

YOUR MAGAZINE

THE MAGAZINE FOR GUILDFORD BOROUGH COUNCIL TENANTS AND LEASEHOLDERS

Contact *point*



GUILDFORD
BOROUGH

and



working together

Spring 2024

Spring is here!



**Coffee, Cake
and Chat!**

**Men's Mental
Health**

www.guildford.gov.uk



*Recognising our
unsung volunteers*

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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

📘 @GBCCCommunityWellbeing

📷 @GBCCCommunityWellbeing

Front cover photo: Daffodils in Spring by Dan Hannington.

Your magazine... Spring 2024

Hello again,

I hope you enjoy the latest edition of Contact Point.

Not long ago I was sitting by my window reading, outside the wind was blowing a gale and the rain was absolutely pouring down. Then something caught my eye, it was the Community Meals vehicle, operated by Guildford Borough Council. It pulled up just down the road and out stepped the driver to deliver a meal.

It made me think that there are a team of people, that are out delivering meals, 7 days a week, all year round, in all weathers, to ensure residents, many who are vulnerable, receive a hot meal and a friendly 'hello'.

On behalf of all of us, I would like to say a great big thank you to the whole team for such an invaluable service. If you would like more information on Community Meals, call 01483 458055.

You will have received a letter explaining the current issues that are present within the Housing Department at Guildford Borough Council. The Tenants' Engagement Group are trying hard to assist with resolving the problems raised alongside council staff, but the progress is terribly slow. You may have seen on BBC websites that the investigation has been handed over to the Southeast Regional Organised Crime Unit (SEROUC).

On a much lighter note, we are delighted to welcome Janet to the management of the group. She has provided articles for this month's magazine and has volunteered her time. She has already made her voice heard in our monthly meetings.

If you are interested in finding out more about the group, or would like to offer a community news story, feature or article, do not hesitate to get in touch – we'll look forward to hearing from you!

Best wishes,

Alan,
Chair of Tenants Group

✉ tenants.group@guildford.gov.uk

☎ Jo or Tracy on 01483 444150



Answers to spot the difference on page 20





Spring is here



Pewley Down from the sky

I am so delighted it is Spring and I want to share one of my favourite places to visit in Guildford, Pewley Down Nature Reserve.

I visited with my wife and two-year old daughter. When we arrived, she ventured off, exploring and spotting the birds flitting about in the hedges. We looked out at the beautiful views across the rolling green Surrey Hills and enjoyed a picnic.

We explored the site relatively quickly as the top of the down is level and quite small. There are lots of benches where you can sit and take in the calm surroundings. We saw children flying kites and people biking and dog walking. If you are feeling more adventurous you can walk down the steep slopes, which in the Spring and Summer are covered with colourful wildflowers. This is the habitat for rare and beautiful Chalk Hill Blue and Small Blue Butterflies. When we visited there was a kestrel hovering overhead scanning the hillside for food.

The reserve has a group of committed volunteers who help to look after it for Guildford residents. Pewley Down volunteers have been helping to conserve this precious habitat and the iconic species of the Down for over 20 years.



Small Blue Butterfly

They are always looking for more volunteers to help, so if you are interested in giving back to your community, please contact pewleydownvolunteers@gmail.com and follow Friends of Pewley Meadows on Facebook.

Our experience at Pewley Down was excellent and it is amazing how even a brief visit to nature can have an impact, benefitting both our mental and physical wellbeing. There are usually 4-hour free parking spaces nearby on Fort Road or Pewley Hill.

You can also visit from the town centre if you are up for the challenge of walking up the hill! We are so lucky to have amazing places to explore and it is usually free to do so. Why don't you make plans to explore this or other parts of our amazing countryside this Spring and Summer.

Ben – local resident



Walking with Pewley Down Volunteers



Easter Eggstravaganza!

Come and join the Community Wellbeing team and partners for a wonderful afternoon filled with Easter themed activities!

When: Thursday 4th April
Where: Sutherland Memorial Park, Clay Lane, Burpham, Guildford GU4 7LX
Time: 1pm - 4pm

This is a FREE event, just turn up and join in the fun!

FOR MORE INFORMATION:

Call us: 01483 - 444150

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

@GBCCCommunityWellbeing



Reconnecting with nature and fostering outdoor play is essential for both physical and mental wellbeing. With this ethos in mind, we are thrilled to announce the revival of our Playranger outdoor sessions! Whilst we recovered from the Christmas and New Year break, we were brainstorming ways to bring some yummy treat activities to Playrangers. Our lovely volunteer Weiman showed the children how to make chocolate bananas - but first we demonstrated how to safely make a fire and they learnt some fire skills!



3:30PM - 5:30PM **Play Rangers** **Community Wellbeing**

Pirbright Summer Term Sessions

April: Monday 15th + 29th
 May: Monday 13th
 June: Monday 3rd + 17th
 July: Monday 1st

Chilworth Summer Term Sessions

April: Tuesday 10th + 30th
 May: Tuesday 14th
 June: Tuesday 4th + 18th
 July: Tuesday 2nd

Park Barn Summer Term Sessions

April: Wednesday 17th
 May: Wednesday 1st + 15th
 June: Wednesday 5th + 19th
 July: Wednesday 3rd

Bushy Hill Summer Term Sessions

April: Monday 22nd
 May: Monday 20th
 June: Monday 10th + 24th
 July: Monday 8th

Ash Summer Term Sessions

April: Tuesday 23rd
 May: Tuesday 7th + 21st
 June: Tuesday 11th + 25th
 July: Tuesday 9th

Bellfields Summer Term Sessions

April: Wednesday 24th
 May: Wednesday 8th + 22nd
 June: Wednesday 12th + 26th
 July: Wednesday 10th

Find us at the top of Bellfields Green, GU1 1UT

Guildford Museum – a place for families to have fun

Have you ever visited Guildford Museum? You'll find us just next to the grounds of Guildford Castle, Quarry Street.







It's a great place to explore our local history from prehistoric to more modern times, and to find out about famous people with connections to Guildford and Surrey, such as author Lewis Carroll and garden designer Gertrude Jekyll.

Our museum has lots on offer for families to enjoy together. Here are some of the highlights you can try right now...

The Scullery is a great space where the smallest in the family can try out the play kitchen complete with colourful fabric food, you can make a pizza and lay a table for dinner or even try washing the Victorian way! The Scullery also provides colouring and activity sheets with pencils and crayons and relaxing beanbags where you can read a washing or cooking themed book.

Exploring the museum further, as you pass by our Dennis bicycle, you'll find our Childhood Gallery. The whole family can enjoy vintage toys from yester year, old and not so old – is your favourite childhood toy on display? This area is a great place to stop and draw your favourite toy either on display, or from home or memory. We'll even put your drawing on display for other visitors to admire!

As part of our Secret Guildford exhibition, our special Secret Agent Hub gives families the opportunity to try out themed activities. You can join Agent Dash Hound to:

-  Read and send secret messages using Morse Code and Slidex
-  Design an everyday object that hides a secret message, map, or gadget
-  Disguise yourself so the enemy won't recognise you
-  Design a camouflage outfit for a spy parachuting into enemy land

All of these activities are available during opening hours: Wednesday to Saturday 12noon to 4.30pm. No booking needed.

To find out more about what's on at our museum you can visit:

www.guildford.gov.uk/whatsonatguildfordmuseum

To discover more about our other Heritage attractions, go to: www.guildford.gov.uk/heritageandhistory

We're looking forward to seeing you soon!

Universal Credit and a 53 week year

If you are a tenant and in receipt of Universal Credit, the following information is of importance in respect of your rent.

The new financial year or 'rent year', which is due to start on 1 April 2024 will be a 53-week year. This comes around every 4 or 5 years and it means there are 53 Mondays between 1 April 24 and 31 March 25.

As your rent is charged on a Monday, then this has resulted in a 53-week rent year. Unfortunately, Universal Credit does not recognise a 53-week financial year and will continue to calculate your monthly rent based on a 52-week financial year.

This means all tenants claiming Universal Credit will have a shortfall each month from what you receive from UC, against what you need to pay for your rent. You will need to make up the shortfall yourself from your earnings, or personal element of Universal Credit.

If you are concerned about this and would like to discuss this further, please do not hesitate to contact your Housing Income Specialist on **01483 444004**.



Meet a member of the community wellbeing team!

We are also out & about at different venues across the borough! Usually 10am - 12pm [but we can offer a time and day that suits you!]

Meet a Wellbeing Team Advisor in your community - a free to access service



Note: HoneyPot Cafe is at The Hive, Park Barn Drive, GU2 8EN. ☎ 01483 444150

Coffee, Cake and Chat!

Our team of advisors offer 2-hours to meet up and talk about matters that may need support. As well as being in the popular HoneyPot Café based at The Hive [GU2 8EN], we want to visit communities.

We are able to talk about circumstances that might be worrying you, like finances/benefits, food, or household support as well as grants or funding for furniture, or white goods.

Our aim is to listen, advise and seek appropriate support or guidance for consideration.

We will signpost or refer to expert or specialist help if required.

Our support is free of charge.

You may know of a regular coffee morning, café, or meeting group. A baby or toddler group, or a sewing group [knit and natter's] or community space that would welcome a member of our team along.

Please contact us for more detail or to book a visit on:

☎ 01483 444150

✉ community.wellbeing@guildford.gov.uk

Allotments – the great outdoors

Have you thought about the great outdoors and having an allotment? Taking time in the fresh air, exercising, socialising and being able to grow your own produce!

Currently there are available plots on the North Moors site in Slyfield, Stoke ward. There are 26 in total, and when Phase 2 is complete, there will be additional. Each plot is measured in rods, and sizes are usually from 2.5 rods to 12.9 rods [see photos for rod/approx plot sizes].



Photos: Darren Fullbrook

Guildford Borough Council currently manage North Moors.

Not sure, or you may think 'I'm not an expert'... well consider the allotment myth...that in fact, you do not need to be a seasoned gardener! Just love the outdoors, growing, maintaining and of course, sharing of your produce with family and friends once harvested!

It is very likely you will make new friends on site, learn new tricks and tips on growing, and.... cooking, and share experiences with likeminded plot holders.

To apply, you will need to live locally to North Moors, or in the borough and abide by plot rules.



If interested to find out more about this site, then please contact Nicola King via email:

 nicola.king@guildford.gov.uk

If not online, please contact the Community Wellbeing Team who will pass on your details and enquiry. Tel: 01483 444150.

More information can be found at:

 www.guildfordallotments.org.uk

 secretary@guildfordallotments.org.uk

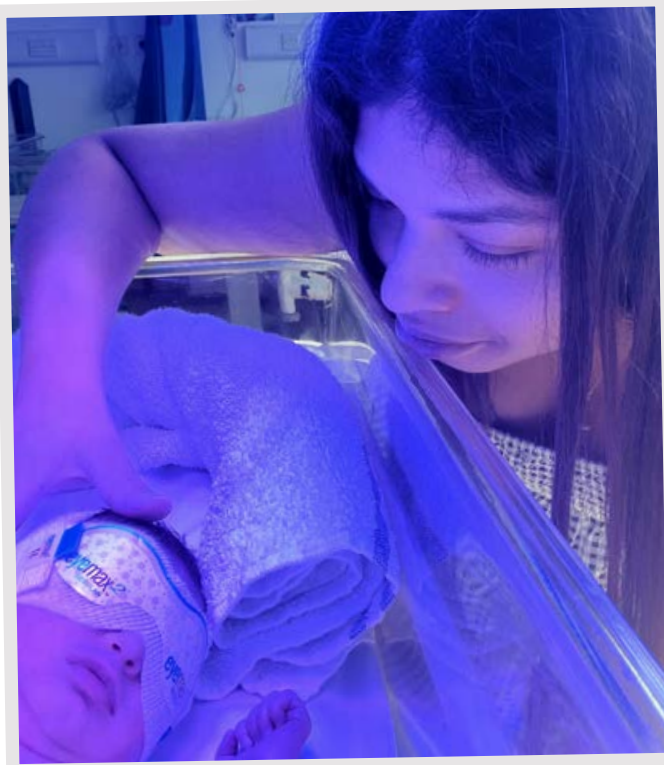
Guildfordian Babies

A helpful guide for new parents.

Giving birth at the Royal Surrey Hospital is both an exciting but nerve-racking experience, especially when you are a first-time mummy, but there is so much support out there in Guildford to make you and your bundle of joy feel safe and secure.



I recently had a baby, she was born premature suffering with meningitis and jaundice. The neonatal baby unit was amazing and a lovely lady from the bliss charity gave my daughter, a handmade knitted hat and blanket. In the transitional ward, my baby girl's jaundice was treated with light therapy and the perinatal team supported me with creative workshops for us to take part, which was a great opportunity to bond with my baby through creative and expressive arts.



I must say The Hive was a game changer. Now I know what they meant by their motto. "Thrive at the Hive" I could take my baby to the free sensory soft play and enjoy a cup of tea that was still hot which, that is a rare treat for any new mum and talk to the other mothers, which made me feel part of the community.

The Spinney Family Centre is only a heartbeat away where you can access the health visitor clinic to get your baby weighed and ask any questions. The team at the Family Centre were so caring and booked me onto a parenting puzzle twelve-week course which was run by Homestart and the Family Centre.

There is so much help and support out there. You just need to know where to look. Here are some useful contacts:

The Royal Surrey Hospital

☎ 01483 571122

Homestart Guildford

☎ 01483 511181

The Hive (General Enquiries)

☎ 01483 458055

The Community Wellbeing Team

☎ 01483 444150

The Spinney Family Centre

☎ 01483 510570



Guildford Lions Classic Car Display

Sunday 7th April 2024

Guildford High Street

10am to 4pm

Free to the public

Feast your eyes on fabulous
veteran, vintage and classic cars

guildfordlions.com

guildfordlionsclassiccars@gmail.com

Charity No 1175962



 Enterprise Mobility



HERITAGE
Independent Mortgage Advisers



Our Volunteers Our Heroes

Volunteers are the unsung heroes in our communities, we asked some of those who give up their time to tell us what they do and how volunteering has helped them.

If you are interested in volunteering, contact the Community Wellbeing Team for more information.

Angela



1. What is your volunteering role?
Community Fridge.
2. What part of the role do you like the most?
Meeting people.
3. How has volunteering helped you?
Routine, being very rewarding and helping the community.
4. And finally... if you were an animal, what would you be and why?
Elephant – as they look after one another.

Joyce

1. What is your volunteering role?
Meet and greet or anything that needs doing.
2. What part of the role do you like the most?
I like chatting, helping any individual that looks and needs help.
3. How has volunteering helped you?
Yes – it keeps me sane and busy.
4. And finally... if you were an animal, what would you be and why?
A cat – owned by a cat lover to be pampered, fed and watered.



Sally



1. What is your volunteering role?
Helping at the Thrive at the Hive.
2. What part of the role do you like the most?
Helping other people.
3. How has volunteering helped you?
It has taught me there are a lot of people locally that need help.
4. And finally... if you were an animal, what would you be and why?
I would like to be a dog as I would like to be a man or lady's best friend.

Nigel

1. What is your volunteering role?
Helping with Community Fridge and Pantry.
2. What part of the role do you like the most?
Getting everything straight and tidy after we receive the supermarket delivery.
3. How has volunteering helped you?
Seeing another side to the council's work in Guildford.
4. And finally... if you were an animal, what would you be and why?
Definitely a walrus because I like swimming!



Zoe



1. What is your volunteering role?
Empty bins, help cake making, help serve dinners at 12pm.
2. What part of the role do you like the most?
Washing up and the shower hose is good fun.
3. How has volunteering helped you?
Helping Nicola – nice to cook.
4. And finally... if you were an animal, what would you be and why?
A cat – I love cats, curling up and being warm on owner's lap.

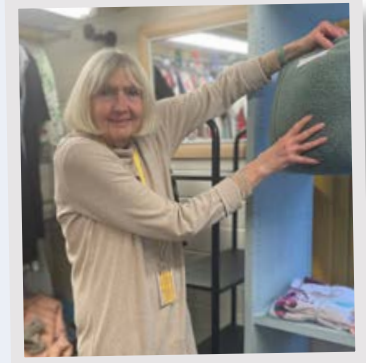
Tracey

1. What is your volunteering role?
Help in the lounge.
2. What part of the role do you like the most?
Speaking to the older clients, talking to everyone, playing games.
3. How has volunteering helped you?
Look forward to coming, gives me a purpose.
4. And finally... if you were an animal, what would you be and why?
Penguins because they swim in the water.



Linda

1. What is your volunteering role?
Thrive at the Hive where I sort clothes and put on hangers and a selection of household items.
2. What part of the role do you like the most?
I love helping visitors choose items they would like to take! Also, many stay and have a chat.
3. How has volunteering helped you?
If I didn't volunteer, I would be at home and not speaking to many people. The Hive is one big happy family – such a happy place.
4. And finally... if you were an animal, what would you be and why?
I would love to be a bird and have lots of freedom to fly and see the world from above. A wonderful feeling that would be to travel the world.



Men's Mental Health

We wanted to share with you some of the great work that is available for men only, have look at the scary statistics in the Mentell article opposite.

We haven't forgotten the women, please see our articles on the Psychology Centre and the new First Steps to Support programme that is for everyone.



ANDY'S MAN CLUB

Are a men's suicide prevention charity, offering free to attend peer to peer support groups across the UK and online. They want to end the stigma surrounding men's mental health and help men through the power of conversation and to let men know that **#ITSOKAYTOTALK**.

All their groups meet face-to-face on a Monday from 7pm till 9pm. They recently opened a group in Bellfields Youth and Community Centre and have an established one that meets at the following:

The Vyne Centre, Broadway, Woking, GU21 2SP

This is a safe, judgement-free, confidential space to discuss any issues you may be dealing with. There is no pressure to talk at the groups.

GOING THROUGH
A STORM
OR JUST BEEN
THROUGH ONE?

ANDYSMANCLUB
are talking
groups for men to
HELP YOU through
those storms.

ANDYSMANCLUB
GUILDFORD

GUILDFORD

Bellfields Youth &
Community Centre,
Hazel Avenue,
Guildford GU1 1NS

EVERY MONDAY
@ 7PM EXC.
BANK HOLS

ANDYSMANCLUB is a registered
charity in England and Wales
(1179647) and a Company Limited
by Guarantee, registered in
England and Wales (11118153)

FIND OUT
MORE info@andysmanclub.co.uk
www.andysmanclub.co.uk

#ITSOKAYTOTALK



What is Mentell?

Mentell is a mental health charity that provides men (aged 18+) with safe and confidential spaces to talk, free from advice and judgment in a non-clinical setting.

The sad statistic is that most men will not seek any help from a GP or health professional within the same year of taking their own life (72% of all UK cases).

However, that same man will grab a pint, haircut, coffee, gym session, or share a laugh in the workplace. Many of us suffer with everyday challenges such as stress and anxiety and need a space where we can lighten the load.

A trained team of dedicated volunteer facilitators open up safe spaces every week for men to explore their innermost fears and worries - meeting these men in their moment of need and following their minds into the unknown.

In Surrey, Mentell offers all men in our community free access to online peer-to-peer support every Monday (7-9 pm). We are looking to offer a face-to-face circle in 2024.



The Rise in Suicide

Did you know that:

- Men are three times more likely to die by suicide than women.
- Men aged 50 - 54 years have the highest suicide rates in the UK.
- The biggest killer of a man under 50, is himself.
- The average wait to be seen under the NHS as a referral for mental health is 18 weeks.
- There is no waiting list at Mentell. A man can sign up today and be in a circle receiving support the following Monday.
- The average cost of private counselling sessions is £40 - £50 per hour. Mentell is a completely free service to us with no weekly commitment required.

Mentell aims to fight these statistics, starting in the heart of each community with our Turn Your Borough Blue Campaign. Look out for our campaigns in your local pub, barbershop or cafe. It's really easy to sign up - scan the QR on one of our beermats or visit us at our website:

www.mentell.org.uk and click the 'Sign Up' button.

Our friendly team of staff, volunteers and members welcome all men from all walks of life. We look forward to chatting with you soon!



Men in Sheds

Age UK Surrey started Men in Sheds to help older men come together do some woodworking and socialise. It's well known that men are less likely to engage in activities and social interaction than women.

The main shed activity is woodworking, which is carried out in a well-equipped workshop based at Merrist Wood.

They have hand tools, power tools and small machines. The activities are supervised by well qualified, experienced leaders. The Sheddors work on their own projects and also participate in making items for sale to help with funding the shed.

As well as making some beautifully crafted items that they sell they arrange other activities which include community projects, fishing and visits to places of interest.

They make animal and nature cut outs for the Community Wellbeing Team's Lakeside Fun Day, which the children love to paint.

If you want more information about this great project or want to get involved, call Age UK Surrey on 01483 503414.

Guildford's Community Transport Service

Are you ready to discover the convenience, value and community connection offered by Guildford Borough Council's own door to door Community Transport service?

We aim to make each and every journey both enjoyable and liberating, with a commitment to the safety of our passengers, all delivered by a dedicated team that cares.

Exclusively available to residents of Guildford Borough whether you have additional mobility needs or just want to get out and about, our purpose adapted vehicles and professional drivers will ensure that you arrive at your destination in comfort, yet without the additional costs of other transportation services.

- Need to get to your appointment on time? We are here to help.
- Help getting to the shops? It's our pleasure.

- Want to get out and enjoy yourself with friends or meet new people on our fresh range of social trips? We look forward to your call.

If you are aged over 60, or of any age with a mobility issue or have difficulty using other transport methods then you are eligible to join.

Your journey matters to us, so let us be your reliable choice for a stronger, more connected community and experience the hassle-free transportation solution that expands your independence.

 **01483 458055**

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





Centre for Psychology



Centre For Psychology

We provide free, high quality confidential Cognitive Behavioural Therapy, funded by the NHS to individuals aged 17+, registered with a GP in Surrey.

Since 2013, Centre for Psychology has supported residents of Surrey and we are here to help you more than ever. With our expanding service, do not wait to seek support, we are here to help you and can guide you towards the support you need.

Our accredited therapists are professionally trained to support individuals with their mental health and wellbeing.

We can support you with a number of difficulties including stress, anxiety, depression, worry, specific phobias, social anxiety, health anxiety, panic, PTSD, OCD, sleep difficulties and long-term health conditions such as diabetes, COPD, chronic pain and fatigue.

We provide both one-to-one support and offer various group therapy courses.

How to Seek Support:

Self-refer via telephone, email or through our website:

☎ 01372 610650

✉ surrey@centreforpsychology.co.uk

🌐 www.centreforpsychology.co.uk

Sometimes we can feel like we are stuck in a vicious cycle that we cannot get out of.

Centre for Psychology works with you using CBT to identify individual thinking and behaviour patterns, equipping you with techniques to break out of this vicious cycle.

For regular updates about our service and tips for looking after your mental health, follow us on:

📘 Centre For Psychology

✂ @Centre4Psych

📷 @Centre4Psych

First Steps to Support – New Service for Guildford Borough

This service is available for anyone over 18 years living in the borough of Guildford, Surrey UK.

Contact First Steps to help ease the pressure.

Phone: 0333 332 4753

Text: 07860 026657

Email:

dohel.firststeps.surrey@nhs.net

First Steps to Support is a free phonenumber to help residents facing life's stresses, their friends or family members.

The friendly staff at First Steps to Support are here to:

- Understand what's on your mind, what's troubling you, and what you would like to be different.
- Work with you to explore the best way of helping you.
- Guide you to the right support to lighten the load, help you cope better and enjoy life again.

Opening times

- Monday 8am-3pm
- Tuesday 9am-4pm
- Wednesday 10am-5pm
- Thursday 9am-7pm
- Friday 10am-2pm

If you are contacting us outside of these hours, please do leave us a message or email us dohel.firststeps.surrey@nhs.net and we will get back to you.



Life getting tough?

Feeling stressed, worried, irritable or down?
Money worries? Finding it hard to sleep?
Caring for others and no time for yourself?

Contact First Steps to Support
to help ease the pressure.

Phone: **0333 332 4753**

Text: **07860 026657**

Email:

dohel.firststeps.surrey@nhs.net



SURREY
COUNTY COUNCIL

CARE AND REPAIR SCHEME

Who we help

We aim to help older people and people with disabilities, who are either home owners or privately rent, so they can live safely, securely and comfortably in their homes.

What we do

Whatever repairs or improvements your home needs to make it more comfortable or easier to live in, the friendly Care and Repair team will help you find the best solution.

We can act on your behalf by:

- finding out if you're eligible for a disabled facilities grant or home improvement grant
- getting our surveyor to draw up a scheme to meet your needs
- tendering to approved contractors for the best price
- supervising contractors' work

We will visit your home and offer free advice on practical solutions on:

-adaptations- lifts (stair, vertical and bath lifts), wheelchair ramps,
-ground floor extensions , repairs and improvements- re-wiring, plumbing, roof repairs, gutters and down pipes, re-roofing, damp treatment, repairs to and new windows, central heating making the most of your income.

Financing improvements

The advice given by the Care and Repair team is free and you are under no obligation to go ahead with any work. If you do wish to make improvements you may be eligible for a grant to help pay for the work. Alternatively we can advise you on how to fund the work yourself.

Organising improvements

Once you have decided what needs to be done, we can help you choose reputable builders who will supply estimates for the cost of work. The Care and Repair team can organise and supervise the job from start to finish, for which a fee is payable. However where a grant is received this will also cover the fee.

HANDY PERSON SCHEME

We offer a **Handy Person Service** for small repairs for residents in our borough.

The Handy Person Service offers help with:

- security measures - door chains, door locks, window locks
- safety measures - comprehensive home check for accident prevention, smoke detectors, grab rails
- energy efficiency - energy saving light bulbs, insulation, draught proofing

How much does the service cost?

A fee of £25 per hour (£15 for those on means tested benefits) plus the cost of materials, will be charged. The handyperson will spend up to a maximum of two hours on site. Payment can be made by card over the phone.

Falls prevention

As part of our falls prevention work, we will fit the following free of charge:

- Grab rail
- Newel rail
- Banister rails



To find out more on either of these schemes visit www.guildford.gov
or telephone: 01483 505050

Guildford City Boys' & Girls' FC



Guildford City Boys' & Girls' football club was founded in 1980 and is based at Stoughton Recreation Ground. They offer football for boys and girls from ages 4 years through to under 18s with possible progression to its senior sides at Guildford Spectrum.

The Football club recognises yet another successful season with many teams reaching their cup finals, one of which being the under 9's girls' side who qualified for the first time!

Guildford City Boys' & Girls' celebrates members of their club making remarkable leaps into the professional ranks of football. One example is our Alfie Murrells who recently signed a contract with Fulham FC. He has always enjoyed his football and has developed his creative abilities and techniques.

Alfie, Conor and Darren all joined the club at 4 years old and have had a lot of success. They have now progressed to professional clubs. Darren Oldaker [DJ] signed to Chesterfield FC, whilst Conor Harris has signed to AFC Wimbledon.

The club wishes all members the best in the coming future and we're looking for our stars of the future.

The Club has a couple of events coming up this year:

2 June - The Mayor of Guildford (Councillor Masuk Miah) is presenting his adult charity tournament at the club.

8 & 9 June - The club will host its annual football tournament with sides from near and far on the weekend of the 2024.

For more information:

📞 Nikki Simmons, Club Secretary on 07733 320801

🌐 www.guildfordcityboysandgirlsfc.co.uk

Can you spot 10 differences



Answers on page 2.

PRIZE wordsearch



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

- | | |
|---------------|------------|
| Spring | Allotment |
| Easter | Volunteers |
| Mental Health | Repair |
| Playrangers | Community |
| Guildfordian | Wellbeing |

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 3rd May 2024. Previous winner of the winter wordsearch was Eduardo from Westborough, 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

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