

COMMUNITY NEWSLETTER



Welcome to your Community Wellbeing update from the Guildford team:

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

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

Follow us on Twitter and Facebook!

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

***Special Edition, Spring 2020**



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1. As a Community we are facing a challenging time. Your Community Wellbeing Team are here to provide you with some tips and tricks for maintaining your wellbeing and safety within your household. It is important we stay physically and mentally well so we hope you can take a few positive pieces from this newsletter to make this unsettling time a little calmer.



Community Wellbeing Team!



Community Wellbeing Team Contacts

- Call us anytime!

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Due to Government guidelines surrounding Social Distancing and keeping our communities safe, we are unfortunately unable to commit to any planned events or regular sessions that we hold. If you are unsure whether something is going ahead, please contact anyone in the Community Wellbeing Team. We are working together with Community Services to put provisions in place to cover the needs of some of these events and will keep you updated as and when these alternatives are put in place.

Please email any queries to us: Community.Wellbeing@guildford.gov.uk

COVID-19 NHS Advice

Thank you to everyone working in and supporting the NHS at this challenging time. Please ensure you are following all the advice provided, this will keep everyone in our communities as safe as possible.

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

Stay at home if you have coronavirus symptoms

Stay at home if you have either:

- **A high temperature** - this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **A new, continuous cough** - this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

Do not go to a GP surgery, pharmacy or hospital.

Use the online coronavirus service 111 to find out what to do www.nhs.uk

Only call 111 if you cannot get help online.

2. Understanding COVID-19 Terminology

(taken from www.gov.uk)

What does **Self-Isolation** mean?

Self-isolation is about protecting others and slowing down the spread of COVID-19. If you have any of the symptoms listed on the left or have come into contact with someone who has the virus, you will be asked to self-isolate for up to 14 days. Currently this is the most effective way of stopping the virus spreading.

Self-isolation means you should:

- Not go to work, school or visit public areas
- Not use public transport
- Not have any visitors to your home, this includes friends and family members
- Not go out to buy food or collect medicine - order them by phone or online, or ask someone else to drop them off at your home

What does **Social Distancing** mean?

Social distancing means reducing the amount of physical social interaction between people, this is commonly used to contain the spread of certain viral illnesses such as Coronavirus (COVID-19). Some of these methods include:

- You should try to avoid contact with anyone displaying potential symptoms of COVID-19
- Try to avoid non-essential use of public travel if possible. If you have to, consider travelling outside of rush hour or walking if possible
- If you can, try to work from home
- Try to avoid going to public gatherings such as pubs, restaurants, theatres, bars, clubs etc
- Keep in touch with family and friends using your phone, internet or social media
- Use telephone or online services to contact your GP or other essential services

These recommendations can seem quite daunting, we have lots of information and ideas on what you can do to stay happy and healthy during this time!

What does **Essential Social Contact** mean?

Even though we are being asked to reduce our physical social contact, there are some people who will still need to visit and support others. These are people such as carers and hospital workers.

How long to stay at home

- if you have symptoms of coronavirus, you'll need to stay at home for 7 days
- if you live with someone who has symptoms, you'll need to stay at home for 14 days from the day the first person in the home started having symptoms
- **People aged over 70, pregnant people, and people with underlying health conditions are being asked to stay at home and avoid unnecessary, close contact with others.**

If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.

If you have to stay at home together, try to keep away from each other as much as possible.

***Please stay aware that information is changing regularly. Please help those in the community who do not have access to the internet stay up to date with [Gov.uk](https://www.gov.uk)**

3. Top 7 Things to do When Stuck At Home!

1. **Spring clean your house** - **collective eye-roll** but hear us out!. This will not only get rid of harmful germs but a tidy home is a tidy mind. So, chuck on your favourite play-list, dig out those marigolds and get the whole family involved!
2. **Spend time in your garden, go for a walk or exercise** - At times like these it can be easy to fall into unhealthy patterns. There are some simple things that you can do to help, why not try your hand at gardening? Go for a long walk in a wide open space or turn your living room into a home gym and get that heart pumping!
3. **Crack out the games!** - Dust of some old boardgames and jigsaws, you can do this alone or with your family. Looking for something a bit more challenging? Why not tease your brain with a Sudoku or word-search? You can find these online or in any newspapers and mags!
4. **Reach out to your loved ones** - chances are, you aren't the only one stuck indoors. People will appreciate a friendly call or text message to let them know you are thinking of them. Staying connected will keep yours and others spirits high.
5. **Read a book** - Make a hot drink, pick up those pages you don't usually have time for and let your mind relax with a good read. Just because schools out, doesn't mean you can't make time to read those textbooks lurking in the bottom of your rucksack!
6. **Maintain a sense of routine** - Find yourself spending all day in your PJ's? Or not brushing your teeth until the afternoon? It is nice to be lazy, but this isn't good for your wellbeing in the long-term, try and keep up a solid routine (however simple) to add value to your day.
7. **Limit your News intake** - If you're feeling the 24hr coverage of COVID-19 impacting your overall wellbeing, OPT OUT. Only seek information and practical updates for a short period of time throughout the day, you don't need to bombard yourself. Don't get drawn into a negative news spiral or scare-mongering rumours.

Helping Others

We are getting lots of enquiries about volunteering to help communities and our most vulnerable during the Covid19 outbreak. This will be coordinated via Voluntary Action South West Surrey.

Those that would like to volunteer should contact the VASWS Volunteer Centre on 01483 565456 or email

volunteercentresws@vasws.org.uk

They are a central hub and will coordinate your help to people who need it. Visit <https://voluntaryactionsws.org.uk/> for more information

Coronavirus Community Support Helpline

Surrey County Council have set up a Community Helpline number. This will be open Monday - Friday, 9am to 5pm.

0300 200 1008

The Community Helpline has been set up to direct residents to services that can help during the Coronavirus pandemic:

To help direct residents to services that can help provide support to those who need it, such as picking up shopping, prescription collections or having someone who can be a telephone friend, to services who can help.

4. Recipes from your cupboard

As we have been repeatedly advised Supermarkets have enough food for everyone, if we only buy what we need. There will continue to be a regular supply of food as there is no reason for shortages, please consider others and only buy what you really require.

We've put together some recipes you can use with the bits and bobs you may have in your cupboard, but feel free to swap ingredients in and out to suit your taste and what you may be limited to.

Breakfast Smoothie

1/2 can tinned prunes, 40g porridge oats, 250mls milk

Remove the stones, add pruned, oats and milk to blender until smooth.

Pasta and Chickpeas (serves 2)

1 tin chickpeas, 1 veggie stock cube in 700ml boiling water, 6 cloves of garlic or garlic paste, 1 tin chopped tomatoes, 1tsp vinegar, 1 tbs oil or butter, dash of mixed herbs, salt and pepper to taste, 1 tin spaghetti hoops.

Add chickpeas and garlic to a pan, add stock and boil, reduce to a simmer and cook for 40 minutes in the pad, add tomatoes and vinegar, oil/butter, herbs and seasoning and cook for addition 10 minutes. Add spaghetti hoops and stir on the heat for 2 minutes.

Recipes with thanks to Glamour Magazine

Tuna Pasta (serves 2)

2 tbs olive oil, 2 cloves of chopped garlic, 1 can tuna, seasoning to taste (1 tbs fresh parsley, salt and pepper), 4oz pasta

Boil up some salted water for pasta and cook al dente, when close to being done add oil to a small pan on a medium heat and when hot cook garlic for 30 seconds, stir in tuna and herbs and allow to heat through. When the pasta is cooked add a couple of spoons of the water to the oil mixture and drain the rest. Season with salt and pepper and add a squeeze of lemon if you fancy!

5. Local Facebook Support Groups

Communities are pulling together to help our most needing neighbours and have been setting up groups to keep everyone supported. Please stay safe and keep your homes secure when accepting help from strangers. Here are some of the groups we know about so far:

- *Stoughton Neighbourhood Support Facebook group*
<https://www.facebook.com/groups/242943686742032/>
- *Community Over Corona Guildford*
<https://www.facebook.com/groups/1103912296628153/>
- *Guildford Community Corona Virus Assistance*
<https://www.facebook.com/groups/512334926139443/>
- *Ash & Ash Vale*
<https://www.facebook.com/groups/2754134574622478/?ref=share>
- *Park Barn & Westborough*
<https://www.facebook.com/ParkBarnandWestboroughCA/>

Other happy news pages to follow include:

The Happy Newspaper

Positive News UK

The Happy Broadcast

6. Looking after your Mental Health Staying at Home

We are now living in a time where only 'essential social contact' is being advised by our government. This will mean that more of us will be spending a lot of time at home and our regular social activities, that keep us mentally and physically well, will no longer be available to us.

We want to help try and make this be just a different period of time in your life, not necessarily a bad one. This can be a time of learning, self-exploration and a chance to be in touch with others in different ways than usual.

1. Try to manage how you follow the outbreak in the media There is extensive news coverage about the outbreak. If you find that the news is causing you huge stress, it's important to find a balance. It's best that you don't avoid all news and that you keep informing and educating yourself, but limit your news intake if it is bothering you. Make sure you are accessing reliable sources - Gov.uk or BBC News updates
2. Find new walks for a change of scenery and to stimulate your senses. Walking improves mood and sleep quality and reduces stress, anxiety and fatigue. Staying active reduces the risk of being down in the dumps and can help you lift your mood if you are feeling low. Why not search online for National Trust sites? All outdoor spaces are now free for access to help you safely socially distance.
3. Reduce your screen time. It's easy to use a screen as a distraction from what's going on but this can have a negative affect on your wellbeing. Why not instead spend time with your household, pets, share skills and stories? It's important to stay curious and inspired!
4. Get a grasp on anxiety - anxiety is an anticipated worry about something that may happen in the future. Why not try journaling to bring yourself back to the present moment, mindful coloring, meditation or, trying a yoga video on YouTube. Whatever it is that relaxes you, make sure you are practicing self-care.

7. Intergenerational Photo Competition

National Intergenerational Week Photo Competition

National Intergenerational Week takes place from 23rd to 29th March 2020 and to mark it Home Counties Carers are holding a photo competition!

But first a bit of background:

Once upon a time, older generations were much more involved with younger people, and vice versa. But times change. Parents are having children later in life, and living greater distances from their own parents. Not to mention that lives seem busier nowadays. Add to this the fact that our lives are becoming more segregated and accommodation for older people is, more often than not, set apart from where younger generations live.

All these things can drive a wedge between different generations. Isolation can begin to creep in. Along with a poorer understanding and awareness of each other. It's a downward spiral where negative stereotypes and attitudes can take hold all too easily. **And now for the photo competition:**

Given that now is not the time to organise an event to get generations together we've come up with an alternative way of marking National Intergenerational Week. We're asking clients, staff and people out there in wider Surrey to take part and send in family photos of 3 or 4 generations all together. The photos will be posted and shared on Facebook. Photos can be sent in from now and the closing date for sending in the photos will be Tuesday 31st March 2020. On Wednesday 1st April at 10:00 a shortlist of the 5 photos with the most likes on Facebook will be drawn up. Matt and Lu, Home Counties Carers founders, will then vote for their favourite photo and the result will be posted on our HCC Facebook page on or before Friday 3rd April.

The 1st prize will be £100 – donated by Home Counties Carers on behalf of the winners to the charity of their choice. Please email your photos to icliff@homecountiescarers.co.uk or send via a message on Facebook detailing who is in the photo. Join us on [#IntergenerationalWeek](https://www.facebook.com/IntergenerationalWeek) as we look to bridge the age gap.

