

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

# Burpham Pages

March  
& April  
2022

Incorporating Jacobs Well

## **Burpham's boundaries.**

Burpham has changed size many times, the boundary commission is proposing to change the borders again.

## **How do you deal with loss?**

All of us are different and there are many different various approaches we can take.

## **3 things everyone should be doing.**

When it comes to our health and fitness, it's easy to become overwhelmed.

Includes: Community Update from the Burpham Community Association

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## Burpham Pages

Issue No. 97  
March &  
April 2022

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

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**4th April 2022**

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# Welcome

Dear neighbours, it seems that every time I write my introduction to the magazine our lives are being affected by what is happening in the news. This time for once the news focus has shifted from Covid. However, it has moved on to something rather more concerning going on in Eastern Europe.

This month has continued the trend of more events locally and more businesses keen to let the community know about the services and products that they are offering.

Last month Moira MacQuaide's article on 'The Streets of Burpham...' gained a lot of interest in the magazine and online (see the interesting response to our article from an informed reader at <https://burpham-pages.co.uk/2022/01/08/the-streets-of-burpham/>) and we're hoping that you find her latest article about the 'Attfield alias Ripley' family of similar interest.

I generally like this time of year. Over the next couple of months we will hopefully start to get a few 'spring like' days. The clocks go forward, as we officially enter British Summer Time, on the 27th March (which is also Mother's Day).

Then, following Lent and Pancake Day we have Easter with its flurry of bank holidays plus copious amounts of chocolate after the abstinence of Lent. Also, throughout March and April we have a number of 'Saints' Days' to celebrate. Saint David's day in Wales, Saint George's Day in

England and Saint Patrick's Day in Ireland, best known for its traditional lifting of Lenten restrictions and subsequent alcohol consumption.

So I hope you too get to enjoy this part of the year, without too much worry around the latest news, and that you get time to spend with family and friends now that Covid restrictions have mostly lifted.

I look forward to speaking to you again in the May & June issue as we start to head in to Summer.

Keep well and safe.

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

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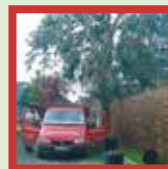
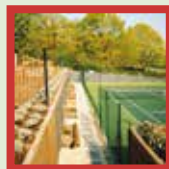
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# News + events

March &  
April 2022

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

## Sight for Surrey announces Dame Judi Dench as Patron for Centenary Year!



Sight for Surrey has announced that acting legend, star of the screen and Surrey resident, Dame Judi Dench, CH, DBE, has agreed to become a Patron of the charity for its Centenary year, 2022.

Sight for Surrey supports and enables people in Surrey who are blind, vision impaired, deaf, hard of hearing and deafblind to lead full and independent lives, a mission that Dame Judi Dench holds close to her heart, as in 2012, she was diagnosed with macular degeneration.

Dame Judi said, "Sight for Surrey is a charity that I respect and support. I live with an eye condition and know first-hand how losing your sight can make even the most simplest tasks, like reading the newspaper, post or emails or a list of ingredients, a challenge! The work that this charity does in getting people set up and adjusted to life with a vision impairment is amazing and I am honoured to be their Patron in their Centenary year".

Bob Hughes, Chief Executive at Sight for Surrey said, "we are delighted

that Dame Judi has agreed to be our Patron during an exciting and eventful year for the charity. We have been supporting people in Surrey with a sensory loss for 100 years and look forward to many more. We hope that Surrey residents will be spurred into fundraising action this year and set themselves a fundraising challenge that will test their boundaries and highlight the challenges that people with a sensory loss face every day."

Sight for Surrey supports over 8,000 people in Surrey who are blind, vision impaired, Deaf, hard of hearing and deafblind. The charity was established in 1922 when we first started assisting vision impaired soldiers returning from war and we have continued to help people in Surrey with a sight and/or hearing loss.

<https://sightforsurrey.org.uk>

**theWI**  
INSPIRING WOMEN

**WI** Our regular evening meetings are now back to face-to-face at Burpham Village Hall. and continue on the 3rd Tuesday monthly except in August. The list of our 2022 speakers will be available on our website as soon as they are confirmed.

**Confirmed talks:**

*Tuesday 15th March*

**Callum's colourful crusade with Sight for Surrey**

Speaker – Callum Russell.

*Tuesday 19th April*

**Kill or Cure – Medicine in the 19th century**

What were you most likely to die from, could you survive some of the early 'remedies' and live to tell the tale? Speaker – Lady Teviot.

The WI plays a unique role in providing women with opportunities to build new skills, to make good friends, to take part in a wide variety of activities and to campaign on issues that matter to them and their communities.

If you would like further information about our WI, including how you can join our meetings please email us at [burphamevewi@hotmail.com](mailto:burphamevewi@hotmail.com)

**For further information:**

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## News + events

### Burpham's boundaries



Throughout its history, Burpham has changed its size and shape many times, and the boundary commission is proposing to change the borders again in June, in time for the next round of borough elections.

The final proposals – still to be signed off – will, if agreed, expand our boundaries to include the roads of **Ganghill, Abbotswood, Westward Ho and Boxgrove Avenue.**

The new roads are currently split among neighbouring wards, but it does make some sense to relocate them into Burpham because they share the same journeys, schools, shops and amenities as we do. It also brings the size of Burpham into line with national expectations at around 2500 residents per councillor. We will retain two councillors, therefore.

The residents of the 'new' roads enjoy a distinctive neighbourhood. Many of their houses are protected from inappropriate development by being in a conservation area since 2011. Abbotswood in particular is home to

many fine large arts-and-crafts houses built by the eminent architect Alfred Claude Burlingham. Several of us who live in Orchard Road or on the Sainsburys roundabout inhabit cottage versions of the Abbotswood houses. These were the 'affordable housing' of their day and have the same wooden beams, nooks and crannies, and wide rectangular leaded windows.

Burpham is facing fewer changes than some other wards. The plan is to merge Christchurch and Holy Trinity wards, and also Shalford and Pilgrims on the other side of town. Stoughton however will split in two, and Friary will be separated from St Nicolas.

Will the additional roads change the political balance of power in Burpham? Maybe. Although the new roads were resisted by the small number of people

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who responded to the commission's draft proposals, Lib Dem councillor George Potter has accepted that they make sense.

**Sue Hackman**

*We will aim to update you in the July & August 2022 issue of **Burpham Pages**, assuming that we have the outcome of the consultations.*

**Fortunately Burpham Pages is already delivered to all these roads as we did our own assessment of what was considered Burpham (in our opinion)!**

### Saints' Days

It's a busy couple of months for the saints as we have **St David's day** (Tues 1st) and **St Patrick's day** (Thurs 17th) in March and **St George's day** (Sat 23rd) in April.

#### Saint David's Day

Saint David's Day is the feast day of Saint David, the patron saint of Wales, and falls on the date of his death (c. 589 AD) 1st March.

St. David, born in Caerfai, south west Wales into an aristocratic family, was a Welsh bishop of Mynyw (now St. Davids) during the 6th century.

The feast has been regularly celebrated since his canonisation in the 12th century. It is not a national holiday, though there is strong support for it becoming a bank holiday in Wales. In the past, schools have taken a half-day holiday, which continues in some parts of Wales.

David's fame as a teacher and his asceticism spread among Celtic Christians of the time. He helped found about 12 monasteries and his foundation at Glyn Rhosyn became an important Christian shrine. (Cont. over)

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

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# News + events

## Saint Patrick's Day

Saint Patrick's Day held on 17th March, the traditional date of the death of St. Patrick (c.385-461), the foremost patron saint of Ireland.

St. Patrick's Day was made an official Christian feast day in the early 17th century and commemorates St. Patrick and the arrival of Christianity in Ireland and celebrates the heritage and culture of the Irish in general. Celebrations generally involve public parades and festivals, céilís, and the wearing of green attire or shamrocks. Historically the Lenten restrictions on eating and drinking alcohol were lifted for the day, which has encouraged and propagated the holiday's tradition of alcohol consumption.

St. Patrick's Day is a public holiday in the Republic of Ireland and Northern Ireland and is celebrated in more countries than any other national festival. There has been criticism of St. Patrick's Day celebrations for having become too commercialised and for fostering negative stereotypes of the Irish people.

St. Patrick was a 5th-century Romano-British Christian missionary and Bishop in Ireland. It is believed he was born in Roman Britain in the 4th century, to a wealthy Romano-British family. His father was a deacon and his grandfather was a priest in the Christian church. When young he was kidnapped by Irish raiders and taken as a slave to Gaelic Ireland. After 6 years God told Patrick to escape his captors and flee to the coast, where a ship would be waiting to take him home.

According to tradition, Patrick returned to Ireland, becoming a priest and converting the pagan Irish to Christianity. He spent many years evangelising in the northern half of Ireland and converted thousands.

Patrick's efforts were eventually turned into an allegory in which he drove 'snakes' out of Ireland, despite the fact that snakes were not known to inhabit the region.

Tradition holds that he died on 17th March and was buried at Downpatrick. Over the following centuries, many legends grew up around Patrick and he became Ireland's foremost saint.

## Saint George's Day

George is the patron saint of England. His cross forms the national flag and features within the Union Flag of the United Kingdom. By the 14th century, the saint had been declared both the patron saint and the protector of the Royal Family.

It is thought that George was a Roman officer of Greek descent, martyred when sentenced to death for refusing to renounce his Christian faith.

The earliest documented mention of St. George in England comes from the Catholic monk the venerable Bede (c.673-735). English soldiers evoked St. George as a battle cry during the Hundred Years' War (1337-1453) and displayed his cross on their pennants. St. George's Day was a major feast and national holiday in England on a par with Christmas from the early 15th century. But this tradition had waned by the end of the 18th century after the union of England and Scotland.

Similar to St. David's Day in Wales, there is a growing reaction to the recent indifference to St. George's Day. Organisations such as English Heritage and the Royal Society of St. George have been encouraging celebrations, and arguments have been made to make St. George's Day a public holiday.

England, Ethiopia, Georgia, Moscow, Catalonia & Aragon in Spain have

all claimed George as their patron saint, as have several other regions, cities, universities, professions and organisations.

## George and the dragon

First recorded in the 11th century, the legend tells of a fierce dragon causing panic in the city of Silene, Libya. To stop the dragon from devastating the city the people sacrificed two sheep each day to him. But sheep were not enough and they were forced to sacrifice humans instead. Eventually the king's daughter was chosen but no one was willing to take her place. George saved the girl by slaying the dragon with his lance. The king was so grateful that he offered him treasures as a reward for saving his daughter's life, but George refused and instead he gave these riches to the poor. The people of the city were so amazed at what they had witnessed that they became Christians and were all baptised.

The bones of Saint George are buried in the Church of Saint George, Lod, Israel.



English recruitment poster from WWI, featuring George and the Dragon

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John, Burpham



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# What's on this month

Saturday 19th March

## Surrey Police Band in Concert



7.00pm. Emmanuel Church,  
Stoughton, Guildford, GU2  
9SJ Annual concert in aid of  
Phyllis Tuckwell Hospice Care, at the  
splendid Emmanuel Church in  
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out so early booking is advised.

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Sunday 22nd May

## Surrey Police Band presents: A Platinum Jubilee Concert



7.00pm. Normandy Village  
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Join us for an evening of  
music to celebrate the 70th  
anniversary of the accession of Queen  
Elizabeth II. In aid of the Chief  
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## New dates:

## Burpham Residents' Winter Lectures 2022

Thank you for your patience waiting for  
Omicron to retreat. Our **FREE** lectures  
by residents for residents all take place  
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have been rescheduled as follows:

All lectures are free, take place at the  
**Burpham Village Hall** and start at  
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Do you have any events happening in and around Burpham & Jacobs Well that you would like added in the next issue?  
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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 4th April.

Friday 1 April 2022

## Creatures of the Rain: Gargoyles, Grotesques and Hunkypunks



Andrew Plumridge will reveal  
some of the creatures that  
enrich the upper reaches of  
our churches and public buildings.

Friday 8 April 2022

## Yes, Minister – an insider's view



Former minister Bob Hughes  
will take us behind the  
scenes of government to  
consider the realities of life at the top.

Friday 22 April 2022

## Medieval sex and marriage



Historically, marriage has been  
an awkward matter. Why were  
panels of women assembled  
to assess the virility of a husband? And  
just how celibate were the priests who  
married them? Brian Creese will  
answer these questions and more...

Friday 29 April 2022

## You have the right to remain silent



Andrew Plumridge will lead  
us through a selection of  
bizarre and obscure laws that  
you probably break on a daily basis.  
probably break on a daily basis.

## Church events for the diary

Tuesdays 1, 8, 15, 22, 29 March

## 7: 30pm The Unanswered Prayer Course



7.30pm. An opportunity to  
process life's most difficult  
questions together. Video  
input, small group discussion over  
coffee & cake. This is a combined

March &  
April 2022

local churches event held at Christ  
Church Guildford – sign up through  
our church office or just turn up.



Sunday 6th March

## Bereavement Service



3.00pm. At St Luke's Church,  
Burpham Lane (opposite park)  
An opportunity to remember  
loved ones, and lay a flower in their  
memory, followed by tea and cake.

Sunday 20th March

## Messy Church



4.00pm. Making church fun for  
all the family – crafts, activities,  
food and celebration. Church  
of the Holy Spirit, New Inn Lane

Saturday 16th April



**Easter Fun Afternoon  
in the Park** Full details to  
follow – look for posters in April

Sunday 17th April



**Easter Celebration  
Services**  
At 9.15am & 10.45am

Sundays



**Regular weekly  
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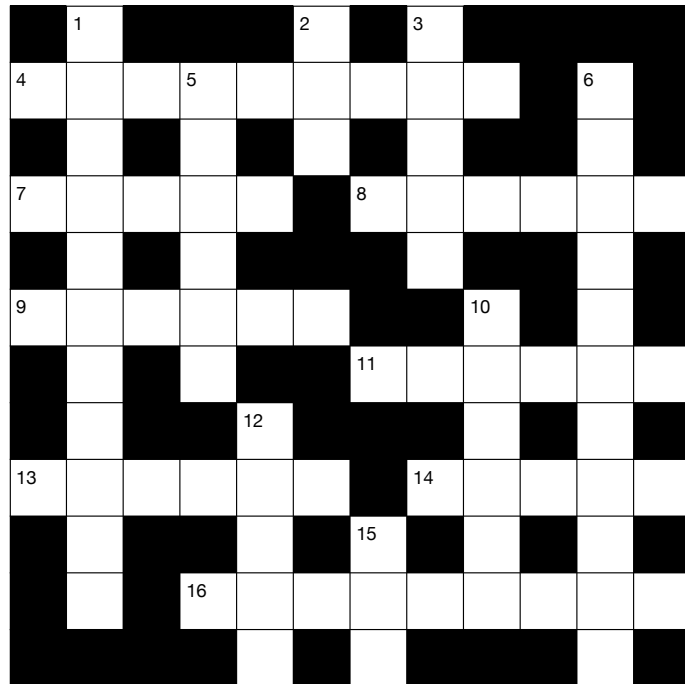
**Holy Communion**  
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[www.burphamchurch.org.uk](http://www.burphamchurch.org.uk)

# Burpham Pages Crossword

Crossword No. 22  
March & April 2022

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## Across

- 4 Covering a wide area in terms of space or scope; extensive (9)  
7 Firmly place something in a surrounding environment (6)  
8 Long, narrow cut or depression in a hard material (6)  
9 Suffer (something painful or difficult) patiently (6)  
11 Carved or cast figure of a person or animal, especially one that is life-size or larger (6)  
13 Walk with the heels off the ground and the weight supported by the ball of the foot and the toes (6)  
14 Opening through which an animal or human takes in food (5)  
16 An object or device that is not essential in itself but adds to the beauty, convenience, or effectiveness of something else (9)

## Down

- 1 Test of a student's knowledge or skill in a particular subject (11)  
2 Call on for an answer (3)  
3 Hard white substance composing the main part of the tusks of elephants (5)  
5 Wide street or main thoroughfare (6)  
6 Done without will or conscious control (11)  
10 Celebrated, eminent, distinguished. Someone or something widely and favorably known (6)  
12 Comfortably equipped single-decker bus used for longer journeys (5)  
15 Drops of water that form on the ground and other surfaces outside during the night (3)

## Solution to Crossword No. 21

Burpham Pages issue No. 96  
January & February 2022

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 March – April 2022 solution please see our May – June 2022 issue.



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## How do you deal with loss?

How do you deal with disappointment or loss?

All of us are different and there are many different various approaches we can take.

There's the 'let it all hang out' grieving version – we've all met someone like that. You know exactly how hard they are finding every second. And of course the psychologists tell us that it is great to let our emotions out... but it can be a little too much for the poor unfortunate souls around us! Perhaps you lean towards the letting it all hang out method? Maybe we are tempted to wallow in our grief and somehow perversely not be prepared to leave the misery?

Or perhaps you are more the British stiff upper lip type? Don't let anyone around you know how much you are crying inside and just carry on as normal. This was probably the approach of choice for many from earlier generations. I guess the 'Keep calm and carry on' movement stems from this approach. There's a lot to be said for it, especially if you're in a war – but the science now tells us that not dealing with grief and trying to stuff it in or pretend it isn't there, isn't actually very healthy and can cause us physical problems in the long run.

It's not a subject that children's films usually tackle, but those who saw the movie Up, may agree with me that it was a brilliant, if emotional, study in grief and loss. It's not often you need

tissues in the first 10 minutes of a Disney Pixar film – but this one was brilliant! (Do check it out if you haven't seen it, it really does work for all ages!)

**Grief is like the bear hunt – you can't go over it, you can't go round it, you have to go through it.**

After the extraordinary last couple of years, many of us have experienced loss and grief in unexpected ways. There have been funerals that only a few people could attend. Elderly relatives in care homes whom we couldn't visit. School proms, end of year celebrations – normal human connections and experiences that were lost for ever. I wonder if we recognise the depth of the trauma we as individuals and as a nation have been through over the last few years. Perhaps these are first world problems – we have not experienced anything like the devastation of Syria or the suffering of Afghanistan. But we do ourselves a disservice if we don't allow ourselves space and time to acknowledge and grieve people and situations. Grief is like the bear hunt – you can't go over it, you can't go round it, you have to go through it. I wonder what that will look like for you?

This March we have an opportunity for those who'd like to pause and remember those they have lost with others. On **Sunday 6th March** we have a **Bereavement Service, 3.00pm at St Luke's Church**. Maybe it will be a helpful way for you to go through your grief whether your loss was recent or a long time ago.

And as Easter approaches it is good to remember that the Christian faith is very real about pain and suffering. The Christian God is one who enters into our pain and walks our path. He is ready to hear our questions and hold our hurt. He can deal with our questions, our frustrations and our anger. Why not come and explore some of those things on the **Unanswered Prayer Course** that we are running in conjunction with 3 other local churches. You never know – maybe this will be the place that you need to go to move on from that place of grief that traps you. Whatever your way to deal with loss – can I encourage you to face it – as the saying goes, we can run but we can't hide!

With every blessing for the coming year  
**Rev'd James & Jo Levasier**

[james@burphamchurch.org.uk](mailto:james@burphamchurch.org.uk)  
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Welcome to the Burpham Community Association

# Community Update

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

March & April 2022

We represent the community of Burpham, Guildford

## Flood Forum date change

**The meeting scheduled for the 21st January had to be postponed due to concerns over the rise in Omicron infections. It will now take place on Friday March 25th at 1pm in the Village Hall. If you wish to attend, or raise a specific issue, please email [secretary@burphamca.org.uk](mailto:secretary@burphamca.org.uk)**

For any new residents, the Flood Forum came about because of the 2013/2014 floods. The BCA established a flood action group of local residents to try and identify the problems of local surface water management and propose solutions. Together with the various agencies responsible for these issues this led to the formation of a Forum chaired by our MP which meets normally biannually.

The main areas of concern are:

- Issues along the Merrow Common Stream which flows from Merrow Lane through Great Oaks Park and Weybrook Park to its outlet into the Wey Navigation
- the erosion of the banks along the Wey Navigation.

The latter problem was the focus of a walkabout on a miserable January afternoon. Two members of the BCA



Committee, accompanied by Angela Richardson MP and representatives from GBC and the National Trust took a close up look at some of the issues we have raised. Erosion is one of the main concerns; it is happening on both sides of the river and much of the tow path has been lost.

Another worry is the number of mature trees lost. There were 207 reported blockages between Godalming and the Thames in the last 10 years; with other trees falling away from the river that could be up to 300 lost

trees, including quite a few along Burpham's stretch. There is also concern over the Nature Reserve and the rest of the flood plain not draining properly; this could lead to unwanted flooding in other places.

It was agreed that these issues need to be addressed and we look forward to what the agencies involved have to say at the Flood Forum this month. The committee would like to thank Angela and the representatives for giving their time and enduring a cold, wet and muddy walk.



### 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](https://twitter.com/burpham_c_a)  
[facebook.com/burphamCA/](https://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](http://www.guildfordlottery.org/support/burpham-community-association)

## Defibrillator fundraising... progress report



**As you know, we're busy fundraising for two community public access defibrillators (cPAD). At the time of writing we are over 60% of the way to our £6,000 target.**

Thank you so much to everyone who has donated – it really is appreciated. Special thanks to George Potter, our local County Councillor, for the £1,000 from Surrey County Council Members' Community Allocation Funding. Thank you also to our fantastic local pub, the Anchor & Horseshoes, for donating the funds from their recent Quiz Night.



Our plan is to provide two high specification Zoll 3 defibrillators, carry cases, outdoor heated cabinets, installation, training and ongoing support and maintenance. They'll be installed outside Aldi and the Sutherland Memorial Park Hall. If you'd like to donate, please go to our JustGiving page or scan our QR code.

<https://www.justgiving.com/burpham-community-association>

If you'd prefer to write a cheque then please send it to our Treasurer (details in the joining section) with a note that it's for the cPAD project. Thank you!

## Help by joining the Burpham Community Association today!

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

Subscriptions are £8 per household or £4 per single occupancy and run from January to December. Join now or renew your membership for 2022.

**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.

## Bird recognition

Many thanks to the birdwatchers of Burpham who responded to our request in the last edition of Burpham Pages – all agreed that this bird in Jim's garden is a common buzzard. Lucky Jim indeed, as it is very unusual for them to visit gardens. One respondent noted that red kites, sparrowhawks, kestrels, peregrine falcons, barn owls, tawny owls, little owls and hobbies (summer migrants) have all been seen locally.



## Address Correction

The new address for the BCA given in the January edition should have been **6 Darfield Road, Burpham GU4 7YY**. Apologies for the incorrect postcode.

### 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)





## Are you ready to put down new roots?

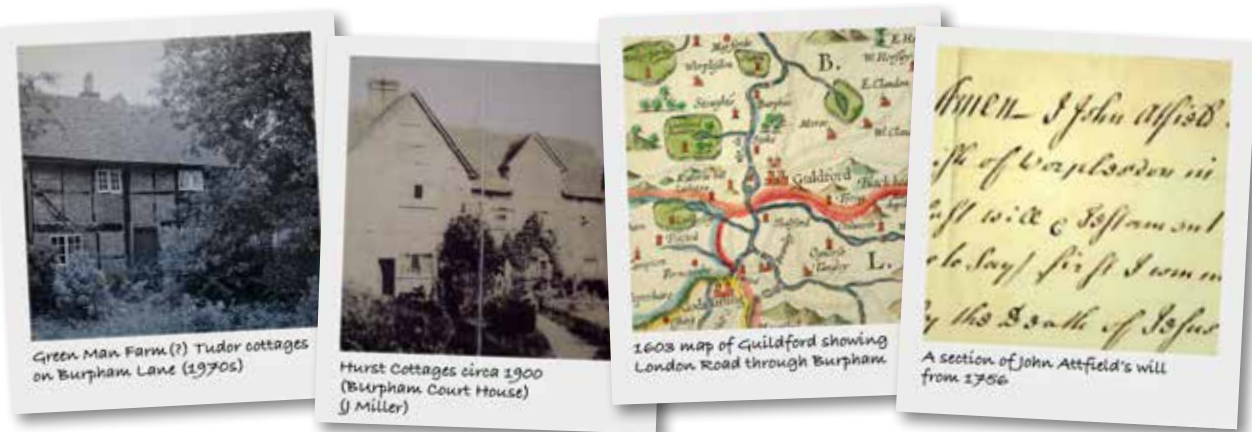
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Sometimes it is possible to find a family that lived in a community for not only decades, but centuries. The 'Attfield alias Ripley' family is one of these. Whilst Attfield was originally 'At-the-fields', later 'Atte Felde' or 'Atefeld' it's not known where the 'alias' extension of the name originated, but variations (and there are many different ones) could date back to Saxon times.



## The 'Attfield alias Ripley' family

Moira MacQuaide's history of Burpham

It's possible that one of the surnames was adopted as a condition of inheritance, or to show a relationship to a prominent local family. Research shows that most of this family lived in Surrey, and there are baptism records dating back to the 1500s at Worplesdon. Some of these early records show that the family lived in Burpham, which was then part of Worplesdon Parish. There are other records of the wider Attfield family in Farnham, Windlesham, Chobham and Egham. Here are just a few examples of the family, mainly from probate records:

Agnes Atfyld alias Rypley of Burpham, a widow, left an interesting will when she died in 1574. She left 12 dozen loaves, six cheeses and a kilderkin of beer for her wake, and money for the poor of Worplesdon and Merrow. Amongst a long list of bequests to family and servants, her godchildren received 6d each, a servant received

various clothing and a calf, one of her sons received a bullock, some sheets, a chest, a pot and kettle, and some barley. The rest of her belongings went to her other sons.

In 1581 some land at Burpham, possibly around Pimm's Row or near the Green Man, was transferred to Thomas Atfeild alias Ripley for 1,000 years, by Edmund Windsor of Hillesden, who had inherited the Lordship of the Manor of Burpham in 1566. When Thomas died he left the property to his wife, Alice.

Henry Atteild alias Ripley died in 1629, leaving his house and land at Burpham Cross, presumably by the Green Man & possibly the Tudor cottages (now West Court), and land in Ganghill, to his son.

John Attfield alias Ripley died in 1754. He was the Victualler, or innkeeper, at the Green Man in Burpham, giving us the earliest record of the pub being in the

village. He had three children, but he asked his cousin, Henry Attfield alias Ripley, to sell everything in order to pay for the children's upkeep after his death.

In 1756 Thomas Atfield alias Ripley wanted his property at Hurst, now Burpham Court House and Willow Grange, to be sold in order to pay off his mortgage for Queenhithe Farm in Jacob's Well, so that his wife could live there for the rest of her life.

By the 1841 census it seems that the family had left Burpham, though there were still members living in other parts of Worplesdon parish. Nowadays New Inn Farmhouse is the only building in Burpham that the Attfields would have known, but there are several still in Jacob's Well.

The Attfield family are still researching their ancestors, and prior to the pandemic they held occasional reunions.

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.

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Governors come from all walks of life and we encourage diversity within the team. As part of our team, you need to both support and challenge the school. Governors need to ask questions to the school to help it investigate how it is performing. You don't need to have worked in education or have any specific qualifications. You just need to be able to work effectively as part of a team, think strategically and be keen to make a positive difference.

Register your interest or find out more by contacting Lee Elliott, Chair of Governors, at [lelliott@burpham.surrey.sch.uk](mailto:lelliott@burpham.surrey.sch.uk)

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# 3 things everyone (but especially women!) should be doing

When it comes to our health and fitness, it's easy to become overwhelmed. The options are endless and it can be tricky to know where to start. **Christine Sciberras, Founder and Head Coach at Melita Fitness, gives us some tips on how to make some small but effective changes to our fitness.**

So let me help! Here's three things we should all be focussing on.

## 1. Lift heavy stuff

There are many reasons for this: resistance training helps you build lean muscle, it helps you build stronger bones and it helps you burn more calories.

For women it's especially important as we lose 5% of our muscle mass every decade. And that starts in our 30s!

We need to work to reverse this atrophy so that we can continue living full and active lives.

The way to achieve this is resistance training – lifting heavy stuff. You don't need fancy equipment or complex movements. In our classes, we use a kettlebell (or two!) and simple but effective exercises, like squats and lunges. This method of exercising gives your body a clear signal that it needs to adapt and build stronger muscles.

But don't worry, you're unlikely to become 'too muscular' by accident! Unless you happen to be The Rock's long-lost sister!

And the good news is that you don't even need much time. A recent study found that 1 to 2 hours per week means you are 1/3 less likely to become obese.

## 2. Eat proper food

We live in an obesogenic environment. Our food is designed to be easily accessible, extremely palatable, and easy to consume. Millions of £££s go into developing this kind of food and making it irresistible.

This ultra-processed food is exactly the type of food we should be eating less of. Although ironically it takes up around 80% of a supermarket's floor space.

We should instead be eating more vegetables, fruit, nuts, pulses, and good sources of protein too.

## 3. Prioritise rest

Now I know that for some of you with young children, this might seem impossible. But let me tell you why this is important.

When you lift heavy stuff, you damage your muscles. This is the signal your body needs to build back stronger. And this building can only happen when you are resting.

### The other reason is this:

bad sleep = unbalanced hormones, especially the hormones that regulate satiety and cravings.

So you see without good sleep you'll struggle to grow stronger. And you'll struggle to make healthy food choices.

So prioritise your sleep: put your phone away, leave the tidying, switch off the telly. And get yourself to bed early instead.

### BONUS TIP!

Whenever you're making changes to your lifestyle, I recommend starting with the smallest possible change.

Pick one thing: like going to bed earlier or starting an exercise class. Focus on this one thing and stick with it until it becomes engrained.

Avoid overhauling too much in one go. Instead pick something so small, that you cannot fail to achieve it. Because once you achieve it, you'll feel amazing.

And you'll be excited to do more!

Image by Sofi Franchella at Pexels



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# Burpham Gardening Club News

March & April

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

**At our next meeting, on 22nd March, John Negus will be taking us on a tour of the gardens of Ireland.**

## 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**.....01483 567948

## 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)

George Potter.....07411 005115

## Supermarkets

**Sainsbury's** (Burpham).....01483 506767

## Local Associations

**Burpham Community Association**.....

07513 366072

**Jacobs Well Residents Association**

(Secretary).....01483 577994

(Chair).....01483 822976

## Veterinary Surgeons

**Medivet**.....01483 604308

**Alder Veterinary Practice**.....01483 536036

## Chemists

**Boots Pharmacy** (Merrow) ..01483 572421

**Lloyds Pharmacy in Sainsbury's**

(Burpham).....01483 300503

## Schools

**Burpham Primary School**.....01483 572510

**George Abbot School**.....01483 888000

## Sports Venues

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

## Hospitals

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

01483 378545

**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 579390

**Guildford Lions**.....0345 833 2884

**The Fountain Centre**.....01483 406618

**Headway Surrey**.....01483 454433

## Dentists

**Burpham Dental Care**.....01483 561666

**Waterden Dental Practice**.....01483 565290

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