

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

# Burpham Pages

July &  
August  
2024

Incorporating Jacobs Well

## **North Guildford Food Bank.**

The fundraising campaign launches with support of leading singer & songwriter, Liz Simcock.

**Burpham's clubs, societies & organisations.** Historically our village has had many, all offering various activities for those who live in the area.

## **Guildford Health Walks.**

A local charity supporting the community by offering free daily guided group walks by trained volunteers.

## **Prevention is Better than cure: Stay safe in the sun**

Tips on keeping our skin healthy in the summer sun from Sophia Wyatt, 'Skcin' ambassador.

**Includes: Community Update from the Burpham Community Association**

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# Burpham Pages

Issue No. 111  
July & August 2024

## Burpham Pages

### Incorporating Jacobs Well

Local advertising and news magazine, delivered free to over 3,000 homes. Focussed on the local community and the services available in the general area. Includes Burpham Community Association newsletter.

[www.burpham-pages.co.uk](http://www.burpham-pages.co.uk)

## Editorial

Editor **Paul Nicholls**

Contributors **Moira MacQuaide, John Boon, James Hanson, Sophia Wyatt**

## Production

Original design

Generator **Creative Consultants**

Printed by **Kingsley Print**



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## Advertising copy deadline

for September – October 2024 issue is **5th August 2024**.

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# Welcome

Dear Neighbours, welcome to the July & August issue of our magazine! I'm delighted to bring you another edition filled with exciting news, stories, and events that celebrate the vibrant life in our community.

First, I'm thrilled to announce that the talented **Liz Simcock** will be performing in concert to support the **North Guildford Food Bank**. This event promises to be a wonderful evening of music while raising funds for a great cause. Be sure to mark your calendars and join us for this special night.

For those looking to stay active this summer, don't miss out on the **Guildford Health Walks**. These free guided walks offer a fantastic opportunity to explore the beauty of our surroundings while improving your health. Whether you're a seasoned walker or just starting, there's a walk for everyone.

In this issue, we also have an important **Community Update** from the **Burpham Community Association**. We're excited to introduce our new local neighbourhood police constable, who will be working closely with us to ensure Burpham remains a safe and welcoming place for all. Additionally, there's an update on our local pharmacy.

As the sun shines brightly this summer, we have valuable advice on keeping your skin healthy. Protecting yourself from the sun's harmful rays is crucial, and we've got tips to help you enjoy the season safely.

Moira, our resident historian, takes us on a journey through the history of Burpham's clubs, societies, and organisations. It's a fascinating look at how our community has grown and evolved over the years.

We also have a warm welcome message from our new vicar, James Hanson. James extends his heartfelt greetings to everyone.

Wishing you all a wonderful summer filled with fun holidays and memorable moments. I look forward to connecting with you again in our next issue.

**Paul Nicholls (Editor)**

editor@burpham-pages.co.uk

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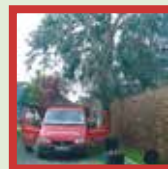
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# News + events

July &  
August 2024

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

## Furniturelink – Recycle. Refurbish. Reuse.



Furniturelink is a small community-based charity located in Merrow, Guildford. Open to all, we sell pre-loved

furniture, white goods, and small electrical appliances.



Our mission is to help the local community and reduce waste by preventing reusable furniture from going to landfill. Each week we receive pre-loved pieces, which we sell at gentle prices. We offer discounted prices to people receiving benefits to ensure everyone can furnish their home.

Apart from our physical warehouse, we have an **eBay store** and also offer services like **reuse collections**, **house clearances**, and **bulky waste collections** to our local community.

We want to welcome everyone to come to the warehouse and join our mission!

We are open **Monday to Friday from 9.00am to 5.00pm** and on the first weekend of the month.

You can visit us at **2b Merrow Business Park, Merrow Lane, Guildford, Surrey, GU4 7WA**. Get in touch today via e-mail at **furniturelinkguildford@gmail.com** or call us on **01483 506504**.

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# News + Events

## North Guildford Food Bank's fundraising campaign launches with support of leading singer & songwriter, Liz Simcock.

LIZ SIMCOCK  
in concert  
All proceeds to North Guildford Food Bank

“...one of the country's finest female singer songwriters”  
(AcoustiCity)

Saturday 13th July 2024 7.30pm  
Holy Trinity Church, High St Guildford  
Tickets £18 GuildfordFringeFestival.com

### North Guildford Food Bank, which was established in 2012 to provide urgent assistance to local people in crisis, is launching a fundraising campaign to address the increasing surge in demand.

Leading singer & songwriter, **Liz Simcock**, has pledged her support with a concert at **Holy Trinity Church** in the High Street on **Saturday 13th July at 7.30pm**.

Performing as part of the **Guildford Fringe Festival**, the concert is an opportunity to raise awareness of the need, and also raise funds from the proceeds of the ticket sales. Liz

Simcock is one of the country's finest singer/songwriters and her highly personal autobiographical songs are injected with poetry, emotion and splashes of humour.

**The Food Bank**, which is based at **St Clare's church in Park Barn**, has been helping individuals and families in need for the last decade. However, it has noticed a sharp increase in need over the last few months as people struggle with the cost of living crisis.

In February, **The Trussell Trust**, the UK charity which campaigns to stop food hunger, conducted **YouGov** research which highlighted that 780,000 people claiming Universal Credit have been forced to use food banks (Dec 23/24) and more than half (55%) ran out of food in the last month and couldn't afford more. In the last three months, 22% of people claiming Universal Credit were unable to cook hot food as they couldn't afford to use their oven or other utilities. Whilst Guildford is seen as an affluent town, there are pockets of deprivation and need which can often go unseen.

One very grateful recipient of food parcels wrote to the Food Bank recently: "I collected my first food parcel today after having to give up my job to care for my son who has health issues. Being a single mum and generally not being able to cope financially, food has become a luxury. Tonight we are both going to bed with full stomachs for the first time in what feels like forever... I honestly cannot thank you all enough and all the people who have donated food also. The volunteers were so all incredibly kind and made a situation which brings out a lot of feelings of shame and failure SO much easier."

Volunteer and concert organiser, **Melanie Simcock**, says, "We are very thankful for the donations of food we receive via contributions at local super-

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markets, churches, schools and other local organisations and from individuals as well as those who make financial donations to us. Sadly however we are finding for the first time that the need is outstripping the supply. The concert will help us raise valuable funds to support our work and will also help raise awareness of the need that exists in the town.”

The Food Bank not only provides a warm welcome for those collecting food parcels, but also delivers to those who are housebound. Clients often face a myriad of complex needs, and the volunteers are able to help signpost clients to other support.

Tickets for the concert are on sale now via the **Guildford Fringe Festival Box Office**:

[guildfordfringefestival.com/events/liz-simcock-in-concert-all-proceeds-to-north-guildford-food-bank/](http://guildfordfringefestival.com/events/liz-simcock-in-concert-all-proceeds-to-north-guildford-food-bank/)

For those unable to attend, or wishing to support, donations can be made directly to the **Guildford Food Bank**:

[northguildfordfoodbank.co.uk/food-donations/](http://northguildfordfoodbank.co.uk/food-donations/) ■

## What's on

*Saturday 6th July*

### Guildford Lions Big River Race – Duck and Raft Race



At **3.00pm** we will again be organising our annual **Raft Race** charity fund raiser on the river Wey from Millmead Lock Island to the Waterside Centre in Stoughton.

The **Surrey Care Trust** will also be running their **duck races** at Millmead from 12.45pm. The event is also supported by **Zero Carbon, Guildford**.

The raft race has been an iconic and

popular spectacle in Guildford for 50 years. It is **free for spectators** and will be started by the **Mayor of Guildford** at 3.00pm.

**Start:** Millmead, GU2 4BE

**Finish:** Waterside Centre, GU1 1LW

For further information visit and to enter a raft: [www.guildfordlions.com/guildford-lions-charity-raft-race/](http://www.guildfordlions.com/guildford-lions-charity-raft-race/)



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## Free Guided Short Walks



Walkers on one of **Guildford Health Walks** free guided short walks.

**Guildford Health Walks is a local charity supporting the community by offering free daily guided group walks by trained volunteers. Its main goal is to provide safe opportunities for people to join others and reap the multiple health benefits of incorporating walking-in-nature into their routines.**

It's main goal is to provide safe opportunities for people to join others and reap the multiple health benefits of incorporating walking-in-nature into their routines.

**“Walking can make you happy and keep you healthy!”**

The walks are circular currently ranging from 45 to 90 minutes in length. A different walk offered every weekday gives people the chance to get outdoors, explore their local areas, and meet new people. Importantly, all the walks are conveniently located near car parks, most can be accessed by bus routes, and afterwards offer the option of joining others for refreshments at the local cafe or pub. Well-behaved dogs on short leads are welcome.

### *Mondays*

#### **Boxgrove Walk Group**

**Boxgrove** GU1 2PF, meet at **9:45am for 10.00am start**. A different walk for each Monday of the month. Car parking along the neighbouring roads or Bus 23. **Length:** 60 to 90 minutes. For a shorter walk option contact us for more information. Explore Riverside park, Merrow Downs, Pewley Down, Stoke Park. **Email:** Boxgrove@guildfordhealthwalks.org.uk

### *Tuesdays*

#### **Tuesday Walk**

**Worplesdon** GU3 3RY, meet at **10.30am for 10.45am start**. Car parking at Worplesdon Place Hotel or Bus 28. **Length:** 60 minutes. Explore Whitmoor Common, Perry Hill, St. Mary's Church, and the Merrist Wood campus. **Email:** Worplesdon@guildfordhealthwalks.org.uk

### *Wednesdays*

#### **Shalford Walk Group**

**Shalford** GU4 8BU, meet at **9.45am for 10.00am start**. Park behind Seahorse Inn or Bus 32. **Length:** 60 to 90 minutes. Explore River Wey, Shalford Park, Shalford Mill, lower Chantries. **Email:** Shalford@guildfordhealthwalks.org.uk

### *Thursdays*

#### **Shere Walk Group**

**Shere** GU5 9HE, meet at **10.00am for 10.15am start**. Car park or Buses 25, 32. **Length:** 60 to 80 minutes. Explore Shere, the Tillingbourne, surrounding woodland. **Email:** Shere@guildfordhealthwalks.org.uk

### *Fridays*

#### **Whitmoor Walk Group**

**Whitmoor** GU3 3RN, meet at **10.45am for 11.00am start**. Car park at The Jolly Farmer pub, Burdenshott Rd. **Length:** 60 minutes. Explore Whitmoor Common, surrounding woodlands. **Email:** Whitmoor@guildfordhealthwalks.org.uk

**“How much pleasure and benefit I get from Guildford Health Walks. Not only the actual walking in an unhurried and caring group, the enjoyment of the local countryside, but also the chance of social interaction that is of real benefit to me”**

Being part of a walking group has many benefits including:

- Improved mental health
- Boosts your immune system

**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 September & October 2024. 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 **5th August**.



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## About

Guildford Health Walks started life in 2009. The first group joined a national Health Walks community, initially under the auspices of Natural England, later managed by the Ramblers. Over the years that first walk group has increased to five, with walks on offer around Guildford and the villages, including Worplesdon, Shalford, and Shere.

In 2015 we became a Community Group Association run by a committee. We are currently 35 trained volunteer walk leaders taking turns to lead around 20 to 25 FREE walks a month. All of our walks offer the option of refreshments after the walk, ideal for getting to know the other walkers better.

## Guildford Health Walks are always looking for volunteers

If you love helping others and walking in the outdoors then volunteering for Guildford Health Walks could be perfect for you! For more information about volunteering email [volunteers@guildfordhealthwalks.org.uk](mailto:volunteers@guildfordhealthwalks.org.uk)

## For further information:

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

[enquiries@guildfordhealthwalks.org.uk](mailto:enquiries@guildfordhealthwalks.org.uk)

Or call Andy on **07982 908036**

*Saturday 28th September*

## The Fountain Centre Fashion Show



The Fountain Centre are delighted to be working with **Elphicks** of Farnham again to bring you their annual Fashion Show. Everyone who has been to their show knows what a fabulously uplifting night it always is. As ever, all the models will be current and former cancer patients, and there will be firemen too!

**Time:** 7.30pm to 10.30pm  
Doors open at 7.00pm

**Location:** Guildford Harbour Hotel,  
3 Alexandra Terrace, Guildford GU1 3DA

**Price:** Adults £20, children under 12 £10

Online booking:

[www.thelittleboxoffice.com/fountaincentre](http://www.thelittleboxoffice.com/fountaincentre)

## The Fountain Centre

**Telephone:** 01483 406618

**Email:** [rsc-tr.fountaincentre@nhs.net](mailto:rsc-tr.fountaincentre@nhs.net)

[www.fountaincentre.org](http://www.fountaincentre.org)

 @FountainCentre

*Tuesday 16th July*

## 'The Face of the Restoration' a talk from Rosemarie Swinfield



## Burpham Evening WI

Rosemarie has worked as a make-up designer in photography, fashion, commercials, film and theatre. She is the author of three books on Make-up and Hair for the Theatre. She also ran the make-up departments at RADA and Lamda

where her students included many of today's leading actors and worked on many West End productions. She lectures widely on style and etiquette in past centuries.

There is no official meeting in **August** as the village hall is closed but we are arranging a visit to **Polesden Lacey** date to be confirmed.

All meetings are held at **Burpham Village Hall** and start at **7.30pm**, you are entitled to attend up to 3 meetings without joining the WI, we also hold extra events each month ie. walks, coffee & chat, theatre trips, visits to local places of interest, craft activities etc.

## Further information:

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

 @burpham.eveningwi

*Saturday 21st September*

## Twilight Runway Challenge



The **Community Matters Partnership's Twilight Runway Challenge** is back for its 14th year! This is a fun, family friendly charity event. People can run/walk/scoot/cycle/hula hoop 3k,5k or 10k around Blackbushe Airport Runway.

The event takes place on Saturday 21st September at **5.15pm at Blackbushe Airport**. This event had nearly 900 participants and raised over £43k for local charities/schools in 2023, help us make 2024 bigger and better!

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



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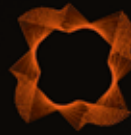
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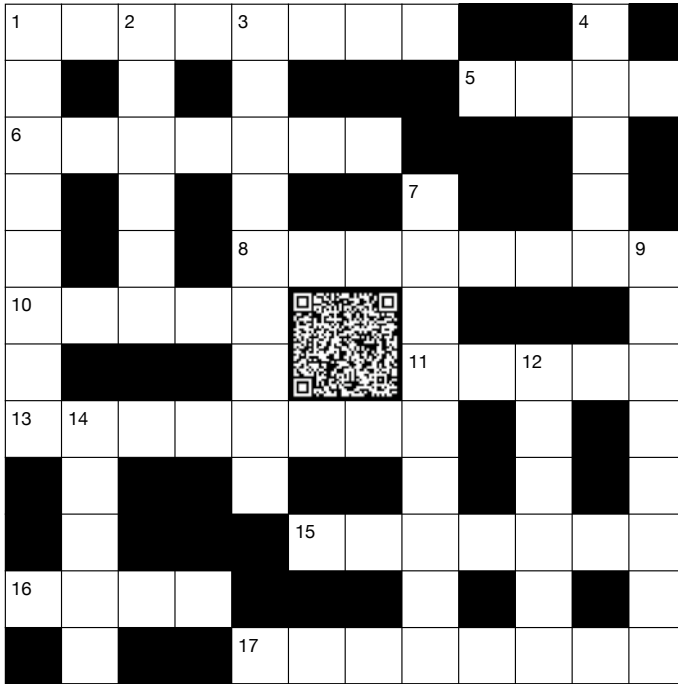
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# Burpham Pages Crossword

Crossword No. 36  
July & August 2024

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## Across

- 1 The time by which something must be finished or submitted (8)
- 5 Make with wool (4)
- 6 South-East ridge of K2 named after an Italian naval officer and mountain climber (7)
- 8 Delivered to an enemy by treachery (8)
- 10 (*Abbreviation*) Short speech or piece of writing that comes before a longer speech or written text (5)
- 11 Strong white fibre made from a tropical plant (5)
- 13 Understood or liked by only a small number of people (8)
- 15 Sicilian pastries in the form of hard tubular shells filled with sweetened ricotta cheese (7)
- 16 Unexpected problem or difficulty (4)
- 17 Legendary Sicilian character known for being made to sit under a sword hung from a single hair (8)

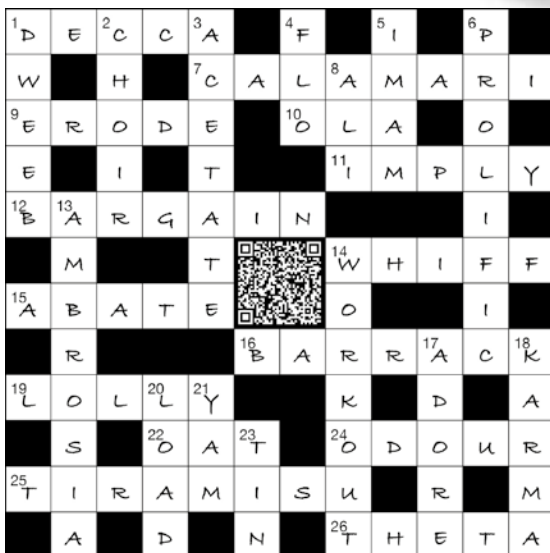
## Down

- 1 Angry speech or article which is extremely critical of someone's ideas or activities (8)
- 2 Sudden or unexpected (6)
- 3 Lazy person (9)
- 4 Passageway, often between seating areas (5)
- 7 Gradual, steady increase in loudness or force (9)
- 9 Large, triangular muscle covering the joint of the shoulder (8)
- 12 Move text or other information on a computer screen (6)
- 14 Holy and godly person (5)

## Solution to Crossword No. 35

Burpham Pages issue No. 110  
May & June 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](http://www.burpham-pages.co.uk) For the July – August 2024 solution please see our September – October 2024 issue.



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Guide Price £1,100,000

#### Mead Way

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Merrow & Burpham Office 01483 347100



Guide Price £1,000,000

#### Marlyns Drive

A 4/5 bedroom detached house offering a good degree of flexibility, with either a fifth bedroom on the ground floor, or a third reception room, situated in a quiet cul-de-sac within the catchment for several excellent schools. Freehold. Council tax band G.

**EPC Rating:** D

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Guide Price £785,000

#### Suffolk Drive

A wonderfully presented and extended detached 4 bedroom family home offered to the market in very good condition. The property benefits from fantastic ground floor space, including a recently updated kitchen/breakfast room and a family room and study, both having direct access to the garden. Freehold.

Council tax band E. **EPC Rating:** C

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Guide Price £700,000

#### Suffolk Drive

A well presented four bedroom detached house, located on the Weybrook Park development, with a 17ft living room, a generously proportioned conservatory and a well maintained south-facing rear garden. Freehold. Council tax band F.

**EPC Rating:** C

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# As you can see from the opposite page, we've been busy in Burpham in recent weeks!

This is just a small sample of our recent successes in the area, and our clients like our honest advice, based on many years experience of selling property in Guildford.

If you're thinking of selling your property and would like sound and sensible advice from an independent estate agent who puts your needs first, then please do call our Merrow & Burpham office on 01483 347100.

We would love to help you move!

**Anthony Brown, Director**  
29th June 2024





Welcome to the **Burpham Community Association**

# Community Update

July & August 2024

## Introducing our Neighbourhood Police Constable

**My name is Freya and I've recently been designated as one of the several Neighbourhood Police Constables for East Guildford.**



You may have already come across PC Jonny Smale, PCSO Emma Welland and PCSO Damon Young! I specifically work for the **Safer Neighbourhoods Team** which aims to work closely with local communities and partner agencies to police and find longer-term solutions to more complex issues that may be affecting the area. It is great to be working in a village with such a welcoming, engaged, and vibrant community, reflected in the numerous events involving

local businesses highlighted in the **Burpham Pages**.

As a **Safer Neighbourhoods Team** officer, I am always keen to engage with local communities to find out about local issues/ concerns, monitor the effectiveness of existing police interventions and simply provide a police presence within the area. The **Policing Vision 2025** emphasises the importance of physical police presences within local communities, which I believe is very important in providing opportunities for police-public engagement and for police officers to develop better knowledge of their areas. So, if you ever see an officer out on patrol within Burpham, please feel free to come and chat with us!

In terms of crime within Burpham, as a town it has fewer crime occurrences compared to other Guildford areas and the national average. However, this does not mean by any means that it is not worth police attention and patrol. In fact, it makes our role as Safer Neighbourhood officers even more integral in establishing local concerns and issues before they have the potential to escalate into crimes. We therefore encourage residents to not hesitate in contacting **Surrey Police** via the relevant channels to report any incidents, so that it can be designated to police attention as quickly as possible.





Across the **East of Guildford**, we are concerned with numerous incidents of fraud tradesmen attempting to persuade residents to let them do work on their property, before then charging them an extortionate amount of money. This is a topic we will be aiming to conduct community engagement events about in and around Guildford, so please look out for those advertised in due course. In the meantime, we remind you to never accept DIY work from tradesmen or alike businesses that come to your home who cannot prove their identity, and never pay them in cash.

In terms of reporting non-emergency crimes, as well as phoning **101** or using their **Live Chat** function via their website, **www.surrey.police.uk**, Surrey Police also offers a reporting platform via **Facebook Messenger**. Simply find 'Surrey Police' on Facebook and select 'Message' to begin a private message with one of our contact centre operators, where you

### BCA on Facebook & Twitter!

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

 [twitter.com/burpham\\_c\\_a](https://twitter.com/burpham_c_a)  
 [facebook.com/burphamCA/](https://facebook.com/burphamCA/)



### Guildford Community Lottery

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

Tickets only cost £1 per week, buy now at [www.guilfordlottery.org/support/burpham-community-association](https://www.guilfordlottery.org/support/burpham-community-association)



To get in touch with the BCA contact the committee on [secretary@burphamca.org.uk](mailto:secretary@burphamca.org.uk) phone **07513 366072** or visit the website at [www.burphamca.org.uk](http://www.burphamca.org.uk)

We represent the community of Burpham, Guildford

will be asked a set of questions to provide detail about the non-emergency incident. Please remember that if you are calling about an emergency situation, to call police via **999**.

## Burpham Pharmacy Update

**We were delighted to hear that there will be a pharmacy in Burpham after all.**

Following Zohib Sheik's appeal and many responses from local people, the NHS have granted a contract for a pharmacy to open in the former dry cleaners on Kingpost Parade. Thank you for supporting this issue.

## Summer Walks ...and a Tea Party

**There are three more walks in July.**

On **Saturday 6th**, a guided tour round **Painshill Park** (meet at the ticket office 10.00am) and on **Saturday 20th** a walk round

**Whitmoor Common** (meet at Salt Box Lane car park at 10.00am).

The season ends with a walk along the **Wey Navigation** on **Saturday 27th July**. It begins at 10.00am from the car park at the end of Bowers Lane and will take us along the Wey Navigation. This is England's oldest canal and we shall pass the first lock built in England, finishing up at Stoke Mill. It used to be a corn mill but is now the home of the Surrey Advertiser and we will have a tour of the building. Our return journey will be via the board walk in Riverside Park. After the walk back we will head for the Village Hall for an outdoor tea party. There will be tea, cakes scones and jam and we hope Burpham residents who have not been able to make the walk will join us.

Burpham Summer Walks are organised for residents and are free. We go if it drizzles but not in pouring rain. If you wish to be warned by email early on the morning of the walk if it is going to be postponed, or for more information, please write to [secretary@burphamca.org.uk](mailto:secretary@burphamca.org.uk)

## Sign of the Times

**You may have wondered why the Burpham Village sign disappeared a while ago.**

It certainly got the committee worried! However, all is well. It had been removed for cleaning and repainting and is now back in place.

Our thanks to Guildford Borough Council for carrying out this work.



## 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 2023.

**You can pay by:**

**Direct Debit** – visit our website at [www.burphamca.org.uk](http://www.burphamca.org.uk) which has a link to this system – an email to [treasurer@burphamca.org.uk](mailto:treasurer@burphamca.org.uk) giving your details would be helpful.

**Online –**

**Account name:** Burpham Community Association.

**Sort Code:** 40-22-26.

**Account Number:** 41049194

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

Please contact Liz Turner, our Membership Secretary, if you have any queries. Her email address is [membership@burphamca.org.uk](mailto:membership@burphamca.org.uk)

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# Prevention is Better than Cure: Stay Safe in the Sun

---

By Sophia Wyatt, Clinic Director –  
Sophia Wyatt Skin Clinic & Send Therapy Rooms

As the summer holidays approach and many of us are looking forward to enjoying the sun, whether here at home or in warmer climates, we thought it would be helpful to share some tips on keeping our skin healthy. We've reached out to **Sophia Wyatt**, an ambassador for 'Skcin' (the skin cancer charity) and owner of a skin clinic in Send, to get her expert advice.

Skin cancer rates are rising faster than any other cancer, with melanoma, the deadliest form, becoming one of the most common cancers in 15-34 year-olds. The encouraging news is that over 80% of skin cancers are preventable. By following five simple steps and being sun savvy, we can almost entirely avoid skin cancer, underscoring the importance of taking sun safety seriously.

We all enjoy the sun for its mood-lifting benefits and essential role in vitamin D synthesis, but it's crucial to enjoy it safely to prevent skin damage. This damage ranges from premature aging to skin cancer. Alarmingly, a single case of severe sunburn in childhood or adolescence can more than double the risk of developing melanoma later in life. Therefore, the key message is to be aware, practice sun safety, and avoid burning.

## Look after your skin – stay safe in the sun!

It's not just sunbathing that puts you at risk; any time spent in the sun without adequate protection can be harmful. If you frequently participate in outdoor hobbies or sports or work outdoors, your risk increases. Always use the Five S's of Sun Safety and never burn!

### The Five S's of Sun Safety:

- 1 **SLIP** on a T-shirt
- 2 **SLOP** on SPF 30+ broad-spectrum UVA sunscreen
- 3 **SLAP** on a broad-brimmed hat
- 4 **SLIDE** on quality sunglasses
- 5 **SHADE** from the sun whenever possible

#### 1 Slip on a t-shirt

- UV-protective clothing is one of the best defenses against the sun's UV rays.
- Wear clothing that covers as much skin as possible, particularly the shoulders, which can easily burn.
- Choose garments with a tight weave for better protection.
- High UPF (Ultraviolet Protection Factor) rated fabrics provide the best defense.

#### 2 Slop on SPF 30+ sunscreen

- No sunscreen offers complete protection; do not rely on it alone.
- Always use a broad-spectrum sunscreen with an SPF of 30 or above, preferably water-resistant.
- Ensure it carries a UVA symbol or has at least a 4-star rating.
- Store sunscreen in a cool, accessible place and check the expiry date.

- Apply generously to clean, dry, exposed skin 20 minutes before going outdoors and reapply once outdoors.
- Reapply at least every two hours, more often if swimming or sweating.
- Protect your lips with an SPF 30+ lip balm.

#### 3 Slap on a broad-brimmed hat

- Wear a hat with a wide brim that shades your face, neck, and ears.
- Legionnaire hats (with a neck flap) or bucket hats (with a 7.5cm brim) are most effective.
- Choose hats with a tight weave or UPF-rated fabric.
- Avoid baseball caps as they do not protect the ears and neck.

#### 4 Slide on quality sunglasses

- UV radiation can damage the eyes, so wearing quality sunglasses is crucial.
- Look for sunglasses with the European CE mark for safe protection.
- High EPF (Eye Protection Factor) rated sunglasses offer the best protection.
- Ensure they fit well and wrap around to prevent UV rays from entering from the sides or top.

- The price and darkness of the lens do not correlate with the level of UV protection.

## 5 Shade from the sun when possible

- Seek shade whenever possible, especially between 11 a.m. and 3 p.m. when UV rays are strongest.
- Keep babies and toddlers in the shade at all times.
- Use shade in conjunction with other protective measures for optimal protection.

By incorporating these sun safety practices into your daily routine, you can significantly reduce the risk of skin damage and skin cancer. For more information and advice on sun safety, **Skcin** the Skin Cancer Charity [www.skcin.co.uk](http://www.skcin.co.uk)

## Enjoy the Sun Responsibly!

Understanding and implementing these sun safety tips is essential for everyone – men, women, and children alike. The sun's rays can be harmful, but with proper precautions, you can enjoy its benefits while minimising risks.

Remember, prevention is always better than cure. Stay safe, be sun smart, and protect your skin for a healthier future. ■



**Sophia Wyatt**

*Skcin Ambassador  
Clinic Director*

**Sophia Wyatt Skin Clinic and  
Send Therapy Rooms**

**M** 07951 880600

**T** 01483 225685

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

[info@sophiawyatt.co.uk](mailto:info@sophiawyatt.co.uk)

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175 Send Road, Send GU23 7ET



## GASP Motor Project

A dynamic, forward-thinking education charity based near Guildford.

From its origins in 2005 providing evening activities for local youngsters who had been engaging in anti-social behaviour including car theft and joyriding, **GASP** quickly expanded to deliver daytime sessions in motor mechanics, registering as a charity in 2009.

This year GASP support over 500 youngsters across Surrey, including at several local schools such as **Guildford County, Kings College and George Abbot**. The charity runs 35 courses a week and two evening youth clubs, at its main workshop near Albury and via three fully-equipped mobile vans. Demand for GASP's services is unprecedented.

Children referred to the charity have often been out of mainstream education for several years. They may be permanently excluded, school refusers, or involved in criminal activities.

GASP provides a safe learning space where progress is made at each individual's pace. With a maximum

group of six youngsters with two GASP tutors, learning is personalised, tutors being positive role models. Its fantastic workshop has all the professional equipment of a commercial garage including a car lift, industrial compressor, engine hoists and bench press.

All activities are linked to **AQA** unit awards; students earn certificates for skills accomplished, creating portfolios to demonstrate their commitment and achievements to schools, parents, peers and future employers.

Activities are 'hands-on', involving teamwork, problem solving and communication – building positive wellbeing and self-confidence. Students learn about two and four wheeled vehicles and two and four stroke engines. They examine quad and pit bikes, learning about engine capacity, gears and braking systems. They gain practical skills including how to change a wheel and basic car maintenance.

GASP's courses help youngsters who do not fit the traditional model of education, enhancing their sense of self-worth. Every participant can make a new start, and see themselves in a different light, as 'achievers with huge potential' rather than feeling discarded and demotivated. Many start to make positive life choices.

With increasing demand for GASP courses, experienced motor mechanics and engineers are needed to join the team. **Teaching experience is not necessary**. For further information please email: [admin@gaspmotorproject.org](mailto:admin@gaspmotorproject.org) ■



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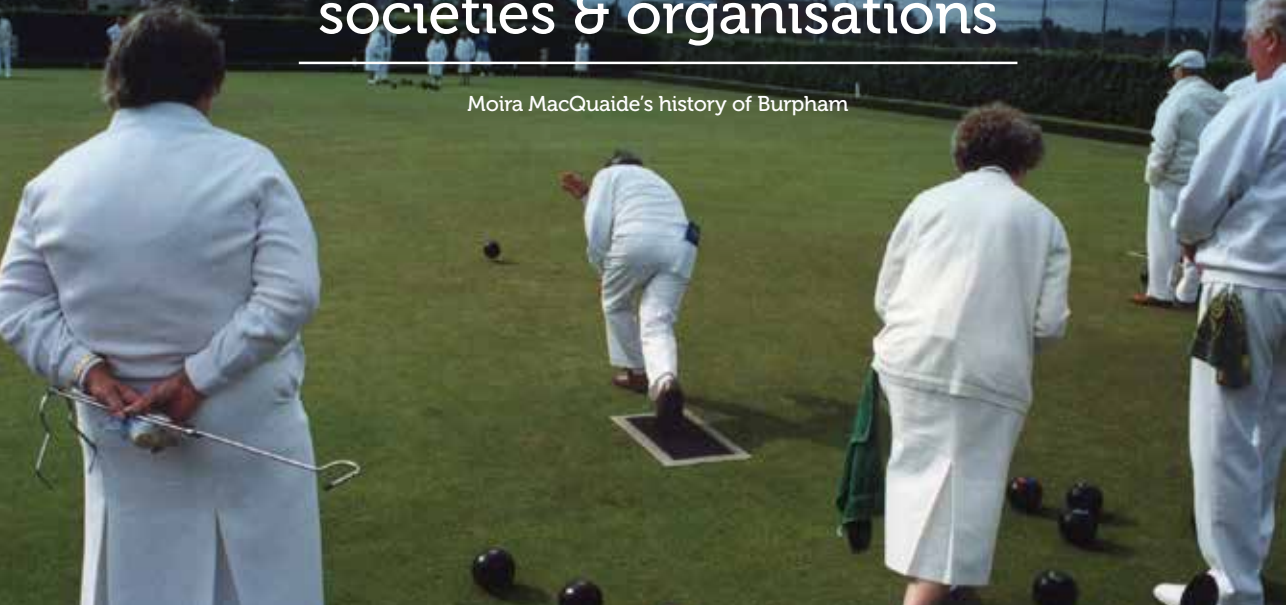
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# Burpham's clubs, societies & organisations

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Moira MacQuaide's history of Burpham



*Burpham Bowling Club c.2000.*

People are, on the whole, social beings. We enjoy getting together with others of like mind to do a wide range of things, including sports. Over the years, Burpham has had many clubs, societies and organisations, all offering various activities for those who live in the area.

Some met in pubs, some in village or church halls, some in dedicated sports venues. The oldest club found in the Surrey History Centre records was for the **Burpham String Band**, proved by a membership card that had been printed in the 1890s. It was still going in 1905, but had been re-named the **Worplesdon String Band**. I wonder what happened to that?

**Burpham Village Hall** was built in 1922, and in the early days was used by the **Women's Institute** and the **Mothers' Union** for meetings. Strong drink was not allowed, although this was changed to let wedding parties enjoy sherry and champagne! The **Church of the Holy Spirit** hall on New



*Burpham String Band card.*

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*Burpham Boys Football Club c.1970 (E Voller).*



*WI medieval banquet 1989 (Gill Grainge).*

Inn Lane, built in 1961, has provided facilities for **Brownies** and **Guides**, as well as the very popular **Drop-in Club** for pensioners in the parish.

Mrs Bidwell ran a Scout group at one time, but it seems that today Merrow is the place for **Cubs** and **Scouts**.

Today, one of the biggest users of the village hall is **Guildford u3a**, a self-help learning and social organisation for those no longer in full-time employment. Group meetings include local history, digital living, genealogy, language groups, music, philosophy and many others.

The **WI**, which started in Canada, moved to Britain in 1915, and Burpham opened its own WI in 1931 as an afternoon group. They enjoyed wide-ranging activities and talks, and in 1936 were reported in the news to have decided, after a debate, "that married women have a better time than single women". Such organisations rely on volunteers to make things happen, and the afternoon WI group closed down in 1991 as they were unable to find a Treasurer. However, in 1989 the **Burpham Evening WI** group was set up, and is still thriving today – a lively group, which provides for a range of interests for Burpham ladies. Other clubs for ladies have been the **Burpham Ladies Club** and the **Burpham Women's Guild**.

**Burpham Garden Club** started in about 1960 and ran two shows a year, with trophies awarded for the best-kept summer front garden. John Boon keeps residents informed about gardening issues in each issue of **Burpham Pages**.

**Burpham Community Association** was set up in 1973 and represents the community whenever there are matters of general concern, or needs to bring issues to public attention. It liaises with the local MP, borough and county councillors, on topics such as flooding, traffic, drainage, and protection of amenities. Again, more information

in each issue of **Burpham Pages**. **Burpham Neighbourhood Forum** was the first community to prepare its own neighbourhood plan, which has been adopted by the borough development plan.

**Burpham Church** runs several youth activities, but 60 years ago there was just Sunday School to look forward to. Then there are all the sporting organisations in Burpham. Football, for both adults and juniors, Tennis, Bowling, Table Tennis, and Darts. All have been popular in the last 70 years. With all this going on, there should be no complaints about boredom in Burpham! ■



*u3a meeting in Burpham Village Hall.*

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](mailto: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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---

# Be on the lookout for the new Vicar.

---

Rev James Hanson, Vicar, Burpham Church

Sometimes, there are things in life that are really hard to spot. I had always wanted to see the Northern Lights one day, being willing to travel to the Arctic circle to have a better shot.



Reverend James Hanson

I was blown away last month when the lights visited us as far south as Sussex, where we used to live. I loved this photo (above), as it not only fulfilled a child-hood dream, but pointed to the stunning heavens that surround us (and Burpham church logo colours too!).

Lesser spotted it may be, but it was amazing to see, and a good reminder to be on the lookout.

As your new Vicar, I will be out and about walking this parish – praying and looking forward to meeting people – do keep a lookout and please do say hello. There is a big photo of me on the noticeboard outside St Luke's church, if you get stuck.

I still find it very funny the TV caricatures of Vicars, and where you will find them. Most shows have them in the Church building, and people turn up to find them collecting hymn books or arranging chairs. Or, they find them in the police station solving murders for the local community. I can assure you, that you are more likely to find me anywhere and everywhere, and you can ask me anything – and I love


to get stuck in, so please ask me to help. I love being out and about in the community, meeting people and chatting about anything and everything. Yes, I've been asked whether I only work one day a week. I've also been offered tea and cucumber sandwiches often, and yes, I've been involved in many murder mysteries – but only playing the role-play games, never real life.

When I was asked in the last census what my job was, I said: Minister of Religion. When they asked me further what the day to day looks like, I simply put: being a signpost to Jesus.

As we arrived in Burpham recently, we felt so richly welcomed by this community that we want to say thank you. It really is a brilliant place to live and to be. ■



Church Office: 01483 825533  
[www.burphamchurch.org.uk](http://www.burphamchurch.org.uk)



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# Burpham Gardening Hints & Tips

July & August

John Boon gives us the low down on what needs to be done in the garden in July & August.

## Things to do in the garden in July.

- Remove the main stem of Cordon Tomatoes just above the fourth truss, any fruit that forms above this truss is unlikely to ripen before winter sets in.
- Spray Potatoes and Tomatoes when it is wet and muggy to reduce the risk of blight damage.
- A regular feed of Tomorite will help Tomatoes and Dahlias to produce good fruit and flowers, start feeding Tomatoes as soon as the first fruit starts to set, do not water at irregular times as this will encourage blossom end rot in the fruit.
- Continue to make successional sowings of Salad Crops
- Regularly pick Courgettes unless you wish the fruit to become Marrows.
- French and Runner Beans will become tough and stringy unless they are picked frequently.
- Spring Cabbage, Turnip and a final batch of French and Runner Beans should now be sown outdoors. Leeks and Winter Brassicas should be planted out this month.

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

## Things to do in the garden in August.

- Now that all the hard work has been done it is time to sit back and to enjoy your garden. which should now be at the peak of perfection.

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

- Continue to harvest fast growing Vegetables and Salad crops as they mature.
- Keep Runner Beans well watered which will help the flowers to set.
- Increase the feeding of Tomatoes.
- Lift Maincrop Potatoes.

- Rambling Roses which only flower once a year should be pruned after flowering, cutting out one in three stems from the base to encourage new growth.
- Summer prune Wisteria, removing all new shoots to five buds above the main stem.
- Now is the time to take cuttings of Buddleia, Hydrangea and Pyracantha.
- Cut back Perennials which have collapsed onto the lawn, path or other plants.
- Now is the time to set Earwig traps amongst your Dahlias, fill a 3" pot with hay or straw and place it upside down on the end of the cane supporting the plant, the Earwigs will climb into the pot during the night and will be waiting for you to shake them out into a dish in the morning for disposal.
- This month you can start collecting seed from Annuals ready for sowing next Spring, do not collect the seed of F1 hybrids as they will not produce flowers true to type next year.
- Set the mower blades on high when cutting the grass during dry periods.

# Useful numbers

## Police

Call 101 for local police team

## Village Halls

Burpham Church Hall ..... 01483 825533

Jacobs Well Village Hall ..... 07482 632144

Burpham Village Hall ..... 01483 567948

## Local Councils & Councillors

**Borough Councillor** (Burpham)

George Potter ..... 07411 005115

Jane Tyson ..... 07768 392686

**Borough Councillor**

(Worplesdon for Jacobs Well)

Bilal Akhtar ..... 07899 960516

Honor Brooker ..... 07912 044546

Philip Brooker ..... 07912 044546

**Worplesdon Parish Council**

(Jacobs Well) ..... 01483 300094

**County Councillor**

(Guildford East – Merrow & Burpham)

George Potter ..... 07411 005115

**County Councillor**

(Worplesdon for Jacobs Well)

Keith Witham ..... 01483 235292

## Supermarkets

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

## Local Associations

Burpham Community Association ..... 07513 366072

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

## Veterinary Surgeons

Medivet ..... 01483 604308

Alder Veterinary Practice ..... 01483 536036

## Chemists

Boots (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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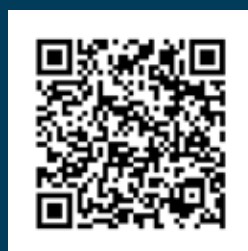
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