

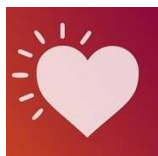
WESTGATE HELPERS NEWS

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

ISSUE 12

19TH JUNE 2020

Top stories in this newsletter



Ways to relieve stress



West Sussex unwrapped



Festival of Chichester



Bus update



Churches re-opening



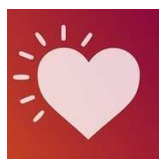
Temporary cycleways

Westgate Helpers - 07731 198693 – westgatehelp2020@gmail.com

Whilst things are, thankfully, relaxing for most of us, we mustn't forget those who are still suffering from being in strict lockdown. Perhaps gestures of help now need to include offering books and jigsaw puzzles to people we know who are still isolating, or taking them round a homemade cake or some flowers? Do please remember to continue to drop by for doorstep conversations as these are much appreciated by everyone.

We appreciate planning your next adventure isn't top of your list right now, but Experience West Sussex are here to inspire you when the time is right and to brighten your day whilst you are waiting. Follow them across social media channels to enjoy our beautiful county from afar - www.experiencewestsussex.com/

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



How are you feeling? Don't forget help is at hand

It's important to remember that it's okay to not feel okay and that feelings of anxiety, stress, worry, sadness, boredom, loneliness, frustration or tiredness may be heightened during the ongoing COVID-19 pandemic.

Through these challenging times there are some things we can all do to help take care of our mental health and wellbeing - which will help us think clearly and help us be able to look after ourselves and those we care about.

Here's a reminder of 10 ways to manage feelings of stress, worry and anxiety.

www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/

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



West Sussex Unwrapped

Sussex Day (Tuesday 16 June) saw the launch of an exciting new venture exploring the history and heritage of West Sussex, courtesy of the West Sussex Record Office (www.westsussex.gov.uk/leisure-recreation-and-community/history-and-heritage/west-sussex-record-office/) and Screen Archive South East (<http://screenarchive.brighton.ac.uk/>)

Delving deep into the county's past, this multi-media mix of films, photographs, blogs, posters, folk songs, saucy postcards and rare documents have been combined into an entertaining and illuminating visual experience.

From the rolling Downs to sun-filled beaches, the ten-week series gives everyone the opportunity to traverse the length and breadth of West Sussex through the ages.

The films will include:

- encounters with indomitable members of the Women's Institute at Treemans in 1954, along with a glimpse of their famous 'Operation Produce'
- ex-Goon, Harry Secombe being greeted by nurses in Haywards Heath in 1959
- Crawley celebrating the Jubilee of George V in 1935
- the official launch of the Selsey lifeboat in 1937
- a frenzy of Morris Dancers invading the quiet streets of Horsham in 1989
- memories of Shippams' paste sandwiches at a tea party in 1955
- the delights of the Bognor Regis Show in 1950
- a train ride along forgotten pre-Beeching lines.

This allows people who can't visit the Record Office at the moment the opportunity to delve into the archives virtually.

A new episode will be available every Tuesday from 12 noon beginning on 16 June, with the final film being uploaded on Tuesday 18 August.

Watch the film, visit the West Sussex Record Office blog and follow the fun every week by visiting Vimeo (<https://vimeo.com/showcase/westsussexunwrapped>) or the Record Office's 'West Sussex Unwrapped' blog <https://westsussexrecordofficeblog.com/westsussexunwrapped/>)

Car Parking

We've introduced some parking incentives in our car parks:

1. Free parking for everyone at the Avenue De Chartres car park every Saturday and Sunday
2. One hour's free parking for everyone when selecting two hours, using the MiPermit app. To start to benefit from the scheme, please download the app at:
<https://secure.mipermit.com/chichester/Register/PayAndStayRegister.aspx>

Both of these incentives will be in place for three months and will then be reviewed. To find out more, please see www.chichester.gov.uk/latestnews

Scammers are targeting West Sussex residents, warns Trading Standards

As part of Scams Awareness Fortnight (15-28 June) officers are advising residents to be aware of fake calls claiming to be from the NHS. The NHS Test and Trace service will never:

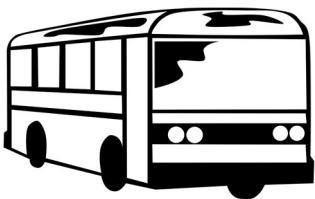
- ask you to dial a premium rate number to speak to them (eg, those starting 09 or 087)
- ask you to make any form of payment or purchase a product or any kind
- ask for any details about your bank account
- ask for your social media identities or login details, or those of your contacts
- ask you for any passwords or PINs, or ask you to set up any passwords or PINs over the phone
- ask you to download any software to your PC or ask you to hand over control of your PC, smartphone or tablet to anyone else
- ask you to access any website that does not belong to the government or NHS.

Use the Citizen's Advice online Scam Checker to help recognise a scam (www.citizensadvice.org.uk/consumer/scams/check-if-something-might-be-a-scam/).

Anyone concerned about scams can get advice from the Citizens Advice Scams Action helpline on 0808 250 5050.

To learn more about scams and to report fraud, visit the Action Fraud website (www.actionfraud.police.uk/)

You can report an incident or concern direct to West Sussex Trading Standards (www.westsussex.gov.uk/business-and-consumers/trading-standards-information-for-consumers/report-an-incident-or-issue-to-trading-standards/)



Bus pass timings update

From Monday 15th June the use of the free bus pass for pensioners will revert back to bus travel after 9.30am on weekdays. The disabled bus pass can still be used at any time.

With the slight easing of the Coronavirus lockdown, bus operators in West Sussex have increased the frequency of their services.

As the lockdown eases and bus operators need to continue to ensure safe-space travel, it has been decided that, in line with national guidance, the use of free bus passes will revert to 9.30am on weekdays from Monday, 15 June. They will still be valid all day at the weekends and disabled bus passes can still be used at any time.

All bus passengers are urged to please follow Government guidance on social distancing when travelling on public transport.



Places of worship reopening

The Communities Secretary has confirmed that from Monday 15 June places of worship will be permitted to re-open for individual prayer in line with social distancing guidelines. Individual prayer will be permitted from 15 June, but communally led prayer, worship or devotion such as services, evensong, informal prayer meetings, Mass, Jummah or Kirtan will not be possible at this stage.

New guidance will be published shortly to ensure the limited re-opening of places of worship can be done safely and in line with social distancing guidelines. This will recommend the thorough cleaning of shared spaces, hand cleansing at entry and exit and asking worshippers to bring their own items such as a prayer mat or religious text instead of sharing or using communal ones.

Places of worship still have discretion over when they consider it safe to open and may decide to remain closed or reopen at a slower pace if they wish.

www.gov.uk/government/news/places-of-worship-to-re-open-for-individual-prayer



21kms of temporary cycleways

West Sussex County Council is putting forward safe space cycling schemes to the Department for Transport to consider. This is the first stage of work in response to the easing of the Coronavirus lockdown.

If accepted, 21km of temporary cycle lanes would be provided to promote cycling as a replacement for journeys in areas which, until the COVID-19 crisis, were heavily reliant on public transport. There is no guarantee the Department for Transport will accept the schemes for funding, but WSCC believe they have presented a good case which could result in 21km of new, temporary cycleways in West Sussex.

The seven schemes would involve a combination of temporary traffic management, such as cones and signing, light segregation using 'traffic wands', planters, water-filled barriers, road markings and temporary 20mph speed limits. The two most local schemes being put forward for funding are:

Arun

A259 in Bognor Regis: widening the temporary surface where possible, cutting back overhanging vegetation and removing growth on the existing path, which has become narrow in places. Consideration would also be given to converting one lane of western dual carriageway to cycle/bus lane.

Chichester:

Railway Station to Spitalfield Lane, Chichester, including converting one lane of Oaklands Way to a cycle lane and linking with existing facilities, such as the cycle path on Broyle Road.

The British Museum

While the museum is closed, it is providing 11 ways for you to stay curious, keep learning, and experience over two million years of human history – all without stepping out your front door. <https://blog.britishmuseum.org/how-to-explore-the-british-museum-from-home/>

Virtual Tours

They've picked out a range of highlights from our audio tour, which is available in nine languages, so curators can guide you through the collection wherever you are.

Virtual Visit

London Landmarks - Join in with a virtual tour of London's famous landmarks and enjoy some sightseeing around the capital through the prints and drawings collection.

Listen in

The Museum podcast - Tune in to the monthly podcast to find out which four objects Janina Ramirez didn't get to include in her *Museums In Quarantine* episode on BBC Four, as well as interviews with curators and much more.

From The Blog – Scientific Research

Find out what goes in to the mysterious 'black goo' found in 3,000-year-old Egyptian burials, why it was used, and what it can reveal about Egyptian funerary practice – scientist Kate Fulcher investigates.

Covid related local information

For information on what you can and can't do at the moment, please go to:

www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do There are lots of useful Questions and Answers there which might clarify things for you.

Chichester Business Improvement District have compiled a business directory <https://chichesterbid.co.uk/chichester-business-directory-2/>, with details of businesses in Chichester City Centre that are open for business.

Outdoor markets and car showrooms can now operate. All other non-essential retail including shops selling clothes, shoes, toys, furniture, books, and electronics, plus tailors, auction houses, photography studios, and indoor markets, are expected to be able to reopen from 15 June.

Chichester Farmers' Markets

Food lovers are able to buy good quality local produce at Chichester Farmers' Market. The market will take place every first and third Friday of the month, 9am until 2pm, in a new temporary location at Cattle Market Car Park, Chichester.

Strict social distancing measures will be in place to ensure the safety of customers, stallholders and staff. For more information, please see our Farmers' Market webpage. (www.chichester.gov.uk/farmersmarket)



It is unfortunate that the Festival of Chichester had to be cancelled due to the lockdown. However, the committee has managed to put on a virtual celebration – most start at 7.30pm. Events are as follows, and the access information is underneath.

WEEK 1

- **Fri, June 12** – Introducing the Virtual Festival of Chichester: Kate Mosse.
- **Sat, June 13** – Festival Launch: The Stardust Sussex Syncaptors - lively jazz band music.
- **Sun, June 14** – Ensemble Reza: Candlelit Concert. Join Ensemble Reza for Brahms String Sextet No 1 in B \flat major, Op 18, First Movement: Allegro ma non troppo.
- **Mon, June 15** – Cathedral Virtual Pilgrimage.
- **Tues, June 16** – Virtually Vintage Afternoon: Dawn Gracie and Brenda from 2.30pm-4pm.
- **Wed, June 17** – Chichester Cabaret Club: Dawn Gracie & Guests. From 9-10.30pm.
- **Thurs, June 18** – Bach Two-Part Invention: Ben Rogerson.
- **Fri, June 19** – Once Upon a time in Greece...live from Kings Place: Plastikes Karekles.

WEEK 2

- **Sat, June 20** – Remote Art View at Chichester Cathedral
- **Sun, June 21** – Andiamo solo concert from Chartres Cathedral France – Emily Burridge (cellist).
- **Mon, June 22** – Sculpture of Captain Tom Moore by Vincent Gray. The sculptor presents his visualisation of Captain Tom Moore's 100th Birthday Walk for NHS Charities Together.
- **Mon, June 22** – Theatre Quiz from Chichester Community Theatre. CCT director Roger Redfarn sets the questions to test your theatrical knowledge.
- **Tues, June 23** – Classical Guitar: Linda Kelsall-Barnett performing Catharina Josepha Pratten's music.
- **Wed, June 24** – The Gadfly: Ben Rogerson and the Minerva Ensemble. Shostakovich's Romance for violin and orchestra is the highlight of his film score.
- **Thurs, June 25** – Poetry Time: Costa Poetry Prize winner John Haynes
- **Fri, June 26** – Classical Cabaret: All That Malarkey with a Beach Boys medley from their latest performance at The Pheasantry, London.

WEEK 3

- **Sat, June 27** – Are We Angels: Tobiah. Indie/folk musician
- **Sun, June 28** – Beethoven – Pianist, Prophet, Dreamer: Reiko Fujisawa.
- **Mon, June 29** – The Music of Trees: Geoff Robb (guitar).
- **Mon, June 29** – Introduction to Wetlands and Wildlife: Manhood Wildlife and Heritage Group.
- **Tues, June 30** – Somewhere Over the Rainbow (cellos): Ben Rogerson and the Minerva Ensemble.
- **Wed, July 1** – Chichester Cathedral Choristers: Litany to the Holy Spirit.
- **Thurs, July 2** – The Seasons, Tchaikovsky: Victor Ryabchikov (piano).
- **Fri, July 3** – Waves and Bridges: Pavlos Carvalho & Friends. An enticing programme of music which varies from pop ballads to Greek folk and Turkish songs.

WEEK 4

- **Sat, July 4** – The Story of Love in the Harbour: Danielle Morgan & Ensemble.
- **Sun, July 5** – Beethoven – Pianist, Prophet, Dreamer: Reiko Fujisawa.
- **Mon, July 6** – Sketches of Spain Flamenco Show.
- **Mon, July 6** – The Reluctant Teabag: Sandra Saer.
- **Tues, July 7** – In the Beautiful City: Rob Johnston (guitar).
- **Wed, July 8** – Sculpture, Murray, Large as Life: Vincent Gray.
- **Thurs, July 9** – Celebrating Cuban Music: The Latin Bridge (Amici Concerts).
- **Fri, July 10** – A Recital in Rehearsal: Tamzin Barnett (soprano).
- **Sat, July 11** – Bach Solo Cello Suite No. 3: Pavlos Carvalho
- **Sun, July 12** – We'll Meet Again: The Chichester Singers.

<https://festivalofchichester.co.uk/the-virtual-festival-of-chichester-line-up-and-how-to-access-the-events/> and you can enjoy the festival events here: <https://festivalofchichester.co.uk/virtual-festival/>