

**WGRA Westgate Residents Association, Chichester**  
Westgate, Henty Gardens, Mount Lane, St Bartholomew's Close, Tannery Close

**Bulletin No 45 March 2020**

Dear Residents,

We live in troubled times. Many of our residents are over 70 and will be self-isolating, myself included, and I know there is a great deal of apprehension.

We normally send out a Newsletter at this time of year which is put through every letterbox in the road, but due to difficulties with printing and distribution under the current emergency, we shall be doing more frequent e-mail bulletins instead. This goes out to nearly 140 households who have given us their e-mail address. Some households have not signed up for their own reasons, but at this time we feel it is important that any help is available to everybody, so if you have a neighbour who does not get the bulletin please show it to them and if they wish to receive it regularly in future, they should give their details to the secretary Bebette Jones: [sec.wgra@gmail.com](mailto:sec.wgra@gmail.com). We run a "buddy" system for those without e-mail, so we would be grateful if you would copy this and pass it to them or ask someone local to do so.

You should all have received a flyer through your letterbox from the Westgate Helpers, a group of neighbours that has come together to provide support for our community. As they said in their flyer, Westgate Helpers are local people, not professionals, and can only offer help within reason and in ways in which we can all stay safe. With this in mind, they have provided some advice called "If You Need Help", which is included at the end of this bulletin.

The situation in which we find ourselves is constantly evolving and Westgate Helpers will evolve along with it.

In particular, they would like to draw your attention to the email address to access the helpers: [westgate2020@gmail.com](mailto:westgate2020@gmail.com) and the **new dedicated telephone number**, which is different to the one printed on the original flyer.

The number to ring now is **07731 198693**.

This telephone is being monitored on a rota and calls will be answered by either Bridget, Louise, Julia or Kathryn.

Stay safe at all times and follow the government instructions, but please also look out for your neighbours or any local residents who you know may be vulnerable or in need, by telephone, e-mail or even an old fashioned note through the letterbox.

Wishing you well in these difficult times,

Richard Brownfield  
Chair WGRA

# Westgate Helpers for Covid-19/Coronavirus

## IF YOU NEED HELP

It's important that, in the first place, our residents strengthen friendships with people they already know and trust. Westgate Helpers are aiming to support genuine need, not replace the available support of family or friends.

However, there may be times when your network of support falls through, and that is why we have formed a collection of neighbours who are willing to volunteer to support our community to ensure nobody is left isolated or without access to assistance.

**Our Helpers will wear a lanyard with their driving licence as photo ID, so you can check that they are the person you were expecting. If you have any concerns, please email us on [westgatehelp2020@gmail.com](mailto:westgatehelp2020@gmail.com) or text/telephone 07731 198693.**

Our Helpers are happy for you to do this and want you to feel safe. We are conscious that there will be some people who unfortunately could try to take advantage of this current situation and we will not be at all offended if you want to check we are who we say we are.

### **If you need help:**

- Email us on [westgatehelp2020@gmail.com](mailto:westgatehelp2020@gmail.com) or text/telephone 07731 198693
- Write down the name and telephone number of the Helper who will be visiting you.
- Be as clear as you can about what you need help with; eg if you need some milk, what kind of milk do you prefer? Will you accept an alternative product if that is all we can find? Do you have any special dietary requirements?
- If you would like the Helper to collect a prescription, please let your pharmacy know.
- When your Helper arrives, remember to check their driving licence which will be on their lanyard. If you have any concerns, ask them to wait, close the door and call the number above.
- **Our Helpers will not cross the door threshold and will remain at a 2 metres distance.**
- Remember to wash your hands before and after the Helper's visit; and after you have finished handling your shopping.

### **Handling Money**

- Talk to your Helper beforehand about how you will pay for shopping.
- Everyone should wash their hands after handling money.

### **Medical Advice**

Remember, if you need medical advice, use the NHS 111 online coronavirus service at [111.nhs.uk/covid-19](https://111.nhs.uk/covid-19), or if you have no internet access, call **NHS 111** from your phone.

**In a medical emergency, dial 999.**