

GOLDSWORTH NEWS

September 2023 – Issue 185

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Autumn edition



Goldsworth Swans with Cygnets 2023. Photo: Pam Taylor.

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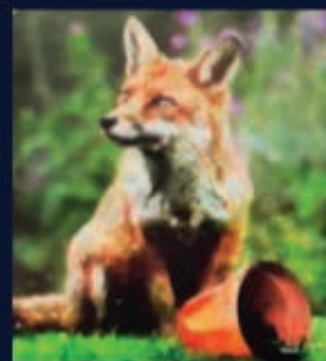
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GOLDSWORTH NEWS is the magazine of the Goldsworth Park Community Association CIO and is distributed free to approximately 5,000 homes and organisations throughout Goldsworth Park and the surrounding area.

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and Royer Slater.

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Please submit articles for the next edition
by Monday 13th November 2023 to:
editor@ourgoldsworthpark.org.uk

GPCA CIO MEETINGS

Next public meeting 18th October 2023
AGM 7.30pm The Lodge.

Membership of the GPCA is required to receive details of forthcoming meetings. Contact chair@ourgoldsworthpark.org.uk for information on how to join.

LOCAL COUNCILLORS

Ann-Marie Barker WBC,
Martin Sullivan (Lib Dem),
Stephen Oades WBC and
Lance Spencer SCC (Lib Dem).
Saj Hussain SCC (Conservative).

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Please read and recycle

Views from the Chair

IN the summer edition of the *Goldsworth News* I reported that our secretary, Celia Young, would be standing down at our AGM on October 18.

I'm pleased to say that we have found a successor in Chris Taylor, who also edits this magazine. Chris will continue as editor and take on the majority of the secretary's duties while Celia, who hopes to stay on as a trustee, subject to her re-election by members next month, will look after any dealings with the Charity Commission.

There is still an important vacancy within the GPCA to be filled, that of project manager for Natural Goldsworth Park (NGP). This part of our charity was formed in 2017, primarily to oppose Woking Council's plans to use part of The Meadow for junior football pitches. The campaign was successful with the council agreeing not to consider any changes to use for at least 10 years.

Since then NGP has organised flora and fauna surveys and worked with the council and other stakeholders to maintain and improve the Park's green space. The woodland walk on the eastern side of the lake is a result of NGP's collaboration with landowners Thames Water. If you feel you could take on the project manager's role or would like to be involved with NGP please contact me at the email address below.

Earlier in this piece I mentioned the GPCA AGM. At the meeting registered members will get the opportunity to elect trustees and air any views of concern. Our meetings at The Lodge are always well attended by Goldsworth Park's county and borough councillors who always do their best to answer questions, however awkward! I hope to see you there.

George Binyon

chair@ourgoldsworthpark.org.uk

X@ourgpca

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Volunteer GPCA News deliverers sought

YOUR help is urgently needed to deliver, just 4 times a year, the Goldsworth Park News. If you live in or near one of the roads listed below please volunteer today to ensure GPNews, which is run totally by volunteers, continues to be received and enjoyed by your fellow residents.

GPNews will be delivered to your door by our dedicated volunteer coordinator Peter and will only take a few minutes of your time to deliver. I am sure you will find supporting your local community enjoyable – you could even meet a fellow resident you have not spoken to before. Since the Spring edition two new volunteers have come forward to which a huge thank you is owed but sadly a couple have had to retire.

The following roads require volunteer deliverers: Bankside, Caradon, Dene Place, Selby, Wyndham Road, Nethercote, Lombardy, Roundthorn Way, Conista Court, Queendale Court, Blencarn, Littlemead, Venton Close, Bardon Walk, Lidstone Close, Watercress Way, Quintrell Close, Hawkswell Close, Hawkswell Path.

Please get in touch with Peter Hill at peter.hill3@ntlworld.com to offer your services.

Community litter pick

THE GPCA is holding a community litter pick on Saturday September 9th, meeting at The Lodge, Wishbone Way, at 2pm. Litter pickers, bags and high-vis safety vests are all provided. All welcome, but children must be accompanied by an adult. Hope to see you there. Any questions, please contact secretary@ourgoldsworthpark.org.uk

GPCA AGM Wednesday October 18th, 7.30 pm, The Lodge

Lakeview Community Fun Day

THERE was a great turnout for the Lakeview Community Fun Day held on Saturday 12th August. The weather thankfully stayed mostly fine after a very wet period and the sun even came out at times! James Sanderson, Chair of Lakeview Community Action Group, explained that it was the first time the event was run since before the pandemic. "We were very pleased to welcome the Mayor, Ilyas Raja, who visited the Fun Day mid afternoon. He saw at first hand many of the activities being run and even joined in with some of the dancing".

There was plenty to do for all the family: bouncy castle, lots of different stalls offering a wide range of activities and goods, live music, various dance performances including around the maypole and several places to eat and drink.

The live entertainment throughout the day featured music from local bands who have played at "Andy's Out of Hours" at St Andrew's Church. There were also various dance acts including from Dance Woking, Global Grooves, Belly Tricks and MCDC providing some innovative performances. There were a couple of maypole dances ran by Dance Woking where audience participation was very much encouraged. All in all, there was great engagement with the crowd.



Photo by Studio 13

There was a variety of catering provided, a BBQ stand, sweet treats like waffles, candy floss and popcorn, an alcohol free bar serving some great cocktails and even a smoothie stall ran by Surrey County Council which people made their own smoothies by cycling. Inside the Community Centre, teas, coffees and cakes were provided by Andy's Community Café.

The bouncy castle was a great hit with younger children and was well used throughout the day. Many of the stalls ran tombolas or other family friendly activities and there was also a drumming workshop. There were opportunities for temporary tattoos and glitter and a local football team, Goldsworth Park Avengers, ran a penalty shoot out event.

A number of local charities and community groups including Woking Street Angels, Woking Youth and Young Carers were able to publicise their activities and raise much needed funds. There were also a variety of other stalls selling for example jewellery, children's books, handmade textiles and a wide range of jams, jellies and chutneys.

One of the highlights of the Day was the Grand Prize Raffle. "We are very grateful to the many local businesses who donated prizes for the Raffle" said James Sanderson. A wide variety of prizes were given out including a £100 cash top prize, various food and drink hampers and vouchers for restaurants and various leisure activities.

The Community Fun Day was a great success, showcasing the diversity and vitality of Lakeview and Goldsworth Park and brought local people together for a day of fun and friendship. James Sanderson concluded "Thanks very much to the many people who worked so hard to make the event go so smoothly. We hope to run a similar event next year".

Content provided by the Lakeview Community Action Group



Goldsworth Care Helps People

By Sue Waters Goldsworth Care Volunteer

Goldsworth Care – local volunteers providing transport and help to those on Goldsworth Park who need us.

We enjoyed our stall at the Goldsworth Park Summer Fair on 17th June and we enjoyed sharing our gazebo with Goldsworth Park Community Association. It was good to make people aware that we are still operational and we have been pleased to welcome back a number of clients who we have not seen since before the pandemic. Our activity levels are almost back to pre-pandemic.

In order to keep Goldsworth care running, we need more drivers and more duty officers. You only need to volunteer for us when you are free. The volunteers meet on the second Wednesday of the month at 10am to 11.30am at Andy's cafe in St Andrews Church to discuss matters such as parking at hospitals and roadworks etc. Do come and chat to us at the coffee morning if you are interested or ring us on 07751801587 or email us on goldsworthcare@gmail.com.

Drivers use their own cars and will be reimbursed expenses. They will take clients to their medical appointments and wait for them as needed. They collect a voluntary donation from clients to cover the costs of Goldsworth Care. For new drivers, we will need to organise a DBS check for you.

Duty Officers work from their homes. They will need to take calls from 10am to 12 midday on weekdays and telephone the drivers to meet the tasks.

If you would like to register with us as a client please ring 07751801587 on Monday to Friday 10am to 12.00midday.



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From the Lakeside



■ Roger Westcott is Goldsworth Park Angling Club secretary and fishing bailiff working in partnership with Woking Council to oversee fishing, monitor fish stocks and other wildlife, and keep the area clean and tidy.

IN the last addition you may remember I asked if anyone out there could enlighten me on the meaning of the word LEUCISTIC, as we had an Egyptian goose on the lake with predominately white feathers. A Leucistic goose, "well" I was overwhelmed by the number of you who took the time to get back to me detailing the full meaning and understanding of Leucism. Thank you so much, now if I'm asked the question I now know the answer.

Leucism occurs when the pigmentation of cells either fail to develop or are damaged, leaving little or no pigment to the skin, fur or feathers, as with albinoism, or degrees of, so now we know.

On the subject of white, well not quite yet but will be if all continues to go well for our three cygnets on the lake, who, now almost as big as mum and dad and with attitude are doing really well. The cob, that's dad, has and continues to be very protective of his new family letting everyone know you can come and admire but don't come too near or I will huff and puff at you. That goes for those pesky geese too, letting all know that this is my lake - so watch-out cos I'm watching you.

However they do have to share the lake with others such as our pair of Great Crested Grebes, who also have a family to look after. There is also an abundance of Coot and Moorhen families, and, yes and we think Kingfishers, as sightings over the last few weeks of more than just one bird would suggest - in other words the lake and surrounding area is home to more than just us humans.



Photo: Pam Taylor.

Us humans, here comes more thanks, thank you to the growing number of wombles around the park, yes we see you, quietly going round with your bags and litter pickers, off your own backs helping to keep this wonderful oasis of ours clean and tidy. Once again thank you, you do make a noticeable difference by the lack of litter we now see. Please do keep your good work. Litter is not just unsightly it can and is a danger to wildlife and the environment. Did you know most wild fires are caused by litter, glass bottles, cigarette butts, etc?

The angling club again have been busy on the lake over the last few weeks holding it's work parties. You will notice some of the platforms have had a makeover, replacing some of the timbers that were showing signs of rot, the island has now been moved deeper into the wildlife area as it was constantly, dragging it's anchors from wind movement all around the bay causing a hazard to lake users and becoming unstable. It's new location is still far enough away from the bank for it to remain a safe haven for birds to nest, fish to spawn and insect life to inhabit.

I'm also pleased to report, the lilies we planted in the spring have taken well and have already produced flower, we will keep them netted for a year or two or until they are strong enough to withstand bird predation.

The angling club continues to be very successful through membership and day visitors and has also been able to run several well supported fishing matches. Catches have been constantly good bringing happy faces to participants, but more importantly funds to the club enabling us to reinvest into the upkeep of the lake for us all to enjoy.

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Thank you

News from St Andrew's by Revd Scott Smith

Greetings Goldsworth Park!

LAST time out, I wrote about how busy life can be, and how we might rediscover the principle of sabbath, (a day set aside for stopping and resting), and to look to build that Summer 'feeling' into each week, even each day!

The theologian Walter Brueggemann says, '*Sabbath is the refusal to let one's life be defined by production and consumption...*'

As I write, we're into the Summer holiday period when schools are out, and I wonder how you've got on. Have you found a rhythm of building stopping and resting into your everyday and learnt to embrace your limits?

As I reflect on my first year (well, fourteen months) as Vicar of St Andrew's, it's been a season of settling into a new area and community, as well as a new church family. It's also been a season of looking to build a new rhythm and embracing my limits and limitations.

It's also been a season of joy, as I'm loving living amongst this brilliant community. It's been lovely to meet and chat with many of you, whether walking around the lake, at events in and around St Andrew's Church or even in the Post Office queue.

Some of my highlights have been:

- Welcoming children from Beaufort & Sythwood schools to the church to explore the meaning of Christmas and Easter
- Welcoming children and families to 'pop-up' events such as our 'Light Party' at Halloween, or our Pancake evening on Shrove Tuesday
- Meeting people at some of our Senior's events (including Christmas Tea, Harvest lunch as well as other talks and films)
- Meeting families at Messy Church afternoons with crafts, games, stories and food, as well as at our family games afternoons too
- Enjoying evenings of live music at Andy's 'Out of Hours' held in our Community cafe space
- Singing at our outdoor Community Carols in the freezing fog of last December
- Meeting people at our Coffee & Chat mornings

- Meeting people at our Christmas Market and Summer Fair (in partnership with the Guides and GPCA)
- And I thoroughly enjoyed meeting lots of people out on the lake (and lakeside) as St Andrew's took part in the Woking Hospice Dragon Boat Race for the first time, raising money for such a good cause. (We're already thinking about our costumes for next time)



It's a privilege to be your Vicar, and if we've not yet met, do stop and say 'hello' if you see me out and about.

I'm not just here for the church family that gathers week-by-week in the building next to Waitrose, but for the whole of the Parish of Goldsworth Park. Every single person, whether you used to come to church, have never come, or have no intention of ever coming. Here at St Andrew's, we worship the God revealed in Jesus, who loves us and has known us from before time. As the Bible says, '*You formed us and knitted us together in our mother's womb.*'

As Summer turns to Autumn, as schools return, and perhaps our own rhythms and schedules get a little busier once again, I pray that you would know that you are known and loved (from before time) by the God revealed in Jesus. As well, as the new school term begins, a bit like New Year, there's perhaps another opportunity to take-stock and look to (re)establish a rhythm that finds rest amidst the busyness.

A Blessing

May the peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son, Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son and the Holy Spirit, be among you and remain with you always. Amen.

At St Andrew's there really is something for everyone. You can find out more about our Sunday Services, Weekly Toddler and Baby Groups, Andy's Community Cafe, Art Club and more on our website www.standrewsgwp.org You'd be very welcome to come along, and we'd love to meet you.

Fun for all at Goldsworth Park Summer Fair

by Royer Slater

THE Goldsworth Park Summer Fair had something for everyone, from stalls and fairground rides to live entertainment.

The Fair, on Saturday 17 June, was hosted by St Andrew's Church and Goldsworth Park Guides. Patrick Coad, Community and Youth Worker at St Andrew's Church explained: "After a couple of Christmas markets in recent years, a few members of the Goldsworth Park community had an itch to do something more - something in warmer weather!

"A small group representing the church, guides, and others met to bring their ideas, thoughts and plans - and the Summer Fair was born."

The Fair took place at the Goldsworth Park Centre, with rides and stalls all around the church and on the church lawn, as well as all along the road from the main car park running behind the church and the Generation Centre.

Cllr Ann-Marie Barker, Leader of Woking Borough Council, welcomed those present at the start and declared the fair open.

A variety of stalls offered crafts and gifts, fragrances and art, while food and refreshments were available from several vendors.

Patrick added: "'Charitable organisations including Kent, Surrey and Sussex Air Ambulance and Woking and Sam Beare

Hospice brought awareness to the work they do. Local community groups, Goldsworth Care and Goldsworth Park Community Association, were able to meet and connect with visitors, and to offer a sense of community and care, with information on a variety of activities and support available to local residents."

The Goldsworth Park Association generously sponsored two fairground rides for children. These were very much enjoyed and appreciated by the children and by parents, especially when parents discovered they were free! Recalled Patrick: "One dad told me while his boys were enjoying the Dreamy Dragons ride that they'd only come for petrol but then stayed when they discovered the Fair."

The live music was by from many local musicians representing a range of musical styles. Some acts have performed at the Andy's Out of Hours events, while others were performing for the first time locally. "They ensured everyone enjoyed a toe-tapping and sing-along time," said Patrick.

"The feedback on the Fair was excellent. Many said they had a wonderful day. And we at St Andrew's - plus no doubt the other groups and organisations which took part - thoroughly enjoyed the opportunity to come together with our neighbours and enjoy the community in which we belong.

"Now we look forward to the next one!"

To plant or not to plant

Article by Bob Challoner

IN the Spring edition George Binyon's editorial mentioned that I was talking to Woking Borough Council about submitting a joint application for funding from Network Rail to plant copses of trees and shrubs across the Meadow. Sadly, despite meeting Council officers in February and our local Councillors more recently, I am sorry to report that absolutely no progress has been made by the Council in putting together the application.

The original intention was for the trees to be planted as a community effort last December at the start of the planting season, but this did not take place due to delays on the Council's part. A target date for planting in March was also missed by the Council. Quite where matters now stand is not known.

And it's goodbye from me

Sadly (for me) this will be my last contribution to Goldsworth News on behalf of Natural Goldsworth Park. At the GPCA's AGM last October I announced my intention to step away from managing the Natural Goldsworth Park project. Whilst two local residents offered to take over shortly thereafter, I found my involvement barely diminished and in July, I decided to resign from the project management role with immediate effect. Whilst I will continue to support NGP, I will no longer take part in actively planning activities or be the prime point of contact for outside parties.

Unfortunately, one of the two volunteers who came forward in October has recently moved to Brighton. The other, whilst happy to continue offering support, does not feel able to operate alone due to other commitments.

To remind you all, the GPCA founded Natural Goldsworth Park in 2017 following the Council's proposals to construct new junior soccer pitches on the Meadow which is the only significant "wild" space remaining on the Goldsworth Park estate. This met with considerable resistance from local residents and regular visitors to the area which resulted in the Council deferring any development of the site for at least 10 years.

Since NGP was established, specialists' surveys have identified a surprisingly broad diversity of plants and wildlife across the Meadow and in the adjoining woodland. This and the discovery of two very rare moth species in 2021 prompted the nomination of both areas as a Site of Nature Conservation Interest. Granting of this status would require the Council to take account of the site's protection in its planning and development policies.

Excellent working relationships have been established with the two land owners, Woking Borough Council and Thames Water, as well as with local conservation organisations such as Surrey Wildlife Trust. Thames Water has produced a management plan for its section of the woods and has spent some £20 000 on management work over the past three years.

I hope sincerely that someone will be able to take over the lead and continue NGP's efforts to conserve and manage the Meadow and woodland as wild spaces. The role is not onerous, primarily involving email communication and occasional meetings with the GPCA Trustees, the landowners and other outside parties as NGP's main contact point and implementing NGP's Action Plan for the Meadow and woodland. The latter will include organising and leading volunteer work parties when necessary. No specialist knowledge is required- NGP has a well-established network of local experts on hand for advice- but an active interest in the natural world and nature conservation would be very helpful.

If you or someone you know would like to learn more, please contact me at projects@ourgoldsworthpark.org.uk. If you would like to take on the project manager role, please contact the Chair of GPCA, George Binyon, at chair@ourgoldsworthpark.org.uk.

My sincere thanks go to all who have supported Natural Goldsworth Park, particularly members of the Natural Goldsworth Park Facebook Group who now number 185. If you would like to join, please go to www.facebook.com/groups/naturalgoldsworthpark.

Free Cookery Course helps home cooks prepare healthy meals on tight budgets

HELP is at hand if you're finding it difficult to feed healthy nutritious meals to the family while money is tight. The FoodWise charity is offering a free six-week cookery course "Healthy Eating on a Budget" to Goldsworth Park residents.

The course will help improve cooking skills so you can make healthy meals on a budget, as well as giving you tips to make your money go further.

Sessions will be relaxed and friendly, and led by a qualified food coach. All training, ingredients and equipment are supplied free of charge. Guests will cook a meal each week that they can take home for their family.

Each guest that completes the course will be given a free slow cooker.

FoodWise promotes the benefits of home cooked food and aims to build knowledge and confidence to regularly prepare and cook healthy and nutritious meals. Its recipes are affordable to people on a restricted food budget.

The course is on Tuesday afternoons from 12.30pm to 2.30pm, starting on Tuesday 12 September and finishing on 17 October. The venue is Andy's Community Café, within St Andrew's Church at Goldsworth Park Centre.

Places are limited and must be reserved by calling Shani on 07786 980231.

For information on FoodWise visit www.foodwisetlc.org or follow foodwisetlc on Facebook. On the X/Twitter app follow @FoodWiseTLC



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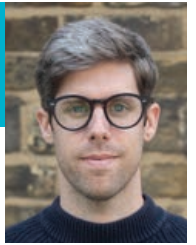
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Goldsworth Park Project

By Matt White



FOR 16 years, between 1999 and 2015, Goldsworth Park was my home. Since then I have been living in South London, working as an architectural photographer. It's been a long term ambition to return and document the park, having tried in fits and starts over the years, I decided to take this July off work and start in earnest.

Why you might ask! I get asked this in equal measures by people who have no idea where or what Goldsworth Park is and residents. Goldsworth Park is one of the most interesting housing projects in the UK, at its inception it was said to be the largest single development by a private developer in Europe. The housing is varied, from flats through to 5 bed detached homes, the styles vary and there are miles of footpaths that weave their way through the park. The lake, built for practical reasons, is a hub of activity and solace, there have been problems and still are but by most standards the project is a huge success. Having worked in every London borough and across the UK, experiencing all types of housing schemes, I look back at my former home and appreciate

what a special place it is.

During July I moved back to Goldsworth Park and tried to walk around the park once or twice a day, exploring every road at least once, I got to know it better than I ever did living here. I started my walks early, sometimes as early as 4:45AM. The thing that struck me was the stillness and even once people were awake and going to work the quietness remained on the whole. This is in part due to the amount of trees across the park, they soften the architecture, cast dappled shade and absorb the sound. The park can feel somewhat empty and quiet, which is surprising, I started making sound recordings while on my walks, the overwhelming sound was of bird song.

Alongside documenting the park through my own photographic practice, I am undertaking historical research of the nursery (Goldsworth Nursery the former use of the land), the building process, interviewing residents and requesting personal photographic records. I believe including residents' memories and images will add a rich personal

history not possible through modern day photography alone. Examples could include images taken around the park (especially from the 1970s/80s) childhood memories, events, photos of you and your family outside your house etc.

I think given the current housing situation in this country it's imperative that we look at this relative success story a little closer and celebrate the beauty created on this former nursery site. It is the aim that this photographic documentation can be archived locally for the benefit of those to come. Upon the completion of my work across July it became abundantly clear it was not enough time to complete the project. Going forward I will continue to document the park through the seasons, undertake further research and speak to as many residents as possible.

If you would like to add your memories and/or images to the project please get in touch via goldsworthparkproject@gmail.com



Photo by Iain Wakeford



Photo by Matt White



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Goldsworth Park Scout Group

Who are 1st Goldsworth Park Scout Group?

THE 1st Goldsworth Park Scout Group have been active in the area since 1979 and our meeting headquarters is the Generation Centre. Here you will find us just behind the Church near Waitrose weeknights, or just as likely out and about across the park: Wednesdays for Beavers and Thursdays for Cubs and Scouts.

Why we do it. Scouting is about the small things, from helping with washing up to walking around the lake looking out for bats. The sleepover where you learned to toast marshmallows in the car park, or the time you found a planet in the night sky. With a varied programme of meetings and events our Beavers, Cubs and Scouts enjoy learning though having fun, gaining life skills, developing confidence and so much more. As an ex-scout recently commented "lifelong memories of the best time of my life".

The opportunities do not stop at Goldsworth Park, within Woking District and Surrey County they run many events from fun days to organised trips abroad... August 2023 Surrey County are taking over 500 Scouts to Switzerland for 10 days! We have

eight Goldsworth Park Scouts plus Leaders attending... we will let you know how they got on in the next GPCA news.

Within all the sections we have a waiting list for the young people and this could be reduced if we opened more units. As an adult volunteer scouting really is one of the most rewarding, eye opening and fun things you can do, with options for everyone no matter how much time you can give. From one or two nights per term, to helping with the admin behind the scenes, or right up to going for a full leader role; we would love to hear from you.

- Do you have time to spare?
- Do you have life skills to pass on?
- Do you want to join us and experience something that money can't buy?

If you want to give scouting a try please reach out to our Group Scout Leader, email Dave for an initial chat with no commitment needed, who knows where it will take you.

gsl.gpark@gmx.com

If you have any Generation Centre hall booking enquires please contact Sylvia on 01483 766001.

GPCA Calendar 2024 – Reminder

By the Editor GPNNews

A reminder that the closing date for submitting photographs of scenes of Goldsworth Park for the The Goldsworth Park Community Association 2024 calendar for 2024 is the 30th September 2023. Pictures from all over the Park will be considered but must be in landscape format and, hopefully, over 1Mb. Each photograph used in the new calendar will carry the name of the photographer.

Hospice inspires local artists

By George Binyon

The initiative, named **Inspiration for Life**, is inviting artists to donate an original work to show in an exhibition at Woking's Lightbox gallery between February 15 and 25 next year. All the exhibits will be for sale and proceeds will go to the Denton Way hospice.

Hospice Events Manager Felicity Edwards said: "We would love to hear from professional artists, talented amateurs, and young artists alike who are all keen to showcase their talent.

"The exhibition is a chance for local artists to gain some high-profile exposure whilst raising valuable funds for the hospice."

Donating artists will be invited to an exclusive private view evening event at The Lightbox and images of their work posted widely on social media.

The online submission deadline is Wednesday December 20.

For a submission form and full details go to www.wsbh.org.uk/art

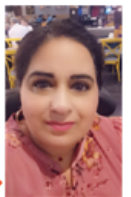
If you are struggling with a long term condition, if you have just been diagnosed **OR** if like me you suffer from many conditions then this will benefit you.

11 months ago I came across a system which has improved a lot of my symptoms, has helped me lose weight and given me amazing results. Its improved my quality of life and taken the edge off my chronic pain too. I am also in a wheelchair.



I suffer from Insulin Resistance, Type 2 Diabetes, Rheumatoid Arthritis, Fibromyalgia, Underactive Thyroid, Addisons Disease, Obesity, PCOS, Depression, Chronic Fatigue, Chronic Pain, Steroid Dependent and GastroParesis. If it can help me then imagine what it can do for you.

My 10 week Transformation



Conditions

Diabetes	Insulin Resistance
Pre-Diabetes	Psoriasis
Rheumatoid	Exceme
Menopause	Colitis
Fibromyalgia	IBS/PCOS
Thyroid	Acid Reflux
Migraines	Plus many others
Depression	

HOW The System HELPED me

- ✓ Insulin down (200 to 30 units)
- ✓ Lost 21 lbs
- ✓ Lost 40 INCHES
- ✓ More energy
- ✓ Less Fatigue & Pain
- ✓ Less Pigmentation
- ✓ Down 5 dress sizes (7xl to 2xl)

So many people who were pre-diabetic or had type 2 diabetes were able to reverse their condition and STOP or REDUCE their medication (P.S. Only your GP can advise you on changes to your meds). Others reduced their Cholesterol & BP & came off their meds.

So WHAT is the Feel Great System



It's 2 plant based products plus intermittent fasting

A tea in the morning & a 250ml orange flavour drink before meals

**MORE ENERGY
WEIGHT LOSS
INCH LOSS
NO DIET
NO HUNGER
NO CRAVINGS
NO BRAIN FOG**



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Feelgreatwithlabs

Feelgreatwithlabs

Early Days of a Goldsworth Park Councillor

I was surprised but delighted to be asked to write an article for GPNNews, and should start by thanking the residents of Goldsworth Park for putting their trust in me and electing me in place of James Sanderson, who will be a hard act to follow. James retired as a councillor to concentrate on his business life, and I will try to represent you at Council with the dedication that he had. So, where to start?



The first thing to say is that being a councillor is certainly more varied than I ever imagined it could be; apart from attending council meetings, committee meetings and Working Groups I have so far attended meetings of the Farnborough Aerodrome Consultative Committee, the Woking Environment Action Group and the North West Surrey Bus Users Group; at this meeting White Bus Co. announced that they hope to start a service from Woking to Ashford Hospital in the not-too-distant future. I was also a (very nominal) member of the organising committee for the Lakeview Community Fun Day which was held on Saturday 12th August on Hartshill Walk and, despite the short period of rain, was a most enjoyable day. Many thanks to the other members of the committee that did all the work, and thanks to local groups and businesses that helped make the day the success that it was.

The most important part of being a councillor is connecting with residents, be that on the doorstep, via email or on Facebook and it is gratifying that people are happy to talk to me when I knock on their door as their councillor. Among the problems raised by residents so far have been abandoned vehicles, abandoned shopping trolleys and the cutting of grass verges on Goldsworth Park, and it may be worth reiterating here that the verges on the main roads in the Park are now the responsibility of Surrey County

Council; whilst grass on the Recreation Ground is still being cut by Woking Council. If you are in doubt as to where the responsibility lies for a particular verge please email me and I will check it out. Further, your councillors are aware that the verge cutting due to be carried out by Surrey CC is behind schedule and councillor Ann-Marie Barker is chasing them regarding this.

Another way that your Lib Dem councillors can connect with residents is at the monthly surgeries which are held on the first Saturday of every month at 10:00. Pre-Covid these were held at various venues on the park but then had to be moved to Zoom meetings. However, the last two surgeries were held 'live' at Quackers Café on the lake and several residents came to the surgery in July. Unfortunately, and undoubtedly due to the heavy rain, we only had one visitor on 5th August and we also had to postpone our intended doorstep session! The reconvened doorstep sessions have, as ever, been enjoyable and most people are happy to have a chat and discuss what matters to them. **Please make a note in your diary for the next councillors' surgery which will be held at Quackers Café by the lake on 7th October at 10:00.**

Finally, and on a different note, the council's Discretionary Services survey attracted over eight thousand respondents which I believe is a record for Woking surveys. The responses will be evaluated and will inform reports to council meetings in September.

Nice talking to you and if you see me around the Park please say 'Hello'.

Martin Sullivan

Liberal Democrat councillor for Goldsworth Park

Telephone 07749 536731 (not manned 24/7 so please leave a voicemail)

Email cllrmartin.sullivan@woking.gov.uk

News from Ann-Marie Barker



Toob, a provider of high speed fibre broadband at low cost is rolling out its infrastructure across parts of Woking borough. Toob use existing ground ducts or telegraph poles for their cabling but erect new poles where that is not possible. Government has given providers such as Toob blanket permission to put in new infrastructure and local Councils such as Woking have very limited options for objection. Currently Toob

don't have any plans for Goldsworth Park but are planning work in neighbouring areas of Knaphill and Horsell.

Cllr Ann-Marie Barker

Leader Woking Borough Council

Councillor for Goldsworth Park

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8.30am – 2.30pm MONDAYS TO FRIDAYS

or/and

6 – 9pm WEEKDAY EVENINGS

or/and

10pm – 7am SLEEPOVERS

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Dates for your diary



Regular weekly Events

■ **TUESDAYS Warm Welcome** | Friendly chat and company in Andy's Community Café from 9am to 12pm, Free entry and with free tea, coffee and biscuits.

■ **FIRST AND THIRD TUESDAY OF EACH MONTH Coffee & Chat** | Conversation and company at Warm Welcome in Andy's at Goldsworth Park Centre from 10:30am-12 midday.

■ **MONDAYS & WEDNESDAYS* Parent & Toddler Group** | With toys and ride-ons, crafts and singing. FREE (optional donation £2 per family). Run by St Andrew's Church during school term times in the A2 Youth & Community Centre (next to the Church). This is a free "drop-in", so entry may be restricted if max number is reached. Details: email toddlers@standrewsgwp.org

■ **FRIDAYS Bump & Beyond** | Relaxed group for parents-to-be and parents with babies not yet walking. Offers support and opportunities to make friends and share experiences. Fun for babies with toys and activities. FREE (optional donation £1 per family). Run by St Andrew's Church in Andy's Community Café (within the Church). Details: email bumpandbeyond@standrewsgwp.org

■ **WEDNESDAYS Sing Gold** | Goldsworth Park's Community Choir meets to have fun singing songs of all kinds in the Chapel at St Andrew's Church from 2pm to 3.30pm

■ **WEDNESDAYS Woking Youth** | Drop in for young people aged 11-19 from 6.30pm to 8.30pm on Wednesday evenings in Lakeview Community Centre. See www.wokingyouth.org.uk for details. Volunteers needed to help at sessions: for info please email admin@wokingyouth.org.uk

■ **THURSDAYS Lift Up Together** | Social self-support group aiming to destigmatise mental health issues in a safe environment. With lunch, newspapers and magazines and activities such as bingo, quizzes and games. 12pm to 3.30pm in Lakeview Community Centre.

■ **THURSDAYS* Craft Café** | With a variety of craft activities in Andy's Community Café from 10am-11.30am. Materials provided. FREE. During school term times only.

■ **ALTERNATE THURSDAYS* Mums' Bible Study Group** | Meets fortnightly in the Chapel at St Andrew's from 10am to 11.30am. For the dates contact Karin by email: children@standrewsgwp.org

■ **THURSDAYS FROM 28 SEPT* Art Group** | Creativity, conversation and coffee. All abilities welcome. Meet and make friends, in Andy's Community Café from 1pm-3pm. Materials provided. FREE.

*Not during school holidays

September

■ **WEDNESDAY 6 SEPTEMBER Hearing aid clinic** | NHS hearing aid general maintenance including cleaning retubing, general advice and free NHS batteries. Drop in from 1pm-3pm at St Andrew's Church. Free service run by NHS-trained volunteers from St Andrew's Church. For details visit www.standrewsgwp.org/hearing

■ **SATURDAY 9 SEPTEMBER Community Litter Pick** | Meet at The Lodge, Wishbone Way at 2pm. High-viz vests, litter pickers and bags will be provided.

■ **SUNDAY, 10 SEPTEMBER Messy Church** | Crafts, activities, music and food. All ages welcome. 3pm to 5pm in St Andrew's Church.

■ **TUESDAY 12 SEPTEMBER FoodWise Free Cookery Course: "Healthy Eating on a Budget"** | Six week course, weekly on Tuesdays from 12 September to 17 October, 12.30pm to 2.30pm, in Andy's Community Café (in St Andrew's Church). Free to attend and all ingredients supplied. Cook a meal to take home for your family. We'll give a free slow cooker to each guest that completes the course! Limited spaces available. To reserve a place contact Shani on 07786 980231. See the article on page 7 for more information.

■ **TUESDAY, 26 SEPTEMBER SCC Digital Welfare and Support** | Foundation knowledge of essential digital skills, by Surrey County Council Digital Welfare Support Officers. At Warm Welcome in Andy's Café, 10am to 12pm.

October

■ **WEDNESDAY 4 OCTOBER Hearing aid clinic** | NHS hearing aid general maintenance including cleaning retubing, general advice and

free NHS batteries. Drop in from 1pm-3pm at St Andrew's Church. Free service run by NHS-trained volunteers from St Andrew's Church. For details visit www.standrewsgwp.org/hearing

■ **SATURDAY 7 OCTOBER Councillors at Quackers** | Goldsworth Councillors are at Quackers by the lake on the first Saturday of every month at 10am. Come along to meet your councillors and put any questions or raise queries.

■ **SATURDAY, 7 OCTOBER Andy's 'Out of Hours'** | Live music and entertainment in the comfort of Andy's Community Café, with licensed bar and food. Starts 7:30pm. Tickets FREE (donations accepted) but book here: tinyurl.com/andysooh

■ **SATURDAY, 14 OCTOBER Repair Cafe** | Woking Environment Action (WEAct) brings the Woking Repair Cafe to Andy's Community Café from 10am to 12.30pm. A team of volunteers will offer free repairs for electrical, mechanical, furniture, toys, clothing and textiles. Only items that can be carried by one person will be accepted. No petrol-driven items for safety reasons. If possible, email beforehand with details of what you wish to bring: wokingrepaircafe@gmail.com

■ **MONDAY, 16 OCTOBER Seniors' Harvest Lunch** | 1pm in Andy's Community Café (within St Andrew's Church). Free event (donations accepted). Our guests are an "Open the Book" team who will show how they present Bible stories in a fun, interactive and memorable way in local primary school assemblies. To reserve a place call 01483 727834 or email pastoral@standrewsgwp.org

■ **WEDNESDAY, 18 OCTOBER GPCA AGM** | The Annual General Meeting of the Goldsworth Park Community Association Charitable Incorporated Organisation (CIO) is open to all residents of Goldsworth Park. Meeting starts 7.30pm at the Lodge, Wishbone Way (postcode GU21 3RT).

■ **TUESDAY 31 OCTOBER Light Party** | A fun alternative to Halloween for primary school ages. with games and crafts. 4pm - 6pm in St Andrew's Church. For details email children@standrewsgwp.org

November

■ **SATURDAY 4 NOVEMBER Councillors at Quackers** | Goldsworth Councillors are at Quackers by the lake on the first Saturday of every month at 10am. Come along to meet your councillors and put any questions or raise queries.

■ **WEDNESDAY 8 NOVEMBER Hearing aid clinic** | NHS hearing aid general maintenance including cleaning retubing, general advice and free NHS batteries. Drop in from 1pm-3pm at St Andrew's Church. Free service run by NHS-trained volunteers from St Andrew's Church. For details visit www.standrewsgwp.org/hearing

■ **SATURDAY 11 NOVEMBER Dove Ball** for Woking & Sam Beare | Black tie event at Oatlands Park Hotel, Weybridge in aid of Woking & Sam Beare Hospice & Wellbeing Care. 6.30pm to midnight. For full details visit wsbh.org.uk or email events@wsbh.org.uk

December

■ **SATURDAY 2 DECEMBER Councillors at Quackers** | Goldsworth Councillors are at Quackers by the lake on the first Saturday of every month at 10am. Come along to meet your councillors and put any questions or raise queries.

■ **SATURDAY, 2 DECEMBER Andy's 'Out of Hours'** | Live music and entertainment in the comfort of Andy's Community Café, with licensed bar and food. Starts 7:30pm. Tickets FREE (donations accepted) but book here: tinyurl.com/andysooh

■ **MONDAY, 4 DECEMBER Seniors' Christmas Tea** | Malcolm Herbert will present his Christmas "Desert Island Discs". From 1pm in Andy's Community Café, within St Andrew's Church. . For details and to reserve a place call 01483 727834 or email pastoral@standrewsgwp.org

■ **WEDNESDAY 6 DECEMBER Hearing aid clinic** | NHS hearing aid general maintenance including cleaning retubing, general advice and free NHS batteries. Drop in from 1pm-3pm at St Andrew's Church. Free service run by NHS-trained volunteers from St Andrew's Church. For details visit www.standrewsgwp.org/hearing

If you would like your event to be included in the next edition of Goldsworth News please email: editor@ourgoldsworthpark.org.uk with the details. The editor will see if they can be included.

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