

Church group keeps children busy with a coral reef of seaside craft

CHILDREN in Sheerwater have been able to take part in craft activities, previously run at a club which was suspended by coronavirus, after church volunteers delivered material to their homes.

A pop-up café had been running every Tuesday afternoon at St Michael's church with children and their parents and carers spending about an hour making things, playing and enjoying food and drink.

Lockdown in March meant the club had to close.

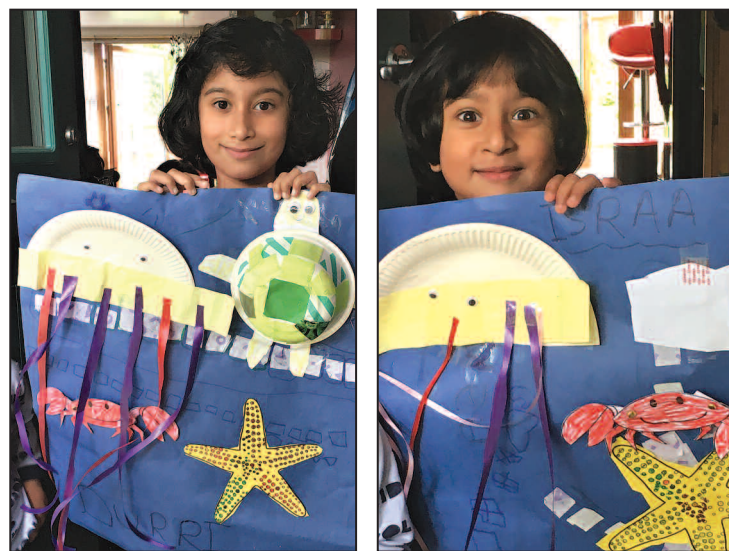
"We were particularly concerned for the children during the long school holidays when there was little for them to do," said the Rev Gillaine Holland.

"It is very hard to keep children happy and occupied in a small flat in Sheerwater," she added.

The church decided to deliver craft activities in a bag each week to the nearly 30 children who had been going to the pop-up café.

"We needed a theme," said Judith Male, the lay minister at the church. "We realised many of the children would not be getting holidays, nor going to the seaside, so we tried to bring the seaside to them."

The project was given the name Coral Reef and over the weeks of school closure and then the holidays the children made turtles from paper bowls, jellyfish with tentacles made from bright ribbons,



IN THE SWIM – Sisters Durri and Israa, plus Malachi, below left, with their projects

colourful coral, crabs and glittery starfish.

The bags also contained age-related quizzes, puzzles and colouring sheets.

"I hope the children have learnt a lot from this project as well as enjoying it," Judith said.

"We live in a beautiful but fragile world and I am sure the children who have taken part will be more aware of this."

"In these difficult times, we have all been inspired by their work, which has helped everyone to think 'bigger' and

more imaginatively about the world we live in."

Coral Reef ended as the children went back to school but the craft bags are now available to be collected at St Michael's church on Tuesday afternoons for the next five weeks.

Judith said: "We will review it before half term. At the moment, it looks unlikely that the pop-up café will reopen after half term but we may be able to do some modified form of it, depending on how things are and Government rules at that point."



Harry's Olympic gold goes on show at the Hockey Museum



SPECIAL OCCASION – Simon Mason, right, a triple Olympic goalkeeper, presents Harry Haslam's Great Britain honours cap to his great-grandson, Richard Ottaway

THE Hockey Museum in Woking has received a notable addition to its collection.

A 1920 Olympic gold medal, won by Harry Haslam, the Great Britain hockey goalkeeper at the Antwerp Games, has been loaned to the museum, together with other memorabilia, by Haslam's family.

It was displayed at a private presentation at the museum on 5 September, when members of Haslam's family received his Great Britain honours cap.

Besides the gold medal, the memorabilia include an oil painting of Haslam, an Antwerp participation medal and civilian medals.

The occasion marked the centenary of the final day of the 1920 Olympic hockey tournament, played as a four-nation round robin event, and the centenary of the awarding of gold medals to the GB team.

The Antwerp medal is of gold gilt, unlike the 1908 London Olympic gold medal,

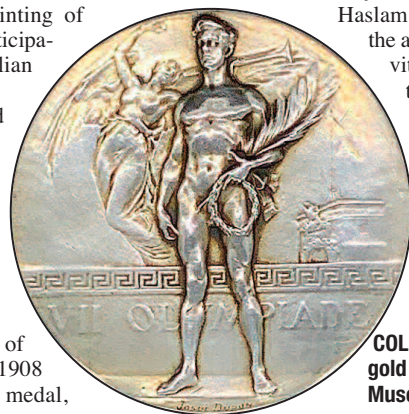
held on loan by the museum, and looks more like silver. It is believed this less expensive metal was used because money was still scarce so soon after the First World War.

Great Britain's gold medal at the Antwerp Games came in curious circumstances, allegedly arising from a misguided piece of skulduggery.

They had beaten Denmark (5-1) and the hosts Belgium (12-1) and were awarded a walkover in their final game against France to secure gold.

The Ilford Recorder, in a 1996 article on Haslam, whose club was Ilford, described the affair: "Great Britain's opponents invited our lads out on the town – with the intention of drinking them legless."

"The French found their opponents were made of sterner stuff than themselves in the hangover league and the inebriated opposition actually conceded the next day's game following their mutual night out on the town."



COLLECTOR'S ITEM – The 1920 Olympic gold medal loaned to the Hockey Museum in Woking

Two awards for Lion president as club works to support the foodbank

THE new president of Woking Lions, Paul Robinson, has handed over a cheque for £3,000 to Woking Foodbank administrator Alison Buckland.

It was the balance of donations made to the foodbank, and in addition to supplies obtained from Morrison's supermarket, costing over £600, given to the foodbank in past weeks by Paul, with Lions Martine Young and Nella Pastore.

Lions Jackie Taylor and Emma Courtney thanked everyone who had made donations on the Facebook page which they had set up.

Paul said: "We are greatly aware of the terrible effect that COVID-19 has had on so many lives in the bor-

ough and very grateful to all who donated to ease their difficulties."

In a busy few weeks for the Lions, Roger Chamberlain was presented with the International President's Certificate of Appreciation in recognition of distinguished achievements in fulfilling the mission of Lions Clubs International, as well as the Melvin Jones Fellow Shield for dedicated humanitarian services to Lions Clubs International, named after the founding member.

Both awards were presented by Woking Lions' outgoing president, Jackie Taylor.

It is understood that Roger, who moved to Woking

from Camberley with his family in 1979, is the first Woking member to receive the President's Certificate and only the second in the club's 46-year history to receive the Melvin Jones Fellow award.

Roger was president of Woking Lions for two years from 2013 to 2015, again in 2017-18, and is presently chairman of community welfare services.

He thanked all those involved, particularly his Woking colleagues and those in Lions' clubs across West Surrey.

● **FOR more information visit** www.wokinglions.org.uk.

Boost your immune system before the cold weather sets in

by Woking-based nutritionist **Monique Parker**



SCHOOLS have started back and autumn is around the corner, the time of year when we are more prone to catching colds or flu.

And with COVID-19 still threatening, there is even more reason to start supporting your immune system if you weren't doing so already.

What can we do to help our immune system naturally to keep bacteria and viruses at bay?

Good hygiene

Wash your hands regularly. Cover your face when sneezing or coughing. Avoid touching your face, especially nose, mouth and eyes, when you're out and about. Try to avoid touching anything when travelling on public transport or being in public places.

Nutrition

Adopt a varied diet with lots of fresh and wholesome foods.

"Eat a rainbow" of fruit and veg to get plenty of antioxidants that protect immune cells from damage and reduce inflammation. Eat plenty of fibre and fermented foods such as natural yoghurt to support the gut, as that's where about 70% of your immune system resides.

Onions, garlic, ginger and turmeric boost your immune system.

Omega 3 fatty acids (ie, oily fish, nuts and seeds) help certain white blood cells.

Avoid sugar, as this could dampen the immune system.

Stay hydrated – when it is cold it is easy to forget to drink enough liquids such as herbal teas, soups and broth.

Supplements

Vitamin C is not stored in the body and will be used up more quickly when fighting infection.

Vitamin D, an important nutrient that can modulate immune responses.

Zinc is important.

Beta-glucans – sugars that are found in the cell walls of bacteria, fungi, yeasts, algae, lichens, and plants such as oats and barley. Elderberry extract or olive leaf extract (high in antioxidants).

There are various immune-support formulas on the market, and some of my favourites are:

Cytoplasm Immunovite Beta 1-3, 1-6 glucans with selenium, zinc and vitamin C (capsules)

BioCare Immune Intensive Vitamin A, C, D, zinc, betaglucans, sage and elderberry (sachets)

Nutri Advanced ImmunoBlast Vitamin A, C, D, E, zinc and betaglucans (tablets)

Sambucol Extra Defence Black elderberry juice with vitamin C, D, B6, selenium, folic acid, betacarotene and zinc.

Stress

Manage stress. It can cause inflammation in the body and weaken your immune system. Try not to panic, as this will affect your stress levels.

Sleep

A good night's enhances immune defence. Those who don't sleep well, or not enough, are more prone to picking up viruses, including the cold virus.

● **FOR more information, visit** www.nutritionforyou.co.uk.