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Includes Burpham Community Association newsletter.

Burpham Pages

March
& April
2021

Incorporating Jacobs Well

The Yvonne Arnaud theatre, Watts Gallery & The Lightbox

How our arts organisations
impact the social & economic
health of the county.

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Burpham Pages

Issue No. 91
March &
April 2021

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

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Welcome

Dear Neighbours, with a bit of luck many of you are feeling a little more positive now that there might be an end to the cycle of lockdowns and the many benefits that that should bring (not least the fact that lockdown won't be our main topic of conversation).

We can see people's renewed positivity reflected through the pages of this magazine. There's a generally more optimistic tone to editorials as we start to look to the future (even Moira's history page dares to think about the local pub) and we've seen more advertisers looking to sell services and start to plan for an eventual return to a normal way of working.

Although many organisations, including the schools, have really got into their stride with meetings and lessons online via Zoom, Teams and the like we have started to see more plans being considered for later in the year when it might be possible to have face-to-face meetings again (even if they are socially distanced in some way). *Remember, it's about the 'data' not the 'dates'!*

As we start to return to a level of normality we're keen to see continued support of our local and independent retailers and tradespeople. There are so many really good small businesses out there. It's easy to buy online with the bigger retailers but you'd be surprised how good the online and delivery services are now, especially

since lockdown, with many of the smaller local companies. I was recently looking at the local farm shops in our area and they all offer the option to order online and have your purchases delivered to your home. By supporting these local businesses we can keep our community busy and profitable – but above all we can keep it vibrant, diverse and interesting.

I hope that lockdown continues to improve over the next couple of months and that we don't experience too many hiccups along the way, stay safe and well.

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

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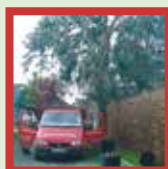
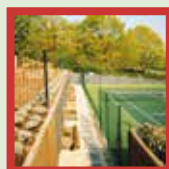
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News + events

March &
April 2021

Local news & events: get involved and tell us more about your news and events organised in Burpham, Jacobs Well and the surrounding areas.



Illustration showing the approximate area of the proposed development.

Weyside Urban Village: What will it mean for us?

The urban village is a brownfield development of 1550 houses with some space for retail, business and a surgery. It will stretch along the north bank of the River Wey, with the current lock at its mid point. If you like to visit the riverside park, it will be your new view across the river.

Unlike the proposed Gosden Hill development to our north, this one has had very few objections so far, except from gardeners who have allotments earmarked for closure on part of the site. Supporters have gained support from the Secretary of State to preserve at least some of them. The rest of the site is currently used for council amenities – the depot, the tip, the sewage works

– and most of these will be moved further north beside the industrial estate, and therefore closer to us.

If you like to visit the riverside park, Weyside Urban Village will be your new view across the river.

We can be pleased that a site has been found where housing will be welcome because there is still pressure for homes on this side of Guildford.

However, the spared allotments mean there is less land for developers, who may now look to protect their potential profits by cutting out the so-called 'affordable housing'. But what does

'affordable housing' mean when the measure is calibrated against an area of high-cost housing? These might not be dwellings that our children or young families can afford. Possibly they will appeal to affluent Londoners looking to leave the city.

Less appealing for Burpham is the traffic it could generate. New access roads will enter and exit from Jacobs Well and Woking Road, so people heading into town will go that way. But 1550 houses will create a lot of traffic and some of it will inevitably head for the A3. Picture yourself on that side of the river wondering which route to take to the A3: through the clogged interchange at Stoke Rd (to go north) and on to Wooden Bridge (to go south) or a quick trip through to Burpham and Send?

The planning documents (see Transport Assessment 1) are enthusiastic about linking the estate loop road into the so-called Sustainable Movement Corridor which will run from east to west across Guildford to keep traffic moving. It is shown leaving the development onto Park Way then continues up the London Road to the hairpin adjacent to the slip road, and then down Merrow Lane to a fictitious railway station called West Clondan at the top of New Inn Lane.

How much bigger and how much

Continued over

We must keep on protecting each other.

HANDS
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An audience fills out the Yvonne Arnaud Theatre auditorium back before the lockdown.

How Surrey's arts organisations impact the social and economic health of the county

If you've ever been to the theatre or a gallery, you will know how the arts can transform our mood or our outlook. Life in lockdown has shown us how powerful creativity can be, and why many people are so desperate to get out and enjoy these activities again.

Thanks to a recent study by the **School of Hospitality** at the **University of Surrey**, in partnership with the **Yvonne Arnaud Theatre**, **The Lightbox gallery and museum** and **Watts Gallery – Artists' Village**, the direct impact of these three local arts organisations on the social and economic health of the county can be seen clearly.

The research reveals that besides the economic benefits to the three organisations, for every £10 of visitors' on-site spending, up to £13.28 is likely to be spent in the local area. The retail, and food and drink sectors are likely to benefit the most. According to the post-visit survey, nearly 70% of the

visitors surveyed would not have come to the area if they weren't attending the theatre or galleries.

Life in lockdown has shown us how powerful creativity can be, and why many people are so desperate to get out and enjoy these activities again.

The research also highlights the ways through which the arts organisations provide opportunities for vital community engagement. These initiatives include health and wellbeing, education and skills development, social inclusion, and social justice, as well as activities that increase community engagement with the arts. They instigate projects which connect with the needs of vulnerable groups and those who might otherwise remain physically distanced from the venues.

Continued over

busier can London Road be when commuters take that route, when shoppers park and ride there, and when Gosden Hill estate is added? What fate awaits New Inn Lane when people realise it's a perfect rat run? And is this it for ancient Merrow Lane? Residents thought they had dealt with this traffic trauma when they saw the plans for Gosden Hill, but here it is, back again.

I will leave it to more knowledgeable colleagues to explain the knock-on effects of building on a flood plain, but I know that it is going to need very particular attention. After the extensive floods in recent years, I understood that flood plains were meant to be left to do their job?

When estates are built, it's the retail and social facilities that come last, when there are enough residents to make shops and surgeries viable. Before that, newcomers look to existing services nearby. That means they'll come to our supermarkets, surgeries, parks and other facilities. I am guessing that families might well look to our wonderful high-achieving primary school for their children. There will be pressure on our services for a few years until they get their own.

Traffic aside, though, it's not bad for us. The artist's illustrations look great to me. Life on the river will be good, and I'm genuinely glad to see more homes in Guildford. But I do wish planners would look with honesty at the impact outside the building zone, and consult more specifically on major changes to roads. We need an honest discussion about the Sustainable Movement Corridor because it has the potential to ruin Burpham.

Sue Hackman

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

Our next issue of Burpham Pages will cover May & June 2021. 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 **5th April 2021**.



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News + events

Covid-19 has challenged each venue differently, but they have all responded positively with socially distanced theatre and music, where possible, as well as numerous digital workshops and performances.

The research reveals that besides the economic benefits to the three organisations, for every £10 of visitors' on-site spending, up to £13.28 is likely to be spent in the local area.

The study finds that opportunities for interaction and meeting at the theatre become vital for many. One participant commented, activities at the theatre 'engage drama skills to boost their confidence and communication skills as well as self-expression' and another felt 'fulfilled through their engagement'.

We hope it won't be too long before the full impacts of these three organisations will be felt again.



A good news story during Covid-19.

Biddles of Guildford, the stationery shop, has traded in Guildford since 1885, but after the first lockdown their main investor had gone bust, the shop was forced to close and all staff were made redundant. Neal and David, the managers of the store, decided to rescue the business. (Continued over)

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Anthony Roake running the virtual London marathon for Sight for Surrey in 2020.

Pound the pavements for Sight for Surrey

Did you miss out on a place for this year's London marathon again? If so, do not fear, Sight for Surrey has 4 places up for grabs at this year's virtual race on Sunday 3rd October 2021, when 50,000 runners will have the chance to be part of the biggest marathon ever staged anywhere in the world!

Runners have 24 hours to complete the virtual race at their pace, wherever and whenever they want on Sunday 3rd October. A special Virgin Money London Marathon app records your run every step of the way shouting words of encouragement to keep you motivated and on track. To be part of record breaking history and secure your place in this life changing race, email fundraising@sightforsurrey.org.uk. All you need to do is commit to raising a minimum of £200 and pay a £28 entry fee to secure your place (+ £10 if you live outside the UK).

All registered participants to the 2021

virtual race will receive their Virgin Money London Marathon running number to proudly display whilst pounding the pavements. Whilst all official finishers will receive their coveted finisher medal and T-shirt post event. Runners in the virtual event will join a record 50,000 participants who will run the traditional marathon event from Blackheath to The Mall.

The Virgin Money London Marathon fundraising pages are integrated with Strava, music to a runner's ears, and YouTube, and will contain many new features.

Sight for Surrey support people across Surrey who are blind, vision impaired, Deaf, hard of hearing and deafblind and the virtual London Marathon is an opportunity for the charity to raise much needed funds for the charity after the loss of all their fundraising events due to the Coronavirus. Money raised will help support more people with a sensory loss, empowering them to lead independent lives.

The first virtual Virgin Money London Marathon last year was phenomenally successful when 37,966 runners took part from all corners of the globe, earning it the Guinness World Record Breaker title of 'The most users to run a remote marathon in 24 hours'.



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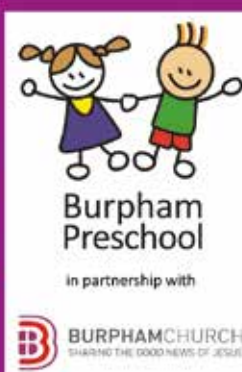


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News + events

They started a **Crowdfunder** (crowdfunder.co.uk) campaign, and within two days the initial target had been smashed – helped by the amazing support of customers who wanted to do what they could to help. They would open again. Following this, achievement they set a new target with the goal of reinstating all the staff.

In July, Neal & David opened the doors once more and by November their final member of staff returned.

Through lockdown, **Biddles of Guildford** have adapted, providing a limited order & collect service plus a local delivery service for their customers who are working from home, home schooling, those shielding, local care providers, and schools & local businesses. Supplying printer ink, office furniture and stationery.

Recently they have been helping the local community, including stationery donations to local schools and recently assisting the Guildford Lions, by helping them supply creativity kits for disadvantaged children.

They are the **local alternative** to the well known online stores and larger national chains, if you need stationery or printer ink, get in touch with **Biddles of Guildford** by calling 01483 576660 or via email at **shop@biddlesofguildford.co.uk** or, when lockdown restrictions allow, visit the shop in Guildford: **1 Ward St, Guildford GU1 4LH**.



The newly opened store in Guildford.

What's on this month

u3a Guildford Area u3a
Do you have time on your hands? Are you 'up' for doing things a little differently and would you welcome some like-minded company? Then come and join us at Guildford Area u3a, we are still open!

We have over 60 interest groups meeting regularly, fortnightly coffee mornings with breakout rooms for easy conversation and monthly talks on a range of topics, all taking place on Zoom or other channels.

u3a is an educational self-help organisation for the retired or semi-retired.

If you are new to technology or even a little shy of it, then don't worry. We can offer you lots of support including lessons on how to get up to speed to be able to participate. You can even join in on the phone!

Our website **www.u3asites.org.uk/guildford** is packed with ideas and information on how to fill your time – take a look and start to get connected again.

As the world moves forward and learns to do things differently, make sure you are there too, by **Learning, Laughing and Living with Guildford u3a**.

Contact us at:
membership@guildfordu3a.org.uk
or call us on: **01483 222572**

WI Burpham Evening WI are continuing to meet via Zoom, including our book groups and are holding 'virtual' coffee mornings.

All the speakers for our 2021 programme are able to give their talks via Zoom until such time as it is safe to resume our meetings in the Village Hall.

Talks for our spring meetings are:

Tuesday 16th March

'The Trinity House Story'

The fascinating story of Lighthouses.

Tuesday 20th April

From 'Titanic to Cruella', the highs and lows of a stuntwoman's life.

Tuesday 18th May

We discuss and vote for this year's proposed WI campaigns. The discussion will be followed by a quiz or game.

Tuesday 15th June

'Sex, Secrets, Scandal and Salacious Gossip of the Royal Court 1660-1760'.

If you would like further information about our WI, including how you can join our meetings via Zoom, please email us at **burphamevewi@hotmail.com**

For further information:

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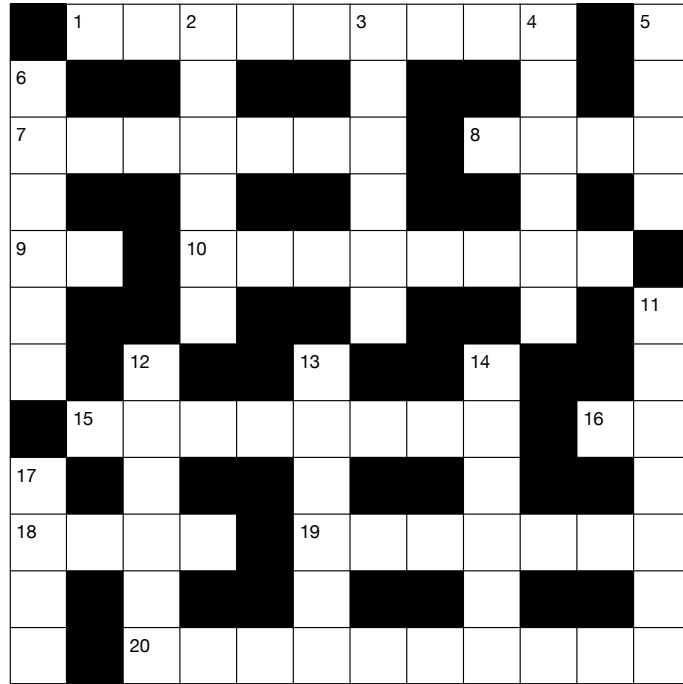
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Burpham Pages Crossword

Crossword No. 16
March & April 2021

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Across

- 1 A person who scientifically studies animals (9)
- 7 First stage of a rocket or spacecraft (7)
- 8 Sweet, juicy fruit – narrow at its stalk, wider and rounded at the bottom. (4)
- 9 Towards a higher place or position (2)
- 10 A rare or luxurious food (8)
- 15 A high, pointed piece of rock (8)
- 16 ...a note to follow sew (2)
- 18 Used to refer to every one of two or more, identified separately (4)
- 19 Sea creature with a soft, oval body and eight tentacles (7)
- 20 Person skilled in planning action or policy (10)

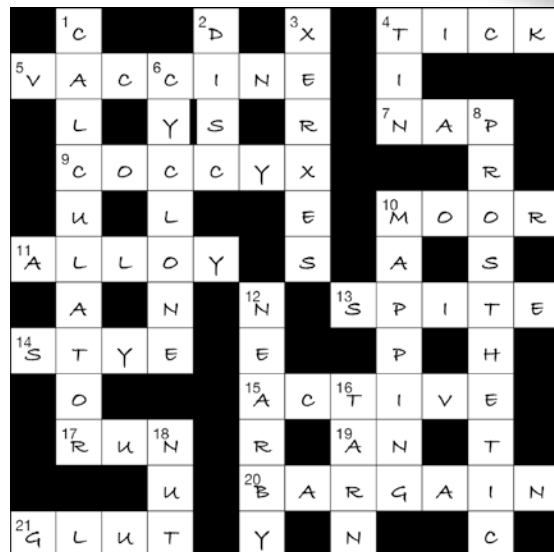
Down

- 2 Within the prescribed line or area at the beginning of or during play (6)
- 3 Small, furry animal often kept as a pet (6)
- 4 Long, narrow ditch (6)
- 5 Thick, stiff paper (4)
- 6 Annoyingly insensitive or slow to understand (6)
- 11 Passage from one place to another (7)
- 12 Parts or fragments of a whole (6)
- 13 A tiered tower with multiple eaves common to China (6)
- 14 Be the property of (6)
- 17 Deliver by post (4)

Solution to Crossword No. 15

Burpham Pages issue No. 90
January & February 2021

The solution to each crossword will be published in the following issue of Burpham Pages as well as on our website www.burpham-pages.co.uk. For the March – April 2021 solution please see our May – June 2021 issue.



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although I do believe in a God who can do anything.**

More often though, God does not
work by removing our problems but
moulding us as we face them! I have
however, found ways that help me
find strength to face the problems and
realities that come my way.

Our garden is in a part of Burpham
that has a very high water table; that
is the water in the ground is close to
the surface. The result of this is that
parts of the garden are always boggy,
even in the summer, and when it rains
a lot parts of the garden become
pools of water! It is the same with our
problems – if they keep building up
our lives get boggy, or even flooded,
and then it is difficult to have hope or
to see a way forward.

The way we dealt with this problem
in our garden was to put in what are
called land drains. These are pipes

which have holes in the sides and
are laid just below the lawn surface,
allowing water to soak into the pipes
and then to be carried away from
the lawn to a stormwater drain.
These underground land drains are
constantly at work draining the water
away, so the garden now only gets
boggy when it rains very heavily, and
even then it does not last long.

**Create a regular way to
release the anxious thoughts
and worries of everyday
life so there is no build-up
when a 'storm' comes!**

So, I am suggesting this is a good
approach in the rest of our lives too.
Creating a regular way to release
the anxious thoughts and worries of
everyday life so there is no build-up

when a 'storm' comes! How can we
do this? Well, people have different
ways including meditation, exercise
and reading but they all involve setting
real time aside daily. For me as a
Christian, I spend time daily in prayer.
The real advantage of prayer is that I
am speaking to someone (God) who
loves me so much He is longing to
listen and carry my worries for me.

**"Do not be anxious about
anything, but in every
situation, by prayer and
petition, with thanks-
giving, present your
requests to God."**

Philippians 4:6

With every blessing
Rev James Levasier
james@burphamchurch.org.uk



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Welcome to the **Burpham Community Association**

Community Update

www.burphamca.org.uk

March & April 2021

We represent the community of Burpham, Guildford

Covid-19

At the time of writing (end of January), we are still in lockdown with no idea when it will end – just a glimmer of hope that March might bring some relief.

On a positive note, more people are now being vaccinated and those responsible for setting up and running the G Live centre are to be congratulated on a very efficient operation.

The **Burpham Community Support Group** is still active so if you need help with shopping, collecting prescriptions or would just like to chat to someone don't hesitate to get in touch. You can call **07880 586455**, email **support@burphamca.org.uk** or contact the Secretary (details opposite).

Litter picking

Many thanks to the people who have already volunteered to join our group of litter pickers.

Obviously we cannot do very much while strict Covid regulations are still in place but once they are eased, we hope to be out and about keeping our village tidy. If you could spare a couple of hours on a Saturday

occasionally, please let Liz Turner know, email **membership@burphamca.org.uk** All equipment will be provided.

We are also looking to find ways of making the public areas more attractive and any suggestions you may have would be welcome.

What else is the BCA doing in lockdown?

We are still having monthly committee meetings via Zoom. The major event so far was the response to Sainsbury's application to extend their loading bay – no doubt there will be more to write about on that issue in future updates. And therein we find ourselves in a quandary; quite a few people have challenged the BCA's actions in the past, saying we are only interested in opposing planning applications. Perhaps now is a good time to take stock and consider this accusation.

Yes, we have opposed some corporate applications where they are likely to cause problems for residents such as increased traffic congestion. No, we do

not get involved with individual planning applications; the Burpham Neighbourhood Forum (BNF) might object if some aspect ignores the Neighbourhood Plan, for example insufficient parking spaces.

For newer readers who may not have heard of the BNF, it is a statutory body that worked with the community to produce the Burpham Neighbourhood Plan (BNP). A neighbourhood plan contains planning policies for a single neighbourhood area, in our case Burpham Ward. The BNP was formally adopted by GBC in April 2016 and is used to determine planning applications, along with the Council's Local Plan.

What the BCA tries to do is perhaps best summed up by that often quoted phrase **due diligence**. It's been around since the 16th century, originally meaning care taken to avoid harm to people or property but can also refer to research done before a business transaction.

What does this mean for the BCA in practice? The following article may help to explain.

BCA on Facebook & Twitter!

Join the conversation! Open to members and non-members, it's a great way to stay up-to-date with everything that's happening in our community.

twitter.com/burpham_c_a
 facebook.com/burphamCA/



Guildford Community Lottery

A way for everyone to support local causes and be in with a chance to win prizes of up to £25,000. **50% of all tickets sold from our page go to the BCA!**

Tickets only cost £1 per week, buy now at www.guildfordlottery.org/support/burpham-community-association

Weyside Urban Village



This is the proposed Slyfield redevelopment, just across the river from the Nature Reserve. The present sewage treatment plant is to be moved and some 1,500 homes built.

So what does this have to do with Burpham? One committee member decided to find out if we needed to be concerned about anything – 246 documents later, a few things emerged

that might be of interest to us.

There's the sewage problem – we are at the end of the main sewer from Merrow and Burpham which has flooded three times in four years. Any back flow ends up here so maybe we should investigate further.

“...be familiar with regional and local planning principles, considering how they might best be applied to Burpham and if necessary make representation to appropriate authorities should planning proposals be deemed contrary to good practice or adversely affect local residents.”

The nature reserve will be expanded across to Jacob's Well which is to be welcomed, but **the proposed parking area has only 12 spaces**. Will this mean more cars trying to get into Bower's Lane where there is already a problem, highlighted in the

last Burpham Pages?

When the sewage works are relocated, the sludge tower will be moved to land adjacent to the Dennis factory – it will rise some 20 metres. **Will this affect the view?**

It appears that Thames Water cannot provide sufficient drinking water for all the new houses – **will this have any effect on our water supplies?**

The BCA Constitution, approved by members in 2018, says we should “be familiar with regional and local planning principles, considering how they might best be applied to Burpham and if necessary make representation to appropriate authorities should planning proposals be deemed contrary to good practice or adversely affect local residents.”

This is what we try to do – not opposition for its own sake but ensuring that the community has a voice in its future development by practising due diligence.

Help by joining the Burpham Community Association today!

Subscriptions are £8 per household or £4 per single occupancy and run from January to December. Join now or renew your membership for 2020.

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Direct Debit – visit our website at www.burphamca.org.uk which has a link to this system – an email to treasurer@burphamca.org.uk giving your details would be helpful.

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.

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

NB We never share your data or use it for any purpose other than informing you of BCA activities.



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Burpham

A well proportioned bungalow in a corner position surrounded by a delightful garden. Situated in a highly convenient location, which is easily accessible for the main road network to London, the South coast and within walking distance to a superstore, local shops and schools.

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The Anchor and Horseshoes Pub

Moira MacQuaide's history of Burpham

Now the only pub in Burpham, despite the growth of the community over the last century, the Anchor and Horseshoes has a long history. The name of the pub has varied over the years, but always included either Anchor or Horseshoes or both. But how old is it?



A map from 1675 seems to show two pubs on the London Road in Burpham, in approximately the right places to be the Anchor & Horseshoes and the Green Man, so could the pub be one of the two oldest buildings in the village?

The earliest paper records show that George Heath was the Licensed Victualler, or publican, in 1785, followed by his son James until 1826. The family ran two business – the pub and the village blacksmith. From the 1830s William Baker ran the pub, with his wife Lois, who was James Heath's daughter. After William's death she went on to run the business with her second

husband, James Allwright, but after his death she continued as publican on her own for another 35 years. She was the last of her family to own the pub after more than 100 years and was buried at St Luke's Church in 1889.

"...having accommodation for travellers and persons requiring refreshment other than drink; stabling provided; for the use of the general public."

Lois's son William inherited the pub, but wasn't interested in running it, so he leased the business to the Guildford brewers Lascelles Tickner. Later it was sold to Farnham United Breweries, who were taken over by Courage & Co in 1927. In 1892 the pub was described as "...having accommodation for travellers and persons requiring refreshment other than drink; stabling provided; for the use of the general public." In 1904 it had four bedrooms and stabling for four horses. Managers came and went but the Lintott family ran the pub for almost 30 years in the mid 20th century.

A road traffic improvement scheme in the 1930s proposed putting a new road through the pub garden, which would have left the building marooned on an island between two roads. In 1954 a small plane crashed into the garden, when Kenneth Owen's Gemini aircraft's wing hit a row of trees and was almost sliced in two. The pub became a useful meeting place for finding tradesmen of various sorts, and it was often the starting point for stag nights for young people.

Over the years it has been extended and renovated several times. However, if you look at the side of the building, from the main car park, you can see the timber frame building in the external walls, suggesting that the original pub was built earlier than 1700.



The Anchor & Horseshoes circa 1930 (G Dye)

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

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Are you comfortable working from home

Written by Paul Nicholls

The coronavirus pandemic has impacted our lives in many ways but one of the most pronounced personal changes is the amount of time, during lockdowns, that we are spending at home. What are the longer term physical and mental impacts on us of working from home?

Burpham Pages has spoken to local experts to get their views on what these impacts are and how we can best mitigate the negatives and take advantage of the positives. We asked **The Eaves** – Counselling & Psychology about the mental impact, **Guildford Chiropractic Centre** about the physical impact and **Healthy Home & Office** about how to best manage these physical issues with a suitable office set up.

Obviously, there are positives in that we are spending more 'quality' time with our families (although this can have its own frustrations, especially as parents can find home-schooling a challenge) and many people seem to be making the effort to get outdoors for exercise. Another aspect of this situation is the amount of people who are currently working from home. Perhaps these lockdowns have demonstrated, to employees and

employers alike, how much effective work can actually be done whilst working remotely. In some cases it's probably nearly impossible to work from home whereas others will find it a much more productive situation. So, although we now have a 'roadmap' out of this cycle of lockdowns, there is still some time to go before everyone can return to their normal mode of working. However, some businesses and individuals might have come to

the conclusion that working from home, remotely, is the way forward for the future.

With this in mind we've been thinking about the mental and physical impact of working from home. Not everyone has a good home-office set up, which can lead to various levels of discomfort, and perhaps many of us are missing the interaction with work colleagues in a busier environment.

We asked **The Eaves** (Counselling & Psychology) on their perspective and observations of the mental impact of working from home.

The virus has affected numerous aspects of our wellbeing – financially, emotionally, socially and not least, mentally, so it's been difficult to feel anything but pessimism towards the pandemic. Working from home has presented its own unique challenges that many of us have little, or no, experience with.

However, there are benefits that come with working from home. These include increased productivity, fewer office distractions and less commuting (which research has shown the average adult spends around an hour a day doing, and is often linked to high levels of stress and anxiety).

Additionally, the flexibility that comes with working from home creates an opportunity for a healthier work-life balance. To make the most out of the benefits of home working during the pandemic:

- Build self-care into part of your daily routine. Sometimes just taking 5 minutes can really help
- Share your workload if you live with others
- Speak to your employer about work flexibility if you haven't already done so
- Establish a routine that allows a positive structure for both yourself and if you have children
- Make time for the things you enjoy. It's easy to lose sight of positives

when things feel overwhelming but focusing on a favourite hobby can provide you with a break

- Keep your mind active with activities such as reading, puzzles, drawing or painting when you're able. This can help you to feel more in control
- Look after your physical wellbeing – sleep, exercise and nutrition
- Helping and supporting others increases emotional wellbeing

Working from home has presented its own unique challenges that many of us have little, or no, experience with.

The Eaves – Counselling & Psychology

Remember that we all react differently to situations and it's absolutely normal if you're feeling an array of emotion right now. Finding coping strategies that work for you can help bring relief if you're finding things difficult right now. Don't hesitate in seeking further advice and support from loved ones or a professional organisation such as The Eaves in Guildford if you are struggling with your mental health.

There is a vast amount of evidence to suggest that poor ergonomics contributes not only to aches and pains associated with joints, muscles and nerves but also with poorer general health.

Guildford Chiropractic Centre

If nothing else it can be comforting or reassuring to know that many people are experiencing the same issues as yourself and that help is out there if you need it. For others it can be less of a mental challenge and more of a physical one. We asked **Philip Hehir** at the **Guildford Chiropractic Centre** how working from home can create postural problems.

Since the Covid-crisis began, we have seen an increasing number of ailments relating to workers risking their back

health by not working in posture-friendly environments. Not only are we seeing poor home-office setups, but many have opted to work from the sofa or even the bed. There is a vast amount of evidence to suggest that poor ergonomics contributes not only to aches and pains associated with joints, muscles and nerves but also with poorer general health. Failing to take action may result in long term consequences on individual spinal health increasing the risk of recurrent lower back and neck pain, sciatica and headaches. It is therefore vital that we take the time to assess our work station setup to prevent such issues.

In line with advice given by the **British Chiropractic Association**, we would suggest the following:

- If possible, designate a specific area in your home for working and always work at a table, sitting on a chair, rather than on the sofa or in bed.
- The top of your screen should be level with your eyebrows and if you are working from a laptop, make sure you are not hunching over the screen. If you don't want to invest in a computer stand, place sturdy books, for example shopping catalogues, under your laptop so that you can adjust the level of the screen to fit your eye line.
- Use a detachable keyboard and mouse whenever possible, as this will ensure that your movement is not restricted and you are not placing unnecessary strain on your back.
- Taking regular breaks is extremely important we recommend workers move around every 20-30 minutes. An easy way to ensure that you get away from your desk is to set a loud alarm in another room.
- When making phone calls, take the opportunity to get up from your desk and move around as you talk.
- Do regular stretches. Either sign up to an online yoga class, or get in touch with your Chiropractor to get specific advice.
- If you are experiencing pain for

more than a few days, then you should seek professional help, as an undiagnosed problem could lead to longer-term problems if left untreated.

Guildford Chiropractic Centre refers to home-office setups and how your posture can be greatly impacted by how your computer is positioned, how high your chair is and what desk you use. We thought we'd find out a little more about how getting your office environment right can make a big difference. We spoke to local specialists **Healthy Home & Office**.

Since lockdown began in March millions of office workers found themselves working from home. Not many people have a home-office environment that is designed for working for eight hours a day, five days a week. Dining tables, breakfast bars, beds and even ironing boards have become replacement desks and chairs.

Phil Johns of Guildford-based **Healthy Home & Office** says "We have seen a large increase in customers

coming to us with aches and pains, having either bought a 'quick fix' item or trying to make do with what they have." Phil explained that internet searches for 'Ergonomic Furniture' can be very misleading whereby the product has very little or no real ergonomic functionality. "Back, neck and shoulder aches along with headaches have resulted in them seeking advice from us" he adds. "The importance of the correct furniture and an understanding of the overall workstation set-up can greatly reduce the risks of aches and pains and in the long run will enable you to work more comfortably".

Typical examples that Phil gave included a customer who was 6'3" choosing a desk with a deep drawer going the full length of the top, so he needed to get his legs under the drawer (59cm) which is the recommended height for a school table for 6-7yr old children, another customer had a desk with a drawer and a chair with fixed arms so when she pulled herself into the desk the

arms hit the drawer which resulted in her having to perch on the front edge of the chair resulting in no back support and after a few weeks the resulting pain just got too bad and she has had to review her complete set up.

We are also seeing many people using 4 legged dining chairs – you would not use a four legged chair in your office so why are we using them at home.

Our biggest piece of advice is to find a showroom that has a range of products and a specialist who can advise on the right equipment for you.

Healthy Home & Office

Phil concludes "Our biggest piece of advice is to find a showroom that has a range of products and a specialist who can advise on the right equipment for you. It may be as simple as changing the height of your monitor or needing an upright ergonomic mouse".



Unsuitable Home Office furniture: The most common mistakes:

- 1 Choosing a generic chair without having it matching your needs. Tailor making the chair to fit you and the tasks you carry out are key. Working on a four-legged chair puts enormous strain on your back when you get up and sit down. Choose a chair with high levels of adjustability which ensures that you can set the chair up to your specific requirements. Remember one size does not fit all.
- 2 Desks with fixed drawers running the length of the desktop or drawer/pedestal units to the sides can limit your leg room resulting in more static sedentary sitting, which is proven to cause various postural problems. Avoid desks that provide limited space for your legs. Check the height to the underside of the desk, ideally you want your knees slightly lower than your hips to create a more open angle at the hips to

- 3 Desk height and depth also need to be considered. If your desk surface is too high then you will be lifting your arms/shoulders to work which results in added stress on your upper arms, upper back and neck (Current guideline for desk height is 74cm +/- 2cm). If your desk is too shallow or deep this may result in screen/monitors being closer than needed, which may result in eye strain and headaches. If the screen/monitors are too far away you will lean forward causing you to change your posture which will add stress to lower back, upper back and neck.
- 4 Buying an item of furniture without consultation. The saying "Try before you buy" holds very true for home office furniture and accessories which will make your working life more comfortable and productive.

Healthy Home & Office can help with free expert advice either in their Covid-Secure showroom or remotely over

the phone or email.

So, perhaps you're thinking that working from home now doesn't sound such a simple way forward but it doesn't need to be complicated, you just need to take care of yourself, mentally & physically. Get properly comfortable, establish a routine, take some time out for yourself, don't ignore the little aches and pains and, if needs be, make a phone call and talk to someone who can help.

Thank you to the experts who helped us with the writing of this article:

The Eaves
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Burpham Gardening Club News

March & April

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

The Club still remains closed at present but hopefully we will soon find out when and how the lockdown is going to be released so that we can all return to something that seems nearly normal.

Things to do in the garden in March.

- Shallots and Onion sets should be planted this month and if it is mild Early Potatoes can be planted towards the end of the month.

Most vegetable seed can now be sown outdoors if it is mild in prepared beds.

- Most vegetable seed can now be sown outdoors if it is mild in prepared beds.
- If you did not do so last month you can still sow Aubergines, Cucumbers, Sweet Peppers and Tomatoes in a heated propagator or indoors.

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

- Cut back last years Autumn fruiting Raspberry canes to ground level, prune Blueberries and

Gooseberries and apply a dressing of a balanced fertiliser or Sulphate of Potash at 15g per sq m.

- Bush and Standard Roses should be pruned and fed with a Rose Fertiliser.
- Continue to prune Summer Flowering Shrubs and Dogwoods.
- When conditions are dry the lawn should be cut with the mower blades on a high setting for the first few cuts, Weed and Feed with Mosskiller should be applied just before rain is forecast.

Things to do in the garden in April.

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

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

Plant out Broad Beans which were sown indoors.

- Remove faded Daffodil and Tulip flowers leaving the foliage to die back.
- Deadhead Pansy and other Spring bedding plants to encourage continuous flowering. Prune Forsythia immediately after flowering.
- Cut back Lavender to keep the plant bushy but do not cut into old wood.

Continue to apply Lawn Weed and Feed with Mosskiller as necessary.

- In the Greenhouse sow bedding plants such as French Marigold for a Summer display.
- Continue to apply Lawn Weed and Feed with Mosskiller as necessary.
- Start checking for and controlling Slugs, Snails and Aphids.

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.....07752 549313

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 Sainsbury's

(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

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

Headway Surrey.....01483 454433

Dentists

Burpham Dental Care.....01483 561666

Waterden Dental Practice.....01483 565290

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