

Contact point



GUILDFORD BOROUGH

and



working together

Summer 2023



Supporting - Companionship - Support - Advice - Sanctuary - Reconnect

Coffee, Cake, Chat

Meet a member of the community walking team for a hot drink, slice of cake and a chat at The Hive!

Wednesdays 10am - 12pm

We can offer companionship in a safe space or guidance, directing you to experienced support.

Buy a soft coffee and get a free slice of the cake of the day - every Wednesday is cake day at The Honeybee Cafe!

DROP IN FOR A CHAT OR IF YOU HAVE QUESTIONS SURROUNDING:

- HEALTH AND WELLBEING SERVICES
- CHILDREN AND YOUNG PEOPLE CLUBS
- FINANCIAL OR HEALTH DIFFICULTIES
- GENERAL ENQUIRIES

The Honeybee Cafe at The Hive, Park Drive, GU10 2JH



Coffee, Cake and a Chat

Walkfest 2023

www.guildford.gov.uk

It's all go at The Hive

Contents

Meet the Vice-Chair of the Tenants' Engagement Group	3
Have you visited The Hive yet?	4
The Big Draw 2023 – Drawing with Senses	6
Park Barn Youth Café	8
The Hive Community Pantry	9
Contact Point, Your Magazine!	10
Photo Competition	10
Lakeside Nature Reserve	11
AICO 'Giving Back' June 2023	12
Walkfest 2023	13
Home Start Guildford matches parenting experience to current needs	14
Guildford Book Festival	16
Surrey Fire and Rescue open days and events	17
Summer Spectacular!	18
Summer Crossword	19
Spot the difference	20
Prize wordsearch	20

Your magazine... Summer 2023

Hello everyone, it's Contact Point again.

It doesn't seem that long ago since I was writing the last introduction.

We at the Tenants' Engagement Group have been busy as usual. Along with our normal work, we set ourselves a task to go on tour and visit six areas within the borough to meet with you. To date, we have visited four of these and plan to visit the remaining two very soon.

Whilst on tour we have met some interesting people and were able to help and advise them where needed. We picked up a couple of issues on each of the estates and will be taking these back to our housing partners. I would like to thank you for coming out to meet us and help make our visits pleasant and worthwhile.

We have three new members who recently joined, so a big welcome to Julia, Dale and Lloyd. I very much want to thank them for their input, giving us different viewpoints and for giving up their time.

Don't forget we have lots of different volunteer roles on offer, so if you want to know more, please do contact us.

Make sure you look after yourselves over the summer and stay hydrated.

Take care.

Alan,
Chair of Tenants' Engagement Group



 tenants.group@guildford.gov.uk

 Jo or Tracy on 01483 444150

If you would like:

- more 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.

Community Wellbeing Team
The Hive
Park Barn Drive
Guildford, GU2 8EN

 01483 444150

 Email: community.wellbeing@guildford.gov.uk

 @GBCCommunityWellbeing

 @GBCCommunityWellbeing

Front cover photo: Jo Packman from the Community Wellbeing Team at the Honey Pot Café.

Answers to spot the difference on page 20





Meet the Vice-Chair of the Tenants' Engagement Group



My name is Pat Conroy, I'm 62 years old and the current Vice Chairman of the Tenants' Engagement Group (TEG).

I have lived and worked in Guildford all my life and have seen many changes over the years. I joined the tenant's group five years ago because I am passionate about Guildford.

As a child I knew all my neighbours by name as well as the traders and shop keepers - there was a sense of community which seems lost these days.

There are many tenants who are elderly, lonely and vulnerable. Part of our role is to give these, as well as others, a voice. Some tenants are reluctant to talk directly to the council. We aim to provide information to our fellow tenants to help get their problems resolved, this could be a housing problem or anti-social behaviour, which can impact your lives. If we are given permission from you, we can ask the council questions on your behalf.

Another part of our role is to scrutinise the council's spending on housing. Our aim is to work in partnership with the council to get the best deal for you and cost effective for the council, which will be a win-win scenario. We authorise any spending on any environmental improvements put forward by yourselves, Neighbourhood Specialist Officers and Councillors.

I would encourage you to get involved, we are a friendly group and meet once a month. Recently, we have been out on the road to different areas and we get involved with other events.

I look forward to meeting you all. In the meantime, if you have any issues you think we can help with, please contact us. See page 2.



Have you visited The Hive yet?

The Hive is based at the back of King's College school and was formerly called the Park Barn Day Centre, it is open Monday to Thursday from 9am till 4pm and 3.30pm on a Friday. All services are available during these times unless otherwise stated.

The Community Wellbeing Team are based here but cover the whole of the borough. If you want to start a new project in your area or need some help then get in touch, they're able to support and advise on various topics.

Alternatively, one of the team is available in the Honey Pot Café every Wednesday from 10am till 12 noon for Coffee, Cake and Chat, for more information on this see page 7. They can be contacted on:

📞 01483 444150

✉ community.wellbeing@guildford.gov.uk



The Community Fridge is stocked full of fresh food supplied from local supermarkets. The idea behind the fridge is to stop food waste and all items will be close or on the best before date. Anyone is welcome to use the fridge, although we do ask that you only take what you can use. We have moved the fridge and it is now in the entrance to The Hive.

The Community Pantry is a new service, have a look at the article on page 9.

Honey Pot Café stocks lots of hot and cold tasty treats at a reasonable price. Every Wednesday, you can get a free slice of cake with every posh coffee you buy. All the cakes are freshly made on site.

Action for Carers are available in the café on a Monday from 10am till 2pm. If you're registered with them, they will supply you with a discount card that entitles you and your cared for person to a 50% discount.



Playzone is a free soft play area for 6-year-olds and under. They can let their imaginations run wild with the fancy dress outfits and various toys. The Playzone is open on **Mondays from 2pm to 4pm** for under 2s only, **Tuesday to Friday** are as the usual times for the centre.



Thrive at The Hive is located at the rear of the centre and is accessed by using the footpath down the left hand side of the building. We stock clothing from new-born to seniors, kitchenware, bedding, shoes for all sizes, toys, children's books and much more. Items are offered on a pay-as-you-feel basis, so you can give as little or as

much as you like. Pop in and have a look around, there's no need to ask.

If you wish to donate items to Thrive at The Hive, please check our Facebook page **@GBCCCommunityWellbeing** or call the Community Wellbeing Team on 01483 444150 to check what we need.

Activities Hub, Community Meals and Community Transport for more information about these services or to book transport/meals, please call:

☎ **01483 458055**

✉ **info.communityservices@guildford.gov.uk**

To join the Activities Hub and Community Transport per year, costs **£21.50** or to just join one is **£13.90**. A 2-course lunch at the Activities Hub will cost **£4.70** as a member or **£6.60** for non-members, although you can just buy a lunch or a desert or use the café if you would prefer.



Gemma

Sassy's Salon is run by Gemma who has been a hairdresser for over 20 years. She offers a professional service to all her customers. You can WhatsApp, email, text or call Gemma to make an appointment using

☎ **07932 576892**

✉ **sassyhair.salon18@gmail.com**

We look forward to welcoming you to The Hive!

Podiatry/Chiropody services are run by Emma and Vida in the dedicated treatment room, to book an appointment, call **Emma on**

☎ **07961 316389** or

Vida on

☎ **07941 994878**



Big Draw 2023 canvas installed at Guildford House Mark on the left and the Community Wellbeing's Conor on the right.

The Big Draw 2023 – Drawing with Senses

The Community Wellbeing Team will be supporting The Big Draw in October again this year. The theme this year is drawing with senses.

Senses don't just mean the 5 physical ones of touch, sight, sound, taste and smell - they also include internal ones such as extra sensory perception that can manifest itself in dreams or feelings. Alberto Giacometti believed that the eyes are windows to the soul and in his drawings, you see intense working around the eye area of his portraits as he tried to capture the essence of the person.

We're excited to see how people interpret the theme this year and using their senses to explore creativity. We will be publicising opportunities to get involved in the Big Draw closer to the time, so keep an eye out on the Community Wellbeing Team social media pages for more information.

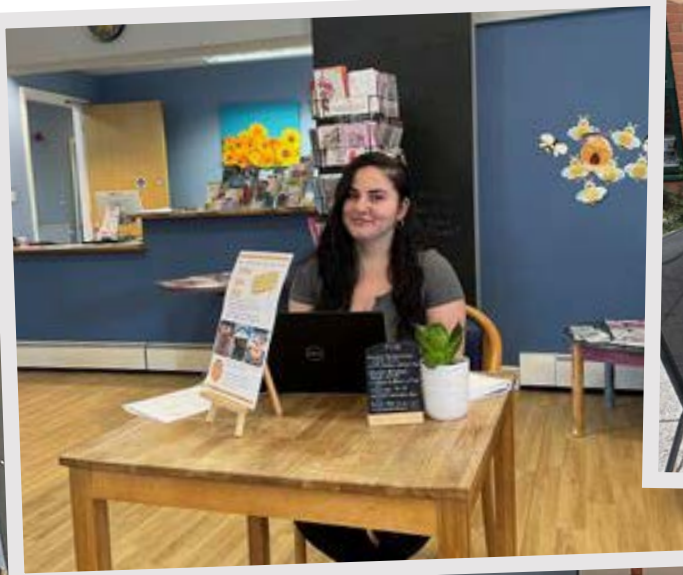


Coffee, Cake and Chat!

It's Wednesday, why not treat yourself to a cappuccino or a latte? If you do, our great team will offer a free slice of cake.

On top of this great offer a member of the Community Wellbeing Team is available every Wednesday morning from 10am till 12 noon in the Honey Pot Café. So not only do we promise coffee and cake but also a chat too!

Whether it's just to have a chat or you need some support or advice, then do drop into The Hive and see us, no booking required.



Park Barn Youth Cafe



I love the different activities that are here and the wonderful staff that help everyone out.

The staff are a lot of fun to play games with such as when I play table tennis with Conor. Previously I used to do kickboxing with a man called Lez. It was a lot of fun and I wish that he can come back and teach me more.

I also like it when we can volunteer to help people out when they need food or drinks. For our work when we volunteer, we can get a free tuck shop item. I also enjoy when I can practise my skills by making a latte coffee for anyone who wants one.

This is a very fun place, and I would recommend to other people. Here is a list of activities that I think some people will enjoy:

- Table tennis
- Pool
- Air hockey
- Arts and craft
- Piano
- Nintendo Wii
- Board games

All young people are welcome - see you soon!
Aden James Clode

For more information contact The Community Wellbeing Team:

 **01483 444150**

 **community.wellbeing@guildford.gov.uk**



The Hive Community Pantry

On Monday 12 June we launched The Hive Community Pantry. Our aim for a community pantry, stemmed from wanting to promote solidarity and collective action within the community during the current cost of living crisis.

We want to encourage people to donate food and share resources with their fellow community members. With the help of our amazing volunteers and colleagues, we were able to give out a grand total of 91 bags during our launch week!

The Hive's Community Pantry is open to everyone during current rises in cost of living. We can provide dry goods and long-life items once a week to help ease the cost of the weekly expenses. Each bag is pre-packed, and this can include essential items like pasta, rice, tins, and soup, although our stock is limited. The Pantry bags are available Monday and Wednesday 9am – 4pm and Friday 9am – 3:30pm!

We also welcome donations, as with all our projects this enables and fosters a sense of being able to give as well as receive. Look out for donation points currently at The Hive and in the reception at Millmead council offices.



Volunteer Joyce, packing up pantry bags

Contact Point, Your Magazine!

We work hard to put together a magazine that we hope you find useful, as well as interesting. With this in mind, we want to hear from you!

- Is there something that you are interested in that is not included?
- Would you like to see more articles about the history or to share your memories of the borough?
- Do you need more information and if you do, on what?
- Do we need to change the competitions?
- Would you like to work on Contact Point, help decide the issue ideas, gathering or writing articles, or proofreading it before it goes to print?

We accept handwritten articles, so you do not need a computer to be included, just post it to us or ask a family member to take a photo of it and email it through (make sure it is not blurry).

You can email, post, or call us, to tell us about your ideas.

 **The Hive, Park Barn Drive, Guildford, GU2 8EN**

 **01483 444150**

 **tenants.group@guildford.gov.uk**

Photo Competition

You will notice we do not have a photo competition in this edition. As we have not received any photos, we have decided to have a change.

As we have asked you to write articles, we will be offering the £25 voucher for the best one!

Sharpen your quills and get your thinking caps on. The article can be about anything, your memories of growing up in the borough, your wedding day, your hobbies, the list is endless.

Either email it to tenants.group@guildford.gov.uk or post it to the Community Wellbeing Team at The Hive.





Lakeside Nature Reserve

This reserve is a lovely peaceful park in Ash Vale. There's a free car park where a cement mixer lorry was buried. Apparently, the cement set before it could be used, ruining part of the lorry, so it had to be buried there.

Despite such drama, Lakeside is now a tranquil spot with a lovely view across the lake and reed bed. Great for dragonflies on a warm summer's day. The small wildflower meadow is a good place to look out for plants such as bee orchid and ragged robin, not to mention butterflies like the common blue.

If you have kids to entertain, there's a fantastic play park complete with zip wire and mini-climbing walls. There's also a trail of child-friendly nature

posts to find. If you're looking for a longer walk, you can follow the Blackwater River along the waymarked Blackwater Valley Path towards Hollybush.

The Community Wellbeing Team and Park Rangers will be hosting their annual fun day on Thursday 26 October from 10am till 2pm, keep an eye on their Facebook page for more information.

 @GBCCCommunityWellbeing

AICO 'Giving Back' June 2023

AICO HomeLINK provide Council properties with Fire detectors, Carbon Monoxide detectors and environmental monitoring devices.

Each year, they are released from their everyday duties to 'Give back' to their community. We were thrilled to welcome AICO to several Sheltered and Supported schemes, where they, along with tenants spruced up the communal garden areas. We are grateful for the gardening works that they have done and are

looking forward to welcoming them back next year!

The photo shows AICO in action along with Will and Rachel from Dray Court.

Written by Laura Mackie, Team Leader for Sheltered and Supported Housing.





Walkfest 2023

The Community Wellbeing team are pleased to support the annual Guildford Walkfest again this September. There will be around 50 free walks all over the Borough.

The Community Wellbeing team are pleased to support the annual Guildford Walkfest again this September. There will be around 50 free walks all over the Borough.

The walks are designed to suit all ages, interests and abilities. There will be family, pushchair and dog-friendly walks. This year's Walkfest highlights the many physical and mental health benefits of walking. Walking helps to keep your muscles and bones healthy, increase your fitness as well as lowering anxiety and stress levels.

Walking in a group is sociable, fun and a great opportunity to meet people and get involved in and explore your community.


Please like and follow the Guildford Walkfest Facebook page [facebook.com/guildfordwalkfest](https://www.facebook.com/guildfordwalkfest) and see the website and



blogs for more information on joining in this year www.guildfordwalkfest.co.uk

Leaflets will be available at the Tourist Information Centre and The Hive. If you can't get to these venues, please let us know and we'll post a leaflet to you.

Finally, if you would like any more information about walking, link up with local walking groups or just want to share a passion for walking and nature, I would be delighted to hear from you! Get in touch by:

 community.wellbeing@guildford.gov.uk
 **01483 444150.**





Home Start Guildford matches parenting experience to current needs

Being a parent has never been easy. It can be lonely, frustrating, heart breaking and overwhelming. Because childhood can't wait and life changing events can happen to anyone, Home Start is there to support families build resilience and enjoy their parenting journey.

Home Start recruits and trains volunteers who are parents themselves and then matches them with a family who has been referred by their health visitor or other service, or even self-referred. Just two hours a week of one-to-one home visiting can make a big difference to a parent and their children who might also be struggling with poor mental or physical health, postnatal depression or bereavement, financial worries or any one of numerous challenges in life.

Home Start is strengths based. Everyone has them and the volunteer will help the family build on theirs to be more resilient in the future.

A volunteer might watch a new baby while mum showers, or play with toddler twins while mum

catches up on sleep. A listening ear or cooking on a budget whilst role modelling positive parenting are all ways a Home Start volunteer might spend their time with the family. It's not all about spending time in the home, often parents want help to take the children out – imagine living in a flat with no lift, young children and a buggy to get down the stairs before even thinking about walking to the park – an extra pair of hands makes all the difference.

Whilst home visiting is Home Start's core purpose and typically lasts for about 9 months. They also deliver weekly focussed groups and occasional local outings. Home Start services are free.

**HOME
START**
Guildford



All volunteers are DBS checked and required to attend the Prep Course where you learn more about Home Start and Safeguarding and other topics which will help with the volunteering role. They are lots of fun and a great opportunity to meet up with other volunteers.

“With the help of a Home Start volunteer, I learned how to interact and play with my son, put boundaries in place and create a safe and secure home. After Home Start helped to change my life, I decided I wanted to become a volunteer for the charity”.
Louise

We ask volunteers to give 2-3 hours each week to visit their Home Start family and provide the support that’s needed. On-going support for the volunteer and family is provided by our very experienced staff.

Families can refer themselves to Home Start or ask a professional working with your family to do it for you. If you have twins (or more!), or children very close together; if you or your children have a mental or physical disability or you have experienced domestic abuse or financial difficulties, we can look at matching you with a volunteer.

If you have time to make a real difference to people’s lives or if you are experiencing a new challenge to your parenting, start your Home Start journey by getting in touch.

 www.hsguildford.org.uk

 office@hsguildford.org.uk

 01483 511181

Guildford Book Festival

The Guildford Book Festival, now in its 34th year, is on a mission to encourage a love of reading and inspire creativity by introducing everyone we engage with to a range of books and authors.



The Festival kicks off on Sunday 1 October with our ever popular history day: four authors talking about their latest books, from Simon Heffer's *Sing As We Go: Britain Between the Wars*, to Alison Weir's *Henry VIII The Heart & The Crown* – the story of lifelong battle between head and heart, love and duty, perhaps not so far removed from the current royal family. All of this takes place in the beautiful surroundings of West Horsley Place and you have the opportunity for a tour of the House, setting for the BBC series *Ghosts*.

If it's adventure you want, on Wednesday 4 October come and hear international bestselling novelist, Kate Mosse speak with Stephanie Merritt about the latest book in her Joubert Family Chronicles, *The Ghost Ship*. Inspired by a real-life story it's a thrilling tale of adventure and buccaneering, love and revenge, stolen fortunes and hidden secrets on the High Seas.

Or on Sunday 7 October how about getting out and about in Guildford's picturesque Chantries for a walking and talking event with Tiffany Francis-Baker, author of *The Bridleway: How Horses*

Shaped the British Landscape. Tiffany explores how the relationship between humans and horses has shaped the British landscape, how horses have captured our wild imaginations, and how this connection has evolved and become part of our nation's ecosystems.

Throughout the Festival there are a number of Family events, including on Sunday 15th October author and illustrator Rob Biddulph with *Peanut Jones* and the *End of the Rainbow*, the third and final title in the hilarious adventure series for boys and girls that fizzes with magic, danger, friendship and art.

Guildford Book Festival does more than just the annual Festival. We are a local charity committed to encouraging children to develop a love of reading and throughout the year we also run a schools programme taking authors and illustrators into local schools. These visits are always very popular with students and a great way of encouraging a love of books and inspiring creativity. If your children's school isn't already one we visit, please encourage them to get in touch.

HOW TO BOOK TICKETS

This is just a taste of what's on offer and we'd love to see you at an event. Tickets for this year's Festival can be bought via our website www.guildfordbookfestival.co.uk or in person at the Tourist Information Centre in Guildford High Street, where you can pay in cash or by card.



Surrey Fire and Rescue open days and events

Guildford open day - 12 August 2023

- Ladymead, By-Pass, Guildford, GU1 1DL
- 10am to 11am for Special Educational Needs (SEN) families only
- 11am to 4pm open to all

Fire Stations across the county regularly open their doors to the public. This gives Surrey residents an insight into the activities of their local fire station.

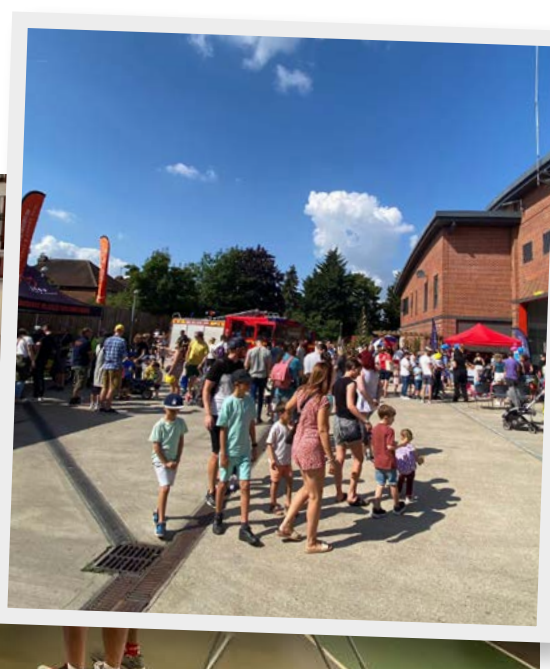
These events are a great opportunity to see the range of activities involved with being a modern firefighter, to learn about our crews, see our fire engines, and learn about fire safety!

Events will be publicised on our social media channels, follow Surrey Fire and Rescue Service on Twitter, Facebook, Instagram or Nextdoor for the most up to date information.

 **Surrey Fire & Rescue Service**
(@SurreyFRS)/Twitter

 **www.facebook.com/SurreyFRS**

 **Surrey Fire and Rescue Service**
(@surreyfrs) • Instagram photos and videos



Tell us your views at www.guildford.gov.uk/complaintscompliments

SUMMER SPECTACULAR

PlayRangers POP-UP

Come and join the Community Wellbeing team for an afternoon filled with FREE fun activities this summer!

9th August

Bellfields Green, GUI IJT

23rd August

Tongham Community Centre,
GUIO IDU

2pm-4pm

ARTS & CRAFTS

TEMPORARY TATTOOS

WATERSLIDE

PLAYRANGER ACTIVITIES

FOR MORE INFORMATION:

Call us: 01483 - 444150

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

@GBCCommunityWellbeing

The Community Wellbeing Team will be running two Playranger sessions over the summer. On **9 August** we will be at **Bellfields** and **23 August** in **Tongham**.

There will be lots of activities for you and your families to join in with and we will have some guest organisations coming along too. Bring a picnic and drinks. If you're not going away, come see us and PLAY!

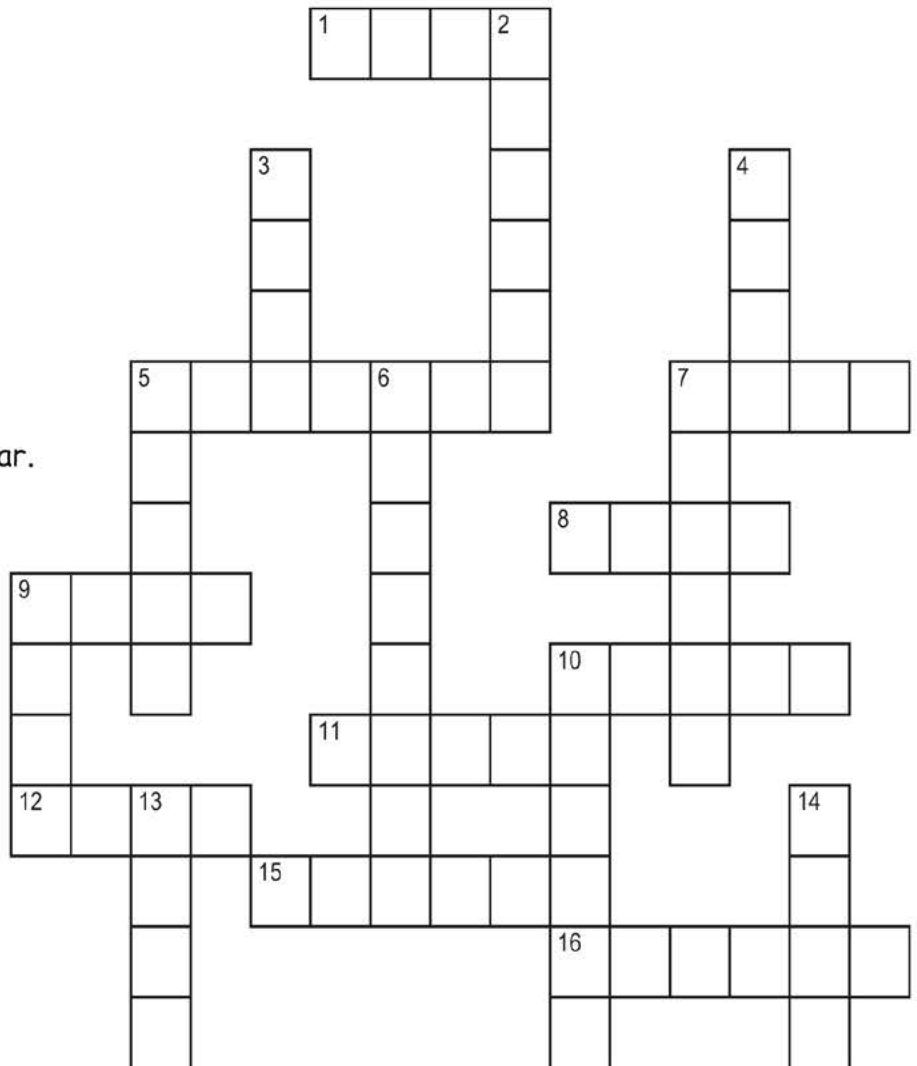


Across

1. Grains on the beach.
5. Living in a tent.
7. It warms you up.
8. Two wheeled transportation.
9. Comes with a shovel.
10. Full of daylight.
11. A sandy shore.
12. Area of inland water.
15. Warmest 3 months of the year.
16. Top for warm weather.

Down

2. Plunging into the water.
3. Move through the water.
4. Summer hazard.
5. House in the woods.
6. Frozen treat.
7. Trail walking.
9. A place to swim
10. Pants for hot weather.
13. Toy for a windy day.
14. Mildly hot.



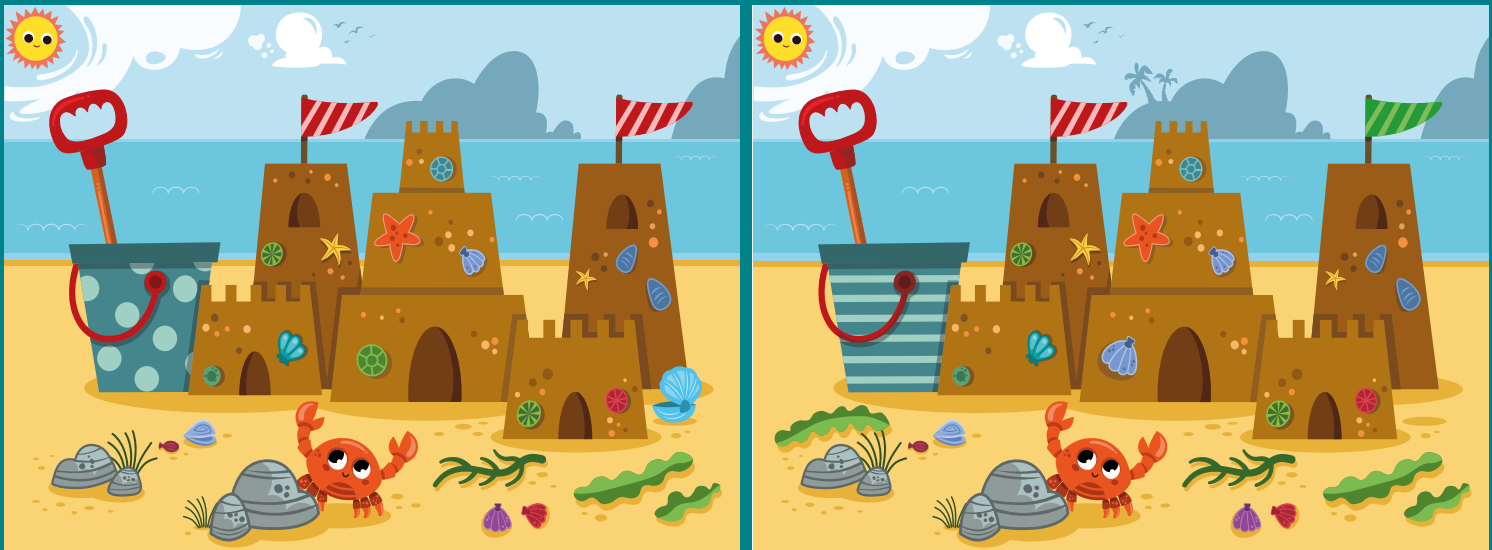
Word Bank

BEACH, BIKE, CABIN, CAMPING, DIVING, FIRE, HEAT, HIKING, ICE CREAM, KITE, LAKE, PAIL, POOL, SAND, SHORTS, SUMMER, SUNNY, SWIM, T-SHIRT, WARM

© 2021 puzzles-to-print.com

Puzzles to Print very kindly let us use this crossword. For more puzzles visit their website www.puzzles-to-print.com

Can you spot 7 differences



Answers on page 2.

PRIZE wordsearch

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

E A S C U T T U W A A W Q C W J J
 H D Q U A J J H D N A H I H Q Z B
 S M I J R Q T O E L Y R T N A P I
 W H F S A R G H K H T Y U C D B D
 H F Z O E A E F P R I N A X F M G
 P C T Y O K E Y A I I V Z P S Z N
 O O D R R S A T F M V Q E K P A N
 K M S R T F S L Y I M Q T C U T D
 I M O W F E K F J W R L D A V V B
 E U J Z M Z I A N E Y E O B F R L
 E N N O C X K T U M T Y H G S S E
 H I H P P D Y C O F F E E N N F X
 M T C K U B O O K F E S T I V A L
 M Y V T G S X T T V X X W V Y O Y
 E I D T P G E R B R K D B I N G V
 E S Y R P A T S C S Y D K G O O T
 K B L E V A B C T Q O D G A M J X

- | | |
|-----------|---------------|
| Coffee | Lakeside |
| The Hive | Giving Back |
| Community | Home Start |
| Walk Fest | Book Festival |
| Pantry | Surrey Fire |

Name:

Address:

Tel:

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

Tenants' Engagement Group, The Hive, Park Barn Drive, Guildford, GU2 8EN or photograph your completed wordsearch and email to tenants.group@guildford.gov.uk

Closing date is Friday 8 September 2023. Previous winner of the spring wordsearch was Margaret Mills from West Horsley, congratulations!

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

Tel: 01483 444150 | Email: community.wellbeing@guildford.gov.uk | Web: www.guildford.gov.uk

@GBCCCommunityWellbeing @GBCCCommunityWellbeing