

WESTGATE HELPERS NEWS

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

ISSUE 4

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Top stories in this newsletter



Garden centres doing deliveries



Online Cocktail hour



RSPB Birdwatch



Tips for Teens

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We recognise that many of you may be receiving information from all sorts of sources, so apologies if you have seen any of these articles already. Our aim is to be here for you, to help you isolate if you are vulnerable, to help you through any red tape, and, hopefully, to cheer you up a bit.

We recognise how hard this situation is for everyone. Please remember we are also here simply to talk to – the four of us take it in turns to ‘man’ the phone each day and are very happy to simply chat so please don’t ever think we are too busy for you.

We, as a community, are doing really well in Chichester to keep the virus at bay, so please don’t give up – a few more weeks and we may be able to start planning that street party again!

Clap for Carers in Westgate

It has been such a pleasure to be able to wave to neighbours from doorsteps and kerb once a week. We were delighted that so many people embraced the singalong this week, with musical accompaniment on different parts of the street by the Kellaghers, Leo Higham and the Smiths. We hope to be a bit more organised next week, starting the singing at 8.05pm, once the clap is finished. Please do join in with any instruments you can play.

We have been delighted by the volume of positive messages such as this one from a Westgate resident – *“It makes such a difference to everyone in isolation, especially perhaps people like me who are widowed and alone, to participate once a week. Just to see other people, whilst of course adhering to the social distancing rules, makes all of this dire situation just about bearable.”*



Please keep your distance but, in the meantime, go to YouTube to see the Smith family’s amazing rendition –

https://www.youtube.com/watch?v=iXg_CP3biu4&feature=youtu.be

Somewhere over the rainbow
Way up high
You will find all the carers
Working all day and night.

Somewhere over the rainbow
Blue scrubs toil.
Heroes of the N HS
This virus they will foil.

Someday I wish upon a star
That Covid19 will be far behind me.
We come together to show our thanks
And promise we will stay at home
That’s where you’ll find me.

Somewhere over the rainbow
We’ll thank you
For your great sacrifice
And all of the work you do.



Garden Centres open for non-contact delivery orders

Please bear in mind that many annual bedding plants should not be planted out until mid to late May as there is still a chance of more frost.

PLANTS THAT CAN BE PLANTED OUT NOW:

Pansies & Violas, Antirrhinums (snapdragons), Pinks, sweet peas, Ranunculus, Sweet Williams and bellis daisies, Penstemon, Saxifrage, Cordyline palms, Perennials, Rockery plants, Shrubs

FOR GROWING ON IN THE GREENHOUSE/CONSERVATORY UNTIL MID TO LATE MAY:

Geraniums for growing/potting on, Begonias, Basket, patio and trailing plants, including fuchsias, trailing geraniums, trailing begonias, verbena, lobelia, brachycombe, bidens, nemesia, diascia, bacopa, trailing petunias, million bells, helichrysum, etc.

- Brick Kiln Garden Centre - www.brickkilngardencentre.co.uk/delivery
- Bellfield Nursery - www.bellfieldnursery.co.uk - Ring 01243 512333 or email info@bellfieldnursery.co.uk with a list of what you would like, a telephone number and your location. They are asking for a minimum order of £30 to cover fuel costs. Please note they are not taking compost only orders.
- Tawny Nurseries - www.tawnynurseries.co.uk - 01243 512168 - info@tawnynurseries.co.uk
- Tates of Sussex - www.tatesofsussex.co.uk/



Help your Neighbour

Since the coronavirus crisis began, people from across our district have been pulling together and demonstrating a real sense of community, and that's something we should all be incredibly proud of.

Unfortunately, at times such as this, we also see a rise in the exploitation of vulnerable people, and the unease, uncertainty and anxiety that many of us are feeling at this time. This is why we are encouraging people to be on their guard. Thankfully, the majority of the support that is in place across the district is delivered by established community and support groups, but we all need to be cautious, especially with online, email and phone scams.

Chichester District Council have included advice and guidance on this topic within their new community guide, which can be found at <https://www.chichester.gov.uk/helpyourneighbour>

Message from Chichester District Council

Please don't take unwanted items to textile banks as these are not being emptied at the moment. Please keep items you wish to donate or recycle until it is safe to do so. Don't put textiles in household waste or recycling bins.

Ideas for things to do during Lockdown.

Watch a film

Netflix and Amazon Prime aren't your only options, and you don't necessarily have to pay for a subscription to watch plenty of excellent films.

OpenCulture has a great list of 1150 free films (<http://www.openculture.com/freemoviesonline>) you can watch online right now. If you have an eligible university or library card, you might also have access to Kanopy which offers thousands more film options for free.

Write a play or short film

Perhaps your work is better realised by actors rather than staying on the page? You'll be pleased to know that the BBC is on the hunt for original scripts about self-isolation that they can turn into short films. (www.radiotimes.com/news/tv/2020-03-23/bbc-scriptwriting-competition/)

If you're daunted by that task, you could try out a free screenwriting course to learn the ropes and (hopefully) catapult you into stardom after your first film is made. (www.futurelearn.com/courses/screenwriting)

Paint with Bob Ross

Have any paint and brushes lying around? You'll be pleased to know that 403 episodes of the timeless Joy of Painting have been added to YouTube so you can listen to his soothing tones while you paint. (https://www.youtube.com/channel/UCxcnsr1R5Ge_fbTu5ajt8DQ)

Visit an Art Gallery

A huge number of art galleries and museums around the world have digitized their collections and are now offering free virtual tours.

New York's **MoMA** is just one of the galleries that you can visit from your own sofa. (<https://artsandculture.google.com/explore?hl=en>)

Explore the **Uffizi** (<https://artsandculture.google.com/partner/uffizi-gallery?hl=en>)

Enjoy the **Musée d'Orsay** (<https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en>)

Pop into the **Tate** (<https://artsandculture.google.com/partner/tate-britain?hl=en>)

Experiencing these venues from your home does mean that you can visit multiple galleries from different countries or even different continents in the same afternoon.

Brush up on the latest publications

If you've always been fascinated by academia or a specific area within it, this is a great time to read the latest publications and get up to speed on the latest developments with your area. JSTOR is allowing free access to thousands of journals during lockdown. (<https://support.jstor.org/hc/en-us/articles/115004760028-How-to-register-get-free-access-to-content>)

Visit the opera

Escape from the news cycle by immersing yourself in the drama of an opera performance, without even leaving the house. After the closure of non-essential businesses, multiple opera houses like the Met Opera have started streaming performances. Perfect if you're a long-time opera lover or even someone who's never been to the opera but has always been curious about it. (<https://www.metopera.org/user-information/network-news/live-stream/>)



Cocktail hour



Photograph: Liz Elliot

Henry Porter, novelist and Vanity Fair editor – (taken from an article in The Guardian)

One of the nastier aspects of the pandemic is that it turns your friends and all that you do to show them affection – hug and kiss; share meals and drinks – into a deadly threat. And yet, in this appalling moment, we need our friends more than ever, and it is probably true that our immune systems do, too. Isolation is bad for a species addicted to social intercourse.

My solution has been to start a cocktail hour on a video conferencing site, sending one or two friends every day an invitation to drinks in front of their laptop (or phone) at a time when we might normally meet in a pub or at each other's homes. It's surprising what a difference it can make to a day of isolation, and to your spirits in general, to see your friends' faces in the evening and hear them talk and laugh.

Clearly, this can be expanded to talking to neighbours you may not know very well, or people you believe are really suffering from enforced isolation and loneliness. It may even be a good way of meeting people. Each participant might invite a person no one else knows.



Sussex
Wildlife Trust

Back Garden Bird Race

Are you up for a challenge? Each weekend we're holding a Back Garden Bird Race. This weekend the race is on Sunday morning. Between 10 and 11 am, we are asking people to sit in their gardens or look out of their windows for one hour and note down all the wild bird species that they can see.

Details of your sightings can be entered on our Nature Table Facebook group, (<https://www.facebook.com/groups/naturetable>) into our free web app (<https://bird-race.coreo.app/>) or in the comments section of Saturday's Wildlife Diary (<https://sussexwildlifetrust.org.uk/coronawildlifediary>)



RSPB Birdwatch

The RSPB began a daily Breakfast Birdwatch on 24th March, taking place between 8-9am weekdays, at a time when many of us would have been commuting to work, doing the school run, or otherwise unable to enjoy the splendour of nature, from the safety of our homes.

Using #BreakfastBirdwatch on social media, they hope to create a friendly, supportive and engaged community who are able to share what they can see in their gardens, on their balconies, rooftops and spaces from their own homes, all the while keeping within government guidelines in relation to Covid-19. For more information go to: <https://www.rspb.org.uk/about-the-rspb/about-us/media-centre/press-releases/rspbs-breakfast-birdwatch/>



For the young and teenagers



HomeCourt

To help athletes and communities stay active in a safe and healthy way during the COVID-19 pandemic, all HomeCourt features are free through to the end of April. <https://www.homecourt.ai/>

Quick Ideas

Turn the mundane into the magic. If it ends in tears no problem; tomorrow's another day.

- picnic on a blanket even if it's in the lounge;
- practice yoga or take a dance class together via YouTube;
- share music playlists;
- Google some general knowledge questions and ask them;
- reignite story time;
- clear the furniture for the evening and play tag, teach an old dance style, pass the baton or a form of blind man's bluff;
- schedule joint 'cross training'- let's all get fit and build muscle.
- Teach your teen some practical life skills - change a car or bicycle tyre; change a plug; set up a tent in the garden; make an extension for a lamp with tape; load a washing machine; iron shirts; make filter coffee; teach them how to create a home accounts spread sheet; paint a wall; plant some seeds in a pot; teach them whatever DIY you can.

Make a salt dough cast

(Image: Lucy Joseph)



This beautiful salt dough cast was made by Lucy Joseph. Lucy, who has her own craft company, Ashare Designs, said: "I used acrylic paints (although you can use whatever you have) and you paint it after it has been in the oven. Check the bottom is rock solid before you take it out and make sure you have it on the ovens lowest heat or it will burn instead."

How to make your own salt dough

Ingredients: 500g of plain flour, 250g of salt, 250ml of water (add slightly more water if necessary)

1. Mix the flour and salt then add the water
2. Mix into a dough
3. Roll out on to a flat surface into the desired shape about 1 to 1.5cm thick (remember to sprinkle some flour down to prevent sticking)
4. Place on a baking tray
5. Make hand imprints (as deep/clear as possible)
6. Place in the oven on the lowest heat possible and bake for three to four hours or until completely solid top and bottom. (Alternatively, you can leave to air dry for a couple of days in a cool dry place - this is the best option if you only have self-raising flour)
7. Paint with your choice of paints/colours
8. Seal with any kind of varnish or sealer to preserve it. Varnish or PVA and water mix will work.

[nosycrow.com](https://www.nosycrow.com)

has a digital booklet explaining the coronavirus to children

Practical and Emotional Support

Who can you call for what?

NHS

for physical and mental healthcare - **CALL – 111**

If you have coronavirus symptoms, you do not have to call 111 but may do so for advice.

DO NOT go to your GP, Pharmacy or Hospital with symptoms. For urgent medical attention, call 999.

Essential Supplies

Many suppliers now offer a delivery service. Those who deliver locally include:

PENFOLDS BUTCHER – 01243 784299

STEPHENS PHARMACY – 01243 782695

(for prescriptions)

T&T FRUITS – 07767 887245

(usually at Chichester market – 1 size fruit and veg box)

ECOSWAP CIC – 07561 379988

(eco-friendly products – food/drink, kitchen and bathrooms, household and pet)

www.ecoswapstore.com

Find more options at: www.chichesterathome.co.uk

If you can't use the internet, why not ask Westgate Helpers to look for you.

Community Warden

Sue Long, our Chichester District Council Community Warden, is a friendly point of contact for help or advice – 07715 053912

West Sussex Community hub for Covid-19 support

0330 222 7980
8am to 8pm every day

www.westsussex.gov.uk

If you are vulnerable and in need of urgent support or advice, or are worried about someone other than yourself contact the Hub team who will direct you towards the appropriate organisation to help you.

Domestic Abuse help

Free confidential national helpline open 24 hours – 0808 2000 247

WORTH local helpline – 07834 968539 or 033 022 28181 – open Mon-Fri 9am-5pm.

Call 999 if you are in danger – if you can't speak safely, press 55 when asked which service you require.

Mental Health Support

MIND – 01903 277000 (West Sussex) or 0300 123 3393, Mon-Fri 9am-5/6pm.

SAMARITANS – 116123 (Freephone)
Open 24 hours a day.

SUSSEX MENTAL HEALTHLINE – 0300 5000 101

For online help see

<https://mentalhealth.org.uk/coronavirus>

Money Worries

Contact the West Sussex Community Hub to be referred for hardship support. If you are struggling to pay essential bills, you can also contact Chichester District Council, your bank, landlord, or utilities suppliers direct to help you manage.

UNIVERSAL CREDIT HELPLINE – 0800 328 5644 Mon-Fri 8am-6pm.

Useful Links if you have internet access:

www.gov.uk/coronavirus

www.westsussex.gov.uk/campaigns/coronavirus-covid-19/#1

www.chichester.gov.uk/coronavirus

Chichester District Food Bank

01243 773687 or email
info@chichesterdistrict.foodbank.org.uk

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