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# Stouhton Pages

March  
& April  
2021

Bi-monthly magazine in print & online

**The Yvonne Arnaud theatre,  
Watts Gallery & The Lightbox**  
How our arts organisations  
impact the social & economic  
health of the county.

**Are you comfortable  
working from home?**  
What are the physical and  
mental impacts of spending  
so much time at home.

**Stouhton Barracks**  
We look at the interesting  
history of this imposing  
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# Welcome

## Stoughton Pages

Issue No. 4  
March & April 2021

### Stoughton Pages

Local advertising and news magazine, delivered free to over 3,500 homes. Focussed on the local community and the services available in the general area.  
[www.stoughton-pages.co.uk](http://www.stoughton-pages.co.uk)

Dear Neighbours, with a bit of luck many of you are feeling a little more positive now that there might be an end to the cycle of lockdowns and the many benefits that that should bring (not least the fact that lockdown won't be our main topic of conversation).

We can see people's renewed positivity reflected through the pages of this magazine. There's a generally more optimistic tone to editorials as we start to look to the future and we've seen more advertisers looking to sell services and start to plan for an eventual return to a normal way of working.

Although many organisations, including the schools, have really got into their stride with meetings and lessons online via Zoom, Teams and the like we have started to see more plans being considered for later in the year when it might be possible to have face-to-face meetings again (even if they are socially distanced in some way). Remember, it's about the 'data' not the 'dates'!

As we start to return to a level of normality we're keen to see continued support of our local and independent retailers and tradespeople. There are so many really good small businesses out there. It's easy to buy online with the bigger retailers but you'd be surprised how good the online and delivery services are now, especially

since lockdown, with many of the smaller local companies. I was recently looking at the local farm shops in our area and they all offer the option to order online and have your purchases delivered to your home. By supporting these local businesses we can keep our community busy and profitable – but above all we can keep it vibrant, diverse and interesting.

I hope that lockdown continues to improve over the next couple of months and that we don't experience too many hiccups along the way, stay safe and well.

**Paul Nicholls (Editor)**  
[editor@stoughton-pages.co.uk](mailto:editor@stoughton-pages.co.uk)

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# News + events

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



An audience fills out the Yvonne Arnaud Theatre auditorium back before the lockdown.

### How Surrey's arts organisations impact the social and economic health of the county.

If you've ever been to the theatre or a gallery, you will know how the arts can transform our mood or our outlook. Life in lockdown has shown us how powerful creativity can be, and why many people are so desperate to get out and enjoy these activities again.

Thanks to a recent study by the **School of Hospitality** at the **University of Surrey**, in partnership with the **Yvonne Arnaud Theatre**, **The Lightbox gallery and museum** and **Watts Gallery – Artists' Village**, the direct impact of these three local arts organisations on the social and economic health of the county can be seen clearly.

The research reveals that besides the economic benefits to the three organisations, for every £10 of visitors' on-site spending, up to £13.28 is likely to be spent in the local area. The retail, and food and drink sectors are likely to benefit the most. According to the post-visit survey, nearly 70% of the visitors surveyed would not have come to the area if they weren't attending the theatre or galleries.

The research also highlights the ways through which the arts organisations provide opportunities for vital community engagement. These initiatives include health and wellbeing, education and

skills development, social inclusion, and social justice, as well as activities that increase community engagement with the arts. They instigate projects which connect with the needs of vulnerable groups and those who might otherwise remain physically distanced from the venues. Covid-19 has challenged each venue differently, but they have all responded positively with socially distanced theatre and music, where possible, as well as numerous digital workshops and performances.

**Life in lockdown has shown us how powerful creativity can be, and why many people are so desperate to get out and enjoy these activities again.**

The study finds that opportunities for interaction and meeting at the theatre become vital for many. One participant commented, activities at the theatre 'engage drama skills to boost their confidence and communication skills as well as self-expression' and another felt 'fulfilled through their engagement'.

**...arts organisations provide opportunities for vital community engagement.**

**We hope it won't be too long before the full impacts of these three organisations will be felt again.**



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## News + events



Abraham Debbarma, the new Pastor at Manor Road Evangelical Church and his wife Katy.

### Places don't make communities – people do.

My name is Abraham Debbarma and I am the new Pastor at Manor Road Evangelical Church. We've just moved to Stoughton, and I'm glad to have this opportunity to say hello to you.

I am sure you'd agree that life has been hard this past year, and we all hope the year ahead will bring back some 'normality' into our lives. Starting a new life in a new place has its own challenges, especially with all the restrictions, but my wife, Katy, and I, along with our three children, are very excited to be here with you in the Stoughton area. We hope to meet many of you as we settle in, perhaps in the local park, at the school gate or in the shops.

Life can take you to different places, and as you meet new people along the way it is wonderful. At the same time, human beings are uniquely and intricately wired to find a place to belong. A place to call home.

I've found this to be true of my own story. Moving countries, moving cultures, moving cities. I have discovered the importance of community and making

real connections. In fact, this pandemic, with all the pain and grief it has brought, has also seen examples of neighbours and communities drawing closer, stepping outside of their comfort zone, working together to help the vulnerable and the needy.

We are now part of the church community here at Manor Road. Places and institutions don't make communities, nor do church buildings – people do. Manor Road church is a community of people from different countries and colours and backgrounds who have found their home in Jesus Christ.

We really look forward to meeting some of you and would love to welcome you into our new church community at Manor Road, in the same way that they have already welcomed us.

Please do feel free to get in touch via my email address – [abrahamdebbarma@manorroad.church](mailto:abrahamdebbarma@manorroad.church)

Yours Truly

**Abraham Debbarma**

Pastor Manor Road Evangelical Church



### A good news story during Covid-19.

**Biddles of Guildford**, the stationery shop, has traded in Guildford since 1885, but after the first lockdown their main investor had gone bust, the shop was forced to close and all staff were made redundant. Neal and David, the managers of the store, decided to rescue the business.

### Biddles of Guildford, the stationery shop, has traded in Guildford since 1885...

They started a **Crowdfunder** ([crowdfunder.co.uk](https://crowdfunder.co.uk)) campaign, and within two days the initial target had been smashed – helped by the amazing support of customers who wanted to do what they could to help. They would open again. Following this achievement they set a new target with the goal of reinstating all the staff.

In July, Neal & David opened the doors once more and by November their final member of staff returned.

Through lockdown, **Biddles of Guildford** have adapted, providing a limited order & collect service plus a local delivery service for their customers who are working from home, home schooling, those shielding, local care providers, and schools & local businesses.

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**Do you have any events happening in and around Stoughton that you would like added in the next issue?**

Our next issue of Stoughton Pages will cover May & June 2021. 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@stoughton-pages.co.uk](mailto:editor@stoughton-pages.co.uk) before 5th April 2021.



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## News + events

office furniture and stationery.

Recently they have been helping the local community, including stationery donations to local schools and recently assisting the Guildford Lions, by helping them supply creativity kits for disadvantaged children.

They are the **local alternative** to the well known online stores and larger national chains, if you need stationery or printer ink, get in touch with **Biddles of Guildford** by calling 01483 576660 or via email at [shop@biddlesofguildford.co.uk](mailto:shop@biddlesofguildford.co.uk) or, when lockdown restrictions allow, visit the shop: **1 Ward St, Guildford GU1 4LH.**



The newly opened store in Guildford.

### The Creativity Bank

The **Creativity Bank** was launched in Guildford during the Covid-19 pandemic. If you missed the opportunity to donate paper, pens, sticky bits, general arts and craft materials and more and would like to, please get in touch with [ali@planswithpurpose.co.uk](mailto:ali@planswithpurpose.co.uk). We are still collecting!



Do you have any events happening in and around Stoughton that you would like added in the next issue?

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Anthony Roake running the virtual London marathon for Sight for Surrey in 2020.

### Pound the pavements for Sight for Surrey

Did you miss out on a place for this year's London marathon again? If so, do not fear, **Sight for Surrey** has 4 places up for grabs at this year's virtual race on Sunday 3rd October 2021, when 50,000 runners will have the chance to be part of the biggest marathon ever staged anywhere in the world!

Runners have 24 hours to complete the virtual race at their pace, wherever and whenever they want on Sunday 3rd October. A special Virgin Money London Marathon app records your run every step of the way shouting words of encouragement to keep you motivated and on track. To be part of record breaking history and secure your place in this life changing race, email [fundraising@sightforsurrey.org.uk](mailto:fundraising@sightforsurrey.org.uk). All you need to do is commit to raising a minimum of £200 and pay a £28 entry fee to secure your place (+ £10 if you live outside the UK).

All registered participants to the 2021

virtual race will receive their Virgin Money London Marathon running number to proudly display whilst pounding the pavements. Whilst all official finishers will receive their coveted finisher medal and T-shirt post event. Runners in the virtual event will join a record 50,000 participants who will run the traditional marathon event from Blackheath to The Mall.

The Virgin Money London Marathon fundraising pages are integrated with Strava, music to a runner's ears, and YouTube, and will contain many new features.

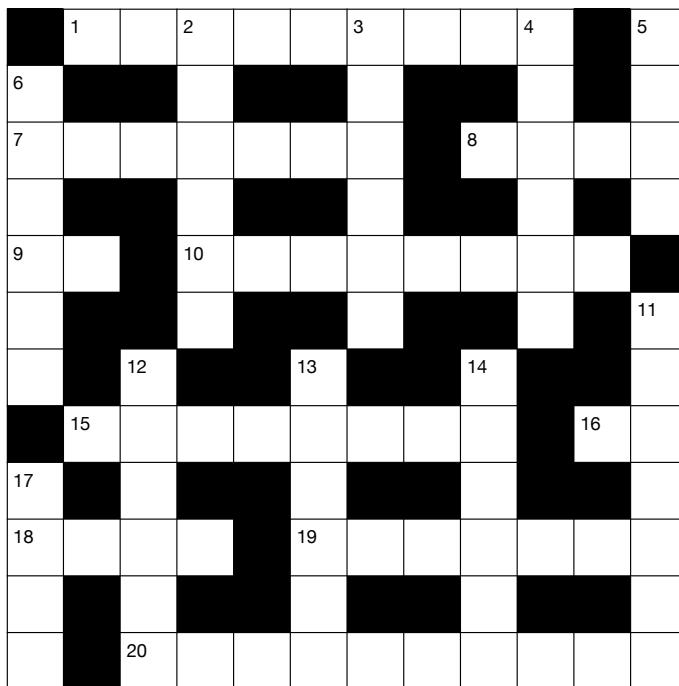
**Sight for Surrey** support people across Surrey who are blind, vision impaired, Deaf, hard of hearing and deafblind and the virtual London Marathon is an opportunity for the charity to raise much needed funds for the charity after the loss of all their fundraising events due to the Coronavirus. Money raised will help support more people with a sensory loss, empowering them to lead independent lives.

The first virtual Virgin Money London Marathon last year was phenomenally successful when 37,966 runners took part from all corners of the globe, earning it the Guinness World Record Breaker title of 'The most users to run a remote marathon in 24 hours'.



# Stoughton Pages Crossword

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Crossword No. 16  
March & April 2021

## Across

- 1 A person who scientifically studies animals (9)
- 2 First stage of a rocket or spacecraft (7)
- 3 Sweet, juicy fruit – narrow at its stalk, wider and rounded at the bottom. (4)
- 4 Towards a higher place or position (2)
- 5 A rare or luxurious food (8)
- 6 A high, pointed piece of rock (8)
- 7 ...a note to follow sew (2)
- 8 Used to refer to every one of two or more, identified separately (4)
- 9 Sea creature with a soft, oval body and eight tentacles (7)
- 10 Person skilled in planning action or policy (10)

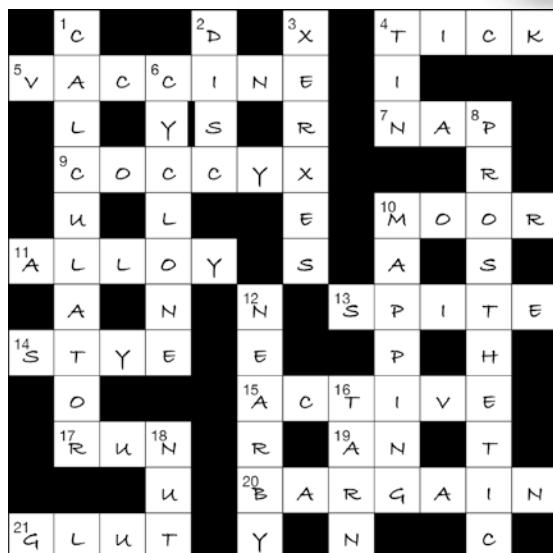
## Down

- 12 Within the prescribed line or area at the beginning of or during play (6)
- 13 Small, furry animal often kept as a pet (6)
- 14 Long, narrow ditch (6)
- 15 Thick, stiff paper (4)
- 16 Annoyingly insensitive or slow to understand (6)
- 17 Passage from one place to another (7)
- 18 Parts or fragments of a whole (6)
- 19 A tiered tower with multiple eaves common to China (6)
- 20 Be the property of (6)
- 21 Deliver by post (4)

## Solution to Crossword No. 15

Stoughton Pages issue No. 3  
January & February 2021

The solution to each crossword will be published in the following issue of Stoughton Pages as well as on our website [www.stoughton-pages.co.uk](http://www.stoughton-pages.co.uk). For the March – April 2021 solution please see our May – June 2021 issue.





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Crossword No. 16  
March & April 2021



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*Local tradesman, Guildford*

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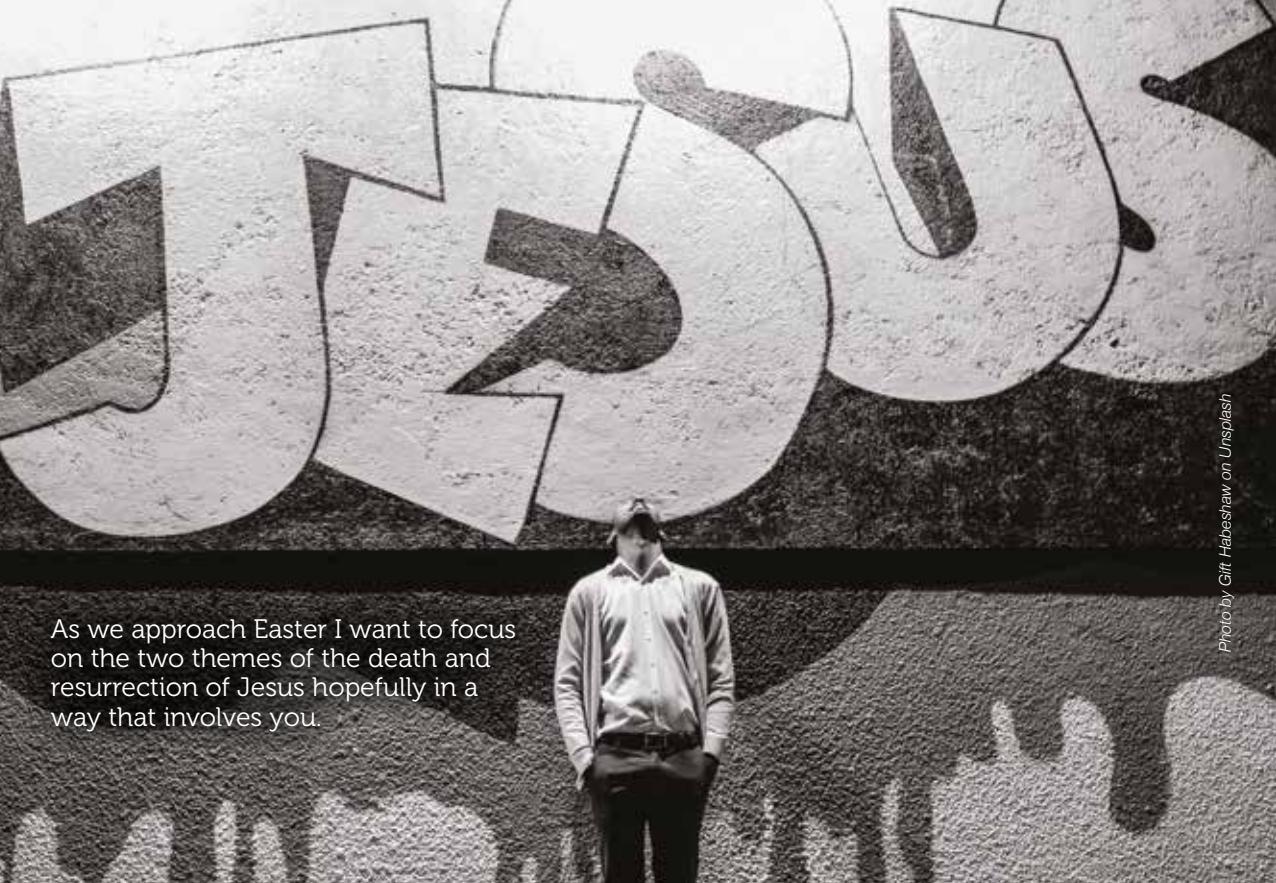
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\* Based on a circulation of 3,500 copies and an average household size of 2.4 people (Source: Office for National Statistics)



As we approach Easter I want to focus on the two themes of the death and resurrection of Jesus hopefully in a way that involves you.

If I begin with the cross of Jesus. I wonder what words come to mind whether we have a faith or not? Here are some that come to me... violence, injustice, pain, suffering, grief, isolation, loneliness, a waste of a young life.

Yet as I ponder these words I realise that they could probably have been applied to many people being brutally crucified at the time. It is my second group of words that make Jesus stand out as different... love, compassion, forgiveness, self-sacrifice, unselfishness and victory.

For me when I look at Jesus dying on the cross I see more than just a good man dying cruelly. I see God himself come right into our world, bearing

upon himself all the worst that is in us as human beings, taking all of our guilt and failure and offering us, quite wonderfully, a new beginning. He dies in our place. That is what makes the death of Jesus so special.

---

**Starting from the premise that resurrection just does not happen I would have taken a lot of convincing if I had been the first of many witnesses.**

---

What words come to mind when I think of Jesus' resurrection... surprise, fear, excitement, growing faith and rock solid hope. Starting from the premise that resurrection just does not happen I would have taken a lot

of convincing if I had been the first of many witnesses. Now, speaking personally, my accepting of the truth of the resurrection of Jesus brought me to faith and changed my whole life direction when I was a student. It is that word hope that stands out for me. I can have confidence that when I die there is something more. Death is no longer the final barrier.

I wish you every encouragement during these difficult times and I pray that in these themes of the death and resurrection of Jesus you too may find the hope that we so sorely need

Happy Easter.

**Frank Scammell**  
Vicar of Emmanuel Stoughton



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Image by Cottontree at Pexels

# Are you comfortable working from home

Written by Paul Nicholls

The coronavirus pandemic has impacted our lives in many ways but one of the most pronounced personal changes is the amount of time, during lockdowns, that we are spending at home. What are the longer term physical and mental impacts on us of working from home?

**Stoughton Pages** has spoken to local experts to get their views on what these impacts are and how we can best mitigate the negatives and take advantage of the positives. We asked **The Eaves – Counselling & Psychology** about the mental impact, **GW Osteopathy** about the physical impact and **Healthy Home & Office** about how to best manage these physical issues with a suitable office set up.

Obviously, there are positives in that we are spending more 'quality' time with our families (although this can have its own frustrations, especially as parents can find home-schooling a challenge) and many people seem to be making the effort to get outdoors for exercise. Another aspect of this situation is the amount of people who are currently working from home. Perhaps these lockdowns have demonstrated, to employees and

employers alike, how much effective work can actually be done whilst working remotely. In some cases it's probably nearly impossible to work from home whereas others will find it a much more productive situation. So, although we now have a 'roadmap' out of this cycle of lockdowns, there is still some time to go before everyone can return to their normal mode of working. However, some businesses and individuals might have come to

the conclusion that working from home, remotely, is the way forward for the future.

With this in mind we've been thinking about the mental and physical impact of working from home. Not everyone has a good home-office set up, which can lead to various levels of discomfort, and perhaps many of us are missing the interaction with work colleagues in a busier environment.

We asked **The Eaves** (Counselling & Psychology) on their perspective and observations of the mental impact of working from home.

The virus has affected numerous aspects of our wellbeing – financially, emotionally, socially and not least, mentally, so it's been difficult to feel anything but pessimism towards the pandemic. Working from home has presented its own unique challenges that many of us have little, or no, experience with.

However, there are benefits that come with working from home. These include increased productivity, fewer office distractions and less commuting (which research has shown the average adult spends around an hour a day doing, and is often linked to high levels of stress and anxiety).

Additionally, the flexibility that comes with working from home creates an opportunity for a healthier work-life balance. To make the most out of the benefits of home working during the pandemic:

- Build self-care into part of your daily routine. Sometimes just taking 5 minutes can really help
- Share your workload if you live with others
- Speak to your employer about work flexibility if you haven't already done so
- Establish a routine that allows a positive structure for both yourself and if you have children
- Make time for the things you enjoy. It's easy to lose sight of positives

when things feel overwhelming but focusing on a favourite hobby can provide you with a break

- Keep your mind active with activities such as reading, puzzles, drawing or painting when you're able. This can help you to feel more in control
- Look after your physical wellbeing – sleep, exercise and nutrition
- Helping and supporting others increases emotional wellbeing

**Working from home has presented its own unique challenges that many of us have little, or no, experience with.**

**The Eaves – Counselling & Psychology**

Remember that we all react differently to situations and it's absolutely normal if you're feeling an array of emotion right now. Finding coping strategies that work for you can help bring relief if you're finding things difficult right now. Don't hesitate in seeking further advice and support from loved ones or a professional organisation such as The Eaves in Guildford if you are struggling with your mental health.

**The average time we were all spending sitting nationally increased from 9 hours a day to 11 during the first lockdown.**

**GW Osteopathy**

If nothing else it can be comforting or reassuring to know that many people are experiencing the same issues as yourself and that help is out there if you need it. For others it can be less of a mental challenge and more of a physical one. We asked **Gemma Ware** at **GW Osteopathy** how working from home and the increased amounts of time spent sitting can have negative effects on our bodies.

Different sitting postures can affect our breathing, altering the length of the diaphragm thus reducing the amount of space available for it to function

freely and as such, influencing its ability to generate tension and reducing lung capacity. In fact, a study from 2016 found that diaphragm breathing is significantly reduced by our position when seated. This is particularly pertinent with so many of us currently working from home during the lockdowns, as the average time we were all spending sitting nationally increased from 9 hours a day to 11 during the first lockdown. Long periods of sitting can lead to a series of negative effects on our bodies such as poor circulation, impaired digestion, an increased risk of conditions such as irritable bowel syndrome (IBS) not to mention an increase in musculoskeletal discomfort, pain and postural fatigue.

Breathing is something we all do on a pretty regular basis. We don't really have a choice whether we do or not, it is hard wired into our brains to keep us breathing so we can keep oxygen moving around, feeding our brains and bodies by the process of respiration. However, because we all spend so much time breathing as an afterthought, it is remarkable how many of us end up breathing without using the diaphragm to its fullest potential.

So, what is the diaphragm? Well, your diaphragm is a large sheet of muscle that domes up underneath your ribs, attaching your front to your back and separating your chest from your abdomen. When you breathe in, your diaphragm contracts downwards and flattens, making more space in your chest so you pull air in. When you breathe out, the diaphragm relaxes and rises, making less space in your chest and pushing air out. At least, that's what it's meant to do. It's important to be aware of your breathing in order to optimise its function, as proper diaphragmatic breathing can have a range of benefits such as; increasing attention and focus, slowing your resting breathing rate, promoting relaxation, and improving core muscle stability. A number of key organs sit next to or near the diaphragm, i.e. the

heart, lungs, the liver, the stomach, the spleen and the digestive tract. Three large and very important vessels pass through it, they are the aorta, vena cava and oesophagus. So yet again it is vital that the diaphragm functions to the best of its ability to keep our bodies healthy.

So, at **GW Osteopathy**, we want to get your diaphragm moving and keep you breathing your best as we continue to work from home, so here are a few exercises we recommend for making proper diaphragmatic breathing a part of your everyday life. In addition to regular cardiovascular exercise such as walking, jogging, cycling or swimming you could try the following breathing exercises;

#### Diaphragmatic Deep Breathing

The first thing to work on is the full movement of the diaphragm itself. To do this, slow, mindful breathing allows us to exercise this muscle.

- 1 Place one hand on your abdomen and one on your chest
- 2 Over a count of 4 seconds, take a deep breath all the way in, pushing your stomach OUT as you do.
- 3 Hold that breath for 2 seconds
- 4 Again, over a count of 4 seconds, exhale all the way out, drawing the stomach IN this time.
- 5 Repeat this 3 times

#### Reinforced Exhalation

While we're working on the diaphragm, it's just as important to work on its antagonist. (An antagonist to a muscle is the term we give to the muscle that does the opposite job, for instance, where your biceps flex your elbow joint, your triceps extend it.) For the diaphragm, that antagonist is the transverse abdominis, two long muscles that sit either side of your abdominals and squeeze the abdominal cavity to push the air we take in out.

- 1 Place both hands on your abdomen
- 2 Exhale all the way out
- 3 When you feel like you've exhaled everything, hiss for 4 seconds



- 4 Release and breath in again
- 5 Repeat this 3 times

#### Diaphragm Thrusts

This one comes straight from our laryngeal specialist osteopath, it's an exercise to get the diaphragm moving and work out these breathing muscles so they are stronger for everyday use.

- 1 Standing comfortably upright with your feet shoulder width apart and both hands on your abdomen.
- 2 Say the following, pushing in with your diaphragm for each letter;

R - P - T - K

R - P - T - K

SH - SH - SH - SH

SS - SS - SS - SS

CH - CH - CH - CH

FT - FT - FT - FT

SHHHHHHHHHHH

SHHHHHHHHHHH

SHHHHHHHHHHH

- 3 Repeat this three times

Meditation and Mindfulness are two great ways to become more aware of your breathing. Both of these methods will allow you to relax/slow your breathing, forget about your stressors in life and focus on letting go. This can help to reduce stress and anxiety along with empowering us to feel more positive.

**GW Osteopathy** refers to how different sitting postures can affect

our breathing. We thought we'd find out a little more about how getting your office environment right can make a big difference. We spoke to local specialists **Healthy Home & Office**.

#### Not many people have a home-office environment that is designed for working for eight hours a day, five days a week.

**Healthy Home & Office**

Since lockdown began in March millions of office workers found themselves working from home. Not many people have a home-office environment that is designed for working for eight hours a day, five days a week. Dining tables, breakfast bars, beds and even ironing boards have become replacement desks and chairs.

**Phil Johns** of Guildford-based **Healthy Home & Office** says "We have seen a large increase in customers coming to us with aches and pains, having either bought a 'quick fix' item or trying to make do with what they have." Phil explained that internet searches for 'Ergonomic Furniture' can be very misleading whereby the product has very little or no real ergonomic functionality. "Back, neck and shoulder aches along with headaches have resulted in them

seeking advice from us" he adds. "The importance of the correct furniture and an understanding of the overall workstation set-up can greatly reduce the risks of aches and pains and in the long run will enable you to work more comfortably".

Typical examples that Phil gave included a customer who was 6'3" choosing a desk with a deep drawer going the full length of the top, so he needed to get his legs under the drawer (59cm) which is the recommended height for a school table for 6-7yr old children, another customer had a desk with a drawer and a chair with fixed arms so when she pulled herself into the desk the arms hit the drawer which resulted in her having to perch on the front edge of the chair resulting in no back support and after a few weeks the resulting pain just got too bad and she has had to review her complete set up.

We are also seeing many people using 4 legged dining chairs – you would not use a four legged chair in your office so why are we using them at home.

Phil concludes "Our biggest piece of advice is to find a showroom that has a range of products and a specialist who can advise on the right equipment for you. It may be as simple as changing the height of



your monitor or needing an upright ergonomic mouse".

**Our biggest piece of advice is to find a showroom that has a range of products and a specialist who can advise on the right equipment for you.**

**Healthy Home & Office**

#### Unsuitable Home Office furniture: The most common mistakes:

- 1 Choosing a generic chair without having it matching your needs. Tailor making the chair to fit you and the tasks you carry out are key. Working on a four-legged chair puts enormous strain on your back when you get up and sit down. Choose a chair with high levels of adjustability which ensures that you can set the chair up to your specific requirements. Remember one size does not fit all.
- 2 Desks with fixed drawers running the length of the desktop or drawer/pedestal units to the sides can limit your leg room resulting in more static sedentary sitting, which is proven to cause various postural problems. Avoid desks that provide limited space for your legs. Check the height to the underside of the desk, ideally you want your knees slightly lower than your hips to create

a more open angle at the hips to reduce pressure on the lower back.

- 3 Desk height and depth also need to be considered. If your desk surface is too high then you will be lifting your arms/shoulders to work which results in added stress on your upper arms, upper back and neck (Current guideline for desk height is 74cm +/- 2cm). If your desk is too shallow or deep this may result in screen/monitors being closer than needed, which may result in eye strain and headaches. If the screen/monitors are too far away you will lean forward causing you to change your posture which will add stress to lower back, upper back and neck.
- 4 Buying an item of furniture without consultation. The saying "Try before you buy" holds very true for home office furniture and accessories which will make your working life more comfortable and productive.

**Healthy Home & Office** can help with free expert advice either in their Covid-Secure showroom or remotely over the phone or email.

So, perhaps you're thinking that working from home now doesn't sound such a simple way forward but it doesn't need to be complicated, you just need to take care of yourself, mentally & physically. Get properly comfortable, establish a routine, take some time out for yourself, don't ignore the little aches and pains and, if needs be, make a phone call and talk to someone who can help.

*Thank you to the experts who helped us with the writing of this article:*

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**www.theeaves.org.uk**

#### GW Osteopathy

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# Useful numbers

## Police

Call 101 for local police team

## Community Centres

**Stoughton Community Centre** 01483 230930  
**QE Park Community Centre** 01483 235185

## Local Councillors

**Borough Councillors** (Stoughton)  
Gillian Harwood 01483 575244  
Masuk Miah 07956 858401  
Pauline Searle 01483 825424  
**County Councillor** (Guildford North)  
Angela Goodwin Tel: 01483 824616  
Mob: 07913 909121

## Churches

**Emmanuel Church** 01483 561603  
**Manor Road Evangelical Church** 01483 570388  
**QE Park Baptist Church** 01483 235185  
**Stoughton Methodist Church** 01483 575432

## Supermarkets

**Little Waitrose** (Worplesdon Rd) 01483 459887  
**Sainsbury's Local** (Worplesdon Rd) 01483 546057  
**Tesco Superstore** 0345 677 9310

## Veterinary Surgeons

**Alder Veterinary Practice** 01483 536036  
**Hunters Lodge Veterinary Practice** 01483 570782

## Doctors

**Woodbridge Hill Surgery** 01483 573194  
**Stoughton Road Surgery** 01483 409309

## Chemists

**Boots Pharmacy** (Aldershot Road) 01483 562739  
**Guildford Chemist** (Worplesdon Road) 01483 561805  
**Woodbridge Pharmacy** (Aldershot Road) 01483 564320  
**Tesco Pharmacy** 01483 358153

## Schools

**Stoughton Infant & Nursery School** 01483 504172  
**Northmead Junior School** 01483 529870  
**George Abbot School** 01483 888000

## Hospitals

**BMI Mount Alvernia Hospital** 01483 570122  
**Royal Surrey County Hospital** 01483 571122  
**Nuffield Health Guildford Hospital** 01483 555800

## Local Charities

**Age UK Surrey** 01483 503414  
**Challengers** 01483 230060  
**Guildford Lions** 0345 833 2884  
**Headway Surrey** 01483 454433

## Dentists

**Surrey Dental Practice** 01483 506277  
**Woodbridge Hill Dental Practice** 01483 568584

# Gardening Hints & tips

From the Burpham Gardening Club

March & April

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

The Club still remains closed at present but hopefully we will soon find out when and how the lockdown is going to be released so that we can all return to something that seems nearly normal.

### Things to do in the garden in March.

- Shallots and Onion sets should be planted this month and if it is mild Early Potatoes can be planted towards the end of the month.

### Most vegetable seed can now be sown outdoors if it is mild in prepared beds.

- Most vegetable seed can now be sown outdoors if it is mild in prepared beds.
- If you did not do so last month you can still sow Aubergines, Cucumbers, Sweet Peppers and Tomatoes in a heated propagator or indoors.

### When conditions are dry the lawn should be cut with the mower blades on a high setting for the first few cuts...

- Cut back last years Autumn fruiting Raspberry canes to ground level, prune Blueberries and

- Gooseberries and apply a dressing of a balanced fertiliser or Sulphate of Potash at 15g per sq m.

- Bush and Standard Roses should be pruned and fed with a Rose Fertiliser.

- Continue to prune Summer Flowering Shrubs and Dogwoods.

- When conditions are dry the lawn should be cut with the mower blades on a high setting for the first few cuts, Weed and Feed with Mosskiller should be applied just before rain is forecast.

### Things to do in the garden in April.

- Second Early Potatoes should be planted in the first half of the month, Maincrop Potatoes can be planted in the second half.

- Beetroot, Carrots, Leeks, Lettuce, Radish, Spring Onions and Turnip can all be sown outdoors now.

- Brassicas should be sown in small pots ready for transplanting later in the Summer.

- Plant out Broad Beans which were sown indoors.

- Tomato seedlings which have developed their first true leaves should be potted up. Plant Summer flowering bulbs such as Gladioli.

### Plant out Broad Beans which were sown indoors.

- Remove faded Daffodil and Tulip flowers leaving the foliage to die back.

- Deadhead Pansy and other Spring bedding plants to encourage continuous flowering. Prune Forsythia immediately after flowering.

- Cut back Lavender to keep the plant bushy but do not cut into old wood.

### Continue to apply Lawn Weed and Feed with Mosskiller as necessary.

- In the Greenhouse sow bedding plants such as French Marigold for a Summer display.

- Continue to apply Lawn Weed and Feed with Mosskiller as necessary.

- Start checking for and controlling Slugs, Snails and Aphids.

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# Stoughton Barracks

Stoughton Pages' History of Stoughton

One of the most imposing and memorable landmarks in modern day Stoughton is what was the 'Keep' of the old Stoughton Barracks, now a part of the residential development called Cardwell's Keep, but was originally built as the home of The Queen's Royal (West Surrey) Regiment who occupied the barracks from their construction in 1876 until 1959.



Top left: The married quarters Bottom Left: The hospital (c1905) Right: The single men's quarters.

Following the Crimean war (16 October 1853 – 30 March 1856) and the hardship experienced there were concerns raised over the condition of the British Army at home and overseas. A Royal Commission in 1857 had 'examined the barracks and military hospitals of the United Kingdom, and found their sanitary condition as to overcrowding, want of ventilation, want of drainage, imperfect water supply, sufficient to account for most of the excessive death rate from which the troops occupying them had suffered'. This less than satisfactory treatment of soldiers made it difficult to enlist new recruits in to the army.

Edward Cardwell, Secretary of State for War, introduced significant army reforms in the 1870s. Under one of his two major pieces of legislation, the Localisation Act of 1872, he divided the country along county boundaries and population density and reorganised regiments in to these areas. He then commissioned the construction of new barracks, with a design offering much improved conditions. One of the features of the new design was an imposing central 'keep', which served as an armoury.

Stoughton Barracks in Guildford was one of the first of the new barracks to be built in Surrey. Completed in 1876 the depot, later named Stoughton Barracks, was designed to house 300

Queensmen and be the headquarters of the 2nd Surrey Militia. Originally it was named 'The 48th Brigade Depot' but this was changed when it became home to The Queen's (Second) Royal Regiment who were renamed as The Queen's Royal Regiment (West Surrey) in 1881, by which time there were 500 servicemen and their families in residence. The barracks remained the home of the regiment until 1959.

**Stoughton Barracks in Guildford was one of the first of the new barracks to be built in Surrey. Completed in 1876 the depot was designed to house 300 Queensmen and be the headquarters of the 2nd Surrey Militia.**

Allegedly over four million bricks were used to build the barracks, the bricks being supplied by a Mr W Wells of Rydes Hill, Guildford. In 1876 the licensing authorities approved an application to build The Royal Hotel (also built by William Wells' company). It was to become a favourite 'watering hole' for many Queensmen during the occupation of the barracks.

Between 1905 and 1936 various buildings and extensions were added to the original barracks layout.

All regimental depots, Stoughton Barracks was no exception, were

recruiting offices for their own and other regiments. During peacetime thousands of young men passed voluntarily through these gates, having chosen a career in the Army.

In wartime, thousands reported here either to enlist or to rejoin as reservists. Soldiers would receive their weapons, equipment and uniforms from the Quartermaster's Store situated in the Keep.

The majority of the non-commissioned officers and men stationed at the barracks were single and were housed in the two main blocks. Each block contained 4 large barrack rooms with a smaller room for a non-commissioned officer (NCO).

Originally the barracks had no dining halls and meals were eaten in the rooms in which the men slept.

Across the green, facing the single men's blocks, was the accommodation allotted for the use of the married soldiers. This consisted of two blocks providing accommodation for around forty families.

Before the provision of married quarters, the married men and their families were accommodated in the same rooms as the single men, with only a blanket hung between them for privacy.

Between 1905-1910 a brick extension was added to the Hospital building and remodelling of some buildings took place.

In 1936 there were major alterations to the original barracks; with a new officers mess, a sports pavilion and a new two storey block built at the north end of the site which was also extended to the north (where the sports field was established).

By 1937 each barrack room was approximately 50' x 20', and had 15, evenly spaced, beds on either side of the room. Each soldier had a box at the foot of their bed containing their kit. Behind the bed was a shelf and three pegs on which hung web equipment and the soldier's great coat. This was the full extent of the recruits possessions; civilian clothes were not permitted once enlisted.

Furniture comprised of two six foot tables and four bench seats placed at either end of the barrack room. There was also a metal coal box and a bucket. A bumper (hand operated floor polisher) a broom, coal shovel and a poker were the only other items stored in the barrack room. An open fire place at one end of the was cleaned out daily and the hearth whitened with a hearth stone.

In addition to the main toilet blocks and bath house, were the wash rooms and night time toilets, outside at the end of the barrack room. This room consisted of six wash basins set in a black slated slab.

During the late thirties a new wooden hutt complex was built to provide extra accommodation in anticipation of the outbreak of the Second World War.

On the 29th September 1945 The Borough of Guildford bestowed its highest honour on The Queen's Royal Regiment by granting a 'Scroll of Rights' or Freedom of Guildford. This granted the Regiment permission to march through the town with 'bayonets fixed, colours flying and bands playing'. This honour was transferred to The Queen's Royal Surrey Regiment and then to The Queen's Regiment and finally in 1992 to the present successors The

Princess of Wales's Royal Regiment. The Freedom was last exercised in September 1994.

Post War years brought some improvements, rooms were partitioned into smaller compartments, (about 4 beds to a compartment) to give a degree of privacy and lockers provided to keep personal kit. Both barrack blocks were connected by the addition of more modern wash rooms, bath and toilet facilities and each soldier had his own bedside locker and light.

#### **In 1959 the barracks ceased to be a regimental depot.**

In 1958 the barracks were used as a location for the comedy film 'Carry On Sergeant' and in 1959 the barracks ceased to be a regimental depot when the Queen's Royal Regiment (West Surrey) was amalgamated with the East Surrey Regiment, although the Keep was still used as a pay office and a record office until 1983 when it was sold to the developer Countryside Properties. It remained empty until the 1990s when it was redeveloped into modern housing. The building is now known as 'Cardwell's Keep'.

The Keep itself was converted into flats as was the Officers' Mess, now



3rd Battalion Queen's Royal West Surreys move off for service in South Africa (c1899).

known as King George's Lodge. The Administration block, which housed the Orderly room and offices with the Quartermasters and RSMs quarters at each end is now known as Queen Elizabeth's Mews. Peterborough Block renamed Queen Mary's Mews has also been converted into flats. Tangier Block, all married quarters, the medical centre, MT sheds, sergeants' mess and the accommodation blocks built to accommodate the militia intakes in 1936-37 behind the MT and drill sheds, have all been demolished as have the dining hall and NAAFI.

New attractive two, three and four bedroom houses have been built in their places. The large trees which were such a lovely feature of the barracks have been preserved.



An aerial view of the Barracks (1935).

Photographs: © The Queen's Royal Surrey Regimental Association



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