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Includes Burpham Community Association newsletter.

Burpham Pages

May &
June
2019

Incorporating Jacobs Well

Community Update

The BCA reviews the GBC election hustings and looks in to local traffic issues.

Surrey County Show 2019

Spring bank holiday sees the biggest one day agricultural show in the UK, Stoke Park.

School dinners

A History of Burpham looks back at the history of school dinners at Burpham Primary.



Includes: Community Update from the Burpham Community Association

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Burpham Pages

Issue No. 80
May & June
2019

Burpham Pages
Incorporating Jacobs Well
Local advertising and news magazine,
delivered free to over 3,000 homes.
Focused 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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Welcome

Dear Neighbours, I hope you're all enjoying spring and that you're looking forward to the summer months. Usually there's a 'celebration' in the middle of most seasons, we've just had Easter, before that it was Christmas, New Year and Halloween. However, spring is more of a transitional time of year.

Nature is working hard to prepare itself for a busy summer and everything seems to have burst in to colour in the last few weeks, almost overnight in some cases. There's certainly a lot of greenery around all of a sudden. But it's not just the flora and fauna that is getting all excited about the summer, we are too.

Summer clothes have started to be worn as we get more confident of steady warmer days and conversation is turning to "what are you doing for holidays this year..."

We've also got the various councillors getting ready with the local elections just round the corner (Thursday 2nd May). Then there are real signs of summer approaching with events like the **Surrey County Show** (Bank Holiday Monday 27th May) and the **Guildford Lions Charity Raft Race** (Saturday 6th July).

For me the Surrey County Show has always been a great event, it still has that agricultural foundation that reminds us that we live in

a beautiful area of the country. It's also an event where you'll always bump in to someone you know for a quick hello and a chat. Let's hope it's a nice sunny weekend.

I hope spring is enjoyable time for you and look forward to speaking to you again soon.

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

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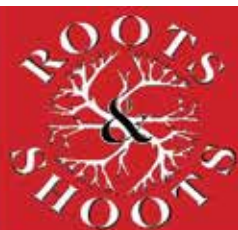
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News + events

May &
June 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.

Local Borough Elections

Elections for local borough councillors in all Guildford Borough Council wards will take place on Thursday 2 May. Polling stations will open 7.00am to 10.00pm. For further info visit www.guildford.gov.uk/electionsMay2019

Burpham Bowling Club Open Session

Fancy giving bowling a try? Burpham Bowling Club, an active bowling and social club with members of all ages, is having an open session on Sunday 5th May from 10.00am until 1.00pm. Visit the Burpham Bowling Club website for more information www.burphambowlingclub.org.uk or email Wendy Sheldon at wendymsheldon@gmail.com or call 01483 821787

- No bowling experience is necessary
- Coaching available
- Social events all year round
- Bowls available to borrow
- Please wear flat footwear on the green

Celebrate 50 Years of The Surrey Jazz Orchestra

If you love the ambience of jazz, a little bit of big band and music that puts you somewhere in the war time era, come along and celebrate the 50th birthday of one of Surrey's oldest performing bands! The Surrey Jazz Orchestra marks 50 years of performing with their existing 16 piece band: **Tuesday 25th June 2019**. They've chosen the fantastic Cherry Trees children's charity as their beneficiary so please join the SJO and their loyal following at **Jacobs Well Village Hall** from **7.45pm** onwards – tickets on the door £7.50pp, raffle and prizes for the best vintage get-up in honour of the night.

Guildford Walking for Health

Guildford Walking for Health offers FREE one-hour fast and slower health walks year-round on Monday, Wednesday and Friday mornings, from Boxgrove shops, the car-park

behind The Seahorse Inn Shalford, and from the car-park at The Jolly Farmer Worpleston. Come along, it's fun! Get to know your local woodland and make new friends. All abilities welcome. Walks led by trained volunteer walk leaders. Wear waterproof footwear and bring a raincoat on rainy days. Well-behaved dogs on leads welcome. For more information visit www.walkingforhealth.org.uk, email guildfordwfh@outlook.com or call Annelize on 07554 423010.

Burpham Community Association AGM

At **8.00pm on Monday 20th May** the Burpham Community Association will be holding their Annual General Meeting in Sutherland Memorial Hall.

Further details can be found on the BCA website www.burphamca.org.uk.

New group aims to bring fresh approach and transform local council

Hopefully you have heard of our new party, **Residents For Guildford and Villages (R4GV)**, which has been created by local people who want Guildford Borough Council to do far more to listen to, and act on, residents' wishes and the needs of their local communities.

Members feel that the current Council is overly influenced by what councillors' national political parties impose, and not enough by what the people who live in the Borough actually want and need.

Following their launch, Joss Bigmore, co-founder of R4GV, said: "We were amazed at the amount of interest, willingness to get involved and the generosity of donations to turn the vision into reality"

"People want to see a fresh approach with Guildford Council returning to being run by residents for residents with national politics taken out of local decision-making."

After just 2 months we are fielding seventeen candidates in eleven wards across the Borough in the coming local elections on May 2nd. Said Joss Bigmore: "Many councils around Guildford have strong resident representation and we know it can be done here for the residents of Guildford and its villages.

"We have been hugely encouraged by the response from residents when we have been out canvassing. We sense a real mood for change. He said that the key values common to all the candidates include:

- Value for money and transparency – ensuring residents' money is spent wisely
- Greater focus on community services – providing better care for the vulnerable
- More sustainable and affordable housing
- Better planning – prioritising brownfield and urban sites over green countryside
- Healthier environment – reducing pollution & accidents through better town planning
- Improved infrastructure – creating an integrated strategy that balances the needs of housing, traffic, retail, commerce and environment
- A vibrant town centre – having greater pedestrianisation and opening up riverside with walkways, cafes and restaurants
- Opposition to unnecessary massive housing developments – creating sustainable housing where it is needed.

R4GV acts as an umbrella organisation for independent resident candidates, supporting them with common materials such as leaflets, posters, a manifesto and online www.r4gv.org.uk, Facebook page: [@ResidentsForGuildfordAndVillages](https://www.facebook.com/ResidentsForGuildfordAndVillages) and Twitter feed: [@VoteR4GV](https://twitter.com/VoteR4GV).

BCA Burpham Flood Forum

Sutherland Memorial Hall **2.30pm on Friday 10th May**. If you would like to attend then please email secretary@burphamca.org.uk

Whilst care has been taken to ensure that the information contained in Burpham Pages is accurate, the publishers take no responsibility for the accuracy of statements made by, nor the opinions of, contributors, and accept no responsibility for any omissions or errors which may occur.

Guildford Lions Charity Raft Race

Saturday 6 July 2019



Come support the rafters or enter a team yourself!

- Free to spectators, £40 for raft entrants
- Walk the tow-path
- Family Friendly
- BBQ & Bar at the Waterside Centre

- Raft assembly from 1pm
- Mayor's inspection at 2pm
- Race starts at 3pm



For entry form & rules see www.guildfordlions.com

Guildford Lions Club
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Come support the rafters or enter a team yourself!



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What's on this month

May &
June 2019

Wednesday 1st May

Burpham Church: Alpha Course

12 noon-2.30pm. Alpha Course starts: a light lunch followed by thought-provoking film and open discussion. An opportunity to investigate the Christian faith in a relaxed environment. (Parents also welcome to bring babies along.) The course continues each Wednesday until the end of June. At the Church of the Holy Spirit, in New Inn Lane. Check out www.burphamchurch.org.uk for full details.

Friday 10th May

Guildford Lions Club '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**. 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

Monday 27th May

Surrey County Show 2019

Show open 8.00am-6.00pm with entertainment, activities and competition running throughout the day. The Surrey County Show is a fantastic family day out, bringing the countryside and rural life into the heart of Guildford. The biggest one day agricultural show in the UK. The show brings together hundreds of animals, food and drink, top class entertainment, exquisite rural crafts and competition to provide an unmissable day out with something for every member of the family.

The show is held on the 66 acre site of Stoke Park, just a mile from Guildford Town Centre. With a family ticket costing about the same as a trip to the cinema, the Surrey County Show is a day out not to be missed! www.surreycountyshow.co.uk

Friday 7th June

Burpham Church: Serenity Evening for ladies

7.30-10.00pm. An opportunity to find some space, make and enjoy some summer creativity, engage with prayer activities, enjoy good company and share a glass of wine! At the Church of the Holy Spirit, in New Inn Lane. Check out www.burphamchurch.org.uk for full details.

Saturday 6th July

Guildford Lions Charity Raft Race 2019

Raft assembly from 1.00pm, Mayor's inspection 2.00pm, race starts at 3.00pm.

Come support the rafters or enter a team yourself! Free to spectators, £40 for raft entrants. Walk the tow-path, Family Friendly, BBQ & Bar at the Waterside Centre. **Detailed information, entry forms and rules available at www.guildfordlions.com**

May & June dates

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**. For more information about the club or workshop please call Cynthia Bromwich on **01483 772019**

Wednesday 1st May



6.45 for 7.30pm start.

The club will enjoy a demonstration entitled 'Solo Plastic' by the popular Jean Plasekt.

Wednesday 5th June



6.45 for 7.30pm start.

The club will be entertained by Stephanie Laing who will demonstrate 'The F Factor'.

Weekly walks from Boxgrove Park

Guildford Walking for Health: Boxgrove Walks

Free guided short walks. All abilities welcome. Walks led by trained volunteer leaders.

Boxgrove Walks

Weekly walks from Boxgrove Park Shops, GU1 2PF. **Monday mornings.** Meet at **9.45 am for 10.00am start.**

Every first Monday (80 mins)

Riverside Park. Easy walk along the River Wey. Can be muddy.

Every second Monday (80 mins)

Guildford Golf Course. Fairly hilly walk. Can be muddy.

Every third Monday (90 mins)

Pewley Down. Fairly hilly walk. Can be muddy.

Every last Monday (40 mins)

Stoke Park. 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/guildford-walking-for-health or e-mail guildfordwfh@outlook.com. Call Annelize on **07554 423010**.

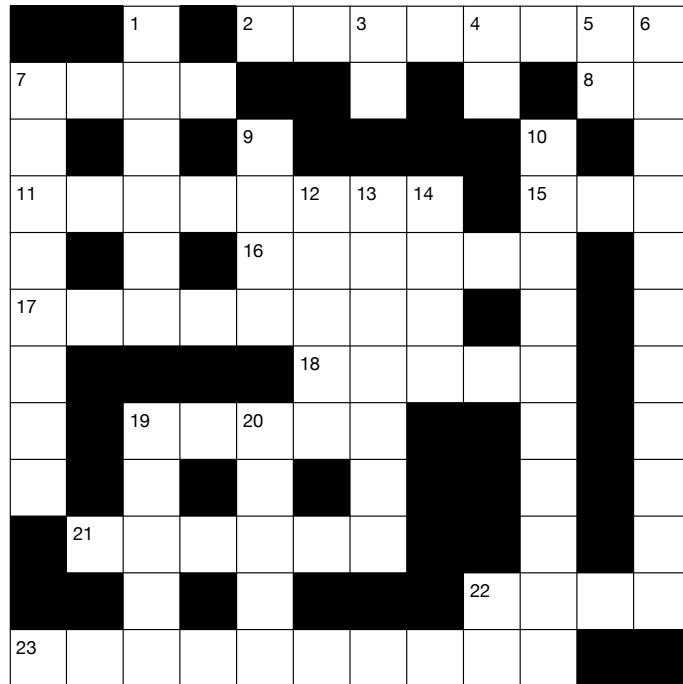
Do you have any events happening in and around Burpham & Jacobs Well that you would like added in the next issue?

Our next issue of Burpham Pages will cover July & August 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 **3rd June 2019**.

Burpham Pages Crossword

Crossword No. 5
May & June 2019

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Across

- 2 A jet of water forced in to the air, often ornamental (8)
7 A spectacle or display (4)
8 Negative answer or decision (2)
11 Words that make no sense (8)
15 A distinct period of history (3)
16 Make a connection, identify with (6)
17 Allergy caused by pollen (8)
18 To happen afterwards (5)
19 A fragment or splinter (5)
21 A professional cutter of men's hair (6)
22 On one occasion (4)
23 All things (10)

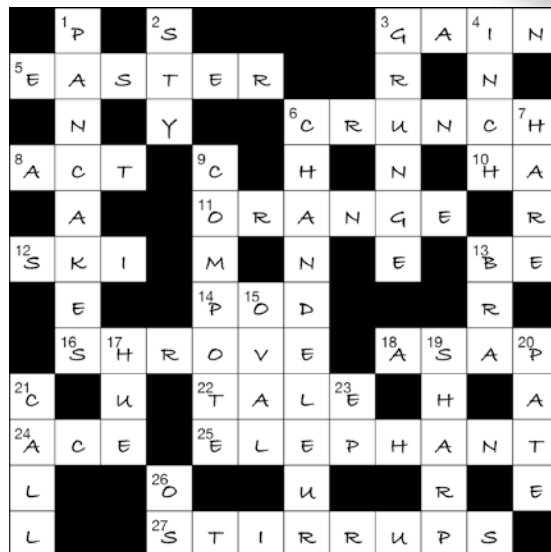
Down

- 1 Area of the country originally known as a 'shire' (6)
3 You and I (2)
4 In the direction of (2)
5 Inside or within (2)
6 Not at all rough, always friendly (11)
7 Warm, direct light of the day (8)
9 At this place (4)
10 Owning or breeding our busiest little workers (10)
12 At not time, ever (5)
13 Gracefully thin (7)
14 What we hear with (4)
19 Express, the condition of (5)
20 Monks or nuns abode (5)
22 In contact with a surface (2)

Solution to Crossword No. 4

Burpham Pages issue No. 79
March & April 2019

The solution to each crossword will be published in the following issue of Burpham Pages. For the May - June 2019 solution please see our July - August 2019 issue.



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WHO DO YOU TALK TO?

trypraying.

Your partner? Your colleagues? Your dog?

We all talk to different people at different times –
and sometimes the conversations are better than others!

Sometimes of course it really matters that we are talking to the right person. If it's an emergency and we call 999, we're asked which emergency service we require and it's a good idea to make the right choice. There's no point calling the fire brigade if someone's had a heart attack, nor a medic if your house is on fire.

I wonder who you talk to about the big issues in life? Do you have someone you can wrestle things through with? Someone who won't judge you, but listen and ask helpful questions? We all need people we can be honest with and know that we won't be rejected or condemned. I find this is one of the great blessings of being part of the church here in Burpham – there is an amazing friendly community who are always willing to share life with others.

But we also have someone even better that we can talk to: whether things are going well or really tough. God is always available 24-7 and is ready to hear whatever is on our hearts. Perhaps you've seen



the posters we've had up at both churches, with the invitation to trypraying. The logic goes like this – if God is real, well, then He will answer. Trypraying is a 7 day experiment to see what happens when you start talking to God. It's worth a try isn't it? Who knows what might happen? If you're interested visit trypraying.co.uk to

download or pop into church to pick up a booklet.

...being part of the church here in Burpham – there is an amazing friendly community who are always willing to share life with others.

If you are around in the day, you also might be interested to know that we have a new Alpha course starting shortly, on Wed 1st May. The perfect place to wrestle through those big issues in life with others on the same journey. Why not give it a try?

Rev Joanna Levasier

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'Men in Sheds' in Ash opens its doors to new members

Pictured is Roger, one of the 'Men in Sheds' participants, at work during a workshop session.

In an effort to combat isolation and loneliness, this community-based project brings older men together in a safe, informal and friendly environment to learn and practise DIY and woodworking skills.

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Men in Sheds, located at Japonica Court in Ash, has opened its doors for two extra days, and **Age UK Surrey** is looking for new participants.

The well-equipped **Men in Sheds** workshop, including hand tools, portable power tools and small machines, opened in 2014, and has been operating on Tuesdays and Wednesdays. It is now also open on Thursdays and Fridays. The shed welcomes participants regardless of entry skill level as everyone can take part in the joint projects and learn from each other as well as the experienced leaders.

Tony Frost, a current **Men in Sheds** participant, said: "I enjoy it immensely. We all get on well and have a really fun time in addition to learning new skills. I have made lots of good friends

and occasionally we all have a day out together. It is now an important part of my life and it has also, in part, helped me get over the loss of my wife."

"Men in Sheds has been a huge success, winning many awards, and we are pleased to be able to open the doors to the shed for these additional sessions."

John Fairs, **Men in Sheds** Coordinator, Age UK Surrey said: "Men in Sheds has been a huge success, winning many awards, and we are pleased to be able to open the doors to the shed for these additional sessions. I would encourage anyone over the age of 50 with an interest in woodwork to enquire about joining us."

If you are interested in attending a **Men in Sheds** session, or if you have any other enquiries about **Age UK Surrey** please call **01483 503414**, enquiries@ageuksurrey.org.uk or visit www.ageuk.org.uk/surrey



Age UK Surrey is an independent local charity. Working across Surrey to help improve the lives of older people. Services are designed to enable older people remain independent & informed, healthy and active and connected to their communities. We help combat loneliness and social isolation.

Local services include:
Information and Advice, Help at Home, Computer Drop-in Centre in Guildford, Shopmobility in Guildford, Men in Sheds in Ash, Making Connections in Guildford & Waverley and Café Culture in Cranleigh, Staines and Farnham.

Residents' Lectures 2019

Follies: fake ruins, exuberant towers, fantastical grottoes, personal pyramids & landlocked lighthouses are among them.



Early this year Burpham Residents, supported by the Burpham Community Association, held 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 'Alaskan Adventures'. Following last issue's report here's a final round-up. We're hoping for something similar next winter.

Follies: emblems of foolish luxury

This was the title of the first Winter Lecture given by Andrew Plumridge, a local architect and founder of The Folly Fellowship, who gave a witty and wonderfully illustrated tour of the subject.

What is a folly? There is no absolute definition, but everyone agrees that it is an eccentric building built primarily for pleasure rather than purpose.

The range is astonishing: fake ruins, exuberant towers, fantastical grottoes, personal pyramids and landlocked lighthouses are among them.

Behind every eccentric building is an eccentric person, and this person is usually male, inordinately rich, creative, and has time on his hands to engage in architectural play.

One such person was the Rev. David Purnell-Edwards who was married to a portly lady and, aided by her large dowry, created an idealised walk to encapsulate all the important civilisations around the two acre lake – Chinese, Egyptian and Greek – but with doors that were too narrow for his wife to pass through, thus allowing him to pursue pleasure with his mistress without disruption.

Another was Whitaker Wright who constructed a vast ballroom beneath

his lake at Witley Park near Godalming, and accessed by tunnel and boat. In stressing that Witley Park is private, Andrew also commented that this was something even the Jones's could not keep up with!

Follies have been built all over the world and across the centuries. We have several towers in Surrey that qualify as follies. The nearest is Booker's Tower at the southern edge of The Mount Cemetery in Guildford.

Ideas to encourage your child to read and write well
Most parents know how to help their child with regular reading, but the third Winter Lecture in Burpham also suggested ways of encouraging children to write.

The key, said Sue Hackman, was to write for a real audience and a real purpose, and in this way children get real-life feedback on their writing. Some of the fun suggestions made were:

Compose **lift-the-flap jokes** and riddles and stick them on your kitchen wall. All you need is a folded sheet of paper and a pen. Sooner or later, children will start to make them for you to enjoy.

A cheque book of promises. This makes a great mother's day gift or a birthday present for a grandparent. Make a cheque book for your child to fill in (Payee, Promise + Signature) with

promises such as 'to give you a hug when you need one'; 'to clear up the dishes', 'to go for a walk with you', etc. It works in reverse too: you can give them the cheques.

Write an illustrated book about your everyday adventures. A holiday, a day at the grandparents, a day at the seaside – snap it all on your phone then create a book using a slip-in photo album (the ones with peeling pages are easiest), and words describing what you did. Tell the story of how they built a sandcastle, or the progress of a birthday party. Children love books in which they star, and cherish them later in life.

Try a treasure hunt. Everyone loves a treasure hunt around the house and garden. You'll have to make the first one, hiding a sequence of clues they can read, leading to a small prize at the end. Then provide slips of paper for them to write their own clues and hide them. The trickiest thing about this is hiding the clues in the place before the spot described in it.

Give word games as gifts: Boggle holds the attention as each round lasts only a few minutes. Scrabble is brilliant, too. But even cheaper and just as effective are crosswords and wordsearches. Without realising it, your child is learning a lot about spelling.

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Welcome to the Burpham Community Association

Community Update

www.burphamca.org.uk



Council Elections Hustings Review

Many thanks to those residents who came along to our GBC election hustings, and thank you also to the candidates who spoke, Christian Holliday, (Conservative), Sue Hackman (Labour) and George Potter (Liberal Democrat). Their running mates, Mike Piper, Poppy Barnett and Ted Mayne were also present.

The three candidates spoke about their vision for the future of Burpham and the challenges that lie ahead. Several common themes ran through their comments and in questions from the audience - housing numbers, the proposed Gosden Hill development, air pollution, traffic congestion and flooding problems.

By the time you read this, the elections, held on May 2nd, will be over and two people will be representing Burpham Ward at Guildford Borough Council. Whoever they are, we wish them well and look forward to working together to make Burpham a truly good place to live.

Traffic Problems

It is not surprising that all the frustrations that stem from traffic problems were aired at the hustings. There cannot be anyone living in the village who does not suffer from congested roads, noise, air pollution, parking issues..... and it can only get worse if Gosden Hill and other major developments go ahead. The BCA is committed to trying to do something about the problem and has formed the Burpham Road Action Group (BRAG). This aims to work with residents, local authorities and various agencies to eliminate or at least mitigate some of the issues.

Can we achieve anything?

We already have, by working with the University to monitor air pollution and come up with some positive suggestions to improve

air quality – imperative for all of us but especially our children. The next stage is to explore places around Burpham where there is scope for mitigation such as space to plant hedges.

Can we do more?

The honest answer is probably not much, unless a few more people come forward to join us. Half a dozen people, however committed, are limited in what they can achieve. Twice the number has a chance of making a difference – if only by having enough people to form small groups, each working on a specific traffic issue.

If you can spare a few hours a month please join us - contact the Secretary (details opposite) if you can help.

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

Community News



No prizes for guessing the location of this lovely winter scene. Do you have any photos of Burpham you would like to share? Please send to the Secretary (details above) and we will print the best in future editions of Burpham Pages, as well as sharing on Facebook and our email newsletter. We are looking for pictures that capture

the best of Burpham so traffic congestion doesn't count! If enough people contribute we might be able to produce our own 2020 calendar, so get snapping or searching through the folios.

Dates for your diary

BCA Annual General Meeting, 8pm on Monday 20th May. The BCA AGM will be preceded by a speaker, details to be announced. The AGM of the Burpham Neighbourhood Forum will follow. The meeting will be at 8pm, Sutherland Memorial Hall.

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

Pay your BCA Subs online! You can now pay for your BCA Subscriptions online, through a simple Direct Debit form. Visit our website www.burphamca.org.uk and it only takes a minute!

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

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Falls and how to cope with them

by Jennifer Margrave

Quite often we see clients who have had falls, through all sorts of reasons. It may be dizziness, the effects of medication or simply, like me, they're rushing too much and don't see obstacles until it is too late. It is not just the elderly who fall, either.



Text © 2019
Jennifer Margrave

I've fallen over twice now in the street, and twice kindly people have rushed over to me and tried to haul me to a standing position – by pulling on my arm. I'm afraid I respond angrily – not only because of the shock and embarrassment but because the immediate assistance exacerbates the situation. (I did apologise to them later as I appreciated their kindly intentions.)

I recently attended a session on how to prevent falls but one of the best pieces of advice was how to deal with falls; not only for the person who is on the floor, but for others around them.

So, what to do if it is you that has fallen? The first piece of advice is not to do anything. Get your breath back and lie there, and, when ready, feel all over to see if you've damaged something; the body's first reaction to broken bones is numbness – as I know well – and it is not until a few minutes later that the brain sets in and sends pain signals. If everything seems OK, except for the shock, try to get on your knees, or if this is painful, sit up. Then, slowly, try to move to a chair or sofa or something similar which can be used to lever yourself into a sitting position. Sit for a while and relax.

What if you can't get up? Hopefully you'll be able to call for assistance. If not, try to find something to cover yourself to keep warm. The session I attended also came up with another piece of advice; place bottles of water around the area where you might fall and this will keep you hydrated until help arrives.

But if you are a helper, one thing that you must not do, I discovered, is immediately pull the person to their feet. This can cause more damage than leaving the person alone. Luckily my helpers didn't do any damage, except to my pride, but by yanking on my arm they could have dislocated

my shoulder or exacerbated any broken limbs that were not immediately obvious. Once the person feels ready, you can then help them to get up – but be careful of your own back! I met someone recently who helped a motorist trapped in their car after an accident, but the next day suffered badly with their knee; something had 'snapped' and he hadn't noticed.

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Mrs Osborn and her kitchen team, 1960s.



Mrs Warden and her kitchen team with dinner ladies and teachers on the Edwardian Day in Centenary Year 2008.

Moira MacQuaide Hall's history of Burpham

School Dinners – at the Heart of Primary School Life

Most of us have some memories of school dinners. Good or bad, they are a central part of school life.

There has been a school in Burpham since 1908, but in the early years lunches weren't provided for the pupils. They either brought a packed lunch or went home for lunch.

In 1936 the Headmistress asked for a hot midday meal for children who had long journeys, but was turned down. She then asked for a small stove to heat up the meals brought by the children. Small bottles of milk were provided for most of the children at one halfpenny each. During the Second World War a small canteen was set up in the Village Hall, but this offered lunches for only 12 children. The cook, Mrs Viner, cycled in from Jacob's Well and her cooking was said to be "out of this world".

In 1945 meals were cooked on the school site, for both Burpham and Merrow schoolchildren, the latter being bussed over each day. In the 1950s plans showed a kitchen and dining room

in the Horsa Hut, up the slope from the main building, sharing the space with the Infants' classroom. At that time the children paid five shillings (25p) a week for five lunches, which were likely to include cabbage and stew, lumpy custard, or semolina and jam.

...some things don't change and the children today are still very keen on Butterscotch Tart, which has been provided for over 50 years.

By 1965 the kitchen couldn't cope with the increased numbers of children, so cold meals were delivered to Burpham from St Nicolas School. In the 1960s the teachers would, in turn, eat their lunch with the children. One day Miss Chesterfield, the Headmistress, sat at her small folding card table to eat, but the whole thing collapsed onto the floor. Luckily she

let the children have a laugh before carrying on as usual. In 1969 a new, large, kitchen was built onto the side of the old main building and the old classrooms were used as a dining area – a new classroom block was by then in use.

In 2001 the kitchen was moved to the rear of the hall, which then became the dining room. School dinners became more popular, with around 120 eaten each day. In 2008 the school's Centenary was celebrated, including an Edwardian school meal, with staff dressed appropriately.

From 2012 the school has doubled in size and last December 400 Christmas Dinners were served to the children. School cooks have always been required to provide nutritional meals, but some things don't change and the children today are still very keen on Butterscotch Tart, which has been provided for over 50 years.

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) 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.



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The Chiropractic Guide to Revision

Sandy Boniface DC

The exam season will soon be upon us and whatever exams your child is preparing to sit, there are things that they can do to minimise the stress on their spine at this stressful time of year.

When revising, students often spend periods of time hunched over their laptop or notes, either sitting at a desk, slouching on the settee or lying in bed. Adopting a good posture whilst revising can have beneficial effects on their general health; their ability to remember information; and puts less strain on the joints, muscles and ligaments. Poor posture on the other hand, can lead to back, neck, shoulder, and arm pain.

Tips

Revision is best done sitting at a desk or table in a well lit area, with few distractions. Sit on a chair with your bottom against the back of the chair, and your shoulder blades contacting the back of the chair. Your feet should be flat on the floor, and ideally your knees should be slightly lower than your hips.

Whilst revising, set a timer to remind you to take breaks every 30-40 minutes; get up and walk around, do a few stretches to loosen up your muscles and joints. To loosen your neck and shoulders, simple exercises like rotating or bending your head slowly from side to side, shrugging your shoulders up to your ears and rolling your shoulders backwards and forwards can be very effective. Going for a short walk, run or swim is also a good way of relieving stress, clearing your mind, and loosening your whole body.

During revision and exams make sure you eat three meals a day to give your brain all the nutrients it needs to function properly, helping you to concentrate. A breakfast high in protein will metabolise more slowly and help keep your blood-sugar levels balanced. Natural yoghurt with fresh fruit, nuts and seeds, or a fresh smoothie with added porridge oats, are good alternatives. A light lunch will make you feel more alert, and boost your ability to concentrate in the afternoon.

Make sure you eat a varied diet including meat, chicken, oily fish, brown rice and pulses, green leafy vegetables, salads, fruits, nuts and seeds as these contain vitamins and minerals that can increase your energy levels. Try to avoid foods high in sugar, such as chocolate and fizzy drinks, as although you will get an initial sugar rush, your blood sugar levels will quickly drop, leaving you mentally tired again.

Stay hydrated by drinking plenty of water during the day. Good hydration is important for your brain to function, but

also helps your muscles and joints work more effectively. Herbal and green teas can be beneficial, but try to avoid coffee, ordinary tea and energy drinks as the caffeine they contain can actually decrease your energy levels.

A few drops of essential oils on a hanky or cotton wool ball, or in a diffuser, can help to improve your concentration, boost your memory and reduce anxiety and mental fatigue. The best oils to use are rosemary, peppermint, eucalyptus, ylang ylang, sweet orange, lemon, sweet basil and sage.

It is also important to get plenty of sleep; try not to go to bed too late, stop using electronic gadgets about 30 minutes before settling down to sleep, and read a book or listen to soothing music instead.



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BURPHAM EVENING WI ENJOY A WIDE VARIETY OF TALKS AND SOCIAL EVENTS. OUR MEETINGS ARE HELD ON THE THIRD TUESDAY OF THE MONTH AT 7.30PM IN BURPHAM VILLAGE HALL, BURPHAM LANE GU4 7LP. MEMBERSHIP OF THE WI IS OPEN TO ALL WOMEN AGED 18 AND OVER. WHY NOT COME AND MEET US? OUR VISITORS ARE ALWAYS GIVEN A WARM WELCOME.

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At our meeting on **21st May** we will have our **Annual plant sale**. We will also be discussing and voting for the proposed National Women's Institute 2019 campaigns.

OTHER TALKS:

18 June

'How I Became a Wartime Housewife'

16 July

'Mama Balloon – the Adventures of a Lady Balloon Pilot'

In August we have organised a coach trip to the **Countryfile Live Event at Blenheim Palace**.

We arrange extra events and outings throughout the year and members meet regularly for coffee, cinema and book groups.

Full details of our 2019 programme and our newsletters are available to view on our website.

FOR FURTHER INFORMATION:

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Earth Overshoot Day marks the date that human demands on planetary resources exceed what the planet is able to regenerate in a year.

In 2018, the global date of Earth Overshoot Day was 1st August. That's equivalent to us humans using the resources of 1.7 earths in a year. We have been in 'overshoot' since the early 1970s (so that's all of my life-time!). Last year, the UK's Overshoot Day was 8th May.

Check out www.overshootday.org to calculate your personal Overshoot Day. Be warned you might not like what it tells you but it offers great insights into what is impacting your personal Overshoot Day and changes you can make.

So what can we do to **#MoveTheDate** in 2019 and stop taking more than our planet has to offer?

🌱 If we swap 50% of our driving miles for public transport, walking and cycling, Earth Overshoot Day

could move back 12 daysⁱ. Check out www.SurreyCC.gov.uk for inspiration for local cycling routes or if you need an added incentive to switch up your walking, the average Brit can burn between 80 and a 100 calories per mile walkedⁱⁱ.

Surrey is already leading the way on food recycling as the English local authority with the highest number of residents recycling food waste. Go Surrey!

🌱 If we can halve our carbon emissions, we can move Earth Overshoot Day back by a whopping 3 monthsⁱⁱⁱ.

Given the biggest global source of greenhouse gas emissions is

electricity and heat production^{iv}, Burpham residents can help by reducing energy usage, whether it's by switching to LED bulbs which use 80% less electricity^v or clothes washing at cooler temps.

🌱 If we can reduce our food footprint through a more plant-based diet and cutting food waste, we can move Earth Overshoot Day back by 38 days^{vi}. Surrey is already leading the way on food recycling as the English local authority with the highest number of residents recycling food waste^{vii}. Go Surrey! And an impressive one third of the UK say they have reduced the amount of meat they eat or taken it out of their diet altogether^{viii}.

Sources: ⁱ www.overshootday.org ⁱⁱ www.verywellfit.com/walking-calories-burned-by-miles-3887154 (6 March 2019) ⁱⁱⁱ www.bbc.co.uk/news/uk-11534042 (6 March 2019) ^{iv} [BBC News \(2010\) Statistics reveal Britain's 'Mr and Mrs Average'](http://www.bbc.co.uk/news/uk-11534042) ^v www.bbc.co.uk/news/uk-11534042 (6 March 2019) ^{vi} [United States Environmental Protection Agency \(no date\) Global Greenhouse Gas Emissions Data](http://www.epa.gov/ghgemissions/global-greenhouse-gas-emissions-data) ^{vii} www.epa.gov/ghgemissions/global-greenhouse-gas-emissions-data (6 March 2019) ^{viii} [The Telegraph \(2017\) Should businesses see the light with LEDs?](http://www.telegraph.co.uk/business/energy-efficiency/why-leds-are-good-for-businesses/) ^{ix} www.telegraph.co.uk/business/energy-efficiency/why-leds-are-good-for-businesses/ (6 March 2019) ^x [Waverley Borough Council \(2018\) Surrey top of the league for food waste recycling](http://www.waverley.gov.uk/news/article/367/surrey_top_of_the_league_for_food_waste_recycling) ^{xi} www.waverley.gov.uk/news/article/367/surrey_top_of_the_league_for_food_waste_recycling (6 March 2019) ^{xii} [Rebecca Smithers / The Guardian \(2018\) Third of Britons have stopped or reduced eating meat - report](http://www.rebecca-smithers.com) ^{xiii} www.theguardian.com/business/2018/nov/01/third-of-britons-have-stopped-or-reduced-meat-eating-vegan-vegetarian-report (6 March 2019)

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

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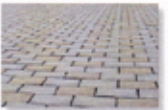

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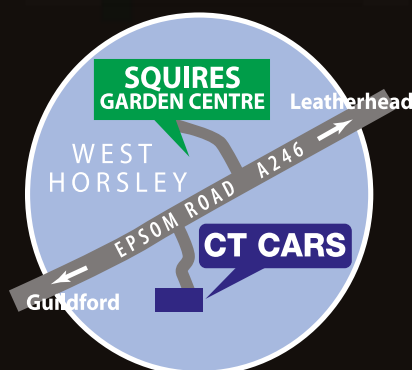
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Burpham Gardening Club News

May & June

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

The Club's AGM was held on Tuesday 26th March in the Village Hall. There were no volunteers. As we mentioned in the last edition of Burpham Pages the Committee needs new members, if you think that you can help please call 01483 874123.

On **Monday 13th May** the Club will be paying our annual visit to **Elm Nursery** at Sutton Green where will be able to purchase all plants at a **10% discount to members**.

The **Annual subscription**, which remains unchanged at **£4.00 per household**, is being collected at the moment.

The **Trading Hut** is open **every Sunday** from **10.30-12.00** until the end of July.

Things to do in the garden in May.

- Continue to make successional sowings of Salad Crops.
- French and Runner Beans can now be sown outdoors.
- There is still time to sow Courgettes and Squash in pots for planting out later, always sow the seed standing on edge to aid germination.
- Kale, Leeks and Purple Sprouting should be sown now for harvesting during the Winter months.
- Brussel Sprouts and Tomatoes should be planted out towards the end of the month once the risk of frost has past.

- Spray Roses regularly with a systemic insecticide to control Greenfly and Blackspot
- Sweet Peas need to be tied to supports as they grow.

Do not be impatient to plant out Bedding Plants. It is better to wait until the end of the month when the risk of a late frost will have past otherwise you could be making an expensive return visit to the Nursery or Garden Centre.

- Towards the end of the month plant out young Dahlia Plants and Tubers.
- Do not be impatient to plant out Bedding Plants. It is better to wait until the end of the month when the risk of a late frost will have past otherwise you could be making an expensive return visit to the Nursery or Garden Centre.
- A Spring and Summer Lawn Dressing should be applied to the Lawn when rain is forecast.

Things to do in the garden in June.

- Harvest Salad crops as they mature and continue to make successional sowings.
- When Early Potatoes come into flower they are ready to be dug.
- Sow French and Runner Beans for a late crop.
- Plant out Courgettes, Squash and Sweet Pepper.
- Use healthy runners to produce new Strawberry Plants.
- Complete the planting of Summer Bedding Plant, Cannas and Dahlias.
- Dead head Delphiniums and Lupins to encourage a second flush.
- Spring flowering shrubs such as Forsythia and Philadelphus should be pruned straight after flowering.
- Fast growing Annuals such as Calendula and Godetia can be sown where they are to grow.
- The planting out of Containers and Hanging Baskets should be completed.
- Make sure that newly planted trees and shrubs are well watered during dry weather.
- Continue to control Slugs and Snails.

Useful numbers

Police

Call **101** for local police team

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

Supermarkets

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

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

Local Charities

Age UK Surrey.....01483 503414

Challengers.....01483 230060

Guildford Lions.....0345 833 2884

Dentists

Burpham Dental Care.....01483 561666

Waterden Dental Practice.....01483 565290

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