

WESTGATE HELPERS NEWS

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

ISSUE 11

6TH JUNE 2020

Top stories in this newsletter



Up cycling
initiative



Letter from the
Mayor



Parking
initiatives



Learn about
bird song



New online
story



Cycling
Advice

Westgate Helpers - 07731 198693 – westgatehelp2020@gmail.com

From now on, this newsletter will be produced on a fortnightly basis, rather than weekly, as life takes on a semblance of 'normality'. We will continue to keep an eye on the information being provided and try to collate it here for your benefit.

We have included a survey in this newsletter as we would be very grateful for your feedback so that we can gauge whether it has been a useful exercise for the community, whether it has been useful to you personally, and whether it should be retained going forward through this crisis (or if it comes back). You can fill it out online, if that is easier than printing off the survey, at www.surveymonkey.co.uk/r/VGXDHS7

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

EOS EXHIBITION ON SCREEN Chichester New Park cinema

A special selection of online screenings have been announced, exclusive to Chichester Cinema at New Park. Viewers, will be able to purchase a pass to see each film (£6), and the Cinema will receive a portion of the ticket price, just as if we were screening in our own auditorium. This is the perfect way to support our cinema while at the same time watching quality pieces of film. Go to: <https://chichestercinema.org/>

27 May - 9 Jun
MUNCH & REMBRANDT

3 Jun - 16 Jun
THE IMPRESSIONISTS & GOYA



An open letter from the Mayor 2 June 2020

(abridged)

I concluded my last open letter by saying: **'Use Common Sense and Keep Your Distance.** So, it was very gratifying to visit a busier-than-ever Priory Park, bathed in sunshine, and to find those who had arrived on foot were behaving well and keeping their social distance. However, I was disappointed to see the no-cycling rule being widely flouted. The same runs true for the city centre. The Government's promotion of cycling is welcome, but there are consequences. Bicycle sales have risen a massive 40% and even with the drop to 1950's levels of traffic on the roads during lockdown, cyclists' accidents, particularly fatalities, have doubled. Road traffic is returning to pre-pandemic levels and construction traffic on St Paul's Road, Orchard Road and Lavant Road has increased as building at White House Farm is under way again. I heard recently of a gentleman who had not ridden a bicycle for many decades. He bought a brand-new one, set off down his drive, wobbled, crashed into the gate, fell off and broke his shoulder. Hardly a help to the NHS! There are initiatives for so called 'pop-up cycle ways', but the overriding issue is one of safety. There are now many cyclists who are inexperienced. The City Council is heavily involved in this matter, and advice and training will be available soon to keep road users and pedestrians safe.

The reopening of further retail outlets will make the distancing more difficult, so it is wise to wear a face covering while shopping. The face covering is not so much for your own protection, but rather to reduce the risk that you might unknowingly spread the virus to others.

Now that everyone may make day-trips anywhere in the country, the greatest risk for Chichester lies in its attraction as a tourist destination. Visitors may unknowingly bring infection into the area. Fifteen minutes with an infected person at a distance of less than two metres in a confined space will probably result in your catching the virus. Picking it up from a contaminated surface and then touching the face is also a principal form of transmission. The thorough washing of hands is still the best way to protect yourself. For information or advice, do contact the **WSCC HUB** (Telephone: **033022 27980**).

The **Mayor's Hardship Fund** (Telephone: **07740621812**) has now helped many who were left with nothing as a consequence of the virus. There are some heartbreaking stories. If you need help, please do not be too proud to call: we are all in this together. If you wish to donate to the fund, there is an opportunity at GoFundMe: https://www.gofundme.com/f/mayors-hardship-fund?utm_source=customer&utm_medium=email&utm_campaign=p_cp+share-sheet.

Finally, a big thank you to the residents' associations, churches and other community organisations, particularly the new Chichester Community Network chaired by Ash Pal, for their great work in making sure no one in Chichester falls through the gaps.

We will see at the end of this month whether **common sense and keeping your distance** has worked, or the brake has been eased too soon. Whatever the outcome, it will still be a long haul until a cure or vaccine comes along.

So please stay strong, safe and well.

Yours sincerely, Councillor Richard Plowman, The Mayor of Chichester

J.K. ROWLING

THE
ICKABOG

The Ickabog by J K Rowling

This children's story is being published for free on the website (link below), in instalments, a chapter (or two, or three), at a time. It isn't Harry Potter and it doesn't include magic. This is an entirely different story.

Children can enter an official illustration competition being run by the publishers, for the chance to have your artwork included in a printed version of the book due out later this year. She will be giving suggestions as to what to draw as you go along, but you should let your imagination run wild.

Each publisher will decide what works best for their editions. However, if you, your parent or your guardian would like to share your artwork on Twitter using the hashtag #TheIckabog, J K Rowling will be able to see it and may share and comment on it!

When the book is published in November, all royalties will be donated to help people who have been affected by the coronavirus. Full details to follow later in the year.

www.theickabog.com/read-the-story/



Learn about Bird song

Is anything more calming to human ears than the annual serenade of spring bird song? James Duncan has been exploring the wonderful world of bird song with a series of blogs on the Sussex Wildlife Trust website about our favourite song birds, including Blackbird, Wren and Song Thrush.

In this series of blogs, James Duncan explores the wonderful world of bird song (with calls thrown in for good measure!) Each day, prior to the sun's appearance above the horizon, birds begin to advertise their presence, demonstrating their strength and ability in song. This serves not only to attract a mate but also to deter rivals.

Take a moment to notice the birds who break the morning silence, the Robin, the Blackbird and perhaps the Song Thrush. Enjoy the chorus as it widens, as Wren, Starling, Chaffinch and Dunnock join in. The complexities of bird song may not be easy to get to grips with, but why not take the time to learn. The satisfaction to be gained from identifying birds by song (and calls) really can't be overemphasised - it's truly a window into another world.

<https://sussexwildlifetrust.org.uk/birdsong>



Cycling during lockdown

Bikeability have put together 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. For more information go to: <https://bikeability.org.uk/advice-on-cycling-during-covid-19-lockdown/>

The four core functions from the National Standard for Cycle Training provide a useful guide to the essential skills for cycling during lockdown.

THINK 'LOOK'

Make good and frequent observations

THINK 'POSITION'

Choose and maintain the most suitable riding positions

- Cycle on your own or with members of your household
- Avoid riding in the slipstream of someone who is not of your household
- Ride well away from the kerb when passing pedestrians, after checking there are no other road users behind you first
- Move near the centre of the lane to encourage others to give you more room when they pass.

THINK 'COMMUNICATE'

Communicate your intentions clearly to others

THINK 'PRIORITIES'

Understand priorities on the road, particularly at junctions



Support local entrepreneurs!

Local young people are collecting spare fabric, surplus bed linen or pillowcases, unwanted clothing, denim, patterned or plain, preferably cotton not synthetics.....

If you have anything suitable, my teenage daughter and friends are starting an upcycling clothing and bags project. Please drop any donations off in a plastic bag to the porch at 66 Westgate and look out for the "Milly & G" brand online soon!!!



Parking initiatives in Chichester car parks

Charging in car parks across Chichester District was suspended on 24 March as an emergency measure when the coronavirus lockdown period was introduced, to help essential workers and volunteers carry out their duties to support the community. Charges will be resumed in council-owned car parks on 8 June, however there will be a number of new initiatives in place.

The council will continue to offer free car parking for NHS and social care workers in Northgate car park, Chichester – which is close to St Richard’s Hospital – until April 2021, while incentives being introduced include:

- free parking at the Avenue de Chartres multi-storey car park every Saturday and Sunday, and
- One hour’s free parking when purchasing two hours if using the MiPermit app (which is available in all car parks, except for Westgate Leisure Centre and Avenue de Chartres).

Both these incentives will be in place for three months, and then reviewed.

Parking machines and equipment will be cleaned and sanitised more regularly, while customers will be encouraged to buy season tickets or use the MiPermit app or contactless method to pay for their parking in order to reduce the risk of coronavirus infection.

“Parking charges are vital in helping with turnover of spaces in our most popular car parks as well as covering the cost of the service and making a very important contribution to many other key council services,” explains Councillor Martyn Bell, Cabinet Member for Growth, Place and Regeneration at Chichester District Council. “As a council we wanted to be able to support NHS workers and care workers by offering a period of free parking to enable them to carry out their work safely.

“As each of our car parks is different, we are examining each site separately to see what social distancing requirements are needed, and we have also been working on special signage which will be installed.”

“This is a very sensible package of measures. We’ve deliberately waited before reintroducing charges. The incentives will help people feel safe and give people more time to do their shopping while meeting social distancing guidelines. The free weekend parking at Avenue de Chartres multi-storey car park is aimed at helping our shops in the city.”

For more information and updates about the council’s car parks and the MiPermit scheme, please see <https://www.chichester.gov.uk/parking>

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

Westgate Helpers Survey

We would be very grateful for your feedback so that we can gauge whether this newsletter has been a useful exercise for the community, whether it has been useful to you personally, and whether it should be retained going forward through this crisis (or if it comes back). To complete this online go to: www.surveymonkey.co.uk/r/VGXDHS7

(Please circle or tick each option)

- 1 Have you enjoyed reading the newsletter? Y N
- 2 Did you receive it by email? Y N
- 3 If so, did you manage to open the attachment to read it with no trouble? Y N
- 4 Is your age bracket
- | | |
|---------|--------------------------|
| 20 – 39 | <input type="checkbox"/> |
| 40 – 59 | <input type="checkbox"/> |
| 60 – 79 | <input type="checkbox"/> |
| 80+ | <input type="checkbox"/> |
- 5 How many adults (over 18 yrs) currently live in your household?
- 6 How many children (under 18yrs) currently live in your household?
- 7 How often did you read it?
- | | |
|--------------|--------------------------|
| a. Always | <input type="checkbox"/> |
| b. Usually | <input type="checkbox"/> |
| c. Sometimes | <input type="checkbox"/> |
| d. Rarely | <input type="checkbox"/> |
| e. Never | <input type="checkbox"/> |
- 8 If 'never' or 'rarely', please choose one or more options as to why not.
- | | |
|--|--------------------------|
| a. It was too long. | <input type="checkbox"/> |
| b. I didn't have time to read it. | <input type="checkbox"/> |
| c. The information wasn't useful to me. | <input type="checkbox"/> |
| d. I had already seen most of the information elsewhere. | <input type="checkbox"/> |
| e. It came too often. | <input type="checkbox"/> |
| f. Other | <input type="checkbox"/> |
- 9 What information did you find most useful/enjoy? (tick as many as apply)
- | | |
|---------------------------------|--------------------------|
| a. Covid19 information | <input type="checkbox"/> |
| b. Local Westgate news | <input type="checkbox"/> |
| c. Puzzles and brain teasers | <input type="checkbox"/> |
| d. Wider Chichester information | <input type="checkbox"/> |
| e. Cheerful photos | <input type="checkbox"/> |
- 10 Comments box

Please return this survey to: westgatehelp2020@gmail.com
or deliver to: **1 Mount Lane**