

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

# Burpham Pages

May &  
June  
2022

Incorporating Jacobs Well

## **Nature: Small ways to help**

We can all make a meaningful difference to our natural environment with a handful of small personal actions.

## **Who is an inspiration to**

**you today?** Who or what are you most tightly linked to? Is there someone who leads you on and encourages you?

**Sport for life!** There are not many activities that continue throughout one's life, walking is the most obvious but there is a sport, lawn bowls.

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. 98  
May &  
June 2022

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

**Editorial**  
Editor **Paul Nicholls**  
Contributors **Moir MacQuaide,**  
**Revs Jo & James Levasier,**  
**Christine Sciberras, Alex Rose,**  
**John Boon, John Kershaw**

**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](mailto:editor@burpham-pages.co.uk)  
✉ Burpham Pages, PO Box 1520,  
Guildford GU1 9WQ  
🐦 @burphampages  
📘 [facebook.com/burphampages](https://facebook.com/burphampages)

**Advertising copy deadline**  
for July – August 2022 issue is  
**6th June 2022**

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 J Lee at Unsplash

# Welcome

Dear neighbours, well here we are approaching summer 2022, but there's still plenty to get excited about in May and June and many local organisations are really getting back into the swing of arranging events.

What is heart-warming is the number of organisations arranging events to support members of the community who might have suffered more from isolation than others over the past couple of years. There is also going to be a number of events commemorating the Queen's Platinum Jubilee in June, she will be the longest ever reigning British monarch as we celebrate her 70 years on the throne.

We're also getting excited as the **100th issue of Burpham Pages** is rapidly approaching, the September & October issue will really be a milestone for us.

Great to see that **Kelly's Storage Charity Events** are again organising the **Clandon Park Run** along with the **George Abbott School PTA**, I hope this is well supported by the local community.

I found Alex Rose's article, on how we can all help local nature, particularly interesting. In Burpham we are surrounded by so many areas of beautiful natural space. The idea of 'rewilding' can also become a fun project in the garden for children as we head into summer, when they can enjoy seeing wild flowers grow and perhaps witness visits

from various garden creatures. Don't forget to keep an eye out for hedgehogs!

Remember, if you are organising events or promoting your business or service to the local community, there are various ways to promote yourself through Burpham Pages – in print and online. And, if you want to see what is happening in the local area, we also have an online What's On page (we're only as good as the events submitted to us, so please do send us your details).

I hope you have fantastic May and June and that you get the opportunity to take part in one of the local events.

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

## Contents

- 5 **News & events**
- 11 **What's on this month**
- 12 **Burpham Pages crossword**
- 15 **Who is an inspiration to you today?**
- 16 **Community Update – BCA**
- 18 **Nature: small ways to help**
- 22 **Burpham Afternoon WI**
- 27 **Overcoming obstacles to exercise**
- 29 **Burpham Gardening Club News**
- 30 **Useful numbers**



**LARGE FORMAT | DIGITAL | LITHOGRAPHIC**

**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**

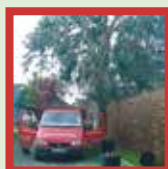
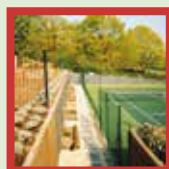
**QUALIFIED AND INSURED**

**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  
**www.rootsandshootssurrey.co.uk**

# News + events

May &  
June 2022

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

## The Burpham Winter Lectures are back



*Creatures of the Rain: Gargoyles, grotesques and hunkypunks.*

**These one-hour Winter Lectures are given by local residents for local residents and this year were postponed a couple of months due to lockdown. Here's a run down of the first lectures of 2022.**

**Andrew Plumridge** kicked off this year's postponed Burpham Lectures with a quirky and informative account of those architectural fancies Gargoyles, Grotesques and Hunkypunks.

These brooding creatures originated in France (think Notre Dame Cathedral) as a way of routing water off the roofs of churches and towers. They are cleverly disguised outlets for lead piping. Water gushes down the roof and is discharged through the mouth of the creature to clear the walls. The word gargoyle is derived from the French word gorguille for throat.

The range of animals and people represented in gargoyles is prolific – lions, snakes, griffins, dragons, evil-looking imps and – less flattering – local celebrities such as vicars, lords

and lawyers. Happily, gargoyles are placed well above ground level so masons were able to poke fun at the personalities of their town from a safe distance.

Once you have one gargoyle, your sense of symmetry may crave four – one for each corner, but without the rainwater. The other three are grotesques. And if you live in Somerset and the South West, you may well call them hunkypunks.

**Yes, Minister!**

**Bob Hughes**, formerly MP for Harrow and a Parliamentary Under-Secretary of State, entertained and educated his audience at the second Burpham Lecture. Getting ministers, or anyone, to act in your favour is not just about passion, it needs cool-headed planning.

It is all too easy, says Bob, to make a negative impression and he cited the examples of mass identical emails, extreme attention-seeking tactics and petitions as less effective than direct discussion. People in power are interested in ideas which are aligned with their priorities, have evidence to back them up and there is a good way to implement them.

Bob himself led the effort to get soft landing floors installed in playgrounds, a simple idea which has saved a lot of broken bones and prevented some deaths. He accepts, though, that not every good idea will be taken up by ministers because they have to juggle and choose between competing ideas.

Far from the image projected by Yes, Minister, Bob said that a good working relationship between politicians and civil services was central to forging workable policy. For people wishing to promote their ideas to government, the best approach is to work through one's local MP.

**Queen's Platinum Jubilee –  
Fair at Queen Elizabeth  
Park Stoughton**

*Friday 3rd June, 12.00-5.00pm*

Nearly 20 years ago now, the first residents started moving in to the new **Queen Elizabeth Park** estate in Stoughton. This estate was built on the site of the former **Women's Royal Army Corps** barracks. As many will know, Queen Elizabeth II, then a teenage Princess, served in World War 2 as a driver and mechanic in the Auxiliary Territorial Service and worked at the Stoughton site.

So residents of Queen Elizabeth Park

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.



## News + events

thought it was only right that we should commemorate the **Queen's 70th anniversary** of acceding to the throne – her **Platinum Jubilee**. She is the first British monarch who has ever reigned for this long.

On **Friday, 3rd June** (Friday of the long Jubilee bank holiday weekend – 2nd to 5th June) Q E Park is holding a **Community Fair**, from 12 noon to 5 pm, to be held on our main Green, at Railton Road, GU2 9LX. We hope to feature: live music, bouncy castles, ice creams, cream teas, children's fancy dress competition, a dog agility event, tombola, raffle, face painting, a baking contest and many other items. Bring a folding chair or a rug, and stay for the afternoon!

It will be **free to attend**, though there will be charges for some attractions. Any profit from the day will be donated to charity. Plenty of free parking around the event.

Local businesses can get involved by: **sponsoring the event; taking advertising in our programme; donating raffle or other prizes.**

If interested please email: [social@qepark.co.uk](mailto:social@qepark.co.uk)

More details will be published closer to the time, on our Facebook page <https://www.facebook.com/QEParkGuildford> and via leaflets and posters.



### Sport for life!



**There are not many activities that continue throughout one's life, walking is the most obvious but there is a sport and that is lawn bowls.**

#### Get Healthy, start bowling!

It doesn't matter what age you are you will benefit from bowls. It will improve your fitness, coordination and skills. It will enhance wellbeing and will connect you with the community.

#### Bowls builds lean muscle and stronger bones

It is well documented that lifting weights helps you build lean muscle, stronger bones and burn more calories. For women it's especially important as they lose 5% of muscle mass every decade and that starts in their 30s. Bowls weigh up to 1.5 kilograms and in a game, you bowl up to 84 times, that's bowling 126 kilograms!

#### Bowls improves vascular health

Physical activity, whether intense and vigorous or as leisurely as a walk in the park, helps improve vascular health. Playing bowls will reduce cardiovascular disease and the onset of strokes and heart attacks. An average game will result in completing about 2,000 steps but because you are involved both socially and competitively you won't notice.

#### Bowls promotes functional ability

A gym workout involves sit ups,

lunges etc. A game of bowls involves bending down up to 84 times to pick up your bowl and 84 times leaning forward to bowl it. How many people do 168 exercises in a gym session? Don't forget you are socialising and concentrating and you won't notice.

#### Bowls improves cognitive health

Bowls requires coordination, agility and strategy. Refining your tactics, concentrating for long periods and maintaining mental alertness will not only help you maintain a good level of motor skills, it will also improve your brain health.

#### Bowling is good for your mood, social relationships and enjoyment

It's a community sport. It is a pastime with like-minded people coming together to enjoy competition, camaraderie and physical activity.

*By John Kershaw*

*John Kershaw is Captain of Burpham Bowling Club in Sutherland Memorial Park.*

*To find out more please contact him on 07811 142435 or email [burphambowlingclub2@gmail.com](mailto:burphambowlingclub2@gmail.com)*

**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 2022. 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 **6th June**.

## AN INVITATION TO TRY LAWN BOWLS

**OPEN DAY**  
10AM – 3PM  
**SUNDAY 15TH MAY**

**Have fun, keep fit and make new friends.**

All welcome whether you're a beginner or a seasoned bowler. We are your local, friendly and sociable community club. Our qualified coaches will be here to help.

**Free parking | All equipment provided**  
**Just roll up in flat shoes.**

**WE'D LOVE TO SEE YOU!**

**Burpham Bowling Club**  
Sutherland Memorial Park, Clay Lane, Guildford GU4 7JU

[www.burphambowlingclub.org.uk](http://www.burphambowlingclub.org.uk) Email: [burphambowlingclub2@gmail.com](mailto:burphambowlingclub2@gmail.com)

If you are seeing this advertisement after the event, please phone and make a personal appointment to see one of our qualified coaches.

**Tel: John Kershaw 07811 143435**



## News + events

### Cycle or run? Two fabulous fundraising events for you to enjoy.



Kelly's Storage Charity Events organise the Clandon Park Run with George Abbott School.

**Kelly's Storage Charity Events are once again organising the Kelly's Clandon Park Run with George Abbott School's PTA and the Kelly's Cycle Challenge in aid of Challengers.**

Kelly's Storage Charity Events pay for and organise active sporting events which provide huge fundraising opportunities for local charities. They cover all costs so every pound donated and raised goes 100% to the charity.

They are once again organising their hugely popular **Cycle Sportive** on **Sunday May 22nd** near Alice Holt, Farnham. All money raised goes to **Challengers**, a local charity providing play & leisure opportunities for disabled children across Surrey & Hants.

The **Kelly's Cycle Challenge** starts from HQ in a field on the doorstep of Alice Holt forest and follows quiet country roads for mile on mile of stunning Surrey & Hampshire scenery.

There are three distances to choose from plus a special **7 mile Family Forest Ride** suitable for young cyclists.

Whichever route is chosen, all riders can be sure of a truly scenic cycle.

"This is an event I'll keep coming back to. Well organised; excellent logistics; a friendly and helpful event team; brilliant feed stations; and a lovely scenic, hilly course. It's a superb charity to ride for and I love that the 'entry fee' is a suggested donation that goes straight to Challengers." said Richard Humphreys a 74 miler!

The event is professionally organised and the routes fully supported with mobile mechanics, feed stations along the way with delicious food & friendly helpers and of course a buzzing HQ village with free parking.

If cycling isn't for you, Kelly's Storage also sponsor and provide equipment for the **Kelly's Clandon Park Run**, established by **George Abbott PTA**,

a registered charity established to raise money for the purchase of capital equipment to benefit the pupils of the school. Every year the Earl of Onslow kindly opens the gates to Clandon Park with its stunning fields and lake & invites 10k & 5k runners of all ages and abilities to come & enjoy! This year, for the first time, instead of starting & finishing at the school the entire event will take place in the Park on **July 2nd**. HQ will have a festival atmosphere with school bands playing, stalls from each department offering various activities & displays and of course there will be plenty of delicious refreshments on offer.

This is definitely a local event not to be missed! **Kate Carriett, Headteacher**, commented: 'The Kelly's Clandon Park Run is a real flagship event for the school. It really embeds us in the local community and, each year, enables us to make a real difference for our students.'

**"This is an event I'll keep coming back to."**

So why not sign up today to a Kelly's Storage Charity Event! Cycle or run you can keep fit, have fun & help great causes. You can enter both events online today at [charity.kellystorage.co.uk](http://charity.kellystorage.co.uk).

No transaction fees will be charged so rest assured 100% of your donation will go directly to the charity.



**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 2022. 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 **6th June**.

**Kelly's**  
CHARITY EVENTS

# Kelly's Cycle Challenge

**Sunday 22 May 2022**

**Alice Holt, Farnham, GU10 4LS**

All money raised goes to support local disabled young people at:

**Challengers**



**Kelly's**  
STORAGE

# Kelly's Clandon Park Run

**Saturday 2nd July 2022**

**Clandon Park, Guildford, GU4 7RQ**

Organised by the George Abbot School PTA,  
lead sponsors: Kelly's Storage.



Sign up today: [charity.kellystorage.co.uk](http://charity.kellystorage.co.uk)



Country Pub and  
Eating House

## The Olive Tree

Sutton Green's best kept secret.  
*Serving the local community since 1855!*

A cosy and welcoming environment.

The perfect place to unwind after a long day or to catch up with friends over a drink in front of our open fire.

Bringing people together with our delicious homemade food and friendly front of house team.

"Mi casa es tu casa" as they say!

"This is a  
really wonderful  
country pub."

Margaret, Jacobs Well

"Lovely lunch &  
fantastic staff – as  
good as it gets!"

John, Burpham



The Olive Tree, Sutton Green Rd, Sutton Green, GU4 7QD  
T 01483 729999 E [info@theolivetreesuttongreen.co.uk](mailto:info@theolivetreesuttongreen.co.uk)  
[www.theolivetreesuttongreen.co.uk](http://www.theolivetreesuttongreen.co.uk)



# What's on this month

Wednesday 4th May



## Collage Workshop led by Jane Rickard

Doors open 6.45pm,  
meeting starts 7.30pm. Jacobs  
Well Village Hall, Jacobs Well Road,  
GU4 7PD. This will be a friendly and  
sociable workshop where you can try  
your hand at making a collage from  
plant material under the supervision of  
an experienced teacher. Please contact  
the **Guildford Flower Club** for  
more details.

We are a friendly club and enjoy  
being entertained by a variety of  
knowledgeable demonstrators who  
give us ideas and inspiration to try new  
styles. We also hold regular workshops  
on a variety of topics where members,  
novice or experienced, can gain  
skills and confidence in a friendly  
environment. If you enjoy flowers,  
gardening or art why not come  
and meet us.

For further information contact  
Cynthia on **01483 772019** or  
Email: [guildfordflowerclub@gmail.com](mailto:guildfordflowerclub@gmail.com)  
[www.guildfordflowerclub.com](http://www.guildfordflowerclub.com)

Sunday 22nd May

## Surrey Police Band presents: A Platinum Jubilee Concert



7.00pm. Normandy Village  
Hall, Guildford GU3 2DD

Join us for an evening of  
music to celebrate the 70th  
anniversary of the accession of Queen  
Elizabeth II. In aid of the Chief  
Constable's Charity, Woking Mind.

**Tickets:** £8.00 adults, £5.00 under  
16s, free under 5s

Tickets available through  
[www.surreypoliceband.org.uk](http://www.surreypoliceband.org.uk),  
or call the Box Office on  
**07849 675 627**

Sunday May 15th &  
Sunday June 19th 4.00pm



## Messy Church

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

Thursdays & Fridays



## Allotment Church

Discovering the joy  
of growing things  
together, hearing a story, snacks  
and having fun outside. Book at  
[www.burphamchurch.org.uk](http://www.burphamchurch.org.uk)

Fridays 3.45-5.15pm for Reception to  
Year 6, May 6th, June 10th, July 8th.  
9.30-11.00am Thursdays for U5s &  
parents, April 21st June 19th, July 7th

## Opportunities to connect

Fridays 1.00-2.30pm



## Friday Catch Up

A relaxed space to enjoy  
coffee and company (under  
5s welcome) Church of the Holy Spirit,  
New Inn Lane.

Thursdays 10.00-11.00am



## Thursday Drop In

A weekly opportunity to join  
a friendly older community  
coffee morning – all most welcome!  
Church of the Holy Spirit, New Inn Lane.

Check out our website [www.burphamchurch.org.uk](http://www.burphamchurch.org.uk) for up to  
date information on what's going on.

Sunday 17 July



## Burpham Wellfest 2022

10.00am – 6.00pm.  
Sutherland Memorial Park. Join us in the  
Park to enjoy a day with the Community

**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 2022. 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 **6th June**.

May &  
June 2022

exploring and enjoying Wellbeing in  
its many forms. FREE presentations,  
FREE demonstrations, FREE work-  
shops and some fantastic stalls.



Our regular evening meetings  
are at Burpham Village Hall.  
We meet on the 3rd Tuesday  
monthly except in August.

## Tuesday 17th May Resolutions

Hear about the WI campaigns  
and make your vote count.

Tuesday 21st June

## Gertrude Bell – the woman who founded a country

Spy, explorer, climber and linguist.  
Speaker – Antony Wood.

For further information please email us  
at [burphamevewi@hotmail.com](mailto:burphamevewi@hotmail.com)

or visit [www.burphamevewi.co.uk](http://www.burphamevewi.co.uk)  
[facebook.com/burpham.eveningwi](https://www.facebook.com/burpham.eveningwi)

Tuesday 19th – Thursday 21st July



## Holiday at Home for the over 50s

Holiday at Home for the  
over 50s at the **Millmead Centre in  
Guildford** – this year's theme is '**Fun  
in the 1950s**'. Why not join us this  
summer where you can meet up with  
friends old and new, enjoy various  
activities and talks, have some good  
food and some much-needed fun.

**£7.50 per day or £20.00 for all three  
days.** Booking forms will be available  
from the Church Office: **Guildford  
Baptist Church GU2 4BE** from  
May onwards, or you can also book  
online via [www.guildfordbaptist.org/hah2022-guest](http://www.guildfordbaptist.org/hah2022-guest)

If you have any questions, please  
telephone **01483 575008** or email  
[office@guildfordbaptist.org](mailto:office@guildfordbaptist.org)



## Gutter Cleaning Exterior Painting Fascias & Soffits



T: **01483 378334** M: **07470 088047**  
E: [info@weathersureroofing.co.uk](mailto:info@weathersureroofing.co.uk)  
[www.weathersureroofing.co.uk](http://www.weathersureroofing.co.uk)

## JACOBS WELL COUNTRY MARKET

Jacobs Well Village Hall  
Every Friday 10.00am – 11.30am

We have been part of the community for over 30 years.  
Our cooks prepare a superb range of homemade  
cakes and savoury dishes, fresh meat,  
free range eggs, preserves and local honey.

Our knowledgeable gardeners offer a selection of  
seasonal plants for every garden and our crafters are proud  
to create a variety of hand crafted items for that special gift,  
together with an excellent range of greetings cards.

By supporting local producers you are helping the  
environment with zero air miles, little carbon footprint  
and wholesome food of known origin.

Come and see what we have to offer every  
Friday morning and stay for a cup of coffee and cake.

**SUPPORT YOUR LOCAL COUNTRY MARKET  
A FRESH APPROACH TO TRADITIONAL SKILLS**



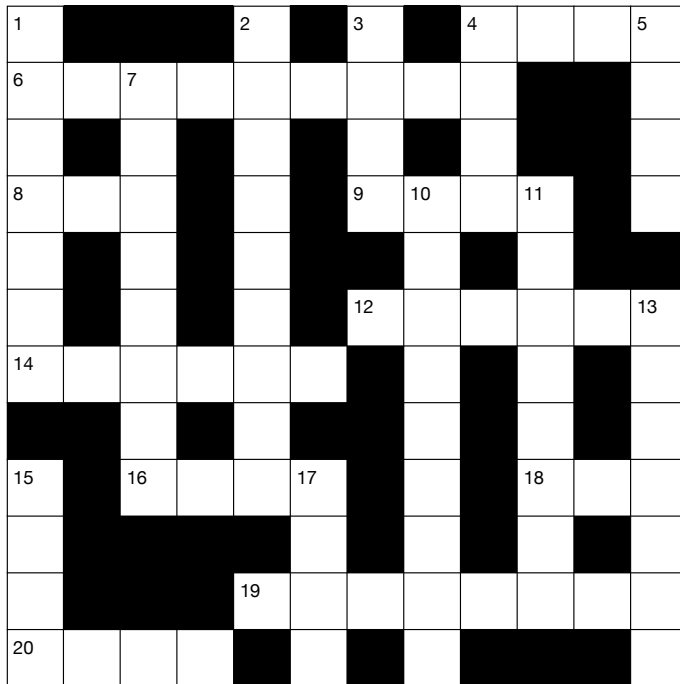
[facebook.com/JacobsWellCountryMarket](https://www.facebook.com/JacobsWellCountryMarket)



# Burpham Pages Crossword

Crossword No. 23  
May & June 2022

© Burpham Pages



## Across

- 4 Person of Scottish origin (4)  
6 Closest to the centre (9)  
8 A feeling or reaction based on an instinctive emotional response (3)  
9 Moved quickly (4)  
12 Body's extreme response to an infection (6)  
14 Predatory insect with a triangular head (6)  
16 Look or gaze in a lascivious way (4)  
18 Sheltered side of something (3)  
19 Something of no lasting significance (8)  
20 Land used for growing crops and rearing animals (4)

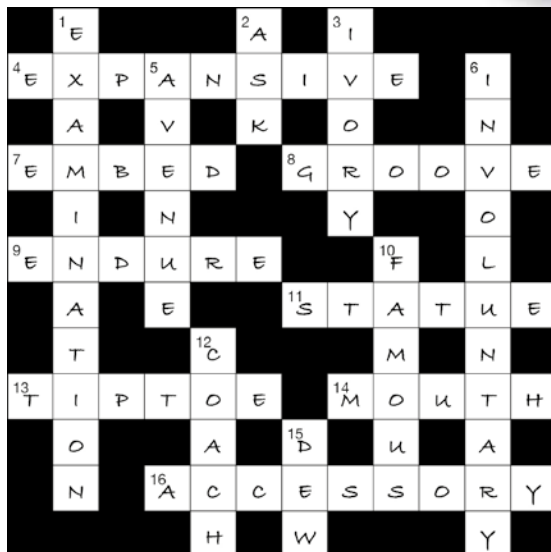
## Down

- 1 Territory ruled by a king or queen (7)  
2 Former (9)  
3 Small amounts of a strong alcoholic drink (4)  
4 Inflamed swelling on the edge of an eyelid (4)  
5 Tailless amphibian with a short stout body and short legs (4)  
7 Based on a suggestion, estimate, or theory (8)  
10 Maintained something in its original or existing state (9)  
11 To be absorbed by a liquid (8)  
13 More than two but not many (7)  
15 Food formed into an oblong shape and sliced into portions (4)  
17 Thick strong cord made by twisting together strands of hemp, sisal, nylon, or similar material. (4)

## Solution to Crossword No. 22

Burpham Pages issue No. 97  
March & April 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 May – June 2022 solution please see our July – August 2022 issue.



## Andrew F Wye Limited CHARTERED ACCOUNTANTS

A Burpham resident, I have over  
30 years of experience dealing with  
completion of accounts and tax returns.

- Personal self-assessment returns
- Limited Company & LLP accounts and tax returns
- Real time filing for MTD VAT returns and payroll / CIS returns

If you would like more information  
or to arrange a meeting to discuss  
how we can help you, please call

01483 420039 or 07776 250454

Email [andrew@andrewfwye.com](mailto:andrew@andrewfwye.com)

Visit [www.andrewfwye.com](http://www.andrewfwye.com)

Our office is at:  
4 Beaufort Parklands,  
Railton Road, GU2 9JX.



## BASED IN COBHAM & EFFINGHAM

New & Old Roofs • All Roof Repairs • Flat Roofs  
UPVC Fascia Boards • Soffits • Cladding • Guttering • Down Pipes  
Gutter Clearance • Chimney Restoration • Apex Boards • Barge Boards  
Re-pointing Ridge Tiles & Walls • Moss Removal and Roof Cleaning

ALL  
WORK  
FULLY  
GUARANTEED

FREE  
ESTIMATES  
AND  
ADVICE



Credit Cards Accepted  
VISA MASTERCARD AMERICAN EXPRESS

Find us on  
Google

Checkatrade  
Where reputation matters

Full Public liability Insurance • Please view our references

410 Lower Road, Effingham, KT24 5JP  
Newmarsh Farm, Horsley Road, Cobham, Surrey KT11 3JX

T: 01483 378334 T: 01372 885695  
M: 07470 088047

E: [info@weathersureroofing.co.uk](mailto:info@weathersureroofing.co.uk)

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



**BEVAN WILSON**  
Physiotherapy & Sports Injury Clinics

Highly-regarded clinics in Guildford Boxgrove GU1, Godalming and Wonerish, providing professional treatment and specialist advice to help you achieve your goals....

- Physiotherapy & Rehabilitation
- Spinal & Joint Pain, Stiffness
- Pilates & Women's Health
- Post-operative Rehabilitation
- Flexibility, Mobility & Balance
- Children & Adolescents
- Sports Injuries & Massage
- Orthotics & Joint Bracing
- Acupuncture & Electrotherapy
- Working Health & Posture
- Neurological Rehabilitation
- Home & Care Home Visits

01483 424505  
info@bevanwilson.co.uk  
www.bevanwilson.co.uk

"The care, knowledge and experience is exceptional, and they always go above and beyond."



**GETTING YOU BETTER TOGETHER FOR 25 YEARS!**

— EST. 1980 —

**SURREY  
CLEANING  
SERVICES**



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

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

**01483 566802**  
**www.surreycleaningservices.co.uk**



Image by Thirdman at Pexels

## Who is an inspiration to you today?

I wonder who is an inspiration to you today? Who or what are you most tightly linked to? Is there someone who leads you on and encourages you, whatever life may bring?

When I was a teenager, we had a corgi dog called Taffy. Unlike most corgis he was quite lean and tough and although he was quite a little dog, to be honest, I think he thought he was an Alsatian! He definitely had delusions of grandeur. Although, one summer we holidayed in Scotland, visiting Balmoral Castle, the summer residence of the Queen; and I can't tell you how many people stopped and asked me if my dog was one of the Queen's corgis! Obviously not all corgis belong to the Queen – but for many people the two things are very tightly linked. Perhaps Taffy was right to have a high impression of himself!

Our choice of a corgi was not actually influenced by the Queen – but as we approach the Queen's Platinum anniversary celebrations, it is a good moment to reflect on the influence our Queen has had

on this country over the last 70 years. Irrespective of our views on monarchy, we can't fail to be inspired by Queen Elizabeth's selfless devotion and commitment to do the best she can for the people of the UK and the wider Commonwealth.

And although the Queen is tightly linked to both her dogs and horses, she is clear that it is Jesus who has been the biggest influencer in her life, enabling her to be the person she is. As she said in her Christmas message 2014: "For me, the life of Jesus Christ, the Prince of Peace, [whose birth we celebrate today], is an inspiration and an anchor in my life. A role model of reconciliation and forgiveness, he stretched out his hands in love, acceptance and healing. Christ's example has taught me to seek to respect and value all people of whatever faith or none."

I wonder who is an inspiration to you today? Who or what are you most tightly linked to? Is there someone who leads you on and encourages you, whatever life may bring? As we approach the Jubilee celebrations, is it a good moment to reflect on what and who influences us the most? If you are interested in discovering more about the person of Jesus Christ who has been such an influence in our Queen's life, do get in contact ([jo@burphamchurch.org.uk](mailto:jo@burphamchurch.org.uk)) and we can invite you along to the course we will be running in May and June. You never know, you might just meet the biggest influencer the world has ever known!

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

[james@burphamchurch.org.uk](mailto:james@burphamchurch.org.uk)  
[jo@burphamchurch.org.uk](mailto:jo@burphamchurch.org.uk)



**BURPHAMCHURCH**  
SHARING THE GOOD NEWS OF JESUS

Church Office: **01483 825533**  
**www.burphamchurch.org.uk**





Welcome to the Burpham Community Association

# Community Update

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

May & June 2022

We represent the community of Burpham, Guildford



The first of two defibrillators was installed outside Aldi, whose support was vital.

## Defibrillator

Back in January 2021 a Burpham resident, Alex Donaldson, suggested to the BCA Committee that it would be a very good idea to have a defibrillator in Burpham.

The committee agreed and a working party was set up; it was chaired by Andy Clapham and included some committee members and Alex. They had their first meeting in February 2021 – just one year later, the first of two defibrillators was installed outside Aldi, whose support was vital. We would like to thank all the people who made

this possible by donating to our fundraising or helping to advertise the campaign. A particular thank you goes to Surrey County Councillor George Potter, the proprietors of the Rajdoot, all the Sports Clubs who use Sutherland Memorial Park, the Women's Institute and the Guildford Lions for their support and generosity.

We do still need to raise a bit more money to buy the second defibrillator (to be installed at Sutherland Park) so if you would like to contribute, please use our **JustGiving** page:

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

or contact the Treasurer.

We are going to arrange some training and awareness sessions covering CPR and use of a defibrillator; if you are interested please email [cpad@burphamca.org.uk](mailto:cpad@burphamca.org.uk)

## Flood Forum Meeting

This took place on the 25th March; Angela Richardson MP chaired the meeting with representatives of interested agencies and residents.

Issues raised included the problems along the Wey Navigation and it seems that persistence has paid off! The Burpham Flood Action group has succeeded in getting the ancient ditch cleaned and prepared for a complete clear out of fallen trees. The river has been allowed to flow too fast which has contributed to the erosion of the banks and subsequent loss of trees; it has now been slowed so we are hopeful that the present extent of erosion – some four metres – will not get worse. There is also a possibility that GBC and the National Trust will work together to strengthen and repair the banks – as the photo shows, much needed.



Other issues discussed included the Merrow Common River, the state of associated culverts, water egress, its management and the importance of understanding Riparian ownership for residents living on the edge. It was proposed a further visit to this site involving all interested parties would take place to review any work required.

The BCA would like to thank Angela and the agency representatives for their time.

## BCA Annual General Meeting 12th May

It seems hard to believe that our last public AGM was in 2019.

In 2020 it was cancelled because of Covid lockdowns and 2021 was

held via Zoom so we look forward to presenting the Annual Report and the Treasurer's Report to a live audience. The election of Officers will also take place.

You should be aware that the current committee comprises a small group struggling to cope with the many issues that affect Burpham – traffic congestion and the resulting pollution, infrastructure issues, the potential loss of Sutherland Memorial Hall as a community asset, flooding and damage to the Wey Navigation. We desperately need more people to come forward

to give a hand so if you feel you could help, even in some small way, please contact the committee using the above email address.

The BCA AGM will be followed by the Burpham Neighbourhood Forum AGM, after which you are cordially invited to stay and enjoy our first social event since 2019. There will be drinks and nibbles, and to celebrate the Jubilee we have a special Jubilee Quiz – there will be prizes! If you are coming to the AGM and Social it would be helpful if you would let the committee know (details above).



We look forward to seeing you at the

## BCA AGM and Jubilee Social

Thursday 12th May, 7.30pm at the Village Hall.

### 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)

## 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.

### 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)



# Nature: Small ways to help

By Alex Rose

Conserving our natural environment can seem daunting and out of our control, but each of us can make a meaningful difference with a handful of small personal actions.



Image by Igor Kamelev at Pexels



Rosamund Community Garden, based in Pewley Down, Guildford, is a "peaceful, wildlife haven where volunteers gather to sew, grow, build and learn together in tune with nature".



Eco-friendly cultivation in the garden attracts wildlife such as slow-worms.

Many of us have become increasingly aware of the diminishing wildlife in our local community, for example, less hedgehog sightings and fewer butterflies and bees. This is statistically evidenced by the **Surrey Nature Partnership's** 2017 report, '**The State Of Surrey's Nature**', who's headline conclusions state that "56% of UK wildlife species have shown a declining population trend between 1970 and 2013" and that "15% of all UK wildlife is either threatened with extinction or is extinct already". While this may seem dire, each one of us can support our local environment through any of these actions.

One of these declining species is the British suburban hedgehog. The average hedgehog travels 2 km every night, so this rapid decrease in population is partly due to a loss of access to areas rich with insect life like gardens that hedgehogs pass through. This is caused by man made barriers such as fences. However, there is a way for us to combat this obstacle and do our part in preventing further decline of the hedgehog. **The Wildlife Trust** suggests creating

'hedgehog holes' along the bottom of our fences for ease of passage. While these might seem like eyesores, there are plenty of hedgehog hole decorations and small signposts to be found online that can make them a seamless part of your garden. This could also be a fun project for young children. To amplify the benefit to our local hedgehogs, invite your neighbours to do the same. Other small ways of helping to ensure their survival are leaving out small amounts of dog or cat food, pet biscuits and water (not milk, as this can make them very ill), and avoiding the use of pesticides and slug pellets.

Sadly, the bee population has been a matter of concern for many years, as bees act as our most important pollinators. This role is vital to our ecosystem, as a third of what we eat depends on pollinators, yet, due to habitat loss (as well as other factors) their numbers are in decline. Luckily, there are several ways to aid and support your local bees. Firstly, by being generous to bees that you encounter around your house; when you see a bee struggling with tiredness,

a spoonful of sugar-water can do wonders, as well as help in finding a window or exit. Another way to help is by cultivating a bee-friendly garden. This can be achieved through growing plenty of flowers, or making a bee hotel, another fun project for children with plenty of resources online.

**Rewilding is the process of allowing nature to take its course in natural spaces.**

Another hugely beneficial action that you can take is rewilding. Rewilding is the process of allowing nature to take its course in natural spaces. On a larger scale, this can include reintroducing predators and keystone species, and protecting areas abundant in ecological functions in order to create and preserve stable, self-sustaining ecosystems, and promote near pre-human levels of biodiversity. On a smaller, back-garden scale, there are many ways of encouraging a similar effect. Not mowing segments of your garden is one of these ways. Leaving some grass to grow can help many species





About 1 acre of the site is used to grow a variety of vegetables, herbs, fruit & flowers.

of plants and insects and can be hugely rewarding. Other ways of rewinding your garden are growing a tree or creating a log pile or compost heap to allow decay. It's important not to view any of these as 'messy', but as potential homes to many endangered species.

Community gardens are collaborative projects on natural areas where groups of people share in the maintenance and products of the garden. These communities are a great way to stay in touch with nature and offer great environmental benefits such

as reducing waste through compost programs, reducing food miles and creating a more sustainable system. Locally, **Rosamund Community Garden**, based in Pewley Down, Guildford, is a "peaceful, wildlife haven where volunteers gather to sew, grow, build and learn together in tune with nature". Rosamund Community Garden offers a number of regular events, such as **Big Job Sundays** and **Apple Pressing** as well as the upcoming **Spring Beltane Celebration** on the 15th of May. They welcome members and visitors alike. For more information, visit their website: [www.guildfordcommunitygarden.org.uk](http://www.guildfordcommunitygarden.org.uk)

In the face of constantly devastating environmental changes, it can be difficult to be aware of the impact that small actions can make, but continually learning about nature and how we can help is a big step forward. Other ways of helping include walking instead of taking a car where

possible, using natural grass in favour of AstroTurf, leaving bird baths/food in your garden to aid local birds, and buying organically/from local farmer's markets if possible.

**The natural environment around us is valuable, as it supports our survival, fosters biodiversity and offers remarkable beauty.**

The natural environment around us is valuable, as it supports our survival, fosters biodiversity and offers remarkable beauty. Burpham itself (and its surrounding area) offers its own share of interesting species and picturesque places, such as the **Burpham Nature Reserve**, the **River Wey**, **Newland's Corner** and **St Martha's Hill**.

These places enrich our lives and offer peace and joy to many people, and it is our responsibility to guard and protect our natural environment for future generations to enjoy.



**KUMON**  
MATHS ENGLISH

**ONE-WEEK  
FREE TRIAL**

1 MAY - 31 MAY

Kumon delivers **proven** academic success. Our expert Instructors will develop your child's confidence and help them thrive at school. **Book your Free Trial today!**

**Guildford East Study Centre 07368 851172**

**AT HOME | IN CENTRE | ONLINE**

For research findings on Kumon study, please visit [kumon.co.uk](http://kumon.co.uk). Terms and conditions apply. Fees vary. Participating centres only. Please refer to your local study centre. Subject to availability.

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

**CT CARS**

always different

**TOP  
GARAGE** 2019 Finalist

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)

Find us on 

**Where to find us**

Open View Farm, Epsom Road,  
West Horsley, Surrey. KT24 6AP



## Burpham Afternoon Women's Institute (WI)

Moira MacQuaide's history of Burpham

**The WI came to Britain in 1915 from Canada, and in 1931 the women of Burpham opened their own branch as an afternoon meeting.**

At the time most married women stayed at home as wives and mothers, so it was a great opportunity to get out of the house and mix with others of like mind. The founder members included the Hon. Mrs Hopewell, Mrs Bidwell, Mrs Berry, Mrs Marshall and Mrs Grover, as well as Mrs Gatley, Mrs Andrews, Mrs Binsted, Mrs Sturgess and Mrs Sheppard.

The WI has a long history of fund-raising, education for women and lifelong friendships. In 1936 the Yorkshire Evening Post reported that "Burpham Surrey Women's Institute decided, after a debate, that married women have a better time than single women". In 1939 the Surrey Advertiser reported that "the choir gave a very spirited performance of old songs"; also that Mrs Braybrooke won the potato competition with one of 26lbs. They ran jumble sales and outings, as well as organising Christmas parties for the village.

The ladies were kept busy during the war, making swabs for the local hospital, or marmalade. There were collections of baby clothes and prams

for the evacuated mothers staying at Gosden House, and toys for the evacuated children.

**"Burpham Surrey Women's Institute decided, after a debate, that married women have a better time than single women".**

Yorkshire Evening Post, 1936

Social activities continued, but were often interrupted due to air raids. In the days before the NHS the WI members would collect eggs, vegetables and potatoes for local hospitals. After the war, life returned to normality and records show that WI meetings would begin with everyone singing Jerusalem, the WI song, and minutes reported the Chairlady saying "and so ended another interesting and happy meeting".

In 1952 there was a minute's silence in memory of the late King George VI, followed by singing the National Anthem. In 1953 members went on a coach trip to London, to see the Coronation illuminations. They were

asked to make flowers for the Civic Restaurant, and were invited to the Coronation celebrations at Sutton Green. In 1954 the WI was asked to help provide for a playing field in Burpham, so they raised money at social events and ran a stall as part of the fete for the Grand Opening in 1956.

The WI had a drama group, which put on plays in the village hall. In 1964, as part of the 33rd birthday celebrations for the branch, money was raised for Burpham Homes and the Betatron Appeal for St Luke's Hospital. In 1965 the National Federation celebrated the Golden Jubilee and Mrs Joan Petry was invited to represent Burpham at a Royal Garden Party at Buckingham Palace.

The current Burpham Evening WI started in 1989, to reflect the changes of modern life, with more women out at work during the day. By 1991 the Afternoon WI closed down, when they were unable to enlist a new Treasurer, having been an important part of the village for 60 years. However, the Evening WI continues to thrive in the Burpham community.

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

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.

## Futuremaverick Entertainment DJ Services



### Modern Wedding DJ

We utilise crystal-clear sound with stunning lights including mood lighting to enhance any venue. We can create a custom playlist prior to your big day.



### Memorable Event DJ

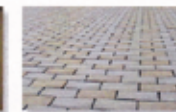
Organising a work event & need a DJ? Look no further, we offer a fully consultative service to ensure that your corporate event is a huge success.



### Private Party DJ

When it's time to celebrate something special we've got you. From Birthday to Engagement celebrations, we provide a stunning setup to help you party in style.

[www.futuremaverick.co.uk](http://www.futuremaverick.co.uk)  
07765 480 400  
[futuremaverick@gmail.com](mailto:futuremaverick@gmail.com)



**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: [afbbuilders@hotmail.co.uk](mailto:afbbuilders@hotmail.co.uk)**  
**[www.afbbuilders.co.uk](http://www.afbbuilders.co.uk)**





# Slimming World

taste the *freedom*

Contact your local Slimming World Consultant and join a warm and friendly group today!

**TUESDAYS**  
5:30pm & 7:30pm

Westborough United Reformed Church  
4B Southway GU2 8DA  
Contact: Vikki 07810 868360

**THURSDAYS**  
9:30am, 11:00am, 5:30pm & 7:00pm

Jacob's Well Village Hall  
Jacob's Well Road  
Jacob's Well GU4 7PD  
Contact: Nicky 07399 953818

 **slimmingworld.co.uk**

## 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**

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



## For an infectious smile, visit Waterden

If you can't get away with this look, then let us help you transform yours. Call us today for a new patient appointment.

*"If you want a dentist who is caring and listens, Waterden is the place for you"*

 **01483 565 290**  
**www.waterdendental.co.uk**

Waterden Dental Practice, 4 Waterden Road, Guildford, Surrey, GU1 2AW

| Implants help restore smiles  | Transform your teeth with braces   | Affordable smile makeovers   |
|---|--|--|
| <ul style="list-style-type: none"> <li>• Look, feel &amp; work like real teeth</li> <li>• Ideal for stabilising bridges &amp; dentures</li> <li>• Interest free credit available</li> </ul> | <ul style="list-style-type: none"> <li>• Fast, invisible brace options</li> <li>• Staggering results in a matter of weeks</li> <li>• Payment options &amp; 0% finance</li> </ul> | <ul style="list-style-type: none"> <li>• Perfect your smile in just 1 visit!</li> <li>• Whitening &amp; brightening solutions</li> <li>• Discounts for upfront payments</li> </ul> |



## MSBOOKS

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

- + VAT returns and Making Tax Digital
- + Sole Trader accounts
- + Self Assessment tax return
- + Bookkeeping for local businesses
- + Xero cloud accounting

Call Mark on **07735 700 037** or  
Email **Info@MSBooks.co.uk**  
Visit **www.MSBooks.co.uk**

 **XERO ADVISOR CERTIFIED**





## MANDIRA'S KITCHEN

### Chai on the Patio!

*The best Indian street food in town! Plus Meals to take home*

Silent Pool, Shere Road, Albury GU5 9BW  
**www.mandiraskitchen.com**



**TA SCHOOL OF ART & DESIGN**  
Burpham, Surrey

**WE OFFER CLASSES & PRIVATE TUITION TO SECONDARY SCHOOL STUDENTS & ADULTS**

- Drawing Skills
- Introduction to Interior Design & Architecture
- Portfolio Preparation:
  - Art Scholarships
  - Portfolio Review
  - Preparation for University/Art College Applications

info@ta-art.co.uk ta-art.co.uk @ta.artanddesign



## CALLING GUILDFORD WOMEN

Wouldn't you love to find an exercise programme  
... that works?  
... that you can stick to?  
... that is challenging but fun?  
... with a superb atmosphere and an amazing community?

**Then you really should come and try us out!**



Choose from 12 sessions per week, perfect for busy women with changing schedules.

Get in touch TODAY to book your free week trial



FREE WEEK TRIAL

Scan to get started with a FREE WEEK

[www.melitafitness.co.uk](http://www.melitafitness.co.uk)  
[chris@melitafitness.co.uk](mailto:chris@melitafitness.co.uk)

## Overcoming obstacles to exercise

Christine Sciberras, Founder and Head Coach at Melita Fitness

**If you're having trouble starting or sticking to an exercise plan, you're not alone. Despite our best intentions, it's easy to push 'exercise' to the bottom of the To Do list.**

We all know good reasons to exercise: better energy, mood, sleep, less perimenopausal symptoms, less anxiety and stress. But sometimes the gap between knowing what to do and actually doing it can seem insurmountable.

In many cases, this gap is made up of the excuses we make for ourselves and the stories we have told ourselves for years or decades.

So today I'm going to hand you over to some brilliant **Melita Fitness** clients to talk about how they managed to overcome obstacles to exercise

Lisa says "I'm not a natural athlete and hated PE at school. My biggest achievement was plucking up the courage to come to my first taster session and then to come back again."

Lisa suggests, "You have to prioritise your wellbeing and realise that all the

reasons you think you can't are just excuses that are holding you back."

"I'm too busy was my favourite excuse," says Catherine. "I have a full-time job and 2 young children. My strategy is to book training in my diary and the family diary. That way the time is allocated. I don't get dragged into working late and my husband knows he's sorting out the children!"

Sarah says: "I used to think I'm too unfit. I kept thinking, I'll do some Joe Wicks first and then I'll join... But Joe Wicks never happened. When I finally plucked up the courage, I felt like kicking myself for not starting earlier. The classes are small and you feel well looked after. So my advice is don't worry about your fitness level. Everyone is on their own journey and the regulars remember exactly what it was like to start out!"

### Some Final Words

**Start Small.** The trick is to start small and build momentum. If you haven't exercised in years, it's unrealistic to aim for 5 times a week. The more ambitious your goal, the more likely you are to fail. It's better to start with a goal that is so easy that you know you can achieve it. And once you do, you'll build self-confidence and momentum.

**Be kind to yourself.** Self-compassion increases the likelihood that you'll succeed. So, when things don't go to plan, don't beat yourself up. Instead, treat these instances as an opportunity to learn and grow.

**Check your expectations.** It will take longer than you want. Expect too much and it will lead to frustration. Don't focus on the outcome, focus on the process. Aim for consistent behaviour towards the goal and celebrate that!



**Amazing hanging baskets from Elm Nursery**

**Made to order and ready to hang**

**Available from mid May**

Over 40 years growing experience  
Open 7 days a week from 10am - 4pm

Find us in Sutton Green, between Woking and Guildford.  
GU4 7QD

Email: [info@elmnursery.co.uk](mailto:info@elmnursery.co.uk) Tel: 01483 755559



**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?

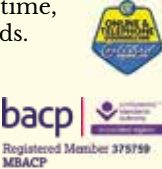
Counselling can help:

**I am now offering 'in person' (face-to-face) counselling as well as Zoom and telephone consultations.**

*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)



**making learning fun!**

**rated "GOOD"**

for children aged 2-5 years  
9:15am-1pm Mon, Tues, Wed and Fri (longer post COVID)  
enclosed playground and access to a large playing field  
qualified, enthusiastic staff with many years' experience

a safe and nurturing environment where children can learn and grow  
special expertise with additional needs & accessing the right support  
good connections with church and opportunities for life celebrations  
free early years & FEET-funded hours

for more information and space availability contact the church office  
on 01483 825533 or [office@burphamchurch.org.uk](mailto:office@burphamchurch.org.uk)  
CHURCH OF THE HOLY SPIRIT, NEW INN LANE, GUILDFORD, GU4 7HW  
[www.burphampreschool.org](http://www.burphampreschool.org)  
registered charity N° 1190881




# Burpham Gardening Club News

May & June

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

**The delayed AGM will be on Tuesday 24th May at 7.30pm, when the future of the Club will need to be decided.**

## Time to welcome your slugs and snails.

So says the Royal Horticultural Society, as it recently began a campaign to encourage us to see the gastropods in our gardens in a better light.

**"Our gardens would be duller and messier without them."**

The RHS says that the species play a key role in garden ecosystems, and thus are in need of 'positive PR'. It seems that only nine of the 44 known species in the UK are likely to threaten our gardens, and that all of them play a vital role in recycling dead plant material and animal waste, and acting as a food source for hedgehogs, frogs, birds, beetles and flies.

In fact, the RHS's principal entomologist says that we should consider our slugs and snails not as marauding pests bent on eating our flowers and vegetables, but rather as 'garden visitors'. "Our gardens would be duller and messier without them."

## Things to do in the garden in May.

- 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.

## A Spring and Summer dressing should be applied to lawns when rain is forecast.

- 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.
- A Spring and Summer dressing should be applied to lawns when rain is forecast.

## Things to do in the garden in June.

- When Early Potatoes come into flower they are ready to be dug.
- Sow French and Runner Beans for a late crop.
- Plant out Courgettes and 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

## Sow French and Runner Beans for a late crop.

- Dead head Delphiniums and Lupins to encourage a second flush.
- Spring flowering shrubs such as Forsythia and Philadelphus should be pruned but leave Magnolias until they are in full leaf.



# 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



**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

# Bullimores



Accountants for Life

**Tax • Accounts • Probate**

**Inheritance Tax & Executorship**

**T: 01306 880880**

**E: partners@bullimores.co.uk**

**W: www.bullimores.co.uk**

Bullimores LLP licensed to carry out the reserved legal activity of non-contentious probate in England & Wales by the ICAEW

## FUNERAL DIRECTORS AND MEMORIAL STONEMASONS



Robert, Chris, Andrew & Michael Lodge

## OUR FAMILY HELPING YOUR FAMILY

For over 240 years, seven generations of the Lodge Family have been privileged to help local families in their time of need. We provide all funerals, whether modern, traditional, green or alternative, with care and compassion.

**BURPHAM:** 204 London Road 01483 615031

**GUILDFORD:** 70 Woodbridge Road 01483 562780

Branches also in Woking & West Byfleet

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

**Lodge**  
BROTHERS 1780  
& Monk

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



*"The staff at Lodge Brothers have been sympathetic, understanding and supportive. They were with us every step of the way throughout a very difficult time and we are and will be forever grateful for their support."*



Mr Robinson



ASK ABOUT OUR  
PRE-PAYMENT  
FUNERAL PLANS

FLORAL TRIBUTES • FUNERAL PLANS • WILLS & PROBATE





We used to walk our dog  
past our current house and  
had always mentioned  
that we'd love to  
live there.

## There are many reasons buyers fall in love with Burpham

Being local residents ourselves, we love welcoming buyers to the community, the local shops, fantastic schools and the wonderful countryside.

We've got a waiting list of buyers ready to move to Burpham which is helping to achieve exceptional sale prices. So if you're thinking of selling, please contact us for a free marketing consultation.

Seymours Burpham: **01483 300667** E: [sales@seymours-burpham.co.uk](mailto:sales@seymours-burpham.co.uk)



**ADAM PARTRIDGE**  
ASSOCIATE DIRECTOR



**TRACEY LEONARD**  
ASSOCIATE DIRECTOR



**Seymours**

Your property partner for life