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Includes Burpham Community Association newsletter.

Burpham Pages

January
& February
2025

Incorporating Jacobs Well

Community Update. The BCA update us on Gosden Hill development and the London Road and Boxgrove Roundabout proposals...

Local councillors George Potter and Jane Tyson write their regular update. Including the speed limit reductions in Burpham and Merrow.

The gift of change. Rev James Hanson asks "Have you ever been surprised by unintended consequences of doing something?"

Unlocking the power of our mind

Katerina Rose, performance and life coach wonders how many of us feel we have maximised our potential during our lifetimes.

Includes: Community Update from the Burpham Community Association



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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.

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Editorial

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Contributors **Moira MacQuaide, Jane Tyson, Rev. James Hanson, Tim Bonnert, Katerina Rose**

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Welcome

Happy New Year and welcome to the January & February issue of Burpham Pages! We're hopeful for a fantastic year ahead and are excited to bring you the first edition of 2025, brimming with local updates, inspiring stories, and community highlights.

In this issue, the **Yvonne Arnaud Theatre** shares details of their **Play Your Part** campaign, an exciting initiative to transform their space and secure its future as a hub for creativity and performance. Local councillors **George Potter** and **Jane Tyson** provide updates on their busy schedules and their ongoing efforts to support the community.

We're celebrating the success of the **Mistletoe Ball** and the wonderful news that work has begun on the **Fountain Centre's new garden**—an inspiring project offering comfort to those facing cancer. The **Burpham Community Association (BCA)** updates us on the crucial Gosden Hill development, as well as their upcoming Winter Lectures, guided winter walks, and their newly launched set of self-guided walks booklets.

If you're looking to make a difference this year, **Home-Start Guildford** is on the lookout for volunteers to support local families in need. Moira takes us on a journey into the past, exploring the fascinating history of **Winter Hill Farm**, while local performance

and life coach **Katerina Rose** delves into "unlocking the power of our mind" to achieve personal growth. **Rev. James Hanson** reflects on life's unexpected outcomes, asking, "Have you ever been surprised by unintended consequences of doing something?"

And as always, **The Worplesdon Garden Club** shares their seasonal gardening tips to help us embrace the new year.

We hope you enjoy this first issue of 2025 and look forward to connecting again in the March and April edition. Here's to a great year ahead!

Paul Nicholls (Editor)

editor@burpham-pages.co.uk

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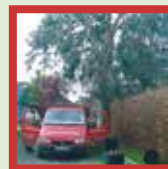
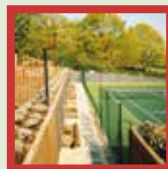
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News + events

January &
February 2025

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

Renovation work at the Yvonne Arnaud Theatre is now in full swing!



The new Riverbank Kitchen at the Yvonne Arnaud Theatre.

Their Play Your Part campaign to transform the theatre and develop this iconic and much-loved building as a cultural community hub with theatre at its core is well underway.

The theatre is building new multi-purpose spaces for wider community and artistic benefit; ensuring it can meet the needs of the communities of Surrey for the next 50 years. Accessibility has already been improved with the addition of new accessible toilets, and there are other exciting changes coming this year.

The project will:

- Improve accessibility throughout the front of house areas including the provision of a lift to all floors.
- Create a multipurpose accessible community room for engagement activities, events, rehearsals and workshops.
- Remodel the theatre's public spaces to make them fit-for-purpose to meet the growing demand for these areas.
- Improve its environmental

sustainability by replacing outdated electrical and mechanical services with energy efficient alternative.

The **Yvonne Arnaud Theatre** is a registered charity and the only producing venue in Surrey. A regional theatre with a national reach and a mission to produce and present vibrant, outstanding, entertaining drama for the communities of Surrey and the South East.

An artistic resource and a safe space for many communities to participate in the thrill and delight of live theatre and arts activities, it enables people of all ages to come together, whether they choose to see a play, take part in a workshop or event, or meet a friend for coffee.

In June 2023 the theatre was delighted to receive £3m from **Surrey County**

Council's Your Fund Surrey, and the team thanked the thousands of people who took the time to write in, make comments and like its application on the **Your Fund Surrey** website, contacted their **Surrey County Council** representatives and generally supported the theatre in showing how vital it is to the county, in so many ways.

With the generous support of **Your Fund Surrey** added to the 2.28m raised to date, the theatre still needs to generate a further £715,000 in order to complete the planned works. Please consider donating to help the theatre reach their target.

Work is due for completion in the summer, the theatre's 60th anniversary year. To celebrate, the Yvonne Arnaud and **Guildford Shakespeare Company** have partnered for two ambitious and exciting productions running from 10 to 26 July: **The Comedy of Errors** and **A Company of Rascals**. Performed simultaneously on both the Main Stage and in promenade around the theatre, inside and out, this will be an unmissable theatrical event for the town.

The theatre will remain open this spring and summer whilst most of the work is done, and has devised a building programme that still brings you the best in drama, comedy, family shows and entertainment. The new **Riverbank Kitchen** at the rear of the ground floor has now come to life and is open Tuesdays to Saturdays for delicious homemade cakes, light bites and lunches.

You can find out more and donate at **yvonne-arnaud.co.uk**, or by speaking to a member of the Box Office team on **01483 44 00 00**. ■

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January & February 2025 update from local councillors George Potter and Jane Tyson.

Local councillors **George Potter** and **Jane Tyson** write their regular update for Burpham residents:

Speed limit reductions in Burpham and Merrow

After a long wait, a consultation on proposed speed limit reductions for some roads in Burpham and Merrow took place between 29th November 2024 and January 9th 2025! The consultation followed a speed limit review which was initiated last year by George, as your Surrey County Councillor, in response to community requests. View the plans here: www.surreysays.co.uk/environment-and-infrastructure/merrow-burpham-speed-limit-amendment

London Road crossing installed at Winterhill Way

We're pleased to announce that a new signal pedestrian crossing has been installed on London Road near Winterhill Way (expected to be completed by time of going to press). This crossing will provide a safer route for residents, especially schoolchildren north of New Inn Lane, to access Sainsbury's, the park, and the primary school. While there have been some teething problems with the design of the crossing, we are working with the county council to get these fixed.

Gosden Hill development update

Claire Upton-Brown, Director of Planning at Guildford Borough Council, met with residents at Burpham Village Hall in November to discuss the Gosden Hill development. The event, hosted by the Burpham Community Association, provided an opportunity for residents to share their views and concerns, especially around impacts on traffic,

flooding and healthcare services.

A planning application for the site isn't expected until early 2025, but Claire Upton-Brown left the meeting with a better understanding of residents' concerns and has pledged to have more meetings with residents as the application progresses.

London Road walking and cycling scheme

This is the final update on the scheme. The Surrey County Council Cabinet has voted not to go ahead with the revised scheme through Burpham. This decision was called in for review by a scrutiny committee, who found that the Cabinet's reasons for rejecting the scheme weren't backed up by evidence, and asked the Cabinet to reconsider their decision. However, when the Cabinet next met, the council leader announced they would not reconsider and moved on without discussion or a vote.

While some may welcome this decision, we believe it was a missed opportunity to deliver wider pavements, proper pedestrian crossings, and safe cycle lanes in our community. We will continue working for safer walking and cycling in Burpham and along the London Road.

Save the date: Burpham Village Fair

Burpham's first village fair since lockdown will be held **Saturday, 12th July, 12.30 to 3.30pm**, to celebrate community groups, support local businesses, and enjoy a day of socialising and fun. More info: spacehive.com/burpham-village-fair

Burpham Community Hub

After many years the **Burpham Community Hub** officially took over management of the community hall in

Sutherland Memorial Park in November, it is now available for hire by the public when not being used by the nursery. Booking enquiries can be made to: burphamcommunityhub@gmail.com

Bin collection calendar now online

The bin collection calendar for the year ahead is now available online: www.guildford.gov.uk/bincollectiondays

Physical copies, funded and created by the Lib Dems, are also available so contact us if you'd like one! You can reach us at george.potter@guildford.gov.uk or jane.tyson@guildford.gov.uk



Thrifty wildflowers

Have you noticed the wildflowers starting to germinate? Ross from Surrey Wildlife Trust, Sue from Burpham Community Association, and Jane sowed them back in October at Thrifty's as part of Jane's vision to boost Burpham's biodiversity. We can't wait to see them in full bloom in 2025!

Drop in to see us!

Join us for our monthly drop-ins on the first Saturday of each month, **10am to 11.30am**, at **M & R Barber + Brew** in the Kingspost shopping parade. Whether you have something to discuss or just fancy a chat over tea or coffee, we'd love to see you in 2025.

And keep an eye out for Jane in May 2025 wearing another hat – she has recently been chosen to be the next Deputy Mayor of Guildford! ■

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Over £76,000 raised for good causes in and around Guildford



Tony Jamieson MC; Cllr Sallie Barker Mayor of Guildford and Peter Cluff Chairman of Guildford Philanthropy.

The Mayor of Guildford, Cllr Sallie Barker MBE, and Guildford Philanthropy raised a staggering £74,690 at their Mistletoe Ball last Thursday. With money still coming in, the total now stands at just over £76,000.

The money raised will be shared between seven incredible community projects making a real difference to our communities.

- The Canterbury Care Centre
- Guildford Action
- Guildford Town Centre Chaplaincy
- Home-Start Guildford
- Reskilled
- Sensory Service By Sight for Surrey
- The Lighthouse Christmas Kindness Guildford project

Any remaining funds will be shared between Guildford Philanthropy and the Mayor of Guildford's Local Support Fund. The fund provides vital support by granting small sums of money to help those in genuine need.

The Mayor of Guildford, Cllr Sallie Barker MBE, said: "The Mistletoe Ball was a fun festive occasion that truly celebrated the season of giving.

"The support we received from people

and businesses across Guildford was phenomenal. The ball was a sell-out with sensational raffle prizes and priceless items for the silent auction being kindly donated.

"I'm extremely grateful to all those who gave generously of their time and money to make the ball a success. Thank you for helping us beat our fundraising goal! The money we've raised together will make a huge difference to these good causes and the people they support."

Chair of Guildford Philanthropy, Peter Cluff said: "It was wonderful to host over 300 people, including Lord and Lady Onslow, at G-Live for our Mistletoe Ball. What an amazing night, raising an amazing £75,000, for seven local charities."

The Mistletoe Ball celebrated 10 years of giving and launched the next ten years of Guildford Philanthropy supporting local good causes. People can still donate online. ■

Work starts on the Fountain Centre Garden



The garden cleared post building work.

The Fountain Centre is excited to announce that their long-awaited transformation of their patient wellbeing garden is finally kicking off in the next couple of weeks.

The Royal Surrey Cancer centre is now the fourth biggest centre in the UK for cancer services and this has a direct

effect on the services provided by the Fountain Centre. Being the main wellbeing service provider, the Fountain Centre cancer charity needs to continue to expand with the increased patient numbers coming through the hospital.

The Royal Surrey Cancer centre has undergone a major refurb and expansion – and while the building works were in progress, the Fountain Centre Garden, which is valued by so many, has been out of action.

Prior to the expansion works, The garden was well used by Fountain Centre patients, their families and staff. In its current state, it is not safe to use – or fit for purpose. With an ever-increasing demand on Fountain Centre services, being able to have a multifunctional outdoor space allows them to continue to support as many patients as possible.

Their new plans for the rejuvenation of the Wellbeing Garden will include installing a new decking area to provide a multifunctional space, as well as creating small areas for patients to sit with their families. They will also be updating the access to the garden to be wheelchair friendly. It is important that this valuable outdoor space can be used by everyone that visits.

The Fountain Centre Fundraising Team have spent the last year raising money for this project and have been blown away by the support they have received. They are now onto the last stages and have enough funding to get to the planting stage – but are now in need of funding for the plants themselves for the new flower beds and pots. If you would like to donate to pay towards a plant or two they would love to hear from you.

Please either contact kas.girdler@nhs.net or donate to their Just Giving page www.justgiving.com/campaign/fountaincentregarden ■

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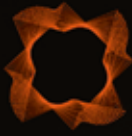
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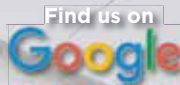
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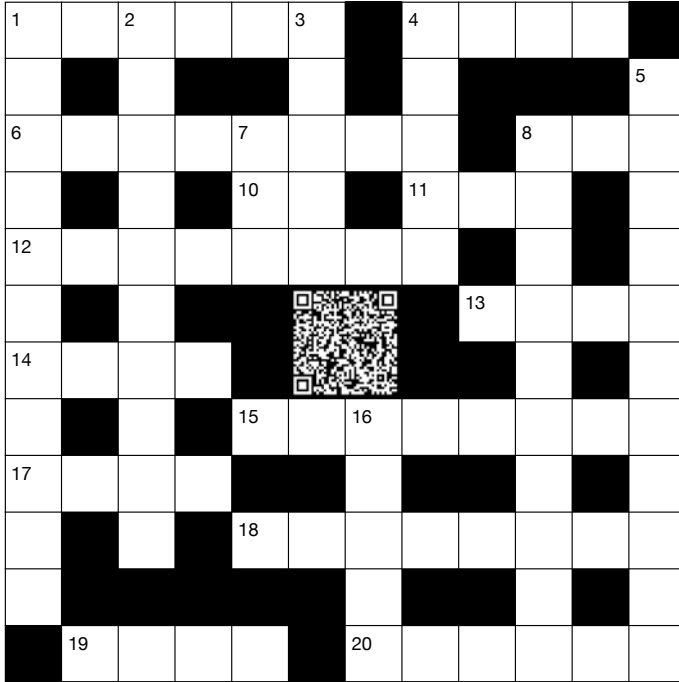
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Burpham Pages Crossword

Crossword No. 39
January & February 2025

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Across

- 1 Accepted or official position, especially in a social group (6)
- 4 A curve in a road, river or path (4)
- 6 The operation of aircraft (8)
- 8 Make somebody believe something that is not true (3)
- 10 Not off (2)
- 11 Popular punk music with words about people's feelings and emotions (similar to 'Goth') (3)
- 12 To have strongly encouraged or tried to persuade someone (8)
- 13 Relating to the ear (4)
- 14 Look quickly and furtively (4)
- 15 Popular mobile messaging application (8)
- 17 Substance with a sour taste (4)
- 18 Small booklet or leaflet about a single subject (8)
- 19 Putting one foot in front of the other (4)
- 20 Defrosted (6)

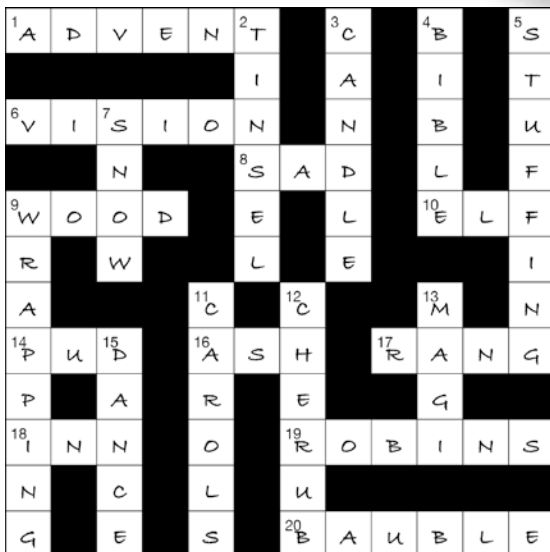
Down

- 1 The Bard (11)
- 2 Process of making calculations (10)
- 3 Person who is recognised as having an exceptional degree of holiness or likeness to God (5)
- 4 Having had the bones removed (5)
- 5 Imagined or expected that something would happen (11)
- 7 A high craggy hill (3)
- 8 Temporary traffic arrangement to share carriage-way with traffic moving in the opposite direction (10)
- 16 Confess or acknowledge (5)

Solution to Crossword No. 38

Burpham Pages issue No. 113
November & December 2024

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 January – February 2025 solution please see our March – April 2025 issue.



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Guide Price £1,000,000

Charlock Way

A beautifully presented five bedroom detached family home that has been extended by the current owners, set in lovely gardens that enjoy a sunny, south-westerly aspect. Freehold. Council tax band F.

EPC Rating: C

Merrow & Burpham Office 01483 347100



Guide Price £875,000

Great Oaks Park

Conveniently situated within walking distance of excellent local schools, a four-bedroom detached family home with well-planned accommodation and lovely mature gardens. Freehold. Council tax band F.

EPC Rating: D

Merrow & Burpham Office 01483 347100

What is in store for the Guildford property market in 2025?

As far as the property market is concerned, 2024 was a year to largely forget! An election and a budget managed to dampen buyer enthusiasm during the summer and autumn markets, and interest rates didn't drop by as much as was originally thought. However, time is the great healer and we had a slightly stronger finish to the end of the year than we were expecting.

Looking forward to 2025, I suspect we will be very busy in the early spring, dealing with both buyers and sellers who adopted a 'watch & wait' attitude in the second half of 2024. I think prices will remain largely stable, due to borrowing rates not dropping as quickly as expected, and buyers will be discerning - great houses in fantastic spots will perform exceptionally well, but those houses that don't fall into this category will have to be correctly priced in order to attract buyers swiftly.

With these economic conditions, it is imperative that sellers partner up with an agent who has experience in more challenging markets, and that experience only comes with age and longevity! Beware of those agents that shout about how much market share they have - if I were selling, I'd be far more interested in what percentage of their instructions they'd actually sold and whether they'd got the price right or over-valued it to get the business and then had to reduce it multiple times.

If you are thinking of selling in 2025 and want to work with an agent that offers sensible advice based on decades of experience in the local market, then please get in touch with my team in the Merrow & Burpham office on 01483 347100.



Anthony Brown, Director

January 2025



Welcome to the **Burpham Community Association**

Community Update

January & February 2025

NEWS

Gosden Hill

Martin Grant homes will shortly submit their outline plans for Gosden Hill which were shared with the public in November.

BCA responded to the plan which will create 1800 new homes on the land bounded by the A3, the railway and Merrow Lane (Burpham end). Initial plans include schools, shops and a railway station.

The plan is not without its attractions: it will include a large woodland park in Cotts Wood, ease Guildford's chronic waiting list, and introduce a southbound slip onto the A3 a little way up the A3 at the main access to the estate, and introduce a nearby railway station.

Naturally, our main concern is about the traffic it will bring down adjacent roads as the estate fills up over a 10 year period. 1800 houses means 3400 extra cars which will make their way down London Road to get to the town centre and our shops.

In a last-minute change, the developers added a southern exit at the corner of New Inn Lane and Merrow Lane by the railway arch. Yes, it's already a pinch point. It will only work if they take a very large bite out of the protected woodland next to it and box in the cottages

there. In its favour, it would allow some cars to avoid Burpham altogether if they were heading into Merrow.

The most contentious thing – at least immediately – is that construction traffic looks set to go up existing roads – that's London Road (adjacent to current slip road), New Inn Lane and Merrow Lane during the first phase of building. If you know these roads, you will understand why we find this unacceptable.



We have other concerns which will crystallise as plans become more detailed. Most of them involve securing adequate infrastructure to take onboard the extra demand for local services, school places and health care, and upgrading pipes and cables careful for the extra sewage, water demands, drainage, energy and so on. Like every other community association before us, we say:

Infrastructure in place first, please.

For the full text of our response, drop us a line at secretary@burphamca.org.uk

Winter lectures

Our popular winter lectures are back and you can attend for free every Friday night in January starting 7.30pm at the Village Hall.

3 Jan **King Ludwig II of Bavaria and his famous castles**

(Andrew Plumridge)

10 Jan **Picking up the pieces:**

a short history of the jigsaw puzzle (Matthew Plumridge)

17 Jan **Sidney Sime:** local artists and illustrator (Mary Broughton)

24 Jan **The Zulu Wars** (Chris Hopper)

31 Jan **Family Mysteries**

(Dinah Bisdee & Sue Hackman)

Winter walks

We will be taking a leisurely winter walk on two days this month, hopefully catching winter at its crisp, dry and sunny best.

Walks start at 10am. If you send your email to secretary@burphamca.org.uk, we will send you a stand-down notice on the morning if the weather or underfoot conditions are too poor.

Saturday 8th February

Over the downs to Clandon

Meet on the sharp bend on Merrow

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

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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

Common Road. There's a pub at the far side if you are keen to stop.

Saturday 15th February

Newark Priory to Pyrford Lock

Meet by Grayshott Farm on Newark Lane (A367) just outside Ripley for flat a riverside walk. Poetry fans will enjoy John Donne's love nest. Pub fans will enjoy the pub at Pyrford Lock at the far end of this walk.

Walks in your own time

Following the paths of popular short walks we have undertaken in the past, we now have eight walk guides which we distribute free at our events. They include both direction and commentary:



1 Burpham Greenway – the quick, traffic-free walk into town

2 The sights and sounds of the wetlands – a guided ramble round the Riverside Nature Reserve

3 Stoke Park – a circular walk to introduce you to all the best bits of Stoke Park, the pleasure gardens on our own doorstep

4 The Sutton Stretch of the River Wey – to look at the less-visited riverbank.

5 Jack's Copse – a mini-walk to see Burpham most secret small woodland

6 Deadman's Wood – a tour around the woodland and village pond that covered the land of Burpham before we did!

7 Historic Buildings of Burpham – a guided history tour of Burpham's heritage.

8 Whitmoor Common via the Boardwalk – a tour of the eastern side, yes, there is a pub at the end!

Update: London Road and Boxgrove Roundabout

The proposals for the London Road Active Travel Scheme have

been in play since the large public meeting at George Abbot School in January 2023.

Finally, it seems to be settled after safety considerations were felt too difficult to resolve:

- To proceed with the redesigned Boxgrove roundabout to make it safer for cyclists and pedestrians;
- Not proceed with the segregated cycle lanes from Boxgrove to York Road;
- Not to proceed with the segregated cycle lanes and additional pedestrian crossings between New Inn Lane and Boxgrove roundabout.

The Cabinet of Surrey County Council reconsidered its controversial at the Cabinet meeting in November, and upheld the decisions listed above.

Although we are relieved that a decision has been reached, we do think there is work to do to fix the potholed, puddled and overgrown pavements, and we will relay this message to the council.

Help by joining the Burpham Community Association today!

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

Subscriptions are £8 per household or £4 per single occupancy and run from January to December. Join now or renew your membership for 2024.

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

Sometimes it's tough being a parent and that's where Home-Start Guildford can help... but we need more volunteers. Will you be one of them?



Can you spare a few hours a week to make a difference to the lives of a local family facing challenges?

Are you retired and looking for something rewarding to do? Is your child starting school and you want to do something different? Are you thinking of changing career and need experience to add to your CV?

If you're a parent or grandparent or have childcare experience and can spare a few hours a week; you could be that special someone who makes a real difference to a family's life.

Volunteers are the heart of **Home-Start Guildford**. By joining our dedicated and friendly team, you will:

- Take part in our free preparation training course

- Meet other likeminded people
- Be offered ongoing support and additional training opportunities
- Be invited to volunteer social events (*including a free Christmas Lunch event*)
- Receive regular updates and newsletters

Our courses run in **Spring and Autumn** each year, please check our [website for our next course dates in Guildford](#). **We're recruiting now!**

Interested? Please contact the office on **01483 511181** or email office@hsguildford.org.uk for more information and to request an application pack.

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Winterhill Farm

Moira MacQuaide's history of Burpham

As we're now into the winter season, let's look at the history of the Winterhill estate. The first mention of a similar name was in 1276 when Adam le Dispenser gave Burgham Manor to William de Wintershull and his wife.



Winterhill Farm Tithe Map 1838.



Winterhill Farm 1895 OS map.



Winterhill development 1934.

Could that have been the origin of the name of the farm? The family were Lords of the Manor of Burpham for over 200 years. The first time that Winterhill Farm appeared on a map was in 1823, marked as Winter Hill Bottom. The Tithe Map of 1838 showed the extent of the farmland, from almost opposite the Sutton Place Lodge gates (now on the A3) in the north, down to New Inn Lane in the south. Bordered by London Road on one side and Merrow Parish on the other. The land was owned by Lord Onslow and occupied by William Smallpiece, apart from one small plot occupied by the Rev. George Bethell, who was Rector of Worplesdon Parish. The farmhouse, which is believed to have been demolished after World War II, was located where Oak Tree Close is now. Does anyone have a photo of the farmhouse?

On the Tithe Map of 1838, there were two fields and a wood with the name Upfolds – now Upfolds Green, off Glendale Drive. On the 1895 and 1912 OS maps, the bottom right-hand corner of the farmland has become Brick Fields,



Winterhill Estate advert 1934 (D Rose).

with two kilns, sheds and offices. The maps show a pond there, currently hidden behind trees at the corner of New Inn Lane and Merrow Lane. The brick works seemed to cease business around the time of World War I. The 1912 OS map showed the bottom left-hand side of the farmland as orchard, and records show that Hugh

Lancelot Robson ran the Guildford Fruit Farm there (previous article about this in March 2024). The orchard didn't appear in the Tithe Map of 1838, so must have been planted in later years.

The farmland was sold for housing development, first advertised by Armstrongs Estates Ltd in 1934. Described as 'Charming', prices ranged from £700 to £950, and buyers could choose from seven designs. The Guildford City Outlook magazine in 1934 said "Delay not, or you may be too late!" in their advert for the estate. Orchard Road, Winterhill Way, Briar Way and Hawthorne Way were built first, then Great Oaks Park, linking Gosden Hill Road with London Road. In 1935 the Glendale Estate was advertised which "enjoys most delightful surroundings amidst a background of fine trees".

Winterhill Farm was still, in parts, a working dairy farm until around 1934, but then development took over and now the only green space is Upfolds Green. ■

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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Unlocking the power of our mind

Written by Katerina Rose, Performance and Life Coach (EMCC)
from Stepping Stones Life Coaching

Imagine if we were born with a handbook on how to make the most of our miraculous brains. I often wonder how many of us feel we have maximised our potential during our lifetimes.

At various points in our lives, we may question ourselves. Is my career path right for me, or as a parent, is my child experiencing me at my best? Are my relationships positive? What about my social life? Arts? Sports? Am I enjoying my pastimes and performing to the best of my ability? Is my life meaningful? These are all valid questions, and for over 25 years, I have been working with people to help them find their answers.

Our brains are geared up to help us achieve what we focus on, which sounds wonderful, doesn't it? Unless we are also aware that we have an unconscious safety mechanism built into our brains that emphasises negative information designed for survival, helping our ancestors avoid danger. This negativity bias can have a dramatic effect on us, for instance in a news feed, the bad news might capture our attention more than the good news or we may avoid taking risks or trying new things due to a disproportionate focus on negative consequences.

Alongside this, differences in our attitudes can have dramatic effects on our decisions, actions, and ultimately our lives. Fortunately for us, recent research into human psychology has enabled us to appreciate the significance of mindsets in our lives, as well as

changing how we think so we can flourish. Some people tend to have a 'fixed mindset': they may avoid challenges for fear of failing or looking foolish. Others have a 'growth mindset' and embrace challenges in the desire to learn and grow.

It is useful to note that most of us have a mixed mindset, we may for instance be fixed when it comes to our ability to sing or draw, believing that we will never be good at it, and simultaneously have a growth mindset in the context of our career, knowing that we can apply ourselves to acquiring knowledge and learning new skills to enable us to succeed.

Evidence suggests that adopting a growth mindset can significantly enhance quality of life, leading to lower levels of depression, better adjustment to challenges, improved academic and professional performance, and a more positive outlook on life. By viewing challenges as opportunities, individuals with a growth mindset are more adaptable, motivated, and persistent, resulting in long-term benefits and greater overall well-being. There are many examples of inventors, athletes, and businesspeople who have demonstrated that despite not having the best of starts or having had major setbacks, they have been able to show the power of the mind.

Jo Malone, the renowned British perfumer and businesswoman, left school at a young age to care for her mother. She started her business from her kitchen, developing unique fragrances and growing her business through creativity and perseverance. She faced significant challenges after selling her first fragrance brand, Jo Malone London, to Estée Lauder. Instead of being discouraged by the loss of her brand and name, Malone took this setback as an opportunity to reinvent herself. She took a five-year break to rediscover her identity and life purpose. During this time, she battled breast cancer, losing her sense of smell, so crucial for her as a perfumer. Despite these obstacles, Malone remained resilient. She launched a new brand, Jo Loves, and continued to innovate in the fragrance industry. Her abilities to adapt, learn from her experiences, and persist in the face of adversity exemplify a growth mindset. Malone's story shows how embracing challenges and continuously striving for improvement can lead to new opportunities and success.

What sets high achievers apart is their tendency to see failure as an opportunity to learn and another stepping stone to achieving what they want.

Evidence suggests that adopting a growth mindset can significantly enhance quality of life, leading to lower levels of depression, better adjustment to challenges, improved academic and professional performance, and a more positive outlook on life.

Fortunately, embracing a growth mindset involves specific, practical steps that can be incorporated into daily life. Here are some tips to help develop and maintain a growth mindset and unlock the power of your mind:

Visualise success: Imagine yourself achieving your goals and the steps you took to get there. Visualisation can help you stay motivated and focused on your growth journey.

Set learning goals: Instead of setting performance-based goals (like getting an A or winning a game), set goals that focus on learning and improvement (like understanding a topic thoroughly or improving a skill).

Embrace challenges: View challenges as opportunities to learn and grow rather than obstacles. Accept that difficult tasks are a part of the learning process.

Persist in the face of setbacks: When you encounter setbacks, don't give up. Use these experiences as learning opportunities, stay committed to your goals.

Celebrate effort, not just results: Focus on the process and the effort you put in, rather than just the outcomes. Recognise and reward hard work and persistence.

By incorporating these practices into your daily routine, you can foster a growth mindset and begin to unlock the power of your brain. If you'd like to discuss any of these tips in more detail, feel free to let me know! ■



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The gift of change

Rev James Hanson, Vicar, Burpham Church

Have you ever been surprised by unintended consequences of doing something?

In a former church where I worked, it was only once we removed furniture and allowed space on a carpet that we saw the beauty of light shining through stained glass to leave a stunning multi-coloured view on the carpet, so we could see the enormous gift that change had brought.

It is only in the past few weeks as we survey the change in the frontage at St Luke's church that we begin to notice those changes and consequences. When we decided that we needed to remove two enormous conifers from the graveyard, we set about the process thinking that we needed to be good stewards to our buildings and grounds, so removing large trees before they risked falling in high winds, or root structures disturbing graves or the main church building itself.

But we want to replace them with something new – to create habitats for wildlife, to increase biodiversity in the graveyard and to plant new life there that will flourish and enhance the space that we have temporarily vacated. Yet, it struck me the other day as someone asked me: 'now that we can see the church much more visibly, and light has obviously increased outside, do you notice the light increase inside?'

Great question, I thought, and it began to make me wonder about the other unintended consequences both good and bad from doing something we all still feel was the right change to make.

For starters, we have noticed a decrease in the number of pigeons alighting on the roof. We have found a number of graves that had been hitherto consumed by the large trees – each has a family connection and a story we long to embark on hearing. The new view and from the front has meant we have a more logical fire assembly point by the railings on the side where the trees were.

One of the great gifts I was given on arrival, was a set of cards from Gillian Hughes, whose painting is on this page, of St. Luke's. In the picture, the conifers are rather junior, but the picture captures the whole of the South side. Now that the conifers are down, we can

see the South side again from the road, the path and the park, so it begins to offer a sight of the church again. What Gillian managed to capture was the remarkable light bathing that South side, and the warmth that this brings just in looking outside the building. As the question came to me about light shining inside the building, I recognise that the warmth will accompany the light also – and that warmth comes also from the welcome all will receive.


As has been mentioned before, it is my dream to open the church up again more regularly – we delighted in hosting a number of services in there during the Autumn, and will do regularly in the Spring – starting with a midweek communion at Wednesday lunchtime. Come and see the light shining in the darkness, and feel the warmth – come and look outwards from within.

Blessings, Rev James. ■



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Gardening Hints & tips

January & February

From the Worplesdon Garden Club

For more information on **Worplesdon Garden Club** contact Tim Bonnert on **01483 237702**

Worplesdon Garden Club is a friendly and enthusiastic club which meets every second Tuesday of the month from 8-10pm in the Old Church, Emmanuel Parish Centre, Stoughton, Guildford, GU2 9SJ with doors open from 7.45pm.

Tuesday 14th January

Club Meeting in January

Speaker to be confirmed – Check our website for more details.

8.00pm. Emmanuel Parish Centre.

Tuesday 11th February

Club Meeting in February:

Geoff Peach – ‘**Solving Problems in the Garden**’.

8.00pm. Emmanuel Parish Centre.

Gardening hints and tips for January & February

January and early February are a good time for the winter pruning of apples and pears (non-stone fruit) and for making sure that any fallen leaves or old stems of herbaceous perennials don't smother emerging bulbs or winter bedding.

It is also the time for winter pruning of Wisteria where stems are cut back stems to two or three buds. Also prune other climbers such as Virginia creeper, ivy, Campsis, winter-flowering jasmine, and the

late-flowering Clematis – ones that flower on the new season's growth.

Bare rooted roses, shrubs, hedging, and some trees can also be planted now through to end of February. Bare-rooted plants without a pot or soil are a very cost-effective way to buy new plants.

Start to tidy beds and borders, especially as snowdrops and early spring plants start to emerge.

In the vegetable garden, continue to harvest winter veg such as brassicas, parsnips, and any remaining carrots, then either dig over any vacant plots incorporating well-rotted manure or compost into beds that will be growing potatoes, brassicas, and legumes, or simply layer the beds with compost and allow the worms to incorporate it. Do not add manure to beds for root vegetables.

Late January and February is the start of the seed sowing season if you have somewhere warm and light. Seeds that need a long growing season such as chillies, or

even some lettuce and salad crops can be started early.

However, don't be in too much of a rush to start most tender annuals – they will often become pale and drawn (etiolated) unless they have lots of artificial light.

Seed potatoes can be chitted in February – arrange them end-up in a tray or in old egg boxes and keep them in a cool but light area for short stubby shoots to grow from the 'eyes'.

Ventilate greenhouses on warmer or sunnier days if you are overwintering plants or perhaps give it a pre-Spring clean inside and out and ensure that the glass is clean to allow as much light in as possible.

Dahlia tubers and Lily and Dutch Iris bulbs can also be started back into life under cover in late February.

Finally, as January and February can often be the coldest time of the year, spare a thought for garden birds and put some food and water out – they will repay you later in the season by eating lots of the pests in your garden. ■

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Burpham Village Hall 01483 567948

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Jane Tyson 07768 392686

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Sainsbury's (Burpham) 01483 506767

Local Associations

Burpham Community Association 07513 366072

Jacobs Well Residents Association (Secretary) 01483 577994
(Chair) 01483 822976

Veterinary Surgeons

Medivet 01483 604308

Alder Veterinary Practice 01483 536036

Chemists

Boots (Epsom Rd) 01483 504969

Boots (Stoughton Rd) 01483 573779

Schools

Burpham Primary School 01483 572510

George Abbot School 01483 888000

Merrow Infant CofE School 01483 561501

Merrow Junior School 01483 598544

Sports Venues

Sutherland Memorial Park 01483 444718

The Guildford Spectrum 01483 443322

Hospitals

BMI Mount Alvernia Hospital 01483 378545

Royal Surrey County Hospital 01483 571122

Nuffield Health Guildford Hospital 01483 555800

Doctors

Merrow Park Surgery 01483 503331

Churches

Burpham Church (St Luke's & The Church of The Holy Spirit) 01483 825533

Local Charities

Age UK Surrey 01483 503414

Challengers 01483 579390

Guildford Lions 0345 833 2884

The Fountain Centre 01483 406618

Headway Surrey 01483 454433

Dentists

Burpham Dental Care 01483 561666

Waterden Dental Practice 01483 565290



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