

Healthy Communities Guildford

OCTOBER / NOVEMBER NEWSLETTER

Welcome to our Guildford Healthy Communities Newsletter!

At Freedom Leisure, we are dedicated to building a Healthy Community throughout the Borough. Here's what we have been up to recently within Guildford!

Thank You

It's been a busy year at Guildford Spectrum with many successes along the way.

We have supported many individuals throughout the year, and partnered with fantastic organisations all working for improved wellbeing within our community. We have seen some fantastic growth across our activity, especially through our referral programs.

2026 promises to be even bigger and better, with various facility developments taking place across our sites.

If you are interested in how we can support your organisation, how we can support individuals or have a suggestion for new offers then please get in touch by email: hcguildford@freedom-leisure.co.uk

Have a peaceful and joyous Christmas period, and here's to an exciting and successful 2026!



Meet Lyndsey

I am thrilled to welcome Lyndsey to the Healthy Communities team at Guildford. Lyndsey and I will be working alongside each other to help provide a positive impact to the residents of Guildford and continuing to undertake work in the 3 key areas of our Healthy Communities department:

- **Sports & Recreation**
- **Community Wellbeing**
- **Health**

Please join me in giving Lyndsey a warm welcome to the team.



A message from Lyndsey Ward, Healthy Communities Assistant:

"My commitment to the community has always been the driving force to help people access sport and wellness within their daily activity. Although I am only 4 weeks into my role, I have taken part in some fantastic workshops to help me:

- **The Frality Academy Workshop - The Royal Surrey NHS trust**
- **GP referral course**
- **Mental Health Workshop - National partnership with Sport in Mind**

Overcoming adversity has really empowered me to help others as much as I can, and it is in my best interest to keep myself active and to help others. If you are interested in working with the healthy communities team, please do not hesitate to reach out. I would love to hear from you: lyndsey.ward@freedom-leisure.co.uk

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Breast Cancer Awareness

We provided a space for the Jarvis Centre to raise awareness for Breast Cancer in October.

Various information was available to members as well as support in how to check what to look for, including 'Guides to breast awareness & screening' and 'The importance of checking your chest'.



Restart a Heart

We were joined by St Johns Ambulance to provide instruction on how to restart a heart.

Throughout the day, members of the public had an opportunity to practise CPR and the use of an AED. The more people that know how to restart a heart, the more people that can be saved at the time of going into cardiac arrest.



Get involved



#RestartAHeart

Westminster

Mary Carter Lee (Company HR Director) and myself attended Westminster for the final cohort meeting of the More and Different project.

Chaired by Lord Patel of Bradford, the project aims to increase access to job opportunities with a simplified job application and less formal interview process.

It was fantastic to join up with other Surrey organisations to work together on this project and provided better opportunities from Surrey residents.



Oliver McGowan Training

Oliver McGowan Training has become mandatory to all Health and Social workers. The Oliver McGowan Training is a government-mandated program for UK health and social care staff to equip them with essential skills to provide safe care for autistic people and individuals with a learning disability.

We've been delighted to host 8 sessions of training on behalf of Active prospects, with over 150 professionals attending the sessions.



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Xplorer

At the Guildford Lido Open Day which took place on 18th October and during October Half Term, we were delighted to run our first Xplorer sessions.

All the young people that put on their exploring caps to take part had a great time, with 10/10 ratings all round.

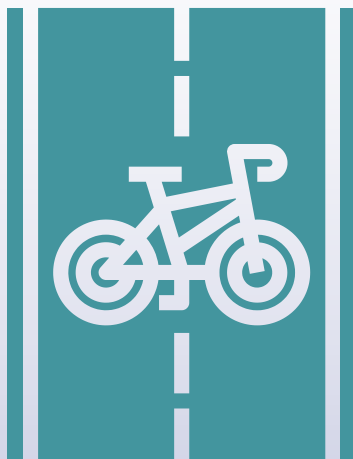
Look out for our next event in February Half Term!



Learn to Ride

We were delighted to support Surrey County Council with their Learn to Ride program in October.

Using a quiet space, members of the community were able to learn to ride in a safe space, increasing their confidence and understanding of riding etiquette, before heading out onto the main roads.



Workwell

In November attend the Workwell Multi-Disciplinary Team meeting. Working with partner agencies, we are supporting those currently out of work in being more physically active to help improve their mental health and wellbeing.

This will improve their confidence and reduce anxieties, allowing for greater opportunity to find employment.



British Blind Sport

We were delighted to welcome British Blind Sport for an awareness workshop for staff in November.

Throughout the workshop, staff learnt of the difficulties faced by individuals with visual impairments, how individuals can be supported and how activity can be adapted to become more inclusive.



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Move for your mind

We recently partnered with Grow and Glow & Men's Pit Stop to provide a 'Move for your mind' event. The day consisted of various exercise sessions as well as inspiring talks and wellbeing stands from local companies, and information provided by local charities who support those with mental health needs.



Guildford Council's Wellbeing Week

We supported the staff at Guildford Council throughout their wellbeing week.

We provided health checks and promoted physical activity opportunities in Guildford. If your companies are interested in health checks for staff, then please get in touch.

BLOOD PRESSURE

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (seek your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

IN GENERAL, LOW BLOOD PRESSURE IS A READING LOWER THAN 90/60 MM HG.

HEALTH CHECK

Blood pressure

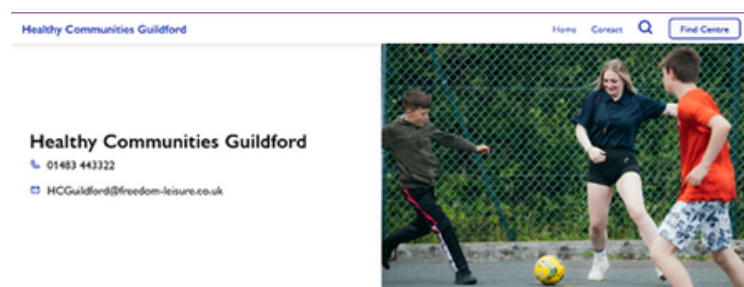
Weight

Height

Have You Visited Our Webpage?

We have a specific webpage for our Healthy Communities work.

For more information on our Healthy Communities offers, visit: www.freedomleisure.co.uk/healthy-communities/guildford



Partners

Guildford BC
Active Surrey
We are Undefeatable
Surrey Minority Ethnic Forum

