

# WESTGATE HELPERS NEWS

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

ISSUE 8

15<sup>TH</sup> MAY 2020

## Top stories in this newsletter



Pallant House activities and exhibitions



Back Garden Bird Race



Telephone support service for the young



World Baking Day



Advice to avoid scammers

**Westgate Helpers - 07731 198693 – [westgatehelp2020@gmail.com](mailto:westgatehelp2020@gmail.com)**

We were delighted that so many Westgate residents have taken up the Sunflower growing challenge. We hope that some sunshine is brought to the street and look forward to seeing the results in August.

We continue to support you in any way we can, so please don't hesitate to call us. Please let us know if you are aware of someone who doesn't currently receive this newsletter and would like to receive it via email.

If you have any photos, articles or events that you would like to send in for inclusion in the newsletter, please send them to the email address above.

All the best, from Louise, Kathryn, Julia and Bridget and all the Westgate Helpers Volunteers



## Sussex Wildlife Trust

As well as information on activities to do at home, they have made their members wildlife magazine available online for free for everyone to enjoy. Go to: <https://sussexwildlifetrust.org.uk/gowildathome>

Each weekend they are holding a Back Garden Bird Race, where people are asked 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 their Nature Table Facebook group, into their free web app or in the comments section of Saturday's Wildlife Diary.

Whether you record 4 bird species or 40 it's a great excuse to take just sit in your garden or look out of the window and enjoy your local birds. Go to: <https://sussexwildlifetrust.org.uk/backgardenbirdrace>

**This weeks Back Garden Bird Race will be on Sunday 17 May 10-11.**



## Pallant House

Art shouldn't be confined to the gallery. Whether you're looking for craft activities to do as a family, or want to explore art in a different way, Pallant House have got resources to help.

<https://pallant.org.uk/learn-with-us/creative-activities-at-home/>

### Spring Stage (2019) by Simon Roberts on YouTube

This 'slow-look' film forms part of the 'Inscapes' series by artist-photographer Simon Roberts, commissioned especially to coincide with 'Ivon Hitchens: Space through Colour'. The split screen of the film into four panels is an echo of Hitchens' use of double and triple square format. By splicing together footage filmed within Sussex's rural South Downs, Roberts' asks us to question how the essence of a place can be captured, whilst encouraging closer observation of the landscapes on our doorstep. Alongside his photographic and sound-based landscape studies, the film features locations where Hitchens loved to paint.

[www.youtube.com/watch?v=NDvKJzfoXRg&utm\\_campaign=564387\\_Lockdown+Email+7&utm\\_medium=email&utm\\_source=Pallant](http://www.youtube.com/watch?v=NDvKJzfoXRg&utm_campaign=564387_Lockdown+Email+7&utm_medium=email&utm_source=Pallant)



## World Baking Day – Sunday 17<sup>th</sup> May

This day has been celebrated on the third Sunday in May since 2012. It is meant to show people just how much fun it can be to make a cake or some cookies, not to mention how much fun it is to eat what you've made once it's done!

The first bakers in Jordan created flatbreads, which they then wrapped around meat – potentially the first-ever sandwich in existence. Roman times saw the birth of the artisan baker. Lovers of all things decadent, Romans prized the pastry chef, and those that brought new baked goods to the worlds were ever-popular at feasts and banquets.

In the United Kingdom, by the Middle Ages, baking went commercial, with many trading regulations and rules governing how to bake and sell bread. But everyone's got to eat, so anyone with an oven was baking bread to feed their families. The delicious, mouth-watering cakes we eat today started to emerge for the upper echelons of society from the middle ages onwards. Technology also helped upgrade the ovens to help bring better-baked goods to the masses, especially in the nineteenth century.

New baking innovations arrived during WWI and WWII. In America during the wars, baking thrived as people moved to the US, and rationing saw the need for increasingly crafty creations. In America, different flavours from across the world arrived, from Italian cannolis to Mexican Tres Leches. When people couldn't find fat or eggs during the wars, Applesauce Cake was baked into existence, which is still made today and used as an alternative to eggs and fat in vegan baking. The increase in prosperity after the war allowed baking to flourish into the foods we love today, all culminating in this event.

You don't have to be a pastry chef specializing in fancy tortes to celebrate this holiday. All you really need is a little flour, sugar and butter and a sense of adventure!

For tips go to: <https://blog.lakeland.co.uk/recipe/celebrate-world-baking-day/>



## What is open – and what isn't

### **OPEN**

**Hargroves Cycles**, The Hornet - [www.hargrovescycles.co.uk/](http://www.hargrovescycles.co.uk/)

**Manuka Wholefoods**, East Street - flour & baking ingredients - [www.manukawholefoods.co.uk/](http://www.manukawholefoods.co.uk/)

**Garden centres** open include: Stansted Park, Tawny Nursery, Bellfield Nursery, Richardsons, Manor Nursery, Hilliers Garden Centre, Brick Kiln

**NB – Not Open Yet - East Ashling Nursery and Russell's Garden Centre**

**Oaklands Park Tennis Courts** - Bookings must be made and paid for over the phone in advance via Chichester Racquets and Fitness Club on: 01243 785664. Currently, they will only be taking bookings three days in advance.

The courts will be open from 9.45am–7.45pm, Monday to Friday, and 9am–5.15pm at weekends. There will be restrictions in place to ensure the safety of players and staff at all times including:

- Single play only — unless players are all from the same household in which case doubles can be played.

- A time gap will be left after every booking to ensure a safe changeover.

All bookings are subject to social distancing guidelines.

For more information, please visit: [socsi.in/tennis\\_3GiEb](http://socsi.in/tennis_3GiEb).

### **CLOSED**

**West Wittering beach** is still closed - <http://westwitteringestate.co.uk/>

Any reopening will be gradual and phased. Other than for pass holders, they will be controlling the number of cars that can park at the beach at any one time. Visitors will need to pre-book through an online system and once parking capacity is reached on the app, bookings will close.

In the meantime, the Beach will remain closed until they are happy all safety concerns have been met to protect staff, visitors, and the local community. They, therefore, kindly ask visitors to not visit the beach or in any circumstances park in the local community to do so.

## Don't be scared to seek medical help?

Just a reminder that you should not have concerns about contacting your GP for any non-coronavirus problem, or feel scared to go to hospital if you need to. Local surgeries are up and running with telephone consultations, and they can refer patients to St. Richard's as needed. A local resident has been an in-patient for over a week and reports exclusively....

"The care at St Richard's during lock-down is as impressive as ever. The hospital has been reorganised with restricted COVID areas in every building and specialty. Everyone admitted is assessed as to whether they are COVID-risk or not, thoroughly testing all in-patients routinely for the virus, and anyone with suspected coronavirus is treated in isolation in designated areas until they are confirmed as clear.

Visiting is, however, not allowed, patients are not allowed out of the wards, and every precaution is being taken to stop the introduction of coronavirus. Any non-essential visiting rooms, family or play rooms have been closed, and the cleaning routines were impressive. The staff have plenty of PPE and there are clear routines in place for using it, and staff having to change their basic PPE every time they move in and out of the wards and side-rooms. The hospital menu is reduced at present but was pretty tasty, with good quality fruit and vegetables! Although not a regular hospital-goer, I can report that the care has been AMAZING from all the staff but, perhaps most of all, the nurses are deserving of particular thanks for their cheerfulness and professionalism in very difficult circumstances."



## Free Activities for the community

### YOUNG PEOPLE/FAMILIES

- Digital Resource Packs for home learning - inspired by CFT productions, departments and careers – available to download on website.
- ARTS AWARDS, a guide to creative activities to do at home - digital workbooks created and available to download on CFT website.
- Wellbeing Playbook - including activities and challenges to support young people's health and wellbeing during this period.
- The Midnight Gang recorded production; together with an online Resource Pack – available to download from CFT website (30 April – 29 May)
- Beauty & The Beast recorded production; together with an online Resource Pack– available to download from CFT website (21 May to 19 June)
- Little Notes - Music/movement sessions for parents/babies/toddlers (Subscription required)
- Series of tutorial videos includes; stage combat; puppetry; dance; ukulele, basic sign language and tap dancing.

### ADULT COMMUNITIES

- Weekly phone calls to more isolated individuals - from trained Buddies/CFT staff
- A free online tutorial on the basic skills for using zoom
- Films made by CFYT members - connecting with Residents in Care Homes
- CFT Archive: *A Year a Day* – highlighting a show from each of CFT's 58 years of productions – available to all on CFT website
- 5 Day Plays –a selection of stimuli available on website to inspire participants to write a short play in 5 days
- Series of tutorial videos includes; stage combat; puppetry; dance; ukulele, basic sign language and tap-dancing.
- Online Dementia-friendly Training sessions (available to groups on request)

A limited number of resource packs are being prepared, that can go to children/ families where there is limited/no access to digital equipment, if they are unable to access or download resources from CFT website [www.cft.org.uk/take-part](http://www.cft.org.uk/take-part) or contact the Learning Education Department on [leap@cft.org.uk](mailto:leap@cft.org.uk) .

**Answer to  
last week's  
puzzle:**



# The Chichester Information Shop

This is a local Chichester charity which has launched a new telephone support service for young people (13-25), offering confidential emotional support. You can find out more about this fantastic charity and how you can support their work, by visiting <http://chi-infoshop.org.uk/>

## The Information Shop For Young People Telephone Support Service

The Information Shop has launched a telephone helpline service for young people aged 13 – 25 (inclusive), offering confidential emotional support



We are open:  
Mondays 2:30 – 6pm  
Wednesdays 1:30 – 5pm  
Fridays 1:30 – 5pm

Please call 01243 839093 during these opening times and you will be connected with one of our trained support staff who will be able to assist you

Calls charged at local rate



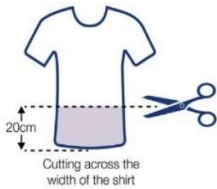
## National Thank a Teacher Day

On Wednesday 20 May, we are celebrating teachers, senior leaders, support staff and all those working in education settings who are making a difference to their schools and communities during the coronavirus outbreak.

The Department for Education is working in partnership with the Teaching Awards Trust which has produced a set of resources including a Thank a Teacher toolkit containing graphics, images and frames for social media that you're free to use.

The Thank a Teacher Toolkit is available here:

<https://thankateacher.co.uk/wp-content/uploads/2020/04/Thank-a-Teacher-Day-2020-Tool-Kit.pdf>



## Five ways to make your own face mask

The government is advising people to wear face coverings in enclosed public spaces in order to limit the spread of coronavirus. Officials have stressed that surgical and medical masks should be kept for frontline NHS and healthcare workers, so people are being advised to buy non-medical masks or make their own, using materials found around the house. Here are five different ways masks can be made at home...

### Using only a T-shirt

In terms of the best materials for a face mask, researchers at Cambridge University found that cotton T-shirts and cotton pillowcases are best for making DIY versions. This is because they have the ability to capture small particles but still remain breathable:

1. Cut a straight line across the width of the T-shirt (front and back) approximately 20cm from the bottom.
2. From a point 2cm below the top right-hand corner of the fabric, make a 15cm horizontal cut through both sides of the fabric that is parallel to the top of the rectangle.
3. Then cut down towards the bottom of the fabric until you reach approximately 2cm above the bottom edge. Then make another 15cm cut that runs parallel to the bottom of the fabric to make a rectangle that can be discarded.
4. For the ties, cut open the edge of the two long strips of fabric. Then unfold the main piece of fabric and place over the mouth and the nose. These four strips act as ties to hold the cloth face covering in place and should be tied behind the head and around the neck.

### Using a bandana or headscarf – See: <https://twitter.com/i/status/1246177574398689280>

An alternative method is to use a bandana and two hair/elastic bands:

1. Fold the bandana horizontally to about the size of four fingers.
2. Place the elastic bands over the folded bandana. One should be around either side, at the general width of your face.
3. Fold either side of the bandana over the hairbands and into the middle, tucking one side into the other.
4. Place the mask over your face with the hair bobbles over your ears to secure.
5. Adjust to make sure it fits over your full nose and mouth.

### Making a mask with a sock - <https://twitter.com/i/status/1257588456651460610>

It's important to consider the fabric's breathability, as really thick socks might be more difficult to breath in.

1. Fold the sock in half and cut off the toe and ankle sections.
2. Open up the sock and cut down the edge opposite to the heel.
3. Fold the sock in half again and cut into the heel's edge by about two thirds and about 2cm from the ends.
4. Open out the sock completely and trim off the corners into curves.
5. Loop the cut outs around your ears and cover your nose and mouth with the rest of the sock, so the heel fits securely over your nose.

### Using a Tea Towel - <https://youtu.be/gINNCYw1agc>

All you need is a clean tea towel, scissors, thread string, ribbon or shoelaces and some sticky tape:

1. Cut a 20cm/4 inch strip off the width of a tea towel.
2. Snip the corners so the seams are open.
3. Thread string, ribbon or shoelaces through the seams at both ends.
4. Place the fabric on your face and tie the strings at the back of the head. The ends of the string can be made harder with tape.
5. For added protection, add a coffee filter, piece of kitchen paper or a paper napkin.

### Pleated Face Mask - <https://youtu.be/o8OyV15ua24>

1. Start by cutting a 15in x 8in piece of fabric, then fold it in half and measure three inches in from each side.
2. Bring the seam to the centre and cut two 7in pieces of elastic and pin each between the layers of fabric – one end at each corner on each side of the mask.
3. Sew along the edges to close the sides and secure the elastic.
4. To make the pleats, mark the fabric by placing pins one inch from the bottom of each side of the mask, then keep pinning all the way across (the video provides the correct spacing measurements).
5. When the pins are in place, fold the fabric lining up the pins and sew along the edge.



## Watch out.....

Sadly, there are various scams and doorstep crime going around and purporting to have a link with Covid 19. Please be aware of some of the following methods being used.

### EMAIL, TEXT AND PHONE CALL SCAMS:

- An unexpected email from the government offering you money.
- The 'infection list' scam mimicking the World Health Organisation (WHO) claiming to provide a list or map of local infections.
- An email from HM Government asking for donations for the NHS.
- An HMRC email stating you are 'eligible to receive a tax refund'.
- Sale of fake COVID-19 swabbing tests, supplements, and anti-virus kits.
- A text message asking you to pay a fine as it says you have been 'recorded as leaving your home on three occasions' during the lockdown.
- A phone call stating 'government guidelines now require everyone to wear a mask outside the house, press 1 to purchase your mask'.
- One which targets businesses about the Government's business rates grants scheme, and another which tells the recipient that they are eligible for council tax reduction. Both scams lead to websites that aren't credible and ask for personal and financial details.

### DOORSTEP CRIME:

- Cleansing services that offer to clean drives and doorways to kill bacteria or offering to 'decontaminate' the inside of your home.
- Bogus healthcare workers offering to take your temperature or provide 'home-testing' for the virus.
- Criminals offering to do your shopping. They take the money and do not return. You know who your local helpers are.

### ADVICE AND SUPPORT:

Always question unsolicited calls, texts or emails requesting your personal or financial information (name, address, bank details). To verify the company contact them directly using a known email or phone number AND NEVER CLICK ON A LINK IN THE EMAIL.

For advice on cybercrime, or to report suspicious emails, visit [www.ncsc.gov.uk/cyberaware](http://www.ncsc.gov.uk/cyberaware). Anyone who has been a victim of fraud or cybercrime can report it online at [www.actionfraud.police.uk](http://www.actionfraud.police.uk) or call 0300 123 2040

- The correct website to find out the latest information about the Government's business rate grants, is: [www.chichester.gov.uk/businessratesmarch2020](http://www.chichester.gov.uk/businessratesmarch2020)
- If you need any help, please contact the council directly by emailing [taxation@chichester.gov.uk](mailto:taxation@chichester.gov.uk)
- If you think you may be eligible for council tax reduction, you should visit their website to find out more or to make a claim: [www.chichester.gov.uk/counciltaxreduction](http://www.chichester.gov.uk/counciltaxreduction)
- The National Cyber Security Centre has published a guide on how to stay secure online during the coronavirus outbreak. This includes tips on how to deal with suspicious emails: [www.ncsc.gov.uk/guidance/suspicious-email-actions](http://www.ncsc.gov.uk/guidance/suspicious-email-actions)
- For more information about Chichester District Council please go to: [www.chichester.gov.uk/coronavirus](http://www.chichester.gov.uk/coronavirus)

Best wishes and stay safe — from Kathryn, Louise, Bridget and Julia.  
Email [westgatehelp2020@gmail.com](mailto:westgatehelp2020@gmail.com)