

# Guildford Spectrum Healthy Communities

JANUARY / FEBRUARY NEWSLETTER

## Welcome to our Guildford Healthy Communities Newsletter!

Across Guildford, we are dedicated to building a Healthy Community throughout the Borough.

## Charity of the Year - Sensory Services by Sight for Surrey

We are delighted to announce Sensory Services by Sight for Surrey as our Charity of the Year this year. We will be working closely with them throughout the year to increase client participation and raise awareness of their fantastic charity.

Sensory Services by Sight for Surrey provide specialist support for people who are blind or partially sighted, Deaf, hard of hearing and deafblind, helping individuals of all ages live independently, stay connected and thrive within their communities.

We will be working closely with them throughout the year to increase client participation and raise awareness of their fantastic charity. For more information please [click here](#).



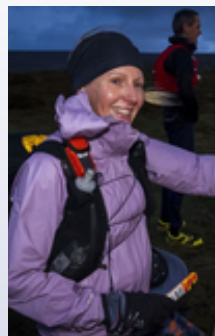
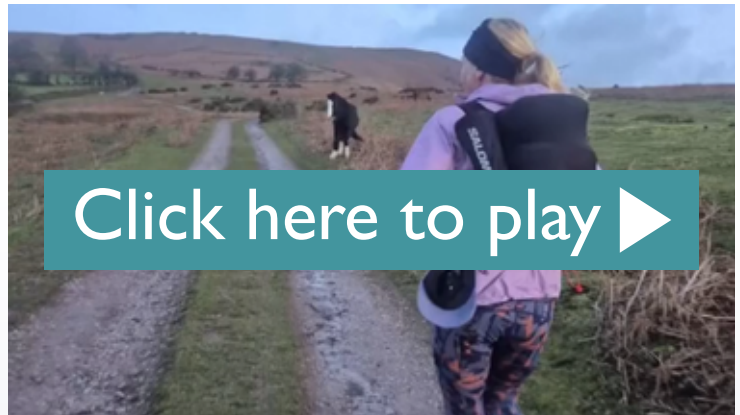
## Events

### Freedom Leisure Athlete Investment and Recognition (FLAIR) Scheme

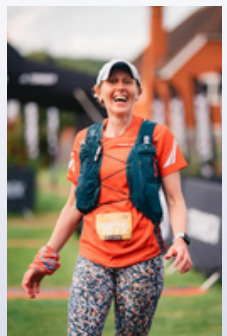
We are pleased to operate a scheme that supports talented athletes with their event training. We currently have 26 athletes who sit within the top 10 of their discipline or represent the country at a national level. The athletes participate in a range of sports including Athletics, Underwater Hockey, Handball, Touch Rugby and Backyard Ultra Running.

Lizzie represents the UK in Backyard Ultra Running. This event sees her complete a 4.17 mile loop every hour until the last person is standing. Within this hour, runners will have to complete their loop, any eating and sleeping they want to do.

To hear more about Lizzie and her ultra running story, please scan the QR code or watch the below interview.



SCAN ME



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## Weyfield School Careers Fair

It was a pleasure to attend Weyfield Schools careers fair for children aged 10 and 11 years old. It is never too early to begin discussing career options, and it was fantastic to hear such well-thought of questions from the children.

### Career Ladder at Guildford Spectrum



## Pancake Race

We were delighted to, again, attend the Charlottesville Jubilee Trust Pancake Race in the town centre. Specky enjoyed meeting so many of and then went on to run a fantastic race. Much improved on last years performance, Specky with a barnstorming 1<sup>st</sup> place finish this year!



## Active Surrey Safeguarding Team

We were pleased to have Chris and Emma from Active Surrey's Sport Welfare team visit Guildford Spectrum recently. They are in place to help support local sports clubs with any safeguarding questions, general support and signpost to appropriate training opportunities. If you wish to contact them, please email [chris.pinson@surreycc.gov.uk](mailto:chris.pinson@surreycc.gov.uk) or [emma.das@surreycc.gov.uk](mailto:emma.das@surreycc.gov.uk)



## Health Inequalities

We were able to host Surrey Heartlands Integrated Care System and their latest health inequalities meeting recently. The focus was on those living with dementia and socially isolated. Both areas are very important to us here and we look forward to continuing to build our programming to reach key demographic groups.



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## Surrey CC Skills Boot Camp

We are currently hosting a personal training and business course which is being attended by 15 members of the local community. This has been supported by the Surrey County Council Skills Bootcamp initiative and provides opportunities for those unemployed to become qualified in an area of interest.



## Guildford BC Grassroots Networking Event

Recently, we hosted the Guildford BC Wellbeing team and their Grassroots Speed Networking event. We were joined by 40 organisations, who were afforded time to discuss their organisation and what they offer to the community. This was followed by an opportunity to network with the organisations in attendance. This provides a great opportunity to develop stronger community relationships, which in time, will see us providing a broader outreach programme to our community.



## Pulmonary Rehab Class

We have recently begun a Pulmonary Rehab class for those diagnosed with lung conditions. This low level exercise class provides opportunity to be active whilst increasing social opportunities at a difficult stage in someone's life. **The class takes place every Friday, 12:20 - 1:20pm at Guildford Spectrum.**

If you would like more information on Pulmonary Rehab classes at Guildford Spectrum, please reach out to: [chris.sexton@freedom-leisure.co.uk](mailto:chris.sexton@freedom-leisure.co.uk)



## Guildford Youth Hub

It was a pleasure to attend the opening of Guildford Youth Hub. The Youth Hub is for 18-24 year olds who are not currently in employment, education or training.

The Guildford Youth Hub will be run by Surrey Long Life Partnership and operate in partnership with the DWP to support young people develop their skills and move closer to employment. The hub will also provide young adults access to other support services including skills development, mental health and housing.



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## Upcoming Xplorer

We were delighted to host our second Xplorer event during February Half Term. Despite wet and muddy conditions on the day, everyone had a great time exploring around Guildford Spectrum.

Our Easter Xplorer Trail dates have been confirmed for **Thursday 2<sup>nd</sup> & Thursday 9<sup>th</sup> April, with the event taking place between 11:00am - 3:00pm.** The cost is just £3 per family with the route taking approximately 1 hour to complete.



## Chat and Natter

We are looking forward to hosting a chat and natter table at Guildford Spectrum. This will provide opportunity to improve social isolation and make new friends. If you are interested in volunteering to host this table, please reach out.



## Ash Manor Women's Football Opportunity

We are looking to host a Women's Recreational Football session at Ash Manor Sports Centre on Monday evenings between 11:00am - 3:00pm. If you are interested in participating, please register through the QR code.



SCAN HERE



## Wellbeing Swim and Chat

We are delighted to be able to extend our Wellbeing Swim and Chat session to Guildford Spectrum from 9<sup>th</sup> March. The session which is hosted by staff members, provides an opportunity for a gentle swim and chat. A fantastic way to be active whilst increasing social connections. This session compliments our monthly session at Guildford Lido which previously took place on the first Saturday of every month.

From April, these sessions will be taking place on the first Sunday of every month.



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## Paediatric Diabetes Connection

In March, the Paediatric Diabetes team from RSCH will be hosting a coffee morning at Guildford Spectrum for the families they support. In addition, they will also be holding a training event for their families. Our facilities are very much open spaces, so if you would like to host an event, please reach out so we can discuss further.

## Active Surrey / Family Voice

Active Surrey and Family Voice will be hosting a family activity session in April. This is aimed at those with special educational needs. If you'd like more information, please email: [laura.white@surreycc.gov.uk](mailto:laura.white@surreycc.gov.uk)



## SEND Sport and Social

We are working towards holding a monthly SEND sport and social club at Guildford Spectrum. This will include a range of activities and social opportunities.

Keep an eye on our social media and website for more information coming soon!



## Community Needs Survey

We are working towards holding a monthly SEND sport and social club at Guildford Spectrum. This will include a range of activities and social opportunities.

Keep an eye on our social media and website for more information coming soon!

Click here to fill out the survey or scan the QR code below.

# SCAN ME



## Healthy Communities within the Guildford Area

At Guildford Spectrum, Guildford Lido and Ash Manor Sports Centre, we are dedicated to building a Healthy Community throughout the borough. This includes work in the following 3 areas:

Sports & Recreation, Community Wellbeing and Health.

Please scan the QR code below to view our healthy communities activity timetable.

