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Includes Burpham Community Association newsletter.

Burpham Pages

September
& October
2023

Incorporating Jacobs Well

Guildford Schools in Bloom: Winners announced. From 12 local schools entering this year, Freemantles School are the overall winners.

New beginnings. Jane Agg, churchwarden at Burpham Church, looks forward to engaging with the Burpham community this Autumn.

Sleep Toniq: a natural journey. Timothy Spinks discusses his new business venture, a natural health drink to help you sleep.

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Burpham Pages

Incorporating Jacobs Well

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www.burpham-pages.co.uk

Editorial

Editor **Paul Nicholls**

Contributors **Moira MacQuaide, John Boon, Timothy Spinks, Chris Sciberras, Jane Agg**

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for November – December 2023 issue is **2nd October 2023**

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Welcome

Dear Neighbours, I hope you have all had a fantastic summer, the holidays are almost over and the kids will be going back to school very soon. However, there's loads to look forward to in the coming months with Harvest Festival and Halloween on the horizon and people are already starting to talk about Firework Night and Christmas!

There's so much more going on in the community. If you are organising an event, of any kind, and you want local people to know about it, let us know so that we can feature the details online or in the next issue of the magazine (covering November & December), e-mail us at editor@burpham-pages.co.uk.

It's worth checking out our website for additional 'Latest news' on our home page (burpham-pages.co.uk) or What's On Directory at burpham-pages.co.uk/whats-on-directory/

This month we highlight news such as the winning school of the **Guildford Schools in Bloom** competition, **Guildford Shopmobility** winning a National Award, the good work done by the **North Guildford Food Bank**, our **local councillors update** us on their work over the last couple of months, Chris from **Melita Fitness** is urging us to get fit and we talk to local entrepreneur, **Timothy Spinks**, about his business endeavours.

'Where in Burpham?'. The May & June issue was won by one of our readers who correctly identified that the photo was the 'boundary stone' on London Road. 'Where in Burpham' will return in the New Year.



Paul Nicholls (Editor)

editor@burpham-pages.co.uk

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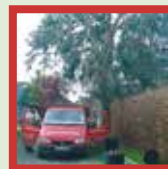
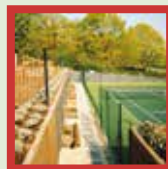
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Local news & events: get involved and tell us more about your news and events organised in Burpham, Jacobs Well and the surrounding areas.

Winning Schools Announced in Guildford Schools in Bloom.



Freemantles School receives their awards from Masuk Miah, the Mayor of Guildford.

Guildford in Bloom held its Schools in Bloom Awards at Edwins Garden Centre in Clandon and Freemantles School walked away with an armful of awards, including a Gold Award for their Garden; Best Interpretation of the Theme (For King and Countryside) and Overall Winner of the 2023 Competition.

The event included a talk from **Guildford Beekeepers Association** with lots of props and photos which kept the children (and adults) enthralled. Then they had a chance to get their hands dirty by potting up some plants with **Edwins Garden Centre** staff which they could take home.

Each school won a book and a certificate with the overall winner getting a £50 voucher to spend on school gardening equipment, a visit to their school by the outreach team at **RHS Garden Wisley**, and a class visit to Guildford Beekeepers.

Judges **Shirley West** and **Caroline Coleman**

Coleman visited 12 schools in total, ranging from nursery and pre-prep through to junior schools and special schools. The aim of Schools in Bloom is to get young children involved in gardening for both education and wellbeing. The children have grown flowers and food and worked to the theme of 'For King and Countryside' – this required them to choose 5 out of a list of 10 things to include in the garden to encourage and protect wildlife – from bug hotels to being part of a hedgehog corridor to growing nectar rich plants, as well as decorating for the Kings coronation.

Judges Shirley West and Caroline Coleman said:

"The schools we have judged have been amazing considering how tough it is for them right now. Our twilight session earlier this year brought schools to the competition who had not entered before.

We chose **Freemantles School** as the overall winner because they surpassed our expectations in every area we asked for. Care for wildlife was outstanding and the vegetables patches were so well watered and looked after as were the flowers.

The input from the teachers with the children just shone out with love for their garden and the icing on the cake was their superb interpretation of the theme."

Carla and Chloe Lead Assistants, at The HEART at Freemantles – the outdoor learning department said:

"We are thrilled at the news that our school has won Guildford in Bloom. This means so much to our wonderful students. They have worked so hard to create wildlife friendly spaces as well as areas in line with this year's theme 'For King and Countryside'. Freemantles is a specialist school for children and young people with Autism. We have 225 students ranging from ages 4-19 who benefit from our outdoor area. Our outdoor space is used in numerous ways from teaching horticulture, growing for our catering sessions and used for wellbeing."

Paul Spooner, Chairman of Guildford in Bloom said: "The Schools in Bloom awards are a real highlight of our year. Seeing the joy on the children's faces (continued on page 19)

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September & October bi-monthly update from local councillors George Potter and Jane Tyson.



Local councillors George Potter
and Jane Tyson.

Since our last update we've been working hard on local issues and continuing to hold our regular drop-in sessions where people can come to speak to us on the first Saturday of every month at (or outside) Burpham Bowling Club. Please get in touch with us if there are any issues we can help with!

Financial challenges facing Guildford Borough Council

In July the council passed a special budget in order to deal with financial difficulties caused by high inflation and rising interest rates on the council's borrowing. The result of these financial pressures is that the council will have to make £18 million of savings over the next three years to balance the books, or else face having to effectively declare itself bankrupt. The biggest cause of the problem is high interest rates, as previous administrations committed to borrowing large amounts of money to fund major capital projects, and the cost of repaying these loans accounts for around 80% of our budget gap. The situation has been made worse by years of government funding cuts.

The new Lib Dem administration has now imposed strict financial controls and set up a dedicated financial taskforce, and we will be looking

very carefully at all of the council's spending, borrowing and properties to find ways to cut costs, raise revenue and sell assets to restore sound and prudent finances. However, while we will have to make difficult decisions, the administration has been very clear that our priority has to be protecting the public services that people rely on, and, wherever possible, we will be looking to deliver services differently rather than just cutting them.

Proposed development for Gosden Hill

Martin Grant Homes have announced their intention to submit a planning application for the Gosden Hill Site on the edge of Burpham. The Burpham Neighbourhood Forum and Burpham Community Association will be organising an event this autumn to inform people about this and other planning issues, but in the meantime the developer has setup a website where you can register to be notified when the public consultation starts on the scheme: GosdenHill.co.uk

North Street application

A new planning application for the North Street re-development scheme has been received by the council and is now open for public comment. We don't have the space here to give a proper update on it, so we have written a Frequently Asked Questions about the scheme on our website instead: GuildfordLibDems.org.uk/NorthStreetFAQs

Riverside Nature Reserve

Following resident concerns about the quality of work being done on footpaths at the nature reserve, the council has dismissed the contractors who were working on the project. The council has now crushed and relaid the stone footpaths to make them more accessible, and will be adding a gravel layer to provide a smoother finish.

Getting in touch with us

If there are any particular issues you'd like to discuss with us then please email us at george.potter@guildford.gov.uk and jane.tyson@guildford.gov.uk and we will be happy to do all we can to help. ■

Friday 2nd February 2024

Home-Start Together Ball



Join us at **G Live**, Guildford to celebrate the **Together**

Ball, raising funds to give

children the best possible start in life. A sparkling reception, 3 course dinner, auction and raffle plus live entertainment. Tables of 10-12 are available, £110 per person.

Home-Start Guildford is a small, independent local charity supporting vulnerable families who are dealing with issues such as disability, sickness, mental health, domestic abuse and bereavement.

We are holding a ball to raise the critical funds required to support their work. Please join us for a spectacular evening where we come together as a community to make a meaningful difference in the lives of families and children in need.

If you can't attend you can still support the cause by purchasing raffle tickets, bidding in the auction, donating a prize to the raffle/auction, or simply by making a donation – this can all be done via www.togetherball.com

HOME START Guildford

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The North Guildford Food Bank



Top: Audrey Howells, Val Morecom, Karin Hirschorn, Chris Lee (in the cafe with packed parcels ready for clients). **Above:** Lorraine Price, Chris Lee, Joy Waller and Liz Ruocco (during packing in our store room). **Right:** Lorraine Price (Team Leader at Wednesday's session outside St Clare's)

Who do we serve and where is the Food Bank?

If you shop at Sainsbury's in Burpham you may have noticed the collection point for The North Guildford Food Bank inside the store. Although we are based at St Clare's Church in Park Barn, the Food Bank's clients come from all over the Guildford area including Burpham and Merrow. We cannot provide this service without your generosity; whether that is a donation of a tin of soup, some cereal, nappies or indeed a financial donation through our web-site: northguildfordfoodbank.co.uk

Clients are referred to the Food Bank from many sources including GPs, Guildford Borough Council, Home School Link Workers, Citizens Advice Bureau and Guildford Action. Unemployment is the biggest reason for a referral followed by debt, benefit delay, sickness, cost of living and low income. Clients come to us to receive a generous package tailored to their

household that includes food, toiletries, household cleaning products, dog and cat food (if needed) and sanitary items. We also keep additional foodstuffs for clients with specific dietary needs.

Where do our supplies come from?

Help comes from far and wide thankfully. Individuals donate food. Streets come together to raise funds or drop off bags of groceries. Businesses (including Waitrose and Pets at Home where donations can also be made), schools and local clubs also help. Regular donations from Guildford Lions enable us to provide fresh fruit and vegetables. Cash donations mean we can buy and give out milk, cheese, butter and bread as well as fuel vouchers for clients with pre-payment gas or electricity meters. Guildford Borough Council delivers to housebound clients.

Burpham (and Guildford) is blessed with wonderful friends, clubs, churches, schools, businesses and neighbours

who all look out for those who find themselves in need. And then we have around 90 incredible volunteers.

What happens to items you leave in the Food Bank donation point in Sainsbury's?

Each Monday our volunteers pick up the donations, taking the stock to St. Clare's Church. The new stock is then dated, sorted and put away in our storeroom ready for our volunteer packers.

In preparation for the sessions, our volunteers pack parcels tailoring each to the client's specific needs and preferences (for example vegetarian, low-sugar, gluten-free and so on) that are forwarded to us by the client's referrer.

The Food Bank is open each week on Tues (1pm-2pm), Wed (9.30am-10.30am) and Fri (5.30pm-6.30pm). At these times clients collect their parcels and can also spend time in our free café chatting to volunteers. Many clients find themselves isolated and this friendship and support can be just as valuable as the food. It is also an opportunity to tell the clients about other services and help that is available to them from so many different groups in Guildford.

We are sometimes asked about clients' reactions when they receive their packages. Clients are immensely grateful to our volunteers and of the compassion and generosity of those who have made donations. It is not uncommon for clients to become emotional when they receive their parcels. Some who have benefited from the food bank subsequently find themselves in better circumstances and go on to donate items themselves. It can be difficult to visualise the impact you are having on peoples' lives when you place your donated items in the collection boxes. Please take it from us that you are doing something very special indeed.

Thank you, Burpham! ■

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Every Tuesday

Bridge Club



The Alternative Bridge Club

has been holding friendly duplicate bridge sessions in Sutherland Memorial Park (Bowls clubhouse), Burpham for over 20 years, playing every Tuesday evening 7.30-10.30pm.

We would welcome new players – please phone Jan 07940 433989 if you are interested.

Various dates & locations

Here for you – Eden People Community Wellbeing & Spirituality Group



Eden People are a local community wellbeing & spirituality group based and operating locally in Guildford and surrounding areas.

They have over 23 years' experience of facilitating & running wellbeing spaces & activities around Guildford.

This group look to support people's mental, emotional, physical and spiritual health through a range of activities accessible to people of all ages, gender or ethnicity; with any, no or some belief or faith basis – everyone is welcome.

The group creates different wellbeing & spirituality activities to bring rest & peace to the body, mind & spirit, encourage participants to build self-worth and awareness of their uniqueness & identity.

For example, their **Body Blessing & Positive Postures Sessions** are held the **Q E Park Community Centre**. These sessions are designed to bring rest & peace to the body, mind &

spirit, encourage participants to build self-worth and awareness of their uniqueness & identity. Each session last for one hour, booking a space is essential for group size. No special clothing or equipment is required; see this as positive investment to your general health and wellbeing.

We would like to open opportunity for people to engage with us and others through some of the following activities:

All activities are offered for free or with a donation from participants.

- Body Blessing & Positive Postures Sessions
- Wellbeing & Spirituality gatherings around the area.
- Life Peace: Meditation / Contemplation space
- Movement / sound / dance expression
- LifeWalks walking group
- Dream Interpretation, Insight & Destiny, Encouragement & Healing.

To find out more about **Eden People**, join their mailing list and their current activities.

Email: edenpeopleorguk@gmail.com

Visit: www.edenpeople.org.uk

Text: 07866247919

Twitter: @edenpeople

FaceBook: [eden.people.uk](https://www.facebook.com/eden.people.uk)

Instagram: [eden_people_1](https://www.instagram.com/eden_people_1)

Wednesday 6th September

Cathedral Tots at Guildford Cathedral



Our monthly **Cathedral Tots** returns from a summer break on Wednesday 6th September at **10.00am**. Cathedral Tots is an informal worship event designed for toddlers and pre-schoolers along with their parents/

carers, which includes a story, songs, toys, craft activities and refreshments. No booking is required, simply come along, and enjoy the morning.

Newcomers and returning visitors are both welcome.

While you're here, make sure to visit Seasons Cafe for a delicious snack or lunch, and stop by our Gift Shop for a browse. Additionally, free two-hour parking is available at the Cathedral.

Location of event: Guildford Cathedral, Stag Hill, Guildford, Surrey, GU2 7UP

Further details about event:

<https://www.guildford-cathedral.org/events/families-whats-on>

Saturday 23rd September

A Night at the Proms



The **Surrey Police Band** annual Proms concert, presenting a varied programme of music with a flag-waving finale. In aid of the Chief Constable's charity.

7.00pm Normandy Village Hall, Guildford GU3 2DD. Doors open 30 minutes prior to the performance.

Free parking & licensed bar. A range of soft drinks, tea coffee and homemade cakes will be available in the interval.

Tickets: £10 adults, £5 under 16s, free under 5s. Book your tickets here: www.ticketsource.co.uk/surreypoliceband

Or call our Box Office on: **07849 675 627** (See ad page 7)

What's on this month
Continued on page 29

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 November & December 2023. If you would like your event, happening during this period, added to our 'News & events' or 'What's on this month' sections please e-mail the details to editor@burpham-pages.co.uk before **2nd October**.

What's stopping you?

Christine Sciberras, Founder and Head Coach at Melita Fitness

The evidence is clear. If there's one thing that you should do to improve your health, it's EXERCISE.

There's plenty of studies showing that exercise will massively impact not just health and longevity and quality of life too.

- Exercise improves muscle strength and bone density. This is especially important for women aged 30 onwards as these decline as we age.
- It also helps improve metabolic health by improving insulin sensitivity and glucose metabolism and reducing the risk of type 2 diabetes.
- It improves cardiovascular health helping to risk of heart disease and lowering blood pressure.
- There is evidence suggesting that regular physical activity may lower the risk of certain cancers, such as breast and colon cancer. Of course, it also helps manage your weight, and we know that excess weight is also linked to increased cancer risks.
- Exercise has been linked to a boost in the immune system.
- And studies suggest that regular physical activity can improve cognitive function or prevent cognitive decline. Plus we all know that exercise boosts happy hormones improving our mental wellbeing.

So if I could offer you a simple solution that hits all of these benefits, what's stopping you from getting started?

Now, the truth is I've been doing this a long time. So I actually know the answer to my question.

Reason #1 – "I don't have time"

I get it – we're busy. There's work deadlines, endless meetings, dishes to wash, humans to feed. And so much life admin!

But think of it this way: the way we allocate time is our choice and understanding this empowers us to take ownership of our lives. Finding moments for regular physical activity can significantly impact our overall well-being.

Reason #2 – "I'm not fit enough..."

Or you might be thinking:

- "I'm scared to get started..."
- "I'm worried about being judged..."
- "I don't know where to start..."

Making changes is hard and it can be daunting. But the hardest obstacle is in your head.

So persuade a friend to join you or find amazing supportive community that you can join!

Reasons #3 – "I'm just too lazy" or "I have no motivation"

You'd be surprised how often I hear these. Often they're a cover for

either of the previous two excuses. But sometimes it's a case that you haven't quite realised how urgent and important it is to get started today.

But I'll say it one more time, if there's one thing you can do to improve your current health and your future health it's working out.

And while it's never too late to start, your future self will thank you for getting started sooner, rather than later...

So if you've been watching us from a distance or thinking about getting fit, I really want you to remember this:

- Everyone was a beginner at some point.
- You are probably far more capable than you give yourself credit.
- We keep our classes small, so that we can make sure that you're working at the right level for you!
- And if you join us, it's more than just fitness. It's about the community, the sense of being in it together, the friendships, the positive and supportive atmosphere. As well as the knowledge that we're doing something beneficial for our health and wellbeing... ■

STILL THINKING ABOUT JOINING MELITA FITNESS?

For some of us it's all about the squats and lunges. (OK, that's mostly just me!)

For most it's about the community, the sense of being in it together, the friendships, the positive and supportive atmosphere. And the knowledge that we're doing something so beneficial for our health and wellbeing...

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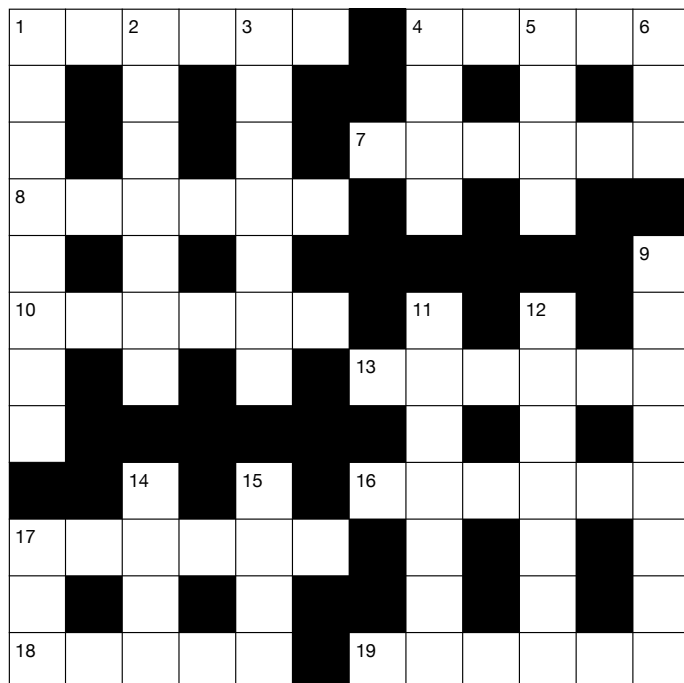


Call Gail on 07789 741344 or
email gail@glamourgarden.co.uk

Burpham Pages Crossword

Crossword No. 31
September & October 2023

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Across

- 1 Walt, US film producer who pioneered animated cartoons (6)
- 4 Spoken or performed without previous preparation (5)
- 7 Made by combining two different elements (6)
- 8 Treat with contempt, mockery or ridicule (6)
- 10 Metal cast into shapes, typically rectangular, in order to be stacked (6)
- 13 Member of a Native American tribe, also known as the Sioux (6)
- 16 Ornamental use of rock and shell forms (6)
- 17 List of items discussed at a formal meeting (6)
- 18 Pursue in order to catch or catch up with (5)
- 19 American media franchise and shared universe centered on a series of superhero films (6)

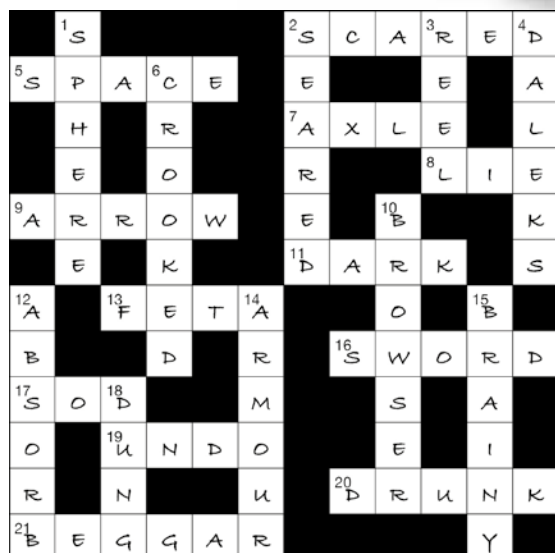
Down

- 1 Time by which something must be finished or submitted (8)
- 2 Act of keeping things somewhere so that they can be used later (7)
- 3 Having or showing great knowledge or learning (7)
- 4 A common variety of potato (4)
- 5 Small ground-dwelling songbird (4)
- 6 An offer to pay a certain sum for something (3)
- 9 Straight and sloping, not horizontal or vertical (8)
- 11 Light portable antitank weapon fired from the shoulder (7)
- 12 Explosive cocktail (7)
- 14 Very large or huge (4)
- 15 Outside limit of an object (4)
- 17 Smoothly curving line or movement (3)

Solution to Crossword No. 30

Burpham Pages issue No. 105
July & August 2023

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 September – October 2023 solution please see our November – December 2023 issue.



Hi, my name is Ella Scott. I am a certified Advanced Clinical Massage Therapist and personal trainer. I'm based in Burpham, Guildford and offer a mobile massage and personal training service within Surrey. Whether you are struggling with an injury, looking for some guidance with your training, or simply looking to treat yourself or someone else to a relaxing treatment, **EJBodyFit** can help!

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What is really happening in the Burpham property market?

Bad news makes for great newspaper headlines. If you believe what the front pages tell you, you'd think estate agents would all be wandering around sounding like Private Frazer in Dad's Army, muttering "We're doomed" to anyone that would listen - interest rates at their highest in 15 years, prices in freefall, all those property "experts" foretelling the end of the world...

The reality is somewhat different and not quite as attention-grabbing as the above. Rewind by 18 months and, without exaggeration, we were averaging around 30 viewings per property we launched and 7 offers to choose from. In many instances we achieved tens of thousands of pounds more than our asking price, and we could sell anything, anywhere. In nearly 30 years as an estate agent in Guildford, I have NEVER worked in a market as crazy as that. It's astonishing how quickly this is seen as the new normal, when it was anything but! It was a reaction to the pandemic, a once-in-a-generation world event that, without exception, affected everyone. With hindsight, the housing market was bound to react the way it did, as so many people decided they needed to change their way of life, for a multitude of reasons. However, that level of activity could never last for long...

What we are in now is what any experienced agent would class as a "normal" market. With "normal" interest rates - look at historic borrowing rates and I think you'd find it hard to argue that current rates are high. A good house, in a good spot, at the right price, will sell, and it will sell well. You might even have a couple of buyers to choose from. Being realistic on your pricing is key though and that's where an experienced agent comes in to their own. I suspect that there will be an exodus of people from the property sector over the coming months, as those that have only known an easy market will seek other opportunities for easy money in different industries. That will leave the agents that really know their business inside-out, whose expertise will be crucial in delivering a swift sale, whilst minimising the hassle for their client. As Billy Ocean said...when the going gets tough, the tough get going!

If you're thinking of moving and want sensible advice on how to achieve a sale on your home, please do give me a call.

Anthony Brown, Director





Welcome to the **Burpham Community Association**

Community Update

September & October 2023

Celebrating 50 years of the BCA

The BCA was founded in 1973, mainly to ensure that Burpham's voice was heard with the re-routing of the A3. From that point onwards, we've been at the heart of the community – putting our point of view across, often irritating the various local authorities but mainly trying to represent everyone in our lovely community.

When we look back at what we've been involved with, from the Sainsbury's and Weybrook Park developments in 1983 onwards, to the Flood Action Group and Forum in 2013 onwards, it's clear that the current committee and our predecessors have been keen to get involved in any project.



We're enormously grateful to everyone in Burpham. When we started working with Burpham Church to offer support to people who were struggling due to the pandemic, we were inundated with offers of help. When we started

raising funds for two defibrillators, local businesses, other organisations and residents were quick to contribute. Also, whenever we put out a call for litter-pickers, plenty of you put your hands up. A big thank you to you all!



It was splendid to see so many of you at our Summer Social at the Village Hall on 24th June – lots of familiar faces and plenty of new friends. Special thanks to our Chairman and wine connoisseur, Andy Clapham, who not only gave us some interesting facts about wine but entertained us all with a quiz. And then on to the wine tasting! Did we know our Chardonnay from our Sauvignon Blanc... or our Malbec from our Pinot Noir? Who knew that we had so many wine experts in Burpham?

We think we celebrated the BCA's 50th in style. Here's to the next 50 years! Thank you all for your continued support.

Flood Forum Meeting at the Riverside Park

The walk took place on July 14th, led by Angela Richardson MP and attended by members of the BCA Flood Action Group and representatives of Guildford Borough Council (GBC), the Environment Agency and the National Trust.


The previous few weeks had seen little rainfall.

The group saw that the stream which drains the wetland and the overflow from the lake has been partly cleared by GBC. It was mostly dry but heavily silted. It was agreed that it should be cleared out so it will flow properly in wet conditions. This will, however, be dependent on availability of funds within GBC.

It has been suggested that the BCA might be able to organise a volunteer group to assist but this has not so far been accepted by GBC. One observer expressed surprise that GBC seemed reluctant to relinquish control over essential work which they may be unable to fund.

BCA on Facebook & Twitter!

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

 twitter.com/burpham_c_a
 facebook.com/burphamCA/



Guildford Community Lottery

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

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

To get in touch with the BCA contact the committee on secretary@burphamca.org.uk phone **07513 366072** or visit the website at www.burphamca.org.uk

We represent the community of Burpham, Guildford

London Road Update

The Sustainable Travel Reference Group was set up to help Surrey County Council (SCC) ensure that stakeholder views are understood and properly considered during the engagement process.

It provides a forum for dialogue between SCC and its stakeholders, at each key stage of the scheme.

It is facilitated by the Consultation Institute, an independent not-for-profit organisation whose purpose is to promote good practice in public consultation.

The BCA is represented on this Group as part of the Guildford Residents Association and also as part of the London Road Action Group (LRAG). Other members include residents' associations, councillors, schools and young people, cyclists, disabled people, businesses and a bus company.



SCC now propose a much less disruptive implementation plan and are trying to improve the design of the scheme. The BCA welcomes these improvements although some safety concerns remain.

The group met twice in July and is in the process of helping to design a public survey which will be conducted during the school summer holidays, so it may still be open when this is published (early September).

Public meetings are planned for September at which the details of the proposed design and implementation plan will be put forward.

It is currently thought that work will commence during summer 2024 and the Burpham section (New Inn Lane roundabout to Boxgrove roundabout) may take about 6 months to complete.

In order to give SCC a true view of public opinion we urge everyone affected or interested to take part in the survey and public meetings.

Details will be provided to BCA members in a newsletter when they are available.

**Help by
joining the
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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 2023.

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.

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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.

Our riverside park

Moira MacQuaide's history of Burpham

From an idea in the late 1970s, Riverside Park has been developed as a nature reserve in Burpham, owned by Guildford Borough Council and The National Trust, and managed by GBC.

The Riverside Nature Reserve is situated between the A3 and the River Wey, behind the Spectrum and Ladymead, with access from Bowers Lane. The actual size of the park seems to be a question! – varying from 30 hectares to 80 hectares, depending on which website is searched. It is a wildlife haven, supporting many bird, amphibian and mammal species. There are four main habitats: meadow, wetland, open water and woodland. There are boardwalk routes for walks across the wetlands, picnic tables, birdwatching from a bird hide, and

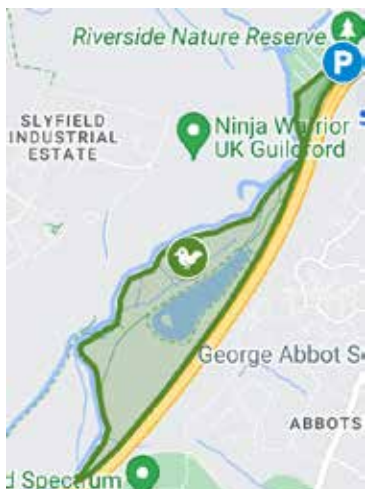
lovely views across the lake to enjoy. Conservation is an ongoing process, using different mowing regimes on the grasslands, and cattle grazing for habitat management.

The park was created when the A3 was built in the 1980s, avoiding Burpham, to provide a publicly accessible green space for local residents to enjoy. It is designated as a **SANG** (Suitable Accessible Natural Green Space). The lake and meadow were by-products of gravel extraction during the A3 construction. The lake is filled from

the Merrow Common Stream, which flows via culverts under the A3. Fishing is prohibited, as is kite flying, due to overhead cables.

The park has won several **Green Flag Awards**. The site is managed for breeding birds, terns, sedge warbler, reed bunting, water rail, redshank, snipe and lapwing. However, the low-lying areas are permanently marshy and there is occasional flooding in the winter months.





There is a 5.8km circular trail, for those who enjoy a moderately challenging walk, but mud can be a real problem. This can also make access for disabled visitors very difficult.

Mike Beckwith produced the master plan for Riverside Park in the 1980s, including a few ornamental trees around the site. One of the objectives in designing the park was to reduce noise from the A3. The field running along the back of Manston Road belongs to the park. The original deeds for the land included rights for snipe shooting in season around the lake. Although it can be a lovely place for picnics, visitors to the park must take care with possible fire risks. In July 2022, on three separate occasions, fires broke out, requiring several fire crews to attend and put them out.

Burpham is lucky to have both **Sutherland Memorial Park** and the **Riverside Nature Reserve** as places to walk and enjoy green spaces. ■

Winning Schools Announced in Guildford Schools in Bloom (continued from page 5):

when they get an award and hearing them talk so enthusiastically about their gardens is heartwarming.

Our Schools Award event is very special thanks to the Guildford Beekeepers Association who engaged the children with a great talk on bees. Of course it wouldn't happen without the tremendous support we receive from **Lee at Edwins Garden Centre** – the children love potting up the plants to take home – a very valuable and generous gesture from Edwins that is very much appreciated.

Our thanks to all schools that have taken part and the judges feedback recognises the enthusiasm and efforts of all involved at every school. I would like to thank all involved with GiB and particularly the judges for visiting each school. GiB would not be as successful as it is without the support of sponsors and we would like to thank **Chapters Financial** and **Unigold 2000 Ltd**, our Platinum Sponsors, who along with all of our sponsors ensure we can continue to run the School Competition."

The Schools in Bloom Award is an integral part of Guildford in Bloom and ensures that the love of gardening and caring for wildlife is firmly planted in the future generation.

The main Guildford in Bloom competition has now closed for entries, and judges are already out and about judging everything from front gardens to nature projects – winners of the main competition will be announced in September.

Further information on Guildford in Bloom can be found at www.guildfordinbloom.com ■



If you are willing to share your memories and 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 book, **Burpham – A Gateway to Guildford** is still available from me for £10 (free delivery locally) or on Amazon, but the **History of Burpham Primary School 1908-2014** is now out of print (available to borrow at Guildford Library).

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New Beginnings

Jane Agg, Churchwarden

At the start of September approximately 1,200 children* living in Burpham will return to, or start at, school, college or preschool. Over the summer they will have cleared last year's books and projects from their school bags and been kitted out with new school uniforms.

In school the premises team will have been busy with maintenance and the teachers will have put a new set of names on the coat pegs and refreshed their classrooms, ready for a new school year and new classes. September is a time of new beginnings.

Here at **Burpham Church** we too had a clear up and refresh over the summer. The biggest project was when our church car park was resurfaced, to be ready we had to clear away items that had been put there temporarily and overstayed their welcome. It can be very satisfying to have a clear out especially when someone else wants exactly the item you no longer need. We've learnt that it is always worth putting items on Freecycle, our junk is another person's treasure! Even our stack of pallets were wanted by someone else.

This clearing out of the past and starting afresh can apply to more than just the physical clutter in our lives. We all have things that we regret, things that we said or did, or didn't say or didn't do. Remembering these can be like a weight on us, but if we take these regrets to God he will lift them from us. God's promise in the Bible is an encouragement that we can leave the past behind and have a new start. "Forget the former things; do not dwell on the past. See, I am doing a new thing!" Isaiah 43:18 & 19. Maybe this September could be your time to clear out the regrets of the past as well as the physical clutter of the past year. Time for that new beginning.

As the children go back to school we invite you to come back to church, or join us for the first time. You will have a warm welcome. We have services at **Church of the Holy Spirit**, New Inn Lane every Sunday. **Our regular pattern of services resumes on 10th September.**

- 9.15 Parish Communion
- 10.45 Contemporary Worship with Children's Activities

Find out more

www.burphamchurch.org.uk

September could be your time to clear out the regrets of the past as well as the physical clutter of the past year. Time for that new beginning.



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Latest news from Merrow Park Surgery



Dr Calvert Han, Dr Larisa Han, Dr Victoria Farrow, Dr Sarah Quick,
Dr Jessica James, Dr Melody Vincett, Dr Anupama Lochab

As the **NHS celebrates its Diamond Anniversary**, we'd like to celebrate all 32 jewels in our crown: our staff. They include management, administrative and Patients Services Teams, as well as our clinicians. It is through working together we hope to inspire wellness in our patients, staff & the community of Merrow Park & Burpham.

We wish **Dr James** all the best for the remainder of her pregnancy as she temporarily leaves the practice this month. Dr Ekpiken, covering her maternity leave, will join us in August.

Merrow Park Surgery

Kingfisher Drive, Merrow,
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Phone:

01483 503331

www.merrowparksurgery.nhs.uk

Opening hours:

Monday	8.00am-7.00pm
Tuesday	8.00am-7.00pm
Wednesday	8.00am-8.00pm
Thursday	8.00am-7.00pm
Friday	8.00am-6.30pm
Saturday & Sunday	Closed



Did you know that UK-based research shows that patients who see the same GP over a number of years are:

- Less likely to be admitted to hospital,
- Less likely to attend the emergency department,
- Less likely to need to be referred to hospital,

As well as living both a longer and a healthier life. Merrow Park Surgery continues to support relationship-based primary care by maintaining our system of usual GP. Whilst patients may not see their GP physically, their care continues to be overseen via daily clinical meetings and our team structure, by their usual/registered GP.

Merrow Park Surgery Team members: Physician Associates

Many patients may not be aware of the integral role Physician Associates have within our clinical team since 2019. PA's are medically-trained, generalist healthcare professionals working alongside our GP's. Felicity and Stephanie work with a dedicated medical supervisor and your usual GP (eg authorising prescriptions & investigations), but work autonomously to:

- Take medical histories
- Carry out physical examinations
- See patients with long term chronic conditions
- Formulate diagnostic and management plans
- Perform procedures
- Deliver and develop management plans
- Request and interpret blood test investigations
- Provide health and disease prevention advice for patients

Through working together we hope to inspire wellness in our patients, staff & the community of Merrow Park & Burpham.



Community Spotlight:

Sleep Toniq: a natural journey

You may have read our series of interviews with interesting and inspiring people from Burpham and Jacobs Well. Although it has been a while since we last wrote one of these features, this month we spoke with local entrepreneur Timothy Spinks about his new business venture, producing and selling a natural health drink called Sleep Toniq.



At the beginning of June, lifelong resident of Burpham, Timothy Spinks set up a business selling a product called **Sleep Toniq**; a natural health drink that promotes sleep, supports digestion and calms the mind.

"It was never my plan to set up a business. After school I took the conventional route into university and then straight into the job market. But the years that followed carried my life in an unpredictable direction.

When I got my first 9-5 job after university, I noticed a big decline in the quality of my sleep. I was constantly tired, felt groggy in the mornings, and developed bags under my eyes.

In my tireless search for a solution, I came across a traditional sleep remedy that has been around for hundreds of years: apple cider vinegar and honey. This piqued my interest, as I was already taking shots of apple cider vinegar and honey during the day for other health reasons, and I was intrigued at the prospect of it also adding value to my sleep routine. Rather than taking a shot of it before bed, which I didn't think would be pleasant, I simply added it to my nightly chamomile tea."

From the first night of trying this new drink, Timothy knew he was on to something good.

It was healthy, relaxing, stopped him from getting up in the night, and removed nearly all of the morning grogginess he used to get. He began drinking it every night.

In the years that followed, Timothy quit the 9-5 lifestyle after experiencing what many millennials call a 'quarter-life crisis'. He decided to take the skills he had learned and go self-employed as a business consultant, helping charities and small businesses access different kinds of grant funding.

"I found it to be fulfilling, challenging, and interesting work, but after Covid, I began to get disillusioned. I had helped so many inspiring business and charity leaders get closer to their dreams, but

realised that in the process I had been neglecting my own. I didn't want to spend my whole life working on other people's projects. I wanted to get off the side-lines, step into the arena, and start a business for myself."

"I'm looking forward to the challenge and I'm excited about the prospect of growing my brand and maybe, just maybe, turning Sleep Toniq into a household name one day – that would be a dream come true."

Unsure as to what business venture he could pursue, a thought occurred to Timothy: I wonder if other people will like that sleep drink I make? He did some research and discovered that the sleep and health drink industries were both growing rapidly, and that his sleep drink could potentially ride the crest of both these waves. He decided to go for it.

"Having gained a broad knowledge of the charity and funding landscape from my self-employed work, I already knew about a charity called the **Prince's Trust**, established by King Charles, that helps young people start their own businesses. I signed myself up, completed their business enterprise course, developed a business plan, got assigned to a mentor, and received a small grant that I combined with my savings to pay for a small production run.

A week after the production run, on the 7th of June, 3,500 cans arrived at my house on Burpham Lane. My housemates were quite surprised to come home and find boxes piled high in the hallway!"

Three days later he had his first trading event at Ripley Farmers' Market: "I was hoping to sell between 20 and 40 cans and roughly break even for the day, but people loved the product much more than I expected and I ended up selling out all the cans I had brought with me – 140!"

Since then I've carried on trading at every farmers' market I can find in the local area, as well as making sales on my online store sleeptoniq.com. My best day of trading so far was at **Burpham Wellfest**, where the attendees loved the fact that I am based locally, use local ingredients, and bring something new to the area. I sold 190 cans that day.

It has been a promising start so far for Timothy, but he is aware he has got a long journey ahead of him. Years, maybe even decades.

"I'm looking forward to the challenge and I'm excited about the prospect of growing my brand and maybe, just maybe, turning **Sleep Toniq** into a household name one day – that would be a dream come true."

Until then, he is planning to attend every farmers' market in the Southeast, start getting his drinks into more shops, and slowly scale the business.


If you're interested in trying Timothy's drink, you can order it from his website sleeptoniq.com or you can follow him on his journey on Instagram [@sleeptoniq](https://www.instagram.com/sleeptoniq) ■



Timothy Spinks sells Sleep Toniq at Burpham Wellfest 2023.



...and sells out at Ripley Farmers' Market.



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September & October

Burpham Gardening Club News

To join the club call John Boon on 01483 874123

Things to do in the garden in September.

- ✂ The evenings are now drawing in and Autumn is upon us so enjoy your garden whilst it is still at its peak.
- ✂ On dry sunny days collect seed from Annuals such as Alyssum, French Marigold and Tagetes for sowing next Spring, do not collect the seed of F1 Hybrids as the new plants will not be the same as the originals.
- ✂ Continue to deadhead the flower border so that it will stay in bloom until the first frost.
- ✂ Dahlias need to be fed once a fortnight with a high potash liquid fertiliser such as Tomorite so that they continue to produce good blooms.
- ✂ Cuttings of Fuchsia and Pelargonium can still be taken.
- ✂ Keep Camellias and Rhododendrons well watered to ensure good bud formation for flowering next Spring.
- ✂ Evergreen Hedges should be given a final trim before Winter.
- ✂ Daffodils and Narcissi should be planted this month or next for a good Spring display.
- ✂ A late sowing of Spinach and Turnip can still be made. overwintering Onion Sets and Spring Cabbage should be planted out,

- ✂ Cut out the fruited canes of Loganberry and Raspberry.
- ✂ Apply an Autumn Dressing to the Lawn when rain is forecast

Things to do in the garden in October.

- ✂ All tender plants and shrubs should be brought indoors at the first sign of frost and kept in a frost free place.
- ✂ Cut back and divide Herbaceous Perennials.
- ✂ Dahlias should be lifted and stored once they have been blackened by the frost.
- ✂ Reduce the height of Bush Roses to minimise root damage caused by wind rock during the winter months, Climbing Roses should be pruned with the remaining stems being tied to a wall or trellis.
- ✂ Tulip Bulbs should be ordered or purchased for planting next month, remember that the bigger the bulb the larger the flower, prepared hyacinths and Narcissi "Paperwhite" should be planted in pots for a Christmas display, mixed colour Hyacinths will not all flower at the same time.
- ✂ Sweet Peas should be sown under glass at the end of the month.
- ✂ Now is a good time to plant Hedges, Shrubs and Trees.

What's on this month

Continued from page 9

Friday 17th & Saturday 18th November

Guildford Cathedral Christmas Fair



Guildford Cathedral's ever popular two-day fair is back.

Every year we welcome a wonderful range of artists, crafters and makers to the Cathedral. **10.00am until 4.00pm.** Entry £3 per person.

This unique shopping experience will have over **50 exhibitors** selling an eclectic mix of bespoke Christmas gifts and decorations, spirits, jewellery, accessories and much much more!

The **Cathedral Shop** and **Café/Restaurant** will also be open. Free, but limited parking available on-site

Further details about event:

<https://www.guildford-cathedral.org/events/christmas-fair>

Saturday 9th December 2023

John Rutter's Christmas Celebration in Guildford Cathedral



Join us this Christmas at **7.30pm on 9th December**

for a sensational **Guildford Cathedral Choir Concert**, featuring the esteemed John Rutter!

We are thrilled to announce the return of this celebrated composer to Guildford Cathedral, where we will be treated to a captivating **Christmas Celebration**.

Prepare to be swept away by an enchanting evening of carols and Christmas music, presented by the talented Guildford Cathedral Choir alongside **Septura Brass Septet**, organ and the audience!

The evening is set to be a delightful blend of traditional and contemporary pieces, creating a joyful and festive atmosphere.

Tickets are now on sale via our website: <https://www.guildford-cathedral.org/events/boxoffice/691>

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Jacobs Well Village Hall 07482 632144

Burpham Village Hall 01483 567948

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Philip Brooker 07912 044546

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Medivet 01483 604308

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Schools

Burpham Primary School 01483 572510

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County Hospital 01483 571122

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Guildford Hospital 01483 555800

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