

# WESTGATE HELPERS NEWS

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

ISSUE 16

28<sup>TH</sup> AUGUST 2020

## Top stories in this newsletter



Keep Safe information  
plus cycleway survey

Sunflower  
competition results

Online  
Yoga

Matisse Art Class

Volunteer award  
nominations

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There is a certain irony in the fact that our last issue contained information on what to do if you had to go into quarantine and now this Editor is in that precise position.

Without going into a rant about the fairness of a system where only 36 hours is given to change travel plans and you are competing for limited (and very expensive) flight/ferry places along with 150,000 other Brits, several families are now doing their best to comply with the rules, which are stiffer than the lockdown ones. If anyone else ends up in this situation please don't hesitate to get in touch with the Westgate Helpers for shopping, dog walking etc. as we truly appreciate how difficult these two weeks can be – mentally as well as physically – and we are more than happy to help.

Lastly, and somewhat unbelievably, the autumn term is nearly upon us and will mark the return of our younger residents to school or university as they start a new, hopefully more traditional academic year. The last six months has been particularly challenging for parents of primary school age children, who deserve a medal!

Thank you to our teenagers for helping us through lockdown, whether by delivering flyers, helping us oldies with IT or adding musical cheer to our Thursday clap. Good luck to you all.





## Local Transport and Covid19

We are expecting our roads to be far busier when schools reopen in two weeks, so we are encouraging residents to think about using other forms of transport.

If you do drive, or if your child uses a public or school bus, taxi or minibus – there are some important changes that have been made to keep everyone safe. It's important you know how these affect your journey – so please read the transport section of our Back to School webpages (<https://www.westsussex.gov.uk/fire-emergencies-and-crime/coronavirus-covid-19-advice-and-information/coronavirus-schools-and-education/#getting-to-and-from-school>)

Our Keep West Sussex Safe campaign continues to run and we encourage residents to keep visiting our webpages for the very latest information on how to reduce the spread of the coronavirus. (<https://www.westsussex.gov.uk/fire-emergencies-and-crime/coronavirus-covid-19-advice-and-information/coronavirus-keep-west-sussex-safe/>)



## HENRI MATISSE ONLINE: Painting with Scissors

**Saturday, 29 August 2020 from 14:00-15:00**

This is one of two stand-alone classes where tutor Frances Stanfield will guide you through Matisse's playful approach to art making. This session adopts Matisse's use of scissors as a drawing/painting tool and the other is "Drawing with Sticks" which is now available as a recording on the website [www.londondrawinggroup.com](http://www.londondrawinggroup.com). If you cannot make the live event we send a recording out to everyone that books shortly after the live session so you can watch it once within 3 days any time of day

To book go to: <https://www.facebook.com/events/s/henri-matisse-online-painting-581245542747775/> If you need help with anything please email: [londondrawinggroup@gmail.com](mailto:londondrawinggroup@gmail.com) - This class is suitable for ALL LEVELS



## Yoga online

During lockdown Caroline Biddle, an international Vinyasa Flow yoga teacher with many years of experience, quickly responded by setting up online classes for her pupils. These were so successful that she is continuing with the classes online as well as going back to her local teaching. If you would like to join Caroline live online you can email her at [cmcbiddle@aol.com](mailto:cmcbiddle@aol.com) so she can send the link for her class to you. You can also choose to just receive the recording to do as often as you like within the following 7 days. This is at a cost of just £6 per session. If any of you are suffering financial hardship, or work for the NHS please do let her know and your Yoga will be free. Also, if more than one of you in your household is joining it is still only £6, i.e. per screen rather than per person.

For more details about Caroline, class times and her forthcoming retreats please go to: <https://cheshamyoga.weebly.com/>



# Sunflower growing competition results



**Rosy and Guy Turner – 228.5cm tall in a pot**



**Derek Foote – 6'6" - 198cm – garden grown**

Thank you to everyone who entered our sunflower growing competition.

As some of you have noticed, there were two varieties of giant sunflower seeds and these were distributed randomly, so it was down to "pot luck" (sorry couldn't resist!!) which ones you grew. I'm delighted to announce three winners:

**Pot grown sunflowers: Rosy and Guy Turner, with an amazing 228.5cm tall sunflower**

**Ground grown sunflowers: Derek Foote, with an equally impressive 198cm tall sunflower**

**Multi blooms - Richard Brownfield, with an abundance of 13 blooms on one sunflower**

Well done to our worthy winners and congratulations to all of you who beat the slugs, caterpillars, drought and stray footballs to produce some wonderful flowers.



**Richard Brownfield – 13 blooms in one**





**The King family – 162cm tall – garden grown**



**The Sollys - Tallest 124 cm tall – pot grown**



**Richard Brownfield's multi-headed bloom**



**Desmond Evans – 134cm with 8 blooms**





## CFT FUN FOR BANK HOLIDAY

If you're looking for fun things to do this bank holiday weekend, or something for all the family, then look no further.

From 28 - 30 August our **Chichester Drive-In Cinema**, in partnership with Chichester Cinema at New Park, comes to Northgate Car Park with some classic films, as well as Disney Pixar's latest animated adventure **Onward**, on **Sunday 30 August at 10.30am**. Telling the story of elf brothers Ian and Barley as they embark on an extraordinary adventure to spend one more day with their late dad, this is a funny and moving tale, perfect for all the family.

Then on **Monday 31 August** at 11am, join us on Oaklands Park for **Family Fun in the Park**. Star of *Paddington*, **Hugh Bonneville** will be reading some popular children's tales live on stage, with actors using puppetry to bring the stories to life. There's also a dance-along for all the family to join in with.

Tickets for all events must be booked in advance online. We really hope you can join us this August bank holiday weekend. <https://www.cft.org.uk/whats-on/event/family-fun-in-the-park>

## Chichester Connects

The goal of this project is to eliminate digital poverty in Chichester. We see a significant gap in community access to digital services (e.g. to help with banking, shopping, reskilling, finding new work, getting community support, and to increase social interaction).

COVID-19 has created an opportunity for us to help close this gap. More people will need to use online services and our goal is to fund raise and to collect and refurbish donated devices for distribution by our chosen charity and voluntary partners. This will allow them to support individuals and families who have an unmet need.

We welcome used smartphones, tablets, and laptops (Apple iPhone or iPad devices, Android phones or tablets, Windows laptops). These need to be in reasonable physical condition (gently loved). A few scratches or minor wear and tear are OK, but donations need to be in working order. Please include any working chargers and cables. These will be re-conditioned and the Rotary Club of Chichester will arrange collection and distribution to those in need.

Please contact us on 01243 786514 for more information (please leave a message).



## Special Recognition Volunteer award: nominations now open

The High Sheriff of West Sussex, Dr Tim Fooks, has launched a unique award to celebrate residents who have shown exceptional acts of kindness during the coronavirus pandemic. The Special Recognition Volunteer Award is aimed at any resident in West Sussex who has acted in a voluntary capacity throughout lockdown and beyond.

Nominations can come from those who have either received support or have observed a volunteer doing great things for others.

The closing date for the award is Wednesday 30 September. Nominations are open now and the nomination forms can be requested by email to: [hswestsussex2020@icloud.com](mailto:hswestsussex2020@icloud.com)



## Pop up Cycle lanes survey

The County Council was awarded £781,000 from the Government's emergency active travel fund to implement seven new and improved 'pop-up' cycle lane schemes, with an expectation that the facilities will be available for use by the end of September 2020. The first of these schemes to open is the A286 Chichester ring road (2km) temporary cycle lane.

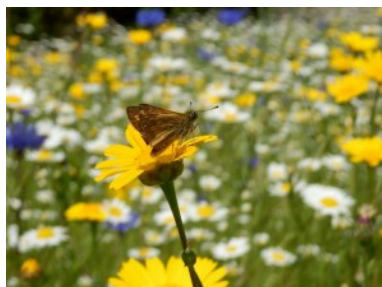
Although accident and traffic flow data will be used, along with automatic counting equipment, to help determine whether the schemes should be adjusted, removed or made permanent, we would also like to hear your feedback on each scheme.

Please take part in this very brief survey to tell WSCC what you think about the A286 Chichester ring road temporary cycle lane by going to:

<https://haveyoursay.westsussex.gov.uk/highways-and-transport/eatfchichester/consultation/intro/>

To find out more about the temporary cycle lanes please go to:

<https://www.westsussex.gov.uk/roads-and-travel/roadworks-and-projects/road-projects/pop-up-cycle-lanes/>



## Creating a Wildflower Meadow in your Garden

Are you thinking of creating a wildflower meadow in your garden? Now is the time to start planning, Michael Blencowe shows us how he turned his traditional front lawn into a wildlife-rich wildflower meadow.

<https://sussexwildlifetrust.org.uk/news/creating-a-wildflower-meadow-in-your-garden>

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