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# Stoughton Pages

September  
& October  
2020

Bi-monthly magazine in print & online

## Keeping going

Frank Scammell, vicar of Emmanuel Church, explores how the COVID crisis has brought us all closer.

## Restarting Reuse

Reduce, Reuse, Recycle – a mantra since the 1970s. As we emerge from lockdown is it time to restart reuse?

## History of Stoughton

Take a look in to Stoughton's past with local historian Carol Brown and discover how boundaries were established.

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## Stoughton Pages

Issue No. 1  
 September &  
 October 2020

### 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)

### Editorial

Editor **Paul Nicholls**  
 Contributors **Carol Brown, Canon Frank Scammell, Ben Hancock-Smith, Mandira Sarkar, Philip Hehir, Ali Fisher,**

### Production

Original design  
**Generator Creative Consultants**

### Doing our bit for the Environment

Our printers are ISO 14001 environmental accredited, use vegetable based inks to print the magazine and recycle all waste paper and materials.

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### Advertising copy deadline

for November – December 2020 issue is **5th October 2020**

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# Welcome

**Dear Neighbours, welcome to the first issue of Stoughton Pages!**

**We hope that you find this an interesting read and that the magazine gives you the opportunity to find out a little more about the community around you or to find new local tradesmen or services so that you can get those little jobs sorted.**

Some of you may be familiar with our other successful community magazine **Burpham Pages** which has been running now for well over 10 years and has been a great resource for many local residents.

**Stoughton Pages** is a good way for local businesses to raise awareness of what they have to offer and a way in which news, events and local stories can be shared with everyone including older folk who may not be so comfortable with being online.

This is a bi-monthly publication, so 6 issues per year. Our next issue, being the November & December issue, will hopefully be full of festive features and news of people preparing for bonfire night and Christmas or looking forward to the New Year. We hope that 2021 will be a little less stressful than 2020 and that we will start to enjoy more of the freedom from lockdown that we have started to gain in recent weeks.

If you are a local club or organisation we invite you to contact us with information of events and meetings you may be organising (lockdown and social distancing permitting of course) and we will publish the details in our 'News + Events' or 'What's On' sections.

If you are a local business or tradesperson and you want to be seen by the local community why not place an ad with us? Many advertisers find community magazine advertising an effective way of communicating with local residents as their ads can be very targeted on specific areas where they want to work and become known within.

We also invite anyone with potential editorial stories to contact us. As long as what you have to tell us is of general interest to the community and not solely a promotional exercise we will consider it for inclusion.

Please enjoy the magazine and perhaps keep it until the next issue drops through the letterbox, so you have reference to the useful trades and services in here. Hopefully as time goes on and our 'new normal' allows us all a little more freedom we'll be able to feature more activities and events.

So until November & December have a great couple of months, enjoy your Halloween trick or treating with the kids, and I look forward to speaking to you again in the next issue of **Stoughton Pages**.

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

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# News + events

September & October 2020

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



## Foodwise adapt to the needs of the community

Foodwise is a Christian based charity which addresses food poverty and supports local communities by running cooking courses for parents and provides the ingredients to allow those parents to feed themselves and their families. They also support children and families during school holidays by running fun days with activities and a hot meal free of charge.

During lockdown we have adapted to the needs of the community and turned our attention to cooking meals which we fast freeze and then deliver to families in need. We have partnered with local schools through the **Home School Link Workers** and we are supporting anyone who needs food, due to change of circumstances or the fact that they cannot get to shops or are shielding.

Currently Foodwise are operating out of **Emmanuel Church** in Stoughton,

**The Refresh Café** in Queen Elizabeth Park and have partnered with a further operation in Guildford and one in Woking.

Every week we deliver twice to each family and we have a whole team of amazing volunteers who come each week to help us with packing and delivering. The meals make a huge difference to the families we give them to and we have had lovely notes and messages to thank us for the work we are doing. We could not do this without the continued support from everyone who has donated, and we are extremely grateful for your support and prayers.



Foodwise have also been able to run some online cooking courses. There are some simple, wholesome budget friendly meals on our website that you can cook along to from a YouTube channel and we are partnering with a local Mental Health charity to offer Zoom courses once a week where clients can cook along in their own homes.

[www.foodwisetlc.care](http://www.foodwisetlc.care)



## Guildford City FC 2020/21 up coming season

**Guildford City Football Club** is looking forward to the new season, and have entered into the **FA Cup** and **FA Vase Trophy** competition.

The club currently play at the **Spectrum Stadium** with a capacity of 1,375 and are currently participating in the **Combined Counties League**, just 4 leagues away from National League level.

### New U23 Team

This season Guildford City have established an **U23 team** who are entered in the CCL U23. Everyone around the club is very excited about this new venture.

### Attending games at the Spectrum Stadium

The club has put plans in place to keep everyone as safe as possible when attending games at the Spectrum during the Covid crisis. These plans can be viewed on the clubs website [guildfordcityfc.co.uk/2020/08/14/gcfc-covid-19-risk-assessment-stadium/](http://guildfordcityfc.co.uk/2020/08/14/gcfc-covid-19-risk-assessment-stadium/)



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## Covid-19 ongoing telephone support. Please help us.



As lockdown eases, many people remain anxious, bereaved and isolated. The Brigitte Trust continues to offer emotional support to any adult in Surrey, including carers in need of a friendly voice at the end of the telephone line. **We need your help.**

**How you will join us.** We're planning regular on line training courses to enable new volunteers to join our emotional support service by phone. Suitable volunteers will need to fill in an application form, join two 90-minute training sessions on Zoom, and have a full DBS check. Ongoing support will be available to you from our experienced team.

We're looking for volunteers who are empathetic, kind, caring, supportive and good listeners, with time to spare for people truly in need of a friendly voice.

**Could that be you?**

[www.brigitte-trust.org](http://www.brigitte-trust.org)

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Home games admission prices are £9 for adults and £7 for concessions. **All NHS staff have free entry to all league games throughout the season.** At the ground there is a large seating area and terracing plus a bar area with a range of beers and soft drinks. Stands serving hot and cold food and club merchandise will also be available.

### Looking forward to the season

A new chairman is now heading up the club and updates in and around

the club and our home ground are in progress. Guildford City is always looking for volunteers to help around the ground on match days, please do get in touch if you want to get involved.

To find out more about Guildford City check out the club's new YouTube channel, as well as our Twitter and Facebook pages. Visit [www.guildfordcityfc.co.uk](http://www.guildfordcityfc.co.uk) for the latest news, history of the club, online shop and much more.

## The Creativity Bank launched in Guildford



The Creativity Bank was launched in Guildford during the Covid-19 pandemic. With inspirational and uplifting rainbows and blue hearts appearing in our windows and on our pavements, The Creativity Bank was started to reach families who might benefit from receiving a **Creativity Kit** full of paper, pens, sticky bits, general arts and crafts materials and more.

Creativity is one way that children have been kept entertained at home during the long days of lockdown and subsequently in the school summer holidays. Creativity is known to be beneficial for mental health & well-being.

As a result of new or good-as-new donations from local residents, **2nd Burpham Brownies, Burpham Church** and **The Guildford Lions**, 53 Creativity Kits have been distributed to families in Stoughton Infants, Northmead Juniors & Burpham Primary School.

A huge thankyou to all those who donated and made a positive difference to so many families in these difficult times. If you missed the opportunity to donate something and would like to, please get in touch with [ali@planswithpurpose.co.uk](mailto:ali@planswithpurpose.co.uk) We are still collecting!



## The Brigitte Trust: "When you're feeling alone or sad, our volunteers are there to listen."



Responding to the Coronavirus outbreak, local charity, the **Brigitte Trust**, expanded its telephone support service to offer emotional support to any adult in Surrey who is vulnerable, lonely, isolated or a carer needing regular support at the end of the telephone line.

As lockdown eases, many people remain anxious, bereaved and in low mood – especially older people with existing health conditions and those recently diagnosed with life-limiting illness. As a trusted partner the Brigitte Trust had over 200 referrals from Surrey County Council and anticipate more this autumn. Could they help someone close to you?

The Brigitte Trust has not been standing still during lockdown and has a new online training course, welcoming over thirty new telephone volunteers.

A volunteer makes 2-3 calls each week to the same person – sometimes checking in but mostly spending time building a relationship and making a connection with someone vulnerable, struggling through uncertain times. The Brigitte Trust would love you to join them!



**The Brigitte Trust**  
[www.brigitte-trust.org](http://www.brigitte-trust.org)  
T 01306 881816  
E [admin@brigitte-trust.com](mailto:admin@brigitte-trust.com)

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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 November & December 2020. 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 October 2020**.



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# What's on this month

Usually our 'What's on...' section will be packed with local events, club meetings, local craft fairs and charitable occasions. However with the lockdown only just starting to relax there's not a huge amount to report. But as we get nearer Christmas and people start to feel a little more confident in organising socially distanced events and as various laws governing the number of people allowed to public meetings relax too we'll start to see the usually busy seasonal calendar start to fill up. Fingers crossed and watch this space!

youth and older people's work. Please refer to our web site for more details.

## Guildford Flower Club



Guildford Flower Club normally meets in the evening, on the 1st Wednesday of the month, excluding January, at Jacobs Well Village Hall, GU4 7PD. However due to the lockdown we have had to cancel hall meetings until further notice. We continue to have a monthly competition for a flower arrangement, members email a photo of their entry into the club and the winner is chosen by popular vote. This also happens for the club's photographic competition – take a look at our website and see if you agree with our decisions. Throughout the pandemic members have kept in contact by a regular newsletter or through our monthly Zoom meetings where we hear who the competition winners are, members news, watch an online demonstration and take part in a craft activity or quiz.

We are a friendly club and enjoy being entertained by a variety of knowledgeable Demonstrators who give us ideas and inspiration to try new styles. We also hold regular workshops on a variety of topics where members, novice or experienced, can gain skills and confidence in a friendly environment. The Club formed in 1955 and this year we were hoping to celebrate our Blue Sapphire (65 years) with some special events, but due to the current lockdown these have been postponed.

For more information and current updates about our evenings and the club in general please visit our web site [www.guildfordflowerclub.com](http://www.guildfordflowerclub.com)

## Emmanuel Church Services



Currently we are open again for services in church on Sundays at 9.30am for Holy Communion and Wednesdays at 10am for a Morning Service. Numbers are limited and the chairs are spaced for social distancing. Our online services are available every Sunday via our web site. [www.emmanuelchurch.co.uk](http://www.emmanuelchurch.co.uk)

## Little Stars Pre-school



The Little Stars Pre-school has already been back in action. We hope that our Emmanuel Parish Centre will be re-opening gradually in September with Cafe and Fair Trade shops. It will all be dependent on circumstances and risk assessments. In the meantime Fair Trade can be ordered from the Vicarage, call 01483 560560. We hope eventually to restart our children's,

# Stoughton Pages

If you would like your event, meeting or occasion to be featured in our What's On section...

please e-mail [editor@stoughton-pages.co.uk](mailto:editor@stoughton-pages.co.uk)



Include a brief description of what is taking place, the venue, the date and any other information that you feel would be useful as well as your contact details (such as a website, telephone number or e-mail) so that people who are interested can find out more information.

Stoughton Pages is a bi-monthly publication so our next issue covers November & December.

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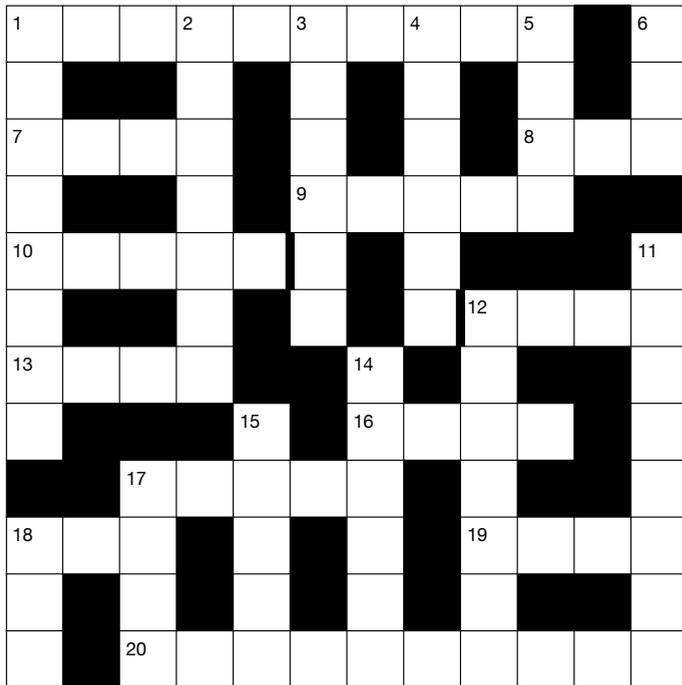
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# Stoughton Pages Crossword

Crossword No. 13  
September & October 2020

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### Across

- 1 One who creates objects from wrought iron or steel (10)
- 7 Deep cry of a wild animal (4)
- 8 Allow (3)
- 9 State again in summary (5)
- 10 Overhead (5)
- 12 In good health (4)
- 13 Furnace or oven for burning, baking or drying (4)
- 16 Double reeded woodwind instrument (4)
- 17 Abbreviated name for large National Park in Cumbria (5)
- 18 Small peg with concave top for golf ball (3)
- 19 Edible bright red super-berry from China (4)
- 20 A holiday spent at home (10)

### Down

- 1 Buildings used to house soldiers (8)
- 2 Towable wheeled vehicle for living or travelling in (7)
- 3 Non-physical part of a person regarded as their true self (6)
- 4 Hanging, tapering rod of ice formed by freezing dripping water (6)
- 5 Give assistance or support (4)
- 6 Humble dwelling of simple construction (3)
- 11 False or deceptive impression of reality (8)
- 12 Molded, shaped, or manufactured by hand (7)
- 14 Relating to the universe or cosmos (6)
- 15 Adult leader of a group of Cub Scouts (5)
- 17 Not as much (4)
- 18 Small shot of whisky (3)

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# Autumn musings from Mandira...

## Lettuce cups with Keema Mattar recipe



I'm not sure if I'm sad or happy that Summer is on it's way out and we are slowly beginning to see the back of 2020. Despite the sunshine of the last few days, there is a distinct autumnal nip in the air which makes me crave home comforts in every sense.

In the garden and local farms shops too there is so much seasonal produce available – it would be a shame not to make the most of it. At Mandira's Kitchen, we like to batch cook and I find it handy to have some cooked dishes in the freezer ready for those evenings when I just want something quick and easy.

**Alternatively, Keema Mattar can put into scooped out tomatoes or peppers or on pizza bases topped with cheese and baked for a fabulous meal.**

Here I'm using our Keema Mattar curry (minced lamb) which is fabulous to use with fresh lettuce. Alternatively, you can put it into scooped out tomatoes or peppers or on pizza bases topped with cheese and bake for a wonderful meal.

### Ingredients

1 green butterhead lettuce, washed and dried (any left over leaves can be

stored in a container in a refrigerator for up to 5 days)

1 pack of Keema Mattar (re-heated using on pack instructions)

1 pack of Alu Tikki (re-heated using on pack instructions) then chopped into small pieces

A few spoons of Tamarind Chutney

A handful of fresh mint leave

200ml thick natural yogurt

3 dessert spoons of diced cucumber

Salt and black pepper

Keema Mattar, Peas Patties and Tamarind Chutney are all available from Mandira's Kitchen and many of the local farm shops.

### Method

Mix the yogurt, some freshly chopped mint and cucumber together and season. Place a spoonful of Keema Mattar in a salad leaf and top with chopped hot Alu Tikki and a teaspoon of raita. Drizzle

with Tamarind Chutney and garnish with fresh mint leaves. Serve immediately.

Local resident Mandira is the founder and inspiration behind Mandira's Kitchen an award winning Indian food producer based in the Surrey Hills. A confirmed foodaholic, she was so frustrated with the lack of authentic Indian food that she embarked on a second career and set up her all women kitchen out of a converted cowshed at the Silent Pool. Other than their Freezer Meals, the team at MK also offer hands on cookery lessons, spice tours and bespoke catering in between sampling the gin and wine from their neighbours!

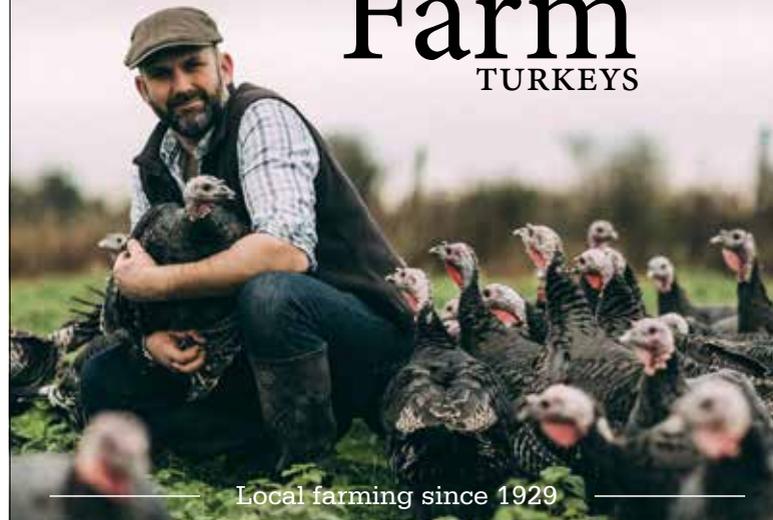
*If you enjoy Mandira's recipe please do let us know at Stoughton Pages by leaving some feedback online at <https://stoughton-pages.co.uk/autumn-musings-from-mandira> Click on 'Leave a reply' at the foot of the article.*

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# Keeping going



## Patience, Endurance & Perseverance

**Frank Scammell, Vicar of Emmanuel Stoughton, discusses the longer term effect of the COVID crisis on the community and how we might be able to draw positives from the situation.**

**One of the problems with the COVID crisis is that it has dragged on for so long. We are all very aware of all the grief and distress that it has caused. Those who have been working on the front lines of our hospitals, surgeries and Care Homes must be exhausted but I sense that there is a general tiredness amongst us all.**

There is fear, apprehension and uncertainty. We do not know when or if we will be able to return to anything we have taken for granted as normal.

When St Paul writes his letters in the New Testament three of his favourite words are **Patience, Endurance and Perseverance.** They are certainly as relevant for today as when he was writing.

Even amongst all the pressures that we have been facing there are still things that we can celebrate as positive outcomes from this crisis. Communities have been brought closer together. People have become more aware of each other's needs. We have been able to express our thankfulness and respect for those

whose costly service has made life possible for us. We have all seen how important it is to carry on a ministry of encouraging each other. We have learnt to discern what is really important.

**Communities have been brought closer together. People have become more aware of each other's needs. We have been able to express our thankfulness and respect for those whose costly service has made life possible for us.**

The fact that the church buildings have been locked for a period has reminded us that the church is far more than a building. We have been

forced to put our services on-line and have found that far more people in our community and indeed around the world have been able to engage with our worship. Sometimes it is quite difficult for people exploring a faith to enter through a church door. With our on-line services you can travel your spiritual journey at your own pace.

If there are ways that you feel the church community can be of help to you then please contact us:

[www.emmanuelchurch.co.uk](http://www.emmanuelchurch.co.uk) or call 01483 561603 or 560560.

**Frank Scammell**  
 Vicar of Emmanuel Stoughton



Church Office: 01483 561603  
[www.emmanuelchurch.co.uk](http://www.emmanuelchurch.co.uk)

Community Spotlight:

# Going wild in Guildford

by Paul Nicholls

Whilst we were all in full lockdown the local wildlife flourished and seemed to gain a new level of confidence. As spring and summer approached and lockdown dragged on some people used the situation to their advantage. Ben Hancock-Smith was one of those making the most of it.



It seems that whilst us humans were finding the lockdown difficult and restrictive to our normal daily routines the local wildlife was flourishing in our absence and enjoying the quieter streets, parks and rivers undisturbed.

I've spoken to Ben Hancock-Smith who lives in Burpham and is a keen wildlife photographer. He's currently a pupil at George Abbot School but soon hopes to study at local Merrist Wood College to gain qualifications

and experience to pursue a career in wildlife photography.

Merrist Wood is a 400-acre, multi-award winning college in Worplesdon specialising in the land-based industries, with subject areas ranging from Animal Management and Arboriculture & Forestry to Equine Management and Wildlife & Conservation. The College is a part of the Guildford College Group along with Farnham College and Guildford College.

Having seen a range of his recent pieces of work I asked Ben how he always seemed to be in the right place at the right time.

"As a keen wildlife photographer I always carry a camera with me on my daily exercise walks allowed by the government during this lockdown. So, by taking advantage of the limited numbers of people out during April and early May, I scanned Guildford for opportunities to capture as much nature as possible."



**Above:** A Red Legged Partridge strutting his stuff on Burnett Avenue. **Top right:** A Common Tern preparing to dive at Britten's Pond. **Bottom right:** A cormorant photographed at the Nature Reserve.



### So what's your favourite animal that you've managed to capture with your camera this spring?

"One of my favourite animals spotted is an annual spring visitor to the area, the red legged partridge. This year I have noticed them wandering around the empty pavements and crossing the barren roads. Occasionally when people approach, they now seem tamer and pay little attention, even when getting within a couple metres of them."

### So where have you managed to track down the local wild life?

"In late spring I went to Britten's Pond on Whitmoor common to photograph goslings (baby geese) – one of my favourite spring subjects. This year the lake was inundated with them, unlike last year when an invasive mink had eaten all the eggs resulting in no hatchlings at all. Lying flat in the dirt to get eye level shots, I managed to photograph these cute little birds, most of the time they were quite relaxed and I could get close without spooking them – sometimes too close as I could not actually focus.

A migratory visitor to the lake was also present when I was there, the Common Tern. These speedy and agile birds were diving into the water hunting fish. I tried photographing them crashing into the water, but they were usually too far out to get a decent shot. The

Common Terns migrate north for spring and summer, returning to the southern hemisphere for winter and autumn, this means they can cover up to 35,000km a year one of the longest distance migrations of any bird worldwide."

Ben has also been out and about with his camera at the nature reserve and along by the river Wey.

### "As a keen wildlife photographer I always carry a camera with me on my daily exercise walks allowed by the government during this lockdown."

"As lockdown restricted outdoor activity, the canals and rivers were even more deserted than our roads with barely anyone sailing. At the riverside nature reserve in Burpham, this resulted in the sight of more Cormorants, normally a shy fish-hunting bird. These black snake-like necked birds are usually quite timid and often get scared off by boats when they try to fish, but with fewer people there were more of these remarkable predators about. However, unlike the partridges they are still very shy and getting near one is quite hard."

With lockdown encompassing spring, there were chicks coming out to

feed with their parents and enjoy the warmer weather. Another prevalent bird doing the same are the starlings. Their chicks have fledged and are now flying around in flocks looking for food. Despite the chicks (coloured brown and grey) being able to fly, they were still being fed by their parents (the black and colourful ones). Whilst the parents were gathering food, the chicks got to enjoy the beautiful spring weather.

Let's hope, now that lockdown has relaxed further, that the local wildlife can continue to enjoy the autumn and we wish Ben the best of luck with his wildlife photography career. It looks like he's off to a good start.



The goslings exploring Whitmoor Common

A starling chick being fed by one of its parents.

# Stoughton: a history

Carol Brown's History of Stoughton

## Part 1: History of the area

Stoughton is now a busy and thriving suburb of Guildford with over 3,500 homes and a population of around 10,500 however, back in 1086, it had a recorded population of 39 households putting it in the largest 20% of settlements recorded in the Domesday Book.

**We start with a look at the history of the area to understand how it's boundaries were originally established, as nowadays Stoke and Stoughton are two separate areas, but in the Saxon period it was all one large parish of Stoke. The name Stoughton has been spelt in several different ways – Stockton, Stogton, Stockton and Stoke.**

In the Domesday Book Stoughton, or Stoke as it was then, is shown as:

**Households:** 24 villagers. 10 smallholders. 5 slaves.

**Ploughland:** 16 ploughlands. 2 lord's plough teams. 20 men's plough teams.

**Other resources:** Meadow 16 acres. Woodland 40 swine render. 2 mills, value 1 pound 5 shillings. 1 church. 0.5 church lands.

**Annual value to lord:** 15 pounds in 1086; 12 pounds when acquired by the 1086 owner; 12 pounds in 1066.

**Tenant-in-chief in 1086:** King William.

Originally the term 'Hide' was used to describe the amount of land which could be ploughed in one year by a plough and an eight-ox team. This was used as a means of Tax Assessment in the 1086 Domesday Book.

The church, St John the Evangelist,



*The Domesday book of 1086 showing the entry for Stoughton*

is also included in the Kings holding, so we can see that there has been a church in the Parish since Saxon times (Stoughton eventually would have its own churches and become a

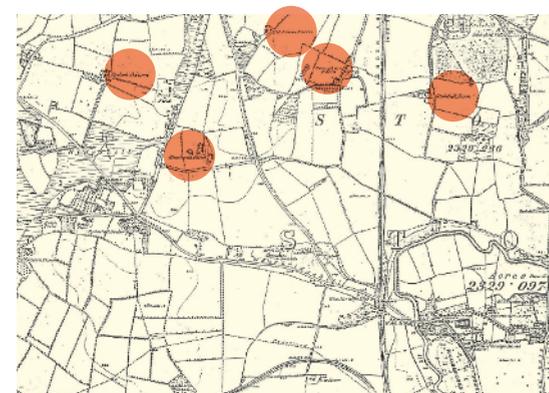
separate parish). A large portion of the land was part of the King's Hunting Forest and a large area was farmed.

**Although Stoke was one large parish there were two manors, that of Stoke, which was sold by King John to the Bishop of London in 1205, and Stoughton Place.**

Anne Sankey, in her publication **Stoughton, Guildford People and Places**, suggests that this arable land was likely to be the furthest away from the river; the higher ground at Stoughton. We have highlighted five farms on the 1870 map to give an idea of where this was. None of these farms exist anymore, but the names do – Stokehill, Tilehouse, Rydeshill, Shepherd and of course Stoughton.

Although Stoke was one large parish

As a part of a community with such a rich history we know that many of you will be interested to learn about the place that you live in. So, we've teamed up with local historian Carol Brown who will be writing a short piece in each issue on Stoughton's history – the people, the places, schools, churches, events and so on.



*1870 map showing some of the farmland before development took place.*

there were two manors, that of Stoke, which was sold by King John to the Bishop of London in 1205, and Stoughton Place. The Stoughton family tree shows that this manor was in their ownership, and a separate manor by 1265. By the 17th century both manors belonged to the Stoughtons.

Sir Nicholas Stoughton described the area thus in 1660: "took in all that part of the Parish of Stoke, which lies northward of the River Wey,

including also the mills; and extended to the Lynches westward, and from there to Rydes Hill which it included, as also the clay pits sometime in occupation of James Rede. From the bounds extended to New Pond in Stoughton Common; and thence by Gilbert's Bushes, to North Lake to Slyfield Green; including also so much of that as was not parcel of the Manor of Poyle."

Many of these names are now gone



*1885 map showing Stokehill and the site of Stoughton Place as development began in the area in the 19th Century.*

but it demonstrates how large the original parish was.

In the next issue of **Stoughton Pages**, as we have just passed the 75th anniversary of the end of the second world war, we will explore the history of an agent of the Special Operations Executive (SOE) and his connection with Stoughton. The SOE trained men and women to be infiltrated into occupied countries and work with the resistance – exciting stuff!

Please do feel free to contact Carol with any stories or images you have, or any thing you would like to see covered in future issues. Carol can be contacted at [browne@ntlworld.com](mailto:browne@ntlworld.com)

# Restarting Reuse

Written by Ali Fisher

Reduce, Reuse, Recycle is a mantra that has been around in the UK since the 1970s especially following Sir David Attenborough's Blue Planet 2 in the autumn of 2017. Yet the Covid-19 pandemic has thrown a bit of a spanner in the works to say the least, especially when it comes to the second 'R' of Reuse.

As we continue to battle through a devastating global pandemic, why should we continue to worry about environmental waste? It is estimated in the UK that we use a staggering 5 million tonnes of plastic every year, nearly half of which comes from packaging. WWF estimated that in 2018 just under a third (29%) of single use plastics were recycled, with almost half (48%) going to Landfill. Then there's the other third. Estimates suggest that globally around 12 million tonnes of plastics enter our oceans every year.

The very nature of the Covid-19 pandemic, with an urgent need to stop the spread of the virus, has meant the increased use of single

**Estimates suggest that globally around 12 million tonnes of plastics enter our oceans every year.**

use items. As we face the horrifying reality that this 'new normal' could be around for some time, it seems a good moment to check in on how we cope with a health crisis and environmental

crisis simultaneously. Ultimately, we must all do what feels comfortable for each of us in our own situations.

One of the mantras of 2020, has been the call to listen to the science – something climate scientists have been saying for some decades.

In June, 119 scientists (including epidemiologists, virologists, biologists, chemists and doctors) from 18 countries published a signed statement aiming to reassure the public that reusable containers are safe to use during the pandemic.

They advise that reusable containers do NOT increase the chance of virus transmission and individuals should wash reusable containers thoroughly with hot water and detergent.

So can we restart some of our pre-lockdown reuse habits? Costa Coffee have taken a lead on breathing life back into reusable coffee cups and trying to help us kick our UK habit of using 7 million disposable coffee cups a day!! On the 5th June they announced they had adapted their serving system so that there is no contact with the lid/drinking area on either reusable cups or bottles. Starbucks followed suit and restarted reusable mugs on 7th August, with a new contactless process in place, passing reusable cups through the system inside a ceramic sit-in mug. The **City To Sea** team launched a campaign **#contactlesscoffee** with a neat 4 step guide for coffee drinkers and coffee shops alike to show how a reusable cup can be kept contact-free. Find out more at [www.citytosea.org.uk/contactless-coffee/](http://www.citytosea.org.uk/contactless-coffee/)



One of the most prevalent single use items at the moment is face masks – a current necessity as they are mandated for use in all shops and hopefully will help us control the virus better. It's not a Reuse moment that many of us will have considered before March 2020 but, given they may be with us for the



Good advice available from the World Health Organisation on how to safely wear & take care of a reusable mask.

foreseeable future, it's one we should think about doing as sustainably as we can. There's now a plethora of

**One of the most prevalent single use items at the moment is face masks – a current necessity as they are mandated for use in all shops and hopefully will help us control the virus better.**

fun, funky or glamorous reusable material masks available on-line or locally. We bought ours from a local Guildford lady who wanted to make a difference in these difficult times and just charged to cover the material (and they're great by the way!).

There's some good advice available from the World Health Organisation ([www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks](http://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks)) on how to safely wear

and take care of a reusable mask, including washing hands before putting on and taking off, holding the mask by the straps and storing it in a clean reusable bag when out and about but not in use.

**A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others.**

If you haven't discovered it already, **Noel's Farm Shop** at Sutton Green Garden Centre, just off the Guildford Road on the way to Woking, is a great way to get into Reuse. The shop offers shampoo, conditioner, bodywash, muesli, porridge and more, available to buy in reusable containers. It's also a great way to support one of our local businesses.

*Continued over.*



A dedicated refillable zone, frozen 'pick and mix', freshly made sushi and dry-aged beef are just some of the new features customers at Waitrose & Partners Cheltenham can expect.

It doesn't look as if Reuse has mainstreamed yet in any of our big supermarkets but some are running trials, like the **Waitrose Unpacked** trial in 4 stores which has been running since last year.

**It doesn't look as if Reuse has mainstreamed yet in any of our big supermarkets but some are running trials.**

There is a new kid on the block offering us a different way to Reuse. **Loop** launched in the UK this July, having launched in New York & Paris in 2019, with an at-home delivery service. Well-known brands from Persil to Heinz Ketchup, Nivea & Coca-Cola will be available to use at home and then return the packaging

for cleaning and reuse. It's new, it's different & I really hope it will be a raging success, helping to keep more packaging in the loop and out of the environment. Good news is we've tried it and it is available in this area.



Please do share with us your thoughts on how we can Reuse more in a safe way so that we can look after both people and planet during these difficult times. Leave your comments at [burphampages.co.uk/restarting-reuse](https://www.burphampages.co.uk/restarting-reuse)

Ali Fisher lives in Burpham. She supports businesses and brands to help build a more sustainable future. [PlansWithPurpose.co.uk](https://www.PlansWithPurpose.co.uk)



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# Useful numbers

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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.....01483 825424

## 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

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**Challengers**.....01483 230060

**Guildford Lions**.....0345 833 2884

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September & October

# Gardening Hints & tips

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

**There's plenty to do in the garden in September & October. Here are some hints and tips from Burpham Gardening Club who are hoping to resume their meetings.**

We intend to restart our monthly talks on **Tuesday 27th October at 7.30pm** in the Village Hall when **Nigel Choat** will be taking us on a trip along the 'Weyside and woodlands'. Subscriptions which we were unable to collect in April will now be collected in September at the **reduced rate of £2.00 per household** to allow for the missed meetings during the Lockdown. The **Trading Hut remains closed**, if there is anything that you require please call 01483 874123.

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

- 🍷 Enjoy your garden whilst it is still at its best but as the evenings are drawing in we should be on the lookout for a frost by the end of this month in the weather forecast.
- 🍷 On sunny days continue to collect the seed of Annuals, except F1 Hybrids, for sowing next Spring.
- 🍷 Cuttings can still be taken from tender perennials such as Fuchsia and Pelargonium.
- 🍷 Evergreen hedges should be given a final trim for the year.
- 🍷 Daffodils and Narcissi should be planted this month for a good Spring display. Remember that the bigger the bulb the larger the flower.
- 🍷 Keep Camellias and Rhododendrons

well watered to ensure that there is good bud formation for flowering next Spring.

### Enjoy your garden whilst it is still at its best but as the evenings are drawing in we should be on the lookout for a frost.

- 🍷 A late sowing of Turnip and Spinach can still be made.
- 🍷 Plant out over wintering Onion sets and Spring Cabbage.
- 🍷 Harvest Main Crop Potatoes and Sweetcorn, continue to pick Runner Beans and Courgettes.
- 🍷 Cut out fruited canes of Raspberry and Loganberry.

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

- 🍷 At the first sign of frost all tender plants should be brought inside and kept in a frost free place.
- 🍷 Cut back and divide Herbaceous Perennials, once Dahlias have had their leaves blackened by frost they should be lifted, dried off and stored in a frost free place.
- 🍷 Spring Bedding plants can now be planted out.
- 🍷 Climbing and tall Rose bushes

can now be pruned to minimise damage from wind rock.

- 🍷 Tulip bulbs should be ordered or purchased for planting in November.
- 🍷 Towards the end of the month Sweet Peas can be sown under glass.
- 🍷 Now is the time to plant up pots of Hyacinth and 'Paperwhite' Narcissi for a Christmas display, keeping the bulbs in a cool dark place until they begin to sprout. To flower together Hyacinth bulbs all need to be the same colour.
- 🍷 Garlic cloves can be planted this month just below the surface of the soil 15cm apart with the tip of the clove upright.

### Now is the time to plant up pots of Hyacinth and 'Paperwhite' Narcissi for a Christmas display.

- 🍷 Rhubarb crowns can be lifted and divided.
- 🍷 Now is a good time to plant hedges and trees.
- 🍷 The lawn should be scarified and then a Autumn dressing applied just before rain is forecast, this is an ideal time to lay turf and to reseed the lawn.
- 🍷 The watering of Houseplants should be reduced as the days shorten.

— EST. 1980 —

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# Advice from the Chiropractic Clinic during Lockdown

by Philip J Hehir DC

Millions of people around the world are currently facing the challenges of working from home. As such, these can place significant strains on our physical and mental wellbeing.

With certain safety measures in place we are now open again to receive patients, however during the lockdown our clinic received a big increase in the number of phone calls asking for advice. To help with these challenges, the clinic had been giving free virtual consultations to members of the community which gave us a snapshot of what's happening out there.

Most requests were related to back, neck and muscle pain; and of course, stress. We believe the most likely culprits for this sudden rise is poor workspace setups and living more sedentary lifestyles. I include here some of the key issues that have cropped up consistently in our consultations and encourage you to take on board:

**1 Assess your workplace** Workers who have been asked to work from home do so in environments that aren't necessarily ideal. Just as you would modify your car seat after your spouse has used it, you should assess and modify your workstation. HR don't plan to come to your house to do it for you.

## Here's the checklist:

- **Eyes:** Screen height should be straight ahead at eye level. Adjust the height of your seat. Don't work with your laptop on your thighs! Consider a verti-lift screen adjuster or if wish to splash out, a sit to standing desk.
- **Good Posture:** Elbows level with the desk and shoulders relaxed. Bottom should be against the back seat and shoulder blades should be touching the back rest of the chair. Knees should not be higher than hips. Maintain a relaxed posture. Breathe.
- **Brugger!** Google 'Bruggers Relief' and do this throughout the day.
- **Standing:** Stand up every 45-minutes (at least) and move around, even if it's just to get a glass of water. This will stop a process called 'creep' occurring in your muscles which increases your risk of injury.
- 2 Hydrate** Have a glass or a bottle of water next to your desk throughout the day to help keep you well hydrated.
- 3 Have a break** Ensure you have a break in your designated lunchtime.

Get out in the sunshine and get some immune enhancing Vitamin D – viruses don't want you to know about this!

- 4 Exercise** 'Sitting is the new smoking'. This WILL be a driver in the surge of aches and pains we will see after the lockdown is lifted. Ensure you use your one-hour every day for some form of exercise. This is particularly important for our mental wellbeing as well as physical.
- 5 Offer Support** Human beings are social animals. Keeping in regular contact with your friends, families and neighbours and offering to help out whenever you can, causes the brain to secrete dopamine – one of our happy hormones. If you haven't tried in a while, give it a go.
- 6 Watch Your Thoughts** Be grateful that you have a roof over your head; a job; a family; a purpose; an opportunity to reflect; an opportunity to plan. A good mindset will most certainly help you and your mental wellbeing get through this time.



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