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Includes Burpham Community Association newsletter.

Burpham Pages

July &
August
2022

Incorporating Jacobs Well

Burpham Community Association is 50! 2023 sees another important jubilee – not cause for national rejoicing, but important to Burpham.

The power of silence. Burpham Church explores why sometimes we just need to switch everything off, hide away and have some quiet.

History of Abbotswood Originally 46 houses conceived as an early 20th Century Garden Suburb it is a fine representative of its period.

Includes: Community Update from the Burpham Community Association

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Burpham Pages

Issue No. 99
July & August 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

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Welcome

Dear neighbours, although as I write this, in late June, we are having some rain it does feel like summer has finally arrived. The evenings are much warmer and the enticing aroma of BBQs is drifting around on the weekends.

I hope people are managing to get their Summer holidays booked up and looking forward to some fun times. Have you opted for the 'staycation' this year, looking to enjoy what the UK has on offer, or have you thrown yourself back in to foreign travel and everything that goes with it? Let's hope that the issues that some of the airlines have been experiencing don't drag out through the summer holiday period.

You may remember in the March & April issue of **Burpham Pages** we discussed the proposed changing of **Burpham's Boundaries**. This is based on the 'wards' of Guildford (A 'ward' is a specific area of a district or borough, defined for electoral, administrative and representational purposes). The proposals were agreed and the **Burpham Ward** has been expanded to include the roads of **Ganghill, Abbotswood, Westward Ho and Boxgrove Avenue**.

In this issue the **BCA** have highlighted their upcoming 50th anniversary in 2023 but there is also another big anniversary in September – we will be publishing the **100th issue of Burpham Pages!** Our magazine has been running since 2006 and has become a focal point for local news and events



and a trusted source for local services and trades. Community magazines are proven to be a great way to reach local people and many businesses advertise in multiple magazines as their primary method of marketing. We'll be working on our 100th issue over the next few weeks and trying to find the best way to celebrate!

I hope you have a fantastic summer and I look forward to speaking to you again in the **100th issue in September**.

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

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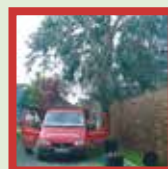
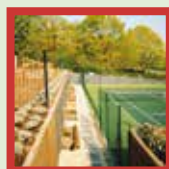
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News + events

July &
August 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 Yvonne Arnaud Theatre launch 'Like a Chat?' – A weekly social club based in the Yvonne Arnaud Theatre riverside café



Guildford's **Yvonne Arnaud Theatre** were delighted to launch their weekly social club, **Like a Chat?**, on Thursday 9 June, featuring a special visit from George Verghis, Claire Dyson and Andrew McDonald, stars of best-selling crime novelist Hillary Bonner's *Dead Lies*.

Like a Chat? runs from 10.00am to 12.30pm every Thursday in the **Yvonne Arnaud Theatre café**, so drop by for a chat, to read the paper, play a board game or a game of cards, or whatever else takes your fancy! This welcoming weekly session is a chance to catch up with old friends, meet new ones and enjoy a change of scenery.

Like a Chat? is hosted by the Yvonne Arnaud Theatre's friendly volunteers and their riverside café will be open for drinks and snacks. The Yvonne Arnaud team are delighted to be able to offer a safe and welcoming place to meet, whether you are a regular playgoer or not!

Burpham Winter Lectures

The final Burpham Winter Lecture saw Andrew Plumridge, who also kicked off the postponed lectures with his 'Gargoyles, Grotesques and Hunkypunks', acquaint us with some very strange laws from around the world.

It seems that many quirky laws were put in place to defend monarchs from ridicule. Did you know that pigs in France may not be named Napoleon? And yet... George Orwell called his authoritarian pig in *Animal Farm* by this very name.

Some laws defy reality. For example, you cannot be termed 'drunk' if you attend the Oktober Fest in Munich, but you can be fined for reciting poetry whilst downhill skiing in Switzerland. In Portugal it is illegal to urinate in the sea – fair enough! – but how on earth do the police enforce that rule?

Many laws have a basis in good sense.

On paper, the city of Rome can fine a dog-owner up to 600 Euros for failing to walk the dog each day. And in Ohio, it is illegal to inebriate a fish. On reflection, these laws are humane if odd.

The Swiss have, in the past, been quite prudish in civil law. For example, people are forbidden from hiking naked there. The Swiss also banned Winnie the Pooh for his immodest lack of clothing, but it is only fair to mention that the Finns banned Donald Duck for the same reason.

By common acclaim, our favourite example was a law in Michigan which makes it illegal to throw an octopus onto the ice. It would be nice to say that this is an outdated practice, but octopus-chucking is still rife. Police are often called out but have trouble landing a conviction. In the 1950s they adopted a policy of 'turning a blind eye'.

The Burpham Winter Lectures return in January 2023 when we will be circling back to Medieval Sex and Marriage, English Pyramids and Burpham Surnames among other topics. Keep your Fridays free!



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News + events

The launch of '999 BSL'



Sight for Surrey with emergency services at 999 BSL launch

Connecting the Deaf community to the emergency services in BSL for the first time.

Sensory Services by Sight for Surrey hosted a party for the Surrey Deaf community last Friday 17 June to showcase and celebrate the launch of **999 BSL**, the UK's first ever **Video Relay Service (VRS)** connecting Deaf people to the emergency services (police, ambulance, fire and coastguard) via a remote **British Sign Language (BSL)** interpreter.

Standing shoulder to shoulder with **Sight for Surrey** staff were **Surrey Police**, **Surrey Fire & Rescue** & **South East Coast Ambulance Service** showcasing the new service and answering any questions or queries the local Deaf community have about downloading and using the app.

The new service, which will be provided by interpreting and communication support provider **Sign Language Interactions**, has launched as an app (iOS and Android) and web-based platform. The service, which will be

funded by private telecoms companies, will be available 24 hours a day, 7 days a week, 365 days a year and will be completely free of charge to Deaf users and is an important breakthrough in equality for the Deaf community.

While a text relay service already exists, video relay will enable Deaf callers across the UK to make video calls to the emergency services in their own language – British Sign Language – for the first time ever, without needing to use English or ask a hearing person to make a call to 999 on their behalf.

This is another major milestone in improving access for the estimated 90,000 Deaf people in the UK, following the recent historic decision by Parliament to recognise British Sign Language as a language of Great Britain for the first time. **The British Sign Language (BSL) Act** passed into law on 28 April 2022 after decades of campaigning by the Deaf community.

Susanna MacDonald from Sensory Services by Sight for Surrey said; "The launch of 999 BSL has been a long time coming. This service will make a huge difference for the Deaf community and how quickly we can connect to the emergency services rather than relying on a neighbour or waiting for the next hearing person to come along, especially when the situation is life-threatening. To be able to call directly and explain and communicate in our first language is fantastic and it also means full and accurate information can be translated. I believe this new service will be helpful to anyone with any degree of hearing loss, as a non BSL user would also find this useful to be able to speak to and lipread the interpreter. This is really great news."

Abigail Gorman, from SignHealth said: "This is a breakthrough for Deaf people that will save lives and means one more step forward towards equality. We won't be satisfied until Deaf people have full and equal access, particularly to life-saving health services."



Sight for Surrey talk with Susanna & Emma

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John, Burpham



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Blooming Picnic Success for Jubilee Celebration



The afternoon buzzed with a great atmosphere and the weather was kind.

Guildford in Bloom's Picnic in the Castle Grounds to celebrate the Queen's Platinum Jubilee was a huge success with record crowds enjoying the entertainment from the bandstand and having a go at bowls.

There was live music all afternoon from **Guildford Fringe Festival**; Delicious Jubilee cakes from the **Castle Green Bowls Club** and lots of activities for children and families.

The picnic – now in its 6th year with an obvious covid break in the middle was Guildford in Bloom's first opportunity to bring everyone together again, and the Queen's Jubilee – this year's gardening competition theme – was the perfect excuse.

From a glass of Pimm's to Pin the Tail on the Corgi, to Royal Selfies – the afternoon buzzed with a great atmosphere and the weather was kind too; staying dry and even a little bit of sunshine. The event was attended by The Mayor and Mayoress of Guildford who took time to meet all the stall holders and talk with picnickers, as well as

Guildford MP Angela Richardson.

The event was sponsored by **Experience Guildford, Tunsgate Quarter** and **Guildford Pubwatch** and could not have happened without the fantastic support of **Guildford Fringe Festival**.

Every stall holder pulled out all the stops with activities and games on their stands including **Indigo Moon, The Home Club**, drama performances and cucumber sandwiches from **Pranksters Theatre Company**; games from **Guildford Book Festival**; the most amazing Royal selfie opportunities from **Reconnections Guildford and Waverley**; rock painting from the **Fountain Centre**, and much more from **Canterbury Care, Surrey Wildlife Trust, Experience Guildford**, and art activities from **Guildford Fringe** as well as the extremely popular

Pimm's Tent from **The Keep Pub**.

Cllr Paul Spooner, Chairman of Guildford in Bloom says:

"We are overwhelmed with the success of the event and the number of people who came throughout the afternoon. It was a fantastic atmosphere as everyone enjoyed coming together to celebrate the Queen's Platinum Jubilee. We are extremely grateful to all the wonderful stall holders and our sponsors, **Experience Guildford, Tunsgate Quarter** and **Guildford Pubwatch** for helping us to make this happen. We are also grateful to **Guildford Lions** for providing marshalling and support at the event."

Judging for this years **Guildford in Bloom** takes place between 27 June – 15 July. You can keep up with the competition on our social media pages – visit **@guildfordnbloom** on Twitter and Instagram and on Facebook here <https://www.facebook.com/GuildfordInBloom>.

The judges will be visiting all the **Schools in Bloom** in the next couple of weeks and the **Guildford in Bloom** team are looking forward to seeing all the themed entries the children have created.

Once this year's competition is over, the team at **Guildford in Bloom** will start planning the **2023 Blooming Picnic** so put the date in your diaries now of **Saturday 3 June 2023**.



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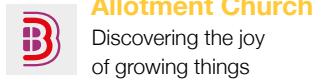
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What's on this month

July &
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Thursdays 7th July & Friday 8th July

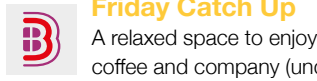


Allotment Church
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3.45-5.15pm Friday July 8th for Reception to Year 6.

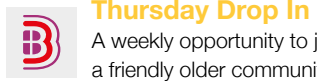
9.30-11.00am Thursday July 7th for U5s & parents.

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.

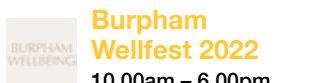
Thursdays 10.00-11.00am



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 for up to date information on what's going on.

Sunday 17 July



Burpham Wellfest 2022
10.00am – 6.00pm.
Burpham Wellfest, which takes place in **Sutherland Memorial Park** on **17 July** has grown significantly since it launched last year. The FREE Festival which offers FREE activities for all and includes a wide range of wellbeing remains true to its manifesto: **'Take care of yourself, take care of others, take care of the planet'**

Each and every participant in the festival achieves at least one of the above goals,

with most delivering two or three.

Organiser Ruth Stone from Community Group **Burpham Wellbeing** says, "We created this event last year to bring wellbeing to Burpham and support the unusually high number of wellbeing providers living in Burpham. They are returning alongside a number of local wellbeing charities and small businesses to create an event that literally covers the A to Z of wellbeing – from Aromatherapy to Zero Carbon!"



The complete range of Burpham Wellfest's stalls, talks, demonstrations and join-in activities is vast. Across the programme there are multiple tracks designed to cater for families, older people, men's wellbeing, women's health, spiritual seekers and holistic healing.

The event has been funded by sponsorship, grants and crowdfunding.

People who register for a FREE ticket on **Eventbrite** will receive a weekly update in the lead-up to the event announcing the latest news on what's happening on the day.

For more information visit www.burphamwellfest.com

Wednesday 3rd August



Flower Arranging Workshop
Doors open 6.45pm, meeting starts 7.30pm. **Jacobs Well Village Hall, Jacobs Well Road, GU4 7PD.** A friendly workshop led by club members. 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. The first visit to the club is free, so 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
www.guildfordflowerclub.com

Thursday 18th August



Free August Coffee Concert
Jo and Erik Levi, cello and piano. The Cathedral is proud to host a series of daytime Coffee Concerts, featuring a variety of musical performers from solo instrumentalists to large choirs and catering for a wide range of musical tastes.
As always, **coffee is served from 10.30am**, with the **concert starting at 11.15am and finishing at 12.00 noon.**

You may not be aware that we have a fabulous on-site restaurant & café, **Seasons**, which offers an exciting range of fresh snacks and meals. If you are able, please do stay for lunch after the concert or, if you really can't, then why not come back another time. If you wish to book a table please telephone **01483 563841** or email seasonscathedral@thetipsypigs.co.uk

We look forward to welcoming you.

Further details: www.guildford-cathedral.org/events/coffee-concerts

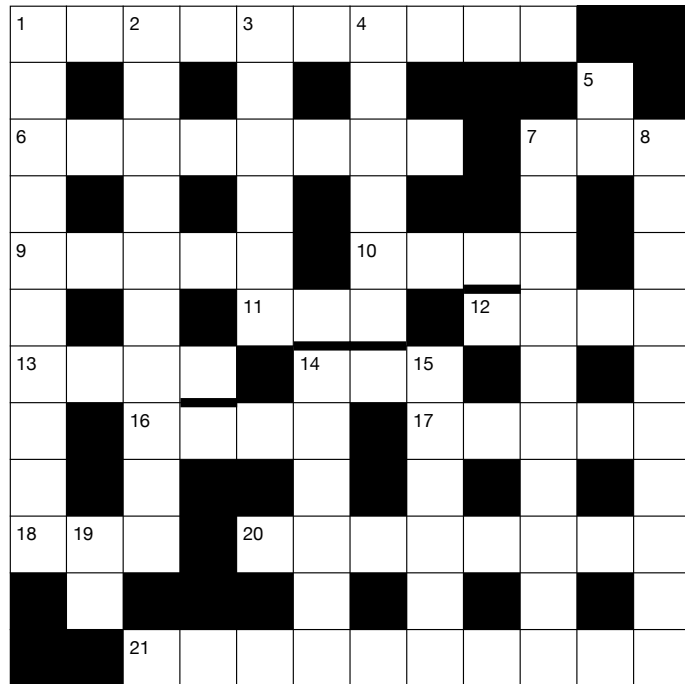
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Burpham Pages Crossword

Crossword No. 24
July & August 2022

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Across

- 1 Serious thought or consideration (10)
- 6 Act of resistance or rebellion; a revolt (8)
- 7 Seaport in SW Scotland, on the Firth of Clyde (3)
- 9 Albrecht _____ a German Renaissance artist (5)
- 10 A man eating giant (4)
- 11 Immeasurably long period of time (3)
- 12 Contraction of brother, used as a prefix (4)
- 13 Hard, dense, calcified tissue consisting of collagen fibres and mineral salts (4)
- 14 Small piece of paper, metal, or cloth that is attached to the edge of something (3)
- 16 Back of a person's neck (4)
- 17 Irish poet, dramatist and writer (5)
- 18 A hill or rocky peak (3)
- 20 Relating to or involving the use of the imagination or original ideas (8)
- 21 Too important to be interfered with (10)

Down

- 1 Circular structure in the road where several roads meet (10)
- 2 One that precedes and indicates the approach of another (10)
- 3 Make something certain to happen (6)
- 4 Tissue attaching a muscle to a bone (6)
- 5 Expression of misery or surprise (2)
- 7 Abnormal or unexpected (10)
- 8 Act of thinking about the past (10)
- 14 Extreme fear (6)
- 15 Avoid something by going around it (6)
- 19 A satisfactory agreement or acceptance (2)

Solution to Crossword No. 23

Burpham Pages issue No. 98
May & June 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. For the July – August 2022 solution please see our September – October 2022 issue.



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BEFORE AFTER

The Power of Silence

Silence – how do you see it? A positive thing or a negative thing? We live in a very noisy world: some of it immensely positive – the words of a loved one encouraging us, the sound of the birds singing in the trees, beautiful music lifting the heart, the words of an actor stirring our emotions, the challenge of a teacher engaging our mind.

Noise can be a wonderful thing. I doubt any of us would like to live without any sound, and those of us struggling with deteriorating hearing know how frustrating it can be when we can't hear properly.

And yet you can have too much of a good thing! Many of us recognise that there is often too much noise in our lives; different things competing for our attention: the phone, the TV, social media, friends, children, parents.

Sometimes it can feel like everyone, and everything is speaking at the same time, and we just need to switch everything off, hide away and have some quiet. This of course can be easier said than done, especially if you have young children, a demanding family or crazy job. But perhaps that makes it all the more important?

Perhaps silence isn't just a luxury but a necessity?

Across the centuries, Christians have discovered the power of silence, for there many would testify that we meet God. Ruth Haley Barton writes in the book Invitation to Solitude and Silence, "We are starved for quiet, to hear the sound of sheer silence that is the presence of God himself." Now there is an invitation if ever I heard one!

Over the last few months, I have been on a bit of a journey to try and intentionally put regular times of silence into my life. Now for me, the noise isn't just on the outside – sometimes I can switch everything off and my brain is just as noisy on the inside. That's the real challenge, learning how to stop talking on the inside, but I am trying to keep going and persevere.

If I write this sentence without any spaces between the words it is really hard to read.

Did you get that? (If I write this sentence without any spaces between the words it is really hard to read!)

I wonder if your life has space and silence in it, or does it all run together with no place to breathe. Maybe this summer you might like to join me on my adventure into silence. I have a feeling that there might just be some hidden riches we might discover that bless not just us, but those around us too.

With every blessing
Rev'd Joanna Levasier

jo@burphamchurch.org.uk



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Welcome to the Burpham Community Association

Community Update

www.burphamca.org.uk

July & August 2022

We represent the community of Burpham, Guildford

Another Jubilee

Next year sees another important jubilee – not a cause for national rejoicing perhaps, but important to Burpham.

Back in July 1973, a group of local people set up the Burpham Community Association (BCA). The idea was to have some social events, meetings to discuss local issues and regular newsletters informing members of local affairs. By the end of the year, some 500 households had taken up membership.

In July 2023, the BCA will celebrate its Golden Jubilee – 50 years of looking at local issues, bringing them to public attention and, when necessary, taking action to avoid or at least minimise any adverse impact on the community. The early years of the BCA saw such issues as A3 congestion, the housing developments at Wylea Farm and Bowers Farm, Sainsburys application to build a supermarket and the first proposed development on Gosden Hill Farm. The proposal to build an incinerator at Slyfield galvanised many residents into action resulted in the formation of GAIN (Guildford Anti Incinerator Network) led by the then vicar of Burpham, Reverend Colin Matthews.



In more recent years, local concerns have included the loss of the Green Man and the construction of the Aldi supermarket.



Other issues have been the proposed Clay Lane Link Road, the Slyfield Regeneration Project (now the Weyside Urban Village) and flooding issues, highlighted by the serious floods during the winter of 2013/2014 which led to the development of the Burpham Flood Forum. Over the last two years, the BCA linked up with Burpham Church to form a Community Support Group to help residents during Covid lockdowns. The most recent community event has been the fundraising for

two defibrillators. The BCA is also involved in discussion with GBC over the future of Sutherland Memorial Hall – and the proposed development at Gosden Hill outlined in GBC's 2016 Local Plan remains a serious concern. This is a development of 1,700 dwellings and associated infrastructure – it will have a devastating impact on Burpham.

A few years ago the Burpham Neighbourhood Forum was initiated by a group of committee members due to concerns about future developments and a desire to ensure they would be appropriate and built to a high standard. Government policy had introduced neighbourhood plans designed to give local communities a voice. The Burpham Neighbourhood Plan was adopted in 2016 as part of the development plans for GBC.

Help us to celebrate!

Fifty years of dealing with such a variety of community issues should not be allowed to pass without acknowledgement and we look forward to having a Golden Jubilee celebration next summer. If you have any memories you would like to share, we would love to hear from you; please email secretary@burphamca.org.uk or write to Liz Critchfield, 276 London Road GU4 7LF

BCA Annual General Meeting

The Annual General Meeting was held at the Village Hall on May 12th 2022.

The Chairman presented a summary of the Annual Report and the Treasurer presented the accounts for the year ended March 31st.



Highlights of the last year include the successful fund raising for provision of defibrillators, the relaunch of the Burpham Flood Forum under Angela Richardson's chairmanship and some improvements to the management of the Wey Navigation and its surroundings. Other BCA activities have continued throughout the year, including many planning,

development and infrastructure matters which have the potential to affect the quality of life in Burpham for the long term.

The accounts showed a small deficit for the year after a £1000 donation to the defibrillator fund. The Guildford Community lottery now provides about half of our annual income and we encourage members who can afford to support this to buy tickets for the weekly draw.



www.guildfordlottery.org/support/burpham-community-association

After confirming that Liz Critchfield retired as Secretary at the end of 2021, the remaining committee

members were re-elected unanimously and unopposed. The Chairman reminded the meeting that we are a small group of volunteers and that, although we will continue to do our best, without additional support this will limit our ability to help the community.

The AGM of the Burpham Neighbourhood Forum was then held and the committee re-elected with Andrew Plumridge and Niels Laub confirmed as new members. Catherine Hughes was thanked and received gifts on her retirement as Secretary after 10 years.

The meeting concluded with a quiz with questions connected with the Queen's Platinum Jubilee which was hotly contested and enjoyed by all.

This was the first public meeting we have been able to hold for more than two years. We plan to hold a summer meeting, probably in July, and hope that many members will join us for an enjoyable evening then.

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.

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Help by joining the Burpham Community Association today!

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

You can pay by:

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

Online –

Account name: Burpham Community Association.

Sort Code: 40-22-26.

Account Number: 41049194

To help the Treasurer please identify yourself using initials, surname and the first line of your address.

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

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

History of Abbotswood

Abbotswood was built in the early part of the 20th century on approximately 50 acres of arable farmland forming part of the Stoke Park Farm (originally part of the Onslow estate) on land previously known as Ganghill Common, an area of high ground overlooking the water meadows of the River Wey. The original farmhouse and outbuildings still survive and are included within the Conservation Area boundary.



(Above) The entrance to Abbotswood from London Road (A3100) and (right) a close up of the Abbotswood name.

Abbotswood was conceived as an early 20th Century Garden Suburb and is a fine representative of its period. It originally consisted of 46 houses built mainly before and after the First World War for the professional and more affluent residents of Guildford.

Abbotswood was conceived as an early 20th Century Garden Suburb and is a fine representative of its period.

The developer Alfred Taylor employed the services of a young architect called **Alfred Claude Burlingham** who was an enthusiastic disciple of Lutyens and Baillie Scott and had already designed houses in Sutton for Taylor in the Arts and Crafts style. He created several different designs for large and medium sized houses, in some cases with space for servants' quarters.

The development commenced in 1912 and took place over two main periods. The first phase up to and including the war provided larger houses for the gentry.

The second phase, immediately following the war, offered smaller properties (including bungalows) resulting in a mix of properties, appealing to a varied community.

In recognition of its architectural quality, No 46 Abbotswood was listed by **English Heritage** in 1998. A further house designed by Burlingham, 'St Martha's Lodge' on St Martha's Hill near Guildford, was listed in 2009.

The Abbotswood Estate itself was designated a **Conservation Area** in 2011. A full history of the estate, complete with appraisals of each of the individual properties, can be found in 'A History of Abbotswood' by Michael Drakeford published by Phillimore & Co Ltd.

Alfred Claude Burlingham

Alfred Claude Burlingham, the architect of Abbotswood, was born in 1885. He attended the Birmingham Municipal School of Arts and Crafts and, as part of his tutelage, he travelled to Italy, visiting Milan, Venice and Verona.

From 1904 to 1908 he was articled to Mansell and Mansell in Birmingham. On completion of his architectural studies, he applied for membership of the Royal Institute of British Architects. At that time Burlingham lived in Evesham.

Moving south, he practiced with Alfred Taylor in Sutton from 1909. His earliest work included 24 private houses around Sutton, Purley and Wallington. He also designed a Memorial Home for nurses in Evesham and carried out work on Lord Falmouth's estates in Kent.

Working in Guildford, it seems likely that the young Burlingham visited houses in the area designed by architects he much admired, such as Lutyens, Baillie Scott, Voysey and Norman Shaw, which clearly were to influence his designs for the houses on Abbotswood which he completed while still in his twenties.

Following the completion of Abbotswood, Burlingham and Taylor went on to develop other significant residential estates in Guildford at Fairway, Trodds Lane, Ganghill, Meads Road and Green Lane, and a number of charming cottages in Orchard Road, Burpham. Burlingham should not however be viewed solely as an architect for domestic properties. He designed a series of shops in Cheam which became a hallmark for the area; a series of flint fronted houses and a church, also in Cheam and the impressive clubhouse at Cuddington Golf Club built by Tarrant, the builder and developer of St Georges hill, Weybridge.

Later in his career he designed a very large office building for London & Manchester Insurance at Finsbury in the City of London, which was very similar in style to Lutyen's building for the Midland Bank at Poultry. The office block was demolished in 1972, despite many objections at the time.

'Abbots Lodge' was one of the first houses to be built on Abbotswood in 1914.

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St Luke's Church

Moira MacQuaide's history of Burpham

Prior to 1859, there was no church at all in Burpham, which was part of the Parish of Worplesdon, so residents had to travel to St Mary's to attend services. The people of Burpham decided that they needed a church and burying place of their own.

Lord Onslow donated the site and funds were raised, headed by patrons in Worplesdon and the Provost and Fellows of Eton College. The architect was Mr Woodyer of Graffham and the builder was Mr William Swayne of Stoke Road. Work began in August 1858 and the whole church was built for less than £1,000. On 24th May 1859 the Lord Bishop of Winchester came for the consecration of St Luke's as a Chapel of Ease to St Mary's Worplesdon. At last farm workers and their families could attend their own local church.

It is a small church, with a vestry on the north side. The walls are of Bargate stone and the window and door facings made from Bath stone. The oak pulpit was purchased from a parish in Bristol for £10 in 1958, replacing the original chalk stone pulpit. There used to be a pipe organ, but this has since been replaced with an electronic one. The porch was added in 1961, given by Mr & Mrs Howard. Electricity was installed in the 1930s and some renovations were done before the centenary in 1959.

The first child to be baptised at St Luke's was Lucy Chapman, in July 1859, and the first burial was a

two-year old child, Edward James Alexander, in June 1859.

In 1920 Burpham broke away from Worplesdon, joining instead with St Peter's Old Woking. St Luke's became a parish church in its own right in 1954 and in 1921 the church was licensed for the solemnization of marriages.



The **War Memorial** is just inside the main gate to the church, commemorating those in the community who lost their lives in both World Wars – 18 in the first and 11 in the second.

In 1857 a conveyance between the Duke of Sutherland and the Church Commissioners set out arrangements for a new vicarage on Burpham Lane, opposite the Primary School, now the home of a nursery school. Since then the vicarage has moved to Orchard Road and is currently on London Road.

In 1959 the community celebrated the centenary of the church, with a range of events held that summer and autumn.



The Burpham Tapestry, created as part of the Millennium celebrations, is displayed on a wall in the church. For many years the children of Burpham Primary School held their Christmas Carol Service in St Luke's, where the acoustics are excellent, until space ran out and they had to move to a bigger venue. The church is one of the oldest buildings in Burpham.

If you are willing to share your memories and/or photos to tell us more about Burpham then please contact Moira MacQuaide, either by e-mail (moira.macquaide@gmail.com) 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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The Hierarchy of Fat-loss

Christine Sciberras, Founder and Head Coach at Melita Fitness

When it comes to losing weight, or more specifically losing fat, exercise gets a lot of attention. It tends to be the first thing we do.

You'll see it all over fitness magazine too: "5 exercises for fat loss" or "20 minutes to your bikini body".

As a personal trainer, you might be surprised to hear that exercise is not the first thing I recommend for women (or anyone really) wanting to lose fat.

In fact it's not even the second thing!

So let me share with you my Hierarchy for Fat Loss.



The **MOST** important thing for fat loss is **NUTRITION**. It is absolutely fundamental because whichever way you look at it: **you cannot out-exercise a poor diet**.

Getting nutrition right is key: This means getting adequate portions of protein, fats, carbs and veg. It also means maintaining a calorie deficit. But not too much of a deficit that it causes us to overeat in 2, 5, 7 days' time.

Think of it like this: if you only have one free hour, what should you do? The most effective thing that you can do, is sort out your nutrition for the next few days: plan your meals, get your food shop organised, or prep your food by, for example, cooking up a batch of protein and veggies.

How many of us do this consistently? Because in my experience, we are more likely to think a workout is more important. We carve out an extra hour and go to a class or run. But then we wing the nutrition bit, because we haven't got enough time to prepare something nutritious. Well, that's doing it backwards. Because let me say it again: **you can't ever out-exercise a bad diet**.

The second most important aspect is **SLEEP and recovery!** Yes, sleep is more important than exercise. Why? Because lack of sleep messes up your hunger hormones causing you to want to eat more (and particularly making

you want to eat more junk food). It also elevates your stress hormones, which makes it harder to lose weight!

So prioritising sleep is super important. This means having a regular bedtime routine: avoid phones in the evening, avoid eating late, limit caffeine in the afternoon and so on.

The most effective thing that you can do, is sort out your nutrition for the next few days.

It's only at the third level, that we finally get to **EXERCISE**, once we have nailed nutrition and sleep. Because if you're not rested and recovered, then your workout will be sub-optimal.

It's not just any exercise. It's about **Lifting Heavy Stuff**. Workouts should be 3-4 times a week and ideally around 45 minutes long. Any longer and you're probably not working out hard enough. Any more frequent

and you're probably not recovered between workouts.

At the next level up, it's about **Activity Levels**. This is non-exercise activity like walking, gardening, Hoovering... 10,000 steps is a good target for most of us!

Finally, right at the top, is **everything else**. All the things that confuse and obfuscate fat loss. And that many of us don't need to worry about. Things like meal timings, supplements, which superfood is 'the best' or which 5 exercises are 'the best'. Yes, ironically these are often the things you read most about in magazines!

But for most of us, these things don't really matter. And focusing on the lower levels Nutrition, Sleep and Lifting Heavy Stuff consistently is what is really required

If you've struggled with achieving consistent fat-loss and would like some help, please get in touch: chris@melitafitness.co.uk

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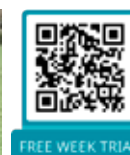
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Burpham Gardening Club News

July & August

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

At the recent AGM, it was decided to stop evening meetings due to very poor attendance. We will however in future be holding a Summer and Autumn Show. The first of these will be the Autumn Show on Saturday 28th August. Please put a note on your calendar.

Things to do in the garden in July.

- ✂ Remove the main stem of Cordon Tomatoes just above the fourth truss, any fruit that forms above this truss is unlikely to ripen before winter sets in.
- ✂ Spray Potatoes and Tomatoes when it is wet and muggy to reduce the risk of blight damage.
- ✂ A regular feed of Tomorite will help Tomatoes and Dahlias to produce good fruit and flowers, start feeding Tomatoes as soon as the first fruit starts to form, irregular watering will encourage blossom end rot in Tomatoes.
- ✂ Continue to make successional sowings of Salad Crops
- ✂ Regularly pick Courgettes unless you wish the fruit to become Marrows.
- ✂ French and Runner Beans will become tough and stringy unless they are picked frequently.
- ✂ Leeks and Winter Brassicas should be planted out this month.

- ✂ Give Summer Bedding Plants and containerised plants a regular Liquid feed.
- ✂ Dead head Bedding Plants to maintain a colourful display and Perennials to obtain a second flush of bloom.
- ✂ Keep containerised Camellias and Rhododendrons well watered to enable good flowering next year.

Things to do in the garden in August.

- ✂ After all your hard work, you can now sit back and enjoy the fruits of your labour.

Set the mower blades on high when cutting the grass during dry periods.

- ✂ Continue to harvest fast growing Vegetables and Salad crops as they mature.
- ✂ Keep Runner Beans well watered which will help the flowers to set.
- ✂ Rambling Roses should be pruned after flowering, cutting out one in three stems from the base to encourage new growth.

- ✂ Summer prune Wisteria, removing all new shoots to five buds above the main stem.

This month you can start collecting seed from Annuals ready for sowing next Spring

- ✂ Now is the time to set Earwig traps amongst your Dahlias, fill a 3 inch pot with hay or straw and place it upside down on the end of the cane supporting the plant, the Earwigs will climb into the pot during the night and will be waiting for you to shake them out into a dish in the morning for disposal.
- ✂ This month you can start collecting seed from Annuals ready for sowing next Spring, do not collect the seed of F1 hybrids as they will not produce flowers true to type next year.
- ✂ Set the mower blades on high when cutting the grass during dry periods.

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