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Burpham Pages

January
& February
2019

Incorporating Jacobs Well

Community Update

Air pollution, lectures from local residents and a new BCA committee all on the agenda.

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Burpham Pages

Issue No. 78
January & February
2019

Burpham Pages
Incorporating Jacobs Well
Local advertising and news magazine,
delivered free to over 3,000 homes.
Focussed on the local community and
the services available in the general
area. Includes Burpham Community
Association newsletter.
www.burpham-pages.co.uk

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28th January 2019

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Welcome

Dear Neighbours, well here we are – 2019! How exciting,
a new year full of new opportunities. I'm sure many of you
have made New Year resolutions and are busy trying to make
them happen. As always, at this time of year, the gyms are full
so it's a good sign that we're all getting as fit as possible to
take on the build-up to 2020.

I hope everyone enjoyed whatever festivities,
celebrations or holidays they had over the
Christmas and New Year period. Now's
the time to look ahead and see what
you can achieve this year, whether it be
at the gym, at work, in the garden in a
volunteering capacity in the community
or perhaps further afield. Maybe you'll be
inspired by the 'Burpham Residents'
Winter Lectures (from Friday, January
11th 2019) with talks from local residents
either about their adventuring in the Andes
or Alaska or sharing the knowledge or local
architecture or the development of your
child's literacy (see page 7 for further info).

You'll also find in this issue of the
magazine opportunities to volunteer.
Burpham Foundation Primary School
are looking for two volunteers to join their
Governing Body (see page 22) and **1st**
Jacobs Well Scouts are also looking
for adult volunteers, this time to lead
the new Scout troop in to 2019. Plus, if
you're feeling inspired by our article on the
Guildford Lions Club (page 12), why not
join their ranks and help with the many
charitable works that they undertake
throughout the year.

This issue we've turned our eye to
sustainability and recycling with an
article (page 20) written by local resident
Ali Fisher on how we can do more to
'Reduce, Reuse, Recycle'. It seems
we're pretty good at it in the Guildford
area, but there is always more that can
be done. At **Burpham Pages** we're also
trying to do our bit for the environment
– the magazine is printed using vegetable-
based inks and all waste paper,
packaging and materials are recycled by
our printers (who have achieved
ISO 14001 Environmental Accreditation).

In order to mitigate the CO₂ emissions
created in the production of our paper
we make a small 'Carbon Capture'
contribution for each issue which goes
to the **Woodland Trust** who will plant
new woodland at one of their accredited
woodland creation sites in the UK.

So, with **Guildford Chiropractic Centre**
'giving you a nudge' to be more active
this year (page 23), **Guildford Gardening**
Club giving you a whole host of tips for
January & February (page 29) and a full
calendar of activities at **Burpham Church**
(including the **CAP Money Course**, see
page 26) there's plenty of things to keep
yourself busy in Burpham in 2019.

I do hope that you are looking forward to
the year ahead and that these last few
months of winter are not too cold for you.
I look forward to speaking to you again in
March as we move in to Easter and the
warmer (hopefully) spring season.

Paul Nicholls (Editor)
editor@burpham-pages.co.uk

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News + events

January
& February 2019

A new section for local news & events that we hope will start small and grow as our readers get involved and tell us more about their events organised in Burpham and the surrounding areas.



Torchlight procession starts in Guildford High Street

Guildford Lions Club Fireworks Fiesta displays a fantastic result

Once again the Guildford public turned out in their thousands on **November 3rd 2018** to support the **Guildford Lions Club Charity Torchlight Procession and Fireworks Display**. A spokesperson from the Lions said "we are sure that everybody enjoyed the spectacular and, just as importantly, a safe evenings entertainment.



The fireworks build up to an explosive finale!

The terrible events at Woking demonstrate all too vividly how things can go wrong and our thoughts and best wishes go out to all those who were unfortunate enough to be involved

Having now settled all the bills and counted the donations we are delighted to confirm that a profit of £13,500 has been achieved and whilst slightly down on last year it still represents a fantastic result which will allow the Guildford Lions Welfare Committee to make a real difference to so many local people and families over the coming months.

We would like to thank all those who came along on the evening and helped us make this yet another fantastic community event." www.guildfordlions.com

1st Jacobs Well Scouts looking for volunteer leaders

Carol Shirliff, **District Commissioner Guildford West Scouts**, is excited at the growth of the scouting community in Jacobs Well. She told us "Some of you passing the Village Hall in Jacobs Well may have noticed that the Scout & Guide HQ has got a lot busier with Beaver and Cub Scouts. We have managed, over the last year, to find volunteers to start two Beaver Scout and two Cub Scout units, and I am pleased to say that all are happy and

numbers are growing, 78 at last count. They are growing so much that we are hoping to start a Scout troop this year. It has been about 20 years since the Village last had a troop. We have lots of eager recruits but need some adult volunteers to make it happen."

"We have lots of eager recruits but need some adult volunteers to make it happen."

Carol Shirliff, **District Commissioner Guildford West Scouts**

Carol continued "I can imagine you are now thinking, I can't be a leader, I know nothing about Scouts, I don't have the time, but Scouts has changed a lot in recent years, the values are still the same but if commitments mean you can't be there every week, that's okay, you know nothing about Scouts, there is full training available to suit you."

We really do not want Scouts to disappear again from Jacobs Well, so if you think you may be able to give some time to help grow the present Group, please contact Carol Shirliff for more information.

E-mail: dc@guildfordwestscouts.org.uk

Telephone: 07421 818179



'Choking Charlie' Fundraising Evening

Do you know how to perform CPR or how to use a public defibrillator?

A First Aid Session is being held in **Burpham Village Hall** on:

Date: **Friday 1st March 2019**

Time: **7.00pm – 10.00pm**

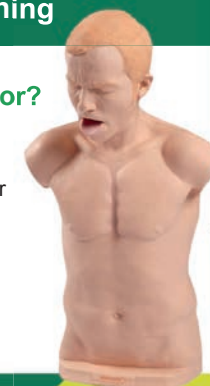
Cost: **Minimum donation of £5.00pp**

During this session, you will learn:

- CPR
- How to use a defibrillator
- Recovery Position
- Choking (all ages)

Refreshments provided and merchandise for sale. All proceeds go towards the purchase of a 'Choking Charlie' Manikin for training of St John members and the public.

To book your place, please contact Nicky.Secrett@sja.org.uk or call **07979 331742**



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What's on this month

Burpham Residents' Winter Lectures

Cheer up your chilly nights among friends. These one-hour **Winter Lectures** are given by local residents for local residents. Perhaps you have an enthusiasm or experience you'd like to share? There's no fee, but a collection at the exit to help room costs. All lectures take place at the **Burpham Village Hall** on Burpham Lane.

They all start at **7.30pm** and last just over an hour, including questions.

Friday 11th January 2019

Follies: Emblems of foolish luxury



Local architect **Andrew Plumridge** leads us on an entertaining tour of Britain's follies and landscape buildings, including a fake church steeple, a stable in the shape of a pineapple and a concrete tower designed by Sir Christopher Wren two centuries after his death! Andrew is a renowned expert on architectural follies and founder of the charity The Folly Fellowship.

Friday 25th January 2019

A Year in the Andes



Local traveller and author **Philip Jones** remembers his year-long stay in the high Andes living with native Peruvians, and building a school in one of the most remote spots in South America.

Friday 8th February 2019

20 Bright Ideas to Encourage Your Child to Read and Write Well



A whistle-stop tour of activities to cultivate literacy in your child 2-11 yrs without being the proverbial pushy parent. **Sue Hackman** was the government's chief adviser on school standards to all three political parties.

Friday 22nd February

Alaskan Adventure



Jim Allen, hero of local campaigns against pollution and crazy council developments, shares his stunning images of an adventure through Alaska.

Friday 8th March

Sutton Place: The Playboys' Mansion



Andrew Plumridge will guide us through the history of this important Tudor Mansion, the importance of its builder in Henry VIII's government, and some of its recent owners.

Weekly on Mondays

1st Burpham Brownies



1st Burpham Brownies have spaces in January for 7 to 10 year olds on **Mondays** 6.15pm to 7.30pm, Sutherland Park. Please contact sc.gypsysimmeron@virgin.net for further information.

Burpham Residents' Winter Lectures

One-hour **Winter Lectures** given by local residents for local residents.

All lectures take place at **Burpham Village Hall**.

Start **7.30pm** for just over an hour, including questions.

Please see above for further details.

Do you have any events happening in and around Burpham & Jacobs Well that you would like added in the next issue?

Our next issue of Burpham Pages will cover March & April 2019. If you would like your event, happening during this period, added to our 'News & events' or 'What's on this month' sections please e-mail the details to editor@burpham-pages.co.uk before **28th January 2019**.

January
& February 2019

January & February at Burpham Church

Wednesday 9th January

Questions of Life



8.00pm-10.00pm. 5 week series of discussion evenings to look at your questions about Christianity and it's relevance to your life. At 272 London Road.

Friday 25th January

Serenity Evening for ladies



7.30pm-10.00pm. An opportunity to find some space, make and enjoy some home spa products, engage with prayer activities, enjoy good company and share a glass of wine! At the Church of the Holy Spirit, in New Inn Lane.

21st-24th February

Pirate Island



10.00am-1.30pm. Holiday club for children aged reception to year 6. Fantastic fun for only £15 for the whole club. At the Church of the Holy Spirit.

Check out www.burphamchurch.org.uk for full details of all events.

1st March

St John Ambulance CPR, Defibrillator, Recovery Position & Choking Training



3 hour session at **Burpham Village Hall on Fri 1st March 2019** starting at 7.00pm for a minimum donation of £5pp. Proceeds will go towards purchasing a choking manikin for training volunteers and the public. To book a space, please contact nicky.secrett@sja.org.uk or call **07979 331742**

Burpham Pages Crossword

Crossword No. 3
January & February 2019

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Across

- 2 Steadiness and courage in a demanding situation (6)
- 5 So precise as to be difficult to observe (6)
- 7 To such a great extent (2)
- 8 Expressing insect like anger or irritation (7)
- 10 Expressing motion in the direction of (2)
- 11 Make a serious, urgent, or heartfelt request (6)
- 13 Small domesticated carnivorous mammal (3)
- 14 Action of rejoicing an important day or event (11)
- 16 Makes something last by using it frugally (4)
- 18 Do (something) again or differently (4)
- 20 Rounded metal container used for cooking (3)
- 22 Any of the four Gospels (5)
- 24 Take on or assume (an attitude or position) (7)
- 25 Kiln used for drying hops (4)

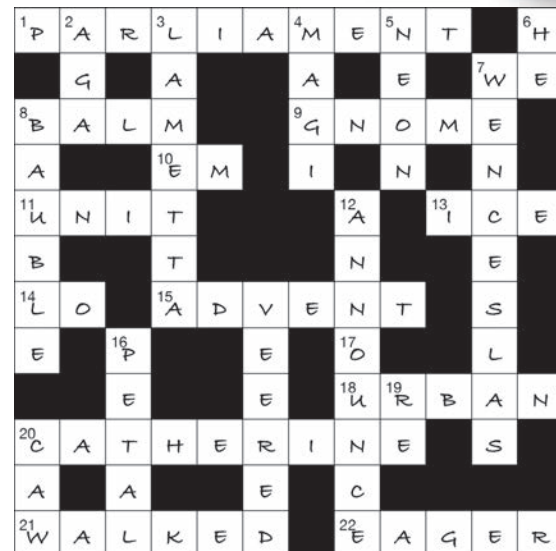
Down

- 1 That which blocks the way or hinders progress (8)
- 2 The last day of the year (3, 5, 3)
- 3 Firm decision to do or not to do something (10)
- 4 Able to be maintained at a certain rate or level (11)
- 5 The study of natural things and the knowledge that we obtain about them (9)
- 9 Having a high degree of heat (3)
- 12 Look quickly or furtively (5)
- 15 Round flattish cap of felt or cloth (2)
- 17 Elongated seed vessel of the pea (3)
- 19 Lower part of the wall of a room when decorated differently from the upper part (4)
- 20 Metal container used for cooking food in (3)
- 21 See 10 across (2)
- 23 Air-like fluid substance which expands freely to fill any space available (3)

Solution to Crossword No. 2

Burpham Pages issue No. 77
November & December 2018

The solution to each crossword will be published in the following issue of Burpham Pages. For the January – February 2019 solution please see our March – April 2019 issue.



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What is the hardest thing you have ever done?

Working for some exams?

Running a marathon?

For me, the hardest
thing I have ever done
(and continue to do)
is to be a parent!



Parenting is tough! How to get them to sleep? When to give rewards? When to discipline? When to push your children? When to keep quiet? How to best help them along the way? There are so many challenges we face as parents, and they continue long after the nappies have gone. And of course, parenting is the one thing none of us have any training for.

Unlike becoming a potential foster or adoption parent – there are no hoops to jump through before you can have a child. No one checks that you are ready for the task – although to be fair, that is probably just as well, otherwise I suspect there would be very few children born! The majority of us muddle along, trying our best with whatever resources we have.

At Burpham church we recognise that most of us could do with some encouragement and support in this area, and so in January we will be starting a course called **Parentalk**:

the primary years. Focusing on helping those with children aged 3-10 years, this is a fantastic 7-week course from **'Care for the Family'**.

Unlike becoming a potential foster or adoption parent – there are no hoops to jump through before you can have a child. No one checks that you are ready for the task.

The course provides opportunities to share and discuss together as well as receive some DVD input to stimulate thinking. **Tuesdays 7.45-9.45pm**

at the Church of the Holy Spirit in New Inn Lane, starting January 22nd 2019, £10 per family. Do have a look on our website for full details: **www.burphamchurch.org.uk**

Parentalk
THE PRIMARY YEARS

Whatever your parenting situation, you are not alone! May God bless you in your parenting in 2019.

Rev Joanna Levasier

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There's much more to the Guildford Lions Club...



Participants in the Guildford Lions Club annual raft race on the River Wey at Guildford

After another successful Firework Fiesta and Torchlight Procession last November we thought it would be a good idea to get to know the Guildford Lions Club a little better and to find out more about their charity fund raising works.



The Guildford Lions Club was formed just over 50 years ago in 1967. They are a voluntary, non-profit service organisation who meet regularly to perform charitable works.

The Lions' motto is 'We Serve'. Much of the focus of the club is to raise money for worthy causes. Members give their time and effort to improving their community, and the world. Lions programs include vision – saving sight, youth development, disaster relief, hunger alleviation, care for the environment, and childhood cancer. Worldwide Lions Clubs have membership of over 1.4 million members in some 46,000 clubs.

At a local level Guildford Lions Club serves the Guildford and neighbouring communities. They have regular fundraising events; including the Easter Fayre at Shalford Park, a charity concert; the Last Night of the Spring Proms at GLive in May, a Raft Race on the River Wey and a Music in the Park event at Hatchlands in July, a 10km, 15km, and fun run at Hatchlands in September and the 'not to be missed' Torchlight Procession and Fireworks display in Stoke Park in November.

In addition to fundraising events the Lions provide assistance to the local community. They put on an annual Afternoon Tea for pensioners, a coach

trip for Young Carers, drive blind bowlers to the bowling green and provide PSA testing for Prostate Cancer to name but a few.

Funds raised by Lions Clubs from the general public are only used for charitable purposes. Administrative costs are kept separate and paid for by the membership. New members are always welcome, as are volunteers to help at the fundraising events.

For more information visit the website www.guildfordlions.com or call the Membership Officer on 0845 833 2884

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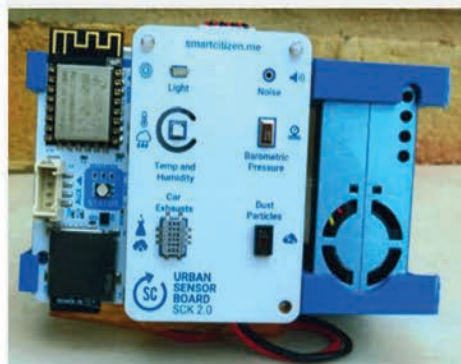
Welcome to the Burpham Community Association

Community Update

www.burphamca.org.uk

To get in touch with the BCA: Contact the secretary on secretary@burphamca.org.uk phone **01483 567791** or visit the website at www.burphamca.org.uk

A Very Happy New Year To All Our Readers!



"...people have a right to air that they and their children can breathe without fear"

This may look like an escapee from Dr Who but it is actually a pollution monitor. It measures car exhaust, dust particles, pressure, noise, light, temperature and humidity. Our recent survey showed traffic and the environment to be top of the list of issues concerning residents. The BCA has been liaising with the University of Surrey and the result is that two members – Jim Allen and Tony Teal – have these monitors at strategic points near their homes recording the above statistics. We hope this may lead to proper monitoring of our roads and maybe ways of reducing pollution hazards.

You can find out more by coming along to a public workshop on air pollution and its mitigation that has been jointly organised by the University and the BCA. It will take place in the Village Hall on Saturday 12th January, 10am to 1pm – admission is free and there will be refreshments available. Please come along and join us – families welcome.

*Lyndon Johnson

New BCA Committee

Three people came forward in response to our appeal for new committee members, and we are very happy that we now have a strong committee moving in 2019, as follows:

- Vice Chair – Andy Clapham
- Treasurer – Sue Poole
- Secretary – Liz Critchfield
- Membership Secretary – Liz Turner
- Technical Officer – Jim Allen
- Marketing Director – Neil Langridge
- Minutes Secretary – Catherine Hughes

Tony and Hazel Teal may have retired from the committee but will stay on as co-opted members. They have given a great deal to the community over the last ten years and members said a heartfelt thankyou at our Social Evening last December by presenting the Teals with G Live and Garden Centre vouchers – many thanks to all those who contributed.

The committee is always open to offers of help with any of the projects the BCA is involved in, please email secretary@burphamca.co.uk if you'd like to get involved.

Community News

Guildford Time Bank

David Rose gave a presentation on the Guildford Time Bank to the BCA last November. As well as being a noted Guildford historian, David also works for Voluntary Action South West Surrey. He gave a very interesting insight into how the Time Bank works. The idea is that you give an hour of your time helping someone – anything from putting up a shelf to writing a letter. You then get one hour's credit which you can exchange when you need some help. To find out more, contact the Time Bank team on 01483

504626, email guildfordtimebank@gmail.com or visit the volunteer centre at 39 Castle Street, Guildford, GU1 3UQ

Winter Lectures

Brighten up the winter evenings by enjoying a series of talks given by local residents for local residents. They will take place in the Village Hall on a Friday starting at 7.30pm and last for about an hour. There is no fee but donations to cover the cost of hiring the Hall will be appreciated. The proposed programme is as follows:

11th January
Follies

25th January
A Year in the Andes

8th February
20 Bright Ideas to Encourage Your Child to Read and Write

22nd February
Alaskan Adventure

8th March
Sutton Place

BCA Public Meeting

The next BCA public meeting will be on Monday 21st January 2019, 8pm at Sutherland Memorial Hall, subject to be announced.

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Do I?

by Joanne Mason

I read with interest that there has been an increase in newly-weds in their 50s. What leads to these marriages; one hopes love comes first but it would seem that what the future may hold and the potential Inheritance Tax bill play a major part in that decision for those entering middle age.

Couples who have been very happily unmarried in secure and long lasting relationships with or without children are hitting their 50s and thinking what would happen if one of them should die. The main cause for concern is that if one of you dies, the other person could lose the house or find themselves in financial difficulty due to Inheritance Tax.

couple of friends to be witnesses and have a lovely meal afterwards or get married in a lovely exotic location please do bear in mind that getting wed is not the only thing you should consider when it comes to tax planning. You should seek proper professional advice and put wills in place whether you intend to marry or not to look after your loved ones.

**Spouses inherit their partner's assets
tax free so marriage or a civil-partnership
may now seem an attractive option.**

Most couples in the south east will have a valuable property and hopefully a small mortgage by the time they are in their 50's. The house might be in joint names but when one of the partnership dies the deceased's half share of the property needs to be reported to HMRC together with details of any other assets e.g. bank accounts and investments and if those assets exceed the nil rate band (£325,000) there will be Inheritance Tax to pay at 40% of what is held above that sum. Where will that tax come from? The money you thought would be left behind for your loved one to survive on at this difficult time? How to solve this? Spouses inherit their partner's assets tax free so marriage or a civil-partnership may now seem an attractive option.

Whatever your reasons for not marrying years before – it not being fashionable, you not wanting to be the centre of attention, just generally not getting around to it or not wanting to spend a fortune on one day perhaps now it is time to reconsider. There's nothing quite like a good wedding however big or small you want to have it and you can really make it suit your wishes rather than having to go to your local church or registry office. Whether you grab a

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Time to make some sustainable New Year resolutions.

Written by Ali Fisher

2018 will go down in the history books as the year that Britain woke up to the problem of plastic pollution suffocating our environment. The anti-plastic movement has become so big it's led the Collins Dictionary to declare 'single-use' as the word of the year.

Whether it's the inspiration of Sir David Attenborough & Blue Planet II, Plasticus (the giant Sky Ocean whale made from 1/4 of a tonne of plastic representing the amount of plastic entering our oceans every second!) or some holiday inspiration from a 2 Minute Beach Clean, Guildford is definitely on the case to fight plastic pollution. In 2017/18, Guildford recycled, reused or composted 58% of its waste, beating both the Surrey and UK average. Go, Guildfordians!

...the average Guildford resident throws away 347kgs of waste a year. Perhaps we could aim to make 'Reduce, Reuse, Recycle' the phrase of 2019.

But there is so much more to do, with the average Guildford resident still throwing away 347kgs of waste a year. Perhaps we could aim to make 'Reduce, Reuse, Recycle' the phrase of 2019.

Let's talk New Year's resolutions! Taking better care of our planet didn't hit the top 10 resolutions of 2018. It didn't even pip 'Focus more on appearance' which came in at number 10! We definitely think it deserves a place in the 2019 line up.

So, here are our 'Top 5 Tips' to help Burpham residents with a New Year's resolution to 'Reduce, Reuse, Recycle' more:

There's a range of ideas here. Some might suit those just starting out on their journey to greater greenness. Others might be for those already sporting their superhero green capes. Regardless, if you can find a couple of ideas that resonate then you can make a big difference locally and beyond in 2019.

🌱 Leave the house 'reuse' ready!

Make a reusable water bottle, coffee cup and carrier bag part of your everyday kit in 2019. For those who want to go the extra mile you could add a reusable straw, your own cutlery, tupperware and home-made snacks and lunches. Brits have already proven what a huge difference our Reuse efforts can make with single-use plastic bag purchases down by 85%, saving the nation from over 6 billion plastic polluting bags every year.

🌱 Start recycling the unrecyclable.

If you have already been bitten by the recycling bug and are frustrated that you can't save more waste from your black bin, check out www.Terracycle.co.uk. They run recycling collection programmes with drop offs in the Guildford area for pouches, bottle pumps and sprays, biscuit and cake wrappers, wipes packets and much, much

more. Just pop your postcode and waste item into their homepage search finder and you're off and recycling! They are even promising crisp packet recycling for 2019 – important when you realise the UK munches its way through 6 billion plastic packets a year!

🌱 Cut through the recycling confusion.

Manufacturers are now widely adopting the On-Pack Recycling Labels so check your back of packs to help get the right products into the right bins!

🌱 Go green in the bathroom.

Research has shown that we know our kitchen recycling, with 90% of kitchen packaging being effectively recycled. By the way, kitchen foil makes up a significant chunk of the missing 10%! But it's a different story in our bathrooms where we recycle just half of our packaging.

Only 1 in 5 people consistently recycle items from their bathroom.

Only 1 in 5 people consistently recycle items from their bathroom. Time for a second bin in the bathroom? Empty bottles of bleach, shampoo, conditioner, bathroom cleaner and hand soap can all be recycled. Just remember to remove any pumps from the bottles first.

🌱 Make 2019 a sharing year.

Sharing more with neighbours and friends is a way not just to help the environment and cut down on the amount of stuff we need and consume, but also a means to fight isolation and loneliness in our community. What do you have that could be shared – the latest DVD release, household tools, gardening equipment, left-over food and flowers pre-holidays? Community sharing can give great rewards to both the giver and receiver.

The top local authority in England for recycling, reusing and composting recycles 67% of its waste. Sounds like a good target for Guildford to aim for next.

So here's to Burpham making 2019 the year of Reduce, Reuse & Recycle.



Sources: www.surreycc.gov.uk/waste-and-recycling/information-about-our-waste-and-recycling-services/community-recycling-centres-recycling-statistics
www.independent.co.uk/news/uk/home-news/plastic-bag-charge-pay-single-use-environment-recycling-a8467061.html
www.bbc.co.uk/news/uk-38856081
earth911.com/living-well-being/easier-recycle-may-think-shampoo-bottles/
www.recyclenow.com/news/2016-10-17-britain-fails-recycle-16-million-plastic-bottles-every-day
www.letsrecycle.com/councils/league-tables/

Ali Fisher lives in Burpham. She supports businesses and brands to help build a more sustainable future. PlansWithPurpose.co.uk

Naomi Kefford Counsellor

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Give it a nudge

By Andy Hewitt DC

Many of us, myself included, tend to shy away from exercise, there is always something more important to be attended to. The exercise gets shelved further and further down the list of jobs to do and gets lost in the deluge of everyday life. It seems to be a bit frivolous, lacking in importance relative to everything else. How has this happened?

Time for some critical thinking. I think it's fair to say that most of us would put our health pretty much at the top of the table of things we value most, but pretty well down the table of things we spend time on. This disparity can be seen across the globe time and again. Labour saving devices as good as they maybe have steadily stripped away our daily activity to the point where the amount of physical exertion we do is nominal or to put it another way not enough to keep us healthy. We sit more than ever in cars, at desks, in planes and on sofas.

Study after study has shown that regular exercise promotes health and well-being. Mental and physical. As we age the body's capabilities decline, this is inevitable, but we can work towards slowing the rate. Movement is key. The old adage little and often is a good starting point. Do one more step today than you did yesterday and you're making progress. That's the nudge, a tad more each day and these little changes over time become big changes. Balance will improve as muscle tone increases. Blood pressure will drop as weight is lost. Blood sugars will improve. The overall benefits are enormous as they effect every part of the body.

All activity is movement to the body, whatever shape or form it comes in.

Specialists recommend that we should all be aiming for 150 minutes a week. That's 30 minutes per day with the weekend off. Anything that gets your heart rate up a tad. Walking with purpose, cycling, dancing, digging the garden, try something new as long as it's fun. Variety keeps it interesting, so mix it up. All activity is movement to the body, whatever shape or form it comes in.

So, focusing on health rather than disease reminds you that exercise is the best thing you can do for yourself.

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We have several sub groups – Cinema, coffee & chat, knit & natter and two book groups. Other events and outings are arranged throughout the year. These groups and events

give our members the opportunity to socialise between our regular meetings. Members are also able to attend **Surrey Federation of WIs'** events and workshops.

Our newsletters are available to view on our website.

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We had very positive feedback from our courses last year.

The course is short only three 2 hour sessions. We are running our next course on Thursdays starting on the 17th January at 8pm in the Church of the Holy Spirit. Please contact parishoffice@burphamchurch.org.uk or by phone **01483 825533** to book.

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Burpham Gardening Club News

To join the club or our meetings call John Boon on 01483 874123

Congratulations to Peter Cox who is the ninth winner of the Club's Banksian Medal.

John Negus will be taking us on a 'Winter Wonderland' journey on **January 22nd** and on **February 26th** Peter Herring will be talking about 'Magnificent Magnolias'. Our meetings take place on the **fourth Tuesday of the month in the village hall at 7.30pm**. The **Trading Hut** will reopen on **Sunday 3rd March at 10.30pm**.

Things to do in the garden in January.

- Check the ground conditions before working in your garden. Trying to work rain sodden soil will do more harm than good, as will trying to plant into frosted ground.

If you only need a few plants it is very often better to buy plug plants in March or to wait until May and then to buy a box of bedding plants from your local nursery.

- Now is the time to study the Plant and Seed catalogues which have been dropping through the letter box on a regular basis. Some points to remember are:

- Plants are quite often grouped together in photographs to catch the eye so that the size of plant that you grow in your own garden may not be as big.

- New varieties of seed can be expensive, look on the back of the packet to see how many seeds you are buying, they can also be difficult to germinate. Remember that this years novelties seeds are next years normal seed.
- If you only need a few plants it is very often better to buy plug plants in March or to wait until May and then to buy a box of bedding plants from your local nursery (*the Club will be visiting Elm Nursery in May where you will obtain a discount on all plant purchases*).
- Apple and Pear trees can now be pruned, cut away any congested growth to increase airflow and to improve the quality of next seasons fruit, cut back to a fruit bud which is large and rounded and usually on older growth, one year old shoots should be pruned back to a slender bud. Whilst the fruit buds are dormant an oil based product should be applied to kill off overwintering aphids.

Things to do in the garden in February.

- Top dress flower beds and borders with a balanced fertilizer such as Growmore or Blood, Fish and Bone.
- Start Dahlia tubers into growth in a light warm place to provide cuttings

- for new plants. If your overwintered tubers have shrivelled, put them in a bucket of tepid water over night.
- Plant Lilly bulbs in pots and containers ready for the Summer.
- Sweet Peas should be sown now. Continue to pot on Autumn sown seeds.
- Complete the planting of deciduous hedges, shrubs and trees.
- Prune Mahonias after flowering to encourage branching.
- Cut back Wisteria side-shoots to two or three buds.
- Cut back Autumn and Summer flowering Clematis to the lowest pair of strong buds.
- During mild, dry periods scarify and spike the lawn to improve drainage.
- In the middle of the month you can give your indoor Tomatoes and Cucumbers an early start by sowing the seed at 21°C.
- You can get an early start by sowing Broad Beans, Beetroot and Peas in a prepared bed under cloches.
- Early Potatoes should be chitted in a light, cool, frost free place.
- Slow growing Annuals such as Antirrhinums and Lobelia, should be sown indoors.
- Overwintered Geraniums and Fuchsias can now be brought growth by gradual watering so that they produce new shoots.



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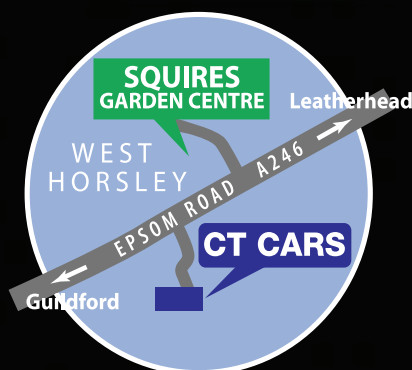
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