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Burpham Pages

November &
December
2019

Incorporating Jacobs Well

Community Update

The BCA meets Burpham's new councillors, and tells us of Bowers Lock, plus the GEF.

The Village Pond

Shrouded in foliage for most of the year, is it the old village pond.

Community Spotlight

The amazing things that our local residents do. In this issue: 'Blood Runners'.

Includes: Community Update from the Burpham Community Association

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Burpham Pages

Issue No. 83
November &
December 2019

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

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Welcome

Dear Neighbours, the nights are drawing in, the mornings and evenings are starting to get quite chilly, but there is excitement in the air as we enter one of the busiest times of the year.

It always takes me by surprise as we near the end of October and I look at how much there is to do before Christmas and the New Year. Once the excitement of Halloween has passed and we're in to November we're straight in to firework celebrations. Even as the embers of the bonfires cool we'll find ourselves in the build up to Christmas. Schools will be busy with carol concerts and Christmas fairs – George Abbot School have their 'Christmas and Craft Fair' on Saturday 23rd November. Burpham Church has a full calendar of 'Advent and Christmas services' (see page 8) and Age UK Surrey have their 'Annual free carol service' on Thursday 19th December at Guildford Cathedral. Then Elm Nursery will be busy with their Christmas Craft Fair on Saturday 16th November and Jacobs Well Village Hall will be adding to the festive gift shopping fun too with their craft fair.

In this issue we wanted to start a feature celebrating the amazing and interesting endeavours of local people. Whether it's volunteering, business or sporting achievements or just active and involved members of our community we're going

to run articles under the heading of 'Community Spotlight' and introduce you to various local people with stories to tell. This time we'll be talking to two locals who volunteer as 'Blood Runners'. If you don't know what this is, turn to the feature on page 28 to find out.

So, it just leaves me to say that I hope you all have a lovely festive season, enjoy the events you attend and I look forward to speaking to you again in 2020!

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

Contents

- 5 News & events
- 7 What's on this month
- 9 Remember, remember!
- 10 Burpham Pages crossword
- 17 Community Update – BCA
- 21 How can we do our bit?
- 22 The Village Pond – or is it?
- 25 Why should you know about Sarcopenia?
- 28 Community spotlight: Bloodrunners
- 33 Burpham Gardening Club News
- 34 Useful numbers

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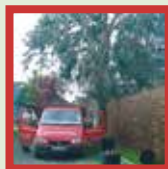
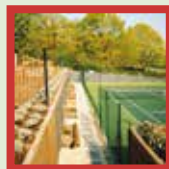
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News + events

November &
December 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 receives potential last minute deal

According to an open letter from the 'Patients Participation Group' sent to the patients of New Inn Surgery, which has recently been under threat of closure, as of October 19th 2019 the PPG are now optimistic that a solution has been found.

This new plan involves a temporary lease extension at the current premises on London Road, to give the practice time to relocate to alternative premises within the local area.

"Although a cast-iron guarantee can't be given the PPG are now 90% confident that the surgery will not now be closing at the end of October."

Unfortunately, because the PPG were unable to get this agreement confirmed before the set deadline it is understood that letters announcing the final closure of New Inn Surgery had already been sent from the CCG (Clinical Commissioning Group) to all New Inn patients.

Although a cast-iron guarantee can not be given the PPG are now 90% confident that the surgery will not now be closing at the end of October.

A call has gone out to all New Inn patients who may have received this letter "to NOT move to another surgery just yet. We really need to try and keep as many patients as possible registered at New Inn. (If you have already moved, don't worry. You will be welcomed back with open arms!)"

The PPG are so confident of this last-minute solution as they have been putting in an enormous amount of work in the background with support from the teams at New Inn, the CCG, local councillors and the Burpham Community Association.

The PPG said "With SO much goodwill – not just in the local community – but from all of the stakeholders, and with several new possibilities of alternative premises now identified, this now just has to work. Everyone wants it, so it would be madness if it didn't work. It is on this basis that we now offer you our 90% confidence rating."

One of the main difficulties the PPG faced when the news first broke is that patient confidentiality rules, together with data protection laws, meant that they were extremely hampered in getting the word out about what was going on.

However, going forward, they would like to be able to contact patients and interested parties directly and quickly if necessary (promising that this will ONLY be in the event of significant developments relating to this process).

If you would like to be kept informed visit: <https://mailchi.mp/1a149d0e5895/savenewinnsurgery> and sign up.

Guildford Saints Under 18 Girls football team are looking for new players



We are an enthusiastic and friendly team looking to expand our side. We train at the new sports facilities at **Woking Sportsbox** every Monday evening with a qualified football coach and play matches on Sunday. If you are in years 11, 12 or 13 and would like to get fit, have fun playing football and meet new friends, do join us. **Call Julie Newth on 07887 751529**

Burpham Residents' Winter Lectures

They're back! This January we have five new Winter Lectures starting at 8pm every Friday in January, and they will take place in the Village Hall. The lectures are given by local people for local people and are completely FREE. Please come along to dispel the winter blues.

3rd January 2020

The great man himself, George Abbot

with Andrew Plumridge

10th January 2020

All along Route 66

with Sue Hackman

17th January 2020

To be confirmed

24th January 2020

The street names of Burpham

with Moira McQuaide

31st January 2020

The useful art of negotiation

with Derek Arden

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What's on this month

Wednesday 6th November

Guildford Flower Club – Fantasy Flowers



We will take part in a workshop where Graham King will give us instructions and ideas to create 'Fantasy Flowers' out of natural plant material. For more information about the workshop or club please call Cynthia on 01483 772019. or visit www.guildfordflowerclub.co.uk

Saturday 16th November

Elm Nursery Christmas Craft Fair



10am – 3pm. Over 50 stalls selling homemade, home-grown goodies and locally produced arts and crafts. Plus 'pocket money' gifts and children's presents. Purchase those perfect gifts for those 'hard to buy for people'!

There is will be wide range of food tastings of products available from our farm shop including free range turkey. Try some delicious turkey before your order for Christmas – special deals available on the day.

Delicious food and drink will also be on offer, both from our refreshment stalls and from the newly relaunched **Elm Farm cafe**. Plenty of choice of light bites, lunches, cakes and pastries. Drinks from **Silent Pool Gin** and wood fired pizza from **The Landoughver Mobile Pizza** specialists!

New for this year: 'Children's activity area' located inside the animal farm with paint your own pottery, face painting and Berkshire Reptiles! Hold a lizard or a snake as well as seeing the usual fluffy animals! Plus, pottery painting and a face painter! *Children's farm admission applies.* **Free entry to the fair and free car parking.**

Saturday 23rd November 2019

Christmas Craft Fair at Jacobs Well Village Hall



10am to 4pm. Free entry. Refreshments available including tea, coffee, and homemade cakes. Wide range of crafts. **Would you like to sell?** We may still have some tables available – 5'x2' at £15 but hurry as we don't have many left. Please email for more information: jwcrafftair@gmail.com

Saturday 23rd November

George Abbot School Christmas & Craft Fair



1pm to 5 pm. Raynham Hall, George Abbot School, Woodruff Avenue. Gift & craft stalls. Great raffle – amazing prizes. Lots of children's activities and games. Delicious food and drink all day. Great value, hassle free Christmas shopping. **Entry £1. Children under 18 free.**

Wednesday 4th December

Guildford Flower Club – Open Meeting



An Open Meeting where National Demonstrator Tracey Griffin will demonstrate the seasonal title 'Snowflakes'. She is a highly qualified lady and was has won many competitions including NAFAS Designer of the year 2017, various RHS Chelsea medals, (Gold, Silver and Silver-Gilt) plus other floristry competitions.

Tickets for this special event are £12.00 for visitors which includes light refreshments served before the demonstration. **Doors open at 6.45pm** and the demonstration begins at 7.30pm. **Tickets are available from Cynthia 01482 772019 or Brenda 01483 826371.** For more info visit www.guildfordflowerclub.co.uk

November &
December 2019



Thursday 19th December

Age UK Surrey annual free Carol Service



Age UK Surrey is hosting its annual free Carol Service on Thursday 19th December at

Guildford Cathedral at 11am. It is particularly suitable for older people but open to all. **Free refreshments** (tea, coffee and mince pies served in the cathedral from 10.15am).

Guildford Cathedral Singers and The Rock Choir will be performing. If you're planning to bring a large group or you need a wheelchair space, please let us know in advance on enquiries@ageuksurrey.org.uk or 01483 503414. Donations welcome.



Last year's event at Guildford Cathedral

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 January & February 2020. 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 **2nd December 2019.**

What's on this month



November and December at Burpham Church

Sunday 3rd November

Bereavement Service

3.00pm at St Luke's Church, Burpham Lane. A time to remember with thanksgiving those whom we have loved and to lay a flower in memory, followed by tea and cake.

Saturday 9th November

Messy Church Fireworks

4.30-6.00pm Family worship, tea and low-impact family-friendly fireworks, at our New Inn Lane Church (tickets in advance only from the church office).

Sunday 10th November

Act of Remembrance

10.45am at the war memorial outside St Luke's Church, Burpham Lane. A time to remember those who served in the wars and in the armed forces.

Friday 15th November

Serenity evening for Ladies

7.30-10.00pm come & enjoy a relaxed evening: find some space, enjoy simple Christmas crafts, engage with a prayer station – complimentary glass of mulled wine, at our New Inn Lane Church.

Advent and Christmas at Burpham Church

Sunday 1st December

Messy Christingle Service

4.00pm at our New Inn Lane Church. Start advent with candles and oranges, for all ages.

Sunday 15th December

Candlelit Carol Service

6.00pm at St Luke's Church in Burpham Lane.

Friday 22nd December

Candlelit Carol Service

7.00pm at St Luke's Church in Burpham Lane.

Tuesday 24th December

Nativity Service

4.00pm at our New Inn Lane Church. Dress up and join in the Christmas story!

Tuesday 24th December

Midnight Candlelit Communion

11.30pm at St Luke's Church in Burpham Lane.

Wednesday 25th December

Christmas Communion

8.00am at St Luke's Church in Burpham Lane.

Wednesday 25th December

Christmas Celebration Service

10.00am at our New Inn Lane Church.



WI Burpham Evening WI

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 19th November

Our Annual Meeting

An opportunity for members to join our Committee and elect our President for the forthcoming year.

Also in November we will be holding our annual **Quiz Night with a fish and chip supper** and in December we celebrate Christmas with a light supper and entertainment from a magician.

Events and outings are arranged throughout the year and members meet regularly for coffee, cinema and book groups.

Our newsletters are available to view on our website and full details of our 2020 programme will be posted online early in the New Year.

For further information:

www.burphamevewi.btck.co.uk

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

Or email us for more details:

burphamevewi@hotmail.co.uk

Remember, remember!

At this time of year, there is a lot of remembering going on. As the sky lights up with fireworks and bonfires, people all over the country will be recounting the rhyme: "Remember, remember the fifth of November, gunpowder, treason and plot. I see no reason why gunpowder treason, should ever be forgot".

(Although I have to confess, I could only remember the first little bit of the rhyme and had to look up the rest!)

Then a few days later many of us will be sporting red poppies, standing in silence for 2 minutes and saying those familiar words "we will remember them". **Remembrance Sunday** this year is on **10th November**, and for many is a hugely important day. Our Burpham War Memorial is in St Luke's Churchyard – why not come and mark this special Sunday with us at **10.45am**?

But what does it mean to remember? If you look it up in the dictionary, to remember can be a simple act of recall – or it can be used in a whole host of additional ways. Interestingly when the Bible talks about God remembering things, it doesn't mean he just recalls them or brings them to mind, rather it means he recalls something in order to act on it. Remembering as far as God

is concerned is an active word, it means recalling something and doing something about it. To remember is to act. How good are you at this kind of remembering?

Peace doesn't just happen – it needs building and making. And that will only happen if we remember and act.

Now remembering bonfire night is probably just something fun for most of us. However crazy the Brexit situation becomes, I doubt any of us will be seriously tempted to blow up the House of Parliament with gunpowder!

Remembrance Sunday however is a different matter. We stand together and remember each year because

we know that war is a terrible thing and we don't want to go there again. Now again I realise that most of us do not have the kind of influence that could make that kind of decision, and yet we do each have a role to play in being peacemakers. It might be a peacemaker within your immediate family or your extended family. it might be at work or in your road. Peace doesn't just happen – it needs building and making. And that will only happen if we remember and act. How good are you at remembering and what will you take time to remember this autumn?

**With every blessing,
Rev'd Joanna Levasier**

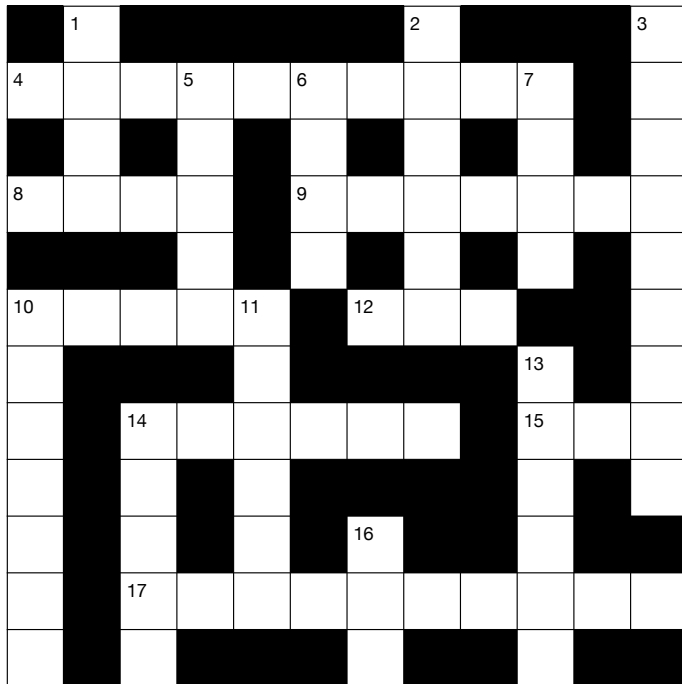


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Burpham Pages Crossword

Crossword No. 8
November & December 2019

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Across

- 4 Derived from the Dutch words for Saint Nicholas (5,5)
8 A large stringed instrument, played by plucking with the fingers, often depicted being played by angels (4)
9 20th century addition to the original 8 of Santa's sleigh pullers (7)
10 A small roundish juicy fruit without a stone (5)
12 Colour of extremes at the end of the spectrum (3)
14 A long trough from which horses or cattle feed (6)
15 A distinct period of history (3)
17 Remember, remember it nearly went up in smoke (10)

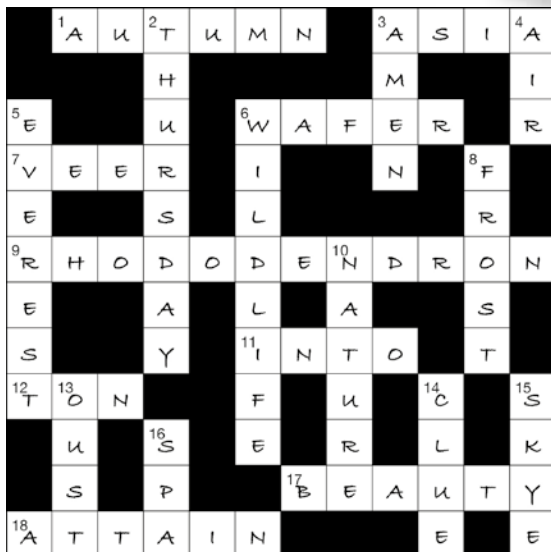
Down

- 1 Facts and statistics collected together for reference or analysis (4)
2 A unit of luminous intensity (6)
3 Where was the stable where Jesus was born? (9)
5 To become gradually narrower at one end (5)
6 Used to communicate greetings at Christmas (4)
7 For or done by one person alone (4)
10 Originally the Celts burnt animal bones in these to ward off evil spirits (7)
11 Over there, at Christmas time (6)
13 A guy we remember at this time of year (6)
14 Gradually change something from one thing to another (5)
16 One type of tree decorated for Christmas (3)

Solution to Crossword No. 7

Burpham Pages issue No. 82
September & October 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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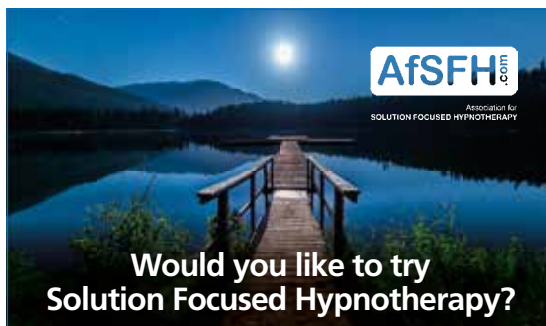
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Welcome to the Burpham Community Association

Community Update

Meeting with our new councillors

Members of the BCA committee have had a useful and wide-ranging discussion with our new local councillors, Ted Mayne and George Potter. Topics covered included the possible loss of the New Inn surgery, the car parking fiasco at Sutherland Memorial Park and the implications of the Local Plan, especially with regard to Gosden Hill. There will be another meeting in October which will include a review of traffic problems, a more detailed look at the Gosden Hill proposals and Flood Forum issues.

Bowers Lock



You may have noticed that there has been a great deal of work going on around Bowers Lock over the last six months. A new bridge and weir gates have been built to replace the original 1930's flood control gates. The new work has just been revealed and our intrepid photographer just happened to be there to record the event.

Photo by Jim Allen

Have you heard of...

.....the Guildford Environmental Forum (GEF)?

It is a voluntary body that was founded in January 1993. They work to encourage residents to *".....make Guildford and the world beyond a greener and more sustainable place by educating, informing, cutting energy use, reducing ecological footprints, helping wildlife and tackling climate change."*

You may be aware that many local councils, including GBC, have declared a climate emergency. This is one of the major concerns of the GEF and they will be giving a presentation to the BCA entitled "How should we be reacting to the climate emergency in Guildford." This will be on **Monday 20th January 2020** in Sutherland Memorial Hall.



Don't forget you can support the BCA by entering the Guildford Lottery. If you buy a weekly £1 ticket, 60p goes towards helping good causes like us – and you will be in with a chance to win cash prizes up to £25,000.

Many thanks to those of you who have bought tickets – you have boosted the BCA finances by nearly £1,000!

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

Guildford—a town of two dragons

In 1776 it was said that a dragon once blocked a road around Clandon. It was duly despatched but is remembered by a chalk dragon along the A246, created in 1977 to commemorate Queen Elizabeth's Silver Jubilee.



The other dragon is, of course, the Guildford Dragon, the online newspaper that started up in 2012 and is required reading for anyone wanting an unbiased view of local events. To quote from its editor Martin Giles -

..... it is important for those living and working in Guildford to have an interest in its affairs and news.

The endemic apathy in many quarters towards local politics must be challenged for a healthy democracy to exist. Our heritage must be protected and our future properly planned, both with equal vigour.

We are delighted that Martin has accepted an invitation to come and give a presentation about the Guildford Dragon to the BCA and we hope that many of you will join us on



Monday 18th November, 8pm at Sutherland Memorial Hall

Come and join us on **Friday 6th December** at 7.30pm in the Village Hall for drinks and nibbles at our
BCA Christmas Social!

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 for more information. Please contact Liz Turner, our Membership Secretary, if you have any queries. Her email address is membership@burphamca.org.uk

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Please note, we never share your data or use it for any purpose other than communicating about BCA activities. 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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“How can we do our bit?”

In recent issues of Burpham Pages Ali Fisher has been talking about the environment, sustainability and recycling and how we can take responsibility for our actions and try and slow and perhaps reverse the damage that we are doing to our planet. It seems her words have not been in vain and that we are actually starting to think seriously about these issues. Julie Orgill from Jennifer Margrave Solicitors takes the torch and discusses how, in their office, they are ‘doing their bit’ too.



Talking to Burpham Pages Julie said “Over the summer there has been a massive surge against plastic which has been a wonderful thing to witness.

I was captured by a heart-warming story of two sisters aged 9 and 7 who have taken on the fast food giants, Burger King and McDonald’s, over the plastic toys given away with each kid’s meals. It has been estimated that McDonald’s alone sells over 250 meals, worldwide, per second.

The last article I read the girls had over 400,000 signatures on their petition when they only expected a couple of hundred. They have appeared on national television and are spear-heading this campaign with their aim to try and meet these ‘giants’ of fast food to express their concerns.

When asked whether they still buy these meals they said they did but they handed the toys back to staff. We need to all learn from these amazing girls and the stance children are taking now to protect their planet which, after all, is their future.”

Since Julie made these observations both of the fast food chains have made positive steps to limit the amount of plastic toys sold by either offering an alternative to the toy such as a bag of fruit or a small book, or by removing the toys altogether. Burger King are even installing special collection bins in all of their UK restaurants where people can drop off old and unwanted plastic meal toys which will then be recycled for new uses in store.

Julie continues to discuss how much the efforts of the two schoolgirls have influenced her office’s concerns for the environment “This action only enhances our need to try and do more ourselves. In the office we do our best to reuse and recycle as much as possible; taking as much

as we can to the recycling banks, sending toners back for recycling and reusing old files for new matters. We are not shy of loading up the car for a trip to the charity shop or even freecycling old office furniture. It may take a little more effort but isn’t it worth it for our children’s sake?”

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The Village Pond – or is it?

Moira MacQuaide Hall's history of Burpham

Some people may be aware of the pond between the top of New Inn Lane and Merrow Lane. Most of the time, if you're driving past, it is shrouded in the foliage and almost impossible to see. In the winter it is a bit easier to find.



1895 OS map showing pond in woodland on New Inn Lane.

The pond appeared on old Ordnance Survey maps in the 19th century, so has clearly been there for a long time. But is it a village pond? If so, then it's rather out of the way, on the extreme edge of the old village, and almost in Merrow – in fact, until the coming of the London Road railway line, it was actually in Merrow parish.

In 1975 the BCA started a project to free up the area and used the George

Abbot boys' school Conservation Society to help clear the pond. Then in 1986 the BCA reported on another conservation project to clean and restore the pond. The headlines in the newsletter read 'The Village Pond – Burpham's best kept secret'.

The plan was to introduce plants and fish into the pond, which was already a habitat for newts, frogs and dragonflies, along with occasional visits from mallard ducks and deer. In about 2004 the BCA again reported that the pond was to be restored, but nothing seems to have come of this as there were no further reports.

To the romantics among us it is nice to think that this was a village pond. Indeed, some people remember that it was a good place for young people to meet up in the woods by the pond, known as Middle Oak. However, a rather more practical suggestion has been that it was probably a traction



The 'Village Pond' in 2016 (Photo: T Bass).

engine water replenishment pond. Not quite so romantic an idea. Traction engines started to appear in the UK around the 1850s, so given that we have no earlier maps showing the pond this might be the correct answer. To this day there are still occasional traction engines to be found on the roads, but I don't think they would be filling up with water from the Burpham pond. Stopping on that narrow bit of road would create even more traffic gridlock than we have at present.

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.

Local job opportunity

Burpham Primary School needs a Caretaker to make our friendly school shine!

We are seeking a hardworking and reliable caretaker, with an eye for detail, to take a real pride in our school's appearance and efficient operation.

Salary: £11,761 to £12,982 pro rata (depending on experience)

We envisage this being a split shift role, for **20 hours per week, with hours of work 7am to 8.30am and 2.30pm to 5pm**, but there is flexibility around these hours and times for the right candidate, and the potential for hours to increase and the role to develop over time if desired.

Responsibilities include minor repairs, grounds maintenance, safety checks, portering, emergency cleaning and overseeing site security.

This is an ideal position for a self-motivated and adaptable handy person who could identify opportunities to enhance our school environment, improve contractor performance and delivery and ensure value for money.

Burpham Primary School is for children between the ages of four and eleven with a KS1 Specialist Centre for children with communication and interaction needs (COIN).

We have been rated as outstanding in all areas by Ofsted, and aspire to help every child in our care to develop as a whole person, becoming confident, happy, independent, creative and adaptable; to love learning and achieve more than they ever thought possible. Our experienced and well-established teaching team have high expectations and aspirations for all our pupils and we never stop trying to find new ways of promoting learning and making improvements to our school.

Closing date for applications is **15th November 2019**. Please contact bursar@burpham.surrey.sch.uk or call **01483 572510** for more information or an application form.



Burpham Primary School is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment. All offers of employment are subject to suitable references and an enhanced Disclosure and Barring Service check. We particularly welcome applications from under-represented groups including ethnicity, gender, transgender, age, disability, sexual orientation or religion.



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Why should you know about Sarcopenia?

Philip J Hehir DC

Sarcopenia (pronounced sarc-oh-peen-ee-yah) is defined as a loss of muscle mass and function as we age. Sarcopenia results in a decrease in mobility and independence, and the worse it is, the greater the risk of developing other medical conditions.

This process begins as early as our fourth-decade of life (that's 30-39 years old). By the time we are 80, a decrease of about 30-50% in skeletal muscle mass is expected and can be considerably worse in those who are inactive or who do not load their muscles regularly.

Worldwide today, there are approximately 617 million people aged 65-years or older. By 2050, we can expect this number to increase to around 1.6 billion. Advancements in healthcare have significantly improved our life-spans, but these improvements have had limited effect on our quality of life for those additional years. The amount of sarcopenia an individual has will contribute to a poorer quality of life in those latter years. It is therefore imperative for anyone over the age of 30, (remember it starts in the fourth-decade of life), to try and limit and slow down sarcopenia so they may live more comfortable, independent lives as they age. (It is important that you should discuss this with your GP/chiropractor/physiotherapist before undergoing any new lifestyle regime.)

Simple physical exercise such as walking and doing house-chores can be beneficial, but on its own it is unlikely to slow down sarcopenia. Therefore, it is recommended that additional exercise should be undertaken.

Resistance exercises which includes using resistant bands or weights have been shown to slow down the rate of decline in muscle mass. For those new to resistance training, simply putting weighted sandbag straps around your ankles and/or wrists whilst you go for a walk can be helpful. You can also try speaking to reputable personal trainer at your local gym who can give you a programme of exercise specifically based on your needs.

Aerobic exercise which could include cycling, swimming, running or tennis has also been shown to be beneficial in maintaining muscle mass. The stimulation this has on your heart and circulation causes further blood perfusion to the muscles, giving them greater nutrition. (It is emphasised here that you should speak to a healthcare professional before undertaking any new aerobic activity).

Protein intake plays an important part in maintaining muscle mass. For example, in a 13st individual: under 20-50, a

recommended intake of around 65g/day; and for older adults it is recommended 120g/day. Dietary protein particularly rich in leucine is particularly important. Nutritionists often suggest these sources including beans and pulses, Greek yoghurt, eggs and wild salmon. It is to note, that for older adults, it is not advised to take high protein supplements, simply as too much protein can be harmful to kidneys. Getting protein from your diet should be more than adequate. Speak to your GP if you have any concerns.

Limiting calorie intake can also play a role in the development of sarcopenia. Ensuring that we keep our Body Mass Index (BMI) within it's ideal ranges is also recommended.



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Community Spotlight: Blood Runners

Interview by Paul Nicholls

Here in Burpham and Jacobs Well, although relatively small villages, we have many local residents who week in and week out do the most amazing things. Whether they are working in the local community, volunteering to help others or taking on inspiring challenges. We thought it would be interesting to talk to some of these people and find out a little more about their lives and explore what it is that they do and what motivates them.

In this issue we talk to Howard and Graeme, two local residents who have become **'Blood Runners'** with an organisation called **SERV (Service by Emergency Rider Volunteers)**.

What is a 'Blood Runner'?

Blood runners supply a safe, quick and reliable service to local hospitals and doctors for the transport of emergency blood and blood products. We also transport emergency medical equipment, drugs and donor organs if requested between hospitals in cases of emergency. The volunteers at SERV

do this at night, free of any charge helping to release more money for patient care. They provide this service between the hours of 7pm and 6am, 7 nights a week, 52 weeks of the year, and all day on bank holidays (including Christmas day).

How did Blood Running start?

Blood bikes have been in operation since 1962 when Margaret Ryerson formed the Emergency Volunteer Service (E.V.S.) in Surrey, this was followed by the 'Freewheelers' action group in Stevenage in 1969 who initially

served hospitals in Stevenage, Luton, Dunstable, Bedford and Hitchin. These original groups are no longer operating, but they inspired other groups and in April 1981, the Surrey group **'Service by Emergency Rider Volunteers (SERV)'** was set up to supply a quick and reliable means of transporting emergency blood products to the hospitals and medical facilities at night.

The runners are all volunteers who receive no recompense for their time or out-of-pocket expenses, yet provide an indispensable and much needed service.

We asked Howard, a keen motorcyclist in his spare time, what originally motivated him to become a blood runner.

"Well, many years ago, as a child I received blood as part of a routine operation to have my tonsils removed. I remember then thinking that the availability of human blood was an amazing thing. Fast forward approximately ten years and at the age of sixteen I discovered the joy of motorbikes, much to my parent's dislike. Fortunately, I took some training and many happy and incident free years of motorcycling passed."

Howard continues, "In 2015, now a Burpham resident and parent to my own children, I returned to motorcycling and at the same time saw an advert for volunteer blood runners and in September 2018 joined SERV Surrey and South East London, Blood Runners. This brought together a way of giving back to the National Blood & Transplant Service and enjoying riding my bike at unusual times of the night."

So, tell us, what does a typical night shift look like?

"That's a hard question to answer really, I try to do a shift twice a month and each shift is different, there's not really a typical shift. It is unusual to get a shift where you are not called, however what happens is we commit to a given night and on that evening we call the controller to let them know we are ready to go. He or she will log you in as available then you just wait for the call."

...and what happens when your controller calls you?

"The phone rings and my controller will tell me what the job is, hopefully I have not gone to bed by then, although this has happened more than once! They tell me what needs to be done and where I might need to go, it could be to pick up blood from the blood bank at Tooting and take it to a local hospital, typically Royal Surrey, St. Peters, Frimley Park, or further afield into London. It could be to pick up a blood sample from a

colleague blood runner who has come up from Portsmouth, meeting them at Royal Surrey and take it on to Tooting. It can also be just paper-work."

What is it like riding your motorcycle on the roads in the early hours of the morning?

Howard chuckles, "Foxes!! There seems to be hundreds of urban foxes, even in Tooting. They are a bit of a hazard but generally see me coming and run out of the road. We still have to obey all the road traffic regulations as we do not have any special allowances to break the laws of the road in any way."

The runners are all volunteers who receive no recompense for their time or out-of-pocket expenses, yet provide an indispensable and much needed service.

Plus, wearing a liveried hi-vis jacket, our riding has to be of a high standard as we are representing SERV when we ride. Most of us are trained to advanced standards which helps us stay alert and safe at night. There is always the unexpected, like the car I followed on the A3 into London that was swerving across two lanes, it was Christmas Eve, I'll let you draw your own conclusions!"

So, in what way do you find being a 'Blood Runner' rewarding?

"Ultimately it takes me back to the Children's ward at St. Peters Hospital and my parents telling me that I have had a blood transplant. It was only several years later that I realised the importance of giving blood, which I have also now done. So, it really does tick all the boxes for me, I get to ride my motorcycle, with purpose, at unusual times of the night on relatively empty roads and more importantly giving back to both our community and our NHS service it's a fantastic feeling of fulfilment."

Whilst Graeme is also a motorbike owner, he chooses to volunteer as a driver rather than a rider, using his own vehicle, which brings extra duties

during the colder months.

We asked Graeme about the differences between a rider's and a driver's duties.

"The product we transport have safety limitations and cannot be transported by bike once the temperature drops below 3°C. This brings in the need for drivers, as well as the ability to offer continued service in more severe weather, with the use of 4x4 vehicles. Another benefit of using cars is volume – a bike is restricted to two-boxes, where as a car can carry many more. We have one particular nightly run we call the 'Hooleygan'. We collect multiple SERV group orders from Tooting and distribute them to various regional groups from a rendezvous near Hooley, Surrey. This is normally serviced using a car due to the amount of boxes being collected from Tooting."

Every night, the dedicated people of **SERV SSL** are committed to supporting the NHS in your area. But **can't do it without your help**. Run entirely by volunteers they are always looking for more people to join. Even if you don't ride a bike, you can still get involved as a **car driver**, a **fund raiser**, or a **controller**. Please get in contact at recruit@servssl.org.uk or visit www.servssl.org.uk for more info.



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Burpham Gardening Club News

November & December

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

Thank you to everyone who entered the Autumn Show, congratulations to all the prize winners, especially **Morris Kemp**, winner of the **Martin Trophy**, **Carol Bennett** winner of the **Newman Trophy** and I was lucky enough to retain the **Ron Sporle Shield**.

Andrew Halstead will again be at the meeting on **November 28th** to present a talk on 'Bugs that Bite Back' and to present the Club Trophies.

The **Trading Hut** will close on **October 13th** for the Winter months.

Things to do in the garden in November.

- Tulip Bulbs should be planted this month.
- Faded Perennials should be cut down leaving Penstemons and other late flowering plants to continue in bloom until caught by the frost.
- An application of mulch should be applied to Agapanthus and Cannas to protect them from extreme cold.
- Amaryllis bulbs should be planted in pots for a Christmas display.
- Bring potted Hyacinths and Narcissi into a light cool place once they begin to shoot.
- If you intend to overwinter half hardy Fuchsias and Pelargoniums they should be cut back and left dormant under cover in a frost free place until next Spring.

- Start the Winter pruning of Apples and Pears.
- Bush, Cane and Fruit trees can be planted this month.
- Aquadulce Broad Beans should be sown this month in the hope of an early crop next year ahead of the Black fly invasion.
- Regularly rake the fallen leaves off of the lawn and try to keep off of the grass during wet or frosty weather.

Things to do in the garden in December.

- Clear left over plant debris from the vegetable plot leaving it ready for winter digging.

The most popular houseplant at this time of the year is the Poinsettia. To keep the plant at its best it should be kept in a warm light place away from draughts, do not over water.

- For early Rhubarb force the crowns by covering them with a dark bucket.
- Continue to prune Apple and Pear trees, Currants, Gooseberries can also be pruned.
- Grape Vines, Acers and Birches should be pruned before Christmas to prevent bleeding.

- Most deciduous trees and shrubs can now be cut back, leave Prunus species until they are in leaf next Spring and Magnolias should be left until next Summer before being cut back.
- Now is a good time to plant Fruit trees and bushes, hedging, deciduous trees and shrubs.
- Pinch out the tips of October sown Sweet Peas to encourage a bushy growth.
- Indoor Azaleas should be watered regularly with rainwater to prevent the dense rootball from drying out.
- Keep houseplants on a sunny windowsill as light levels fall and water less frequently.
- The biggest killer of houseplants is over watering.
- The most popular houseplant at this time of the year is the Poinsettia.
- To keep the plant at its best it should be kept in a warm light place away from draughts, do not over water.
- Insulate garden taps and exposed pipework from extreme weather conditions.

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Burpham Village Hall.....07752 549313

Local Councils & Councillors

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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

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George Abbot School.....01483 888000

Sports Venues

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BMI Mount Alvernia Hospital.....

01483 570122

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01483 571122

Nuffield Health Guildford Hospital.....

01483 555800

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