

WESTGATE HELPERS NEWS

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

ISSUE 3

10TH APRIL 2020

Top stories in this newsletter



CFT plans fun and entertainment



Keeping Fit and Healthy



Chichester District Council Advice

CitizensOnline

How to get online

Westgate Helpers - 07731 198693 - westgatehelp2020@gmail.com

We are delighted to inform you that all links in this newsletter should now be 'live'!

Here is your third newsletter from Westgate Helpers trying to keep our community in touch and make sure that we help each other. Please do contact us if we can help with top-up shopping, prescriptions or dog-walking. We are all local residents and will do our best to help you.

Local council initiatives and communication is starting to be developed. We enclose some information in this newsletter, but we understand that Chichester can also expect a leaflet drop from Covid Mutual Aid, with more information about where people can get help and support.



Chichester Festival Theatre

The CFT Five-Day Play programme has been incredibly popular. Now in week three we've had almost 100 entries, from as far away as New York and from ages 11 to 82! The winning plays for week one and two are now available to read on the CFT website.

<https://www.cft.org.uk/prologue/blog/five-day-play?>

As a little bit of Easter fun, the theatre has created an online Easter Egg hunt. On 11 different pages on the **CFT website** you'll find some Easter Eggs marked with letters. There are 18 letters in total and they make up four words; can you find them all and work out what they're trying to say? Happy hunting!

Chichester Festival Theatre is to stream a selection of its archive productions online, beginning with the musical ***Flowers for Mrs Harris*** from Thursday 9 April for the Easter weekend. *Flowers for Mrs Harris* will be available on the CFT website for 30 days and will be free to watch. Details of future broadcasts will be announced shortly.

For tips of other theatrical shows that you can watch online, produced by WhatsOnStage, go to https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online_51198.html for an excellent summary of all the shows, plays etc which are available online.

Keeping physically active

Keeping physically active is important for physical and mental health and wellbeing. Not being active, even over relatively short periods of time, can result in muscles becoming smaller and loss of strength.

While you may be unable to participate in your regular activities, it is important to try and remain physically active, carrying out exercises to maintain muscle strength, balance and flexibility. These can be done at home or in the garden if possible. You should avoid extended periods of sitting, reclining or lying while awake – for example getting up every hour and making a drink or doing some housework. There are lots of online resources including:

Ways to keep moving - <https://www.greatersport.co.uk/ways-to-keep-moving>

NHS low impact exercises at home - <https://www.nhs.uk/live-well/exercise/easy-low-impact-exercises/>

Sport England - How to stay active while you are at home - <https://www.sportengland.org/stayinworkout>

Chartered Society of Physiotherapy resources - <https://www.csp.org.uk/public-patient/keeping-active-healthy/staying-healthy-you-age/staying-strong-you-age>

Super Six home exercises to improve strength and balance - <https://www.westsussex.gov.uk/campaigns/preventing-falls/>

Also check TV schedules for fitness shows.



Jessica Hill Pilates - Live online classes

Looking to keep fit and healthy and prevent your risk of injuries in the lockdown?

Come and do Pilates online with me. I design my online Pilates classes with the aim to include something to help everyone improve spinal mobility, re-educate posture, strengthen your core, inspire your mind and improve your body to be more dynamic!

My Pilates is suitable for both beginners and existing Pilates lovers. I also offer private online Pilates should you wish to start there before joining a class.

All classes are streamed using zoom, where you can create a free account and you'll receive the links by email to join in the classes from the comfort of your own home. From just £5-7 a class.



More information can be found on my website, with a timetable and how to make payments www.dynamic-ft.co.uk

You can also contact me on 0743 237 2609 or info@dynamic-ft.co.uk

down dog Free online exercise apps

Anyone who wants to practice at home can do so, we are making all of our apps - Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout - **completely free until May 1st**. Go to: <https://www.downdogapp.com/>

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



Chichester District Council latest advice

We are launching a new email newsletter service, providing residents and businesses with regular updates. To sign up, please visit www.chichester.gov.uk/newsalerts

The **Community Hub** aims to support the most vulnerable residents in our communities. You can contact the Community Hub if you, or someone you know, need help, or if you want to volunteer your services in these difficult times. This will be available seven days a week and staff will be on hand to respond to enquiries from 8am-8pm. The team will be contacting the most vulnerable to tell them how to get help. The best way to contact the hub is online; if you have access go to www.westsussex.gov.uk/covid19communityhub.

A dedicated telephone helpline is also available for residents who are unable to go online: **033 022 27980**. We are trying to keep the resources available through the hub for those who are most vulnerable, so if you do have support in place already, such as from family or friends, then please continue to use their support.

Hardship fund / council tax reduction scheme

<https://www.chichester.gov.uk/taxandbenefitsfaq>

More information is now available about council tax reductions available in Chichester District.

Every working age household who receives a Council Tax Reduction in 2020/21 will receive an additional reduction to their council tax bill. This means they will either:

- have nothing to pay
- reduces their bill by a further £150

If anyone is concerned about being able to pay council tax bills due to the impact of the coronavirus, please let us know as soon as possible. In addition to the normal options that we offer, such as our council tax reduction scheme, we have also been suggesting that people can pay their council tax in instalments over twelve months or even spread them between June 2020 and March 2021. We are trying to do all we can to assist people through these very challenging times. If you, or someone you know, would like to find out more about this, please email taxation@chichester.gov.uk or if you do not have online access, please call us on 01243 785166.

Please consider using our online services wherever possible. This will keep essential lines free for those without access to the internet. You can find out more here

<https://www.chichester.gov.uk/article/33911/Council-tax-help-for-residents-in-the-Chichester-District>

Bonfires

At the moment, while we're staying at home more than usual, concerns have been raised about the health impacts of smoke from bonfires. We're asking people to please consider the health of local residents with respiratory problems and not light fires if this can be at all avoided.

<https://www.chichester.gov.uk/article/33909/Council-warns-against-bonfires-during-coronavirus-outbreak>

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

We are very grateful when readers of this newsletter send in ideas for information that other readers might be interested in. Many thanks to Mr Anonymous for the piece below.....



Now that we gentlemen of Westgate are so busy with spring cleaning, it occurred to me that fellow troops might like to be more fully aware of the Home & Dry Laundry and Cleaning service. They will collect for free and deliver with a charge of £2.50. It is very prompt, has taken over from Solent Cleaners and prices seem fair – remember, use it or lose it!
07770 668808

OPEN 3 DAYS A WEEK 10AM–2PM AND
OPERATING A COLLECTION & DELIVERY SERVICE 3 DAYS A WEEK
<https://homeanddry.biz/>

Another tip from a Westgate Resident.....



Richardson's Nursery

(on the Birdham straight) are 'delivering' plants (or getting a group of orders and one person from that group delivering them on their behalf).

Their plants are always lovely and much better value than the larger garden centres. They need to sell to keep afloat so if you want anything take a look at their website. And pass this message on to anyone you know who would be interested.

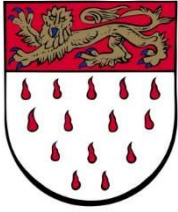
<https://www.richardsonsnursery.com/>



Natural History Museum

Delve into the Museum from home with a virtual self-guided tour of the galleries, an interactive experience about Hope the blue whale and audio guides narrated by Sir David Attenborough.

Go to museum's website - <https://www.nhm.ac.uk/visit/virtual-museum.html>



Chichester City Council

There is lots of useful advice on the Chichester City Council website - <https://chichestercity.gov.uk/coronavirus-useful-information-and-contacts/>

LOCAL GROCERY PROVIDERS OFFERING DELIVERY

- Chichester At Home - <https://www.chichesterathome.co.uk/> - links to local food businesses
- Crimsham Farm – 07793816751- Fruit, veg, pasta, milk, flour, rice. Phone line open 10am-2pm - <https://www.facebook.com/crimshamfarm>
- Munneries - 01243 672121- Fresh produce, milk and bread - <https://www.munneries.co.uk/>
- Ecoswap - 07561 379988 - Eco-friendly products available for delivery - food & drink, kitchen & bathroom, household and pets - <https://www.ecoswapstore.com/>
- WE Indulge Catering - 07507 383462 - <https://www.facebook.com/weindulgecatering/>
- Penfolds Butcher – 01243 784299 - <http://www.mjpenfold.co.uk/>
- Bosham Catering - 07835 136219 - Fruit & veg bags £13. Also have eggs, steak, sausages, bacon, ham & bread. Orders by phone/text only between 3pm & 7pm
- Boxgrove Village Stores - 01243 773201 - <https://boxgrovevillagestores.com/>
- Country Stores, Stockbridge Rd - 01243 782474
- Lindwhyke Stores - 01243 784080
- Adams Wholesale – 01903 282220 - <https://www.adams-wholesale.com/>
- Refilled – 07500872863 - <https://refilledchichester.com/>
- Harrie's Coffee - Fairtrade beans or ground - <http://www.harries-coffee.com/shop.html>



The Silver Line operates the only confidential, free helpline for older people across the UK that's open 24 hours a day, seven days a week, 365 days of the year.

- They also offer **telephone friendship** where they match volunteers with older people based on their interests, facilitated group calls, and help to connect people with local services in their area.
- Visit <https://www.thesilverline.org.uk/what-we-do/> for more.

Best wishes and stay safe — from Kathryn, Louise, Bridget and Julia.
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Supporting people experiencing, or at risk of, domestic abuse

Measures announced over recent weeks to tackle the coronavirus have seen people's day-to-day life drastically alter. These changes are essential to beat coronavirus and protect the NHS, but are requiring families to spend unusually high amounts of time together at home.

The economic effects of the pandemic are also causing hardship, anxiety and placing additional stress on individuals and families.

The government acknowledges that the order to stay at home can cause anxiety for those who are experiencing or feel at risk of domestic abuse. Domestic abuse is unacceptable in any situation, no matter what stresses people are under.

Domestic abuse is more than physical violence. It can also include, but is not limited to: coercive control, economic abuse, online abuse, verbal abuse, emotional abuse, and/or sexual abuse.

If you or anyone you know is worried about or experiencing domestic abuse, services remain open and we have extended the availability of specialist help, support and advice on the following telephone number.

Call Worth Domestic Abuse Service: 0330 222 8181 (Monday to Friday, 9am- 5pm) or 07834 968539 (weekends, including Bank Holidays, 9am - 5pm)

Please see the following link which provides information about what you need to do if you need urgent police help through the silent 999 service -

https://content.govdelivery.com/attachments/UKWSCC/2020/04/08/file_attachments/1422165/make-yourself-heard-guide%20200323.pdf

Citizens Online

This organisation has produced a useful list of resources to help people stay in touch, including how to get set up on Skype, WhatsApp and Facebook.

<https://www.citizenonline.org.uk/coronavirus-support-resources/>

If technology isn't a strong point, why not ask someone to help you. Organisations that can help with digital connections include:

Digital Unite - <https://www.digitalunite.com/> and AbilityNet - <https://abilitynet.org.uk/>

Chichester Business Directory

This directory is designed to help support businesses who are still running a service through this difficult time. Although many have had to close their doors due to the coronavirus outbreak, the resilience and adaptability of Chichester businesses has been inspiring. They are constantly updating the directory. If you are a Chichester business currently offering a service and would like to be included, please send details to jhockley@chichesterbid.co.uk

<https://chichesterbid.co.uk/>

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