

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

# Burpham Pages

July &  
August  
2019

Incorporating Jacobs Well

## Community Update

The BCA reports on its AGM and elections and hosts the Burpham Flood Forum.

## It's good to talk

Counsellor Naomi Kefford 'talks about talking about it' and discusses why it works.

## Library of things

Guildford Library recently opened its doors to share more than just books.

Includes: Community Update from the Burpham Community Association

[www.burpham-pages.co.uk](http://www.burpham-pages.co.uk)





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## Burpham Pages

Issue No. 81  
July & August  
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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# Welcome

Dear Neighbours, it's nearly time for the summer holidays!  
One last push to get through your final school term, those last  
few weeks of work or your daily routines before your much  
anticipated summer break.

Where are you off to or what are you doing?  
Are you jetting off somewhere exotic,  
staying in the UK or just taking some time  
out to relax? Are you on an adventure  
break, basking on the beach with ice lolly  
in hand or enjoying the delights of Surrey.  
Recent weather conditions haven't exactly  
been a stable introduction to summer but  
hopefully it'll settle down enough to see  
us all enjoying sunny weekends in the  
parks and countryside and starting to get  
in to that holiday mode.

Looking at the content of this latest issue  
of Burpham Pages it's humbling to see  
how many organisations and individuals  
are out there doing their very best to help  
others. Whether it's raising money for good  
causes or physically offering assistance,  
company or just a shoulder to lean on  
and someone to talk to. As always the  
**Guildford Lions** are busy raising funds and  
on **Saturday 6th of July** they'll be hosting  
their annual **Charity Raft Race** which is  
always good fun. Then there's **Burpham  
Church** with their '**Free and for Nothing**'  
community fun day on **August 11th** and  
a couple of weeks before that from **July  
22nd to the 25th Guildford Baptist  
Church** are hosting a 1960s themed  
'**Holiday at home**' for the over 60s.

**Home-Start Guildford**, the family support  
charity, too are looking for volunteers to help  
them support parents of young children,  
give them the best possible start in life.

Well done and thank you to everyone involved  
in supporting our community this summer.

Well I'm off to try and encourage the sun  
to come out and perhaps enjoy an ice  
cream (or two) when it does! I hope you  
have a great summer and look forward to  
speaking to you all again in September.

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

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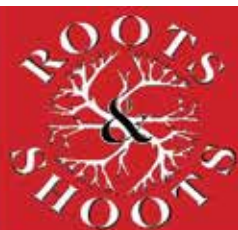
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# News + events

July &  
August 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.



### Guildford Lions Charity Raft Race 2019

The Guildford Lions are again holding the popular charity raft race on **Saturday 6th July**. A fun and enjoyable afternoon for participants and spectators.

The race is open to homemade rafts and paddleboarders. Inspection and judging of the best rafts, by the Mayor of Guildford and the Lions Club President, will be from **2.00pm at Millmead Lock Island**. The race will start at **3.00pm from Millmead Lock** and finish at the Waterside Centre near Stoughton on the River Wey.

Trophies will also be awarded for the best presented craft and crew, to the winner of each different raft section and one for sportsmanship.

Changing facilities will be available at the **Riverside Centre**, where there will also be a **BBQ**.

The event is a fund raiser for Guildford Lions Club to help local people and deserving causes and is part of the **Guildford Summer Festival**. Entry into the race is open to all, companies, charities, and private individuals.

For further information visit:  
[www.guildfordlions.com](http://www.guildfordlions.com)



### Guildford Baptist Church: Holiday at home for over 60s

From **22nd to the 25th of July** Guildford Baptist Church will be hosting a 1960s-themed 'Holiday Camp' in Guildford for the over 60s to enjoy a summer 'holiday at home'. Various activities will be taking place over the 4 days ranging from 'tea and cake' to a ride on a steam train on the Watercress Line at New Alresford.

For more information visit:  
[www.guildfordbaptist.org/holiday-at-home](http://www.guildfordbaptist.org/holiday-at-home) or phone the church office on **01483 575008** or e-mail [office@guildfordbaptist.org](mailto:office@guildfordbaptist.org)



**Home Start Guildford:**  
Sometimes it's tough being a parent. Your help could make all the difference.

Home-Start Guildford is looking for new volunteers. Home-Start Guildford is a family support charity covering the whole of the

Guildford Borough plus Bookham and Fetcham in Mole Valley. They provide home-visiting volunteers with parenting experience to support families who are struggling to cope with at least one child under five. Examples of difficulties might be: post-natal depression, illness/disability (of parent or child), multiple births, family breakdown, and financial worries.

They believe that parents are key in creating a secure and happy environment for their children. Parents may need emotional or practical support to give their children the best possible start in life. That's where Home-Start comes in – and you could too!

- Can you spare a few hours each week to help a family with young children?
- Are you interested in learning new skills on Home-Start's friendly, free, volunteer training course?

The next Volunteer Preparation Course starts in **September 2019**, and they are **recruiting now!**

**Are you interested?** Please call Debbie or Liz on **01483 511181**, or email [office@hsguildford.org.uk](mailto:office@hsguildford.org.uk) for more info.

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# 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



Come support the rafters  
or enter a team yourself!

This annual fundraising event  
is a terrific spectacle...



The River Wey between Millmead  
& Soughton Waterside Centre.

For entry form & rules see [www.guildfordlions.com](http://www.guildfordlions.com)

Guildford Lions Club  
Reg Charity No.1175962

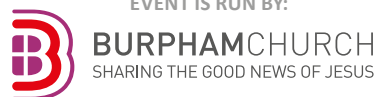
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10am – 4pm Sunday 12th August  
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A sale of original postcard-sized art raising funds to support our next generation of artists and makers and upgrade our arts facilities.

Live Music | Sparkling Bar

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-61492519782

Wednesday  
10th July  
@ 7.00pm



Work will be available to purchase  
from local, national and international artists  
with a mix of the new, the emerging and the established.

## What's on this month

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](http://www.guildfordlions.com)**

Wednesday 10 July

### Wild Card Auction at George Abbot School



7.00pm – 9.00pm A sale of original postcard-sized art raising funds to support our next generation of artists and makers and upgrade our arts facilities. Work will be available to purchase from local, national and international artists with a mix of the new, the emerging and the established. Features **live music** from some of our talented students, a **sparkling bar** and a chance to browse the artwork before the auction begins. With thanks to our partners Clarke Gammon Wellers in Guildford who will be running the auction for us. Location: **George Abbot School (Elmslie Hall)**, Woodruff Avenue, Guildford GU1 1XX. **Free entry.** Register for tickets at [www.eventbrite.co.uk/e/wild-card-auction-tickets-61492519782](http://www.eventbrite.co.uk/e/wild-card-auction-tickets-61492519782)

Friday 19th July

### Men's Food Club



Friday 19th July at the Vicarage, 272 London Road. Calling all men to join us for meal and thought-provoking discussion. To register interest, call the church office on **01483 825533**.

Sunday 11th August

### Free and For Nothing



A fantastic free community fun day at Sutherland Park, **10.00am-4.00pm**. Activities

for all ages and abilities, live performances, refreshments and games – all free. What's not to enjoy!

Go to [www.burphamchurch.org.uk](http://www.burphamchurch.org.uk) for full list of events.

July & August 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 3rd July



**6.45 for 7.30pm start.** The very knowledgeable and innovative demonstrator, Anna Steven from Oxford will be asking us "Do you see what I see?"

Wednesday 7th August



**6.45 for 7.30pm start.** Carol Ferris will demonstrate 'Wish you were Here'. The monthly competition for members is 'My Favourite Place'.

Also in August we have a very sociable afternoon at a members garden: chatting whilst enjoying a cream tea, admiring the garden and possibly buying some plants or winning the raffle!

July &  
August 2019



**Burpham Evening WI** enjoy a wide variety of talks and social events. Our meetings are held on the **third Tuesday of the month** (except August) 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.

### Future talks:

Tuesday 16th July

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

Tuesday 17th Sept

**Palestine, Beyond the Wall**

Instead of a meeting in **August** we have organised a coach trip to the **Countryfile Live Event at Blenheim Palace**.

At our meeting on **15th October** we will be **celebrating our 30th birthday**.

Extra events and outings are arranged throughout the year and members meet regularly for coffee, cinema and book groups. We recently enjoyed a skittles evening with a pub meal and a theatre visit.

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

### For further information:

[www.burphamevewi.btck.co.uk](http://www.burphamevewi.btck.co.uk)

[f /burpham.eveningwi](https://www.facebook.com/burpham.eveningwi)

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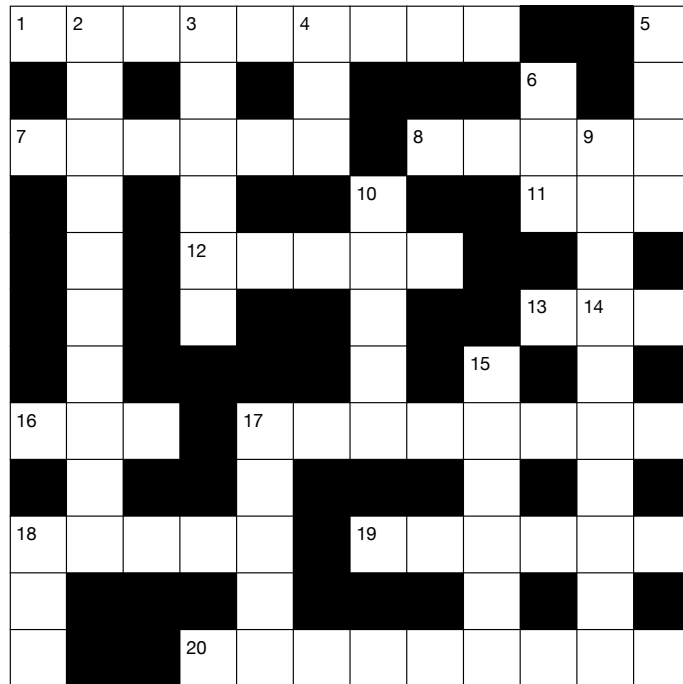
Do you have any events happening in and around Burpham & Jacobs Well that you would like added in the next issue?

Our next issue of Burpham Pages will cover September & October 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 **5th August 2019**.

# Burpham Pages Crossword

Crossword No. 6  
July & August 2019

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## Across

- 1 Study of the physical features of the earth and its atmosphere (9)
- 7 Carved or cast figure of a person or animal (6)
- 8 Able to move quickly and easily (5)
- 11 A hill or rocky peak (3)
- 12 Mixture of sugar with water, egg white or butter, used to coat cakes or biscuits (5)
- 13 A unit of weight (3)
- 16 A measure of thermal insulation (3)
- 17 Thick cotton fabric with velvety ribs (8)
- 18 Series of events, regularly repeated in the same order (5)
- 19 Descend a rock face using a rope coiled around the body and fixed at a higher point (6)
- 20 Use or operation of computers (9)

## Down

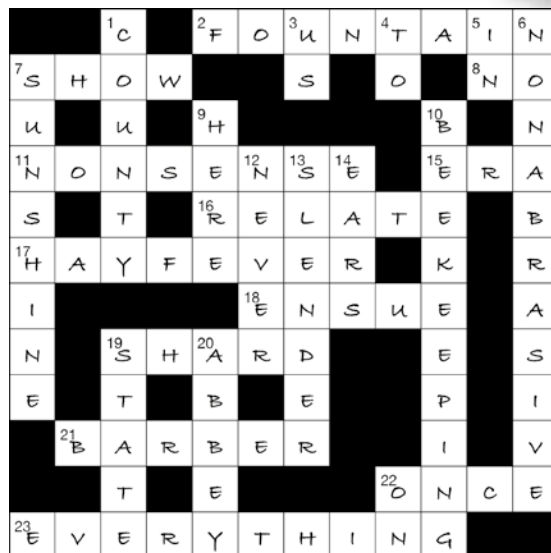
- 2 Branch of zoology, the study of insects (10)
- 3 Style of architecture prevalent in western Europe in the 12th-16th centuries (6)
- 4 High scoring playing card with a single character on it (3)
- 5 Alcoholic drink made from yeast-fermented malt flavoured with hops (4)
- 6 Provided with light or lighting (3)
- 9 Ability to move from one place to another (10)
- 10 Make an educated guess (5)
- 15 When the sun disappears or daylight fades (6)
- 17 Set of beliefs influencing the way you live (5)
- 18 Large edible marine fish with a small barbel on the chin (3)

## Solution to Crossword No. 5

Burpham Pages issue No. 80  
May & June 2019



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



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www.burphamchurch.org.uk

# PTSD or PTSG?



In our difficult world, we are all well aware of the concept of PTSD – Post Traumatic Stress Disorder. Maybe you know someone who is unfortunate enough to suffer from it and who is not able to let go of the horror of past traumas. It is not something to be discussed lightly.

## But have you heard of PTSG? Post Traumatic Stress Growth.

I recently heard a talk from a lady who'd lost her husband unexpectedly at a very young age. But over time she came to see the concept of PTSG. It's the concept that the terrible things that happen to us could actually be the source of huge personal growth and development and not just pain. This is not to minimise the horror of whatever has happened, but to choose to let it be a source of progress and development rather than a cause of decline and despair.

We understand this concept in the world of physiology with our bodies. If you want to develop strong powerful muscles, you need to push them. You work hard, you sweat, you keep going until it hurts, you ache the next day and you still go back and do it all again.

Personal trainers are popular but having one could never exactly be described as fun! Does anyone really enjoy 50 press ups in the park at 7am? Maybe they

do... But the positive effect for our bodies and our whole lives as a result, is impressive. Look at the punishing regimes of our top athletes. They all know that popular slogan 'No Pain, No Gain' from first hand experience. Their success depends on their willingness to embrace demanding hard work and pain as something that will ultimately work for their good. Without stress our bodies wither and we fade away.

**It's the concept that the terrible things that happen to us could actually be the source of huge personal growth and development and not just pain.**

And yet how often in our personal lives do we try and live in a different way, as if all pain and stress is only bad. How often do we see difficult situations simply as something awful to be avoided at all costs? And when

bad things do inevitably happen, we only see the negative side of what is going on and the temptation is to complain bitterly and ask, "why me?"

Maybe there is another perspective. Perhaps we might investigate this concept of PTSG. Maybe we need to look up and embrace the growth possibilities that the strain and stress provide. What is it doing to our characters? Where is it bringing depth to new relationships? How is it enabling us to bless and help others?

Pop psychology would tell us to look for the silver lining in every cloud – Christian theology would remind us that the ultimate good came through the ultimate suffering of Jesus. Take your pick – but why not take up the challenge of PTSG – you never know where it might lead...

**With every blessing  
Rev Joanna Levasier**



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# Talk about talking about it

by Naomi Kefford

Dip. Couns., BA (Hons),  
MSc (Psychology), MBACP

According to a survey by Mental Health Today in 2018 there has been a **65% increase in people booking private counselling in recent years**. I wonder if this is due to the waiting lists for NHS counselling, or is it that people are leading increasingly stressful lives? We are retiring later, living longer and the pressure of our 24/7 culture can produce a relentlessly busy lifestyle.

I recently saw a post on Facebook, depicting an image of a phone battery completely out of charge, challenging us that while we would never let our mobile battery run so low, we allow this to happen to ourselves. We MOT our cars, but do we MOT ourselves?

Princes William and Harry have stoically promoted mental health awareness in recent years, encouraging people to talk about their emotions. They have been supported by famous footballers, trying to encourage young men, in particular, to talk about their emotions associated with grief, depression and anxiety. Perhaps their promotion has added to an increased demand for private counselling? There are fantastic charities offering free counselling for certain issues, such as bereavement, yet there is often no funding from the government or NHS, and one local agency, South West Surrey Cruse, for example, relies on fund-raising and donations to continue to operate, with all volunteers giving their time for free. Charities are sadly not able to offer free counselling for every need.

So how does counselling work? How does talking about our problems, some of which may be historic experiences that cannot be 'unexperienced', actually make a difference? Many people do not want to overly burden their friends, and find that speaking to a stranger, for whom they have no reciprocal responsibility, is incredibly useful. I liken counselling to that dreaded pile of letters, bills or uncompleted forms that lurks in many homes, waiting to be dealt with. When you start to sort through, some items can be 'binned' immediately, because they are out of date and you realise they don't matter anymore. Some items need to be dealt with now, so that life can continue more efficiently, and you can work through these, simply because you are giving the time to the job. Some of the papers can return to the pile on the kitchen counter, because they can't be dealt with yet. However the pile is now smaller. You know what is in the pile now, and

being smaller, it may feel slightly less overwhelming.

Counselling offers the chance to work through problems with someone alongside you who is actively and empathically listening. But whether we use counsellors, close friends, family, colleagues or support groups, let's not be afraid to talk about it.

## Naomi Kefford Counsellor

Dip. Couns., B.A.(Hons), MSc (Psychology), MBACP

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# Recipe: Breakfast lollies



Children will love making, and eating, these frozen yoghurt and compote lollies. They're ideal as a special holiday treat.

## Ingredients (makes 6 lollies)

- 60g toasted toffee granola
- 2 tbsp Bonne Maman Salted Caramel
- 300g fat-free, thick-set natural yoghurt
- 200g Bonne Maman Cherry, Apricot or Rhubarb Compote

## Method

1. In a small bowl, mix the granola with the caramel and stir well to combine.
2. Spoon the mixture into the bottom of 6 ice-lolly moulds and press down firmly with the handle of a wooden spoon.
3. Add alternate dollops of yoghurt and compote. Insert a lolly stick into each and freeze overnight until firm.

*For a dairy-free alternative, purée the compote with a little fresh orange juice and make compote-only lollies. If you don't have custom-made lolly moulds, then most small freezer-proof containers will do the job. Just pop a lolly stick into the mix and freeze in the same way as with proper moulds. When you take them out of the freezer, run the outside of the container under hot water to release the lolly.*



Recipe and images courtesy of Bonne Maman. For further recipes and product information visit: [www.bonnemaman.co.uk](http://www.bonnemaman.co.uk) [@BonneMamanUK](https://www.facebook.com/BonneMamanUK)

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Welcome to the Burpham Community Association

## Community Update

### Annual General Meeting

The AGM began with a presentation from Councillor George Potter, our newly elected Ward Councillor, who gave members an outline of his priorities for Burpham over the next few years. He and Councillor Ted Mayne will focus on traffic issues, including speed limits in local rat runs, parking restrictions and anti-social behaviour. Ted Mayne will also work on behalf of the elderly.

They will work to ensure that the proposed Gosden Hill development has the necessary infrastructure in place before homes are built.



Andy Clapham and George Potter

Keith Meldrum of Merrow Residents' Association and Tim Harrold of Guildford CPRE were present. Keith thanked the BCA and the BNF for their support and hoped they would join with the MRA and Clandon Parish Council if and when Martin Grant lodge a planning application for Gosden Hill Farm. The BCA has committed to working with our neighbours to try and ensure we get the best possible deal.

The Chairman presented the Annual Report for 2018-2019 and the Treasurer gave her report. Copies of both are on the website (details opposite). If you would like copies but do not have internet access please let the Secretary know.



### Election of Officers

The committee members for the next year were voted in unanimously. They are:

- Chair – Andy Clapham
- Secretary – Liz Critchfield
- Treasurer – Sue Poole
- Membership Secretary – Liz Turner
- Technical Co-ordinator – Jim Allen
- Minutes Secretary – Catherine Hughes

Contact details for the Secretary, Treasurer and Membership Secretary are opposite.

The BCA AGM was followed by the Burpham Neighbourhood Forum AGM. Christian Holliday was elected as Chairman.

[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)

### Burpham Flood Forum



This was held on May 10th with Anne Milton MP in the Chair. All the issues outlined in the Action Plan were discussed and we look forward to the various agencies involved providing some positive response. Anne Milton felt that an additional meeting should be held with a focus on riparian rights and responsibilities. This will be some time in the autumn so please check the website for dates. A copy of the Action Plan is also on the website.



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

Subscriptions are £8 per household or £4 per single occupancy and run from January to December. There are 3 ways to pay:

1. Complete the form below and return it along with payment to Sue Poole, 1 Mead Way, Burpham GU4 7LG.
  2. Pay online: 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.
  3. By direct debit. Visit our website [www.burphamca.org.uk](http://www.burphamca.org.uk) for more information.
- Please contact Liz Turner, our Membership Secretary, if you have any queries. Her email address is [membership@burphamca.org.uk](mailto:membership@burphamca.org.uk)

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For up to date information about the BCA, please keep an eye on our Facebook and Twitter pages - just search for Burpham Community Association.



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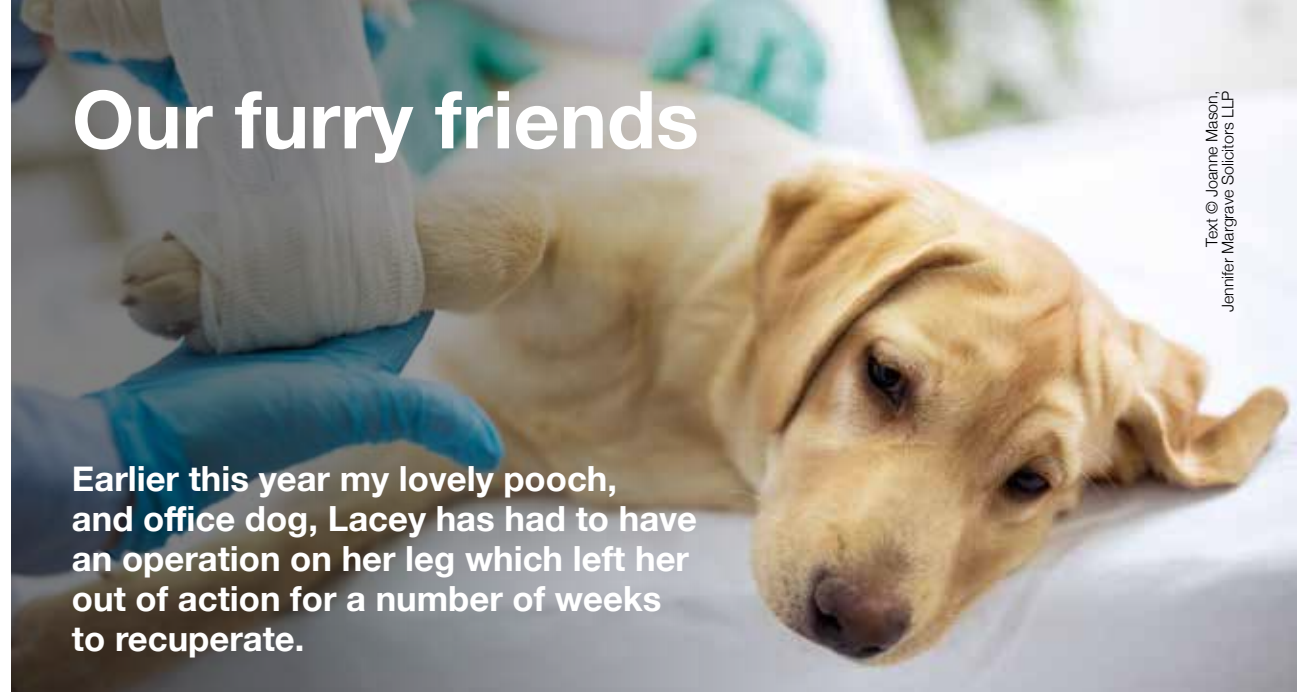
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# Our furry friends



Earlier this year my lovely pooch,  
and office dog, Lacey has had to have  
an operation on her leg which left her  
out of action for a number of weeks  
to recuperate.

**Having to try and keep her calm whilst  
managing her pain and still showing her  
bundles of affection so she didn't think she  
had done anything wrong took quite a lot of  
our time...she is worth it though!**

All of this led me to think even more as to who would care  
for her or any other pet if I was not around to do it or no  
longer fit enough to do so. Often clients are concerned about  
their pets, who in many cases are getting old with them and  
enjoy their gentle strolls and cuddles in front of the fire. Many  
will think of a good friend or fellow animal lover who will be  
prepared to take on the responsibility. Something they may  
agree about before the time comes. Some leave directions  
in their wills about their animals and consider leaving a  
pot of cash behind for the person willing to take on the  
responsibility for caring and loving their beloved pet. These  
costs can be quite high as we are not only talking about  
feeding and watering them but also covering insurance and/  
or vets bills and the odd toy or treat.

There are also charities that are willing to help when the need  
arises and again this can be covered in your will. I know of  
a few organisations with whom you can register during your  
lifetime to request they take over looking after you pets if you  
are no longer able to do so e.g. you are terminally ill, unable  
to have the pet as you have moved into care and pets are  
not allowed in that care home or you have died. These  
organisations do not demand you donate but are of course  
hoping you will provide some kind of cash sum either in your  
lifetime or in your will.

In some instances, you may be able to keep your pet with  
you if you enter a care home. Mainly they are allowed if  
you can show that you can still care for the animal yourself.

Having a dog walker would help with that. I have visited  
many care homes and found the house cat or dog enjoying  
the love and affection from the residents and visitors and I  
am sure you are all aware of the benefits of having animals  
offering relaxation and lowering blood pressure. Sounds like  
just what the doctor ordered!

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Moira MacQuaide Hall's history of Burpham

## More than just ping pong

**Back in the early 1930s Guildfordians Gerald and Eric Lillywhite played exhibition table tennis matches at The Kingpost in Burpham, then in 1934 the Guildford Table Tennis Association (GTTA) began.**



Bill Marriott presenting Giant Killers Cup to Derek Oliver and John Diggins, early 1960s.

By 1938 there were 29 teams, of both men and women, including The Kingpost, which was only in the league for one year. Inevitably the war interrupted the sport's progress, but from the 1950s onward it grew in popularity. The Burpham club started in 1966 and was in the league for 17 years. In the 1960s Derek Oliver and his sister, Christine Raggett, won tournaments in tennis and table tennis. Their father, Police Constable Fred Oliver, played and coached both tennis and table tennis locally, and was responsible for identifying the potential of the Howard sisters.

Susan and Linda Howard, daughters of Percy Howard, the Burpham builder,

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.

were introduced to the sport by Fred during a rain break at a tennis coaching session, and it was clear that they were going to be great players. Their father built a table tennis room, to county standard, in their back garden in Burpham and some of the Guildford League matches were played there, others being played in the Burpham Cricket Pavilion in Sutherland Memorial Park. The girls moved on to be coached by the Surrey Coach in Sutton, and in due course became top UK players. They played in both singles and, together, in doubles matches. They were still involved in table tennis in 2008.



Susan & Linda Howard playing doubles

There was a social side to the sport, with regular dinner dances and awards ceremonies. Burpham had more than

one team and often vied with other clubs to gain the titles. In the mid-1970s Burpham was at the top of its game, winning the Premier Division, the Percy Lawes Cup and the Handicap Cup.

**In the mid-1970s Burpham was at the top of its game, winning the Premier Division, the Percy Lawes Cup and the Handicap Cup.**

David Wellsman won the Open Singles and Sue Roebucks won the Ladies' Title. By this time there were 150 teams, in 13 divisions, in the GTTA. Burpham continued to win cups and titles and a training scheme was started at George Abbot School. In the 1980s Trevor Free was a star attraction for the Burpham club, but the Merrow club was growing and winning at various levels. In the early 1980s the Burpham club seems to have closed and there is now no Burpham club in the GTTA. Perhaps Burpham players now play for other clubs?

With thanks to the Guildford Table Tennis League website [www.gttl.co.uk](http://www.gttl.co.uk) and The Surrey Advertiser.

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## Why technology can be a pain in the neck for teenagers!

**A recent report from the British Chiropractic Association (BCA) suggests that teenagers are at risk from suffering with back or neck pain due to sedentary lifestyles associated with excessive technology use.**

Findings from the report, identified that 40% of the age group studied (11 to 16-year olds) have experienced back or neck pain and around 15% of parents believe the pain is a result of using electronic devices. The research also showed that 68% of the age group spend 1 to 4 hours per day on either a laptop, tablet or PC; and a resounding 73% 1 to 6 hours! The study went on to say that 38% of parents believed their children spend 1 to 6 hours a day on their mobile phone.

Young people are spending more time on games consoles than riding a bike. When parents were asked how much time their teenager spends on their bicycle, 21% claimed that they didn't have one.

Nearly half of parents questioned, acknowledged that their children don't spend enough time exercising, despite NHS guidelines stating that children and young people between 5 & 18 years old need to do at least one hour of physical activity every day.

At Guildford Chiropractic Centre, we have noticed a rise in the number of young Guildford people coming to us with back and neck pain. We also believe that as youngsters become increasingly sedentary they are damaging their posture. There is the tendency to sit in a hunched position when working on electronic devices which puts a lot of strain on the spine.

An initiative promoted by the BCA suggests parents limit time children spend using technology and encourage more active recreation, particularly around the Summer holidays.

Learning to sit properly and keep active will help young people remain healthy and pain free. It's important that parents seek help for their children from an expert, such as a chiropractor, as soon as any pain starts – if conditions are left untreated it could lead to chronic back and neck problems in later life.

The BCA offers the following top tips for parents to help their teenagers reduce the risks of back and neck pain:

- **Move, move and move:** The fitter children are, the more their backs can withstand periods of sitting still. To increase fitness levels, you can do activities including walking to school, riding a bike or going for a run.
- **Teach them how to sit:** It's important that children learn the correct way to sit when using a computer. Keep arms relaxed and close to the body or on the desk when typing. Eyebrows level with the top of the screen and chair tilted

slightly forward, so knees are lower than the hips and feet flat on the floor. Using a laptop or tablet away from a desk will encourage poor posture, so limit time spent in this way.

- **Don't sit still for too long:** Make sure children take a break from the position they're sitting in on a regular basis and stretch their arms, shrug their shoulders and move their fingers around – this helps to keep the muscles more relaxed.
- **Lead by example:** Maintaining good posture and promoting good spinal health is something that everyone should be doing, adults and children alike. If you make it a priority, it's easier for your children to see the relevance.
- **Seek medical advice:** Seek professional advice if your child is experiencing pain lasting for more than a few days. If your child wants to be more active, check that there are no medical reasons why they should not exercise, particularly if they are not normally physically active.



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# New To Guildford: The Library of Things

Written by Ali Fisher

Contact [libraries@surreycc.gov.uk](mailto:libraries@surreycc.gov.uk) or find out more at <https://www.guildfordmakerspace.org.uk/guildford-library-of-things/>

**Guildford Library recently opened its doors to share more than just books. Our town is now the proud owner of its very first Library of Things.**

Guildford Library of Things launched in 2018 as a collaboration between Surrey County Council, Guildford Borough Council, Suez Recycling and Recovery UK.

It's home to extremely useful things that you only need occasionally. GLT is designed to help local residents save money, save space, help save the planet and feel more connected to the local community. Everything is free to borrow. The Library of Things is a national movement with a mission to make borrowing better than buying.

## Useful info on GLT:

- Housed in the staff area of the 4th Floor of Guildford Library
- Open 4-7pm every Thursday
- Free to borrow

## Current things available to borrow include:

- Tile cutter
- Staple gun
- Laser distance meter
- Pop up tent
- 12 piece screw driver set
- Tool bag set

- Board games
- Long handled edging shears
- Pruning & planting set

**Guildford Library of Things is designed to help local residents save money, save space, help save the planet and feel more connected to the local community.**

Libraries of Things are popping up across the UK and are proving a great success for individuals, the community and the planet.

- 90% of borrowers say they now have more money to spend on things important to them.
- 75% of borrowers feel better connected to their community because of Library of Things.
- Having used Library of Things, borrowers are 60% more likely to repair or recycle items.

The rapid expansion of Libraries of Things is another example of the growing sharing economy, from

Airbnb to ZipCar or JustPark. Why buy when it's becoming so easy and rewarding to borrow? Looking for more inspiration: check out the Canadian phenomenon of 'thingeries' – community owned lending libraries of things based out of modified shipping containers!

## So what are you waiting for? Get involved today!

- Start borrowing! It's free! Or help GLT grow with a donation for your loan.
- Donate! GLT is keen to expand its offering. If you have something which is good as new and falls into the category of being an extremely useful but occasional thing, then GLT would love to hear from you. Please note that at this point in time the GLT has chosen not to share electrical items.
- Volunteer! GLT would love to open more often and for longer with more things but needs keen volunteers. If you have ideas about how you can make GLT bloom or some time to invest in the community and planet, please get in touch.



Ali Fisher lives in Burpham. She supports businesses and brands to help build a more sustainable future. [PlansWithPurpose.co.uk](http://PlansWithPurpose.co.uk)



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July & August

# Burpham Gardening Club News

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

We look forward to receiving your entries for the **Summer Show** on **Saturday July 6th** and the **Autumn Show** on **Saturday 7th September**, entries for both Shows must be on the show bench by 11.00am on the day. The Shows will reopen at 2.30pm for refreshments and the presentation of prizes. Hopefully you will be one of the prize winners.

The **Trading Hut** will close on Sunday 28th July and will reopen on Sunday 1st September.

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

- Remove the main stem of Cordon Tomatoes just above the fourth truss to stop the plant producing fruit which will not mature before the winter sets in. Blossom End Rot on Tomatoes is caused by irregular watering, a regular feed of Tomorite will help Tomatoes and Dahlias produce good fruit and flowers, start feeding Tomatoes as soon as the first fruits begin to form.
- Continue to make successional sowings of Salad Crops.
- Regularly pick Courgettes unless you want them to become

- Marrows, Beans will become tough and stringy unless they also are picked frequently.
- Leeks and Winter Brassicas should be planted out.
- Spray Potatoes and Tomatoes when it is wet and muggy to prevent Blight.
- Summer Prune Plum Trees after harvesting.
- Give Summer Bedding plants and containerised plants a regular liquid feed.
- Dead head Roses, Perennials and Bedding plants to maintain their flowering display.
- Continue to control Green Fly and Black Fly.

**Now that all the hard work is done it is time to enjoy your garden which should be at the peak of perfection.**

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

- Now that all the hard work is done it is time to enjoy your garden which should be at the peak of perfection.
- Continue to harvest fast growing

- Vegetables and Salad crops.
- Keep Runner Beans well watered to encourage the flowers to set fruit.
- Cut back hardy Geraniums to encourage new growth and successful flowering next year.
- Continue to dead head Bedding Plants to ensure a good display, repeat flowering Perennials should also be dead headed to encourage a second flush of bloom.
- Rambling Roses should be pruned after flowering, cutting out one in three stems from the base to encourage new growth.
- Complete the division of Bearded Iris.
- Start indoor Cyclamen into growth.
- Continue to Summer prune Wisteria removing all new shoots to five or six buds from the main stem.
- Take cuttings of Buddleia, Hydrangeas and Pyracantha.
- Set traps among the Dahlias to control Earwig damage, fill a 3" pot with straw and place it upside down on the cane supporting the plant, the Earwig will climb into the pot during the night and it will wait for you to shake it out into a dish in the morning for disposal.



# 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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