

Local advertising and news magazine, delivered free to over 3,000 homes.  
Includes Burpham Community Association newsletter.

# Burpham Pages

March  
& April  
2019

Incorporating Jacobs Well

## Community Update

The BCA explores air pollution, holds a flood forum and discusses the Local Plan.

## A story like no other

2019 is Challengers 40th Birthday and they've released a brand-new video.

## Controversial issues

Burpham Church urges us to respect each other, even if we disagree on certain issues.

Includes: Community Update from the Burpham Community Association

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## Burpham Pages

Issue No. 79  
March & April  
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](http://www.burpham-pages.co.uk)

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**1st April 2019**

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# Welcome

Dear Neighbours, it seems weather is always a part of any conversation at the moment and in the last issue I hoped that the last few months of winter weren't too cold for you. It looks like our hopes were answered with the unseasonably warm weather we've been having towards the end of February.

So, it's been a busy first couple of months to the year. We've had some successful and interesting **Residents' Winter Lectures** which I hope many of you attended. With local residents telling their stories of travel in the Andes and Alaska and sharing their knowledge on Architecture and Literacy. Who knew that we were such an educated and well-travelled community. (See page 12.)

And it's good to see that, after months of training and rehearsals, the **George Abbot School dance team** have triumphed in the Rock Challenge competition at GLive (see page 5). In the spirit of Glee (the musical comedy-drama TV series) they'll now go on to the Regionals!

The **Burpham Community Association** have also been busy on our behalf (see pages 16 & 17), looking at the air quality in Burpham as well as investigating issues with potential flooding in the area plus the ongoing negotiations over the 'Local Plan'. If you would like to know more about the work that the BCA do visit [www.burphamca.org.uk](http://www.burphamca.org.uk) and if you could offer them your support why not join up or perhaps volunteer?

With the New Year rush to the gym finding its equilibrium Easter eggs have started to appear in our shops and the chocolate lovers amongst us are starting to consider the impact of all those calories again. Looks like the local gyms and personal trainers are going to continue to be busy.

As bored as we all are of hearing the word 'Brexit' this is (or at least is expected to be) the last Burpham Pages issue before we exit the EU. Will it make a difference? Not to Burpham Pages I hope (unless the cost of imported paper goes up dramatically). It'll be interesting to see

what happens over the next few months and whether any impact is felt locally.

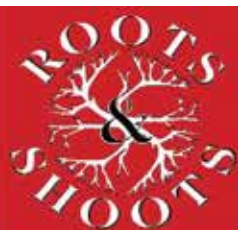
One thing is for sure, many of us will be visiting the EU for our summer holidays. I hope everyone is excitedly booking up their summer trips whether it is to enjoy the sun in Europe or if you're looking at going further afield. Perhaps some of you will be finding some adventures around the globe and be back to tell us the tales in another round of Residents' Winter Lectures in 2020! Don't forget to take some photos!

Well, as a chocolate lover myself I'm hoping our access to Swiss and Belgian chocolate isn't going to be affected this Easter! I hope everyone has a great time over March and April and in to Spring and I look forward to talking to you all again in May and June as we move towards the Summer.

**Paul Nicholls (Editor)**  
[editor@burpham-pages.co.uk](mailto:editor@burpham-pages.co.uk)

### Contents

- 5 **News & events**
- 7 **What's on this month**
- 8 **Burpham Pages crossword**
- 11 **What controversial issues get your blood pressure rising?**
- 12 **Report: Residents' Lectures 2019**
- 16 **Community Update – BCA**
- 19 **Frequent faller?**
- 20 **Burpham. Like Topsy it grewed.**
- 23 **Driving tips from the chiropractor**
- 25 **The WI – Update**
- 26 **Challengers: A story like no other**
- 29 **Burpham Gardening Club News**
- 30 **Useful numbers**



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# News + events

March  
& April 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.



### George Abbot school achieve Rock Challenge success!

After a restful half term, the **George Abbot Rock Challenge Dance team** assembled at GLive, Guildford whilst other students were enjoying their extended break on Monday. The day was filled with set moving, rehearsing, dancing with other schools, face painting, doing A LOT of very long hair plaits, and culminated in their final evening performance.

The students were exceptional, giving such wonderful energy and commitment both on and off the stage. "We were up against five very strong schools, and received lovely comments from the judges. Overall, we claimed 8 Awards for Excellence in Performance Skill, Costuming Character, Stage Crew, Stage Use, Visual Enhancement (Hair and Make Up), Drama, Entertainment, and Choreography and overall **FIRST PLACE.**"

**"The students were exceptional, giving such wonderful energy and commitment both on and off the stage."**

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The Rock Challenge® is universally inclusive with secondary schools, colleges, academies, schools catering for students with special needs and independent schools from all backgrounds taking part.



### Guildford Lions Club announce the 'Last Night of the Spring Proms'

The Guildford Lions Club are excited to announce the **Last Night of the Spring Proms** concert at **GLive** on **Friday May 10th at 7.30pm.**

With the participation of Southern Pro Musica, Guildford Choral and Tormead School Choir it will be an evening of high-spirited Proms music-making. There will be spectacular orchestral and choral masterpieces, including Rachmaninov's ever-popular Piano concerto no. 2, played by the outstanding pianist Lucy Parham. Plus all the traditional Proms flag-waving favourites, Rule Britannia, Land of Hope and Glory, Jerusalem as well as music by Rossini, Handel, Borodin, Franck and Johann Strauss.

This charity concert, in support of Challengers and the Lions Welfare fund, is promoted by **Guildford Lions Club** in partnership with **Magimix.**

Tickets are available from GLive by calling **01483 369350** or visit [www.glive.co.uk](http://www.glive.co.uk)



Professor Jim Al-Khalili OBE of the University of Surrey

### Annual Onslow Lecture 2019: A Brief History of Gravity

Professor **Jim Al-Khalili OBE** comes to **George Abbot School** on **Thursday 7th March** from **7.00pm – 9.00pm** (Tickets £12.00) to speak about gravity. Jim is a renowned British scientist, author and broadcaster and professor of Physics at the University of Surrey.

We still do not have a proper theory that connects gravity to the other three forces in the Universe, gravitational mysteries like dark matter and dark energy have not yet been solved by physicists. We have black holes and gravitational waves and study the origins and destiny of our entire universe, and yet there's that nagging sense that something fundamental is missing...

Book your tickets at:  
[www.eventbrite.co.uk](http://www.eventbrite.co.uk)

## Burpham Pages

Our next issue of **Burpham Pages** will cover May & June 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](mailto:editor@burpham-pages.co.uk) before **1st April 2019.**

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## What's on this month

March  
& April 2019

### Guildford Flower Club

Visit Guildford Flower Club and see traditional and current 'Floral Art' trends by a variety of demonstrators. No knowledge of anything floral is needed to visit or join the club. Workshops are held regularly where members can gain new skills in a friendly and non-threatening environment.

We meet at **Jacobs Well Village Hall**, GU4 7PD. For more information about the club or workshop please call Cynthia Bromwich on **01483 772019**

Wednesday 6th March



From 6.45pm for 7.30pm start Peter Boydhor will demonstrate 'A Grand Tour'.

Friday 8th March

**Burpham Residents' Winter Lectures**  
**Sutton Place : The Playboy's Mansion**



From 8.00pm-9.00pm at the Burpham Village Hall **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. No fee, but a collection on exit towards room costs.

Wednesday 3rd April

**Guildford Flower Club**



From 6.45pm for 7.30pm start 'Oasis free' workshop led by Cynthia Bromwich.

**Jacobs Well Village Hall**. For more info call Cynthia on **01483 772019**

### Burpham Church

Saturday 2nd March

**Happy Child Evening**



5.00-8.00pm at the Church of the Holy Spirit. Join us for an evening of live entertainment

and games in aid of Happy Child (our partner charity rescuing and

rehabilitating street children in Brazil). With lasagne supper, BYOB. Tickets £10 adults, £5 teens, £2.50 under 12s from the church office **Tel 825533**

Friday 22nd March

**Ladies Curry Night with Inspiring Speakers**



**7.30-10.00pm at the Church of the Holy Spirit**. Join us for a great meal and hear the extraordinary story of Chris & Denise Arthey and their battle to regain their lives after both losing a leg in a collision with a drunk driver. Tickets £10 from the church office **Tel 825533**

Saturday 23rd March

**Messy Church**



**4:30-6.00pm at the Church of the Holy Spirit**. Come and join us for messy craft activities, fun worship and sandwich tea focused around the bible character of Joseph (think dreamcoat!) Suitable for families with under 11s.

Sunday 31st March

**Mothering Sunday**



With flowers for ladies at all our morning services join us at **8.00am St Luke's Church, 9.15am or 10.45am (family worship) at the Church of the Holy Spirit**.

Sunday 14th April

**Palm Sunday**



Join us at **8.00am St Luke's Church, 9.15am or 10.45am (family worship) at the Church of the Holy Spirit**.

Sunday 21st April

**Easter Sunday**



Join us at **8.00am St Luke's Church, 9.15am or 10.45am (family worship) at the Church of the Holy Spirit**.

For more details on Easter events visit [www.burphamchurch.org.uk](http://www.burphamchurch.org.uk)

## Guildford Walking for Health

**Guildford Walking for Health** offers **free guided short walks** in all weathers (except very icy), year-round. All abilities welcome. All walks are led by trained volunteer walk leaders.

**"Walking has played a huge part in helping me discover just how good life can be."**

Tony (A walker with Walking for Health)

### Boxgrove Walks



Weekly walks from Boxgrove Park Shops, GU1 2PF.

**Monday mornings**. Meet at **9.45 am for 10.00am start**.

### Every first Monday



**Riverside Park**. 10.00am to 11.20am. Easy walk along the River Wey. Can be muddy.

### Every second Monday



**Guildford Golf Course**. 10.00am to 11.20 am. Fairly hilly walk. Can be muddy.

### Every third Monday



**Pewley Down**. 10.00am to 11.30 am. Fairly hilly walk. Can be muddy.

### Every last Monday



**Stoke Park**. 10.00am to 10.40am **Duration: 40 minutes**. Easy walk through Stoke Park for a coffee & a chat; take the bus back or do the return walk.

For more information visit: [www.walkingforhealth.org.uk/walkfinder/](http://www.walkingforhealth.org.uk/walkfinder/) [guildford-walking-for-health](http://guildford-walking-for-health.org) or e-mail [guildfordwfh@outlook.com](mailto:guildfordwfh@outlook.com). Call Annelize on **07554 423010**.

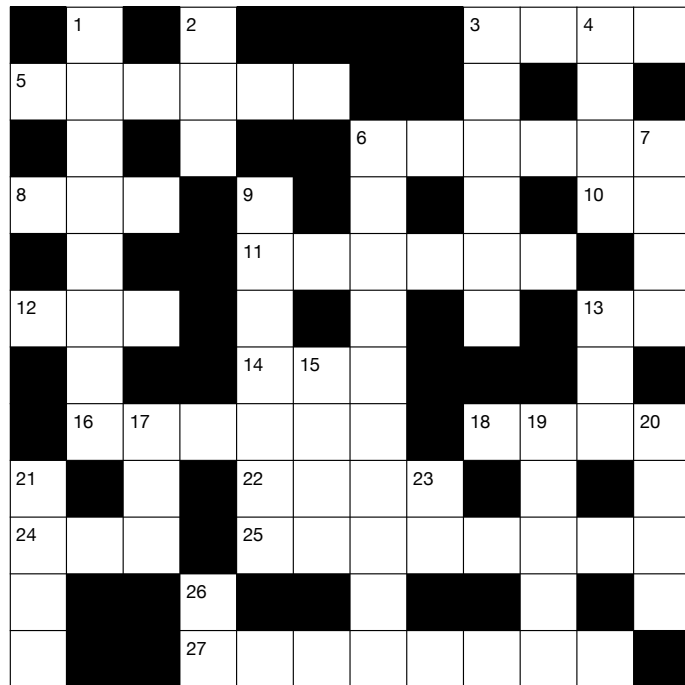
Do you have any events happening in and around Burpham & Jacobs Well that you would like added in the next issue?

Our next issue of Burpham Pages will cover May & June 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](mailto:editor@burpham-pages.co.uk) before **1st April 2019**.

# Burpham Pages Crossword

Crossword No. 4  
March & April 2019

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## Across

- 3 Reach or acquire (4)
- 5 Festival of the resurrection of Jesus (6)
- 6 A critical time (6)
- 8 To do something (3)
- 10 Exclamation of surprise (2)
- 11 A colourful citrus fruit (6)
- 12 Travel over snow (3)
- 13 To exist (2)
- 14 Elongated seed vessel (3)
- 16 The last day before Lent (6)
- 18 As soon as possible (abbr.) (4)
- 22 A story (4)
- 24 Red Baron ranks high (3)
- 25 Pachyderm (8)
- 27 Support for a riders foot (8)

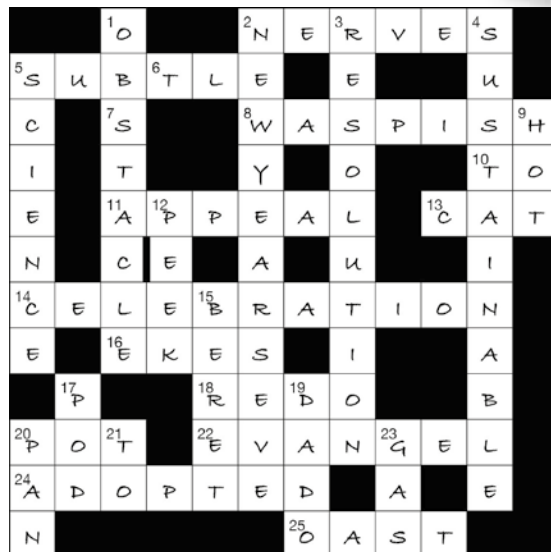
## Down

- 1 Eaten on Shrove Tuesday (8)
- 2 Home for a pig (3)
- 3 Dirty, lazy rock music (6)
- 4 Move slowly along a ruler (4)
- 6 French day for pancakes (Candlemas) (10)
- 7 Rapidly resembles a bunny (4)
- 9 Fruit preserved or cooked in syrup (7)
- 13 Woman's undergarment (3)
- 15 Egg shaped (4)
- 17 Colour or shade (3)
- 19 A cutting wit (5)
- 20 Savoury paste (4)
- 21 Cry out (4)
- 23 Inbetween a single and an album (abbr.) (2)
- 26 Software that runs a computer (abbr.) (2)

## Solution to Crossword No. 3

Burpham Pages issue No. 78  
January & February 2019

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



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## What controversial issues get your blood pressure rising?

**Do you love or hate Marmite, admire or despise Trump or are you for or against Brexit?**



**I don't know if it seems this way to you, but as we steam towards the end of the first twenty years of the twenty first century, life appears to be more and more polarised. We seem to feel more and more strongly about a whole host of things and the temperature of conflict in general society seems to be rising.**

In this age where I can vote people off TV shows, somehow we're encouraged to be extreme and to always fight for our view to prevail. It's not a big step to actually believing that I am always right and everyone else wrong.

Whatever you think about any of the issues I've mentioned above – and there are a huge number of other controversial things I could mention – you are going to be living side by side with people who see things quite differently to you. And actually I'd like to suggest that this is GOOD.

Part of the beauty of humanity is the diversity and variety that we all display. It's how we were created. I remember when I first came across the Myers-Briggs Personality indicator (other tests are available!!) and finding it revolutionary in my own social and working relationships. Other people were wired completely differently to

me and it wasn't wrong – it was just different! And my life was so much simpler once I took the time to understand others better.

**Whatever you think about any of the issues above you are going to be living side by side with people who see things quite differently to you.**

At this time in humanity's history, we need to learn how to disagree with each other in more positive ways. Having just watched part of the live Brexit debate on TV, it isn't hard to see how much easier it is to be against things and point out what we hate, than to identify and gather around what we think is good. Don't we desperately need to learn how to co-exist with one another and build on the good, however differently we think?

According to the Oxford dictionary, the primary form of 'to disagree' means 'to have or express a different opinion'. There is no emotional baggage loaded up with that phrase. I can disagree in a positive way maintaining respect and relationships. Surely this is what we need to learn to do. (Interestingly, my PC sees the synonyms for disagree as 'upset' and 'distress' – what a different and much less helpful approach!!)

Jesus came to break down barriers and bring people together. That's what he taught and what he lived. Admittedly his church hasn't always got it right, but that's what we're aiming at here in Burpham. It's God's design that we see ourselves as a family – not a family that always agrees, but a family that respects each other enough to disagree and still keep good relationships with one another.

**Rev Joanna Levasier**

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# Residents' Lectures 2019

Throughout January and February Burpham Residents, supported by the Burpham Community Association, have been holding a series of one-hour 'Winter Lectures' for local residents. A range of subjects and experiences have been covered from 'A year in the Andes' to 'Ideas to encourage your child to read and write well'.



Philip Jones in the high Andes

People of the high Andes are very poor but are happy and optimistic.

**Working in the high Andes**  
Speaking at the second winter lecture in Burpham, Philip Jones described his surprise when he was sent by a charity to help build a school dormitory high in the Andes so that children who travel long distances up the mountain to reach school could stay over on week nights.

Battling low levels of oxygen, he watched local workers create huge bricks made of baked mud. His job was to carry these blocks up to the top of the rising walls until it was ready for its roof.

The people of the high Andes are very poor, but Philip observed that they were both happy and optimistic, accepting of others, and open to new ideas in the midst of their traditional culture. They do not miss the technologies and luxuries they have never had, but they do value other people. To Philip, they opened their houses and shared their food. He noted that their supposedly impoverished diet was probably the healthiest he had eaten in his life.

Without the services we take for granted, they are skilled in making the best of the resources around them. Medicines, for example, are derived from local plants and the people swear that they have the power to heal diseases that have defied western medicine.

Nearby, Philip was shown evidence of previous tribes living in the mountains for hundreds of years. Whilst he was there, a tomb was uncovered containing strange elongated skulls.

One of the unexpected moments of the evening was when one member of the audience realised that she had stayed in the same remote settlement as part of her voluntary work overseas and they had acquaintances in common.

**With one lecture remaining, Sutton Place: The Playboy's Mansion' on March 8th at Burpham Village Hall at 8.00pm, we look at what was featured at two of the recent lectures.**

## An Alaskan adventure

Attendees at the fourth winter lecture were taken on a trip into Alaska via stunning photographs taken by Jim Allen, who is well-known as a local community campaigner.

Jim's trip with his partner was not a conventional tourist trip but unique self-organised road trip into a white and wild environment. Showing 'now' and 'then' images, Jim illustrated why he is an ardent believer in climate change. He had walked across a glacier

that Google Earth now proves has disappeared: the magic of Alaska is literally melting away.

Alaska is a vast and sparsely-populated state, and travel is complicated by extreme weather conditions. Broken machinery and even cars are abandoned where they fail. That accounts for an unusual sighting of a Model T Ford on railway wheels!

Jim's images of glaciers and crystal blue lakes were set alongside snaps of the creatures that live there, such as beavers that had built a river dam two metres high, a shy moose and an unusually large dog.

At least four members of the audience had visited Alaska themselves and had their own hair-raising stories. One of the great things about listening to our neighbours is the realisation that we are, collectively, remarkably well-travelled and knowledgeable.



Model T Ford on train wheels abandoned in Alaska

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Welcome to the Burpham Community Association

## Community Update

[www.burphamca.org.uk](http://www.burphamca.org.uk)

To get in touch with the BCA: Contact the secretary on [secretary@burphamca.org.uk](mailto:secretary@burphamca.org.uk) phone **01483 567791** or visit the website at [www.burphamca.org.uk](http://www.burphamca.org.uk)

### Air Pollution Workshop in Burpham



The Air Pollution workshop held on 12th January was very successful. Professor Kumar, Director of the Global Centre for Clean Air Research (GCARE) at Surrey University, opened proceedings with a very interesting, informative and entertaining talk on what can be done to mitigate the dangers of air pollution. There are things we can do as individuals (e.g. not leaving car engines idling when stopping briefly). As pedestrians we can take simple measures to avoid the worst air pollution such as standing back from the edge of a busy road. As a community, we can make a difference by going green – hedges, trees and green walls can have a big impact.

The workshop session had everyone working in groups with a large road map of Burpham in front of them looking to see where it might be possible to plant hedges or take other measures to reduce pollution effects. Professor Kumar's knowledgeable and enthusiastic team were on hand to give advice and suggestions. There is now a real opportunity for a more detailed study on air pollution to be carried out in Burpham but this means that residents must be prepared to come forward to help in this.

We would like to thank all those who came along. The BCA will continue to work with Professor Kumar and his team; for future events, look out for our newsletters, Facebook and the website.

The liaison between the BCA and GCARE grew out of the Burpham Road Action Group (BRAG), formed last year to try and resolve the many traffic problems that beset Burpham and our neighbours. If you are interested in getting involved with the pollution studies, or any aspect of road and traffic problems in Burpham, please let the Secretary know (contact details opposite).

#### Dates for your diary

**Monday 18th March.** The Borough elections are due in May so we are holding a hustings. All candidates standing in Burpham ward have been invited to participate; with a chance to speak then respond to questions.

**Monday 20th May.** The AGM will be preceded by a speaker, details to be announced. Both meetings will be in Sutherland Memorial Hall, starting at 8pm.

### Community News

#### Flood Forum

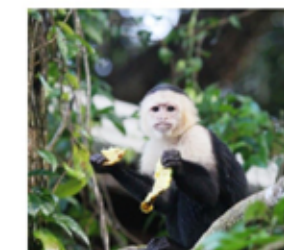
This will be held on Friday 10th May at 2.30pm in Sutherland Memorial Hall. Anne Milton MP will chair the meeting, with GBC, SCC, GBC, SCC, National Trust, Thames Water and Environment Agency representatives. Issues of particular concern are the Merrow Common River, the constant leakage at the corner of Merrow Lane and London Road and the appalling damage being done to the towpath along the Wey. The Forum is open to the public – please contact the Secretary if you would like to attend.

#### Local Plan

You may remember that the Examination in Public of the Guildford Local Plan took place last summer. Although the Inspector found the Plan sound, there are outstanding issues on housing numbers and the hearing will resume in February. There are three sets of annual housing requirement figures – 630 in the Draft Local Plan, 562 proposed by G I Hearn (consultants for GBC) and 361 proposed by the consultant working for the Guildford Residents' Association (GRA). The BCA has responded to the Inspector's questions

strongly supporting the GRA proposal – if adopted, the annual housing need would be reduced by nearly 50%. This would mean that the three Strategic Sites of which Gosden Hill is one, cannot possibly be justified.

On a lighter note, here's a photo captured by resident Jim Allen on a recent trip to Costa Rica!



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### Help by joining the Burpham Community Association today!

Subscriptions are just £8 per household or £4 per single occupancy per year (January to December). To join the BCA or renew your subscription, please fill in the form below and return it to Sue Poole, 1 Mead Way, Burpham GU4 7LG. You can pay with your bank: Account Name: Burpham Community Association, Sort Code: 40-22-26, Account Number: 41049194. To help the Treasurer please identify yourself using initials, surname and the first line of your address. Please contact Liz Turner, our Membership Secretary, if you have any queries, at [membership@burphamca.org.uk](mailto:membership@burphamca.org.uk)

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# Are you a 'frequent faller'?

## Something can be done

by Jennifer Margrave

**Do you know someone who has frequent falls,  
either through a medical problem or simply because  
they don't look where they're going?**

Apparently the local A&E has to cope with thousands of injuries caused by falls every week, sometimes causing broken bones, severe bruising or even internal injuries which might be life altering.

Now there is something that can help prevent falls, as I discovered when I attended a falls prevention session, jointly run by the local NHS and Guildford borough council. I've had several falls, mainly through rushing and not 'being in the moment' and such falls usually result in a break of something. I attended because I just don't want to attend A&E with any more broken bones.

We learnt that falls can be caused by many reasons; at least ten were shouted out by the group, and we were then talked through various ways of preventing such falls.

One of the ideas put forward was that if a person exercises this can develop core strength so that they may not fall so much. I discovered that it can be a matter of just having weak ankles and legs. Some exercises were demonstrated to strengthen these areas.

Other parts of the session explained how to keep safe indoors and out. Keep garden paths clear of leaves and slippery moss, etc., for instance, but if there are steps and other obstacles, the council may be able to help to provide grab rails or other equipment to help. Indoors, be aware of rugs, and other obstacles, such as cables, making sure they're tucked away. In addition wear sensible shoes that won't slip off, make sure you have the right prescription for glasses and keep warm; these were just some of the suggestions that seem so easy to do but, if a person is elderly and living on their own, may be overlooked.

The sessions can be accessed through a GP and I would

strongly recommend that a person liable to fall should ask their GP for a referral. I consider myself to be fairly fit and self-aware, and through the nature of my previous work, fairly well-informed, but I found the afternoon session to be invaluable.

No more falls for me! (I truly hope!)

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Moir MacQuaide Hall's history of Burpham

# Burpham ~

## I Like Topsy, it 'grewed'

Some people will recall the character Topsy in the novel Uncle Tom's Cabin, who said that she just "grow'd", but nowadays the phrase 'grow like Topsy' refers to something growing in an uncontrolled or unplanned way ~ perhaps Burpham is an example of this.

Originally one of the four tythings of Worplesdon parish, and mentioned in the Domesday Book, it is likely that there have been settlements in this area for over one thousand years. The earliest written records of Burpham Manor refer to properties from Hurst Farm on the Woking Road, through Jacob's Well and modern-day Burpham, up to the woods by Merrow Lane. Predominantly farmland, most of the residents of the Manor lived or worked on one of the many farms, which were mostly owned by a small number of fairly prosperous landowners. There are still examples of 16th and 17th century houses in the area, to remind us of times gone by. In 1954 Burpham became a parish in its own right.

**Mentioned in the Domesday Book, it is likely that there have been settlements in this area for over one thousand years.**

By 1851 there were 325 people, including children, recorded living in

If you are willing to share your memories and/or photos to tell us more about Burpham then please contact Moira MacQuaide Hall, either by e-mail ([moira.macquaide@gmail.com](mailto:moira.macquaide@gmail.com)) or by phone or text (07963 756543). My two books ('The History of Burpham Primary School' and 'Burpham – A Gateway to Guildford') are still available from me for £10 (free delivery locally) or on Amazon.

the area. Jacob's Well first appeared on maps in the early 1800s and has since developed as a community in its own right. In 1953 there were plans to build houses there, taking



17th Century house at Burpham Court Farm



The Green Man in 1901

the local population to around 1,000, with shops, school, church and inn. However, it still doesn't fulfill the requirements to be deemed a village

as the last three never happened. In 1960 Jacob's Well left Burpham parish to join the church in Hazel Avenue.

The 20th century brought great change to Burpham, as farmland was developed for housing. The Paddocks Estate, off Burpham Lane, was the first, followed by the Winterhill Farm, New Inn Farm, Wylea Farm and Bower's Farm. More houses were built along London Road and Burpham Lane, while New Inn Lane changed from a leafy track into a residential road. Garden grabbing and infilling has created more small estates around the community. Modern blocks of flats stand next to Victorian cottages. By 1908 Burpham had a church, a school and a shop, thus becoming a proper village.

In the last 200 years Burpham has grown from a tiny hamlet, to a small village, and finally into a suburb of Guildford. In the 2011 census there were over 5,500 people living just in modern day Burpham – quite a change from 160 years before.

Map image: This work is based on data provided through [www.VisionofBritain.org.uk](http://www.VisionofBritain.org.uk) and uses historical material which is copyright of the Great Britain Historical GIS Project and the University of Portsmouth.

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# Driving Tips from the Chiropractor

Philip J Hehir DC MSc MRCC

**Prolonged loads on your spine is bad for you. With the average Brit spending about 9-10 hours a week driving, it's important drivers assess driving ergonomics thus preventing any unwanted back strains.**

We also need to feel comfortable when operating a vehicle. Discomfort, whilst driving, is a known cause of distraction behind the wheel, risking not only our own safety, but that of our passengers and those around us.

We have compiled a list of tips for drivers:

- 1. Slouched Positions.** Not only aesthetically displeasing, slouching increases the risk of neck and back tension and pain. You should ensure your back rest is setup fairly straight, elbows slightly bent and your hands at '10 to 2' on the steering wheel. Shoulders should be relaxed and breathing not laboured.
- 2. Lumbar Support for Spinal Suspension.** The lumbar area is essentially your lower back region and it has a normal curve that goes inwards. The curve offers your spine a sort-of suspension system of its own, so anything you can do to help maintain that curve is very useful. Use the lumbar support feature in the seat, if your car has one. If not, use a cushion or a rolled-up towel and place this in the middle of your lower back, complementing the curve of your spine.
- 3. Pedal to Seat Distance.** Try not to create too wide a distance from the pedals. After applying pressure to the clutch, you should still have a slight bend in your leg.
- 4. Head Rest.** The top of the head rest should be above your ears. This is to prevent unnecessary injury to your neck, in the unlikely event of a bump or an accident.
- 5. Seatbelt.** Adjust the height of your seatbelt, so it is not sitting on your neck. The belt should be worn as tight as possible, without any slack. Ensure the lap belt goes over the pelvic region, not the tummy.
- 6. Wallets in Back Pockets.** Ensure you don't have anything in either back pocket when driving. It's unbelievable how often a wallet-ectomy will cure recurring sciatica in drivers!
- 7. Take Regular Breaks.** We suggest you offload your spine every 1-2 hours depending on the distance you're covering. This improves circulation to your spinal muscles and discs and gives them a bit of break from your weight. That could just mean stopping off at a service station and walk for two minutes. A simple but effective tool for back pain prevention.

- 8. Mindful Exiting and Entering the Car.** If you've had a low back episode you'll know that getting in and out of a car can be a nightmare. Get in with your back facing the car, go with your buttocks first and gently sit on the seat. Whilst carefully trying to keep your back and hips in line, spin on the chair drawing your knees towards the front of the car. If necessary, use your arms to, heave yourself on the metal framework of the car to help you move around.
- 9. Prepare Yourself Beforehand.** If you have a long journey coming up and your back is hinting that something isn't quite right, get it checked by a chiropractor. A long journey could take it over the edge to a full-blown injury, potentially leaving you out of action for some time.

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**16 April**

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**21 May**

**We will debate this year's proposed National WI campaigns & have a plant sale**

**18 June**

**How I Became a Wartime Housewife**

We have several sub groups - cinema, coffee & chat 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.**  
**The Annual Council meeting of Surrey Federation of WIs will be held on 18 March at Dorking Halls** when the speakers will be Rabbi Baroness Julia Neuberger DBE and the Reverend Kate Bottley.

Our newsletters are available to view on our website.

### FOR FURTHER INFORMATION:

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# A story like no other #40YearsOfFun

2019 is Challengers 40th Birthday and on Monday 7th January they announced a brand-new video for this year. Focusing on one family, Deborah tells her family's story about how they found Challengers and what life has been like raising a disabled son.




Deborah said; "Thomas. What can I say about Thomas? At times he is incredibly challenging and then other times just melts your heart. He loves music, he loves dancing. He's infatuated with computers, in a good way. He loves rollercoasters, he loves just being out and about and having fun and being with people, he absolutely can't be left on his own. He needs to be with people.

Tom was about seven and we'd gone to LEGOLAND for the day. We were at the top, where the train takes you all the way down. I just saw a big group of orange coming towards us, but there was lots of laughter and I straightaway realised that the group of people, that were with this blob of orange, were all disabled. But they were all laughing and there was so much chatter and so much fun and I just thought, just for a moment, I want a piece of that.

It's always something we talk about now, the orange. It makes Tom, in his hardest times, feel safe. Because he just wouldn't recognise the people, he would recognise the shirts.

I suppose society is a barrier and can be quite cruel. It's only ever been us, as a

family. Respite, inclusion, is not out there. I don't ever think we felt it was out there for us as a family. Inclusion is very important. He'd be sitting at the table clapping his hands, screaming, just enjoying himself but people just don't get it. And I think that's always been the joy with Challengers, they get it.

It doesn't matter, so what if he's swearing, so what if he is taking his clothes off, so what? He is having fun, you know, he is joining in, he is communicating. I think that was one of the first times I heard that, at Challengers, 'Debbie, Tom is communicating, it's absolutely fine'. And I think that is the most important message that I've always got from Challengers, no matter how hard it's been and no matter how challenging his behaviour became when he was in his late teens, it really didn't matter.

We just embrace everybody, we give everybody a chance. It's like family, isn't it? And whenever we go in, oh my goodness, he walks through the door and everybody's so excited 'It's Tom! It's Tom!' and you just think wow! Thank God that we've had Challengers."

Challengers is a charity that for 40 years

has been removing the barriers to play for disabled children. Currently supporting over 1,400 children and young people across 25 schemes, Challengers has an inclusion policy, meaning that no child has, or will, ever be turned away. One of these schemes is Alton Play, running on Saturdays, Easter & Summer Holidays, and provides hours and hours of fun for disabled children aged between 4-12 years.

To view the new film search online for **#40YearsOfFun** or go to this link <https://youtu.be/JJrYfnsPI9I>



Challengers have lots in store for their 40th year, so if you would like to be involved or learn more about **Alton Play**, please contact [communications@disability-challengers.org](mailto:communications@disability-challengers.org) / 01483 230060.

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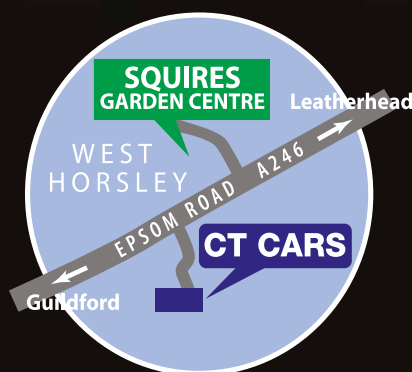
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# Burpham Gardening Club News

March & April

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

**The Club's AGM is on Tuesday 26th March at 7.30pm in the Village Hall. The Committee currently needs new members, if you think that you can help please come along to the meeting after which Darren Everest will be giving a talk entitled 'How to grow and to show Dahlias'.**

At our meeting on **April 23rd** Nigel Choat will be taking us on a slideshow of 'The Natural History of South East England'. The Trading Hut re-opens at **10.30am** on **Sunday March 3rd**. We will be paying our annual visit to **Elm Nursery** on **Monday 13th May** at **7.00pm** when all plants in the nursery will be available at a **10% discount to club members**.

#### Things to do in the garden in March.

- Shallots and Onion Sets should be planted this month and if it is mild Early Potatoes should be planted towards the end of the month.
- Most vegetable seeds can be sown outdoors this month in prepared beds.
- If you did not do so last month you can still sow Sweet Peppers, Tomatoes, Cucumbers, and Aubergines in a heated propagator or indoors.
- Cut back Autumn fruiting Raspberry canes to ground level, prune Blueberries and Gooseberries and apply a dressing

- of a balanced fertiliser or Sulphate of Potash at 15g per sq m.
- Basal stem cuttings of Dahlias should be taken this month to provide plants for Summer flowering.
- Bush and Standard Roses should be pruned and fed with Rose Fertiliser.
- Continue to prune Summer Flowering Shrubs and Dogwoods.
- When conditions are dry the lawn should be cut with the mower blades on a high setting for the first few cuts, Weed and Feed with Mosskiller should be applied when rain is forecast.

#### Things to do in the garden in April.

- Second Early Potatoes should be planted in the first half of the month with Maincrop Potatoes in the second half.
- Beetroot, Carrots, Leeks, Lettuce, Radish, Spring Onions and Turnip can all be sown outdoors now.
- Brassicas can be sown in small pots ready for transplanting later in the Summer.
- Plant out Broad Beans which

have been sown indoors.

- Tomato seedlings which have developed their first true leaves should be potted up.
- Plant Summer flowering bulbs such as Gladioli.

**When conditions are dry the lawn should be cut with the mower blades on a high setting for the first few cuts**

- Remove faded Daffodil and Tulip flowers leaving the foliage.
- Deadhead Pansies and other spring bedding plants for continuous flowering.
- Prune Forsythia immediately after flowering and evergreen shrubs such as Choisya and Photinia
- Cut back Lavender to keep it bushy, be careful not to cut into old wood.
- In the Greenhouse sow bedding plants such as French Marigold for a Summer Display.
- Continue to apply Lawn Weed and Feed with Mosskiller as necessary.
- Start to check for and to control Slugs, Snails and Aphids.

# Useful numbers

## Police

Call **101** for local police team

## Dentists

**Burpham Dental Care**.....01483 561666

**Waterden Dental Practice**.....01483 565290

## Village Halls

**Sutherland Memorial Hall**.....01483 300404

**Jacobs Well Village Hall**.....07482 632144

**Burpham Village Hall**.....01483 535387

## Local Councils & Councillors

**Borough Councillor** (Burpham)

Christian Holliday.....07879 423 739

Mike Piper.....01483 575 252

**Borough Councillor**

(Worplesdon & Jacobs Well)

David Elms.....01483 234414

**Worplesdon Parish Council**

(Jacobs Well).....01483 300094

## County Councillor

(Guildford East – Merrow & Burpham)

Graham Ellwood.....07899 846626

## Local Associations

**Burpham Community Association**.....

01483 567791

**Jacobs Well Residents Association**

(Secretary).....01483 577994

(Chair).....01483 822976

## Veterinary Surgeons

**Stocton Veterinary Centre**.....01483 604308

**Alder Veterinary Practice**.....01483 536036

## Chemists

**Boots Pharmacy** (Merrow).....01483 572421

**Lloyds Pharmacy in Sainsburys**

(Burpham).....01483 566076

## Schools

**Burpham Primary School**.....01483 572510

**George Abbot School**.....01483 888000

## Doctors

**Merrow Park Surgery**.....01483 503331

**New Inn Surgery**.....01483 301091

## Hospitals

**BMI Mount Alvernia Hospital**.....

01483 570122

**Royal Surrey County Hospital**.....

01483 571122

**Nuffield Health Guildford Hospital**.....

01483 555800

## Churches

**Burpham Church** (St Luke's & The Church

of The Holy Spirit).....01483 825533

## Sports Venues

**Sutherland Memorial Park**.....01483 444718

## Supermarkets

**Sainsbury's** (Burpham).....01483 506767

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