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Stoughton Pages

November &
December
2020

Bi-monthly magazine in print & online

Baking for Christmas

We've teamed up with Bonne Maman, the makers of those lovely preserves, to bring you a festive recipe.

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Stoughton Pages

Issue No. 2 November & December 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

Editorial Editor Paul Nicholls Contributors Carol Brown, Canon Frank Scammell, Gemma Ware, 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.

Contact Us For advertising and general enquiries: 07597 904755 editor@stoughton-pages.co.uk Stoughton Pages, PO Box 1520, Guildford GU1 9WQ @stoughtonpages facebook.com/stoughtonpages

Advertising copy deadline for January - February 2021 issue is 7th December 2020

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Welcome

Dear Neighbours, this year's 'festive' issue of Stoughton Pages isn't quite as festive as hoped. Usually we would have lots of ads and editorial telling us about firework events, Christmas craft fairs, visits from Santa and so on. But 2020 has been a very different year and seems set to remain that way well in to 2021.

I hope that you have managed to keep well this year and you've been free from all ills, particularly COVID-19. If not, hopefully you've managed to get the help you needed and have either recovered or are well on the way to a full a recovery.

Perhaps there will be positives that we can draw from the current restrictions. Fireworks are going to have to be enjoyed from home within your own family bubble. So, it'll be a time when family's can enjoy being together. If the weather is not too cold and wet get the BBQ out and cook some burgers and sausages and have your own little firework party. Perhaps the sky will be even more lit up with colourful bangs, pops and screeches as more family's launch their fireworks from the back garden (keep safe and follow the instructions on the box).

Christmas too will be somewhat different. Again, we'll be spending time within our family bubbles but let's try and make this a time of enjoying the closeness and support of each other and consider it as 'different' rather than a disappointment.

You'll see in this issue that Emmanuel Church are still organising various events and worships over the festive period, many of which can be enjoyed online.

We should highlight that where dates and events are mentioned within this magazine, bearing in mind the constantly changing restrictions due to COVID-19, you should always double check events are proceeding, by checking with the organiser, before you attend.

I hope you enjoy your Halloween, Firework Night and Christmas and I look forward to talking to you again, in the January-February issue of Stoughton Pages, in a more positive start to 2021. Stay safe!

Paul Nicholls (Editor) editor@burpham-pages.co.uk

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News + events

November & December 2020

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



The Fair Trade shop in the Parish Centre at Emmanuel Church, Stoughton.

Why not try the Fair Trade shop at Emmanuel Church in Stoughton for some slightly different Christmas presents?

What word would you immediately put after the word 'Fairtrade'? Would it be tea or coffee or perhaps bananas? There are so many more products that bear the Fairtrade mark, marmalade, peanut butter, pasta, jam, olive oil, the list could go on and on. However there are also lots of products other than food items that are fairly traded, beautifully crafted items showing the skills of their artisan producers, leather goods, carved soapstone, intricate silver jewellery, hand-made paper notebooks, scarves, felt decorations, another whole list that could go on and on. In the **Parish Centre at**

Emmanuel Church in Stoughton, we have many such goods in our Fair Trade shop. As Christmas approaches, and you may be looking for gifts for friends and family, why not call in and find that slightly unusual present. You will also be helping people whose lives are blighted by poverty and have little way of improving their life-situations. Your purchase will bring them hope. We also sell cards and nearer Christmas will have lots of charity Christmas cards available. The church makes no money from the Fair Trade shop, all profits are given away to projects whose aim is to improve the lives of

the poorest in the world. You will also find within the Parish Centre a refill station where you can fill up your own container with washing-up liquid, hand-sanitiser, laundry liquid or fabric conditioner. And you might like to visit the café offering hot drinks, soup, paninis and delicious cakes.

The Fair Trade shop & café are open Monday – Thursday, 9.15am – 2.15pm during term-time. We hope to welcome you soon.

We are working on creating an online shop showing all our goods, which we hope will be up and running from November onwards. Please take a look on www.emmanuelchurch.co.uk/fairtrade/

Can you donate to The Hygiene Bank?



The Hygiene Bank is a grass roots charity that was founded two years ago to combat hygiene poverty. We believe that being clean is not a luxury but a basic human right.

HM Government
We must keep on protecting each other.
HANDS FACE SPACE
NHS
STAY ALERT CONTROL THE VIRUS SAVE LIVES

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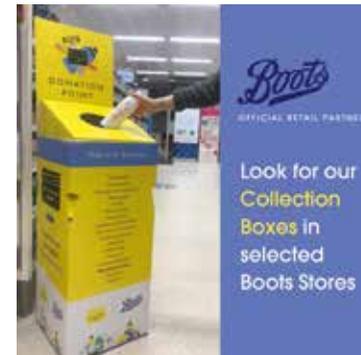
"Tom has been great! He has been installing new lights in our home and he's done a fantastic job so far. He's efficient, focused and hard working. Would highly recommend." Kat & Oli, Guildford

FULLY INSURED

News + events

Continued

Hygiene poverty is not being able to afford the everyday hygiene and personal grooming products most of us take for granted. The reality of low income is that it restricts people's options, leaving them caught between being able to heat their home, pay their rent, eat or being clean. Hygiene poverty strips people of their dignity.



The Guildford branch of the Hygiene Bank has been able to support local people in need via Community Partners including the Guildford Family Centre, local infant, primary and secondary schools, local churches, food banks, shelters for the homeless and womens' refuges. We ask people to donate unused, unopened hygiene products via our collection points which are located in Waitrose in York Road, Boots in the High Street and Epsom Road.

Covid-19 has increased the demand on our project. To help us continue to support local families we need your help – please consider buying an extra item each week to donate, or you can donate via our website:
www.thehygienebank.com

For further information contact the Guildford Project Coordinator:
thbguildford0@gmail.com
[@thehygienebankguildford](https://www.facebook.com/thehygienebankguildford)
[@thehygienebank](https://www.twitter.com/thehygienebank)

Headway Surrey – supporting people with brain injury



Headway Surrey is a charity based in Stoughton, Guildford, which supports adults over the age of 18 who have suddenly had an acquired brain injury from such things as a stroke, Covid-19, aneurysm, tumour, encephalitis, hypoxia and also from road traffic incidents, sports injuries, concussion, falls, trips, work injuries, assault to name but a few. The charity has been running since 1985 and supports adults from all over Surrey. Headway Surrey works with clients to improve their executive skills and cognitive function, which we all take for granted. These include strategies and skills to help with memory, decision making, planning, information processing, behaviour and wellbeing.

The charity quickly adapted to the Covid-19 outbreak to ensure its clients continued to be supported, and currently offers all its services online. They welcome new people to make enquiries for support and help. For instance, family, friends and work colleagues may have questions about the best way to support someone with a brain injury. Or they may want to find out about the individual or group Zoom Brain Injury Education Sessions, Art Sessions, Carers Support Group, Coffee Morning, Pictionary or Quiz Sessions. Headway Surrey also welcomes enquiries from people who might like to volunteer to help

run online sessions, or give interesting talks online to clients, or who also may like to fundraise for them.

Headway Surrey, Headway House, 21 North Road, Stoughton, GU2 9PU
Registered charity 1046863

Call **1483 454433**
Visit www.headwaysurrey.org
Email enquiries@headwaysurrey.org

Battersea communities helped Chester find his perfect home

Battersea Dogs & Cats Home have launched the first of their 'Battersea Communities' in Guildford to spread their message that rescue is best, and to rehome more dogs and cats and put smiles on more faces.

In each Battersea Community, a network of Community Rehoming Volunteers provide direct 'home to home' rehoming of their dogs and cats, removing the need for potential owners to visit one of their centres.



They were delighted when 14-year-old Chester, became the first cat to benefit from this new project. As a sensitive and independent cat, a placement with a Community Rehoming Volunteer was perfect for him and after just nine days he found a permanent new home.

If you are interested in rehoming an animal from the **Battersea Dogs & Cats Home Guildford Community**,

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please contact us them via email and they can then provide you with more information and discuss the animals available for rehoming.

CommunitiesGuildford@battersea.org.uk

Body blessing and positive postures sessions with Eden People



Eden People are a local community wellbeing & spirituality group based in the Stoughton area of Guildford. They have over 20 year's experience of facilitating and running wellbeing spaces and activities within the Guildford area.

Eden People look to support people's mental, emotional, physical and spiritual health through a range of activities accessible to people of all ages, gender or ethnicity; with any, no or some belief or faith basis – everyone is welcome.

Currently they are running their Body Blessing & Positive Postures Sessions at the **Q E Park Community Centre**. These sessions are designed to bring rest and peace to the body, mind & spirit, encouraging participants to build self-worth and awareness of their uniqueness and identity.

Each session lasts for one hour with early and late evening times to participate. Booking a space is essential for group size and ongoing covid regulations. No special clothing or equipment is required; see this as positive investment to your general health and wellbeing. One to one sessions can be arranged if required.



Other activities on offer from the group include:

LifeWalks walking group, Art & Creative workshops, Dream Interpretation, Insight & Destiny, Blessing & Healing.

All of these activities are offered for free or with a donation from participants.

To find out more about **Eden People**, to join their mailing list or current activities contact them via email at edenpeople@edenpeople.org.uk or visit www.edenpeople.org.uk or message **07866 247919**

Guildford Walking for Health

Guildford Walking for Health offers free guided short walks in all weathers (except very icy), year-round. All abilities welcome. All walks are led by trained volunteer walk leaders.

The FREE Ramblers Walking for Health 1-hour walks have restarted.

New walkers need to pre-register to attend a walk (for track and tracing purposes). Visit the Walking for Health webpage: www.walkingforhealth.org.uk/walkfinder/south-east/guildford-walking-for-health to register.

Contact Annelize Kidd at guildfordwfh@outlook.com or **07554 423010**

University of the Third Age

U3a Guildford Area U3a is an organisation for those who are of retirement or semi retirement age. It offers a range of indoor and outdoor activity groups ranging from tennis and walking to languages, literature, technology and music (*Note: many of the music groups are still unable to meet due to COVID-19 restrictions.*) We are now meeting 'face to face' – some are outside activity groups and other groups are meeting in large halls. For a small annual subscription members can join as many of the 100+ groups on offer as they like.

We are following Government and

The Third Age Trust guidelines, where social distancing and keeping people safe are key.

For those groups unable to meet in person, there are 'zoom' meetings and we offer training and support for those unfamiliar with the channel.

U3A is a charitable organisation run through a band of volunteers. It offers the opportunity to make new friends, meet with like minded people and keep learning, active and above all to keep smiling.

If you have time on your hands, are keen to brush up on new skills or just need company in the new 'normal', then come and join us – we're thriving on a challenge, we're all learning together and we seem busier than ever!

You'll find us at: www.u3asites.org.uk/guildford

Contact us membership@guildfordu3a.org.uk or call **01483 222572**

Emmanuel Church Services

Emmanuel Church is open for worship in church on **Sundays at 9.30am for Communion and Wednesdays at 10.00am for a Morning Service**. Our on line services are available on our web site www.emmanuelchurch.co.uk from **10.30am on a Sunday** including our special 20 minute Family Praise especially for families and children. Look on our web site for details of our **Remembrance Sunday Service** and

special on line services for Christmas.

Sunday 8th November
Holy Communion in church at 9.30am
Remembrance Services online at 10.30am

Christmas Services:

Sunday 20th December
Carol Service online 6.30pm

Christmas Eve
Crib Service online at 4.00pm
Communion online at 8.00pm

Christmas Day
Christmas Communion in church at 9.30am
Christmas Family Service online at 10.30am

Guildford City Football Club

Guildford City Football Club first team home fixtures (*subject to COVID-19 regulations at the time of the game.*)

| November 2020 | | | |
|---------------|-------|----------------|--------|
| 4th | 19.30 | Hanworth Villa | League |
| 7th | 15.00 | Ascot United | League |
| 11th | 19.30 | Molesey | League |
| 21st | 15.00 | Cobham | League |

| December 2020 | | | |
|---------------|-------|---------------|--------|
| 5th | 15.00 | Banstead Ath. | League |
| 19th | 15.00 | Badshot Lea | League |
| 28th | 15.00 | SCR | League |

Visit www.guildfordcityfc.co.uk for a full list of fixtures and results, the latest news, history of the club, online shop and much more.

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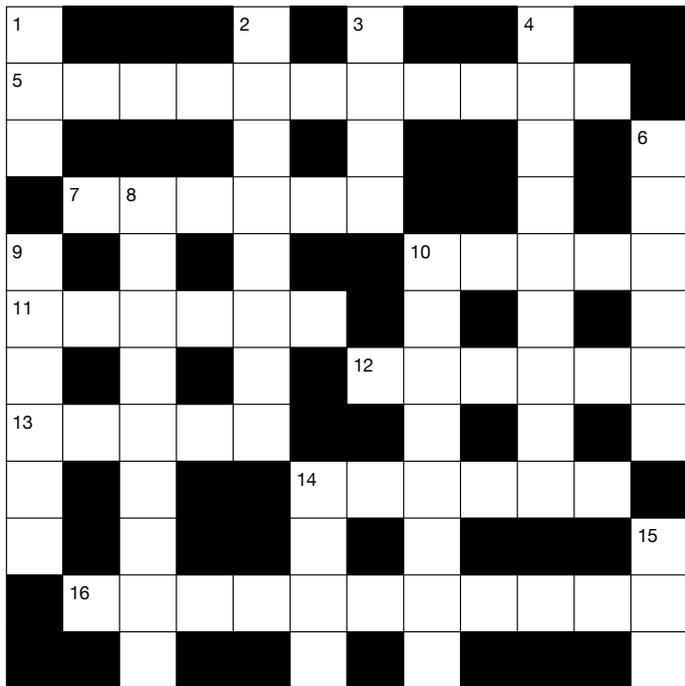
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Do you have any events happening in and around Stoughton that you would like added in the next issue? Our next issue of Stoughton Pages will cover January & February 2021. If you would like your event, happening during this period, added to our 'News & events' or 'What's on this month' sections please e-mail the details to editor@stoughton-pages.co.uk before **7th December 2020**.

Stoughton Pages Crossword

Crossword No. 14
November & December 2020

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Across

- 5 Formal request to an authority (11)
- 7 Social system of western Europe in the Middle Ages (6)
- 10 Reddish-brown colour of old photographs (5)
- 11 Of or pertaining to ozone (6)
- 12 Written text of a play or film (6)
- 13 English country house near Sevenoaks in Kent (5)
- 14 Distant control (6)
- 16 Simon & Garfunkel went to this fair in 1966 (11)

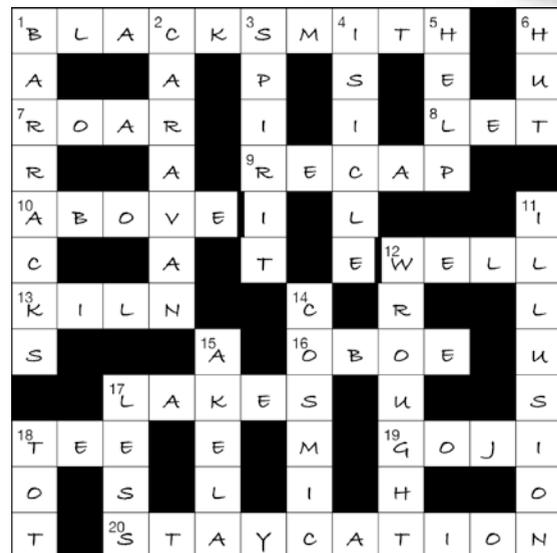
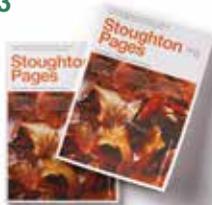
Down

- 1 Peter who defies Hook (3)
- 2 Animals and other living things (8)
- 3 Ancient region in Western Europe (Clue*) (4)
- 4 Area occupied or affected by something (9)
- 6 Said to be 'in the eye of the beholder' (6)
- 8 Social science of how we interact with things of value (9)
- 9 A missile or spacecraft (6)
- 10 Tree with winged seeds (8)
- 14 Long flowing outer garment for ceremonial occasions (4)
- 15 Nervous or timid in the company of others (3)

Solution to Crossword No. 13

Stoughton Pages issue No. 1
September & October 2020

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
For the November – December 2020 solution please see our January – February 2021 issue.



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Baking for Christmas

Get into the festive spirit by making these crunchy, ginger-spiced snowflake biscuits, filled with **Bonne Maman's** heavenly fruit conserves – we used Strawberry, Raspberry, Apricot, Mirabelle Plum, Blackcurrant and Fig – and beautifully decorated them with icing.



The biscuits can be made ahead and frozen ready to be brought out as Christmas nears to be baked and iced in lots of different, creative ways – a lovely activity to enjoy with all the family.

Arrange your biscuits on a board or plate and they will make for a gorgeous presentation for a festive gathering.

Ingredients

- 25g unsalted butter, diced
- 25g Demerara sugar
- 50g golden syrup
- ½ tsp mixed spice
- ½ tsp finely grated fresh ginger
- ½ tsp bicarbonate of soda
- 15ml beaten egg
- 125g plain flour
- About 10 tbsp Bonne Maman conserve of your favourite flavours
- 125g white fondant icing
- 125g Royal icing sugar

Method

- Place the butter in a large bowl. In a saucepan, stir together the sugar, syrup, spices and ginger and bring to the boil. Add the bicarbonate of soda (it will puff up) and pour the hot mixture over the butter. Stir until the butter has melted.
- Beat in the egg and slowly blend in the flour. It will look as though there is too much flour but it will blend in. Knead the dough in the bowl until smooth then wrap in clingfilm.
- Using a quarter of the dough at a

time roll the dough out between two sheets of baking parchment, to about 3mm thickness. Use a variety of Christmas cutters to stamp out about 24 biscuits of varying sizes. Remember you will need two of each size, to sandwich together. Re-knead and re-roll the trimmings.

- Lay the biscuits out on baking sheets, lined with baking parchment. Stamp out the centre from half the biscuits to create the space for the conserve. Chill the biscuits for a good hour before baking.
- Heat the oven to 170°C, 150°C fan, gas 3. Bake the biscuits in batches until golden and crisp. They will take between 7 and 10 mins, depending on size. Cool on a wire rack.
- While the biscuits are cooling, roll out the fondant icing on a surface dusted lightly with icing sugar and stamp out 3 or 4 snowflakes, using the same cutters. Stamp out the centres, using the same round cutters. Brush the top biscuits with a little conserve and lightly press on the matching icing.
- Brush all the base biscuits lightly with conserve and press on the top biscuits. You should now have about 12 snowflake biscuit sandwiches of various sizes, some iced with fondant and some plain.
- Put the Royal icing sugar in a bowl with 20ml of cold water. Gradually beat the icing until it forms a stiff

but pipeable paste. Spoon into a piping bag with a small nozzle and pipe or drizzle icing across most of the biscuits to resemble snowflakes. Leave the icing to set for 10 minutes. Fill the biscuit centres with various flavours and colours of Bonne Maman conserve. Store the biscuits in airtight containers until ready to use.

Cook's tips

If you don't have cutters, draw simple snowflake outlines on stiff card and cut out. These templates can be used to cut out the biscuit and icing shapes.

The biscuit shapes can be frozen if you don't have time to bake the same day. Allow an extra 1-2 minutes cooking time. The baked biscuits can be frozen or kept in airtight containers until you're ready to assemble and ice them.

If you don't want to pipe the icing, spoon it into a strong plastic food bag and push it down towards one corner. Twist the bag and snip a small opening from the corner. Squeeze out the icing and simply drizzle it across the snowflakes.

For more recipe ideas visit:
www.bonnemaman.co.uk
f @bonnemamanuk
i bonnemaman_uk



Has lockdown become a pain in the neck?

We've spoken to the team at GW Osteopathy about how to alleviate your 'Text Neck'.

Did you know the average persons head weighs around 5kg? That's the same as a gallon of paint and that weight is balanced on just 7 small vertebral bones and supported by 20 muscles around the head, neck and shoulders, so your muscles are almost constantly working to stabilise a 5kg weight.

However, that weight is relative to the position the head is in, the further forward you take the head, the more stress you place on other structures and tissues, such as muscles, discs and nerves. Their function is compromised and imbalanced meaning these tissues are overworked leading to pain.

This poor posture over time can lead to all kinds of physical problems from neck and upper back pain, headaches, TMJ (temporomandibular joint) pain and may include poor concentration and productivity levels.

So, while the head's weight stays the same, if you're looking down at your phone or laptop, your neck could be supporting up to 22kg of relative weight! This increase in work for the muscles, often for long periods of time, means the muscles tighten up and begin to ache and cause knock-on problems for structures in the neck and shoulders, a condition more commonly referred to colloquially as **Text Neck**.

■ Following on from Ali Fisher's article 'Lightening your digital footprint' and the discovery of the fact that most of us have been spending too much time during the lockdown on our laptops, tablets and smartphones we explore the physical impact on our bodies and what we can do to counteract this.

Stoughton Pages spoke to Gemma Ware and her team at GW Osteopathy about what actually makes us ache when looking at our devices and is there anything that we can do to alleviate the stress and stiffness.

With recent lockdown restrictions and an increase in people working from home with poor ergonomics at their work station, we have been seeing more requests for help with neck, upper back, and muscle pain as the average time people spend looking at screens has risen from 9 hours a day, pre-lockdown, to nearly 11 hours a day in more recent times.

Poor posture over time can lead to all kinds of physical problems from neck and upper back pain, headaches, TMJ pain and may include poor concentration and productivity levels

The longer people sit in front of a laptop or computer the more their posture fatigues causing stiffness and pain, and so, we have put together some advice for keeping you mobile and healthy at home:

1 Unload the muscles

The first thing we can do to avoid stressing the neck for long periods of time is; stop stressing it! Lift your phone a little and raise any screens you use regularly to eye-level. Remember the simple rule – top 1/3 of the screen should be level with your eyes. Sit tall and centred on your screen, stand tall and centred if you have the option of a standing desk. Point your head, shoulders, hips and feet in the same direction at the screen you are using. Draw your shoulders down and keep your back straight.

2 Get up and get moving

Sitting at your desk for a long while makes it easy to slouch, bringing the

head forward and loading the neck. Get up and about every hour or so, even if it's just to get a glass of water, to stop your body settling into tense postures. Walk tall and proud when out walking. It helps to improve your posture, walk at a pace which gets your heart beating faster.

3 Stretch it out

Tensions building up in muscles is the most common root cause of a lot of musculoskeletal issues, and Text Neck is a perfect example. So, stretching the muscles out a little each day helps to prevent that tension building up.

Here's some simple stretches to try at home or you can find some great Pilates flow's online. We recommend **Beginner Pilates Class Part 1 of 4 by The Girl With The Pilates Mat** on YouTube.

Chin Tuck – place two fingers against your chin, tuck it down towards your chest and gently push your head backwards until you feel a stretch just under your skull. Hold that for 10 seconds and relax. This is a great one for stretching out the small muscles that have to pull the head up when the head goes forward.

Pectoral Stretch – put your elbows by your sides and turn your arms outwards until you feel a stretch in front of your shoulders and hold for 30 seconds.

Sit centred on your chair, fold your arms and rotate through your spine from side to side, sit tall. If your bottom moves you've rotated far enough x 10 to each side.

Arm circles – sit tall and spread your arms out to the sides, level with your shoulders. Draw 10 circles in 1 direction and then reverse the move x 10.

Stand up and do 10–20 squats, bending your knees and hips as if your about to sit down and straighten back up again. It gets the large muscles of the legs working.



On an exercise mat lie face down, arms down by your side, gently lift your head, chest and shoulders off the mat and lower back down x 10.



On hands and knees, keep your neck and spine straight, look at your hands and straighten 1 leg out behind without letting your spine/neck move. Lift and lower x 10 and change legs, or progress to lifting opposite arm at the same time.

GW Osteopathy run an osteopathy and sports therapy practice in Guildford and are about to open a new clinic in Stoughton, at Parklands on Queen Elizabeth Park.

For further advice contact them via www.gwesteopathy.co.uk or call 01483 400207.



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What does the word 'normal' mean?

Many of us have been saying to ourselves 'I wish that I could have my normal life back again.' I think that we can all identify with that feeling as we are many months into this virus crisis.

We want to be able to shake hands, embrace and hug our family and friends. We want to get back to our usual life rhythms without all of the fear and anxiety. It may be being able to visit our relatives in Care Homes as we used to do or being able to watch live sports events in person again.

It all made me think about what sort of person I was before all of this began. How am I coping now and what sort of person do I want to be like when all of this is over?

Hopefully we have all learnt to be more caring, more considerate, more aware of the needs of others as well as ourselves. We have been reminded of how precious life is, how important our friends and family are. We have come to value more those who serve us in the community, often at great cost, especially those on the front line of the Health Service. We are less likely now to take them all for granted.

Just as we have grown closer to people despite our isolation so I hope

also that we have grown closer to God. Perhaps we have begun to ask spiritual questions even if it is just...

"..what sort of person was I before all of this began. How am I coping now and what sort of person do I want to be like when all of this is over?"

'Why is this all happening?' Other questions come to mind... 'Who am I?' and 'What is really valuable in my life?' Or perhaps 'How can I begin to pray?' and 'How can I be more thankful and learn to celebrate all that is good in God's creation?'

Hopefully we find ourselves wanting to come out of this crisis not exactly as we were before. I hope that we will be deeper people having grown through this time of vulnerability now more ready to face future challenges when they come as they surely will. I long for the normal to return but pray that we will be changed people in a changed world and it will be for the better.

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

www.emmanuelchurch.co.uk or call 01483 561603 or 560560.

Frank Scammell
Vicar of Emmanuel Stoughton



Church Office: 01483 561603
www.emmanuelchurch.co.uk

Lightening Your Digital Footprint

Written by Ali Fisher

Let's be honest, it's not been the year for socialising. A friend recently sent me a meme with a picture of a bin inscribed with '2020: The year the bin went out more than me'. I thought it was very apt. For most of us, it's been the year for being on-line. During the April national lockdown, the UK's internet usage surged to record levels, as we went online for work, socialising, exercising and entertainment, like never before.



All this digital activity is leaving a growing carbon footprint on the planet. If you add up all the carbon emissions from our tech gadgets, our use of the internet and the systems supporting them, it would account for around 3.7% of our global greenhouse gas emissions. That's about equal to the global emissions of the airline industry. There's lots to be gained if we can lighten our digital footprint.

Add up all the carbon emissions from our tech gadgets, our use of the internet and the systems supporting them, it would account for around 3.7% of our global greenhouse gas emissions.

What action can we take as we head into winter and, in current circumstances, are more likely than ever to be connecting online for work and social? Given digital emissions are less obvious (generally there's no smoke piling out the back of your laptop or TV), we probably need to be a bit more planned to kick start this behaviour change.

Image by Kye Sung at Unsplash



Image by John Doyle at Unsplash

1 Switch to renewable energy

Being online requires electricity. Check to see how much of your energy supply is coming from renewables, like wind and solar. If you don't like the answer, consider switching to one that is 100% renewable. Have a look at www.bigcleanswitch.org to compare options.

Being online requires electricity. Check to see how much of your energy supply is coming from renewables, like wind and solar.

2 Less is more with emails

Apparently, we are guilty of sending 64 million unnecessary emails in the UK every day! If every adult in this country sent one less email a day, it would save the equivalent carbon emissions of 80,000 flights from London to Madrid.

3 Delete from storage

Nearly a quarter of our digital energy consumption comes from data storage so don't be afraid to have a regular clear out of emails, junk mail, trashed mail, folders, attachments, unused apps & surplus photos.

4 Unsubscribe today

Have you checked your junk mail recently? Might be worth a peak. Likely there are emails you subscribed to yonks ago and keep getting without even realising it. Most companies make it easy to unsubscribe these days so go ahead and have a good purge of the spam folder. It can be quite therapeutic.

5 Love your tech

Over half the carbon footprint of the information and tech industry sits in the end-user devices, from the mini tech we hold in our hands to the bulkier tech hogging our desk space. If we can take care of them – protective cases & screens, good maintenance and trying not to lose them – and resist the temptation of constant upgrades, then that might just be our biggest contribution to reducing our digital carbon footprint.

If every adult in this country sent one less email a day, it would save the equivalent carbon emissions of 80,000 flights from London to Madrid.



Image by Karolina Grabowska at Pexels

6 Unplug overnight

Charge your phone before bed. The average mobile takes 2 hours to charge – not the whole night! By leaving phones charging overnight we could be charging for 3-4 times longer than needed. Talk about an easy win! Plus it might stop that cheeky last look at your phone before bed which is never a night-time soother.



Image by Sam Loyd at Unsplash

7 Pick up the blower

If you're not needing to meet with multiple people online or presenting, try swapping out some of the video calls for the old fashioned phone. As a bonus you can be more mobile with it. Take a walk and get some fresh air or just stand up and stretch. The climate will thank you for the lighter carbon footprint of a call over conference technology.

8 Don't stand-by, switch off

After a long day/night's work, your screens deserve a proper switch off and recharge so make sure you hit the off switch. Three quarters of

Don't stand-by, switch off

Games consoles switch to idle mode when not in use which consumes almost as much power as when in use.



Image by Octavian Dan at Unsplash

us say we leave electrical items on standby. Tut-tut! On average, we are wasting £80 a year by being on standby rather than switching off. If you're struggling with this challenge, start with the worst offenders. Games consoles switch to idle mode when not in use which consumes almost as much power as when in use.

9 Website weight

If you run your own website or know someone who does, you can likely reduce the digital burden of your website by reviewing page weights. Video files and gifs can be especially heavy. It's also worth checking if your website host runs on renewable energy.

Before we beat ourselves up too much for our increasing screen time, technology is saving us many emissions too. There is a definite

upside so, like many things, it's a balancing act. Last year, Zoom calculated that it's top ten clients saved 685,000 metric tonnes of CO2 in just 3 months – that's the equivalent of planting 11 million trees, and that was before Covid-19 hit.

So, as we hunker down for the winter, let's crack on with our digital spring clean. Let's start with cleaning out our digital cupboards from emails to files and photos; let's lessen our email obsession; let's check that we're running on renewable where-ever we can; let's get off the screen and pick up the blower more often; let's unplug and unsubscribe.

Technology is here to keep us connected. Let's use it as effectively and efficiently as we can. Let's embrace all the opportunity it has to offer whilst doing so with the very lightest of digital footprints.

Ali Fisher lives in Burpham. She supports businesses and brands to help build a more sustainable future. PlansWithPurpose.co.uk



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Gardening Hints & tips

November & December

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

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

Please note that all Club meetings remain cancelled until further notice due to the Covid-19 virus and the Rule of Six. The **Trading Hut remains closed**. If there is anything that you need please call 01483 874123.

Things to do in the garden in November.

- 🍷 Planting of Tulips should be completed by the end of this month.
- 🍷 Cut down faded perennials leaving Penstemon and other late flowering perennials to continue flowering.
- 🍷 Dahlias and Cannas should be lifted, dried and stored in a frost free place ready for planting next Spring, if they are being overwintered in the ground they should be covered with a mulch dressing.
- 🍷 Apply an application of a mulch dressing to protect Agapanthus from the frost.

Reduce the watering of houseplants.

- 🍷 Half hardy Fuchsias and Pelargoniums should be cut back and brought undercover, reduce watering so that they remain dormant during the winter months.

- 🍷 Amaryllis bulbs should be potted up for Christmas flowering.
- 🍷 Bring potted Hyacinths into a light cool area once they begin to shoot.
- 🍷 Reduce the watering of Houseplants.
- 🍷 Now is a good time to plant Raspberry Canes, Fruit Trees and Bushes.
- 🍷 Start the winter pruning of Apple and Pear trees.
- 🍷 Aquadulce Broad Beans should be planted now to produce an early crop ahead of the Spring invasion of Blackfly.
- 🍷 Garlic cloves can still be planted.
- 🍷 Continue to rake leaves off of the lawn.

Things to do in the garden in December.

- 🍷 Indoor Azaleas should be watered frequently to prevent the dense root ball from drying out, rainwater is better than tap water.
- 🍷 Poinsettias are a popular gift at this time of the year, they should be kept in a warm light place away from draughts, they do not like to be over watered. All other Houseplants should be kept in a bright place as winter light levels fall, on frosty nights do not leave them trapped between closed

- curtains and the window.
- 🍷 Pinch out the tips of Sweet Peas sown in October to encourage bushy growth.

Poinsettias are a popular gift at this time of the year, they should be kept in a warm light place away from draughts, they do not like to be over watered.

- 🍷 The vegetable plot should be cleared of all left over plant debris and lightly dug over to open up the ground so that the winter frost can get in and destroy bugs and diseases.
- 🍷 Rhubarb crowns can be forced by covering them with dark bucket.

Keep off of the lawn when it is frosty or very wet.

- 🍷 Grape vines should be pruned before Christmas to prevent bleeding.
- 🍷 Keep off of the Lawn when it is frosty or very wet.
- 🍷 Insulate garden taps and exposed pipe work against extreme weather.

— EST. 1980 —

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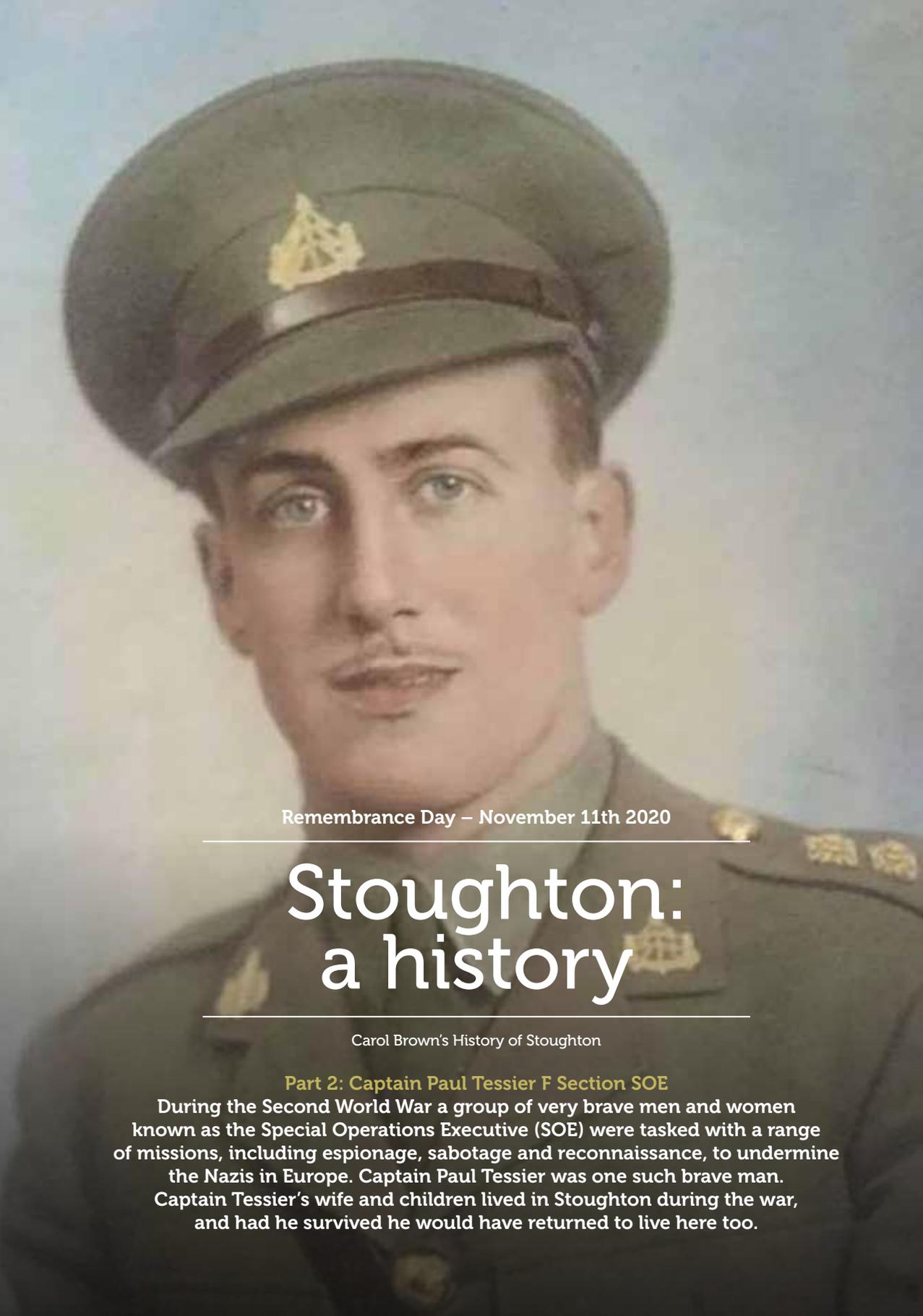
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Remembrance Day – November 11th 2020

Stoughton: a history

Carol Brown's History of Stoughton

Part 2: Captain Paul Tessier F Section SOE

During the Second World War a group of very brave men and women known as the Special Operations Executive (SOE) were tasked with a range of missions, including espionage, sabotage and reconnaissance, to undermine the Nazis in Europe. Captain Paul Tessier was one such brave man. Captain Tessier's wife and children lived in Stoughton during the war, and had he survived he would have returned to live here too.



The Special Operations Executive F Section memorial at Valencay.

The Special Operations Executive (SOE) was officially formed on 22nd July 1940 by Hugh Dalton, the then Minister of Economic Warfare. Churchill famously instructed him to "set Europe ablaze".

The SOE were to work with the resistance in occupied countries, to train and arm them for acts of subversion and sabotage, especially in the days leading to the allied Invasion. They would also send important information about troop movements and German run industries back to London.

Captain Paul Tessier, Reconnaissance Corps, transferred to F (French) Section of SOE and began his training in 1943 at Preliminary Training School STS 5 Wanborough Manor, just off the Hogs Back, Guildford.



Wanborough Manor, Guildford

Early in the war Tessier's wife, Lily (maiden name Flowerday) moved from London to Liddington Hall Drive in Guildford with her children to be near her parents, then to Byrefield Road, Stoughton.

During his training at Wanborough Tessier's training report for 1st April 1943 states:

"He is thoroughly security minded and keen on the work. He sulks if things don't go as he likes. His wife came down to Guildford to stay with her mother, and he saw her of course on Thursday."

"And now go and set Europe ablaze."

Winston Churchill, 22 July 1940

Tessier even took some of his training officers home to dinner with his wife, which he realised was a mistake and admitted to it.

The report also, rather scathingly, continues:

"A tough and extremely enthusiastic British Officer, who although not very intelligent, has good powers of observation."

After completing training Tessier was parachuted into France with a fellow agent to work with a resistance circuit in Northern France. The mission was to destroy a German run factory, which proved to be abandoned, however they managed to escape France via Spain and return to England.

Tessier was parachuted into France again in January 1944, this time with instructions to undertake sabotage in the San-Quentin area. His fellow agents, Guy Bieler and Yolande Beekman, were arrested four days later in a trap set up by the Germans, and Tessier himself three days after that. All three were tortured while imprisoned in San-Quentin before being taken to Paris. Tessier was imprisoned at 4 Bis de Place and interrogated at the infamous Avenue Foch.

Amazingly, he managed to escape from Bis de Place by scraping a hole through a wall. Even though he was a known British Agent with the Gestapo after him, he decided to stay in Paris to help the resistance, showing incredible courage, when he could have been taken back to England, his wife and children and safety.

He was able to get important messages to London about other agents he had seen in captivity, but more importantly, to alert London to the capture of Yolande Beekman, her radio and codes. This would have enabled the Gestapo to play a 'funkspiel' – sending false messages to London, leading to the capture of many other agents plus the capture of arms sent for the resistance.

On the 26th August 1944, while de Gaulle was celebrating the liberation of Paris, Tessier was taking arms from Paris to the resistance group at Lagny with 3 others when they were ambushed by Germans and he was killed.

Capt. Tessier received a Mention in Despatches, but F Section said had he survived he would have received a Distinguished Service Order (DSO).

Tessier was an incredibly brave man. Like all the SOE agents, he volunteered for undercover work knowing how dangerous it was.

He is remembered on the SOE F Section memorial at Valencay, along with 103 other agents who were executed or killed in action in France

and buried at Lagny communal cemetery where the public square is named after him.



The square at Lagny named after Tessier



Tessier's grave, Lagny Communal Cemetery

Tessier was an incredibly brave man. Like all the SOE agents, he volunteered for undercover work knowing how dangerous it was.

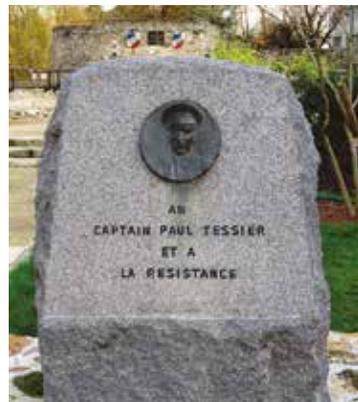
To find out more about Tessier visit the Facebook site set up by his son and grandson: www.facebook.com/groups/1883259491975947/

For more information about the 104 F Section agents visit author Paul McCue's website at www.paulmccuebooks.com

If you are interested in finding out more about the secret operations and the people that undertook them visit the [Secret WW2 Learning Website](http://www.secret-ww2.net) www.secret-ww2.net

Captain Paul Tessier's file can be seen at *The National Archives* Ref. **HS9/1453/2**

To read more about the training of the SOE there is also a book available on Amazon – **Wanborough Manor: School for Secret Agents** by Patrick Yarland (Hopfield Publications 2009).



Commemorative Stone at Lagny-sur-Marne

Please do feel free to contact Carol with any stories or images you have, or anything you would like to see covered in future issues. Carol can be contacted at browne@ntlworld.com

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