

WESTGATE HELPERS NEWS

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

ISSUE 6

1ST MAY 2020

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We continue to offer support to residents and have settled into a rhythm of shopping, fetching prescriptions, and even feeding birds, for the housebound.

We are delighted with how well received the singalong at the weekly 'Clap for Carers' has become. By posting a video of last week's rendition to both Facebook and YouTube, you have all helped raise £125 for 'The Brain Tumour Charity', chosen by Louise to commemorate her father. Many thanks for your help with raising those funds for vital research.

We look forward to seeing you on Thursday 7th for the usual 'Clap for Carers', where we will have a 'practice' singalong of 'We'll Meet Again' in readiness for the celebrations the next day.

In the meantime, please don't hesitate to call if you need us.



Westgate Sunflower growing competition

Help us brighten up Westgate by taking part in our sunflower growing competition!

Westgate Helpers are in the process of assembling growing kits of a small pot, a couple of seeds and some simple instructions. These will be available for collection on 7th May, during the Clap for Carers, from outside 25, 62 and 101 Westgate as well as 6 Tannery Close. We're also very happy to deliver - just email us.

There will be two categories for entry: **pot grown** and **garden grown**. The closing date for measurement is **22 August** and we will need photographic proof of height emailed to westgatehelp2020@gmail.com



75th Anniversary of VE Day, 8th May

Give thanks with your neighbours to the Heroes of WW2

Next Friday, 8th May, is the 75th anniversary of VE Day and here on Westgate we were, originally, planning to celebrate this in style with a street party. As with many similar events across the country, this had to be cancelled but that doesn't mean we can't celebrate while still in lockdown.

We are planning to gather (at a suitable social distance!) on Westgate at 9.05pm, following the Queen's speech, to join in a national singalong of "We'll Meet Again". We'll wait a few minutes before we start singing, to give everyone time to assemble. The words of "We'll Meet again" are copied below and it would be wonderful if we could all pay tribute together to those who gave their lives to ensure the freedoms our country enjoys today. If you have any bunting to dress your house, or Union Jack flags to wave, or feel like dressing in red, white or blue, then please do so. The Mayor of Chichester is encouraging everyone to take a photograph of themselves in front of their flag or display, or maybe even to dress up and send their picture to the West Sussex Record Office.

WE'LL MEET AGAIN LYRICS

We'll meet again
Don't know where
Don't know when
But I know we'll meet again
Some sunny day

Keep smiling through
Just like you always do
'Till the blue skies chase
The dark clouds far away

So will you please say hello
To the folks that I know
Tell them I won't be long.
They'll be happy to know
That, as you saw me go
I was singing this song.

We'll meet again
Don't know where
Don't know when
But I know we'll meet again
Some sunny day

Timetable of events

11am - Two-minute silence.

2.55pm – Last Post to be played in Westgate.

3pm - Prime Minister's speech and Nation's Toast:
"To those who gave so much, we thank you".

9pm - Her Majesty, The Queen, will send a message to the nation on BBC One, the exact moment her father, King George VI, gave a radio address in 1945.

9.05pm - National singalong of Dame Vera Lynn's 'We'll Meet Again'.

People can also get involved in celebrations by joining their BBC Local Radio Station initiative and make their own VE Day Bunting to put up in their windows. You can download templates for all aspects of the celebration from the BBC, (link below) or from:

<https://ve-vjday75.gov.uk>

Historian and broadcaster, Dan Snow, will host history lessons for children at 4pm on Monday 4th, Wednesday 6th and Friday 8th, on YouTube's Timeline channel that will focus on a different aspect of the Second World War and aim to teach the public about the importance of VE Day.



Every Mind Matters

Having good mental health helps us relax more, achieve more and enjoy our lives more. Find expert advice and practical tips to help you look after your mental health and wellbeing here.

www.nhs.uk/oneyou/every-mind-matters/

During these uncertain times, **Chichester Wellbeing** can offer telephone appointments so you can get advice about a range of wellbeing issues. They provide free and friendly advice and support to you or your loved ones. Please call us today on 01243 521041 or email

info@chichesterwellbeing.org.uk to book.



Youth Mental Health First Aid awareness, emotional resilience, LGBTU+, anxiety, Living Works START suicide prevention and autism and ADHD

West Sussex Mind training services are extending their on-line offer for both volunteers, professional staff supporting young people and parents and carers. Funded by WSCC, delivered by our experienced trainers and in collaboration with local organisations we now have a range of e-learning, webinars and virtual learning workshops that are free and easy to access. Places can be reserved via Eventbrite: westsussexmind.eventbrite.com. www.eventbrite.co.uk/o/west-sussex-mind-8288439768



Chichester Festival Theatre

David Walliams's **The Midnight Gang** and the Chichester Festival Youth Theatre production of **Beauty and the Beast** will be the next productions to be streamed online from Chichester Festival Theatre.

Especially suitable for family audiences from ages 7 up, both will be available on CFT's website for 30 days, starting with The Midnight Gang from 30 April and then Beauty and the Beast from 21 May, and will be free to watch. www.cft.org.uk/news/the-midnight-gang-and-beauty-and-the-beast-to-be-streamed-online-from-cft



Royal Academy of Arts

Picasso and Paper: Virtual Exhibition Tour

While the RA doors are temporarily closed, you can experience their 'Picasso and Paper' exhibition from home, in this video tour of the galleries.

Picasso didn't just draw on paper – he tore it, burnt it, and made it three-dimensional. From studies for Guernica to a 4.8-metre-wide collage, this exhibition brings together more than 300 works on paper spanning the artist's 80-year career.

<https://www.royalacademy.org.uk/article/picasso-and-paper-virtual-exhibition-tour>



Chichester Singers on YouTube

Go to this link: https://www.youtube.com/watch?v=IQ5WC_zR6_4&feature=youtu.be to see the Chichester Singers' beautiful 'remote' (via Zoom) rendition of Mozart's Ave Verum Corpus.



Arundel Castle

Arundel Tulip Festival

Arundel Castle is very proud of its glorious gardens and their amazing annual Tulip Festival which normally attracts visitors from all over the world.

Sadly, due to the Coronavirus outbreak, they are unable to open the castle and gardens to the public but hope that you will be able to enjoy the displays through this website over the next few weeks. <https://tulipfestival.co.uk/>

SINGERS, SONG TITLES, MUSICALS, ETC... DINGBATS!

10	Rolling Stones
8	One Direction
6	Julie Andrews
4	Billy Jean
2	West Side Story
9	Bruno Mars
7	Star Man
5	Radio Gaga
3	It's Not Unusual
1	We Will Rock You

Answers:

#1

#2

#3

#4

#5

#6

#7

#8

#9

#10

These dingbats are either names of singers, song titles or musicals etc. Good luck!!



The Mayor's Hardship Fund.

The Coronavirus crisis, self-isolation and lock down has given rise to some people finding themselves in a desperate situation of having no money or resources to fall back on. They are essentially living day to day, hand to mouth. An unexpected expense, bill or broken electrical appliance can cause extreme stress and worry at a time when everybody is concerned for themselves and family.

Following discussion with the residents' associations, community wardens and other community groups in Chichester, it was decided to set up the Mayor's Hardship Fund to meet this need.

How does it work?

The initial contact is by telephone **07740621812** to the Mayor who does the initial filtering. The person applying will need to have a community contact eg member of the RA committee, community warden, social worker, councillor, vicar etc. The request is then passed to Clare de Bathe at the Chichester Welfare Trust for an experienced professional for validation, taking up references and administration. Items such as electrical appliances will be ordered on behalf of the applicant. The Mayor will resolve any issues. The normal turn around will be 2 days. All information will be kept confidential. The scheme has now completed its first pilot application and is live.

Who can apply?

Currently the beneficiary will either be resident, working or associated with Chichester. This is to give the scheme flexibility. Applicants will need to be 16 years or over with no upper limit. It is envisaged that the money would be available for a wide range of emergency needs obviously excluding non-essentials or what might be considered luxuries, such as alcohol or cigarettes.

To ensure as many people as possible can benefit, the usual sum awarded will be up to £250 with a limit around £300, although this will be at the discretion of the Mayor.

Funding

Although a need has been established, the size and scope of the need is unpredictable and unknown, like the crisis. Opinion is that a long period of social distancing and economic impact may mean that the majority of the need may come later. An application for funding has been to the Sussex Crisis Fund for £5000 and the City Council will be requested to match those funds if required.

There have already been offers of donations from the public and local trust funds.

Richard Plowman, Mayor

Urgent Dental Care

Across every NHS region a Local Urgent Dental Care system has been created to provide care for people with urgent and emergency dental problems. Urgent Dental Care centres (also known as hubs) allow appropriate separation and treatment of patients in these four categories:

1. Those who are possible or confirmed COVID-19 patients – including patients with symptoms, or those living in their household
2. Those who are 'shielded', as being at most-significant risk from COVID-19
3. Those who are vulnerable/at increased risk from COVID-19
4. Any other people who do not fit one of the above categories

All patients will need referral by a dentist. This could either be the dental practice they normally attend or an NHS practice nearest to their home address, which can be located on www.nhs.uk/using-the-nhs/nhsservices/dentists/.

Each patient will then be triaged and their care managed accordingly. Face to face treatment is available when clinically required.

An urgent dental care hub has been set up in Chichester. To access it, please phone a dentist (as above) - there is no drop-in facility, all patients must be referred by a dentist after a telephone assessment. (Out of usual surgery hours, you should call your local out of hours emergency dental service and if you are unsure of their contact details NHS111 will be able to provide this). www.england.nhs.uk/south-east/2020/04/17/urgent-dental-care-in-the-south-east/

