

WESTGATE HELPERS NEWS

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

ISSUE 15

31ST JULY 2020

Top stories in this newsletter



Eat Out to
Help Out scheme



Cycleway
construction begins



Quarantine rules
explained



Planetarium ready
to welcome you



Channel 4 looking
for woodworkers

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At the moment we are planning just one more newsletter, on 28th August. If a local lockdown occurs we will, of course, go back to our weekly format in order to keep you informed.

In the meantime, please do send in your Sunflower competition photos and measurements to westgatehelp2020@gmail.com (don't forget to give us your name and address) by 22nd August, and we will announce the winners in the tallest garden grown and tallest pot grown categories in the August newsletter.

Please stay safe and if you have any queries, or would like help with anything to keep you safe at home during this coronavirus period, don't hesitate to contact the Westgate Helpers.



New Cycleway construction begins

The Chichester scheme will connect the Spitalfield Lane, hospital area with the city's railway station, creating a 2km-long "keyworker corridor" for safe cycling. The route will also link to the central retail area and other major employment sites, such as the University of Chichester.

Work started this week and is likely to take about a fortnight to complete. It includes reallocating road space for cycling by segregating lane one of the dual-carriageway on the A286 Chichester Ring-Road and widening the existing cycle lane on the busy gyratory. A combination of traffic segregation 'wands', temporary 20mph speed limits and road markings and signage will be used throughout.

Road users are advised to please allow extra time for their journeys or, if possible, seek alternative routes while the works are ongoing as delays are likely.

Details, with links to illustrative maps, can be found here: www.westsussex.gov.uk/news/green-light-for-21km-of-temporary-cycleways-in-west-sussex/



Eat Out to Help Out scheme

Diners will soon be able to get money off their bill on certain days in August to encourage a return to cafes, pubs and restaurants. It's hoped the "eat out to help out" scheme will provide a boost to the struggling hospitality industry, now that the national lockdown is easing.

How does the scheme work?

The promotion gives people a discount of up to 50% when eating or drinking soft drinks in a participating restaurant or other food establishment. It is valid all day Monday, Tuesday and Wednesday from 3 to 31 August, in all parts of the UK that are not in a local lockdown. The maximum discount available is £10 per person when you eat or drink in.

Food and drink will appear on the menu at full price, and the restaurant will deduct the money off the bill and claim it back from the government.

How do I get the discount?

The discount is only available on food and drink that you intend to consume on the premises, and can be used as many times as you like. There is no limit on how many people can use the discount in one party, and it includes children.

Participating venues are supposed to offer the full 50% discount all day Monday to Wednesday and across the whole food and soft drink menu. There's no minimum spend and you don't have to order food to be eligible, for example a £3 coffee would cost £1.50 under the scheme. The offer can be used in combination with any other promotions and discounts being offered by the venue.

Lots of local, independent pubs restaurants and cafes are taking part, as well as big chains. Establishments can choose whether to sign up, and can join the scheme at any point so keep checking for updates and added establishments.

A full list of places taking part has been published, allowing people to search for participating venues within a five-mile radius. (www.gov.uk/guidance/get-a-discount-with-the-eat-out-to-help-out-scheme#find-a-restaurant)

What is not included?

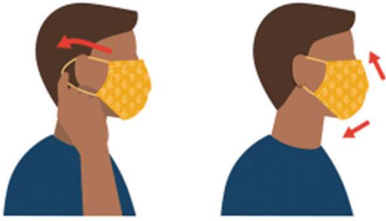
The discount cannot be used on alcoholic drinks, service charges or food for a private function or event.

As the idea is to encourage people to eat in, establishments that are takeaway-only are not eligible. Neither are catering services, bed and breakfasts or mobile food vans.

Businesses must have the facilities for people to dine in to take part, so venues offering informal seating in an area that does not belong to them are not included.

Wear your Face Covering Correctly

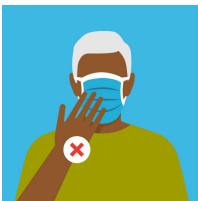
- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily



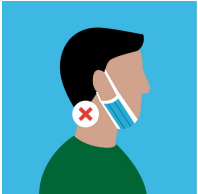
Take Off Your Cloth Face Covering Carefully When You're Home

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

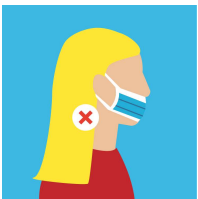
AVOID THESE COMMON MASK-WEARING MISTAKES



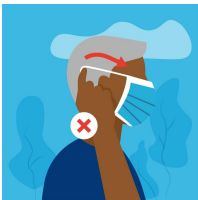
Don't touch your or your child's mask while it is being worn.



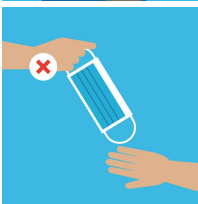
Don't wear the mask under your chin with your nose and mouth exposed.



Don't leave your nose or mouth uncovered.



Don't remove the mask while around others in public.



Don't share your mask with family members or friends.

Coronavirus Disease 2019: Myth vs. Fact

TRUE or FALSE? You can get a face mask exemption card so you don't need to wear a mask.

The answer is false.

Fake cards and flyers, claiming that the bearer is exempt from mask-wearing regulations, have shown up in some areas. The cards, which some people have purchased online, may have official-looking logos or government insignias on them.

TRUE or FALSE? You can protect yourself from COVID-19 by injecting, swallowing, bathing in or rubbing onto your body bleach, disinfectants or rubbing alcohols.

The answer is false.

These products are highly toxic and should **never** be swallowed or injected into the body. Call 911 if this occurs.

Disinfectants, bleach and soap and water may be used to clean surfaces, an important prevention step in stopping the spread of coronavirus and COVID-19 — the disease caused by the coronavirus that's led to the global pandemic. **Never** attempt to self-treat or prevent COVID-19 by rubbing or bathing with bleach, disinfectants or rubbing alcohol anywhere on your body. Effective hand sanitizers do have alcohol, but they are formulated to be safe for use on hands.

TRUE or FALSE? A vaccine to cure COVID-19 is available.

The answer is false.

There is no vaccine for the new coronavirus right now. Scientists have already begun working on one, but developing a vaccine that is safe and effective in human beings will take many months.

TRUE or FALSE? The new coronavirus was deliberately created or released by people.

The answer is false.

Viruses can change over time. Occasionally, a disease outbreak happens when a virus that is common in an animal such as a pig, bat or bird undergoes changes and passes to humans. This is likely how the new coronavirus came to be.

TRUE or FALSE? People should wear masks while exercising

The answer is false.

People should NOT wear masks when exercising, as masks may reduce the ability to breathe comfortably. Sweat can make the mask become wet more quickly which makes it difficult to breathe and promotes the growth of microorganisms. The important preventive measure during exercise is to maintain physical distance of at least one meter from others.



A new Channel 4 series is looking for Sussex contestants. 'Good with Wood' will see contestants put to the test in a new, six-part factual entertainment series.

Presented by Mel Giedroyc, Good With Wood sees a group of woodworkers challenged to craft beautiful and ambitious builds to exacting briefs over a series of competitive rounds.

Each episode centres around a 'Big Build' in which the contestants will create large and imaginative wooden structures and objects, as judges scrutinise their designs, techniques and skills.

To apply to take part email wood@plimsollproductions.com or ring 07564 506100.



South Downs Planetarium open

www.youtube.com/watch?time_continue=30&v=7KttPlxw6kg&feature=emb_logo

"We're Good To Go" is the official UK mark to signal that a tourism business has worked hard to follow the respective Government and public health guidance and industry COVID-19 guidelines, has carried out a COVID-19 risk assessment and checked that they have the required processes in place to maintain cleanliness and aid social distancing.

Or you can subscribe to the YouTube channel to watch shows from the Planetarium any time - www.youtube.com/channel/UC5npZmbANtb0aj14Mm8VIQ



Quarantine rules explained

Thousands of people who booked holidays abroad when lockdown restrictions were relaxed are now facing a mandatory period of isolation on their return home. Many countries are also still on the government's red list for travel, meaning travellers must self-isolate if arriving from these places.

How do I know if I have to self-isolate?

You will have to self-isolate if you are returning from any of the countries not on the government's "air corridor" list. (www.gov.uk/guidance/coronavirus-covid-19-travel-corridors) It's important to remember that the countries on this exemption list can be removed or added at any time, so it's important to stay up-to-date.

How long should I self-isolate?

Generally, the length of isolation should last 14 days - as this is how long it can take for coronavirus symptoms to appear. The rules are slightly more complex, however, if you've travelled through more than one country where one country is not on the exemption list.

The government says that if you travel from an exempt country but have been in a non-exempt country within the last 14 days, you'll have to self-isolate for the remainder of the 14 days since you were in the non-exempt country. For instance, if you arrive in the UK from an exempt country, but you travelled to the exempt country 4 days ago from a country that is not exempt you will need to self-isolate for 10 days.

Where should I self isolate?

Ideally, if you can isolate yourself alone, this is preferable. If this isn't possible, however, you can isolate with your household, with friends or in a hotel/other accommodation. If staying in a household with others, try to keep your distance as much as possible, using separate bathroom facilities if available and sleeping in a well-ventilated room.

Try to avoid using public transport to get to your accommodation. If this isn't possible, be sure to wear a mask and practice excellent hygiene while using the bus or train.

While in isolation you should not leave the house for any reason, including to go shopping or exercise. You should not have people visit you unless they are delivering essential care, such as medicine or groceries. There are limited exemptions to this rule, including needing urgent medical assistance, funerals or emergencies.

Do the people I live with have to isolate too?

Unless they travelled with you, other people in your household are not required to self-isolate. You should, however, do your best to avoid contact with others in your household to minimise the risk of transmission. You should avoid seeing, or inviting over, anyone from outside your household for the period of self-isolation.

What will happen if I don't self-isolate?

In England, Wales and Northern Ireland, you can be fined up to £1,000 for failing to self-isolate. You'll be required to fill out a form upon your arrival in the UK which declares where you are staying to self-isolate. You can also be fined for failing to provide accurate information on this form.

If you break self-isolation rules, you're putting other people's lives at risk - sometimes without knowing, given coronavirus can be asymptomatic.