

Local advertising and news magazine, delivered  
free to over 3,500 homes & local businesses.

# Stoughton Pages

March  
& April  
2023

Bi-monthly magazine in print & online

**'Knife Angel' visits  
Guildford Cathedral.**

A sculpture, made up of  
100,000 confiscated knives,  
comes to Guildford.

**Guildford in Bloom  
Gardening Competition.**

Categories for residents,  
businesses and schools in  
Guildford Borough.

**Challengers charity builds  
new accessible playground**

**for disabled children.** Work  
has started on a new, state-of  
-the-art inclusive playground.

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# Stoughton Pages

Issue No. 15  
March &  
April 2023

## 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

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Contributors **Nicky Exel,**  
**Chris Sciberras, Tim Bonnert**

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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 May – June 2023 issue is  
**3rd April 2023**

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# Welcome

**Dear Neighbours, after a brief break in January & February our magazine is back, I know some of you have missed it. There's been so much chat in the press about the artificial intelligence tool ChatGPT I thought I'd let it write my intro this month. See what you think?**

As we enter into the fresh, promising months of March and April, Stoughton Pages community magazine is here to keep you in the know about all the happenings in Stoughton, Guildford, Surrey.

Within the pages of Stoughton Pages, you'll find a wealth of informative articles about local businesses and community events, as well as ads for a variety of local trades and services. From decorators and roofers to landscapers and house cleaners, these ads offer a valuable resource for anyone looking for help with home repairs, renovations, or just general maintenance.

As the weather improves, you'll also find articles on outdoor activities and gardening, highlighting local events such as the upcoming Guildford in Bloom competition. And with the building starting of the Challengers charity playground, there's never been a better time to explore the parks and green spaces of the area.

So, whether you're looking for tips on how to keep your garden blooming or interested in learning more about local

businesses and community events, Stoughton Pages has got you covered. It's a wonderful resource for anyone looking to stay connected with the vibrant community of Stoughton. So why not grab a cup of tea and explore the latest issue of Stoughton Pages today?

**Pretty good for a robot, perhaps a little impersonal. I think I'll revert to the old fashioned way in the next issue!**

**Paul Nicholls (Editor)**

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

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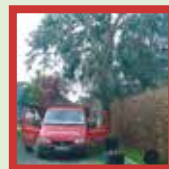
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# News + events

March &  
April 2023

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

## The Surrey Police Band stage an evening concert in aid of Phyllis Tuckwell Hospice



The poster for the Surrey Police Band Concert is set against a blue background. At the top, the text 'Surrey Police Band Concert' is written in large white letters, with 'in aid of Phyllis Tuckwell' below it. To the right, a logo for Phyllis Tuckwell Hospice Care is displayed. The central image shows the band performing on stage, with a conductor in the foreground. Below the image, the date and time 'Saturday 18th March 2023 - 7pm' are prominently displayed. Further down, the venue 'Emmanuel Church, Stoughton, Guildford, GU2 9SJ' is listed, followed by a description of the evening. Ticket information is provided, including advance and door prices, and a booking website. Logos for Emmanuel Church, Surrey Police, and a Fire & Rescue logo are also present.

**Surrey Police Band Concert**  
in aid of Phyllis Tuckwell

Fundraising for  
**Phyllis Tuckwell**  
Hospice Care  
Dedicated every day to people

**Saturday 18th March 2023 - 7pm**

**Emmanuel Church, Stoughton, Guildford, GU2 9SJ**  
Please come and join us for a splendid and sparkling evening with this wonderful concert band.

**Advance tickets £10** (include refreshments) **Tickets on the door £12**  
**Book now at [www.ticketsource.co.uk/stoughton-concert](http://www.ticketsource.co.uk/stoughton-concert) or call 07849 675 627.**

Parking available for disabled persons only.  
These spaces must be booked in advance.

Please call 01262 729446 for information about Phyllis Tuckwell or visit [www.pth.org.uk](http://www.pth.org.uk)

Find us on:   Phyllis Tuckwell, Waverley Lane, Farnham, Surrey GU9 9BL  
Phyllis Tuckwell Memorial Trust is a registered charity, number 1042202. Registered Charity, number 269391.

Emmanuel Church  
SURREY POLICE  
1000 plus members  
Surrey 2017

FR  
FIRE & RESCUE

7.00pm Saturday 18th March 2023

### An Evening with the Surrey Police Band

Emmanuel Church,  
Stoughton, Guildford, GU2 9SJ

Visit <https://www.surreypoliceband.org.uk/upcoming-performances/> for further information or contact the box office on **07849 675 627** or at **sheilawillis38@gmail.com**

The Surrey Police Band is a self-supporting organisation, funded by the subscriptions of its members. It was established in 2007 by a small group of Surrey Police personnel with the understanding that their shift patterns meant they would not always be able to attend rehearsals. This flexible ethos remains today and as a result it has attracted people from many walks of life including the police, military, civil service and wider civilian community.

The primary aim of the band is to entertain audiences, whilst honouring the service and sacrifice made by Police personnel throughout the UK. Over the years the band has built up quite a reputation raising significant funds for numerous charities, in particular supporting the Chief Constable's chosen charity. As the band's reputation has grown, so has the prestige of its engagements. Performances have included concerts in the Yvonne Arnaud Theatre, the Dorking Halls, the Lakeside Country Club, St Barbara's Church in Deepcut, Emmanuel Church in Stoughton, our own annual concert series at Normandy Village Hall and numerous bandstand concerts.

**Come and see the Surrey Police Band in concert, featuring a World Premier, and an exciting mixture of music to suit all tastes, in aid of Phyllis Tuckwell Hospice.**

**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 2023. 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 **3rd April**.

# News + events

## New Service set to speed up MRI scans for heart patients with pacemakers.



*Guildford MP, Angela Richardson cuts the ribbon with Consultant Cardiologists Dr Michael Hickman (L) & Dr Ed Leatham.*

**People with implanted pacemakers and defibrillators will now be able to access a new high quality MRI scanning service launched today by VCL, the specialist imaging company based at The Surrey Research Park.**

At present, patients with pacemakers and defibrillators are either prevented from undergoing essential MRI imaging or have unacceptably long waits. This causes significant problems to patients – and their clinicians – particularly in cardiology, cancer care, neurology and orthopaedics.

The ‘magnetic challenges’ that arise for these patients during scanning can only be addressed by exceptionally highly skilled radiographers and technicians, that VCL is now able to provide.

VCL was founded by two local cardiologists Dr Edward Leatham and Dr Michael Hickman in 2020 with the sole objective of improving access to the latest technological advances specialist imaging.

These highly specialised new MRI scans, which use the latest Siemens 1.5T MRI Scanner, require the joint

expertise of a multidisciplinary team to undertake these vital scans safely and as quickly as possible after the need has been identified.

Dr Leatham explained: “Patients with pacemakers can only have an MRI scan if there’s a highly experienced multidisciplinary team available both to programme their pacemaker (before and after) and operate the scanner to ensure the patient’s safety. For instance, if a person has a raised PSA test there is often a need for an MRI to establish whether they have prostate cancer, however it is increasingly impossible to deliver this within the required timeframe. Therefore, some patients with pacemakers either must undergo a biopsy instead of an MRI scan or wait until a specialist team is available – if at all. Waiting lists for MRIs are already long, but particularly so for pacemaker patients; our new service potentially

puts an end to all this.”

This is not the first breakthrough from VCL; through its partnerships with global leaders in medical imaging technology, it has developed a number of UK-first patient pathways for one-stop chest pain assessment including CT coronary angiography that uses Artificial Intelligence (AI) to assist with detection of critical coronary artery disease up to ten years before symptoms occur ([www.heartscandirect.com](http://www.heartscandirect.com)). It has enabled many patients with Critical Coronary disease to avoid often lengthy – and risky – waits for diagnosis and treatment.

Dr Hickman said: “Following the Covid pandemic, the backlog in NHS services nationally has been particularly harmful to cardiovascular health, due to diminished access and delayed diagnoses. At VCL, we provide direct access to a streamlined, high-quality, patient-centred service that overcomes these delays in accessing healthcare.”

Dr Leatham added: “While we have contracts with all major private medical insurance companies, we are hoping that the NHS will consider out-sourcing some of its MRI/CT demand; our CT scanner for instance may very well sit idle for three days a week and has the capacity to help tackle patients who are waiting, so we believe we hold the answer to speeding up diagnosis and treatment in this area; we are in active negotiations with government and NHS officials to help tackle NHS waiting lists.”

The launch was attended by Guildford MP, Angela Richardson, who commented “This new scanner is a welcome addition to imaging services in this area and I will do all I can to encourage outsourcing to specialist scan providers that have both the expertise and capacity to reduce waiting lists locally.”

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## Mandira's Kitchen makes celebrating Mother's Day deliciously different



**Mothering Sunday falls on 19 March 2023 and families are planning how to spend the day with Mum to thank her for all she does for her family.**

**Mandira's Kitchen** invites you to a sumptuous Afternoon Tea served on their delightful patio overlooking the Silent Pool or you can order a family feast for 4 people that can be delivered to your door.

The Mother's Day Family Feast is available as classic or vegetarian and includes some of their favourite Supper Club dishes; crispy samosas, Methi Chicken or Paneer, Jaipur Alu (baby potatoes simmered in spices) and Saffron Pulau – finished with Gulab Jamun and Carrot Halwa. Or choose the Biryani and Bubbles feast.

For those who want to take Mum on a day out, why not book a slot (spaces limited) on either Saturday 18 or Sunday 19 March to have Afternoon Tea on the MK Patio, overlooking the Silent Pool. Set in the Surrey Hills the surrounding area is a ideal for a family walk after an afternoon tea full of Indian street food treats such as:

An MK Cocktail on arrival; spinach and onion pakoras; lamb or vegetable sliders; Coronation Chicken mini pittas; Mini Papri Chaat; Khatai Rolls; Spiced Cheese scones with tomato and date chutney; Rose Scones with Cardamom clotted cream; and more.

Full details of the menus can be found on the Mandira's Kitchen website <https://www.mandiraskitchen.com/collections/mothers-day> In addition to the Mother's Day food you will also find a wide range of gifts and tableware including Chutney sets with serving dishes, Chai tea pot and glasses and many more dishes and tableware to make the perfect gift. MK also has a range of vouchers for cookery lessons, spice tours and general spend on the website.

Mandira Sarkar, owner and founder of Mandira's Kitchen says: "This Mother's Day we want people to travel with us to a bygone era – my childhood

amongst emerald tea bushes and blazing bougainvillea for the most amazing afternoon tea with an Indian twist. The menu reflects a gentler time and an unhurried pace – in this menu are a few of my favourites which I hope will also become yours and help you celebrate with mum."

---

**"This Mother's Day we want people to travel with us to a bygone era – my childhood amongst emerald tea bushes and blazing bougainvillea..."**

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Of course, Mandira's Kitchen will cater for any dietary restrictions and you can discuss your individual needs by emailing [orders@mandiraskitchen.com](mailto:orders@mandiraskitchen.com)

All items can be ordered online from [www.mandiraskitchen.com](https://www.mandiraskitchen.com) and either collected from Mandira's Kitchen at The Silent Pool Guildford or delivered to any UK Mainland address by Wednesday 15 March ready to eat over the weekend. All food arrives frozen and can be kept in the fridge for 48 hours or in the freezer for up to 6 months. Dishes can be heated in the microwave in 4 minutes, or in the oven. Full details <https://www.mandiraskitchen.com/collections/mothers-day>



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# News + events

## Guildford in Bloom Launches Annual Gardening Competition for Residents and Schools.



*Guildford in Bloom 2022 winners, sponsors, judges & Mayor – Yvonne Arnaud Theatre.*

**The Guildford in Bloom Gardening Competition, which is open to residents and businesses in Guildford Borough launched on 14 February 2023 alongside the Schools in Bloom competition which launched at the end of January 2023.**

The theme for this year is **For King and Countryside** which incorporates both the **Coronation** celebrations and **King Charles III's** love of wildlife

Part of the **Guildford in Bloom** ethos is to create diverse habitats that encourage and protect wildlife, especially our pollinators. The **Best Site for Nature Conservation** category supports and encourages projects to promote biodiversity and havens for all wildlife in our area. However, it will not be possible to reverse the decline in populations of pollinators unless everyone can be encouraged to do a little bit.

Therefore as part of this year's theme, Guildford in Bloom have created a list of ten things entrants can do in their gardens or allotments to create mini wildlife havens. These include bird feeders, being part of a hedgehog

corridor, having a pond or other water source, nectar café's, bug hotels and log piles. In order to qualify for the theme entrants have to choose five things from the list to do – those that can do all ten should enter the **Best Garden for Wildlife** category too.

Cllr Paul Spooner, Chairman of Guildford in Bloom says: "Guildford in Bloom are delighted to be able to celebrate the King's Coronation with our theme For King and Countryside. We felt it was important to include an element that would have a tangible benefit to local wildlife and we sincerely hope that these elements in people's gardens and plots will be maintained in the future.

We hope that our Guildford gardeners will rise to the challenge and help us make a real difference in honour of King Charles III's lifelong love of



*2022 Overall winner Susan Clutterbuck with Mayor and sponsors Keith and Esther Churchouse from Chapters Financial.*

nature and wildlife. Any garden, big or small, private or a business can enter Guildford in Bloom. We'd love to see your photos and stories, please share them on our Facebook, Twitter and Instagram pages by using the hashtag **#GIB2023** and show us how you've interpreted this year's theme."

To take part, please go to **www.guildfordinbloom.com** to download the entry form, and once completed send that to **info@guildfordinbloom.com** no later than **Sunday 18 June 2023** Judging takes place between 28 June – 16 July 2023. You can keep up with the competition on the Guildford in Bloom social media pages – visit **@guildfordnbloom** on Twitter and Instagram and on Facebook here **https://www.facebook.com/GuildfordInBloom**

The school competition is also underway and children across the borough will be designing and creating their gardens with the For King and Countryside theme, and keeping a journal, diary or scrapbook to record their progress.

Entries for the **Schools in Bloom Competition**, sponsored by **Edwins Garden Centre**, need to be in by **21 May 2022** and judging will take place between 5 to 16 June 2023. Entry forms for this competition can also be downloaded from **www.guildfordinbloom.com**

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The winner of **#bloomingschools** will receive £50 to spend on plants or gardening equipment for the school, together with other prizes.

For King and Countryside will also be celebrated at the free **Blooming Picnic in the Castle Grounds Event** on **3 June 2023** – picnic goers will be encouraged to dress up in keeping with the theme and bring flags to wave while they enjoy entertainment from the Castle Bandstand provided by **Guildford Fringe Festival** as we bring our celebrations of the Coronation to a close. Blooming Picnic is sponsored by **Chapters Financial** and **Experience Guildford** and would not happen without the collaboration with Guildford Fringe Festival



*Blooming Picnic in 2022 celebrating the Queen's platinum jubilee.*

Charlotte Wyschna, Managing Director of Guildford Fringe Festival says: "Guildford Fringe Festival are very pleased to be helping organise the Picnic once again after setting the event up with Diana Roberts and GIB all those years ago. It has grown into a wonderful event which is always so well attended. A true community event for the people of Guildford. There will be music and fun for all the family from the bandstand whilst you enjoy the beautiful Castle Grounds."

More details on the Guildford in Bloom website [www.guilfordinbloom.com](http://www.guilfordinbloom.com)

## Challengers charity builds new accessible playground for disabled children.



*Guildford pre-school children enjoying watching the diggers at the playground site.*

### Work has started on a new, state-of-the-art inclusive playground at the Guildford playcentre of charity Challengers.

The specially designed playground in **Stoke Park** will have a huge impact on the lives of thousands of disabled children who are often unable to use typical playgrounds in their own communities.

Challengers has provided more than 40 years of fun and accessible play for children of all ages and continues to champion play for disabled children.

The charity raised £300,000 to build the playground through a fundraising campaign called the **Big Play Appeal**. The playground's design, inspired by the Surrey Hills, will be a multi-functional space with specialist equipment aimed at facilitating fun and adventure for disabled children.

Inclusive and accessible, the equipment is exciting and varied, providing the opportunity for climbing, sliding, swinging and creative play.

Most importantly, the playground will mean disabled children will be able to play with their non-disabled peers in a safe, accessible space where they can have fun and make friends.

Challengers is especially excited and proud that the new playground will see the first installation in the UK of a We-Go-Swing, which represents a revolutionary step forward in inclusive play. The swing, allows wheelchair and non-wheelchair users to play together. Unlike many accessible swings that are segregated from main play areas, this swing is designed to be fully integrated into the playground setting.

According to research from the disability equality charity **Scope** "half of families with disabled children in the UK face accessibility problems with their local playground".

*Continued over...*



*Guildford playground plans. To donate scan the QR code in the right hand corner.*

The 2022 Challengers parent survey indicated only 6% of Surrey families felt there was enough access to safe and accessible play in Guildford. Challengers wants to change that.

British Paralympian and Challengers Patron **Rachel Morris MBE** said: "I'm delighted to see that Challengers are building a new, accessible playground with top-of-the-range equipment for disabled children to enjoy in Surrey."

**"This will make such a difference to disabled children's lives and will help to break down the barriers to play they are faced with daily."**

"This will make such a difference to disabled children's lives and will help to break down the barriers to play they are faced with daily."

Parents whose children attend Challengers are also really excited about the new playground and the difference it will make to their children's lives.

One Challengers parent supporter said: "Children with disabilities deserve opportunities to access play. This is currently something we lack in Surrey."

"This playground will allow children to play in a safe and secure area. Parents will feel comfortable and safe when allowing their children to play in this new playground, this is often something they can't feel in other playgrounds in Surrey."

The playground is due to open in early Spring 2023 and the charity will be showcasing it with a special launch event.



*The playground in development.*



*CEO Gen Dearman with some of the playground builders on day one of the build.*



## Sight For Surrey Centenary Raffle Raises £6,600



**The new CEO of Sight for Surrey, Clare Burgess, drew the 22 winning tickets of the charity's Centenary Raffle, alongside Sight for Surrey's retiring Chief Executive, Bob Hughes.**

The raffle raised £6,600 for the charity that supports people in Surrey with a sight and or hearing loss.

Clare Burgess, previously CEO of **Surrey Coalition of Disabled People**, took over the reins from Bob Hughes, who led the charity for nearly 10 years. First prize was £250, 2nd prize an afternoon tea at the beautiful Wotton House, Dorking and 3rd prize was a £50 voucher for a delicious Indian meal at Chatora Restaurant – all winners have been contacted with the good news!

Clare Burgess, CEO of Sight for Surrey said, "our Centenary Raffle has raised a significant amount of money for Sight for Surrey, and we thank everyone that has sold tickets to family and friends, or bought tickets themselves. Every penny raised will go towards providing help and support to people in Surrey with a sensory loss."

Sight for Surrey is a charity that supports people who are blind, vision impaired, Deaf, deafblind and hard of hearing in Surrey and celebrated their Centenary in 2022. The charity are looking for schools, clubs and individuals to join them in raising funds for the charity in their 101st year. If you would like to take part in a fundraising challenge then please contact [fundraising@sightforsurrey.org.uk](mailto:fundraising@sightforsurrey.org.uk)

# What's on this month

March &  
April 2023



The **u3a** movement has been learning, staying active and having fun for 40 years - showcasing what it means to have a positive later life.

The Third Age arrives when a person becomes free of the restrictions and responsibilities of the Second Age of full-time employment. The Third Age can be a time of creative activity and fulfilment. Anyone can join who shares our principles of self-help learning. No qualifications are required. We believe that everyone in the Third Age has something to contribute.

The following events may or may not be subject to membership of the **Guildford u3a**. To find out more visit [u3asites.org.uk/guildford/home](https://u3asites.org.uk/guildford/home)

*Friday 3rd March*



## **Coach trip to Bentley Priory and Harrow School**

Guided tours of Bentley Priory Museum and Harrow School followed by Afternoon Tea and coach. For further details visit [u3asites.org.uk/guildford/events](https://u3asites.org.uk/guildford/events)

*Friday 17th March*



## **Surrey Network Study Day at The Menuhin Hall**

A study day on poetry presented by Steven Fowler, James Haddow & Roger McGough. For further details visit [u3asites.org.uk/guildford/events](https://u3asites.org.uk/guildford/events)

*Monday 27th March*



## **Monthly Meeting: Arts and Crafts**

Life stories **2.15-3.15pm** at QE Park Centre. A talk by Carolyn Smith, Chairman of the Society of the

Arts and Crafts Movement in Surrey. For further details visit [u3asites.org.uk/guildford/events](https://u3asites.org.uk/guildford/events)

*Friday 21st April*



## **Surrey Network Study Day at The Menuhin Hall**

**The Story of Polar Exploration & Arctic Frontiers in a Changing Climate.** Presented by John Ash & Robert Headland, Scott Polar Research Institute, University of Cambridge. For further details visit [u3asites.org.uk/guildford/events](https://u3asites.org.uk/guildford/events)

*Monday 24th April*



## **Monthly Meeting: The birds and Insects visiting our Gardens**

**2.15-3.15pm** at QE Park Centre. A talk by George Lockwood, organic gardener, plantsman, gardening consultant and public speaker.

He explains how, by not using pesticides or insecticides, birds and insects, and what they eat, naturally benefit a garden against invasive pests. For further details visit [u3asites.org.uk/guildford/events](https://u3asites.org.uk/guildford/events)

*Wednesday 26th April*



## **Coach trip to Milestones Museum and The Vyne**

Includes coach, self-guided visit to Milestones and guided visit of The Vyne, National Trust property. For further details visit [u3asites.org.uk/guildford/events](https://u3asites.org.uk/guildford/events)

*February & March*



We at Manor Road

**Evangelical Church** are very excited to run this 4 week course called **The Marriage Sessions**.

We want marriages to be strengthened, nourished and thrive.

Whether you have been married for a few months or many years, we would love to invite you to come and join us.

An evening of opportunity to invest in your marriage. Refreshment will be provided:

23rd February 7.30-9.30pm  
2nd March 7.30-9.30pm  
9th March 7.30-9.30pm  
16th March 7.30-9.30pm

For more info please get in touch here: [marriagesessions@manorroad.church](mailto:marriagesessions@manorroad.church)

*Saturday mornings*



## **Bible, Blokes and Bacon**

The QE Baptist Church has an active men's group that gathers regularly during the year. This is an opportunity for the men of the church to pray, support each other and discuss the issues that Christian men face.



Through teaching, discipleship, socials and prayer our aim is to become strong men of faith. We have various events including curry and beer nights, board games evenings and breakfasts. Our monthly meeting is held in the cafe space at the **QE Park Centre** and is imaginatively called **'Bible, Blokes and Bacon'**. We start at **8.15am** with a bacon buttie.

Phone **01483 235185**

Email [admin@qeparkbaptist.org.uk](mailto:admin@qeparkbaptist.org.uk)  
[www.qeparkbaptist.org.uk](http://www.qeparkbaptist.org.uk)

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

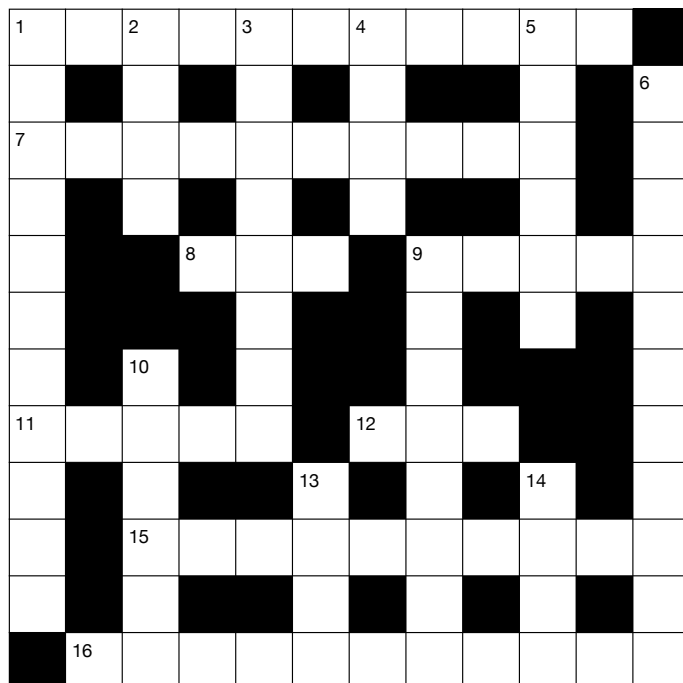
Our next issue of Stoughton Pages will cover May & June 2023. If you would like your event, happening during this period, added to our 'News & events' or 'What's on this month' sections please e-mail the details to [editor@stoughton-pages.co.uk](mailto:editor@stoughton-pages.co.uk) before **3rd April**.



# Stoughton Pages Crossword

Crossword No. 28  
March & April 2023

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## Across

- 1 With hesitancy or uncertainty (11)
- 7 Sudden, radical, or complete change (10)
- 8 Part of a curve, especially a part of the circumference of a circle (3)
- 9 Large, juicy, thick-skinned, many-seeded fruits of the gourd family (5)
- 11 Period of rule of a monarch (5)
- 12 Any person, but not a particular person (3)
- 15 Mustard pickle, a mixed vegetable relish (10)
- 16 Get used to a certain climate (11)

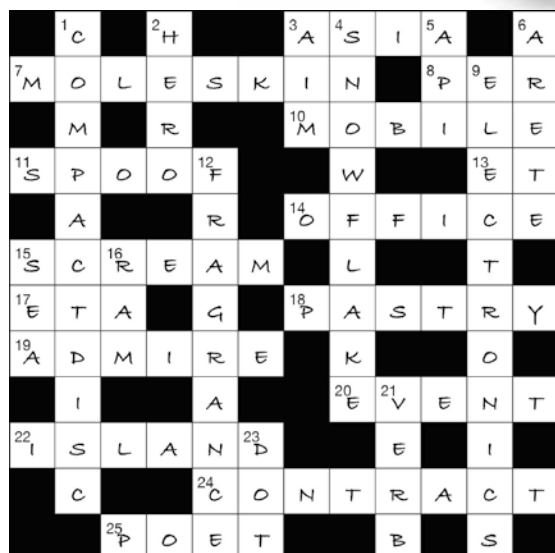
## Down

- 1 On or relating to the earth (11)
- 2 A star that suddenly increases its light output tremendously and then fades away to its former obscurity in a few months or years (4)
- 3 A substance that can cause an allergic reaction (8)
- 4 Toward the inside or middle of something (4)
- 5 Unfrequented and remote (6)
- 6 To make one thing the same as others of that type (11)
- 9 A flower, pale cream colour often used for paint (8)
- 10 A biographical movie or film (6)
- 13 Small, round, dark purple fruit from a type of palm tree (4)
- 14 Brand name of German multinational family-owned discount supermarket chain (4)

## Solution to Crossword No. 26

Stoughton Pages issue No. 14  
November & December 2023

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 2022 solution please see our May – June 2023 issue.



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# 'Knife Angel' visits Guildford Cathedral

The mother of a young man who fell victim to knife crime in Guildford is welcoming the visit of the Knife Angel – 'The National Monument Against Violence & Aggression' to the County of Surrey on the 1st of March.



*Julie Sommerville, whose son Daniel died after an altercation which led to his death in 2015, has been instrumental in bringing the Knife Angel to Surrey.*

Photograph by Andy Newbold Photography

**Julie Sommerville**, whose son Daniel died after an altercation which led to his death in 2015, has been instrumental in bringing the **Knife Angel** to Surrey where it will stand outside **Guildford Cathedral** throughout March with a series of events planned to raise awareness of the effects of knife crime and domestic violence.

The 27ft (8.2m) tall contemporary sculpture, made up of 100,000 knives, confiscated by Police forces across the UK, was created by the artist **Alfie Bradley** and the **British Ironworks Centre** based in Oswestry, Shropshire.

Since 2018, it has been touring the country to highlight knife crime in the United Kingdom and educate young people on the harmful effect violent behaviour can have on their communities. Surrey is considered to be one of the safest places to live in the UK however crime of this type does not respect county boundaries

and its thought-provoking message will be a powerful way to remind people that such crimes affect not just the families of victims but also the wider community.

**"I am delighted that the UK National Youth Anti-Violence Tour will be coming to Surrey and the centrepiece, the Knife Angel, will be on display at Guildford Cathedral."**

**The Very Reverend Dianna Gwilliams**

Surrey Police, **Detective Superintendent Becky Molyneux** said: "We are pleased to be supporting Guildford Cathedral as they host the Knife Angel this March. We're committed to tackling serious violence and aggression in our communities and this project will help further important conversations, discussing why people become involved in violent crimes. We would

encourage the public to continue to drop off their dangerous or unwanted knives and blades at our police front counters across Surrey."

As well as Surrey Police, the project is being supported by the **High Sheriff of Surrey**, the **Lord Lieutenant of Surrey**, **Guildford Borough Council**, charities including 'the **Matrix Trust**' and '**Your Sanctuary**' and pupils from **Christ's College**, Guildford who have produced an introductory video.

The Dean of Guildford, **The Very Reverend Dianna Gwilliams** explains, "I am delighted that the UK National Youth Anti-Violence Tour will be coming to Surrey and the centrepiece, the Knife Angel, will be on display at Guildford Cathedral. We are working with many partners, guided by young people of our community, to provide opportunities to learn more about the effects of aggression and violence among all sections of the community and to address some of



the key concerns of the young people in our County, for example Domestic Violence, County Lines, bullying and violence against girls and women.

The month of March provides an opportunity to work together to make the communities of Surrey even safer.”

Guildford resident – Julie, mum to three other children said; “Daniel was just 24 when he was taken from us in such a terrible way. It devastated our family and my three other children who still struggle to accept what happened to their brother. He was a caring, loving son, would help anyone, and like all young people his age, had dreams and aspirations. The day he died, Dan was about to move into his own home – one minute we were helping his move his stuff in, the next we were clearing it out.”

**Daniel was just 24 when he was taken from us in such a terrible way. It devastated our family and my three other children who still struggle to accept what happened to their brother.**

“The incident was an altercation in Guildford, during which if a knife had not been available to be used in the heat of the moment would not have resulted in Daniel’s death. The message I am trying to get across is to not carry weapons – so if situations arise the opportunity is not likely to be fatal leading to families being destroyed – on both sides.”

“The ripple effect of what happened to Dan was obviously big. I’ve met a lot of lovely people as I am with quite a

lot of groups mainly on social media, these people have all set up groups because of what happened to their family members and obviously I can relate to them. They all want the same thing, to get awareness out there – you see these sorts of things on the news and a lot of people don’t always take any notice, it is not until something tragic happens to you that you realise the consequences involved. We once took part in a scene in Eastenders – after a storyline involving a knife crime the producers wanted real families to take part in the funeral scene, we even held photos of our loved ones as we were filmed.”

“I went up to see the Knife Angel at the British Ironwork Centre where it was made by Alfie and we, like other families, were invited to include Dan’s

The 27ft (8.2m) tall contemporary sculpture, made up of 100,000 knives, confiscated by Police forces across the UK, was created by the artist Alfie Bradley and the British Ironworks Centre based in Oswestry, Shropshire.



Photo supplied by British Ironworks Centre

name on one of the knives used in the sculpture. At the time they were doing a petition to get the Angel somewhere in London when finished but that did not happen, so it was then decided to tour it around the country. I saw other towns hosting and I wanted it to come to my town, it's about awareness and education, it's not just a statue it's a very visual and powerful statement."

Julie will bravely be speaking at the launch of the Knife Angel visit at the Cathedral on March 1st and is hoping that parents will be more vigilant and protect their children by talking to them about how removing the opportunity could save their lives. She also hopes that the children themselves will learn from the events put on throughout March and not only think twice about arming themselves when going out but also about not letting violence or aggression generally play a part in their lives.

"I do this because if sharing my story makes someone think twice about carrying a knife with them and if that potentially saves a life then It is worth telling people – I don't want anyone ever to have to go through what I went through, so in Daniel's name I want to raise awareness – Dan has not got a voice anymore, so I am his voice"

For more information and how you can help or donate please contact Nicola Pratt, Head of Development at Guildford Cathedral on 01483 547 884 or visit [headofdevelopment@guildford-cathedral.org](mailto:headofdevelopment@guildford-cathedral.org)

**"I do this because if sharing my story makes someone think twice about carrying a knife with them and if that potentially saves a life then It is worth telling people..."**

**Julie Sommerville**

Thanks to the support so far from local businesses, individuals and organisations, the Knife Angel will take its place in front of the iconic cathedral and can be visited at any time during March.

There will be talks and events centred around the monument, and Charities are being invited to highlight their work alongside it – follow the @knifeangelguildford social media pages to find out how, also to share your photos and comments during March. There is still time to sponsor the visit with a range of benefits included or donate money to help pay for security (the biggest cost), transport and coach trips for schools to attend the various workshops.



Photo by Andy Newbold Photography

Julie will bravely be speaking at the launch of the Knife Angel visit at the Cathedral on March 1st.



Photo supplied by British Ironworks Centre

The Knife Angel statue on display in Liverpool.



Cathedral Office: 01483 547 860  
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# Stay on track with weight-loss tips!

We're now well in to 2023, many of you will have made some new year resolutions – one of the most common being to lose weight. So, how have you done, did you manage to kick start your year with a lasting change or do you need the help of a Guildford slimming expert to share her top tips to keep your weight-loss resolutions a reality – and all without giving up your favourite foods!



**Nicky Exell** who runs a **Slimming World** group in Guildford and has been a Consultant with Slimming World for 6 years, says: "With the rise of trendy fad diets, people are often seduced by the promise of fast weight losses and take quick-fix routes to lose weight. However, these methods of weight loss aren't sustainable – after all, who wants to feel hungry all the time or give up their favourite foods indefinitely? Especially when that often means that by March New Year's resolutions are a distant memory.

There's no magic pill when it comes to weight loss and the best weight-loss plan is the one you can stick to. Our members lose weight by making small changes to the way they shop, cook and eat and filling up on Free Food – foods that are low in calories but satisfying like pasta, lean meat, fruit, veg, potatoes and more – so they don't have to go hungry or give up their favourite meals, as well as

gradually becoming more active and getting bucketloads of support along the way. They develop healthy habits that they can keep up for life, so they can not only reach their target weight but stay there forever."

**"With the rise of trendy fad diets, people are often seduced by the promise of fast weight losses and take quick-fix routes to lose weight..."**

Here are Nicky's top tips to help you discover a new you this New Year:

## 1. Make small and simple swaps

A huge misconception about losing weight is that you have to make dramatic changes and survive on lettuce leaves and carrot sticks. However, with Slimming World's Food Optimising eating plan, members are encouraged to make small and simple

swaps like switching from oil to low-calorie cooking spray and full-fat butter to low-fat spread, and swapping the white bread for wholemeal bread.

## 2. Plan, plan, plan

Losing weight is much easier when you get in the habit of planning your meals for the week. Pick meals that you know you'll enjoy, try new dishes to keep things interesting and make a shopping list – it's impossible to enjoy healthy meals if you don't have the foods you need to make them in your kitchen!

## 3. Get support

When you're losing weight, having a strong support system around you is vital. If you join a **Slimming World group** your fellow members, who are all on the same journey as you, will celebrate with you and boost your weight loss when you're doing well, and pick you up if you ever have a more difficult week.

A huge misconception about losing weight is that you have to make dramatic changes and survive on lettuce leaves and carrot sticks.

#### 4. Get active

But don't run before you can walk! If you currently lead a more sedentary lifestyle, and the thought of exercise makes you sweat, don't let your fears steer you away from getting active – after all, exercise isn't just about Lycra and aerobic classes. At Slimming World we encourage our members to make simple swaps – from taking the lift and using the car for short journeys to taking the stairs and walking to the shops. Increase your activity levels gradually until you reach the recommended level of 30 minutes five times a week.

#### 5. Track your progress

Having a visual reminder of your long-term goal is a great way to help you stay on track with your weight-loss journey. Not only is it a great way to see the amazing progress you're making, it's a good way to keep yourself inspired and committed. Some members recommend using measurement charts and progress pictures to keep them motivated – not only will they remind you why you're losing weight, they're fun too!

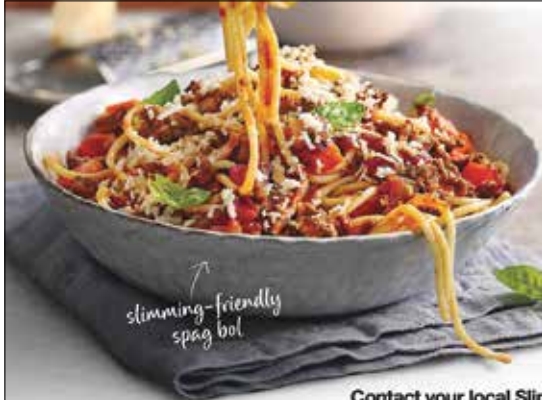
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**"There's no magic pill when it comes to weight loss and the best weight-loss plan is the one you can stick to."**

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Contact Nicky Exell on **07399 953818**  
or email **nickyexell.sw@hotmail.com**





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## 'Top tips' to get fit this year

Every year as Spring approaches magazines and blogs are awash with 'top tips' from fitness trainers on how to get fit and lose weight for the Summer. So, having already featured some weight loss tips in this issue, when we spoke to Chris from Melita Fitness we asked her if she could give us a different perspective.

You know the type of 'top tips' we mean – I nearly started writing something similar for this article

But the thing is, I'm quite aware that I'm 'not normal'. I devote almost my entire life to health and fitness. I have been doing it for decades. And I enjoy it!

So I could tell you till I'm blue in the face that "this tip will change your life"...

But I thought it would be more beneficial if you heard directly from some of our members – who are entirely normal – about things they have learnt during their time with **Melita Fitness**:

### You need to put yourself first

“I can be cranky if I haven't done exercise. I guess I've learnt that I'm nicer to live with and more pleasant to work with if I'm in a better place myself. It sometimes feels selfish to prioritise my own exercise. But everyone wins, as my state of mind is better along with my strength and

fitness. Ultimately it gives me more stamina and energy to look after my family.”

*Michelle – busy working mum*

### Stop making excuses

“You may not want to go to training. You may be tired, stressed, or have too much on with kids, family, life. Your brain will be giving you all sorts of excuses to bail. But you need to tell it to shut up and just go. Because however much you don't want to do it, you're 100% guaranteed to feel good afterwards!”

*Chloe – founding member since 2016*

### Consistency is key

“To make a long-term change, consistency is key. And that's where Melita comes in. Chris, the trainers and the other members of the group will support you all the way, welcoming you from the start and pushing you when you really think you can't do anymore, and checking

in with you when you haven't been for a while!”

*Lyndsay – it's a marathon not a sprint*

### Get organised!

“Last week I shocked myself and went to a 7.30am session. But I've realised that if I'm serious about making changes I need my workouts to fit around my busy schedule. And getting to a 7.30am session was key to this. Yes, it required planning and a few alarms. But it was worth it to enable me to get that extra session in.”

*Jen – getting serious*

### Don't worry about your 'fitness level'

“I can remember Jan 2019 I saw an ad on Facebook and in the picture the women looked normal. So I thought I could give it a try. I was quite nervous for the first session and worried that I was too unfit. But Chris adapted the exercises based

You may not want to go to training. You may be tired, or stressed. Your brain will be giving you all sorts of excuses to bail. But you need to tell it to shut up and just go. Because however much you don't want to do it, you're 100% guaranteed to feel good afterwards!



on everybody's abilities or injuries. And I loved it and am still going 4 years later."

*Lisa – still loving it*

### **You're stronger than you think**

"I've learnt that I'm stronger and fitter than I thought. I've always been rubbish at sport and was bottom of the class in PE. I'm not going to lie, the first class was hard, but 3 and a half years later I'm attending 2-3 sessions a week."

*Heather – rocking the heavier kettlebells*

### **It's actually fun!**

"When friends told me about 'the women's fitness in the park' I was convinced myself I wouldn't like it. But I'm so glad I plucked up the courage to try it out because 4 years later I'm still a regular! It's so much fun doing it together that I sometimes forget that I don't enjoy working out."

*Emma – ssshhh, don't tell Chris I said this!*

### **Age is just a number**

"And you're never too old. I'm nearly 60 but feel a whole lot younger! I truly enjoy the workouts and the community. Everyone is on their own journey and there are options for every level of fitness."

*Patricia – 59 and proud of it*

I do hope you find their advice helpful. If you're inspired to get started with training in a group of like-minded women, please do get in touch!

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*Local tradesman, Guildford*

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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)

# Gardening Hints & tips

From the Worplesdon Garden Club

March & April

For more information on **Worplesdon Garden Club** contact Tim Bonnert on **01483 237702**

**Worplesdon Garden Club is a friendly and enthusiastic club which meets every second Tuesday of the month from 8-10pm in the Old Church, Emmanuel Parish Centre, Stoughton, Guildford, GU2 9SJ with doors open from 7.45pm.**

**March:** David Millais –

'Rhododendrons – Himalayas to Chelsea', Tuesday 14th March.

**April:** Jacqueline Aviolet – 'Hardy Geraniums', Tuesday 11th April.

## Gardening hints and tips for March & April

- ❖ Hardy annuals can be sown outside where they are to flower, or you can sow in trays undercover or in a sheltered spot.
- ❖ Sow vegetables that require a long growing season, such as Chillis, in a propagator or warm window sill.
- ❖ Finish cutting back all dead tops of perennials to make way for the new growth.
- ❖ Bush roses should be pruned now.
- ❖ Shrubs grown for winter colour of their stems such as Dogwood (Cornus) should be cut back (stooled) now.
- ❖ Mow lawns when necessary, but raise the cutter height so as not to remove too much of the grass blade for the first few cuts. Dedicated moss treatments or combination treatments of moss and spring 'weed and feed' can be applied towards the end of the March.

- ❖ Divide congested perennials - wait until the first signs of growth then lift and split, discarding the dead or woody centre of the clump and replant the younger vigorous parts from around the edges
- ❖ If you have any indoor bulbs (hyacinth, amaryllis, narcissi) that have finished flowering, move these to a very sheltered outdoor area or ideally a cold frame or unheated greenhouse and continue to water and feed until the leaves die down naturally in a few months' time.
- ❖ Ventilate greenhouses on warmer or sunnier days if you are over-wintering plants or perhaps give it a pre-Spring clean inside and out and ensure that the glass is clean to allow as much light in as possible.
- ❖ If April frosts are forecast, protect tender new growth by covering with newspaper or horticultural fleece at night.
- ❖ Keep the greenhouse well ventilated and water regularly as warm days and rapidly growing plants will dry the compost out quickly.
- ❖ In the vegetable garden, it's time to direct-sow carrots, parsnips,

radishes and beets as the soil begins to warm.

- ❖ Chitted seed potatoes should be planted from late March through April, especially first-early potatoes that will be ready to harvest in about 12 weeks.
- ❖ The old canes from autumn fruiting Raspberries should be cut back to ground level, but do not cut the canes from the earlier, summer-fruiting varieties.
- ❖ Fill in any depressions in the grass and over-sow any bare patches with new seed.
- ❖ Leave the foliage of Spring bulbs to die down naturally – don't be tempted to cut or tie. It's a good idea to water them with a high potassium fertiliser such as a liquid tomato feed to encourage the best flowers next year.
- ❖ Start the biological control of Vine Weevil larvae with the application of a nematode soil drench, and Box Tree Moth caterpillars with a bacterial wash.
- ❖ Continue to sow annuals and vegetable seeds and prick out and pot on any seedlings as they grow.

**Worplesdon**  
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## Local Councillors

**Borough Councillors** (Stoughton)  
Gillian Harwood.....01483 575244  
Masuk Miah.....07956 858401  
Pauline Searle.....01483 825424

**County Councillor** (Guildford North)  
Julia McShane.....Tel: 01483 837736

## 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

**The Fountain Centre**.....01483 406618

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

**Headway Surrey**.....01483 454433

## Dentists

**Surrey Dental Practice**.....01483 506277

**Woodbridge Hill Dental Practice**  
.....01483 568584

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