

WESTGATE HELPERS NEWS

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

ISSUE 9

22ND MAY 2020

Top stories in this newsletter



30 days wild!



WSSC survey



Virtual walk around
Arundel Castle



WEST DEAN
COLLEGE

Online courses



WEALD &
DOWNLAND
LIVING MUSEUM

Short Story Challenge

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We are continuing to support you in any way we can, so please don't hesitate to call. One of us is always checking the phone or email. As lockdown eases, after 5th June, we will be reducing this newsletter to a fortnightly publication, but will review the frequency according to need.

Please let us know if you are aware of someone who doesn't currently receive the newsletter and would like to receive it via email, or we can deliver a hard copy to those without access to the internet.



Creativity for all

Now more than ever craft can bring you joy, connection and community. Whether you're a complete beginner wanting to try something new or are keen to develop your existing talents; explore some inspiration for learning in lockdown by watching demos on YouTube.

Follow online bite-size tutorials from the College's expert Short Course Tutors, grab your sketchbook or write it out - make time to get creative. Take a look at #westdeantgether on social media for ideas, prompts and to join the creative conversation.

Many of the tutorials focus on materials you may already have and more demonstrations are being released daily; try drawing a charcoal self-portrait (why not challenge friends and family to draw live via video call), explore botanical painting, fill a sketchbook with mixed media collages, get to grips with using flash on your DSLR camera or learn the basics of crochet.

www.westdean.org.uk/study/short-courses



What is open – and what isn't

West Wittering Beach will reopen next Wednesday (May 27) but will adhere to social distancing rules by limiting the number of vehicles able to park on the site. The beach will remain closed over the late, May bank holiday weekend but visitors will be able to park at the beach from next Wednesday by pre-booking only, (via the app, JustPark) up to three days prior to your visit – if you don't book, sadly you will be turned away.



Oggie's Pizza Van – Freshly cooked (wood-fired) pizza by experienced chef, Steve. Collection only from the pizza van, which will be parked up and cooking on Wednesday evenings in St. Wilfred's Church Car park (PO19 3AG). Service from 5pm to 8pm. Last orders 7.50pm.

Please pre-order by text in advance to Steve on 07753 858242. You will be given a collection time and are asked to maintain the 2m distance rule. All payments are contactless. All pizzas are 10" and can be prepared as gluten free and/or using vegan cheese by request. For more information go to:

www.facebook.com/Oggies-Wood-Fired-Pizza-Co-1183824328296621

Estate Agents – are now open and can arrange viewings

Golf Courses – although restrictions apply

Tennis Courts and Clubs – although restrictions apply

Angling Clubs – although rivers are closed to anglers (apart from fly fishing) until June 16th as it is the closed season.

All Chichester **Car Parks** are now open.

Draper's Yard - Order by **5pm each Thursday** for Saturday Delivery or Collection. Go to: <https://drapers-yard.co.uk/shop/> **On the Saturday** - Collections will be available between **10am to 12 Noon** outside Draper's Yard at 16 The Hornet, Chichester, PO19 7JG ** Local deliveries from 1pm onwards ** You are also most welcome to phone through orders on 07871 910420 or email on hello@drapers-yard.co.uk

Chichester Farmers' Market sets up its stalls again next month. The market is being reintroduced on Friday 5 June, in a temporary location at Cattle Market Car Park, Chichester.

Strict social distancing measures will be in place to ensure safety. These include:

- a one-in, one-out queuing system at entry
- a one-way system
- cashless payment with all traders now able to take card
- there will be no food tasters
- all produce will be pre-wrapped – any food on display will not be for sale, and
- 2m social distancing will be in place at all of the stalls, with limited numbers allowed to queue.

Household Waste Recycling sites are now moving onto the next phase which will see the admittance of vans and pick-ups from **this Saturday**, and Viridor staff will start to re-configure the sites during next week in order to take most waste streams. Please note that the **no trailers are allowed into** sites, due to the space and time taken to manoeuvre them into the restricted bays. Also, we will not be accepting DIY waste for the time being.



Arundel Castle virtual walk

A virtual walk around the Arundel Castle Estate Park has been launched by The Snowdrop Trust after its annual event was postponed due to the coronavirus outbreak.

The Sussex Snowdrop Trust, which provides nursing care at home for children with a life-threatening or terminal illness, has captured the beauty of the park in a film to allow people experience the walk from the safety of their own home.

The virtual walk features the sound of sheep bleating, an abundance of bird song and even a glimpse of deer darting through the woods. Go to YouTube - <https://youtu.be/cujul3ogsPc>

For more information go to: www.thesussexsnowdroptrust.com/



Short Story Challenge

The Weald and Downland Museum have launched a historical fiction short story competition.

The judges are playwright Greg Mosse; Suzie Wilde, author of The Book of Bera Trilogy – Sea Paths and Obsidian; and Sussex Newspapers group arts editor Phil Hewitt, among others.

They will be looking for high-quality stories in one of two categories:

- 1) Historical fiction short stories, which relate to an aspect of the collection (houses/artefacts) of the Weald & Downland Living Museum, and are set between the years 900AD and 1930AD.
- 2) Historical fiction short stories, which are set anywhere between the years 900AD and 1930AD.

Although this competition is for adults (18-plus), keep an eye out for the museum's under-18s competition at <http://www.wealddown.co.uk>

Due to these unprecedented times, the Museum has waived the normal £7 entry fee. However, because the Weald & Downland Living Museum is a charity and a self-funded independent organisation, they are asking for donations to support them at this challenging time (please text FICTION to 70085 to donate £7. Texts cost £7 plus one standard rate message). Alternatively, you can choose an amount you wish to donate by visiting: <http://wealddown.co.uk/donate>

The closing date for receipt of entries is 5pm on Friday, September 4. More details from the museum website. You can download the entry form at www.wealddown.co.uk/historical-fiction-short-story-competition-2020/



Beauty and the Beast

We're excited to announce that the archive recording of our **Chichester Festival Youth Theatre** production ***Beauty and the Beast*** is now available to watch for free on the CFT website. You may think you know the story but director **Dale Rooks** has a few surprises in store in this brand new version adapted from the original fairy tale by **Anna Ledwich** (*The Butterfly Lion*), with music and lyrics by **Richard Taylor** (*Flowers for Mrs Harris*).

The production is available on the CFT website for 30 days (until 19 June). Particularly suited to family audiences from ages 7 and up, join us for this magical tale full of enchanting characters, marvellous musical numbers and some deliciously scary moments.

To connect with as many people as possible in our community, this production is captioned for D/deaf and hard of hearing audiences, and has Polish-language captions. An audio introduction helps set the scene for blind and partially sighted audiences. There's also an activity pack, things to make and a wordsearch available to get creative at home.

Go to: www.cft.org.uk/cft-at-home

Brain teaser *(answers at bottom of last page)*

US proverbs

1. The early bird gets the _____.
2. After all is _____ and done, more is said than _____.
3. From _____ beginnings come great _____.
4. Don't _____ horses while crossing a _____.
5. There are three kinds of _____; those that make _____ happen, those that watch things _____ and those who don't know what's _____.
6. The frog does not _____ the pond in which he _____.

International proverbs

1. With enough "ifs" we could put Paris into a _____. (France)
2. Write injuries in sand, kindnesses in _____. (France)
3. A closed mouth catches no _____. (France)
4. Appetite comes with _____. (France)
5. If you are looking for a fly in your food it means that you are _____. (South Africa)
6. Behold the iguana puffing itself out to make itself a _____. (South Africa)
7. Milk the cow, but do not pull off the _____. (Greece)
8. If you want to gather a lot of knowledge, act as if you are _____. (Vietnam)



Phased reopening of places of worship

The Secretary of State for Housing, Communities and Local Government, has confirmed that a plan has been agreed for development with faith leaders to enable the phased and safe reopening of places of worship when the evidence shows it is the right time to do so. The Government has previously set out its ambition to reopen places of worship in step 3 of its plan to lift restrictions, which is expected to be no earlier than 4 July subject to further scientific advice.

In recognition of how difficult it has been for people of faith to be unable to practice their religion alongside their community, members agreed to work together to consider whether some forms of worship, such as individual prayer, might be permitted in places of worship before they fully reopen in step 3. This would take place where appropriate and safe to do so in line with social distancing guidelines.

www.gov.uk/government/news/new-taskforce-developing-plan-to-reopen-places-of-worship

A27 Road Closure

The A27 eastbound Chichester Bypass carriageway between Bognor Road roundabout and Portfield roundabout will be closed from 9pm on Friday, May 22 2020 to 5.30am on Saturday, May 23 2020.

The closure of the road is to facilitate the relocation of the current working zone from one side of the carriage way to the other as part of the ongoing construction works around the wider A27 Portfield scheme.

Traffic diversions will be in place overnight from Friday, May 22 2020. The diversion route will follow the Chichester Bypass westbound to Fishbourne roundabout, diverting at Cathedral Way, up the A286, and re-joining Portfield roundabout via Westhampnett Road.

A further night closure will take place on Monday, June 1 2020 on the westbound carriageway of Westhampnett Bypass from Tangmere roundabout, from 9pm until 5.30am on Tuesday, June 2 2020.

The diversion route for cars and vans will travel down Tangmere Road and Drayton Lane, re-joining the Chichester Bypass via Bognor Road. A separate HGV diversion route has also been put in place.

Testing eligibility expansion

Everyone over the age of 5, who is showing coronavirus symptoms, is eligible to book a swab test to find out if they have the virus. People can register for a test at

www.nhs.uk/coronavirus

Those in England and Wales who do not have any access to the internet, or who have difficulty with the digital portals, will be able to ring a new 119 service to book their test.

Further details on the announcement: https://drive.google.com/open?id=1V_vTlj8RUbMkwE-eKlf1jOtcB5zeYF-b



Coronavirus survey

We know that the current situation is affecting residents in various different ways and we would like to understand how we can effectively support you. **We are launching a survey to gather your views and to assess the impact of the coronavirus pandemic on your lives.**

Tell us how your lives have changed, how you are coping and what your thoughts are on life after this crisis. Your answers will help to shape our response to the current crisis as well as our plans for the future.

Please take 10-15 minutes out of your day to [complete this very important survey](https://haveyoursay.westsussex.gov.uk/policy-and-comms/coronavirus/) by Sunday 31 May 2020. Go to: <https://haveyoursay.westsussex.gov.uk/policy-and-comms/coronavirus/>

Thank you in advance for your time and for your continued support.



Sign up for 30 days wild!

This June, join thousands of people taking part in The Wildlife Trusts' annual nature challenge, 30 Days Wild! They want you to do one wild thing a day throughout the whole month: for your health, wellbeing and for the planet. That's 30 simple, fun and exciting Random Acts of Wildness.

You'll get a free, downloadable pack of goodies to help you plan your wild month, plus lots of ideas to inspire you to stay wild all throughout June (and beyond!). For extra 'bonus' items, keep an eye on your emails for additional, fun activities, from instructions for baking hedgehog cupcakes to a beginner's guide to wildlife photography.

To join in simply sign up here: <https://action.wildlifetrusts.org/page/57739/petition/1>

Brain teasers answers

US proverbs

1. The early bird gets the worm.
 2. After all is said and done, more is said than done.
 3. From small beginnings come great things.
 4. Don't change horses while crossing a stream.
 5. There are three kinds of people; those that make things happen, those that watch things happen and those who don't know what's happening.
 6. The frog does not drink up the pond in which he lives.
- International proverbs
1. With enough "ifs" we could put Paris into a bottle.
 2. Write injuries in sand, kindnesses in marble.
 3. A closed mouth catches no flies.
 4. Appetite comes with eating.
 5. If you are looking for a fly in your food it means that you are full.
 6. Behold the iguana puffing itself out to make itself a man!
 7. Milk the cow, but do not pull off the udder.
 8. If you want to gather a lot of knowledge, act as if you are ignorant.

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