

WESTGATE HELPERS NEWS

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

ISSUE 10

29TH MAY 2020

Top stories in this newsletter



Online music



Letter from the Mayor



Goodwood racing to resume



Glyndebourne on Youtube



Live online comedy

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Our tenth newsletter also signals the end of the musical accompaniment for the 'Clap for Carers', following a statement by Annemarie Plas, the woman behind the weekly applause, where she stated that she feels it has "had its moment" and should end after its 10th week, and become an annual event, she said.

Whilst many people may still want to turn out on a weekly basis, as the 'Clap' has provided wonderful moments of community spirit, we will be ending the musical element with a medley of songs that can be listened to or sung along to as you wish. Many thanks go to Leo Higham, the Smiths, and Christian Smith (not related) for their efforts to entertain us at a time when we have been starved of live music. We have included some online musical events for you to enjoy instead in this newsletter.

Remember, don't hesitate to contact the Helpers if you need us!



Glorious Goodwood has survived

The centrepiece of the racecourse's season will go ahead in its originally planned slot from July 28 to August 1, but it will not be staged in front of crowds of close to 25,000 as usual – and it may be that no paying members of the public are allowed in at all. The size of the event hangs on what sort of public gatherings the government is allowing by the end of July – and Goodwood bosses admit that, at the moment, that is complete guesswork.

A national fixture list for June, July and August published by the British Horseracing Authority includes afternoon racing at Goodwood on Sunday, June 14, and Monday 15, and the five days of Glorious, from Tuesday July 28 to Saturday August 1. Also listed are Goodwood's three consecutive days of racing at the end of August, from Friday 28 to Sunday 30.

It's not known yet when betting shops will reopen, a move that will free up another major income stream for racing.



Ovation Music

This Chichester-based charity provides contemporary Music Sessions and Workshops that encourage creativity, teamwork and positive social interaction. They are now providing free live streams from a number of their young singer-songwriters every Tuesday and Friday at 7pm (@ovationmusic on Instagram). They are also providing free music chat/advice on Zoom every Saturday at 10am (see ovationmusic on FB for details).

You can also subscribe to their new channel OvationMusicTV on YouTube for weekly videos featuring young bands, singers, interviews and practical advice - all free!



Encore Chichester Community Orchestra

has managed to come together musically – while keeping its distance – to produce its very own lockdown song: Ku'u Pua I Paokalani. Appropriately, the piece was written by the Queen of Hawaii from a time of her own isolation – an echo of the isolation we are all enduring right now.

Members of the orchestra recorded their own parts and submitted them to orchestra director Professor Laura Ritchie. And Laura is delighted with the results: “It is something you need to practise, to be able to play on something like this, but these people were doing it in isolation with no guidance and for the first time as amateur musicians. They have done incredibly well. And when they heard it with everybody together, it was very moving. People from all walks of life have come together at this time of distancing, and it really is quite a feat.”

www.youtube.com/watch?v=Uiw7F0r0Ovw&feature=youtu.be

Together Co **Virtual Music Festival**

Together Co, the Brighton & Hove-based charity that exists to end loneliness, is hosting a virtual music festival.

On Saturday, May 30, more than 20 bands will perform for free to raise money to help the most vulnerable and isolated.

TogetherFest will see bands perform including Melissa Bel, Luna Blue and Dakka Skanks. From midday on Saturday, May 30, each band will release a mini gig that can be viewed for free via Youtube, Instagram and Facebook.

Everyone taking part is giving their time for free to encourage people to find out about new music in Brighton – and then donate if they enjoyed the music to support Together Co's essential work.

More details on <https://togetherco.org.uk/togetherfest-virtual-music-festival>



An open letter from the Mayor 14 May 2020

The vast majority of our residents have followed faithfully the social-distancing rules and only 134 cases of coronavirus have been recorded in Chichester District. The number of deaths has not been reported, but it is understood to be very low. For me, however, there was a poignant moment when the number of those in the UK who had died from Covid-19 passed that of the entire population of Chichester.

The lack of clarity in the Government's latest recommendations has made people anxious that our efforts and sacrifices during lockdown will be lost. Realistically, little has changed and still the best advice is to stay at home if you can manage to do so. For information or advice, contact the WSCC HUB (Telephone: 033022 27980).

As a community we can feel proud of what we have achieved. The Mayor's Hardship Fund (Telephone: 07740621812) is working well for those left with nothing as a consequence of the virus. Please do not be too proud to call: we are all in this together.

The better understanding of how we catch the virus means we can with greater confidence exercise out of doors, but need to take more care indoors and in confined spaces such as on public transport where it is likely there will be a much longer exposure to the virus and more contaminated surfaces. Thanks to my wife's skills as a seamstress my blue tee-shirt has yielded a stylishly fashioned mask. I wear it now in the small shops and on public transport. The mask is not so much for my own protection, but rather to reduce the risk that I might unknowingly spread the virus myself.

The number of people who have coronavirus but show no symptoms is probably much higher than thought. In Iceland, a large proportion of the population was tested and, of those infected, half had showed no symptoms of the virus whatsoever; but they probably contributed significantly to the spread of the disease. Testing is so important.

The re-opening of the garden centres is both a relief and a help to our horticultural industry here in Chichester. The waste-disposal centres, too, are open again. You can now also buy and sell houses and go back to work, but social distancing will pose a major challenge. I am not sure that Stay Alert is quite the right message. It should be simply: Use Common Sense and Keep Your Distance. That is what I shall be doing, while remaining at home as much as possible.

Like all pandemics, this one will eventually pass.

My best wishes to you all - and stay Strong, Safe and Well.

Yours sincerely,

Councillor Richard Plowman,

The Mayor of Chichester



Bring Your Own Baby Comedy

The comedy series is organised by Carly Smallman and Alyssa Kyria. They have been playing the Komedia in Brighton for the past two years but, until this can resume, they are going online.

All shows will be streamed live at 8.30pm every Thursday, which means that they will be fully interactive, and suitable for watching after the children are in bed. Each episode will include live comments, shout-outs, and stories from our captive audience of parents on lockdown. Every week they will feature a brand-new line up of comics including the best parenting comedians in the UK.

The show can be accessed for free on YouTube or Facebook with an option to make a donation, if desired. Regular info at: <https://byobcomedy.com/brighton/>

Live on YouTube: https://www.youtube.com/channel/UCn_kLYP2AvHg262_IALuYdwLive
on Facebook: <https://www.facebook.com/BYOBComedy/live>



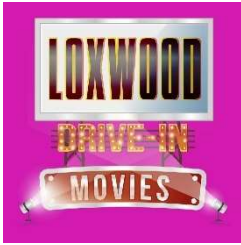
What is open – and what isn't

Some **National Trust** coast and countryside car parks are re-opening, with limited spaces. Whilst the houses, gardens and parklands remain closed, they are opening some of their coast and countryside car parks so you can get out into much needed green space. You may need to book places in advance for some of these using a booking system on their website, although currently that does not include any locations in Sussex or Hampshire. Do always check at www.nationaltrust.org.uk before travel

Whitmore Jones – the furniture specialist – is opening on 15th June. They sell recliners, beds, sofas, carpets and dining furniture.

From Monday 1st June the **Household Waste Recycling** site's range of items will be extended to include garden waste, general household waste, wood, cardboard, electrical items, bulky items, and furniture. They are currently unable to accept soil / hardcore, plasterboard, asbestos, tyres or textiles for the time being. Vans and pickups will be permitted on site with the correct permits.

Bikeability have put together the following guidance about how to cycle safely and responsibly during lockdown, and also to reduce the risk of infection while travelling for essential journeys for daily exercise, shopping or to get to/from work by pedal cycle.
<https://bikeability.org.uk/advice-on-cycling-during-covid-19-lockdown/>



Socially-distanced drive-in movies

Plans are shaping up for drive-in movies at Loxwood Meadow, Billingshurst, this summer. Cars will be parked three metres apart, and social distancing and hygiene guidelines will be strictly adhered to at all times, organisers promise. Toilet facilities complying to all additional sanitisation standards will also be provided.

Crystal-clear sound will be delivered through an FM transmission to each individual in-car stereo system. An on-site food delivery service will enable guests to order hot food and cold beverages directly to their vehicles.

Dates and a full film programme are yet to be finalised, but you can keep up to date by visiting the Loxwood Drive in Movies website and register your interest at www.loxwooddriveinmovies.co.uk and look out for all current news on the Facebook page @LoxwoodDriveInMovies

Quiz *(answers at end of newsletter)*

1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backward?
3. Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?
4. What fruit has its seeds on the outside?
5. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?
6. Only three words in Standard English begin with the letters "dw" and they are all common words. Name two of them.
7. There are 14 punctuation marks in English grammar. Can you name at least half of them?
8. Name the one vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.
9. Name 6 or more things that you can wear on your feet beginning with the letter "S."



Glyndebourne Open House

Make Sunday evenings your moment of escape and let glorious opera free you from your isolation, if only for a few hours. Join us at 5.00pm each Sunday and enjoy world-class opera in your living room for free. The Marriage of Figaro, Cosi fan tutte and Don Giovanni are all available on the Youtube channel - <https://www.youtube.com/glyndebourne>

**YOUR
HOME
MADE
PERFECT**

**DO YOU HAVE AN UNINSPIRING BACK GARDEN,
A NIGHTMARE FRONT TERRACE,
OR A PROBLEMATIC PATIO?**

**IF YOU HAVE A BUDGET SET ASIDE AND A BURNING DESIRE FOR CHANGE,
THE TEAM BEHIND BBC TWO'S **YOUR HOME MADE PERFECT**
WANTS TO HEAR FROM YOU!**

**REGISTER YOUR INTEREST BY EMAILING:
GARDEN@REMARKABLE.TV**

BBC Two is looking for people to take part in its latest series of Your Home Made Perfect. Competing designers will 'immerse' participants 'in cutting edge technology' to show you 'awe-inspiring designs' for your new garden and then you get to choose the one you want to build in real-life.

"We want to hear from you if you have a budget set aside and a burning desire for change. Please register your interest by emailing garden@remarkable.tv."

Filming is scheduled for summer and autumn this year but the show's creators stressed that activities will follow the government's coronavirus guidelines.

Quiz Answers

1. Boxing
2. Niagara Falls (the rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.)
3. Asparagus and rhubarb.
4. Strawberry.
5. It grew inside the bottle. (The bottles are placed over pear buds when they are small and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems.)
6. Dwarf, dwell, and dwindle.
7. Full stop, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation marks, brackets, parenthesis, braces, and ellipses.
8. Lettuce.
9. Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts.

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