

WESTGATE HELPERS NEWS

A weekly newsletter brought to you during the Covid-19 crisis

ISSUE 1

30TH MARCH 2020

Top stories in this newsletter



New helpline number
07731 198693



Virtual Quiz night on
Sunday nights
launches



New places to look
for food deliveries to
you



National Theatre Live
in your own home.



Chichester Festival
Theatre plans activities

Westgate Helpers up and running with 30 volunteers

Please note the new telephone number if you need to call on us.



07731 198693 westgatehelp2020@gmail.com

It's important that, in the first place, our residents strengthen friendships with people they already know and trust. Westgate Helpers are aiming to support genuine need, not replace the available support of family or friends.

However, there will be times when your network of support falls through, and that is why we have formed a collection of neighbours who are willing to volunteer to support our community to ensure nobody is left isolated or without access to assistance.

We are delighted to already be actively helping 8 local households and are in contact with 7 others who may need us as time goes on. Please don't hesitate to call or email if you need help.

National Theatre Live



At a time when many theatre fans around the world aren't able to visit National Theatre Live venues or local theatres, we're excited to introduce

[#NationalTheatreAtHome](https://www.instagram.com/nationaltheatreathome).

Every Thursday from 7pm UK time, you will be able to watch some of the best British theatre from the comfort of your living room, via [YouTube](https://www.youtube.com/watch?v=...) for free for one week.

Thank you to all of the amazing artists who have helped make this happen. It all kicks off with [James Corden](https://www.youtube.com/watch?v=...) in the hilarious [#OneManTwoGuvnors](https://www.youtube.com/watch?v=...) on 2 April at 7pm UK time.

A selection of much-loved shows will be streamed on YouTube every week, free for everyone. One Man, Two Guvnors, Jane Eyre, Treasure Island and Twelfth Night are the first four titles.

The Royal Opera House

The Royal Opera House is planning to release archive productions free on-demand. Read info at: <https://www.thestage.co.uk/news/2020/royal-opera-house-to-release-archive-productions-on-demand-free-of-charge/>

Virtual Quiz Night from the Crate and Apple Quiz Host, Simon Tooley

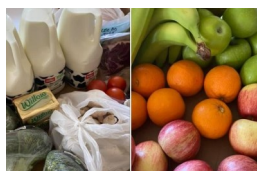


The word is slowly spreading and already there are about 20 Households taking part.

Simon normally hosts a popular monthly quiz at The Crate & Apple which has obviously had to close at the moment but, by popular request, and to give you some fun on a Sunday evening, he is going to host a regular weekly Quiz Night, with questions being made available from 7.45pm. There is a £3 entry fee per household, which is split as follows:- £1 will go to charity, £1 to a "meal kitty" at The Crate, which will go towards a BBQ or Hog Roast for all who have taken part once this is over, and £1 to cover hosting.

If you'd like to find out more please contact him at: simonsquiznights1@aol.com or on **07723 915731**

Places to order meals for delivery



(we cannot vouch for any of these services but want to bring them to your attention in case they are of help to you)

<https://www.facebook.com/weindulgecatering/> - If you, or anybody you know, is in need of fresh produce please do get in touch.

<https://www.tonytfruits.com/> - They sell mixed produce fruit and veg boxes for £30 and provide a FREE doorstep delivery service.

<https://refilledchichester.com/> - Refilled is a wholefoods, liquids and fresh produce store in Draper's Yard, Chichester, West Sussex. They try to stock local products and source British goods wherever possible.

How does it work? Bring your own containers, you weigh them in-store, then you fill them with what you need. They charge by weight which means less plastic and less waste.

<https://the-blacksmiths.co.uk>—The Blacksmith's Arms is, apparently, delivering food which could be a useful alternative to the Crate and Apple, which is now fully closed.

Southbourne Farmshop update

They have changed their opening hours again and will be open 8am-2pm Monday-Saturday (although it may be a little later than 8am if they are still filling the shelves). They are closed Sundays, to allow time to place stock orders, and to process home delivery orders. Hours can change, and if they DO they will always update Facebook, Twitter, and the website first.

Their home delivery service is for the elderly and the most vulnerable. They have an evening delivery service for NHS staff too. They can only deliver to certain areas, but may be able to widen their region as the weeks progress. Due to demand, delivery may be at least 7 days ahead of when you place the order. More information can be found here: www.southbournefarmshop.co.uk/home-delivery

Vulnerable Shopper's hours (hours correct at time of writing)

Tescos — Monday, Wednesday and Friday, between 9am and 10am.

Sainsbury's — Monday, Wednesday and Friday, between 9am and 10am. (Monday to Saturday, NHS and social care workers between 7:30am and 8am)

Iceland — First two hours on Wednesday mornings

M&S — Older and vulnerable customers will be entitled to the first hour of opening on Mondays and Thursdays and NHS staff will be given access to their stores first thing on Tuesdays and Fridays.

Waitrose — The first hour of opening will be dedicated to the elderly and the vulnerable, plus their carers.

Chichester Festival Theatre



The theatre is exploring the possibility of making some past productions available to watch online and hope to have more news on that very soon.

To encourage people to keep their creative juices flowing, they've launched the Five Day Play, inviting people to respond to a different brief each week with a short play of no more than 10 pages. It's open to all ages, and each week one winning writer will have their play posted on the CFT website and receive professional feedback on their work.

They've created Digital Arts Award resource packs so that children and young people can complete an Arts Award project from home over the coming weeks.

They've created a list of online resources to help families looking for ways to entertain kids at home, and of recommendations for mental health and wellbeing: from practical tips for coping with anxiety to links to free yoga and dance sessions.

<https://www.cft.org.uk/news/world-theatre-day-cft-update>

Yoga



Emma, from Westgate, is a yoga teacher and has done a few classes on YouTube (Green Door Yoga Channel) especially for those staying home.

One is suitable for chair based clients—go to: <https://youtu.be/KrBSeHIV9pU>

Or a more general level class can be found at: https://youtu.be/H_g6E0pfOI

Or you can join 'Green Door Grooves' Members page on Face Book.

Best wishes and stay safe — from Kathryn, Louise, Bridget and Julia.
Email westgatehelp2020@gmail.com