

Guildford Spectrum Healthy Communities

MAY / JUNE NEWSLETTER

Welcome to our Guildford Healthy Communities Newsletter!

At Guildford Spectrum we are dedicated to building a Healthy Community throughout the Borough.

Guildford Town Centre Litter Pick

It was a pleasure to take time away from the office to support Experience Guildford with their litter pick around Guildford Town Centre for Earth Day. Along with other local businesses, 6 bags of full rubbish were collected along North Street, High Street, Riverside and around the Cinema area.

We are looking forward to working more closely with local businesses in the near future.



Surrey Youth Games

It was a pleasure to work in partnership with Surrey Sports Park to deliver the Guildford Youth Games this year. Surrey Borough's decided to run their own events this year after many years of the Surrey Youth Games. Together, we arranged for children to access Badminton, Tennis, Climbing, Football, Netball, Swimming, Roundnet, Gymnastics and Trampolining. In total, over 80 people accessed activity with more to follow in the Summer.



Regional Project of the Year

I spent two days at the end of June at the Freedom Leisure annual conference. There were some excellent speakers over the two days, with lots to think about and hopefully, implement over time.

During the 2 days, Freedom Leisure held their annual awards, and we were pleased to pick up two awards:

- Healthy Communities Programme of the Year with the Junior Citizens initiative
- Centre of the year for a region that covers Gloucester, Cotswolds, Somerset, Worcester, Woking and Guildford.

Well done to all staff for their hard work and commitment in improving lives through Leisure.



Leisure Operators Forum

In May, I attended the leisure operators forum with a representative from each Surrey borough. We discussed best practices around our 'health' offers and how we can implement positive change to peoples lives. Networking events are an invaluable opportunity to learn and build partnerships to help us all inspire the communities we serve.



Guildford Spectrum Healthy Communities

MAY / JUNE NEWSLETTER

Junior Citizens

Over two weeks in June, we delivered 19 sessions of water safety talks to over 1000 school children from Guildford and Waverley. As well as our element of Water Safety, we also had colleagues from British Transport Police, HRCG Health Group, St John Ambulance and Thames Basin.

Across the very worthwhile 2 weeks, children were able to develop their understanding of the greater risks of their actions in and around our communities.



Active Workforce Week

We spent a week in June encouraging our colleagues to try something new and move more than usual. As well as walking, we had a number of challenges for staff to take part in including, 'swim in the length of the English Channel', group exercise classes such as Indoor Cycle and Mobility sessions, team sporting activities and a 'blind row challenge' to see who could get closest to 200 metres.

As well as physical activity, staff were provided with various wellbeing information to support them at home and in the community.



Career Days

I was fortunate enough to attend a careers day at Guildford College recently. This provided me an opportunity to talk to young people with additional needs about the different roles we have available in Guildford.

We have a diverse workforce in Guildford which we are very proud of. As well as our paid roles, we also offer work experience and volunteering opportunities.

This is possible due to our partnerships with local groups and colleges, which is something we are hoping to expand further in the near future.

