

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

# Burpham Pages

May &  
June  
2020

Incorporating Jacobs Well

## Coronavirus support

If you are in need of help or support or if you want to volunteer you'll find details of local organisations here.

## Community Spotlight

How have the lives of people within our local community been changed by lockdown. We talk to a cross-section.

## Togetherness in lockdown

Amazing ways we've seen the brilliant Burpham and our local community rise to these incredibly challenging times.



# Thank you NHS from all in Burpham

Includes: Community Update from the Burpham Community Association

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

# Do you find financial decisions a bit of a headache?

## Get rid of the pain with Price Ferguson

Price Ferguson is a leading wealth management and financial planning firm based in Guildford.

Examples of our areas of expertise include:

- Inheritance tax planning
- Pensions and retirement
- Wealth management
- Financial planning



To book a free, no-obligation initial meeting, please get in touch by phone (01483 456477) or email [michael@priceferguson.com](mailto:michael@priceferguson.com)

More information is available  
on our website: [www.priceferguson.com](http://www.priceferguson.com)

Price Ferguson is authorised and regulated by the Financial Conduct Authority  
Registered in England & Wales Company No. 03893166

## Burpham Pages

Issue No. 86  
May &  
June 2020

**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,**  
**John Boon, Philip Hehir, Ali Fisher,**  
**Rev Jo & Rev James Levasier**

**Production**  
Original design  
**Generator Creative Consultants**  
Printed by **Kingsley Print**



**Doing our bit for the Environment**  
Our printers are ISO 14001 environmental  
accredited, use vegetable based inks  
to print the magazine and recycle all  
waste paper and materials.

To mitigate the CO<sub>2</sub> emissions created  
in the production of our paper 'Carbon  
Capture' contributions are paid to  
the Woodland Trust who will plant  
woodland at one of their accredited  
woodland creation sites in the UK.

To find out more please visit  
[www.woodlandcarbon.co.uk](http://www.woodlandcarbon.co.uk) and  
[www.woodlandtrust.org.uk](http://www.woodlandtrust.org.uk)

**Contact Us**  
**For advertising and**  
**general enquiries:**  
**07597 904755**  
**editor@burpham-pages.co.uk**  
**Burpham Pages, PO Box 1520,**  
**Guildford GU1 9WQ**  
**@burphampages**  
**facebook.com/burphampages**

**Advertising copy deadline**  
for July – August 2020 issue is  
**1st June 2020**

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 advertisers, and accept no  
responsibility for any omissions or  
errors which may occur. Advert prices  
and dimensions are shown on our  
website [www.burpham-pages.co.uk](http://www.burpham-pages.co.uk)

**Burpham Pages** is a trading name of **Brand Era Limited**.  
Registered in England & Wales No. 08915898.  
Registered office: 7 Wey Court, Mary Road,  
Guildford, Surrey GU1 4QU

Cover image: by Steve Johnson from Pexels

# Welcome

Dear Neighbours, what a difference it is writing this now compared to my last Welcome message, so much has changed and is still changing. I hope you are all safe and well and finding the support and help you need.

Pretty much all talk has been focussed around dealing with Coronavirus, coping with Coronavirus avoiding Coronavirus and thanking those who are helping us come to terms with Coronavirus. I think we've all become 'experts' in this new way of living in a very short space of time.

This has been a hard issue to put together. Firstly, we had to check that our deliverers were all fit and well and happy to deliver the magazine. Then we wanted to reassure our readers. As long as you are doing the basics: washing your hands with soap and water, not touching your face (unless you have thoroughly washed your hands first) and keeping 2 metres from others, plus applying basic common sense, all is fine. The World Health Organisation (WHO) has confirmed that the receipt of newspapers carries no real risk of catching the Covid-19 virus, stating "the likelihood of an infected person contaminating commercial goods is low", and therefore the risk of contracting the Covid-19 virus through receipt of a newspaper is infinitely small.

This issue of the magazine is very much about the community. It's about thanking those who are helping the rest of us, it's

about the community spirit that rises to the surface in such times of crisis and it's about letting people know, that if you need it, help and support is out there and how you can access it.

I hope you all keep happy, safe and well over the coming weeks and that when I talk to you in the July–August issue we've overcome the worst of this situation and the future is starting to look a little brighter.

Take care and remember 'Stay at home. Protect the NHS. Save lives.'

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

## Contents

- 5 **News & events**
- 7 **What's on this month**
- 9 **Burpham Church: Just keep going**
- 10 **Burpham Pages crossword**
- 13 **Advice from the Chiropractor**
- 15 **Coronavirus support**
- 16 **Community Update – BCA**
- 18 **Grow your own**
- 20 **Living under lockdown**
- 24 **Togetherness in lockdown**
- 29 **Burpham Gardening Club News**
- 30 **Useful numbers**

**LARGE FORMAT**  
**DIGITAL**  
**LITHOGRAPHIC**

**KINGSLEY**  
PRINT & DESIGN

**FOR ALL YOUR PRINT REQUIREMENTS**

please call 01784 430533  
or visit [www.kingsleyprint.co.uk](http://www.kingsleyprint.co.uk)



## TREE SURGERY & LANDSCAPING

**LOGS & WOODCHIP  
SUPPLIERS**

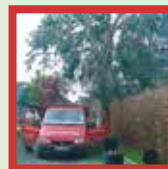
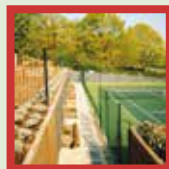
**QUALIFIED AND INSURED**

**24HR EMERGENCY SERVICE**

**FREE QUOTATIONS**

Based in Merrow and established in 1992, Roots & Shoots is a family-run tree care company which offers a professional and comprehensive arboricultural and landscaping service. We take great pride in our reputation and we offer all our clients a professional, courteous, and personal service. All our tree work is done to British Standards 3998 and is carried out to the highest standards by qualified staff.

We aim to ensure the conservation of trees through proper pruning practices. By embracing the latest research and modern techniques we provide the very best care for your trees, and with this in mind, we are happy to provide free advice and estimates.



**Checkatrade.com**  
Where reputation matters

Call 01483 503361 or 07768 456828  
Email [enquiries@rootsandshoots-treesurgery.co.uk](mailto:enquiries@rootsandshoots-treesurgery.co.uk)  
[www.rootsandshootssurrey.co.uk](http://www.rootsandshootssurrey.co.uk)

# News + events

May &  
June 2020

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

## Burpham Community Care during coronavirus epidemic



This scheme is an outstanding example of community groups working together and our neighbourhood volunteering to look after each other. Within a week **Burpham Church** and **Burpham Community Association** had joined forces, set up a small team and put a postcard through every door in Burpham offering support through the weeks of this epidemic.

We have had over 200 people offering to volunteer which has been staggering and we now, unfortunately, need to turn volunteers away. It has been so heartening to see how people generously want to help others. We can never thank each volunteer enough and we really do not want people to be disheartened if we do not use them. Unfortunately, we have had little demand for dog walking despite this being the most popular request from volunteers.

As of the middle of April we have had sixty requests for direct help. This has involved shopping, collecting prescriptions and one dog to be walked. We have signposted many people to local delivery services and other sources of advice. We have established a system of telephone support to check our growing group of people who need a bit more than a simple task being done. We ensure all

the correct safeguards are in place to protect those asking for help and our volunteers. People have contacted us from all over the country to ask for help for their relatives and friends living locally.

We are also hearing of amazing road groups keeping an eye on each other. Please let us know about you so we do not duplicate the great local networks.

We have put long lost friends in touch after someone contacted us about the whereabouts of their neighbour from 50 years ago and heard some great tales about Burpham in the process. We have responded to calls from East Anglia to look after an aunt. We have listened to people's concerns and provided listening ears and contact. We have had numerous messages of gratitude for our wonderful volunteers.

We are very keen to ensure we are reaching people who need us. Please spread the word and remind neighbours who maybe alone of any age, maybe lone parents struggling to shop with young children or families self-isolating and not sure how to get food and other essential supplies.

**Contact us for help:**

**07880 586455**  
(All day, every day)

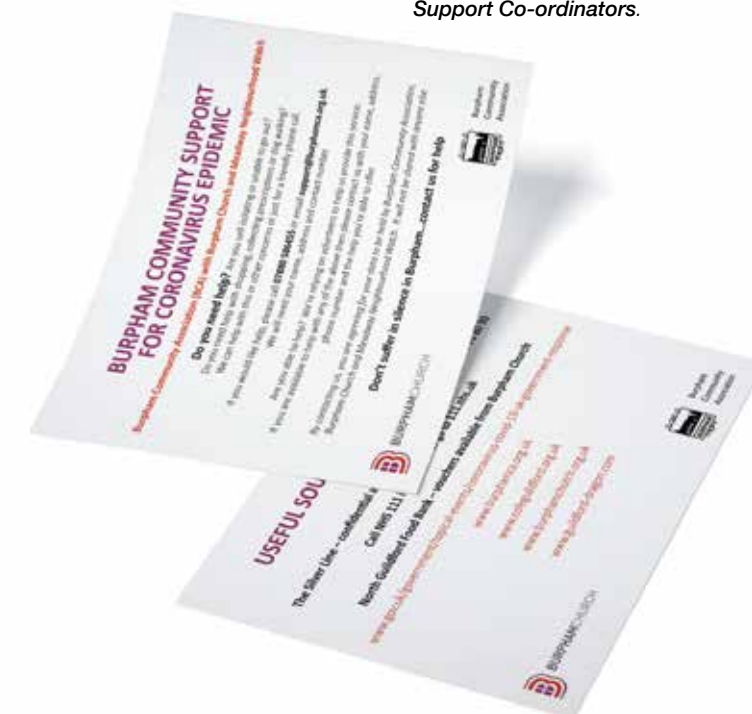
**support@burphamca.org.uk**

**01493 825533**

(Burpham Church office hours)

**www.burphamchurch.org.uk**  
or **www.burphamca.org.uk**

*Liz, Gracie, Lisa, Marcelle and Ann your **Burpham Community Support Co-ordinators.***



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.

# Burpham Preschool Make learning fun!



- For ages from 2½ to 5 years
- Rated 'Good' by Ofsted
- Fully qualified, enthusiastic staff with many years' experience
- A safe and nurturing environment where children can learn & grow
- Enclosed garden and access to a large playing field.
- Mondays, Tuesdays, Wednesdays and Fridays
- Free early years funded hours available



Contact for more information and space availability:

Telephone 01483 825533 or 07598 211375 E-mail [grace@burphamchurch.org.uk](mailto:grace@burphamchurch.org.uk)

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

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



## Specialist in Hard Floor Cleaning, Carpet & Upholstery Cleaning & Wood Floor Restoration Services

*A family run business providing cleaning services  
in Surrey and surrounding areas*

**10% off wood floor restoration when quoting 'Burpham Pages'**

01483 566802

[www.surreycleaningservices.co.uk](http://www.surreycleaningservices.co.uk)

# What's on this month

May &  
June 2020

## May & June 2020 at Burpham Church

All activities mentioned are happening during lockdown. (Please note that we are not confirming any post lockdown activities at this stage.) **Whilst our church buildings are closed, the church is very definitely still alive and kicking in new formats.**

All online events can be accessed through the church website [www.burphamchurch.org.uk](http://www.burphamchurch.org.uk)

Sundays 10.00am

### Contemporary Church Service

We are streaming a 45 minute service each week, with input from those in the community, updates on our care programmes, music, readings, and a short message from God's word. Suitable for everyone.

Thursdays 11.00am

### Traditional Church Service

A more traditional style church service for those who enjoy the familiar words and forms.

Wednesdays & Sundays

### Youthwork

Our regular youth work programme continues online on Wednesdays and Sundays. Please contact our youth worker Nicky Geraghty, [nicky@burphamchurch.org.uk](mailto:nicky@burphamchurch.org.uk), to get involved.

Fridays 11.00am

### Caterpillar Café

Our Toddler Group is streaming a 15 minute event once a week with songs, a Bible story and a craft activity to join in with.

Saturday May 16th & June 20th

### Messy Church

Our regular monthly Messy Church programme will continue with a shorter online event at 4:30pm

A Serenity Ladies event is being planned for this term; its shape depending on lockdown arrangements.

**Please look on the church website for more information.**

### Burpham Preschool

The Preschool is open for key-worker children and has been asked by Early Years to

cover for other local key-worker children as needed. Our staff are also working hard to provide home activities to support parents of preschoolers in this lockdown period. 'Virtual visits' will soon be available if you are looking for somewhere to send your 2-4 year old in September.

**Please do contact the church office for more information 01483 825533**

### Guildford Flower Club

Guildford Flower Club usually meets on the 1st Wednesday of the month, excl. January, at Jacobs Well Village Hall. However due to Coronavirus we have had to cancel meetings until further notice. We are a friendly club and enjoy being entertained by a variety of knowledgeable demonstrators. We also hold regular workshops on a variety of topics where members can gain skills and confidence in a friendly environment. The Club formed in 1955 and this year we celebrate our Blue Sapphire year (65 years) with some special events. For more information and current updates about our evenings and the club in general visit [www.guildfordflowerclub.co.uk](http://www.guildfordflowerclub.co.uk)

### Local suppliers

The Burpham Community Association have published a list on their website of local suppliers and their services, some of whom offer delivery or a priority service, here is an edited version of that list. For the full list visit [www.burphamca.org.uk](http://www.burphamca.org.uk):

#### milkandmore.co.uk

Online milk and groceries delivery service

#### Sainsburys, Burpham

'Silver' session 8.00-9.00am Mon, Wed, Fri. Priority delivery if known to them as being vulnerable

#### Flynns Family Butchers

Co-ordinating with Cheesmans fruit and veg. wholesaler and Christmas Bakery. 01483 573782

[www.facebook.com/flynnsfamilybutchers](https://www.facebook.com/flynnsfamilybutchers)

#### Noels Farmshop, Sutton Green

Delivery & collection. 07908 124603

#### F Conisbee & Son, East Horsley

Telephone order, min £50, pre-packed. Local and for elderly and vulnerable. 01483 282073 [www.fconisbee.com](http://www.fconisbee.com)

#### Unique Fruit, Guildford North

Street greengrocers is now online. Check on website for further info [uniquefruit.online](http://uniquefruit.online)

#### Greenwoods, West Clandon

Fruit and vegetable deliveries. 07500 957 467 [www.greenwoodsgrocers.com/shop](http://www.greenwoodsgrocers.com/shop)

#### Kingfisher Farm Shop, Abinger

Delivery and shop. 01306 730703 [www.kingfisherfarmshop.com](http://www.kingfisherfarmshop.com)

#### Elm Nursery, Sutton Green

Farm Shop and nursery – currently food available, taking in hanging baskets for filling and collection in May. 01483 755559 [www.elmnursery.co.uk](http://www.elmnursery.co.uk)

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

Our next issue of Burpham Pages will cover July & August 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](mailto:editor@burpham-pages.co.uk) before **1st June 2020**.

**Need a Cab?**

A local company, for local people  
reliable - friendly



Your local independent private hire driver  
Based in Burpham

**B**

BROADSTREET  
CARS

broadstreetcars.com  
Twitter@surreycorner  
Call Jim on 07768 172177

**Naomi Kefford  
Counsellor**

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

Are you experiencing difficulties  
in coping with life because of:

depression, anxiety, stress, panic attacks,  
bereavement, other loss in personal or work life,  
low self-esteem, relationship difficulties?


Counselling can help:

**Since the 'lockdown', I have been working  
via telephone and secure video link.**

*Email or phone me to chat through the options, your first  
session is discounted to see if you think this may work for you.*

Sessions available daytime,  
evenings & weekends.

Text or call **07881 945779**  
E: [naomikefford@gmail.com](mailto:naomikefford@gmail.com)  
[www.naomikeffordcounsellor.com](http://www.naomikeffordcounsellor.com)

**bacp** |   
Registered Member 375759  
MBACP



**Guildford Nursery School  
and Family Centre**

**For children 2 – 5 years old**  
High quality education led by qualified teachers and staff

**INSPIRING · LEARNING · ACHIEVING**

**Hazel Avenue**  
Guildford GU1 1NR  
**01483 566589**

**admissions@guildfordnsc.surrey.sch.uk**  
**www.guildfordnsc.surrey.sch.uk**

**York Road**  
Guildford GU1 4DU  
**01483 561652**

# Just keep going

In 1939 at the start of WW2 nearly 2.5 million posters saying "Keep Calm and Carry On" were printed by the British Government. On my mother's side, she and her family were captured and interned in a concentration camp, so 'keeping calm' was a difficult option and 'carrying on' their old life not an option! A better expression for them became, 'Just keep going'.



It has been interesting listening to people who were so ready to take on the challenge of lockdown. Someone who worked at the hospital said there was lots of energy for the challenge ahead. Parents had creative ideas for engaging their children over the Easter holidays and then the Summer term. Those who were now working from home were so busy adapting to a new working environment that there was no time to reflect on their usual conditions. Some who had lost jobs or are in new financial position were using their energy to improve their situation.

The reality of the difficulties is now beginning to take its toll on us all. Some hospital workers are now getting very tired. Children are struggling to stay engaged still at

home. One person who works from home was saying how energy-sapping one Zoom meeting after another, after another was to his day. The financial reality for others is beginning to bite as savings run out. While our home has not caught the virus, some of our friends and family have now.

**This virus situation is like the part of a marathon where you have run 20 miles but the finish is not yet in sight!**

I have shared with you before that I love running marathons and this virus situation is like the part of a marathon where you have run 20 miles but the finish is not yet in sight! Some call it

The Wall! My greatest lesson here is to simply focus on the end that will come and say to myself "just keep going" and celebrate each mile. This does not change the situation but just helps shift the focus from the current struggle to the end destination.

There is a bit in the Bible which says a similar thing in a better way!

*"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."*

*Galatians 6:9*

**Rev James Levasier**

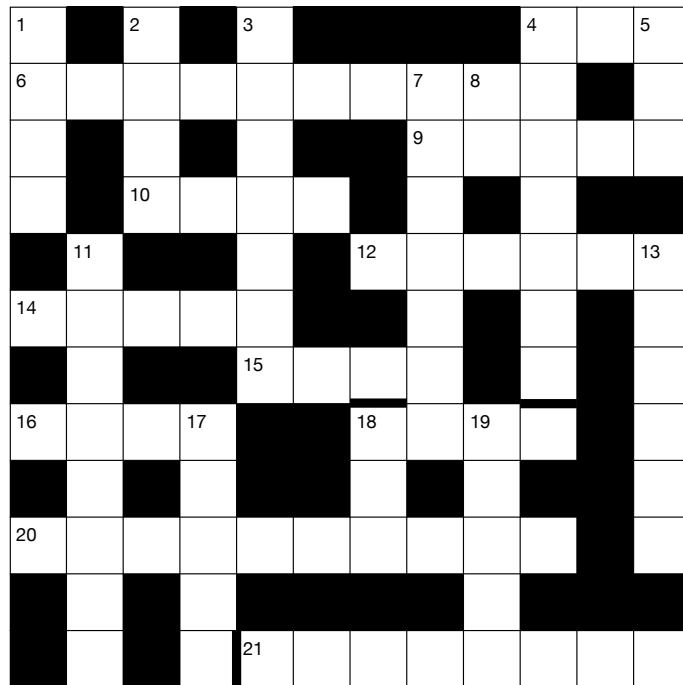
**B** **BURPHAMCHURCH**  
SHARING THE GOOD NEWS OF JESUS

Church Office: **01483 825533**  
[www.burphamchurch.org.uk](http://www.burphamchurch.org.uk)

# Burpham Pages Crossword

Crossword No. 11  
May & June 2020

© Burpham Pages



## Across

- 4 Tiny drops of water that form on cool surfaces at night (0)  
6 State, period, or place of isolation to prevent the spread of disease (10)  
9 Firm and stable, not liquid or fluid (5)  
10 Strike or propel forcibly with the foot (4)  
12 Coverings for the hands worn for protection (6)  
14 Relating to, or belonging to people rather than animals (5)  
15 To correct, check, condense or modify (4)  
16 Detailed proposal for doing or achieving something (4)  
18 Union of elements that constitute individuality and identity (4)  
20 Set of computer program instructions available for repeated use (10)  
21 State of isolation or restricted access (8)

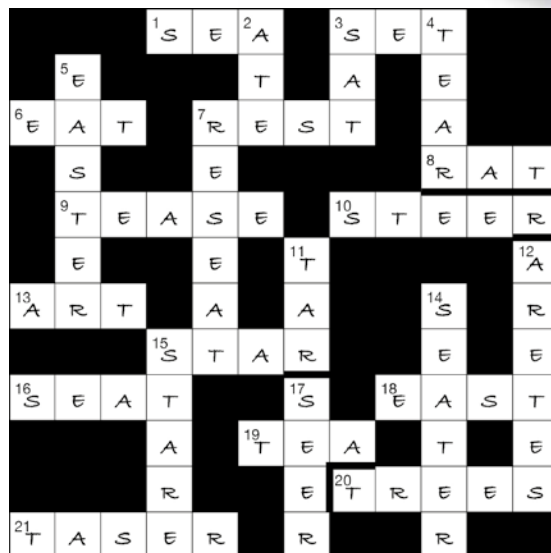
## Down

- 1 Light bluish-green colour; water (4)  
2 Covering for all or part of the face (4)  
3 Substance used to stimulate the production of antibodies (7)  
4 Bring and hand over (7)  
5 Married to (3)  
7 Cause to remain alone or apart from others (7)  
8 Not any (2)  
11 Period of time a worker is allowed to be absent (8)  
13 Providing protection (6)  
17 Person trained to care for the sick (5)  
18 Put, lay, or stand in a specified place (3)  
19 Stand or be positioned at intervals along (5)

## Solution to Crossword No. 10

Burpham Pages issue No. 85  
March & April 2020

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](http://www.burpham-pages.co.uk)  
For the May – June 2020 solution please see our July – August 2020 issue.



Do you want to reach up to 7,680\* potential new customers?  
**Burpham Pages**  
Are you a local business?  
A quarter page panel (like this one) could be carrying an advertisement for **your business...**  
Prices start at just £36.00 per edition for three consecutive editions.

To find out more please e-mail [editor@burpham-pages.co.uk](mailto:editor@burpham-pages.co.uk)  
or call us on **07597 904755**

\* Based on a circulation of 3,200 copies and an average household size of 2.4 people (Source: Office for National Statistics)

## GET READY FOR SUMMER WITH A KITCHEN MAKEOVER

BY JUST CHANGING DOORS & WORKTOPS

**BOOK YOUR APPOINTMENT NOW**



EST. 1999

- Excellent reputation
- From simple door replacements to fully fitted kitchens
- Choose from a wide range of quality doors, worktops, appliances, sinks & taps
- Installed quickly and cleanly by our own local professional fitters in just a few days

Over 450 reviews on

**Checkatrade.com**  
Where reputation matters

**9.8/10**  
AVERAGE SCORE

**BEFORE**

**DREAM DOORS®**  
NEW LIFE FOR OLD KITCHENS  
[www.dreamdoors.co.uk](http://www.dreamdoors.co.uk)



Visit our showroom:  
56 Westfield Road, Westfield,  
Woking GU22 9NG

CALL NOW FOR A FREE ESTIMATE ON:  
**01483 750518**



## Supporting life's journeys with local heartfelt homecare

From one hour a week to full-time live-in care, our **award-winning** services are **completely bespoke** to help you or your loved one live **safely and confidently at home**.

- Outstanding CQC rating
- Trusted for over 20 years
- Bespoke care plans
- Local to Guildford & Woking
- Peace of mind for you and your loved ones



Call us today **01483 331 049**  
**www.trinityhomecare.co.uk**

## EVERYCARE

### High Quality Home Care and Nursing Services

**Our Mission is to deliver the highest standard of Home Care and Nursing Services with enthusiasm and expertise in Guildford and surrounding villages**

**We are dedicated to providing consistent and reliable care in order that our clients have confidence that their needs are being met with respect and dignity**

**Whenever possible we believe in 'HOME CARE not a CARE HOME'**

170 Epsom Rd, Guildford, GU1 2RP  
Tel: 01483 536266  
Web: [www.everycare.co.uk/centralsurrey](http://www.everycare.co.uk/centralsurrey)

# ZOEY HACKNEY

## PROFESSIONAL PAINTING & DECORATING

Qualified and fully insured

Local recommendations

Free, no obligation quotations

Reliable, skilled, friendly

t 01483 222830  
m 07721 455554  
e [zoeyhackney@btinternet.com](mailto:zoeyhackney@btinternet.com)

## CMI Associates

### CHARTERED BUILDING SURVEYORS

*Creative Design Solutions*

CHARTERED BUILDING SURVEYORS

- Architectural Design
- Planning / Building Reg. Applications
- Residential Extensions
- Loft Conversions
- Garage Conversions
- Party Wall Advice

**01483 565500**  
[www.cmiassociates.co.uk](http://www.cmiassociates.co.uk)  
Unit 1, 69-71 Burpham Lane,  
Guildford, Surrey GU4 7NB

# Advice from the Chiropractic Clinic during Lockdown

by Philip J Hehir DC

Millions of people around the world are currently facing the challenges of working from home. As such, these can place significant strains on our physical and mental wellbeing.

As I write this article, it is Week-6 of UK COVID-19 restrictions and I have to report, our clinic is receiving an increasing number of phone calls asking for advice. To help with these challenges, the clinic has been giving free virtual consultations to members of the community which has given us a snapshot of what's happening out there.

Most requests are related to back, neck and muscle pain; and of course, stress. We believe the most likely culprits for this sudden rise is poor workspace setups and living more sedentary lifestyles. I include here some of the key issues that have cropped up consistently in our consultations and encourage you to take on board:

- 1 Assess your workplace** Workers who have been asked to work from home do so in environments that aren't necessarily ideal. Just as you would modify your car seat after your spouse has used it, you should assess and modify your workstation. HR don't plan to come to your house to do it for you. Here's the checklist:

- **Eyes:** Screen height should be straight ahead at eye level. Adjust the height of your seat. Don't work with your laptop on your thighs! Consider a verti-lift screen adjuster or if wish to splash out, a sit to standing desk.
- **Good Posture:** Elbows level with the desk and shoulders relaxed. Bottom should be against the back seat and shoulder blades should be touching the back rest of the chair. Knees should not be higher than hips. Maintain a relaxed posture. Breathe.
- **Brugger!** Google 'Bruggers Relief' and do this throughout the day.
- **Standing:** Stand up every 45-minutes (at least) and move around, even if it's just to get a glass of water. This will stop a process called 'creep' occurring in your muscles which increases your risk of injury.
- 2 Hydrate** Have a glass or a bottle of water next to your desk throughout the day to help keep you well hydrated.
- 3 Have a break** Ensure you have a break in your designated lunchtime. Get out in the sunshine and get some

immune enhancing Vitamin D – viruses don't want you to know about this!

**4 Exercise** 'Sitting is the new smoking'. This WILL be a driver in the surge of aches and pains we will see after the lockdown is lifted. Ensure you use your one-hour every day for some form of exercise. This is particularly important for our mental wellbeing as well as physical.

**5 Offer Support** Human beings are social animals. Keeping in regular contact with your friends, families and neighbours and offering to help out whenever you can, causes the brain to secrete dopamine – one of our happy hormones. If you haven't tried in a while, give it a go.

**6 Watch Your Thoughts** Be grateful that you have a roof over your head; a job; a family; a purpose; an opportunity to reflect; an opportunity to plan. A good mindset will most certainly help you and your mental wellbeing get through this time.

## GUILDFORD CHIROPRACTIC CENTRE

### Chiropractic and Physiotherapy

Headache and migraine  
Neck pain | Back pain  
Shoulder, arm, wrist and hand problems  
Hip, knee, ankle and foot problems  
Sports injuries  
Rehabilitation after fractures and joint replacements (such as hip and knee)

Philip Hehir DC MSc MRCC  
Alain Michelotti DC FRCC MCSP  
Andrew Hewitt DC MRCC  
Sandy Boniface DC BSc MRCC

**Tel: 01483 562830**  
[www.guildfordchiropractic.co.uk](http://www.guildfordchiropractic.co.uk)  
200 London Road, Burpham, Guildford GU4 7JS

# CT CARS

always different



The small, local, friendly, **GREAT VALUE** garage.

**Specialists in Audi, Volkswagen, Seat and Skoda Vehicles.**

**IMI Certified for Electric and Hybrid propelled Vehicles.**



#### Servicing & Repairs according to manufacture guidelines

- Engine management diagnosis.
- Full Vehicle health checks.
- Replacement Genuine Keys.
- Work carried out using only Genuine Parts.
- Air conditioning service and diagnosis.
- Advanced Driver Assist System ( ADAS ) Calibration.
- Component Protection Removal.
- Software updates and much more!

#### Free Loan Car

Available while we work on your car.

**What ever your needs you can count on us!**

Tel: 01483 285792  
Email: [info@ct-cars.co.uk](mailto:info@ct-cars.co.uk)  
[www.ctcars.co.uk](http://www.ctcars.co.uk)



**Where to find us**  
Open View Farm, Epsom Road,  
West Horsley, Surrey. KT24 6AP



# Coronavirus support from Guildford Borough Council

If you're **looking for help** or if you would like to **volunteer** to help others here is some useful information and contact details.



With the advice to 'stay at home' many people might feel isolated, anxious or in need of help and support. **Help is available!**

**Burpham Community Support** are offering all sorts of support (contact them on **07880 586455**) and **Guildford Borough Council** have circulated the following information:

#### Resident Support from Guildford Borough Council

If you are self-isolating, feel you need support or you would like to help others, please contact us:

#### To help you

Call our **Community Helpline** on **01483 444400** or go online at [www.guildford.gov.uk/home](http://www.guildford.gov.uk/home) for help with food, prescription collection and support for yourself – or you can register a relative, friend or neighbour on their behalf (**helpline is open Mon-Fri 8.30am-7pm and Sat and Sun 10-2pm and Bank Holidays**).

Call our **Safe and Settled** team on **01483 444476** if you have recently come home from hospital or are struggling to manage at home. We can help with adaptations, urgent repairs to your home and also answer queries about private tenancy agreements and landlord disputes. (**Phone lines open Mon-Fri 8.30am-5pm and from 10-2pm on Sat, Sun & Bank Holidays**).

#### To help others

Call **01483 505050** if you would like to volunteer to help others and we will put you in touch with community groups.

To keep up to date with everything about Guildford please sign up at [www.guildford.gov.uk/aboutguildford](http://www.guildford.gov.uk/aboutguildford)

Further to this information there are a number of resources available from Guildford Borough Council online at [www.guildford.gov.uk/Covid19](http://www.guildford.gov.uk/Covid19)

- **To volunteer your help or donate**  
[www.guildford.gov.uk/article/23822/Volunteer-your-help-or-donate](http://www.guildford.gov.uk/article/23822/Volunteer-your-help-or-donate)
- **To donate PPE**  
[innovation.supplytosurrey.co.uk/challenge/5](http://innovation.supplytosurrey.co.uk/challenge/5)
- **Make a donation towards our food parcel distribution**  
[www.guildford.gov.uk/foodparcel](http://www.guildford.gov.uk/foodparcel)
- **Self-isolation help and support**  
[www.guildford.gov.uk/article/23879/Self-isolation-help-and-support](http://www.guildford.gov.uk/article/23879/Self-isolation-help-and-support)
- **Financial help due to Coronavirus measures**  
[www.guildford.gov.uk/article/23803/Financial-help-due-to-Coronavirus-measures](http://www.guildford.gov.uk/article/23803/Financial-help-due-to-Coronavirus-measures)

- **Support in villages and parishes**  
[www.guildford.gov.uk/article/23848/Support-in-villages-and-parishes](http://www.guildford.gov.uk/article/23848/Support-in-villages-and-parishes)

#### Please remember:

- No volunteer should ask you for exchange of money or bank card details
- Nobody should enter your property
- All items should be left on your doorstep
- If you have any concerns with callers at your doorstep, please call **Guildford Borough Council** on **01483 505050** or if it is an emergency and you feel at risk please call **999**

**So, please try not to feel too isolated and anxious. If there is help and support that you need in these difficult times then there are organisations out there who are ready and willing to help. And, if you want to help others these organisations will point you in the right direction.**

**Burpham Community Support**  
[www.burphamchurch.org.uk](http://www.burphamchurch.org.uk)  
[www.burphamca.org.uk](http://www.burphamca.org.uk)  
[www.guildford.gov.uk/Covid19](http://www.guildford.gov.uk/Covid19)

**#StayHomeToSaveLives.**



Your personal information Guildford Borough Council's Privacy Statement provides clear information on how we handle and protect your personal information and is available for you to read via our website at: [www.guildford.gov.uk/privacy](http://www.guildford.gov.uk/privacy)

Please mention **Burpham Pages** when responding to advertisements.



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)

### Coronavirus – where are we now?

This is being written in early April and we have no way of knowing what has happened between then, and when you read this. All we can tell you is what we have done so far.

Our Membership Secretary, Liz Turner, and members of Burpham Church have worked incredibly hard to set up a support group to ensure that anyone living in Burpham who needs help will get it.

Many willing volunteers delivered postcards to every house and flat giving details of how to ask for assistance and the support group is already getting shopping done and prescriptions collected for some forty residents. Anyone living alone has been offered the opportunity for telephone chats and cards sent for birthdays or just to spread some cheer.

**Please look out for your neighbours and people you know are vulnerable.**

#### How do I ask for help?

You can phone on **07880 586455** or email [support@burphamca.org.uk](mailto:support@burphamca.org.uk), or contact the secretary (details on opposite page).

**Don't suffer in silence or try and muddle through; if you need help, ask for it and we will do our best to assist.**

#### Is there anything I can do to help?

If you think you can help in any way, please contact the support group, details above.

**The BCA would like to offer a huge thank you to all those who have helped so far.**



Spring flowers are doing their best to cheer us up in these trying times and Burpham gardens are looking wonderful. Can you identify the wisteria-covered cottage on the left? Sadly, it has had to be cut back a bit since the photo was taken, as the house was in danger of disappearing but you must have seen and admired it... where? No prizes if you know, just a warm glow.

*We'd like to give our website a spring into summer look so how about sending us photos of your garden that we can display.*

### Traffic problems in Burpham

You may have read an article in the March/April edition of the Burpham Pages by Sue Hackman on behalf of the **Orchard Road Area Road Group**. This outlined some of the traffic problems that the Gosden Hill development will dump on Burpham.

This is something that the BCA has been highlighting ever since the Local Plan first came out for consultation in 2016 when we wrote that:

**“Without sensible infrastructure changes, particularly in relation to Guildford's unresolved traffic problems... Burpham will degenerate into a giant roundabout... how can this be considered sound and sustainable?”**

This is why we initiated the Burpham Road Action Group two years ago but we cannot achieve much unless people are prepared to come forward.

We cannot do a lot at the moment but perhaps you could think about joining us. If you are not familiar with the proposals, do go to the GBC website and look at the **Draft Strategic Development Framework (SDF) Supplementary Planning Document (SPD)**. You will then understand why our response used words and phrases like specious, wishful thinking, design that ignores reality, nonsense and preposterous.

### And finally...

Someone suggested that poetry is a help in troubled times. Ever ready for a challenge, two committee members volunteered a haiku summing up the lockdown. Haiku is a verse style of 17 syllables arranged in three lines – five, seven, five.

*Life is diminished  
There are no chocolate eggs  
I am desolate.*

*While walking the downs  
At Old Scotland Farm I found  
A lovely real beer!*

*We feel sure you can do much better so how about sending us a lockdown haiku, limerick or even a sonnet – something to raise a smile in difficult times.*

### 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.

#### You can pay by:

**Direct Debit** – visit our website at [www.burphamca.org.uk](http://www.burphamca.org.uk) which has a link to this system – an email to [treasurer@burphamca.org.uk](mailto: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](mailto:membership@burphamca.org.uk)

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



## Moira MacQuaide's history of Burpham Grow your own

Due to the Coronavirus lockdown perhaps we will be encouraged to grow our own food in the future?

*Children of Burpham School tending their gardens, 1945.*

Apparently the amount of land for allotments has dropped by over 50% since the 1960s. Getting fruit and vegetables from supermarkets has become the focus of panic buying. The Burpham allotments in Bower's Lane might be an alternative – they are managed by the Guildford Allotments Society, with a local site representative to manage the area and sort out day to day issues.

them used the allotments, including the Kemps, Kilbys and Russells. Residents in Pimm's Row grew produce in the gardens in front of the cottages. Leonard Vincent, who was a market gardener well into the 1960s, donated some of the land by his house in Bower's Lane to the Council for allotments.

The 1934 OS map showed Market Gardens still there beside and behind the school. During the war the children were encouraged to grow vegetables, then after the war some of the allotment land was taken to provide a playing field for the school. However, the school lost some of that land when the A3 was built in the 1980s.

In 2007 there was a spate of attacks on allotments around Guildford. A Surrey Live report said: "The devastation at Burpham was unbelievable. It was like a First World War battlefield. They had chopped the greenhouses to bits. It was a mess." It seemed that the black market value of aluminium was the cause, but the result was improvements to the fencing around the site and a locked gate. One of the Burpham allotment plots was the overall winner in the Guildford in Bloom 2015. There are vegetables, fruit, flowers, sheds, greenhouses, cages and polytunnels

– even the occasional table and chairs for those social or rest moments.

As I look out at my garden I have to wait for months for the fruit to ripen and I don't have any vegetables – yet! Perhaps allotments will come into a new heyday as a result of the virus. If you don't have an allotment then perhaps the Gardening Club could help you transform part of your garden? It could be good for all of us.



The 1914 OS maps showed Allotment Gardens behind Burpham Primary School, edged by the river on one side, Burpham Lane on the other, and extending down to the old brick field next to Pimm's Row. In the 19th century and earlier most houses had a small garden where some vegetables could be grown. According to records in the early 20th century Burpham had several market gardeners, smallholders and nurserymen, presumably many of



*Allotments in Burpham*

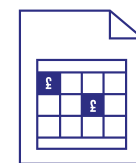
If you are willing to share your memories and/or photos to tell us more about Burpham then please contact Moira MacQuaide, either by e-mail ([moira.macquaide@gmail.com](mailto:moira.macquaide@gmail.com)) or by phone or text (07963 756543). My two books ('The History of Burpham Primary School' and 'Burpham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

## Aldridge Ironing Service

- Regular and Reliable
- Excellent References
- Established 1999
- Great Rates
- 24 hour Turnaround
- Free Collection and Delivery

01483 210229 07413 600612  
[aldridgeironing@gmail.com](mailto:aldridgeironing@gmail.com)

[www.aldridgeironing.co.uk](http://www.aldridgeironing.co.uk)



# MSBOOKS

Do you need help with your accounts and tax return?  
I offer a professional and friendly service to local businesses.

- + VAT returns and MTD
- + Bookkeeping to include
  - Bank reconciliations
  - Invoicing
  - Petty cash and expenses
  - Self Assessment tax return

Call Mark on 07735 700 037 or  
Email [Info@MSBooks.co.uk](mailto:Info@MSBooks.co.uk)

XERO ADVISOR  
CERTIFIED



## davis plumbing & bathrooms

Free quotations  
Fully insured  
Competitive rates  
24 hour call out

Plumbing installations,  
service+repair, water tanks,  
cylinders, drains, sinks, radiators  
Complete bathroom installations  
+refurbishment, from design  
to your dream bathroom

For a friendly+reliable service call Kevin Davis

T 01483 618 686 M 07877 944 087

E [davisplumbingandbathrooms@hotmail.co.uk](mailto:davisplumbingandbathrooms@hotmail.co.uk)

Checkatrade.com  
Where reputation matters



Community Spotlight:

## Living under lockdown

by Paul Nicholls

**You might have recently been reading our series of interviews talking to the interesting and inspiring people of Burpham and Jacobs Well, however this time I wanted to find out a bit more about how we are all 'living under lockdown'. I've spoken to a cross-section of our community to find out how they are coping with this new way of living from a family and a business perspective.**

The past 6 weeks have certainly been 'strange times', a phrase I've heard from a lot of people recently, and the changes made to our lives in order to manage, battle and overcome the Coronavirus crisis have had an impact on all aspects of life.

Something that stands out to me is the more appropriate use of the word 'hero'. No longer is it used for overpaid sports stars but is now so much more deservedly used to refer to our NHS superstars who have, and still are, courageously and selflessly treating and caring for people admitted to our hospitals (whether suffering from Coronavirus or anything else).

Of course there are many other 'frontline' services, ranging from the police, the fire service and the army to utilities teams and volunteer organisations (to name but a few), that we rely upon in times of crisis and who are currently working hard on our behalf to keep the community safe and healthy.

The weekly Thursday clapping that we've all been joining in with has been a wonderful collaborative display of gratitude and a time when we peer out of our front doors and have the opportunity to briefly chat to our neighbours. There's certainly a sense of support and community and this is something that I feel has been

heightened in this time of shared experience, all the more enriched by the various social media groups that have sprung up to offer support and companionship (in my own experience I am now actively involved in 3 separate WhatsApp groups). This has led me to consider everyone else in Burpham & Jacobs Well, how have their lives changed at the moment, what are they doing differently? I've spoken to a cross-section of our communities and asked them "what's living under lockdown like for you".

I recently spoke to an NHS nurse about her day-to-day routines and how they have been impacted by the

Coronavirus. "Working for the NHS has changed dramatically for me as I have been redeployed to a community hospital looking after COVID-19 patients who are continuing their recovery after having been treated in larger hospitals. Morale is good but the shifts are hard – the PPE makes it very hot and uncomfortable!"

I asked her how this has affected life at home, especially as the children are currently off school "My husband is working from home and there's enough to keep him busy but nowhere near normal, the kids do school work until lunchtime, and they go out for a bike ride every afternoon around the estate. With the fabulous weather we've been able to enjoy a relaxing glass of wine in the garden when the children have gone to bed, so at least there is some calm at the end of the day to try and unwind."

Many of us have been doing our daily exercise and from my own experience it seems a lot of people have headed down to the nature reserve on Bowers Lane and along by the River Wey between Bowers Lock and Stoke Lock. I asked Richard Cant from the National Trust about living under lockdown:

**Richard Cant, Lengthsman, National Trust**

"For the last 15 years I have worked as a Lengthsman for the National Trust on the River Wey Navigation, looking after the 3.5 mile 'length' between Millmead Lock in Guildford and Bowers Lock at Burpham. As you can imagine this is normally a very varied role and depending on the seasons involves tree work, vegetation management, and water level control through the operation of weirs. Spring is usually a particularly busy time for us Lengthsmen as the boating season informally starts at Easter and we always try our hardest to make sure the locks are painted and the grass is neatly mown so everywhere is looking its best.

Of course this year is very different because of the Coronavirus Pandemic,



*Bowers Lock at Burpham*

navigation has been suspended for boat users (we've been open since 1653) and our visitor centre at Dapdune Wharf in Guildford hasn't been able to open yet. All this means that we're running on a skeleton crew of staff, and along with our conservation volunteer groups having to be cancelled we are limited to what we can achieve. However wildlife and the weather mean that I'm still on 24hr call out for water level control and incidents, such as the fallen tree blocking the towpath on Easter Monday (they seem to be able to sense a bank Holiday).

**"One thing that I have noticed during this crisis is how many more people are using the towpath and enjoying their daily exercise at this beautiful location on their doorstep, many of whom never even realising you could walk along the river, let alone that it's owned by the National Trust."**

One thing that I have noticed during this crisis is how many more people are using the towpath and enjoying their daily exercise at this beautiful location on their doorstep, many of whom never even realising you could walk along the river, let alone that it's owned by the National Trust. Spring is a wonderful time with blossom, wildflowers, butterflies and ducklings all making an appearance, and I've felt even luckier during this time to live and work on the river, especially having my

two young daughters off school and at home. I hope that if one good thing can come out of this situation is that people will continue to take time each day to get out and enjoy the outdoors, it really is so important for mind, body and soul."

**Jo White, Headteacher, Burpham Primary School**

"On the 20th March school life as we knew it changed with the announcement that all schools should 'close until further notice' for all but a small minority of children. Headteachers like myself from all over the country suddenly found themselves faced (after very little notice or guidance) with the challenge of running a virtual school, a childcare centre and a food service. It feels like a lifetime ago that the school was buzzing with over 400 children and 80 plus staff and I think it is the eerie quietness of the building now we are down to less than 5% of that which is the most unsettling.

**"I am so appreciative of our strong school community and the support from staff and parents has been incredible."**

I am so appreciative of our strong school community and the support from staff and parents has been incredible. We all have a mental list of the things we would like to get done if we only had the time but actually most of my list has gone by the wayside and I've decided that the only way through this is one day at a time. It feels too early to be talking about silver linings when so many families are facing such loss and hardship, but I hope that the 'powers that be' will reflect on the things that really matter and it may be that education is never quite the same again..."

**Rev Jo & Rev James Levasier, Burpham Church**

"Living under lockdown has been an interesting experience for us as I am sure it has for other families. Suddenly finding you're 'stuck' with each other

all the time and having to do everything online has not been without its challenges. A month ago, I'd never even heard of Zoom and Teams, and we'd never explored live streaming, whereas now the whole family is involved in this every day. A steep learning curve! We are very mindful that others are in much more difficult places, and it has been very frustrating at times that we are not able to get out there and do more. I am constantly grateful for the gift of technology and the wealth we live in which gives us access to a whole host of ways of communicating. Other pluses: we've



The Levasiers under lockdown

eaten a lot more meals together, developed some new family traditions and haven't had to get up so early for school! Most of all I think this has made me appreciate the amazing people who make up our church family as I've seen them in action in the community."

**"A month ago, I'd never even heard of Zoom and Teams, and we'd never explored live streaming, whereas now the whole family is involved in this every day."**

**Russell Brown, Director, CMB Accountants**

"It has certainly been an unusual time during lockdown. It's getting easier now, but initially it was a real struggle trying to assist our three children with their schoolwork who seem to think I can instantly recall what I learnt in my lessons some 37 years ago! We find the daily exercise routine very

rewarding, and an opportunity for us all to get out. It's been great exploring the trails around Burpham Nature Reserve, a lovely area. It's good to also see familiar faces doing the same things as you – there is a real feeling in the community that we are all in it together. Helping neighbours with their shopping and medication has become part of the routine. Alternating workdays between home and office has been a nice change, and one that will probably continue. Clients have needed assistance with COVID-19 Business Support measures, and it has been a pleasure helping them with this process.

**"It has certainly been an unusual time during lockdown. It's getting easier now, but initially it was a real struggle..."**

From a business perspective, the impact has been dramatic for those adversely affected. Typically, this has seen an abrupt fall in income, or having to adapt to new working patterns or practice. The emphasis has been on helping clients to fully understand the business support measures available to them. The headline announcements include the Job Retention scheme for furloughed staff or the Self-Employment Support scheme. Both of these aim to preserve the majority of an individual's earnings subject to certain conditions and duration. Other support measures or deferral of tax payments may also be available in certain instances. At the moment, routine compliance work has understandably been put on the backburner, with the priority being on trying to ensure that clients are in the best position that they can be once things return to some sort of normality.

Hopefully, things will return to normality as soon as possible, and the footie season can resume – those premier league tickets are not looking such a good purchase at the moment. Stay safe everyone."

**Kate Carriett, Headteacher, George Abbot School**

"Being Headteacher at George Abbot is the sort of job where no two days are ever the same. Interactions with people are at the core of any teacher's work. Not seeing most of those people in person for 5 weeks has brought many challenges!

We were expecting schools to close but not quite as soon as they did, so there was a lot of quick work to be done. I am really proud of the school team's response. We have virtual learning working for all of our students and daily education support at school still being provided for the children of our key workers and those who are most vulnerable. Assemblies are being delivered, teachers are providing lots of resources and lessons by Zoom, work is being submitted remotely.

**"We were expecting schools to close but not quite as soon as they did, so there was a lot of quick work to be done. I am really proud of the school team's response."**

I am dividing my time between being at school and working from home. There, my husband and two sons are busy with remote work and education and there are moments of both calm and chaos. I have tried really hard to keep in touch with the outside every day – in the last five weeks, like many of you, I have taken great joy in the leaves unfurling, the bluebells emerging, the crescendo of birdsong as traffic noise has dimmed and the simple pleasure of seeing the sun go down at the end of the day.

Best wishes to all in our community for courage and good health."

It's been interesting to hear how we are all dealing with the lockdown in our own ways and coping with the individual challenges that our jobs are presenting. I do hope that you too have found some comfort in these shared experiences.

SILVER ARROWS

**TRAVEL IN LUXURY - ARRIVE IN STYLE**

Silver Arrows Private Hire and Chauffeur Services offers stylish yet reliable and punctual travel throughout the Guildford Borough and beyond. We operate 24 hours a day on booked calls - so don't wait to check in to travel first class.

Typical destinations include airports, theatres, restaurants, train stations, hospitals and many more. Customers use us all year round for personal as well as business trips.

**AIRPORT RUNS**

- Heathrow airport - from £35
- Gatwick airport - from £35
- Luton airport - from £65
- Stansted airport - from £85
- Epsom International station - from £65

+44 (0) 1483 280 050  
INFO@SILVER-ARROWS.CO.UK

**A3 HOME ELECTRICS**

- Additional sockets
- Replacement lighting
- Outside supplies and lighting
- Security lighting
- Safety and maintenance checks
- Smoke alarm installations
- Extension and new build installations
- Full or Part rewires

*All electrical matters considered  
No job too small • No call out fee  
Free estimates • Fully insured*

**ELECSA**  
PART P REGISTERED

**TRUST MARK**  
Government Endorsed Standard

Contact Keith Harrison  
Tel: 07707 686222 / 01483 600727  
Email: a3homeelectrics@googlemail.com  
www.a3homeelectrics.com  
Epsom Road - Guildford - GU1 2RP

**AFB BUILDERS**

**All types of Bricklaying**  
Extensions, Patios & Driveways, Garages  
Block Paving, Garden Walls, Re-pointing

**All types of Roofing**  
Flat Roofs, Tiling, Chimneys,  
Soffits & Fascias, Lead Work & Guttering,

**All types of Landscaping**  
Fencing & Landscaping

**All types of Jet washing**  
Roof Cleaning, Guttering Cleaning,  
Patio Cleaning

**Long standing family-run business in Burpham. Local references available.**

**Checkatrade.com**  
Where reputation matters

**01483 538531    07836 782422**  
**Email: afbuilders@hotmail.co.uk**  
**www.afbuilders.co.uk**

My goodness how our world has changed since the last edition of Burpham Pages, globally, nationally and locally.

# Togetherness in lockdown

Written by Ali Fisher



A good few weeks into our current reality of a world working so, so hard to cope with all the brutal challenges of Covid-19, I'm struck by how together our community feels in a time of social distancing and self-isolation. Despite so many of us now living almost 24/7 locked down behind our front doors, staying home to stay safe, somehow our neighbours' doors feel more open than ever before.

Essays will be written by future generations on how communities responded to this almighty challenge. My sense is we will reflect and feel very proud of how the Burpham community came together to fight the challenge of the coronavirus.

Here are some of the amazing ways we have seen the brilliant Burpham and surrounding community rising to these incredibly challenging times.

We'd love to hear your observations in the comments section on our website at [www.burpham-pages.co.uk/together-under-lockdown](http://www.burpham-pages.co.uk/together-under-lockdown)

## Caring

This seems to have been the lead response to the crisis from so many. To care. To give. To help. Burpham Church & the Burpham Community Association quickly came together to form Burpham Community Care

and had a fantastic response to their request for volunteers to help the vulnerable, with 200 local people putting their hands up to help.

Some wonderful individuals and groups, including the 1st Merrow Scout Group, have been collecting food donations and home-baked goodies for busy, over-stretched, exhausted NHS workers. Others are regularly calling those more isolated to offer a friendly



Giant 'Thank you NHS' etched out on Stoke Park. Guildford Borough Council.

chat, and it's not just a quick hello but often a half-hour or hour-long conversation. Social media call outs for much needed donations for the North Guildford Foodbank have resulted in generous drop-offs. In this time of crisis, Burpham is proving itself a strong and willing community of givers and carers.

## Sharing

Who knew that in 2020 the ultimate gift would be a 4 pack of loo rolls?! Yet friends and neighbours have come to the rescue when someone's found themselves caught short, be it loo roll, an egg or two, some flour or pasta. Offers have abounded to help keep families entertained with games and book swapping. Generous 'please rehome' boxes have been left out to share bits and bobs. Cakes being baked mean slices left on neighbours' doorsteps. Kind kids are learning a knock and step back technique to gift at a socially distant 2m+.

## Appreciative

The floodgates of thankfulness have opened. Appreciation is definitely contagious. Some gestures are breathtaking. Have you seen the giant 'Thank you NHS' etched out on Stoke Park? Others are smaller in size and scale but no lesser appreciated or impactful, from a thumbs up to passing bus drivers and posties to the claps of applause to those delivering meals on wheels. It's heartening to hear the many thankyou's passed on to the store staff in Sainsbury's, Aldi, Cook, McColls, The

Bakery & Wine Rack, where so many are working to keep our community fed and watered. Rainbows and thankyou's on green, brown and black bins seem to be gathering momentum to say thanks to yet more brilliant community keyworkers. THANK YOU.

## Expressive

Who hasn't been brightened by the explosion of sunshines and rainbows in Burpham? Well done to the kids of Sunshine Nursery in Sutherland Memorial Park whose sunshines are brightening daily exercise in the park. Kids have hungrily reclaimed our pavements with chalk rainbows, Easter eggs & Easter bunnies & powerful blue NHS hearts.



By Georgie Fisher, Age 7 Burpham



By Teddy Taylor, Age 6 Burpham



Rainbows and thankyou's on bins.

## Connected

With people living local in a way that hasn't been done for decades, we are finding the time, energy and passion to connect more deeply with those around us and our locality. WhatsApp and Facebook groups are popping up for streets and roads to help connect neighbours. We are being given the opportunity to reconnect with nature. With less traffic drowning out the birdsong and daily exercise providing opportunities to visit some of our quieter outdoor spots, now is a unique moment to drink in the wonders of nature that surround us.

**This is an unprecedented time of challenge, struggle, sadness and hardship but our local community is shining through with its kindness and togetherness, in a way that could leave a positive lasting legacy for Burpham locals.**

## Useful local contacts:

**Burpham Community Care** – [support@burphamca.org.uk](mailto:support@burphamca.org.uk) or telephone 07880 586455

**North Guildford Food Bank** – Facebook at [www.facebook.com/NorthGuildfordFoodBank/](https://www.facebook.com/NorthGuildfordFoodBank/) or website at [northguildfordfoodbank.co.uk](http://northguildfordfoodbank.co.uk)

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



## Mayhews Property Services

Improvements  
and maintenance  
inside and out

- Painting
- Tiling
- Kitchens
- Door hanging
- Lock changing
- Flat pack assembly
- Carpet cleaning
- Fencing
- Decking
- Patios

...and much more

T: 07832 368951/01483 493962 (evenings)  
mayhewspropertieservices@gmail.com



## Guildford Roofing & Guttering Expert Roofing Contractors

Flat roofing specialists | Re-roofing  
Slating | Tiling | Lead work | Chimneys  
Pointing | General roofing repairs  
UPVC Fascias, soffits and guttering

We are a friendly local family firm that  
has been established for over 30 years.

All our work is estimated prior  
to work commencing.

T 07840 800637 | 01483 839672

E guildfordroofing@gmail.com

[www.guildfordroofingandbuilding.co.uk](http://www.guildfordroofingandbuilding.co.uk)



## Generator. empowered by open-thinking

Brand strategy  
Corporate identity  
Website & digital  
Online media

At Generator, we help our clients stand out from the crowd by helping them communicate effectively with their customers, staff or investors. We'll help you find the best way to promote your business.

Design, branding and marketing  
services for all sizes of company  
from start-ups to corporations

Generator Creative Consultants Ltd  
T +44 (0) 1483 205010  
E empowered@generator-creative.com  
[www.generator-creative.com](http://www.generator-creative.com)

Listen. Think. Create. Inspire



## Christopher Robin DAY NURSERIES

Excellent Montessori education in a fun and caring environment  
that parents have trusted for over 30 years

Burpham, GU4 7LZ  
(01483) 454757

London Road, GU1 1TN  
(01483) 443100

Wood Street Village, GU3 3DX  
(01483) 236332

Woking, GU22 7SF  
(01483) 747131

Cranleigh, GU6 7AN  
(01483) 277050

BOOK YOUR  
VISIT NOW!



Christopher Robin - Burpham

Rated 9.8/10 by our parents\*

\*Based on 32 reviews on the independent nursery review website -  
[www.daynurseries.co.uk](http://www.daynurseries.co.uk)

"Our daughter loves coming to Christopher Robin! There is a low turnover of staff which means the children get to know the staff well. Our daughter has bonded with her key worker and many of the other staff too. She gets to do lots of different activities and a particular strength of the nursery is the huge and well-equipped garden."  
Mr H



Age: 3 months - 5 years 08:00 - 18:00 Open 51 weeks a year  
[www.daynurseries.surrey.co.uk](http://www.daynurseries.surrey.co.uk) info@christopherrobin.co.uk



Caring for you and your smile



At Waterden Dental our patients health and safety are our priority and in an effort to maintain this we are unfortunately closed for all routine & emergency dental treatment during the COVID-19 lockdown.

However, we are triaging patients over the telephone should you need to speak to a dentist in an emergency **please call 01483 565290**.

As soon as restrictions are lifted we look forward to welcoming you back in to the practice for general and cosmetic dentistry.

### COMFORT

Enjoy tailored treatment in a calm & caring environment

### CONFIDENCE

Quality care that achieves beaming smiles

### CONVENIENCE

Opens at 7.30am, 6 days a week & late appointments

01483 565290

4 Waterden Road, Guildford, GU1 2AW  
[www.waterdendental.co.uk](http://www.waterdendental.co.uk)

## JENNIFER MARGRAVE SOLICITORS LLP

- Wills, Trusts & Probate
- Lasting Powers of Attorneys
- Court of Protection matters
  - NHS funding issues
  - Non-mortgage related residential conveyancing

**Tel: 01483 562722**

The Old Post Office, 130 Epsom Road,  
Guildford, GU1 2PX



**Wills &  
Inheritance  
Quality**

E: enquiries@jennifermargrave.co.uk

**We advise on law but do much, much more!**

[www.jennifermargrave.co.uk](http://www.jennifermargrave.co.uk)

Authorised and regulated by the Solicitors Regulation Authority  
SRA No. 533213

## Andrew F Wye Limited CHARTERED ACCOUNTANT

**Are you experiencing difficulties  
in coping with life because of:**

- Personal tax returns
- VAT returns
- Payroll matters
- Management/annual accounts

### An Accountant can help

Based in Burpham, I have over 30 years experience of dealing with completion of accounts and tax returns. If you would like more information or to arrange a meeting to discuss how I can help you, please call me on:

01483 420039 or 07776 250454

or Email [andrew@andrewfwye.com](mailto:andrew@andrewfwye.com)  
visit [www.andrewfwye.com](http://www.andrewfwye.com)

# Burpham Gardening Club News

May & June

To join the club call John Boon on 01483 874123

**Please note that all Club meetings are cancelled until further notice due to the Covid-19 virus. I hope that you all stay well and I look forward to seeing you at future meetings and events.**

One of the best places to self isolate is in your garden (weather permitting), gardening is very good for your mental and physical wellbeing and as it is right on your doorstep it can easily become part of your daily physical exercise with an added bonus of producing fruit, vegetables and flowers for you to enjoy.

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

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

- Spray Roses regularly with a systemic insecticide to control Blackspot and Greenfly.
- Sweet Peas need to be tied to supports as they grow.
- Towards the end of the month plant out young Dahlia plants and tubers.

**One of the best places to self isolate is in your garden, gardening is very good for your mental and physical wellbeing and as it is right on your doorstep...**

- A Spring and Summer dressing should be applied to lawns when rain is forecast.
- The RHS are now asking you to allow flowers to grow on your lawns instead of insisting on a smooth green surface, so that you can help to replace 7.5 million acres of wildflowers lost in this country since the Thirties and support bees, butterflies and other pollinators looking for nectar.

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

- Harvest Salad crops as they mature.
- When Early Potatoes come into flower they are ready to be dug.
- Sow French and Runner Beans for a late crop.
- Plant out Courgettes, Squash.
- Fast growing Annuals such as Calendula can be sown where they are to grow.
- Complete the planting of Summer Bedding Plants Cannas, Dahlias and Gladioli.
- Dead head Delphiniums and Lupins to encourage a second flush.
- Pinch out the leading shoots of Chrysanthemum, Helianthus and Fuchsia to encourage a bushy growth.
- Spring flowering shrubs such as Forsythia and Philadelphus should be pruned but leave Magnolias until they are in full leaf.
- The planting out of Containers and Tubs should be completed.
- Make sure that newly planted trees and shrubs are well watered during dry weather.

**Could you  
be a  
home care  
hero?**

**Home  
Counties  
Carers**

We are a close knit family run Home Care business that is committed to providing friendly & reliable care, by carers who genuinely care.

We are very proud of all our home care heroes and are looking for new carers to join our team.

**Helping people at home**

**Want to join our team?**

Call Matthew today on **01483 224 985**

[homecountiescarers.co.uk](http://homecountiescarers.co.uk)

# 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 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

## 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

## FUNERAL DIRECTORS AND MEMORIAL STONEMASONS



## THE FAMILY YOU CAN TURN TO... DAY OR NIGHT

Seven generations of our family have been helping and advising local families in their time of need. For 240 years we have been providing funerals, both traditional or modern, with care and compassion.

### BURPHAM

204 London Road 01483 615031

### GUILDFORD

70 Woodbridge Road 01483 562780

Branches also in Woking and West Byfleet



[www.lodgebrothers.co.uk](http://www.lodgebrothers.co.uk)

**Lodge**  
BROTHERS 1780  
& Monk

**Lodge**  
BROTHERS 1780  
the family you can turn to

ASK ABOUT OUR  
PRE-PAYMENT  
FUNERAL PLANS



FUNERAL DIRECTORS • MEMORIAL STONEMASONS • FLORAL TRIBUTES  
PERSONALISED FUNERAL PLANS • WILLS & PROBATE

## NO JOB TOO LARGE OR TOO SMALL

*"The Mobile Handyman"*

FOR ALL YOUR DIY &  
PROPERTY MAINTENANCE  
REQUIREMENTS

Electrical services  
Plumbing  
Brickwork  
Carpentry  
Ceramic tiling  
Flat roofing  
Painting & decorating  
Kitchen refurbishment  
Bathroom refurbishment  
Flat pack furniture assembly

T: 01483 548048 or 07710 134670  
E: [contact@mobilehandyman.co.uk](mailto:contact@mobilehandyman.co.uk)

NO CALLOUT FEE/FULLY INSURED



At The Guildford Spine Centre,  
we are experienced in treating a  
variety of muscle, joint and nerve  
pain including:

Back and neck pain • Sciatica  
Slipped discs (disc protrusions)  
Shoulder issues • Headaches  
Minor Sports injuries

*Make your pain a thing of the past  
and book now.*

**50% off** New Patient First Visit Offer  
with this advert

Tel: 01483 808 868  
[www.spinecentreguildford.co.uk](http://www.spinecentreguildford.co.uk)  
44A London Road, Guildford, GU1 2AF



# Seymours



## WORKING FOR YOUR HOME, FROM OUR HOME.

WE ARE OPERATING REMOTELY,  
FOR ALL YOUR PROPERTY NEEDS.

### BURPHAM BRANCH

5 KINGPOST PARADE,  
BURPHAM, GU1 1YP  
PHONE: 01483 300667  
EMAIL: [SALES@SEYMOURS-  
BURPHAM.CO.UK](mailto:SALES@SEYMOURS-BURPHAM.CO.UK)

### GUILDFORD BRANCH

6 LONDON ROAD,  
GUILDFORD, GU1 2AF  
PHONE: 01483 576833  
EMAIL: [SALES@SEYMOURS-  
GUILDFORD.CO.UK](mailto:SALES@SEYMOURS-GUILDFORD.CO.UK)

[WWW.SEYMOURS-ESTATES.CO.UK](http://WWW.SEYMOURS-ESTATES.CO.UK)