

# Healthy Communities Guildford

AUGUST / SEPTEMBER NEWSLETTER

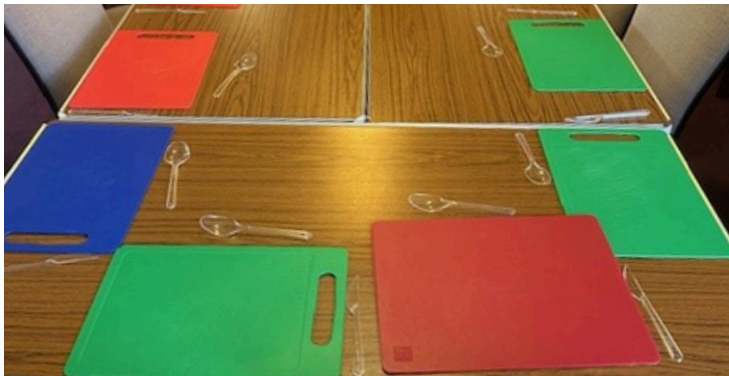
## Welcome to our Guildford Healthy Communities Newsletter!

**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!**

### Food and Activity Day

We were pleased to support the charity [Foodwise](#) in the Summer Holidays with two Food and Health days. This free event provided families with an opportunity to try some different activities in the Summer Holidays. As well as making healthy pizzas and decorating biscuits, families had the opportunity to try board games and chess (kindly provided by Guildford Institute), along with an obstacle course (thanks to Guildford BC wellbeing team) and Boccia.

Both days were well attended and we hope to provide more in the future.



### Workwell

We have been supporting local individuals with physical activity advice who have health needs, who are out of work and/or struggling to maintain work. We know physical activity can have such a great impact on the mind and body and we have been prioritising spreading that message throughout the community.

The advice and suggestions we have been encouraging individuals to take part in includes walking activity, at home workouts and local leisure opportunities.

Many people believe physical activity involves Gym sessions and Sports teams - but it really doesn't. It can be so much more than that!

**10K  
STEPS**



### Sport in Mind

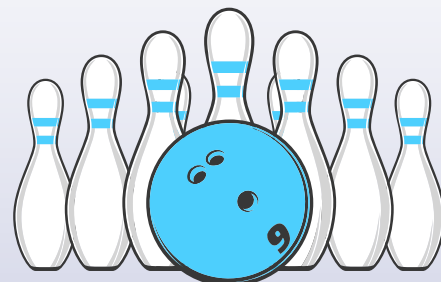
Sport in Mind are continuing their Friday morning Bowling session.

The team facilitate the offer, allowing individuals who have struggled with their mental health to turn up and play a game of Bowling - and the session is continuing to grow!

If you know of anyone, or you yourself, would benefit from this activity, please email: [amy.wright@sportinmind.org](mailto:amy.wright@sportinmind.org)



**Sport  
In Mind**



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## Freshers Fair

We attended the Freshers Fairs at both Merrist Wood and Guildford College. This provided us an opportunity to showcase the Leisure offers we have at our Guildford sites, as well as the many employment opportunities the site provides.

We even held a mini competition in which students could enter for the chance to win a 3 month student membership at Guildford Spectrum! We had lots of engagement from students on the day, so we'd like to call it a success!



## Xplorer

On **Thursday 30<sup>th</sup> October from 11:00am to 3:00pm**, we will be running our first Xplorer Trail around the grounds of Guildford Spectrum. Xplorer is a family-friendly orienteering activity which also provides a great introduction into map reading and navigation. Xplorer provides a different, low-cost activity for families, whilst incorporating movement and learning in a fun way.



## Litter Pick

Once again, we attended the community litter pick organised by [Experience Guildford](#). The walk around Guildford Town Centre not only helps with clearing up litter, it also provides an opportunity to network with other local businesses.



## Christmas Toy Appeal

This Christmas, we will be supporting [The Salvation Army](#) with their Christmas Toy Appeal. We will be accepting suitable donations of children's toys and games at the Reception of Guildford Spectrum, Guildford Lido and Ash Manor Sports Centre.

We will be accepting donations from **Monday 17<sup>th</sup> November to Tuesday 2<sup>nd</sup> December**, allowing for enough time for distribution before Christmas Day.





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## Autism By Experience

We have been pleased to link with [Autism by Experience](#) to help improve the customer journey for our inclusive sessions.

The team at Autism by Experience work to highlight all local and county wide opportunities for Autistic children and adults to access community offers.

We worked with Autism by Experience to create an online visual story which provides a walk-through to customers who will be attending our Leisure Pool SEND Sessions. This is available to download via our website. [Click here to view our Leisure Pool SEND Session Visual Story.](#)



## Charity of the Year

We will be launching our 'Charity of the Year' initiative on **Saturday 1<sup>st</sup> November.**

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



## Surrey Choices

At Guildford Spectrum, we have been working with [Surrey Choices](#) to become a disability confident employer.

Surrey Choices provides person-centred support to disabled, autistic and neurodivergent people, enabling them to live active lives in their local communities, as well as providing opportunities to work at local businesses. Their support covers the whole employment journey from creating a CV to interview preparation.

[Meet Georgina – a bright, cheerful volunteer at her local leisure centre café. | Surrey Choices](#)



## Snow White on Ice 🍏

Step into a Winter Wonderland this December as you witness the ice rink transform with Guildford Spectrum's Annual Ice Show!

This year, the skaters from Spectrum Skate School will be putting on a production to remember with a magical performance of **Snow White on Ice**. Running from **12<sup>th</sup> to 14<sup>th</sup> December**, this family-friendly production promises to leave it's festive mark. [Click here for more information.](#)

