

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

# Burpham Pages

September &  
October  
2019

Incorporating Jacobs Well

## Community Update

The BCA reports on its Summer Social and new car parking charges in Burpham.

## London Road, Burpham

How Burpham prospered on this thoroughfare from London to Portsmouth.

## Autumn outside in Surrey

This Autumn let's challenge ourselves to get outside more, what's stopping us?



Includes: Community Update from the Burpham Community Association

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# TIME FOR CHANGE

move this  
*Autumn*

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## Burpham Pages

Issue No. 82  
September &  
October 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)

### Editorial

Editor **Paul Nicholls**

Contributors **Moir MacQuaide Hall, Jennifer Margrave, Ali Fisher, John Boon, Rev Joanna Levasier, Sandy Boniface**

### Production

Original design

**Generator Creative Consultants**

Printed by **Kingsley Print**



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### Advertising copy deadline

for Nov – Dec 2019 issue is

**7th October 2019**

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# Welcome

**Dear Neighbours, when I last wrote to you it was almost time for the summer holidays, now it's almost time for the holidays to be over and the children to go back to school.**

It's been very quiet on the roads around Burpham recently, I do hope that this is a sign that many of you have been away enjoying your holidays with your families and that you will all return relaxed and refreshed and ready for autumn.

It has been a year now since we refreshed the look of Burpham Pages and I hope you have enjoyed the new look, reading the articles we have brought to you during the year and that you have found the adverts a useful resource. We have always endeavoured to reflect our community here in Burpham and whenever possible to focus on local news, events, charities and businesses.

We encourage our readers to contact us with any information that you feel would be suitable for our 'News + events' or 'What's on this month' sections and if you have something especially newsworthy there's always the opportunity that we might run it as an editorial article.

Equally if you are a local business and want to let the local community know about your service or products please do give us a call or send an e-mail and talk to

us about advertising opportunities with Burpham Pages.

So, as we go into autumn and look forward to fireworks and pumpkins I hope you take advantage of the last weeks of summer and perhaps visit some of the events on our 'What's on this month' page.

Unlike others, I won't quote 'how many sleeps' until Christmas, but I'll look forward to talking to you again in our November & December issue.

**Paul Nicholls (Editor)**

editor@burpham-pages.co.uk

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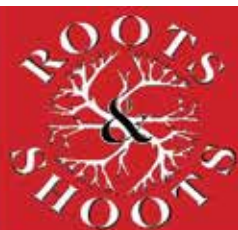
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# News + events

September &  
October 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.



### New Inn GP Surgery threatened with closure

The New Inn GP Surgery on London Road has been threatened with closure as they have been unable to secure a new long-term lease on their current premises, New Inn Farmhouse which is one of the oldest properties in Burpham. This has potentially left the 2,500 patients who are registered at the surgery having to find a new GP.

### "Burpham needs New Inn Surgery. Guildford needs New Inn Surgery."

New Inn Surgery Patients Participation Group

The surgery has been working with NHS Guildford and Waverley Clinical Commissioning Group (CCG) and Guildford Borough Council to establish long term use of the building but have been unable to agree an arrangement with the landlord or locate a suitable alternative home.

New Inn Surgery Patients Participation Group (PPG) have launched an online petition (<https://www.change.org/p/nhs-guildford-waverley-ccg-nhs-england-save-new-inn-surgery-burpham-surrey-from-closure>) in an attempt to raise support and demonstrate local concern over the potential loss of the busy GP surgery.

A statement on the petition, from the PPG, states "The idea that some 2,500 patients will merely be 'dispersed' to other practices in the community is not practical.

"Patients of New Inn Surgery do not wish to move practices. Patients of other practices do not want a huge influx of new patients as waiting times for appointments are already too long.

"If you are either a patient of New Inn Surgery, a patient of another surgery in the community or a concerned local resident – please sign this petition today."



### Bizet's Carmen – Opera in the Surrey Hills

All profits will help Home-Start Guildford continue to support local families who are struggling in difficult circumstances

On Saturday 7th September from 2.30pm join us for **Rogue Opera's** highly acclaimed production of one of the greatest operas of all time **Bizet's Carmen**. An exclusive performance in the idyllic grounds of a Surrey Hills home, above West Horsley.

Tickets are £55 (early bird offer – first 100 tickets £45) no charge for U16s. Buy online now at [www.bit.ly/Home-StartOpera](http://www.bit.ly/Home-StartOpera) or call 01483 511181 or email [office@hsguildford.org.uk](mailto:office@hsguildford.org.uk)

For full event details & food options visit [www.hsguildford.org.uk/fundraising-2/opera-in-the-surrey-hills](http://www.hsguildford.org.uk/fundraising-2/opera-in-the-surrey-hills)

## What's on this month in Jacobs Well

Saturday 14th September 2019

### Novelty Dog Show



Following the success of last years Show the JWRA is organising another Novelty Dog Show on Saturday September 14th on 'Harry's Meadow' beside the village hall. Dogs of all ages over six months and of all types including non-pedigree can take part in this fun Dog Show.

Registration will be from 2.00pm with judging starting at 2.30pm.

£2 per dog per class. Free parking.

For further information contact Nick Collett at [dogshow@nfccl.com](mailto:dogshow@nfccl.com)

Saturday 28th September 2019

### Table Top Sale



Jacobs Well Residents Association holds Table Top Sales in the Jacobs Well Village Hall. These are held on a Saturday morning with **setup from 9.00am and entry for buyers at 10.00am.**

There is free parking and free entry for buyers. Table for sellers is £8. The Sale is held inside a heated hall making it comfortable in the winter months.

Tea, coffee and biscuits are available.

For further information contact Nick Collett at [nick@nfccl.com](mailto:nick@nfccl.com)

Jacobs Well Residents association also maintain a Facebook page where they post details of upcoming events: <https://www.facebook.com/JacobsWellResidents/>

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.





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## What's on this month

Wednesday 4th September

### Guildford Flower Club Meeting



Christine Evans will entertain us with the thought evoking demo 'From Ice to Fire'.

6.45pm for a 7.30pm start. Jacobs Well Village Hall.

Saturday 14 September 2019

### Clandon Park: Heritage Open Day



10:00-17:00 Visit the house and garden completely free as part of Heritage Open Days weekend. From deep inside the heart of Clandon Park, discover extraordinary views of the incredible structure, from basement floor to scaffolding roof.

For further information: <https://www.nationaltrust.org.uk/clandon-park>

14th - 15th September 2019

### Surrey Hills Food Festival



At Denbies Wine Estate, Dorking 50+ producers offering tasty treats from local gins and sausages to brownies and coffee. Plus free events including demos, talks and tastings with opportunities to meet some top chefs.

For further information and tickets: <https://fantasticbritishfoodfestivals.com/surrey-hills.html>

Sunday 22nd September 2019

### English Wine & Cheese Tasting



11.30am and 2.00pm Visit the Albury vineyard for a tasting of the Albury Estate sparkling wines.

The friendly team take you through a tasting of their award-winning sparkling wines, choose your favourite, and sit back with a glass of your choice accompanied by a selection of English cheese. Tickets: £25.95pp continued...

For further information: <https://www.alburyvineyard.com/products/wine-and-cheese-tasting?variant=29428990771223>

Wednesday 2nd October

### Guildford Flower Club 'East to West' demonstration



Helen Hare, a highly recommended demonstrator, will entertain us with 'East to West'. 6.45pm for a 7.30pm start. Jacobs Well Village Hall.

5th - 6th October 2019

### Surrey Hills Wood Fair 2019



10:00am - 5:00pm The 10th Surrey Hills Wood Fair, at Fish Ponds Copse, Cranleigh, promises to be bigger and better than ever! Full of traditional rural charm.

With a family focus and lots for children to do from craft making to animal attractions. Tree climbing and zip wires, horse and wagon rides, woodland demonstrations and activities plus a whole host of wood crafted products and local food and drink to enjoy.

For further information and tickets: <https://www.surreyhills.org/events/the-2019-surrey-hills-wood-fair/>

Saturday 19th October

### Guildford Flower Club Competitive Show



Jacobs Well Village Hall. will be transformed for our Competitive Show. Doors open at 2.30pm, prize giving at 4.30pm. See how our talented members interpret 'A Year in Flowers'. Also, there will be a small photographic competition, raffle and refreshments.

For more information about any events or the Guildford Flower Club in general please call Cynthia on 01483 772019.

September &  
October 2019

6th - 13th October 2019

### Guildford Book Festival



Surrey's largest literary festival returns for a 30th year with another star-studded line-up of speakers from bestselling authors and bright new talent, to top names from the world of entertainment, media and sport.

For further information call 01483 444334 or visit <http://www.guildfordbookfestival.co.uk>



**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 and you may attend two meetings before committing to membership. **Why not come and meet us?** Our visitors are always given a warm welcome.

Tuesday 17th September

### A talk entitled 'Palestine, Beyond the Wall'

At our meeting on **15th October** we will be **celebrating our 30th birthday** with music from the 60s and 70s, fizz (and possibly dancing!) Also in October we have a theatre outing to see **'9-5 - The Musical'** in Woking.

Events and outings are arranged 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:  
[www.burphamevewi.btck.co.uk](http://www.burphamevewi.btck.co.uk)  
f /burpham.eveningwi  
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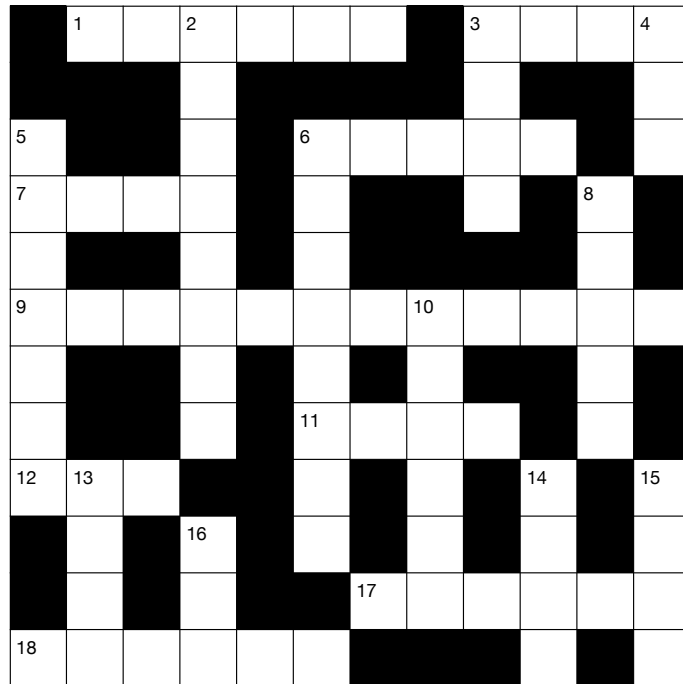
Do you have any events happening in and around Burpham & Jacobs Well that you would like added in the next issue?

Our next issue of Burpham Pages will cover November & December 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 **7th October 2019**.

# Burpham Pages Crossword

Crossword No. 7  
September & October 2019

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## Across

- 1 The season after summer, before winter (6)
- 3 The largest continent on earth (4)
- 6 A thin, light, crisp biscuit (5)
- 7 Change direction suddenly (4)
- 9 Shrub with large clusters of bell-shaped flowers (12)
- 11 To become enclosed or surrounded (4)
- 12 Unit of weight (3)
- 17 A combination of aesthetically pleasing qualities (6)
- 18 To succeed in achieving, gain (6)

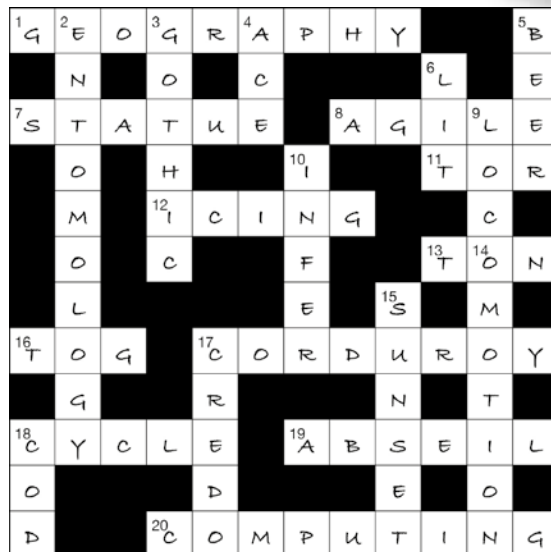
## Down

- 2 Norse god Thor still has his day (8)
- 3 So be it, the end of a prayer (4)
- 4 A mixture mainly of oxygen and nitrogen (3)
- 5 Highest mountain on earth (7)
- 6 Undomesticated native fauna and flora (8)
- 8 A thin white layer of ice (5)
- 10 Everything in the world not created by humans (6)
- 13 Drive out or expel (4)
- 14 The answer is in the question (4)
- 15 The largest island of the Inner Hebrides (4)
- 16 A mineral spring considered to have health-giving properties (3)

## Solution to Crossword No. 6

Burpham Pages issue No. 81  
July & August 2019

The solution to each crossword will be published in the following issue of Burpham Pages. For the September – October 2019 solution please see our November – December 2019 issue.



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Church of the Holy Spirit, New Inn Lane, Guildford GU4 7HN

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

# Retreating to advance



**I recently attended a seminar called 'How to cope when you've got too much on'. It was packed! I guess I'm not the only one who felt this seminar might be just for me! Perhaps it is an experience you can identify with.**

We are all trying to make a success of our lives, but it can end up being very stressful. Success is costly, and we don't always realise the stress it brings us. Rarely do we give enough time after a success to recuperate or recover.

In our target-driven world, we are very focused on attainment and goals. It starts at schools where children know what their 'learning targets' are and are clear exactly what they are supposed to be achieving. And, of course, in one way that is really good – there is that well-known quip "if you aim at nothing you will hit it every time". It is good to know what you are trying to do! If you are going to take exams, it's helpful to know exactly what the examiners are looking for; no point learning the wrong things or developing the wrong skills. But there is a danger that we think we always have to be achieving and succeeding. There is no room for simply being, enjoying and resting.

The speaker talked about climbing Mt Everest. Over 4,000 people have now made it up to the top of the world, but the mountain has also claimed 300 lives. Going above 8,000m takes you into the death zone where human bodies can no longer function properly. Climbers have only 16-20 hours to make it up to the top of Everest and back.

**In our target-driven world, we are very focused on attainment and goals...**

**...there is no room for simply being, enjoying and resting.**

Interestingly 3 times more people have died on the way back from the top, than have died on the way up. The climbers had focused so much on getting to the top that they had not properly prepared for coming back down again. The seminar's message was that we need to plan in the retreat

as much as the advance, the down time as much as the win.

What a challenge in our busy world – to plan the way down, as well as the way up. Now I just need to work out how I do that in my life! Maybe as we head into a new academic year, it resonates with you as well.

May you know God's blessing in the whole of your life, the downs as well as the ups.

**Rev Joanna Levasier**

*The speaker was from the **Mind and Soul Foundation** – an excellent organisation looking at the links between Christianity and mental health: "We believe in a God who loves us AND cares about our emotional and mental health", and they exist to educate, equip and encourage. Do look up their website if you're interested in exploring any of their resources: <https://www.mindandsoulfoundation.org/>*



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Burpham - Guide Price - £560,000

An immaculately maintained three bedroom family house with light and airy accommodation, off street parking for several cars and attractive gardens, perfectly located for George Abbot School.. 01483 347100

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Burpham - Guide Price - £525,000

A wonderful opportunity to refurbish and potentially extend a detached bungalow, subject to the usual Planning Permissions, close to local shops and several supermarkets. 01483 347100





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)

### BCA Summer Social

*True or false?*

*A French wine region has a law forbidding spaceships from landing in the vineyard.*



This was one of many questions members faced when they came along to our wine and cheese evening on the 15th July. Proceedings began with a quiz, progressed to some wine tasting and ended with a variety of cheeses. It proved a most enjoyable evening and we would like to thank all the people who came along, supported the tombola by buying all the tickets and donating generously to BCA funds.

*And the answer? Believe it or not, true!*

### Car Parking Charges at Sutherland Memorial Park

Car parking charges are now in place at Sutherland Memorial Car Park. They will apply Monday to Friday from 0600h to 1700h. The first five hours will be free, 5 to 7 hours will cost £5 and 7 to 11 hours will be £9.

These restrictions have already caused problems for residents, especially the No Return Same Day clause. Many people visit the car park at least twice a day to take their children to and from the nursery or school – they are now concerned that they may be breaking the law. The BCA has raised this issue with GBC, asking for clarification. At the time of writing (early August) no response has been forthcoming other than a bland “we will review this early next year.” We shall continue to press for prompt action to deal with this problem.

A resident started a petition to abolish the restrictions. This should stay open until September so if there is enough time, here is the link if you wish sign:

<http://www2.guildford.gov.uk/councilmeetings/mgEPetitionDisplay.aspx?id=28>



### Fly Tipping in Surrey

**If you employ someone to get rid of your waste and they just dump it, you could be fined up to £400**

Surrey Environment Partnership (SEP) are running a campaign during August and September to encourage residents to be vigilant when using traders to get rid of waste. You need to do two things to avoid losing money

- Make sure your builder/trader is a registered waste carrier
- Get a receipt for your waste disposal

For more information, to report a fly tipping incident or to find out if a trader is licenced, visit [surreyep.org.uk](http://surreyep.org.uk)

### Help Wanted

One of the ways we communicate with the community is via Facebook. It means we can get information out quickly – important if it's something urgent. If you could spare around an hour a week to help keep our Facebook page updated, we'd love to hear from you. **Please contact the Secretary (email above) if you can help.**

### Dates for your Diary

Our next public meetings will be on **September 16<sup>th</sup>** and **November 18<sup>th</sup>**, topics to be announced – we also hope to have a Christmas Social in December. Please keep an eye on social media for more information.

### 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:

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# Our NHS

## How lucky we are

by Jennifer Margrave



Text © Jennifer Margrave Solicitors LLP

I recently returned from a trip to the United States, travelling from Colorado, through Wyoming to Montana and, along the way, I picked up local newspapers to appreciate what was happening in the town I was passing through. I was saddened to read several articles about the elderly and how they were treated by the health services in the States.

It's OK if you have money, and can afford the very expensive health insurance but even then if you have ongoing conditions, that insurance could well run out.

There is a form of state health service, but in one article, and I won't name the county or state, where the newspaper highlighted a scandal in which poor elderly people were not given any treatment and basically left to die. The quote from the doctor horrified me, 'these people have mental health problems, usually associated with dementia, and have no quality of life.' The newspaper indicated it was to save money for the state health service.

On the other side of the equation, we ended up in a tiny town called Jordan and headed for their museum but we were three hours off its opening time. But an elderly lady welcomed us, emerging from another part of the building, and offered to open the museum for us. She explained that she was a volunteer for the town's elderly people's luncheon club and, as we entered the museum, we could smell good food cooking from the kitchen. This lady showed us a collection of baby pictures taken from the early 1930s up to the 1980s, taken by the local doctor who had 'worked the town' for over fifty years. She pointed out the picture of herself in 1932 and I was astonished to realise she was nearly ninety, still sprightly and proud of her work at the centre. Her two children had also been brought into the world by the same doctor. I had a feeling that there was a real community spirit in that town, with everyone being very independent.

But these stories made me think how lucky we are to have a health service that is largely free at the point of service, although of course we pay through our taxes. I was very

careful in the US not to have an accident, aware that the first action taken by a doctor or ambulance crew would be to note my credit card details and ask about travel insurance, before taking any steps to treat me.

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Detail from a map created in 1675 by John Ogilby who published the first road atlas of Britain.

Moira MacQuaide Hall's history of Burpham

# London to Portsmouth – via Burpham

The village of Burpham grew up around the London Road as this was the main route between London and Portsmouth. Well used by the Royal Navy and other travellers, coaches and riders came through Ripley, Burpham, and on to Guildford on their way south to the coast.



A 1603 map showing the London Road.

From 1555 to 1835 responsibility for maintenance of the Burpham stretch of the road fell to Worplesdon Parish, which included the Manor of Burpham. After the Wey Navigation opened in 1653 much of the heavier freight traffic moved to the waterways, then again with the coming of the railways in 1845, traffic moved away to the trains. In the 18th century Turnpike trusts were formed so that toll fees could be collected and the money used to maintain the roads. In Burpham the toll gate, Green Man Gate, was between the New Inn Farmhouse (now the doctors' surgery) and the Anchor & Horseshoes pub.

In 1889 the new Surrey County Council

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.

took responsibility for main roads. Motor cars gradually replaced horses towards the end of the century, and as they became more popular the speed limit was raised to 12 mph by 1900, and speed traps were brought in for the London Road. By 1905 tar macadam was used on surfaces, improving the quality of the roads. World War One brought an increase in traffic, due to troop movements, which damaged the road surfaces. In the 20th century road haulage increased, especially with the creation of motorways.

In 1934 the Guildford and Godalming bypass was opened, taking traffic to



The A3 passing the original sites of The Parkway and Ladymead.

the side of Stoke Park, now Parkway and Ladymead, but this didn't reduce the number of vehicles coming through Burpham. The sixties and seventies saw further plans, potentially dividing the village in two, by knocking down Pimm's Row, and isolating both the Burpham pubs. Following objections from local residents, another plan was agreed, taking some of the Primary School's playground, and cutting off the old Jacob's Well Road.

The new A3 road, diverting the London to Portsmouth road around Guildford, with slip roads off at Burpham, Dennis's Roundabout and the Cathedral, opened in 1981. On Charles and Diana's wedding day a tug of war was held on the empty road between teams from the two Burpham pubs.

Today the traffic problems on London Road have increased. Commuters approaching East Guildford leave the A3 at Burpham, Aldi shoppers queue for the car park and many cars queue through Burpham to get onto the A3 north. Can this be improved in the future? It remains to be seen.



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# Back to school

**Sandy Boniface DC**

**We all know that, as our children grow, their school uniform, shoes and sports kit need to be replaced. If we are lucky, this may only need doing at the start of each new school year when these items are either outgrown or well past their best. In addition to new uniform etc, children often require new stationery items, and also a new school bag to put things in.**



Whilst many junior schools have an official school bag, usually a hand-held book bag for the younger children, and a rucksack for the older children, once they get to senior school children often choose their bag according to the latest fashion trends, and not by what may be better for their backs.

In recent research carried out by the British Chiropractic Association, more than a third of parents reported that their child had suffered from lower back or neck pain before the age of 16. Experiencing back pain in childhood is associated with a four-fold increase in the likelihood of developing back pain as an adult. Although there are many possible causes for back and neck pain in children, a heavy school bag or one being carried inappropriately, may often be the cause.

Children are constantly growing, especially during their adolescent years, so it is important not to put unnecessary stress on their developing skeleton in order to limit problems later in life. Scientists have said that carrying up to 10% of their bodyweight should not cause any damage, but carrying 15% of their bodyweight could increase the risk of developing back problems as an adult. However, the charity Back Care found that many children regularly carry 20% of their bodyweight, and if you add in the weight of sports kit, musical instruments etc., some children have been found to be carrying up to 60% of their bodyweight. They also found that up to 4 million children each year carry a bag that is too heavy for them, potentially causing back, neck or shoulder pain.

The best type of school bag is probably a rucksack. It should always be worn on both shoulders, with the shoulder straps tightened up so that the bag sits close to the child's back, distributing the weight more evenly. A rucksack should never be carried on only one shoulder as this will cause the child to lean to the opposite side, stressing the spine and muscles more on one side of the body than the other, and leading to muscle spasms and back pain.

The ideal rucksack should be lightweight with wide padded adjustable straps, a padded back, and ideally a waist or hip belt. Heavy items like books should be put in the rucksack first so they are closest to the body, reducing the strain on the

spine. It should also have several pockets so that items can be distributed throughout the bag, which will also make it easier to find things. Children should be encouraged to only pack what they need for that day, and once a week the parent and child should go through the bag removing any unnecessary things.

If your child refuses to use a rucksack, they can use a messenger type bag worn diagonally across their body, but they should alternate which shoulder they carry it on throughout the day.

Should you require any further information, or are concerned about your child's back, neck or shoulders, please contact Guildford Chiropractic Clinic to see if one of our chiropractors can help.



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# Autumn outside in Surrey

Written by Ali Fisher

**This Autumn let's challenge ourselves to get outside more. It's better for us and it's better for the planet. Living in Surrey we are rich in opportunities to imbibe in the wonders of nature. So, what's stopping us?**

**Better for Us:** A 2018 report from the University of East Anglia analysed 140 studies involving 290 million people and concluded that nature really does provide a health boost. The health benefits of living close to nature and spending time outside include reducing the risk of type II diabetes, cardiovascular disease, premature death, preterm birth, stress, and high blood pressure.<sup>i</sup>

Getting back to nature, can even improve our work. The human brain can struggle to cope with the daily information overload of modern life. Being in nature restores depleted

attention reserves and can help with our creativity and problem-solving.<sup>ii</sup> Definitely a nudge to leave our desks and head outside for a daily stroll and some natural inspiration.

**Better for the Planet:** As Sir David Attenborough has wisely put it, "No one will protect what they don't care about; and no one will care about what they have never experienced." A deeper connectivity with nature will inspire more of us to take care of the precious environment that we inhabit.

When we look back at our (mostly) sunny summer, can we honestly say

we made the most of our outdoors time, recharging on Vitamin D and connecting with the natural world around us? If you answered no, then you are not alone. 9 out of 10 of us are spending close to 22 hours inside every day, despite 39% of us recognising that daylight significantly affects our mood.<sup>iii</sup>

For many of our kids the lure of the screen is just too much, meaning the average child in Britain spends twice as much time in-front of a screen than they do outdoors, with 4 hours every day in-front of a screen versus just an hour and a half playing outside.<sup>iv</sup>

So, if you're feeling inspired to spend a bit more time outdoors this autumn, here's a taster of just a handful of the opportunities on our Surrey doorstep:

## 1. Did you know Surrey is England's most wooded county?

Woodland makes up 23% of the county's land area, more than double the UK average of 8.5%.<sup>v</sup> So why not make the most of our precious woodland treasures and give 'forest bathing' a whirl? Popular in Japan and recommended by the **Woodland Trust**, forest bathing (you don't need to get wet, just spend time in a forest!) allows you to use all 5 senses to connect with the environment and clear the mind. Some have claimed it can boost the immune system, lower blood pressure, aid sleep and even counter illness.<sup>vi</sup>

**2. The Surrey Hills have been designated one of 34 Areas of Outstanding Natural Beauty in England.** The AONB covers a quarter of our county and 40% of this area is wooded.<sup>vii</sup> Maybe you've spotted the campaign which launched this July **#GetOutOut?** 70 years on since the Government passed an Act of Parliament to establish National Parks & AONB, the campaign aims to connect a whole new generation of urban dwellers with the easy to access breath-taking countryside around us. Check out [going-outout.co.uk](http://going-outout.co.uk) for more inspiration.

**3. We are very fortunate to have 80 Wildlife Trust reserves in Surrey and one is right on our doorstep in Burpham.** Autumn is a beautiful time to visit the **Riverside Nature Reserve** (can be accessed by Bowers Lane). Pad along the boardwalk and check out the wildlife in and around the lake, spot the ducks, dragonflies and even bats at sunset.

**4. Check out the [surreyhills.org](http://surreyhills.org) website or follow #mysurreyhills for some inspiration on what you can discover in the Surrey Hills.** Each month @SurreyHillsAONB is

releasing a new video interviewing local people and talking about what they love about the Surrey Hills, starting with James Giles, the National Nature Reserve Manager at Thursley.

**5. Want to get out and get your hands dirty, how about joining the Pewley Downs Volunteers.** The volunteers meet on the **first Saturday** of every month **10am to 2pm** and work together to cut down the scrub on the nature reserve and protect rare plants and insects found on the slopes of the chalk downland.

**6. Maybe pop along to the 10th Surrey Hills Wood Fair.** The fair is on **Saturday 5th and Sunday 6th October** at Fish Pond Copse in Cranleigh (GU6 7DW) to celebrate everything that is 'good about wood', including woodland demonstrations and activities. Please note this is a ticketed event.

**As Sir David Attenborough has wisely put it, "No one will protect what they don't care about; and no one will care about what they have never experienced." A deeper connectivity with nature will inspire more of us to take care of the precious environment that we inhabit.**

**7. Leith Hill is impressively the 2nd highest point in southeast England.** Exploring its trails takes you through woodland, heathland and farmland and offers the reward at the top of an extra climb up the impressive Leith Hill Tower. Hear more about this iconic Surrey landmark at the **National Trust Heritage Open Day** on Saturday 21st September or experience your first forest bath at Leith Hill on **Sunday 20th October** (booking required).

**8. Something a bit different: Try a day of mushroom foraging.** Forage with expert John Wright, organised by **Surrey Hills Yurts**, running on the **7th and 8th of October**.

**9. Consider getting involved in Seed Gathering Season.** Organised by **The Tree Council** for the last 21 years, the campaign **runs for a month from the 23rd September** – the autumn equinox – and aims to inspire local communities to gather seeds, fruits and nuts and grow the trees of the future.

So challenge yourself and your family to more outdoor time this autumn. Think of it as ecotherapy – the practice of restoring health through contact with nature – which is becoming increasingly recognised and even prescribed by medical experts.<sup>viii</sup> Invest in your health & the planet with a commitment to more time out in the green. After all, it can be free of charge and, for as long as we look after it, remains in abundant supply.

## Sources:

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<sup>v</sup> Surrey Country Council (2008) Surrey Woodland Study 2008. [https://www.surreycc.gov.uk/\\_data/assets/pdf\\_file/0003/96735/Surrey-Woodland-Study-2008.pdf](https://www.surreycc.gov.uk/_data/assets/pdf_file/0003/96735/Surrey-Woodland-Study-2008.pdf) (Viewed: 5 August 2019)

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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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# Burpham Gardening Club News

September & October

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

Thank you to everyone who supported the **Summer Show**, congratulations to all the prize winners, especially **Morriss Kemp**, winner of the **Ted Crump Rosebowl**, the **Howard Plate** and the **Ireland Trophy** and **Carol Bennett** winner of the **Teresa Hunt Trophy**. Next year we must all make an effort to beat Morriss in the Rose and Sweet Pea classes. We look forward to receiving you're entries for the **Autumn Show** on **Saturday 7th September**. Entries must be in by **11.00am**, the show will reopen after judging at **2.30pm** for refreshments and the presentation of prizes. Hopefully you will be one of the prize winners.

The **Trading Hut** will re-open on **Sunday 1st September**.

The speaker at our meeting on **October 22nd** will be **Mark Dobell** who will be asking the question '**Is the Squirrel a friend or a foe?**'

## Things to do in the garden in September.

- ✂ The evenings are beginning to draw in and by the end of this month we can expect a see frosts, so enjoy your garden whilst it is still at its best.
- ✂ On sunny days collect the seed of Annuals such as French Marigold and Tagetes for sowing next Spring, do not collect the seed of F1 Hybrids.

- ✂ Cuttings of tender perennials such as Fuchsia and Pelargonium can still be taken.
- ✂ Evergreen hedges should be given their final trim of the year.
- ✂ Daffodils and Narcissi should be planted this month and next for a good display in the Spring.

**The evenings are beginning to draw in and by the end of this month we can expect a see frosts, so enjoy your garden whilst it is still at its best.**

- ✂ Keep Camellias and Rhododendrons well watered to ensure good bud formation for next year.
- ✂ Plant out overwintering Onion sets and Spring Cabbage plants.
- ✂ Cut out the fruited canes from Raspberry and Loganberry.
- ✂ Apply an Autumn dressing to the lawn just before rain is forecast.

## Things to do in the garden in October.

- ✂ All tender plants should be brought inside and kept in a frost free place.
- ✂ Cut back and divide perennials which have become large clumps in the border.

- ✂ Dahlias should be lifted once they have been blackened by the frost, the tubers should be dried off and kept in a frost free place ready for planting next Spring.
- ✂ Prune climbing Roses and tall Bush Roses to minimise damage from windrock.
- ✂ Tulips bulbs should be purchased or ordered for planting next month.
- ✂ Sow Sweet Peas in pots towards the end of the month for over-wintering under glass.
- ✂ Plant prepared Hyacinths and 'Paperwhite' Narcissi in pots for a Christmas display, keep the pots in a cool dark place until the bulbs begin to sprout and then bring them out into the light.
- ✂ Remove the yellowing leaves of Brassicas to restrict grey mould.
- ✂ Complete the lifting of Potatoes being careful to remove very small tubers which might carry disease into next years crop.
- ✂ The lawn should scarified to remove the dead thatch which has accumulated during the summer, an Autumn dressing can still be applied when rain is forecast.
- ✂ This is an ideal time to lay Turf and to reseed lawns.

**Could you  
be a  
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# 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)

George Potter.....07411 005115

Ted Mayne.....01483 565296

**Borough Councillor**

(Worplesdon & Jacobs Well)

Ruth Brothwell.....01483 223571

Ann McShee.....01483 825907

Bob McShee.....01483 825907

**Worplesdon Parish Council**

(Jacobs Well).....01483 300094

**County Councillor**

(Guildford East – Merrow & Burpham)

Graham Ellwood.....07899 846626

## Supermarkets

**Sainsbury's** (Burpham).....01483 50676

## 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

## Sports Venues

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

## Hospitals

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

01483 570122

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

01483 571122

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

01483 555800

## Doctors

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

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

## Churches

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

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

## 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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