

Local advertising and news magazine, delivered free to over 3,000 homes and businesses in the Bellfields and Slyfield areas of Guildford.

Bellfields+ Slyfield Pages

August &
September
2024

Incorporating Slyfield Industrial Estate

Weyside Urban Village.

Guildford Borough Council update us on this exciting regeneration project on our doorstep.

Community Fun Day.

What a great, fun day with so many people coming along to join in with a wide variety of activities!

Holidays and Harvest.

The summer holidays are upon us – St Peter's Shared Church enjoy this part of the rhythm of life.

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.

www.bellfieldsandslyfieldpages.co.uk



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Discover Bart's Café:

A local hidden gem for homemade fresh lunches, delicious treats and wonderful coffee!



Locally roasted Surrey Hills Coffee for a caffeine kick or there's decaf too!



Bart's amazing chocolate brownies are always a winner!



Hearty homemade soups for a satisfying lunch.



Mmmm... another homemade cake.



Freshly made summer salad, super healthy and super nice!

Welcome to Bart's Café!

Nestled within Blue Spider Climbing on Slyfield Industrial Estate, we're the best place locally for **delicious homemade cakes** and **wonderful sandwiches and salads** made to order.

It's a great spot to buy your daily fresh lunch, whether you want to **eat in or take away**. We take pride in sourcing all our ingredients as locally as possible, ensuring they are of the highest quality. Plus, we serve locally roasted **Surrey Hills Coffee**, **Birchall Tea**, **Marimba Chocolate** and a selection of chilled drinks from the fridge.

Come by and treat yourself!



Unit 9, Cobbett Park, Moorfield Road, Guildford GU1 1RU

**We are open
7 days a week!**

Monday – Friday
12 noon to 8.00pm

Saturday & Sunday
9.00am to 6.00pm



Bellfields+ Slyfield Pages

Issue No. 2

August &
September 2024

Bellfields & Slyfield Pages

Incorporating Slyfield Industrial Estate
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.
www.bellfieldsandslyfieldpages.co.uk

Editorial

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Production

Original design
Generator Creative Consultants
Printed by **Kingsley Print**



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Advertising copy deadline
for October – November 2024
issue is **2nd September 2024.**

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Registered in England & Wales No. 08915898.
Registered office: 7 Way Court, Mary Road,
Guildford, Surrey GU1 4QU

Welcome

Dear Neighbours, welcome to the latest edition of Bellfields & Slyfield Pages! I'm thrilled to bring you another issue filled with exciting news and updates from our wonderful community.

Firstly, a big thank you to everyone who attended the **Community Fun Day on Bellfields Green on July 13th**. The event was a resounding success, with activities for all ages and a fantastic turnout. We were honoured to have the Mayor of Guildford, Sallie Barker, officially open the day.

In this issue, we have an update from our local councillor, Amanda Creese, who has been working tirelessly on various initiatives to improve our neighbourhood. Be sure to read her update to stay informed about what's happening in our area.

Our local GP surgery has highlighted the crucial issue of **high blood pressure**. It's a condition that can often go unnoticed but has significant health implications. They've shared some important information on how to get your blood pressure checked and tips for maintaining a healthy lifestyle.

We also have the latest news from Guildford Borough Council regarding the **Weyside Urban Village regeneration**. This exciting project promises to bring significant improvements and new opportunities to our community, and we're eager to keep you updated on its progress.

As the sun shines brightly this summer, we've included 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.

Looking ahead, our next issue will cover October and November, looking forward to a season full of festivities. The deadline for content and advertising is September 2nd, 2024. If you have anything to contribute, please email the editorial team at editor@bellfieldsandslyfieldpages.co.uk

Enjoy this issue, and I look forward to connecting with you again soon!

Paul Nicholls (Editor)

editor@bellfieldsandslyfieldpages.co.uk

Contents

- 5 **News & Events**
- 12 **What's On This Month**
- 14 **Fields Pages Crossword**
- 15 **Focus on Blood Pressure**
- 16 **Weyside Urban Village Update**
- 18 **Stay Safe in the Sun**
- 20 **Slyfield Industrial Estate**
- 22 **The Dust Destructor & the Hotties**
- 24 **5 things to do on Stringers Common**
- 26 **Holidays and Harvest**
- 28 **Gardening Hints & Tips**
- 30 **Useful Numbers**





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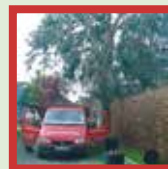
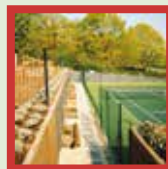
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Local news & events: get involved and tell us more about your news and events organised in Bellfields, Slyfield and the surrounding areas.

Community Fun Day on the Green 2024

What a great, fun day with so many people coming along to join in!



Councillor Sallie Barker MBE, Mayor of Guildford, opening the Community Fun Day 2024.

On Saturday 13th July, we had our annual Community Fun Day for the Bellfields and Slyfield areas on Bellfields Green. Set up in good weather, we were almost ready for the 3pm start (apart from unusual generator problems) and the event was soon opened by Sallie Barker – the Mayor of Guildford!

We had a wide variety of activities, from Bouncy Castles for both younger and older children, 'Beat the Goalie', a Coconut Shy and an Under 5's area, to displays in the arena from Classy Clegg's Boxing Gym and Weyfield Primary Academy's dance group – Weyfield Wildcats. There were also stalls from organisations such as **Diabetes UK, ReadEasy, CAP (Christians Against Poverty)** and **ReSkilled**.

This year, as well as the **Mayor of Guildford** attending, we were privileged to have **Zoe Franklin MP** – the new MP for the area – who used to live in Bellfields, and **Amanda Creese** who is



Local MP Zoe Franklin hooks a duck!

one of our Guildford Borough Councillors.

The day went very smoothly this year (once started), all helped by a multitude of volunteers who ran the stalls, tea



Amanda Creese, Guildford Borough Councillor, with Tony Lees, Akela for 2nd St Peter's Cubs.

tent, BBQ, co-ordinating and all of the setting-up and taking-down. I am so grateful to all those who helped in such a committed, friendly and relaxed way – the day couldn't happen without you!!

I am so grateful to all those who helped in such a committed, friendly and relaxed way – the day could not happen without you!!

Piers Rosslyn-Smith
Chair of Community Fun Day on the Green 2024

The Band played on !!

Despite some rain coming in at about five it did not dampen spirits and many people stayed on enjoying the burgers and hot dogs and listening to some great live music by **Redhouse Rhythm and Blues Duo** and **The Rolling Scones!!** They sheltered in the gazebos and marquees around the site. The funday organizing group are always on the look out for local talent so get in touch if you'd like to perform next year.

The Fun Day is organised each year by a group of local residents, supported by **St Peters Shared Church**. As an organizing group, we love putting in the

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News + Events



The Rolling Scones entertain despite the rain.

time to arrange the Fun Day each year it is a great community event a day out for all ages with fun and food and music too and a showcase for local groups. It's so important that members of Slyfield and Bellfields community come together for this community event.

If you would like to be involved in helping out on the day, please contact the Office at St Peters, at

office@stpetersguildford.org – it's a great way to give something back to the community we live in. It may now be another year away but please email and we'll get in touch in April/May next year (we start organizing the event in January). ■

Piers Rosslyn-Smith
Chair of Community Fun Day on the Green 2024



Enjoying the day's festivities.



Classy Clegg's Boxing Gym demonstrate their skills.



Sheltering from the rain but spirits are not dampened.

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Undeterred listening to Redhouse Rhythm and blues Duo.

Update from our local councillors

In this issue of Bellfields & Slyfield Pages we include the second of our bi-monthly updates from local councillors Amanda Creese and James Walsh. Their goal is to keep the Bellfields & Slyfield community informed about their actions as representatives of the Bellfields & Slyfield ward and how the Guildford Borough Council is supporting our local area.



Local councillors Amanda Creese and James Walsh.

By the time you receive this edition of the Bellfields and Slyfield Pages we will have a new government. Whoever forms that government, there is a huge task ahead to get this country back on its feet and working for the benefit of everyone.

We all complain about bins not getting emptied, the lack of public toilets in our town centre, bemoaned the number of empty shops in our historic High Street or driven along roads, bumping along because of the potholes that increasingly degrade our roads and lanes.

All these issues and more, are the responsibility of local government whether that be at county or borough level and it is where we as citizens mostly interact with the impact of political decision making. And it is where we, James and myself, as local councillors work with you as residents and council taxpayers to make sure that you get the services that you need.

Guildford Borough Council collects council tax on behalf of the government but only keeps 8p in every pound collected, the rest is allocated to **Surrey**

County Council, Surrey Police and Crime commissioner and Parish councils too deliver the services they are responsible for. GBC does have assets; buildings leased to businesses which provide jobs and income to the council.

Social housing provides homes to many of our residents. But our biggest asset is people, you and all your neighbours in Bellfields and Slyfield.

As your councillors we are acutely aware of the lack of resources, especially for young people in our community, and places where we can come together to talk or take part in an activity. So how do we address these deficiencies? That is where we are asking you, as residents to think, use your imagination and come and talk to me and James with your ideas. The most off-the-wall idea can sometimes bear fruit if discussed and worked through with other people and they don't necessarily have to cost a great deal.

As your councillors we are acutely aware of the lack of resources, especially for young people in our community, and places where we can come together to talk or take part in an activity.

To that end we plan to start **drop-in sessions** later in the year at the **Aggie Club**. Come with any questions or problems that you might have about Guildford Borough Council. Or just come and have a chat and a coffee.

We'll be pleased to see you. If you can't make it to the Aggie, please call James or Amanda and we will be happy to talk about any ideas you have. Alternatively, you could write to the **Bellfields and Slyfield Pages** about your ideas and let's have a conversation there.

For details check our Facebook page.

As councillors we have many problems and complaints hitting our inbox. This past couple of months they have ranged from housing repairs, requests for housing transfers to getting bollards installed to stop inconsiderate parking in Bellfields. We have been active in supporting the community at St Peter's and their submission to Surrey County Council for funding to extend the building so they can help more people in the area. We have also been talking to staff at the Aggie Club on Slyfield about ways in which they can offer more activities at the club for young people in the area. I am on the licensing committee and have attended several sub committees where alcohol licences or taxi licencing is discussed. James Chairs an Overview and Scrutiny committee and attends meetings with the intention of holding the Council to account.

...our biggest asset is people, you and all your neighbours in Bellfields and Slyfield.

So while we are always busy working on your behalf we still welcome the opportunity to talk to you about ways in which we can improve our neighbourhood of Bellfields and Slyfield. ■

Cllr Amanda Creese

E: amanda.creese@guildford.gov.uk

T: 07814 441243

Cllr James Walsh

E: james.walsh@guildford.gov.uk

T: 07533 767227

 @guildfordlabourcouncillors

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Cook & Eat reunion and Open Day



Cook & Eat attendees make homemade pizzas and fresh garlic bread.

For the last four years, St. Peter's Church has hosted 'Cook & Eat,' after-school cooking sessions. Since their successful pilot in 2020, they have provided local families with school-age children the opportunity to cook and share a meal together.

On **June 15th**, previous **Cook & Eat** attendees were invited to a reunion session to make homemade pizzas and fresh garlic bread. Following the session, an open day was held to attract more families to the joys of cooking with their children. With the help of local culinary expert **Livvy**, they made vegetable Bolognese and shared a meal around a large table.

Cook & Eat provides families with time to teach and learn cooking skills like peeling, chopping, grating, and slicing—skills for a lifetime. Instead of asking, "What's for dinner?" children now ask, "Can I help make dinner?"

Comments after the reunion included:

- "I love it there."
- "Why isn't it on more often?"
- "My 12-year-old gained so much confidence from being there" (*Clare*).
- "My son looks forward to cooking a roast dinner on Sunday so he can

help peel and chop vegetables. We both made new friends there" (*Kym*).
– "It's really good, all four of my children love it. It makes cooking fun, and we enjoy the time together" (*Heather*).

We are grateful to **Surrey County Council** for helped fund our reunion and open day, and to the **Bishop of Guildford's Community Fund** for the initial funding. A big shout-out to Livvy, who led us through her excellent veggie Bolognese recipe. More of Livvy's cooking expertise can be found on her Instagram page [@livvyshomemade](#) ■

By *Donna Sexton*



Do you have a problem with drugs and alcohol?



Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from their addiction.

The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. There are no dues or fees for membership; we are fully self supporting through our own contributions.

We are not allied with any sect, denomination, politics, organisation, or institution. We do not wish to engage in any controversy and we neither endorse nor oppose any causes.

Our primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom.



Helpline:

0800 612 0225

helpline@cauk.org.uk

www.cauk.org.uk

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Cocaine Anonymous

Do you have a problem
with drugs and alcohol?

So did we.



0800 612 0225
helpline@cauk.org.uk
www.cauk.org.uk



In the spirit of tradition 6, C.A. is not allied with any sect, denomination, politics, organisation or institution.

Singing in Bellfields



Morgan Gooch who runs the Rowbargue Open Mic.

Astonishingly it is now more than seven years since I first stood up at The Rowbargue and, shaking like the proverbial leaf, hacked my way through the Leadbelly standard 'Midnight Special'.

Our host that night was Vic Cracknell who was very kind – kind enough for me to go back and keep going back.

There is a huge scene of open mics, singing groups and jam sessions in Guildford, and **The Rowbargue** (therowbargueguildford.com) is arguably at the centre of it all as the pub also features professional performers, jam nights and discos.

One of the joys of an open mic night is that you have no idea what you are going to get – a newcomer struggling to get through the song which seemed so easy at home to the seasoned performer who on another night you'd pay good money to see; or perhaps an 80 year old Sinatra crooner, some traditional folk or even some Surrey Rap.

If singing by yourself is too much, once a month the **Surrey Fringe** join us for a

couple of songs. They are a male voice acapella 'barbershop' style singing group who add another dimension to the evening. Surrey Fringe are also local and practice at **Bellfields Youth & Community Centre** (Surrey Fringe).

One of the joys of an open mic night is that you have no idea what you are going to get...

Whatever your experience you will be guaranteed a warm and supportive welcome from the regulars and current host Morgan Gooch is simply the nicest guy you could ever meet!

The **Rowbargue Open Mic** is held every Tuesday night – find us on Facebook. ■

facebook.com/rowbargueopenmic

By Brian Creese

local area
coordination[®]
network

Local Area Coordinator for the community in Bellfields & Slyfield

I'm **Debbie Watson**, the Local Area Coordinator for the community in Bellfields & Slyfield. As your **Local Area Coordinator**, I am here to take the time to get to know you and help you achieve your vision of a good life and the goals you would like to achieve.

Working alongside you would include:

- To explore your ideas, options, and solutions to any issues you might be facing.
- Help you to build your confidence and connections.
- Help you to share your gifts and skills with others in your community.

I also promote Bellfields & Slyfields' local groups by introducing people, to work alongside them, and support local activity too.

If you or anyone you know would like an introduction to me, please just get in touch. I am flexible and happy to meet in a place that feels comfortable.

I have a passion for working with people to make a positive difference. I believe everyone in this community matters and is important.

To get in touch feel free to give me a call on **07815 604 171** or email me: debbiewatson@surreycc.gov.uk

Further information about my role and some of the ways I can support you, can be found here lacnetwork.org/local-area-coordination

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“HI, I’M DEBBIE, YOUR LOCAL AREA COORDINATOR FOR BELLFIELDS & SLYFIELD”

NO
ONE
LEFT
BEHIND



We can talk about any changes you’d like to make in your life. I am based locally so we can meet wherever is best for you. I will walk alongside you, take things at your pace and be guided by what works for you.



Together we can:

Explore options and solutions to any issues you might be facing

Plan your goals and help you towards your vision of a good life

Help you build connections and share your gifts and skills in your community

Get in touch:

T: 07815 604 171

E: debbiewatson@surreycc.gov.uk

local area
coordination®



Thursday afternoons

Meeting Point



Meeting Point is a club that meets on Thursday afternoons at **St Peter's**

Church Hall, Hazel Avenue, near the green in Bellfields. It is a **social club** where we engage in various activities such as arts and crafts, various games, entertainment, talks, easy exercise sessions, and a meal once a month.



The times are from 2pm to 4pm, or 1pm to 3pm when there is a meal. A small charge of £2 is payable per session (which includes a cup of tea or coffee, and biscuits). An additional charge applies to cover costs when there is a meal. Most of the members are of retirement age, so activities are appropriate. It is open to both men and women, and all are welcome regardless of faith.

For further information contact:
Debbie debbie.ewins@ntlworld.com
or Shirley [01483 856342](tel:01483856342).

Saturday mornings

Craft and Catch Up



There is a group of people who meet in the Church Hall at **St Peter's Church**,

Bellfields on a Saturday morning (10.00am-12.00 midday) called **Craft and Catch Up**.

We celebrate connection and creativity and welcome everyone with open arms. (Adults only as we don't provide crèche facilities). It's a time where friends, old and new, come together to engage in crafts while catching up on life's latest happenings. Whether it's knitting, painting, scrapbooking, or any other craft, the focus isn't solely on the finished product but on the shared experience of making something together.

As our hands create, conversation flows, sharing triumphs, challenges, hopes, and dreams. There's no rush, no pressure—just the simple joy of being present with people who care.

We foster a sense of belonging and friendship, strengthening relationships and creating lasting memories. It's a reminder that amidst life's hustle and bustle, it's the moments spent together, engaged in simple yet meaningful activities, that truly nourish the soul and deepen connections.

Every Friday morning

Friday Swimmers Club



Friday Swimmers is a registered charity working in conjunction with the **Guildford Spectrum** to provide assistance and therapy in a safe pool environment to those adults with a physical disability or who are post-operative.

It is run entirely by volunteers and won the **Queen's Award for Voluntary Service** in 2019. They meet every **Friday morning from 9.00 to 10.15am**.

There is an annual membership fee and payment for each session.

If you're interested in joining, please send an email to:
rebecca.fridayswimmers@gmail.com

Every Tuesday

The Oak Café



The Oak Café at St Peter's Church is on Tuesday mornings at **10.00am-12.30pm**.

You will always be met with warm smiles from the friendly volunteers and everyone is welcome!

Tea coffee and other refreshments are on offer with toast and often home made cakes. A small donation is welcome and appreciated but not expected. There is always a small selection of toys for young children to play with and they are always welcome too.

We strive to encourage community, friendship, and a safe inclusive happy environment to relax have a cuppa and chat.

There will be occasions we have people visit from the wellbeing team at the hive, local councillor's, other professionals of different areas important to the community providing information and giving you the chance to chat with them.

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

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 Bellfields & Slyfield Pages will cover October & November 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@bellfieldsandslyfieldpages.co.uk before **2nd September 2024**.



A fundraising event by **COMMUNITY MATTERS**

TWILIGHT RUNWAY CHALLENGE

Sat 21 September 2024
 @ Blackbushe Airport
 17:15

Run, cycle, walk or scoot 3k, 5k or 10k around the runway as the sun sets...magical!

A family event to raise money for good causes

360 mortgages | source | VILLAGE HOTEL CLUB FARNBOROUGH
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twilightchallenge.co.uk

Family Fun This Summer & Beyond

YA YVONNE ARNAUD THEATRE



Summer Holiday Workshops

A jam-packed programme for creative minds aged 5-18!



In The Night Garden Live

'THE BIGGEST FAMILY EVENT THIS SUMMER'
 The Independent



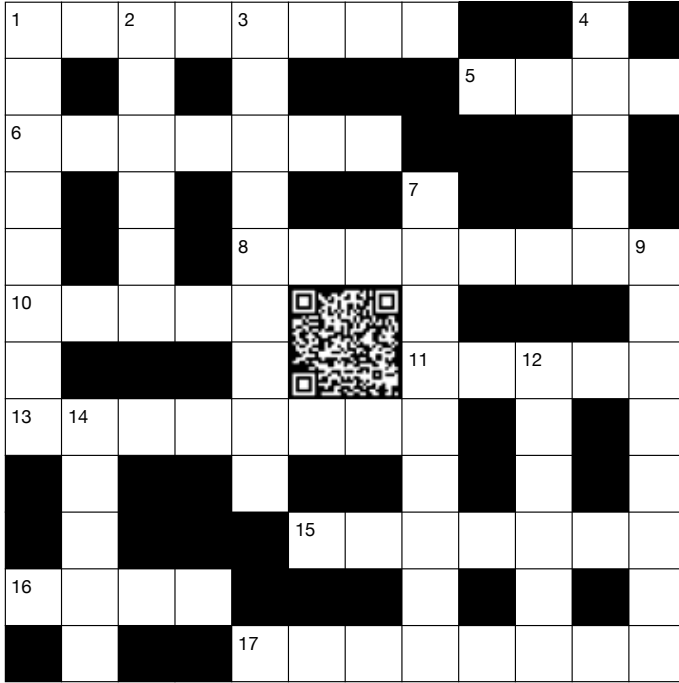
The Gruffalo

Based on the much-loved picture book by Julia Donaldson and Axel Scheffler

YVONNE-ARNAUD.CO.UK | BOX OFFICE 01483 44 00 00

Millbrook, Guildford, GU1 3JX

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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)

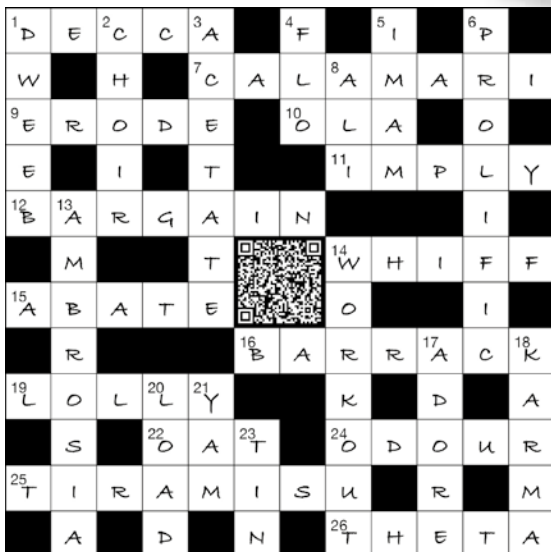
Down

- 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

Bellfields & Slyfield Pages
Issue No. 1 June & July 2024

The solution to each crossword will be published in the following issue of Bellfields & Slyfield Pages as well as on our website bellfieldsandslyfieldpages.co.uk For the August-September 2024 solution please see our October-November 2024 issue.



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Latest news from

Guildowns: Stoughton Road GP Surgery

Focus on Blood Pressure – should I bother about this?



Did you know?

30% of adults in the UK have high blood pressure – and at least half are not receiving effective treatment.

Why is it important to have your blood pressure checked?

Around 50% of heart attacks and strokes are associated with high blood pressure. High blood pressure can also cause slow damage to the heart, brain and kidneys.

Guildowns:

Stoughton Road Surgery

2 Stoughton Road,
Guildford, Surrey GU1 1LL

Phone:

01483 409309

www.guildowns.nhs.uk/our-surgeries/stoughton-road-branch/

Opening hours:

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



What is blood pressure?

Blood pressure is the force of your blood pushing against the walls of your blood vessels called arteries. Normal pressure is important to the proper flow of blood from the heart to the body's organs and tissues. Each time your heart beats, it pumps blood into the arteries. Blood pressure is highest when your heart beats. This is called the systolic pressure. When your heart rests, between heart beats, blood pressure falls. This is called diastolic pressure.

How is high blood pressure diagnosed?

High blood pressure usually has no symptoms. So the only way to find out if you have high blood pressure is to have a blood pressure check. This can be done by using the self check blood pressure monitors in your surgery waiting room, seeing your practice health care assistant or asking your local pharmacy if they provide a blood check up service.

Once you have had your blood pressure in the waiting room, please hand in the printout at reception. If the blood pressure is raised, the receptionist will arrange home blood pressure monitoring, or follow up with the GP or practice pharmacist. You may decide to buy a blood pressure machine yourself. These are available for purchase at pharmacies or online for example at Amazon.com

At what point should I be worried about my blood pressure reading?

Blood pressures are reported as 2 numbers, the systolic reading (the reading when the heart is pumping) over the diastolic reading (the reading

when the heart relaxes between heart beats). A blood pressure in the surgery above 140/90 is considered to be high. Your practice will suggest home blood pressure monitoring, and if you have an average home blood pressure reading of 135/85 or higher, this will confirm that you have high blood pressure (called Hypertension).

Why should I be concerned about high blood pressure?

When your blood pressure stays high over time, it causes your heart to pump harder and work overtime, possibly leading to serious problems such as heart attack, stroke, mini-strokes, heart failure and kidney failure. Mini-strokes may cause a decline in memory and are associated with some forms of Dementia.

What can I do myself to protect myself from the effects of high blood pressure?

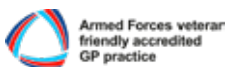
We suggest heart-healthy eating and exercise. But sometimes the changes do not control or lower your blood pressure far enough, and you may need to take medicines.

What are the treatments for high blood pressure?

There are different types of blood pressure medicines. Some people need to take more than one type of medication to effectively reduce blood pressure levels.

High blood pressure (Hypertension) is a treatable condition.

Protect your heart, your brain and your kidneys – get your blood pressure checked and see your practice team to discuss next steps to control your **blood pressure**.





Weyside Urban Village Regeneration

Welcome to the latest update on the **Weyside Urban Village** regeneration project provided by **Guildford Borough Council**.

New council depot receives planning approval

The Guildford Planning Committee approved plans for a new council depot in June. The new depot will be built on brownfield land east of the Slyfield Industrial Estate. It will be the new home for several council departments and services. These include the teams that:

- empty our bins and clean our streets
- manage our parks and green spaces
- look after our housing services
- provide administrative support.

By bringing these teams together we can improve the services we provide to residents as well as the facilities for staff.

The new building will also be more efficient as it will cost less to run. It will use less energy and help to reduce carbon emissions. This aligns with our goal to be a net zero borough by 2030.

Site preparation has begun, with completion due for early 2026.

We have created a new green space near Stringers Common, complete with new hedgerows and plants to support local wildlife and improve biodiversity.

Boosting biodiversity at Stringers Common

This month, we made significant progress with our ecological enhancements. We have created a new green space near Stringers Common, complete with new hedgerows and plants to support local wildlife and improve biodiversity. A new connection provides access from the existing public right of way so residents can enjoy and explore the area.





Computer generated 3D views of the new Guildford Borough Council depot on brownfield land east of the Slyfield Industrial Estate.

Highways improvements starting soon

Our highways work programme is moving forward. Three schemes will start later this year to help reduce the traffic impacts from the Weyside regeneration. The highway programme will improve pedestrian, cyclist, bus and road networks. We have selected a contractor to carry out these works, which include:

- **Bellfields Road:** there will be new road markings to rationalise the parking. A new junction layout with Parsons Green will provide safer crossing points opposite the school. There will also be a link to the new housing development created at the top of the road.
- **Slyfield Green Junction:** This includes refreshing road markings, improved junction layouts, arranging parking for existing residents and creating the link to the new development.

- **Bellfields Junction with Woking Road:** this scheme will create a new dedicated bus lane on Woking Road, provide a bus shelter and improvements to the footpaths and pedestrian crossing.

Our highways work programme is moving forward. Three schemes will start later this year to help reduce the traffic impacts from the Weyside regeneration.

We will provide more details about these improvements in the next edition. Information will include important dates, project details, and ways of communicating with the development team during the works. We will also be sending out leaflets to residents and updating the Weyside Urban Village website.

Exciting community events at the Aggie Club

The Aggie Club's community events calendar is packed with activities. Every Monday, there is a **Toddler Group**, providing a great opportunity for parents and their young children to socialise and play.

On **27 July 2024**, the club will host a **'Schools Out' Summer Fair and Disco**. Celebrating the start of summer break, this event promises fun for all ages as the community.

For more details on all the upcoming events, make sure to check out their new website: www.theaggie.co.uk or Facebook page: www.facebook.com/TheAggieCafeGuildford.

Chess Engage provides communications support for the Weyside regeneration scheme.

www.weysideurbanvillage.co.uk

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. Alarming, 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

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**

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info@sophiawyatt.co.uk

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175 Send Road, Send GU23 7ET



Slyfield Industrial Estate

Slyfield Industrial Estate and its businesses are an integral part of the community of Bellfields and Slyfield providing jobs and services to Guildford and beyond.

This magazine provides a platform for you to advertise your services, connect with neighbouring businesses, and engage with community representatives and organisations. Share information about your services and products, discuss what you need to thrive, and explore how you can support other businesses and local residents.

Or maybe you want to share what your employees have been doing both in and out of the workplace. Have they done something remarkable for charity or become a sporting champion?

Perhaps they've achieved technical expertise or qualifications that deserve recognition. Let us know, and we can feature their accomplishments in the magazine, highlighting both your business and your wonderful staff.

At **Bellfields and Slyfield Pages**, we aim to see the entire community thrive. This magazine is an opportunity for businesses to join the conversation and discuss how we can make that happen. We look forward to hearing from you.

For advertising rates and editorial opportunities, please contact **editor@bellfieldsandslyfieldpages.co.uk**

Your local councillors are:

Amanda Creese
amanda.creese@guildford.gov.uk

James Walsh
james.walsh@guildford.gov.uk

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STILL THINKING ABOUT JOINING MELITA FITNESS?

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The Dust Destructor & The Hotties

Carol Brown's history of Bellfields & Slyfield

Recycling has become a hot topic lately, and schools are getting in on the action by appointing students as recycling champions. Another pressing concern is the pollution of our waterways, rivers, and seas with raw sewage. How can we manage all the waste we generate? A few years back, a proposal for a new waste incinerator in Guildford was turned down. The challenge of waste disposal is growing, but it's not a new issue, and neither are incinerators.



The Guildford Dust Destructor.

Back as far as the 1880's local authorities were building 'Dust' or Refuse Destructors to incinerate waste.

Previously waste was either just tipped onto a pile on the outskirts of a town, or could be buried. This included human waste as well as clinker (see *definition*) from coal fires, ashes and waste food. Often this led to outbreaks of diseases such as cholera.

Britain was the pioneer of incinerator development, the first being constructed in 1876. It was felt that it was cheaper to burn the refuse and sell the byproducts, electricity produced by the steam being one of them.

The steam, which reached an incredibly

high temperature was also often used for heating public bath houses and were built near them for that purpose. When the clinker (from coal fires) and ashes had been incinerated this byproduct was sold to brickmakers for brick making.

They weren't just used for burning refuse, furniture, curtains and carpets could be cleaned of dust, but more importantly fumigated to kill fleas, cockroaches and any mice or rats that might have nested in the furniture.

Guildford's incinerator was opened in

1910 and was situated in the Council Depot near the river, in Woking Road. It was refurbished in the 1930's but was closed a few years later.

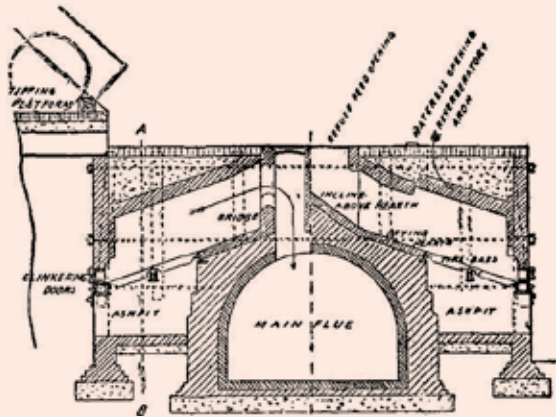
The 'Hotties'

The Guildford incinerator wasn't used to generate electricity though it did have an interesting and very welcome by product for the locals.

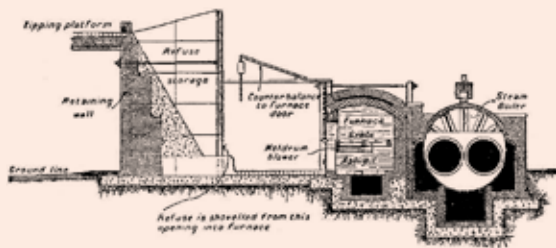
When researching for the oral history of Bellfields we were asked "do you know about the hotties?" No, what was that!

A brick structure had been built in the

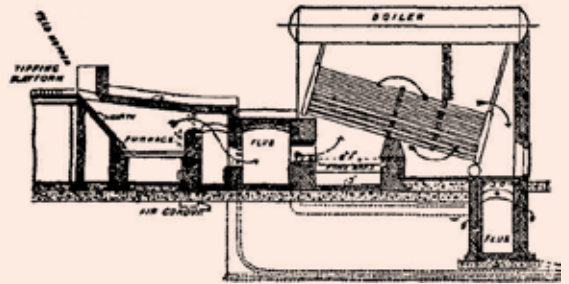
Examples of how a destructor worked



The general arrangement of a destructor consisting of a number of furnaces or cells, usually arranged in pairs back to back, and enclosed in a rectangular block of brickwork having a flat top, upon which the house refuse is tipped from the carts.



There were many different designs of dust destructors. This is the construction of The Meldrum 'Simplex' destructor.



Essential features include a level-fire grate with ordinary type bars, a high-temperature combustion chamber at the back of the cells, a closed ash-pit with forced draught, provision for the admission of a secondary air-supply at the fire-bridge, and a firebrick hearth.

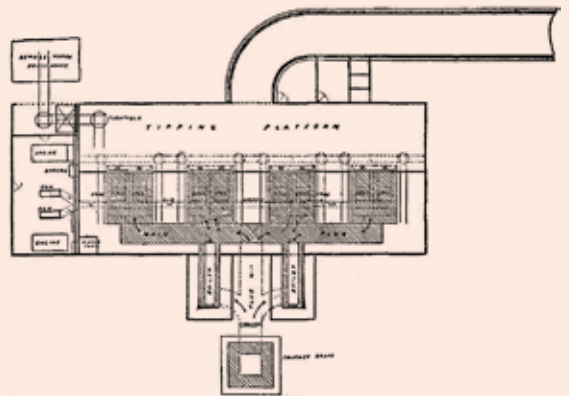


Diagram showing general arrangement of a works.

There could be several furnaces the refuse was placed in. It had to be sorted by hand after the dust carts, a horse and cart at this time, had emptied the household dustbins (hence the name for the workers as 'dustmen') and taken it all to the depot. Here the sorted refuse, a very unpleasant task, was placed on a conveyor which led to various furnaces.

water by the river bank with an outlet from the incinerator. What came out was hot water pouring straight into the river in this enclosed space. This area became know as the 'hotties' as the locals could go down there with a towel and soap and have a bath. This was very welcome at a time when most of the houses around the Woking Road and Stoughton Road areas had no bathrooms. Water had to be heated up to fill the tin bath, quite a laborious job.

I would love to hear any stories or history that you would like to share as there is a plan to update **Bellfields Remembered** and reprint the book. Please contact me, Carol Brown, at browne@ntlworld.com.

Clinker is a generic name given to waste from industrial processes, particularly those that involve smelting metals, welding, burning fossil fuels and use of a blacksmith's forge. Clinker often forms a loose, dark deposit consisting of waste materials such as coke, coal, slag, charcoal and grit. Clinker often has a glassy look to it, usually because of the formation of molten silica compounds during processing.

Clinker generally contains too little carbon to be of any value as fuel. The term is also applied to the byproduct of combustion and heating by those who use anthracite or lignite coal-fired boilers.

If anyone has any photos, information or stories about the Guildford dust destructor please let me know at browne@ntlworld.com.

5 things to do on Stringers Common in the Summer

In our area we are never too far from nature and open spaces –Stringers Common just up behind Hazel Court flats is a great place for a summer adventure!

You can also start walking the foot path across the road (Hazel Avenue) from the petrol station. Here are a few things that may be fun to do:

Build a den

There are plenty of sticks and bits of wood to make a shelter. You could do it all together or have a competition.

Make nature art

Collect leaves, sticks flowers and find a space to lay them out in a pattern to make a beautiful piece of art – use the colours and shapes that you find around you.

Play hide the object

Take a small bright object or trinket a ball or anything you have on you – make sure it's not valuable!! – send two of your group off to hide it within an area – when hidden everyone else gets

a chance to look for it – you can call warmer/colder or just let people find it. Keep having turns.

Have a picnic

It doesn't have to be a big thing a few snacks some water or squash in drinking bottles – a jam sandwich just to keep everyone going!

Lay a trails or have a scavenger hunt

Use sticks and twigs to make little signs to show the way – or send someone ahead with different coloured paper or ribbon – then collect them up as you find your way. Or send everyone off with a list of things to find – a feather, a pebble, a stick with a 'v' in it, an oak leaf – whatever you can think of.

Make sure any rubbish goes home with you – and enjoy the lovely green spaces.


About the reserve

Stringers Common is part of the The Worplesdon group of commons, which comprises eight commons within the parish of Worplesdon near Guildford.

The commons are an invaluable resource for local communities who use the land for recreation and support vital habitats for protected wildlife including rare heathland, as well as woodland, grassland and wetland of national and local importance.

Once grazed common land, Stringers Common is much smaller than the adjacent Whitmoor Common and comprised of mixed woodland habitat. It is still important for heathland wildlife and is designated an SSSI (Site of Nature Conservation Importance).

www.surreywildlifetrust.org/nature-reserves/stringers-common



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Holidays and Harvest

Kirsten Rosslyn-Smith, Vicar at St Peter's Shared Church

The summer holidays are upon us – it's part of the rhythm of life. Of course not everything stops in the summer, the usual juggling of work and family and finance does continue but somehow the pace eases and the long days, fresh air and being outside all help.

Way back when, children finished school not to sleep-in but to help by working hard to harvest and gather in the food, so this would have been a time of hard work (parents may well think that now, with children at home!) – whole families would travel to pick strawberries or hops in the southeast, or help with local harvests wherever they lived...

There is a time for everything – a season for every activity under heaven!

It's all part of the ebb and flow of life. Routine and space. Breaks, moments when daily patterns shift. For all of us, our childhood and teen years were marked by summers – the end of one

school year saying goodbye, finishing exams, etc. The summer which would always lie ahead with promise of sunshine, ice cream, water and friends – it often rained too (but never in my memories)!! Then as summer drew to a close there was the getting ready time – school shoes, buying stationery, a fresh start, milestones like moving to secondary school and making new friends – nervous but exciting too. A rhythm in our lives.

The word Holiday comes from 'Holy Day', which I think makes sense! Holidays – days which punctuate the year helping us to stop, reflect, take stock, celebrate what is good and be

thankful. Days that help us let go of what was and begin to look forward to what lies ahead. Time when we may hear a little of God's story which helps us to reflect on our own and what that might mean to us; to know and appreciate the goodness of God in our lives.

One of my favourite books of the Bible is Ecclesiastes – it's a book about how life is and it's a book of wisdom – I love the very famous reading that was once made into a popular song – 'To Everything There is a Season (Turn, turn, turn)' by the Byrds. You'll know it – a time to be born, a time to die... A time to mourn, a time to dance.



Messy Church

Join us on the 3rd Sunday of every month for Messy Church at St. Peter's, Hazel Avenue 4-5.30pm

22nd September
20th October
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songs family meal
messy crafts games
story

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For more info follow us on facebook - 'stpeterssharechurch'

The times and seasons of our lives, the beginnings and the endings and all that is in between somehow mysteriously contained in God. He has set eternity in the hearts of people – the joys and sorrows, the hopes and fears. I feel that the summer is the kind of time when we can stop and rest a little and give thanks – for many people it's hard to know where that thanks should go. A Christian writer, Ann Voskamp, once said; 'Faith is knowing who to thank!'

So enjoy the summer and the harvest, delight in the good things and the good days, and when you're not sure how to express the season you find yourself in, giving thanks to the creator of the world – the one who loves you and makes everything beautiful in its time – is a great way to start!

In **September** at **St Peters Church**, we are marking the start of the new school year with **Back to School Sunday: 8th September**. We will be praying for all the children starting school for the first time and everyone going back to school – with fun activities for children – please come and join us at **10.00am**.

Messy Church – 22nd September at 4.00pm: Craft, story, food and fun for all the family.

Harvest service – 29th September at 10.00am: When we bring gifts of food to share in the Community Pantry. Bring something you would want to eat – it's a time to be thankful for what God has given us.

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Ecclesiastes 3

There is a time for everything, and a season for every activity under the heavens:

- ² *a time to be born and a time to die, a time to plant and a time to uproot,*
- ³ *a time to kill and a time to heal, a time to tear down and a time to build,*
- ⁴ *a time to weep and a time to laugh, a time to mourn and a time to dance,*
- ⁵ *a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing,*
- ⁶ *a time to search and a time to give up, a time to keep and a time to throw away,*
- ⁷ *a time to tear and a time to mend, a time to be silent and a time to speak,*
- ⁸ *a time to love and a time to hate, a time for war and a time for peace...*
- ¹¹ *He has made everything beautiful in its time.*

Church Administrator: **01483 572078**
www.stpetersguildford.org

Gardening Hints & tips

August & September

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.

About Worplesdon Garden Club

Membership is only £15 for the year from January (£8 from July) and includes a full schedule of speakers throughout the year, plus a range of social events including Garden Visits, Lunches, Barbecues, and Horticultural Shows. Please see the club website, www.worplesdongardenclub.co.uk, for more details. Visitors (£3) and new members are always welcome.

Club News:

Tuesday 13th August

Club Meeting in August

Worplesdon Garden Club Summer Show – Fairlands Community Centre, 8.00pm. *Note change of venue for this meeting.*

Tuesday 10th September

Club Meeting in September

Steve Edney – ‘Salvias’.
Emmanuel Parish Centre.

For more information on **Worplesdon Garden Club** contact Tim Bonnert on 01483 237702, info@worplesdongardenclub.co.uk, or visit www.worplesdongardenclub.co.uk where you can read our latest Club Newsletter – www.worplesdongardenclub.co.uk/newsletters

...a full schedule of speakers throughout the year, plus a range of social events including garden visits, lunches, barbecues and horticultural shows.

Gardening hints and tips for August and September

- ☛ Watering of plants will be critical with plants in tubs and baskets requiring water very regularly.
- ☛ For any plants in the ground, a good soaking every few days or even once a week will encourage roots to go deeper to find water, reduce the amount of water used, and ultimately reduce the time spent watering.
- ☛ Azaleas and rhododendrons need water now to ensure bud formation for next Spring.
- ☛ Summer prune Wisteria by cutting back the long stems of this year's growth to about five or six leaves to prevent continued leaf formation and encourage flowering buds to form in the leaf axils.

Worplesdon Garden Club

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Listen. Think. Create. Inspire

- ✂ Prune any stone fruits (plum, cherry, peach, etc.) as well as formative pruning of apples and pears trained as an espalier, cordon or fan.
- ✂ Trim hedges on a dry, but not too sunny day. New growth in the autumn will be minimal so the hedge will keep its shape well for the rest of the year.
- ✂ Trim Lavender after flowering by removing most, or all of this year's growth but do not cut back hard into older wood as this may not regrow.
- ✂ Lift and divide bearded irises now ensuring that the fleshy rhizome remains on the soil surface when replanted so that it can bake in the sun – essential for good flowers next year.

- ✂ Prolong the flowering season by regular deadheading.

Fill in any gaps in the garden with spring bedding such as pansies, forget-me-nots and bellis.

- ✂ In the vegetable garden, finish harvesting garlic and lift onions and shallots and dry well before storage.
- ✂ Pick peas and beans regularly as old pods will reduce flowering and stop the crop.
- ✂ Continue to feed tomatoes and cucumbers with a high potash (K) feed to encourage higher trusses to swell and ripen.
- ✂ Take cuttings of most half-hardy or tender perennials such as fuchsias, salvias and pelargoniums, as well as semi-ripe cuttings of woody shrubs such as rosemary and lavender.

- ✂ As early flowering annuals begin to fade, choose a warm, dry day to collect seed and store in paper envelopes or pouches made from folded kitchen paper.
- ✂ Fill in any gaps in the garden with spring bedding such as pansies, forget-me-nots and bellis.
- ✂ September is the perfect time to divide congested clumps of many perennials after they have finished flowering. Dig up, divide, replant, and water-in well. The warmth of the soil will mean they will re-establish quickly. If the clump is very large it is usually best to only take new plants from the edge and discard the older, woody centre.

info@worplesdongardenclub.co.uk
www.worplesdongardenclub.co.uk

Useful numbers

Police

Call 101 for local police team

Village Halls

St Peter's Shared Church.....01483 572078
Jacobs Well Village Hall.....07482 632144

Local Councils & Councillors

Borough Councillors (Bellfields & Slyfield)
Amanda Creese.....07814 441243
James Walsh.....07533 767227
County Councillor (Guildford North)
Julia McShane.....01483 837736

Supermarkets

Morrisons Daily.....01483 572569
Sainsbury's Local.....0330 013 7283
Tesco Express.....0333 345 1245
Little Waitrose.....01483 459887

Support & Counselling

Local Area Coordinator
Debbie Watson.....07815 604 171
Cocaine Anonymous.....0800 612 0225

Veterinary Surgeons

Medivet.....01483 604308
Alder Veterinary Practice.....01483 536036

Chemists

Boots (Stoughton Rd).....01483 573779

Schools

Northmead Junior School.....01483 529870
Guildford Nursery School.....01483 566589
Pond Meadow School.....01483 532239
Hazeltons Pre-School.....01483 570842
Weyfield Primary School.....01483 598956

Sports Venues

The Guildford Spectrum.....01483 443322

Dentists

Surrey Dental Practice.....01483 506277
Waterden Dental Practice.....01483 565290
Woodbridge Hill Dental.....01483 568584

Hospitals

BMI Mount
Alvernia Hospital.....01483 378545
Royal Surrey
County Hospital.....01483 571122
Nuffield Health
Guildford Hospital.....01483 555800

Doctors

Stoughton Road Surgery.....01483 409309

Churches

St Peter's Shared Church.....01483 572078
New Hope Church.....07718 857704

Local Charities

Age UK Surrey.....01483 503414
Challengers.....01483 579390
Guildford Action.....01483 560003
Guildford Lions.....0345 833 2884
The Fountain Centre.....01483 406618
Headway Surrey.....01483 454433

If you have any corrections or additions to the above contact numbers please let us know via editor@bellfieldsandslyfieldpages.co.uk



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