------------|-----------|
| Spring | Sunflower |
| Woodland | Housing |
| Bees | Art |
| Community | Blankets |
| Vaccination | Lockdown |

Name:

Address:

Tel:

Send your completed wordsearch along with your name, address and a daytime telephone number to:

Community Wellbeing Team, Guildford Borough Council, Park Barn Centre, Park Barn Drive, Guildford, GU2 8EN or photograph your completed wordsearch and email to community.wellbeing@guildford.gov.uk

Closing date is Friday 7 May 2021. Previous winner was Mr Reeves from Shalford, congratulations!

Answers to Children's Quiz on page 17: 1. Sheep. 2. Potatoes. 3. Rabbit. 4. Ice cream. 5. Noddy - **SPRING** Answers to From the Garden Quiz on page 17: 1. Axel ROSE. 2. DAISY May-Cooper. 3. Jasper CARROT. 4. Graham ONIONS. 5. HOLLY Willoughby. 6. Apple. 7. Keith LEMON. 8. Apple. 9. Brussels. 10. Jason ORANGE. 11. Squash. 12. Marigolds. 13. Mary ROSE. 14. Mint. 15. ICEBERG (lettuce). 16. Grass.

Contact Point – Paper or Digital?

With more and more of us looking to find reading material, activities, stories, news, and information online – we want to know if you would prefer a digital copy of Contact Point via Guildford Borough Council's website?

Please let us know your thoughts either by sending an email to:

community.wellbeing@guildford.gov.uk

And in the subject header add: **YES to online Contact Point**

or by using this tear off slip and return it to **Community Wellbeing Team, Park Barn Centre, Park Barn Drive, Guildford, GU2 8EN.**

Updates on responses will be published in the next edition.

Name:

Address:

I would prefer to read online **Yes/No*** Delete as applicable.



Community Wellbeing Team, Park Barn Centre, Park Barn Drive, Guildford, GU2 8EN.

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