

## Bottle tops black trays, coffee cups

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them?

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Changes  
to county  
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# West Sussex Connections

@WSCCNews  
@TasteWestSussex  
West Sussex Matters

June–October 2018  
Issue No.66

## Celebration of cycling

A major cycling event is happening  
in West Sussex for the first time this  
autumn – and you can get involved.

Vélo South will take place on 23 September over 100 miles of closed  
local roads through the stunning West Sussex countryside. With  
15,000 riders of all abilities taking part, it's set to be a spectacular  
sporting event which is expected to raise £2million for charity.  
See page 22 for more details, including how you can be involved.



# What matters to you? Tell us what you think

What  
matters  
to you

West Sussex County Council provides more than £500 million  
of services each year for over 821,000 residents – here's your chance  
to influence how that money is spent.

The What Matters to You? survey is now open and we  
invite you to let us know what services you feel are  
most important to our county. Your answers will help  
shape what the main priorities of the county council  
will be going forward as well as how the budget is set  
over the next two years from 2019 to 2021.

In this survey, you are asked to select three priority  
areas from the West Sussex Plan which you think are  
most important. You will also be asked for your views  
on different council tax levels.

The county council has significant challenges  
ahead, around how it pays for services, as a result of  
reduced Government funding. We are committed to  
listening to local residents and businesses on how  
we spend our budget.

In 2016, responses to the survey helped to identify

“ A CHANCE TO HAVE  
**YOUR VOICE** HEARD ”

£500

CHARITY

Complete  
a survey and  
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prize draw!

the five key priorities for the council which are  
now published in the West Sussex Plan 2017–22.

Feedback from the 2018 survey will help decide  
which three of the five priorities in the plan matter  
most to residents and will help ensure resource is  
focused on these areas.

This survey is about your council, your county  
and your future. Please have your say and tell us  
what you think.

It runs until Friday 16 July 2018 and takes  
around eight to ten minutes to complete. This  
time around we are donating £500 as a prize for  
one respondent picked at random which will go  
to their chosen West Sussex charity. Terms and  
conditions can be found online.



### How to take part

- [www.westsussex.gov.uk/whatmatters2018](http://www.westsussex.gov.uk/whatmatters2018)
- You can pick up a paper copy from  
your local library.
- Call: 01243 777100 to request a copy
- Email: [haveyoursay@westsussex.gov.uk](mailto:haveyoursay@westsussex.gov.uk)



Our West Sussex Plan is a clear statement  
of the council's intentions over the next five  
years. Visit our website to see how we plan  
to support, help, and care for our residents.  
[www.westsussex.gov.uk/plan](http://www.westsussex.gov.uk/plan)



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works for the  
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# APPROVED BUSINESSES

Approved trader list: [www.westsussex.gov.uk/tradingstandards](http://www.westsussex.gov.uk/tradingstandards)  
Business membership information: [www.westsussex.gov.uk/bwc](http://www.westsussex.gov.uk/bwc)



## Find trusted traders at your fingertips

Pick up the phone safe in the knowledge you're speaking to one of hundreds trusted traders recommended by West Sussex Trading Standards. The latest Buy With Confidence (BWC) directory contains contact details for hundreds of local businesses across the region.

From plumbing and painting and decorating tradesmen to niche services like pet care and interior design - find what it is you need at the turn of a page.

Of benefit to residents and businesses, it gives consumers peace of mind and offers local firms a recognised place to advertise their products and services.

Each business listed has been approved by Trading Standards officers in both regions and customer service levels are regularly monitored. Pick up your free copy of the directory at various locations across the county or go online to see the latest edition.

For trades and businesses, the scheme is an opportunity to widen your reputation and gain formal accreditation from Trading Standards.

Membership starts from less than £21 per month - that's 69p a day to

be able to reassure your customers with Trading Standards approval. There are many benefits to becoming a member including promotion, increased customer confidence, online training opportunities, website listing, membership certificate, business network, newsletters, use of the Trading Standards BWC logo, independent business standards recognition and much more.

If you are a local business with a customer footfall why not become a Directory stockist? Email [marketing@westsussex.gov.uk](mailto:marketing@westsussex.gov.uk) for more information.

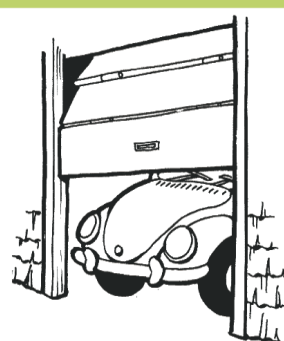
If you're a West Sussex business owner who would like to join the scheme, contact 01243 642124.



**More information**

[www.westsussex.gov.uk/BWC](http://www.westsussex.gov.uk/BWC)

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## Our priorities

You'll notice next to each story in this edition an icon and a colour. This shows which priority from our West Sussex Plan the story aligns with.



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The Plan sets out how the county council will shape its services for the next five years.

Find out more at [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search 'West Sussex Plan'.

## TOP PHONE NUMBERS

- WSCC General Enquiries 01243 777100
- Adoption 0330 222 7777
- Adults' Services 01243 642121
- Children's Services 01403 229900
- Countryside, Wildlife and the Environment 01243 642119
- Family Information Service 01243 777807
- Fostering 0330 222 7775
- Highways 01243 642105
- Street Lighting 0800 0482 435
- Libraries (Renewals) 01243 642110
- Public Rights of Way 01243 777620
- Record Office 01243 753600
- Registration Service 01243 642122
- Education and Skills 03330 142903
- Planning Services 01243 642118
- Trading Standards 01243 642124
- Waste Management 01243 642106

Our customer service centre is open Monday to Friday from 8am to 6pm

## Contact us

This newspaper, published by West Sussex County Council, comes out three times a year. It is delivered by Royal Mail to around 382,300 households across the county, and is also available online, and in surgeries, Help Points and libraries. It is printed on fully recyclable paper.

We also provide a free 'talking' edition for blind or partially sighted people. Contact us if you or someone you know would like this version. The newspaper includes paid-for content from advertisers.

**Editorial and 'Talking' edition: 0330 22 22399**

**Advertising: 0330 22 22409**

[connections@westsussex.gov.uk](mailto:connections@westsussex.gov.uk)

[www.westsussex.gov.uk/connections](http://www.westsussex.gov.uk/connections)

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# How the crowd can help your community

## The grants we give to voluntary and community groups have changed.

We have replaced our three grant pots with just one: the Community Initiative Fund (CIF). A total of £330,000 is available in 2018/19.

The process has also changed. Instead of applying directly to us for funding, groups upload their project idea, along with the amount of money they need, to the West Sussex Crowd page on the Spacehive crowdfunding platform.

Spacehive is a dedicated online crowdfunding platform for improving places ([www.spacehive.com](http://www.spacehive.com))

Crowdfunding has become popular in recent years and is a way of raising funds for all kinds of activities. Instead of asking one person or funder for money, you ask the 'crowd', consisting of everyone who can access your digital crowdfunding page. Crowdfunding provides a great way of raising funds from more sources; not only can we pledge our grant support to projects that meet our criteria, but residents, businesses, partner agencies, and other big funders who award their funds through the Spacehive site can also support projects they like.

We decided to use an online crowdfunding platform for our grant programme because it gives groups the opportunity to tell many more people what they want to do, why their



project is a good idea, and how it will improve their community.

A series of checks and controls are in place to ensure only relevant projects that improve places in West Sussex appear on our page.

Projects meeting the CIF criteria will be able to pitch for those funds online. The decision to allocate funds for local projects will be taken by councillors sitting on the County Local Committees (CLCs).

Projects that don't meet the CIF criteria can still crowdfund through the West Sussex Crowd, and it is anticipated that some projects will meet their fundraising target from the 'crowd' and won't need CIF funding.

Representatives from local groups attended workshops across the county throughout May to find out how to become successful crowdfunders.

If you need further support to get started, contact our Partnerships and Communities team who can provide further advice and support at: [communities@westsussex.gov.uk](mailto:communities@westsussex.gov.uk). Or if you need help to get online, visit your local library who can support you with this.



### More information

Visit the West Sussex Crowd page [www.westsussexcrowd.org.uk](http://www.westsussexcrowd.org.uk)

There you will find information on how to get started, and more about our funding.

## Could you be a firefighter?

We need more on-call firefighters to serve with our West Sussex Fire & Rescue Service.

On-call firefighters are a vital part of our service with 14 of our 25 fire stations being manned solely by an on-call workforce. These people may have another job but are 'on call' to respond to emergencies. On-call crews can be called upon to deal with a wide range of incidents, including fires, road traffic collisions, water rescues and chemical spills.

They carry a pocket alerter which gets activated when they are paged to respond to an emergency. No experience is required, the minimum age is 18 and applicants must live or work within an agreed distance from the station.



### More information

[frs.media@westsussex.gov.uk](mailto:frs.media@westsussex.gov.uk)

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Each with a team of committed healthcare staff, our Homes focus on providing high quality care whilst maintaining a friendly, relaxed atmosphere. Each Home enjoys a range of activities, entertainers and days out to local attractions organised by their dedicated Activities Coordinator.

Please contact any of our Homes to speak to one of our Managers to discuss how we can help.

Please visit [www.royalbay.co.uk](http://www.royalbay.co.uk) for more info.



# City celebrations for Bernstein

An impressive array of events are being held in Chichester this year to celebrate the centenary of composer Leonard Bernstein, who had close ties with the city.

Our West Sussex Record Office is hosting an exhibition and organising a talk about Bernstein, whose links with the city began in 1963 when the then Dean of Chichester Cathedral wrote to him asking if he would compose a piece of choral music for the Southern Cathedrals Festival. He accepted and in 1965 Bernstein and his family were present when Chichester Psalms was premiered at the Cathedral. The Record Office holds a compelling series of documents about this chapter in his life, and they will be on display during the Exhibition. Bernstein wrote later about his visit to West Sussex: 'In Chichester I heard angels sing'. The celebrations continue until December. Other events include a family concert and a cabaret.



## More information

• [www.bernsteinchichester.uk](http://www.bernsteinchichester.uk)

## BERNSTEIN IN CHICHESTER EXHIBITION

**13 August to 24 September 2018**

Curated by Peter Webster.  
West Sussex Record Office  
3 Orchard Street  
Chichester, PO19 1DD

Then at Chichester Cathedral  
North Transept in October 2018.

Free of charge.

Record Office opening hours  
Tuesday to Friday 9.15am-4.45pm  
Saturday 9.15am-12.30pm;  
1.30-4.30pm.



**Leonard  
Bernstein**  
at 100

## BERNSTEIN, HUSSEY AND THE CHICHESTER PSALMS

**18 September 2018 from 7-9pm**

Talk by author and critic Nigel Simeone  
West Sussex Record Office  
3 Orchard Street  
Chichester, PO19 1DD

The lively exchange of letters between Dean Walter Hussey and Leonard Bernstein concerning the commission that led to the Chichester Psalms. The talk will be accompanied by a display of rare and original documents relating to the Chichester Psalms from the WSRO archive. Nigel is the author of Leonard Bernstein, West Side Story.

Tickets: £8 (limited, must be booked in advance, call 01243 753602) • Enquiries: [record.office@westsussex.gov.uk](mailto:record.office@westsussex.gov.uk)



## Free online help for carers

Are you looking after someone? If you care for a relative, partner or friend you can now access free digital resources.

Carers guides, information on caring, carers' rights, problem solving, e-learning tools, as well as links to local information and support are all available through our West Sussex Digital Offer page. There's even a free Carers UK mobile phone app called Jointly for those who want to organise or share care.



## More information

• [www.carersdigital.org](http://www.carersdigital.org) using the promotional code DGTL2948

## Paint a pebble for mental health

Painting pebbles to challenge the stigma around mental health is just one of the unusual ways campaigners have been raising awareness.

Time to Change West Sussex is one of the first of its kind in the country and aims to get people talking about mental health. One of the most successful ways has been pebble painting parties in schools, libraries and by individuals.

The *West Sussex Rocks* campaign uses messages on stones to spread awareness about mental health and the effects of stigma and discrimination. People paint the pebbles, then leave them for other people to find.

Many of the discovered pebbles are pictured on social media and help highlight the issue further.

There are plenty of other opportunities for people who have experience of mental health issues to get involved and help make a difference including:

- becoming a 'Champion' and spread the word that it's ok to talk about mental health.
- applying for a grant to put on an event or activity. In West Sussex there have been an art exhibition, a touring bus, and a talk to new mums about maternal health.



- employers can demonstrate their commitment to changing attitudes to mental health in the workplace by signing the Employer Pledge and holding discussions and workshops.

The Time to Change West Sussex is led by the local Health and Wellbeing board. It's a partnership between the county council, Coastal West Sussex Mind, Chichester District Council, the Pathfinder West Sussex Alliance, Sussex Partnership NHS Foundation Mental Health Trust, the Capital Project Trust and local Time to Change champions.

The national campaign, run by Mind and Rethink Mental Illness, aims to create a sustainable social movement that will last long into the future.



## More information

• 01903 277000  
• [www.coastalwestsussexmind.org](http://www.coastalwestsussexmind.org)



# Pranks galore and a ton of fun!

Your local library will become a hub of jokes and fun this summer as this year's Summer Reading Challenge is Mischief Makers.

The Challenge celebrates the 80th anniversary of the much-loved comic, Beano – a chance for adults to share their enjoyment of it all over again as well. Children taking part in the Challenge this year will follow clues to explore their colourful collector's map of Beanotown; meeting Dennis, Gnasher and friends along the way. As children read library books, they will collect special stickers to help them find the mysterious buried treasure.

*Mischief Makers: the Summer Reading Challenge* starts in your local library on Saturday 14 July. It's free for all families to take part and you can collect fun rewards as you read books through the holidays. Best of all, children can choose whatever library books they like.

After registering online for the challenge, children will be rewarded with a special



Mischief Makers wristband. Dennis, Gnasher and friends will help them solve clues and collect stickers, as they read books through the summer, coming back to the library to tell us what they've read. Children will be able to solve the puzzle after they've read six books

and we will reward them with a special Mischief Makers certificate and medal. The Summer Reading Challenge is a free and easy way to make sure

children enjoy reading during the long summer holiday. Children can choose and borrow any books they like and your local library has a great selection waiting for you - from picture books for pre-schoolers, stories and comic books for older children and information books about every topic - the choice is yours!

Everyone can join in. The really little ones can take part in the Mischief Makers Mini Challenge, collecting stickers as they share library books. When they complete the Mini Challenge libraries will reward under-threes with a special 'gold medal sticker' as well as a certificate with their name on.

Read3 is a special challenge for the grown-ups helping children take part in Mischief Makers. Research shows that children enjoy reading and do better at it when adults around them read too. So, see what's on the shelf at your local library and get stuck into a good book. Even better, adults completing the challenge can enter a draw to win an iPad.

Mischief Makers is free and you only need a library card to register - and if you don't have one yet we can give you one of those for free too.



## More information

- [www.westsussex.gov.uk/src](http://www.westsussex.gov.uk/src)
- Or visit your local library to find out more

## Celebrating education

The first West Sussex Education Awards took place this year and showcased the many achievements that students, teachers, schools and employees make on a daily basis across our county.

There were 12 categories in all and these included awards for unsung hero, creative arts as well as primary and secondary school of the year. The county council supported the awards and formed part of the judging panel.



Organisers Johnston Press South Events plan to turn these inaugural awards into an annual celebration, so look out for how you can get involved and make nominations later this year.

## Tick this off your summer safety list



If you are out in the West Sussex countryside this summer watch out for a tiny arachnid that can cause a debilitating disease if it bites you.

Ticks can transmit bacteria that cause diseases such as Lyme disease. Although not all tick bites result in disease, it is important to know how to avoid them and to take action if you or your family get bitten.

Public Health England has produced a factsheet which has details about the health risks of tick bites, how to check your skin for ticks, remove a tick and how to prevent being bitten.

View the factsheet at [www.gov.uk](http://www.gov.uk) and search 'tick bites'; [www.nhs.uk](http://www.nhs.uk) and search 'Lyme Disease' or call your GP for advice.



## FREE personal alarm service across West Sussex

**FREE**  
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Working exclusively with West Sussex County Council to provide a free 13 week package of Telecare equipment to those people who are referred to the scheme. Telecare can help get people home from hospital sooner, or sometimes prevent them from being admitted in the first place.

### What is lifeline?

It's peace of mind from immediate contact with our highly-skilled Sussex based operators (24 hours a day, 7 days a week) who will assist you in an emergency.

### How do I get the service?

You need to talk to your local health or social services team. If you don't qualify for the free service you can still call us directly.

### A service you can trust

- West Sussex based engineers and mobile response team
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- Independent organisation
- No fixed term contract
- ISO 9001 certified

For more info call 0845 076 6515  
or visit [www.welbeing.org.uk](http://www.welbeing.org.uk)





# Care after a hospital stay

In the last issue of Connections we told you how we were partnering with the NHS in West Sussex to help minimise your stay in hospital – but what support is there when you get home if you live alone or are vulnerable?

**Home from Hospital** is a free service providing social and practical support to vulnerable people on their return home. Former patients can receive up to six weeks' home-based support from a volunteer through the county council's commissioned service providers; Age UK West Sussex (Arun, Chichester, Crawley and Mid Sussex), Age UK Horsham District and Guild Care (Adur and Worthing). This service is also provided

for family and friends carers. If you have just become a carer or had your caring roles increased as a result of a hospital stay by someone in your family home then contact the British Red Cross. They can offer practical support, such as collecting prescriptions, shopping and socialising over a cup of tea and a chat. This one-to-one support is designed to rebuild confidence and reduce the risk of isolation after a stay in hospital.

**Take Home and Settle** is another free service offered by the county's four major hospitals to

vulnerable residents living alone who have attended A&E or acute wards. They are driven home and resettled in their home. A home assessment is carried out to ensure the property is safe for the person returning from hospital, checking for things such as trip hazards. The care worker will ensure they have heat, light and food, and will prepare a light meal and hot drink for them if they wish.

The person's family or support network is informed and they are then referred to the Home from Hospital service if required.

## Are you a family or friends carer?

If you are due to go into hospital, and someone relies on you for support, Carers Support West Sussex can offer information and advice on what you might do. See below for their contact details.



### Age UK Horsham

- 01903 717130
- [www.ageuk.org.uk/horshamdistrict](http://www.ageuk.org.uk/horshamdistrict)

### Guild Care

#### Adur and Worthing

- 01903 334977
- [www.guildcare.org](http://www.guildcare.org)

### Age UK West Sussex

- 01403 751321
- [www.ageuk.org.uk/westsussex](http://www.ageuk.org.uk/westsussex)

### British Red Cross

- 01444 452434 or 01293 612523
- [www.redcross.org.uk](http://www.redcross.org.uk)

### Carers Support West Sussex

- 0300 028 8888
- [www.carerssupport.org.uk](http://www.carerssupport.org.uk)

# Tackling loneliness

Bringing the generations together to socialise is proving a winning way to tackle loneliness amongst older people in the county.

Bridging Generations is based in Chichester and involves students from the College who are studying Health and Social Care meeting with older people once a fortnight for tea, coffee, biscuits and a chat, followed by lunch. Meetings are held every other Tuesday during term time in the Students Union, followed by lunch in the College restaurant. Transport is available to and from the college for people with mobility problems.

Mike Harvey from Chichester Priory Rotary Club, which runs the scheme, said: "The purpose is to 'bridge generations' between young and old, spending and enjoying time together sharing life experiences and interests."



Midhurst Parish Church also aims to link the generations and provide an opportunity for anyone in Midhurst to meet and chat at their monthly Friendship Teas. A free tea is provided, followed by the chance to play board games with young volunteers from Midhurst Primary School, and finishing with piano music and a singalong. The church can also provide transport to and from the Tea.

If you or someone you know feels lonely or isolated there are many support and activity groups on the Connect to Support website at [www.westsussexconnecttosupport.org](http://www.westsussexconnecttosupport.org)



### Bridging Generations

- 01243 697186
- [mikcharvey@aol.com](mailto:mikcharvey@aol.com)

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- [mike.abbott49@gmail.com](mailto:mike.abbott49@gmail.com)

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# Reduce the stress of choosing your care

A new survey reveals choosing care for yourself or a relative is one of the biggest sources of stress.

According to a survey carried out for the Care Quality Commission (CQC), 70% of adults who were responsible for arranging care found it more stressful than choosing a school or nursery for their child or a venue for their wedding or civil partnership.

But help is at hand in the shape of the new 2018/19 West Sussex Care Guide. It has a wide range of useful information and advice and also includes two detailed checklists on what to look for when choosing care. The guide is available as a printed book which can be found in libraries and GP surgeries across the county.

The guide includes: domiciliary care services and care homes in West Sussex which are registered with the Care Quality Commission (CQC); day care services;



extra-care housing schemes; two useful checklists on what to look for; useful contacts; and much more.

It is also online as an interactive eBook which can be viewed or downloaded at the website below (you can also order a hard copy here if you prefer).



### More information

- 01243 642121
- [www.westsussex.gov.uk/careguide](http://www.westsussex.gov.uk/careguide)

## West Sussex Connections

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The next edition will be out in October 2018 - limited space available, book now.

[advertising@westsussex.gov.uk](mailto:advertising@westsussex.gov.uk) | 0330 22 22 409







# Getting the balance right

Keeping active at all stages and ages of life is vitally important. But as one Connections reader pointed out: “There’s a raft of stuff out there about eating healthily as you get older, but not so much about exercising safely and not overdoing it. Sometimes you can plunge into exercise and end up doing more harm than good.”

So what is available to older West Sussex residents who want to take part in gentle exercise with qualified instructors or regain their confidence, balance and independence?

‘Julia’ (not her real name), from Crawley, self-referred herself to the Wellbalanced programme that runs in the town. It is part of West Sussex Wellbeing, the service which helps and supports you gain and maintain good health. She suffers from rheumatoid arthritis and was fearful of attempting stairs and getting up off the floor if she fell.

Following an assessment, she was offered a place on the Wellbalanced course to increase her strength and balance. This included learning how to prevent falling and a safe method of rising from the floor in the event of a fall. She gained so much confidence that when she completed the falls training she started a

beginners’ Tai Chi course! She said: “I am so pleased that I contacted Crawley Wellbeing about my balance. It has changed my life. I felt lonely before I came along, then I met a friend. And now I am going out again, not just in the daytime but in the evening too. It is the first time that I have been on a bus for years.”

West Sussex Wellbeing offers lifestyle support and advice to those that live and work across West Sussex. There are Wellbeing hubs in each district and borough across the county – see the contact details at the end of this article. The service is impartial and many of the programmes on offer are free.

They all offer a range of courses, classes, information, and events – for example, Crawley Wellbeing held 160 classes for the over-50s from October to December last year, with 1,543 people attending. They also held 65 healthy walks, lasting

30, 60 or 90 minutes during the same period. Some of the hubs offer seated exercise classes and keep fit especially for the over 50s.

For more information on classes and activities available in your local area contact the relevant Wellbeing Hub who will help you get more active.



## West Sussex Wellbeing hubs

- Adur and Worthing 01903 221450
- Arun 01903 737862
- Chichester 01243 521041
- Horsham 01403 215111
- Mid Sussex 01444 477191
- Crawley 01293 585317
- [www.westsussexwellbeing.org.uk](http://www.westsussexwellbeing.org.uk)

## Out-there West Sussex

A community-based preventative service providing sports and leisure activities for people aged 16 plus who have a learning disability or autism. They provide activities in the daytime in Crawley, Horsham, Burgess Hill, Worthing, Bognor Regis and Chichester and evening clubs in Horsham, Worthing and Chichester.



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COMMUNITY  
DAY**

# Spotlight on **Henfield**

Henfield is a large village in the district of Horsham. It has two historic claims to fame – it has one of the oldest cricket clubs in the world, dating back to 1771. It also officially has the oldest Scout group in the country (1st Henfield), dating from 1907.

St Peter's Church has been documented from 770 AD. The coming of the railway in 1861 saw significant growth in the village and for many years (until the station closed in 1966). Henfield grew flowers, especially violets, for Covent Garden.

In 1086, at the time of the Domesday Book,

Henfield was already a large village for the times, of 52 households. At the last census its population was registered as 5,349.

To get a taste of village life in Henfield pop along to their Community Day on 23 June in the High Street or St Peter's Church Fete on 30 June.

## Hub of **Henfield**



If you want to know what's going on in Henfield then head for [www.henfieldhub.com](http://www.henfieldhub.com)

The comprehensive website lists all you've ever wanted to know about the large village, and then some! You can find local and business news, places to visit, information if you are planning to move to the village, shopping, arts, crafts, nearby walks, and emergency info.

The Hub is in the process of being enhanced to maintain it as a leading community website, thanks to a Lottery grant.

## Much more than books!

Henfield Library is not just somewhere you can pick up a book to read (although there are plenty of those as well!). The Library, off the High Street, holds regular clubs including:

- Knit and Natter is on the first Tuesday of every month from 2-4pm. Do you enjoy stitching, knitting, crocheting? Come and meet new friends – all ages and abilities welcome.
- A reading group takes place on the first Wednesday of

every month from 2-3pm. If you love reading and discussing the latest books, then why not come along?

- Baby Rhyme Time is on every Thursday from 10.15-10.45am. A fun session of rhymes and songs for parents, carers and all under 5s.
- Every Monday (term-time) is Games after School when children can play board games with their friends.

The library is open Monday to

Saturday from 10am to 5pm and Saturday 10am to 2pm. There are public computers, internet access and free Wi-Fi, as well as audiobooks, books and DVDs.

The library also has a photocopier, study space, fax and scanner.



### More information

- 01273 493587
- [henfield.library@westsussex.gov.uk](mailto:henfield.library@westsussex.gov.uk)
- Off High Street, Henfield, BN5 9HN

## Henfield's **Haven**



The Centre, previously a day centre, is now run by Henfield Social Enterprise Community Interest Company (CIC) and welcomes hundreds of people every month. Along with a café and clubs, the Haven offers 15 daycare places for people with high needs.



### More information

- 01273 494747
- [henfieldse@henfieldhub.com](mailto:henfieldse@henfieldhub.com)

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# Confused about recycling? You won't be!

Baffled about black trays, perplexed about plastic lids and confused by coffee cups? Lots of advice is given nationally on what can and can't be recycled but you want to know what the deal is currently in West Sussex. We asked our social media followers to fire their questions at us, and here's what they wanted to know.



**Plastic milk bottle lids**  
These and other small plastic lids cannot be recycled in your kerbside recycling bin. So any plastic lid smaller than a jam jar lid needs to go in your rubbish

bin. Lots of people asked us if you can just keep the lid on the bottle. Unfortunately, this can cause problems during sorting and separating of your recycling. Even if the lid stays on it is often made from a different type of plastic to the rest of the bottle and will therefore have different chemical properties. If the two are recycled together chemical reactions occur affecting the end product. Some charities do collect the lids.



**Shredded paper or small pieces of torn paper**  
We usually say the smallest size for paper is a matchbox, anything smaller and it will get mixed with the glass as part of the automated size sorting, and little bits of paper ruin the quality of the glass when it goes for recycling. Everything that leaves the Materials Recycling Facility (MRF) for market has to meet strict criteria in order to be recycled.

Shredded paper and small pieces of torn paper can be taken to your local household waste recycling site (HWRS), or put into your home compost bin. (Find

out about special rates for compost bins for West Sussex residents at [www.compost4westsussex.co.uk](http://www.compost4westsussex.co.uk))



dry and then they can go in your kerbside recycling bin. Don't forget to pop the plastic lid in too.

**Takeaway coffee cups**  
Despite many national media reports, you can recycle your paper takeaway cups in West Sussex but you will need to take them home, make sure they are clean and



the screening process at the paper mills later in the recycling process. Padded envelopes, such as Jiffy Bags, cannot be recycled due to the plastic lining inside, so these need to go in your general rubbish bin.

**Envelopes with plastic windows**  
You can recycle your envelopes by putting them in your recycling bin at home. Don't worry about removing the plastic windows as these will be removed during



have sprayed out as much of the liquid as possible before placing the whole bottle in the recycling bin.

**Plastic bottles with trigger sprays or pump tops.**  
If possible we encourage the trigger heads or pumps to be removed and then thrown away, but if you're not able to do this don't worry. Just make sure you



is acceptable and not acceptable to recycle in the national press, always refer to local guidance as this will be the most up to date and correct information.

**Black plastic food trays**  
In West Sussex we have access to specialised sorting facilities that allows us to collect black plastic food trays for recycling. Even though you may hear about what



beer bottle and metal wine lids can be put in your kerbside recycling bin as long as they are left loose.

**Beer and wine bottle lids**  
This is an odd one because we say that lids smaller than a jam jar lid should not be put in your recycling, however there are always exceptions to the rule and both metal

Other items which can be recycled are medicine/tablet blister packs, roll-on deodorants and perfume bottles. Unfortunately coffee pods and polystyrene (foam) trays cannot be recycled.



**More information**  
• [www.recycleforwestsussex.org/recycling-guidance](http://www.recycleforwestsussex.org/recycling-guidance)

## Opening times at our Household Waste Recycling Sites

**SUMMER OPENING TIMES** (1 APRIL–30 SEPTEMBER 2018)

**WINTER OPENING TIMES** (1 OCTOBER 2018–31 MARCH 2019)



**More information**  
• [www.recycleforwestsussex.org](http://www.recycleforwestsussex.org)

CHART VALID UNTIL 31 MARCH 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BILLINGSHURST	9am–6pm	9am–6pm	9am–6pm	CLOSED	CLOSED	9am–6pm	9am–6pm
	9am–4pm	9am–4pm	9am–4pm	CLOSED	CLOSED	9am–4pm	9am–4pm
BOGNOR REGIS	8.30am–6pm	8.30am–6pm	8.30am–6pm	CLOSED	CLOSED	9am–6pm	9am–6pm
	9am–4pm	9am–4pm	9am–4pm	CLOSED	CLOSED	9am–4pm	9am–4pm
BURGESS HILL	9am–6pm	9am–6pm	9am–6pm	9am–6pm	9am–6pm	9am–6pm	9am–6pm
	9am–4pm	9am–4pm	9am–4pm	CLOSED	9am–4pm	9am–4pm	9am–4pm
CHICHESTER WESTHAMPNETT	9am–6pm	9am–6pm	9am–6pm	9am–6pm	9am–6pm	9am–6pm	9am–6pm
	9am–4pm	CLOSED	9am–4pm	9am–4pm	9am–4pm	9am–4pm	9am–4pm
CRAWLEY	8.30am–6pm	8.30am–6pm	8.30am–6pm	8.30am–6pm	8.30am–6pm	9am–6pm	9am–6pm
	9am–4pm	9am–4pm	9am–4pm	CLOSED	9am–4pm	9am–4pm	9am–4pm
EAST GRINSTEAD	9am–6pm	CLOSED	CLOSED	9am–6pm	9am–6pm	9am–6pm	9am–6pm
	9am–4pm	CLOSED	CLOSED	9am–4pm	9am–4pm	9am–4pm	9am–4pm
HORSHAM HOP OAST	9am–6pm	CLOSED	CLOSED	9am–6pm	9am–6pm	9am–6pm	9am–6pm
	9am–4pm	CLOSED	CLOSED	9am–4pm	9am–4pm	9am–4pm	9am–4pm
LITTLEHAMPTON	8.30am–6pm	CLOSED	CLOSED	8.30am–6pm	8.30am–6pm	9am–6pm	9am–6pm
	9am–4pm	CLOSED	CLOSED	9am–4pm	9am–4pm	9am–4pm	9am–4pm
MIDHURST	9am–6pm	CLOSED	CLOSED	9am–6pm	9am–6pm	9am–6pm	9am–6pm
	9am–4pm	CLOSED	CLOSED	9am–4pm	9am–4pm	9am–4pm	9am–4pm
SHOREHAM-BY-SEA	CLOSED	CLOSED	9am–6pm	9am–6pm	9am–6pm	9am–6pm	9am–6pm
	CLOSED	CLOSED	9am–4pm	9am–4pm	9am–4pm	9am–4pm	9am–4pm
WORTHING	9am–6pm	9am–6pm	9am–6pm	9am–6pm	9am–6pm	9am–6pm	9am–6pm
	9am–4pm	9am–4pm	9am–4pm	CLOSED	9am–4pm	9am–4pm	9am–4pm



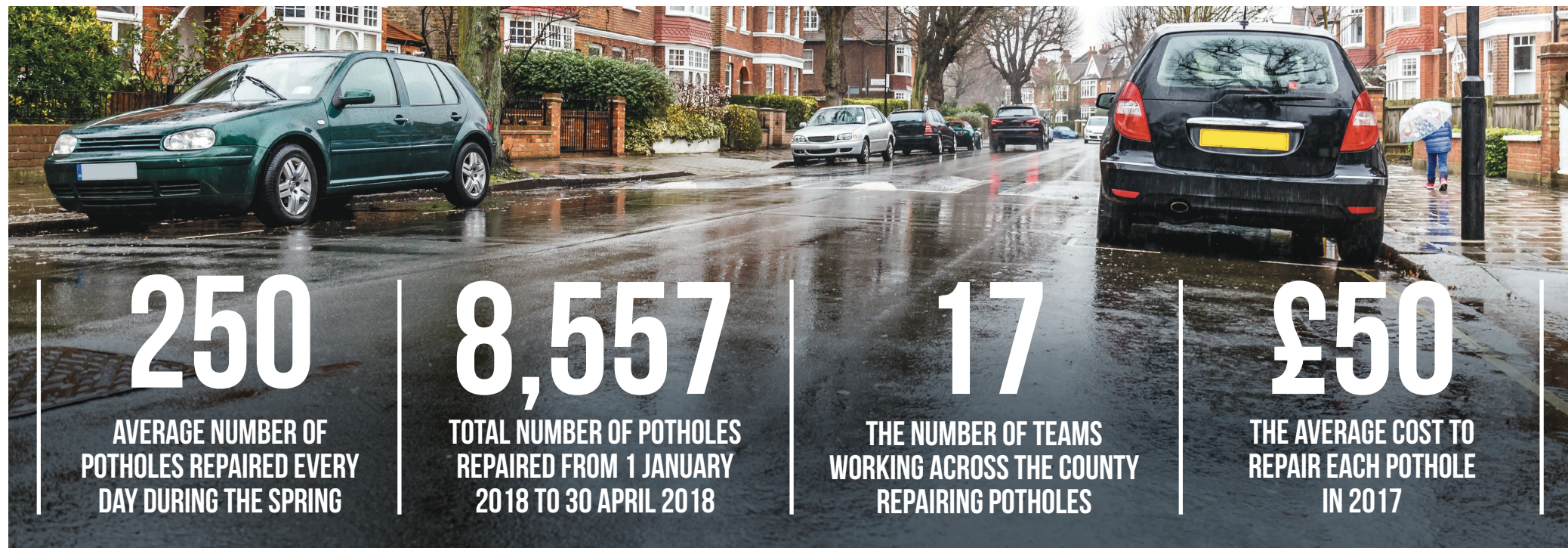
# The service we all rely on

Our roads are the service we all use in one way or another, many of us multiple times a day. Readers contacted Connections after the last issue was published asking for more information on how we maintain the 2,500 miles of road across the county and how you can tell us when things go wrong.



## More information

• [www.westsussex.gov.uk/roads-and-travel](http://www.westsussex.gov.uk/roads-and-travel)  
Online information about travel and public transport; parking; road safety; roadworks and projects; traffic management; traffic regulation orders; and highway licences.



## Potholes

These are a perennial problem and it's easy to feel angry when your car judders down into a hole in the road. So what causes them and what is the county council doing to repair them?



Unfortunately, roads are not permanent structures and deteriorate over time from constant use, the weight of vehicles using them and the effects of weather. Frequent variations between cold/freezing temperatures and mild/wet weather have led to an increased number of potholes on our roads. With the expansion and contraction caused by temperature change, more and more deterioration will occur.

Potholes are repaired on a priority basis, which considers safety implications, location, size and depth. All roads are inspected at least once a year and depending on the type of road up to twelve times a year.

### Report potholes

Although we regularly inspect the roads we value residents reporting problems on the roads as they identify them.

You can report problems such as potholes, road flooding, damaged pavements, and overgrown hedges that obstruct footpaths online at [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search roads and travel, then report a problem, or by using the Love West Sussex smartphone app (available on all platforms from your app store). You can also view whether a defect has been reported already and the status of the repair.

If you do not have access to a computer, you can call 01243 642105, Monday to Friday, 8am to 6pm.

### Live map

Visit [Love.westsussex.gov.uk](http://Love.westsussex.gov.uk) and click on 'reports' to view current reports of potholes, footway condition, curbing or edging problems, and more. Please check this map before making a report in case somebody else has already reported it.

## Overgrown vegetation

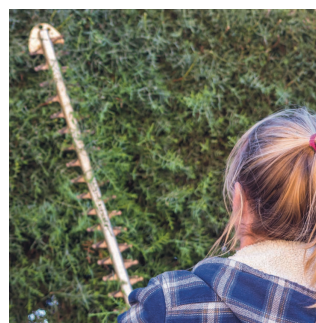
As we swing into summer and everything green keeps growing, homeowners are asked to prevent their trees and hedges from becoming problems on the roads and pavements next to their properties. Between May and September 2017 we had nearly 900 queries about overgrown vegetation on private properties obstructing the highway.

The owner or occupier of a property is legally responsible for ensuring adjacent roads and pavements are not obstructed by vegetation.

Although the Highways Act 1980 does not specify measurements for the overhanging vegetation, for safety, the requirements are:

- For pedestrian areas, cut back to the boundary and a minimum headroom of 2.3 metres
- For the carriageway and an area immediately adjacent to it, the requirement is to cut half a metre back from the boundary and a minimum headroom of 6 metres.

Further information on tree and hedge maintenance responsibilities at [www.westsussex.gov.uk/roads-and-travel](http://www.westsussex.gov.uk/roads-and-travel). To report problems with overgrown vegetation obstructing highways or pavements please download and use our Love West Sussex app from [love.westsussex.gov.uk](http://love.westsussex.gov.uk)



## Maintaining roads, verges and pavements

Potholes grab the lion's share of attention, but road improvements such as resurfacing work are a vital part of the process too.

Find information online at [www.westsussex.gov.uk](http://www.westsussex.gov.uk) on larger road maintenance and improvement works. Search 'annual delivery programme 2018-19'.



## Advertising boards

We have recently appealed to businesses to try to ensure A-boards in precincts are placed where they pose no risk to pedestrian safety.

The Royal National Institute of Blind People (RNIB) recently highlighted its concern that poorly-positioned A-boards could cause a hazard, particularly for the visually impaired.

We would ask all businesses with A-boards to please take a look at their positioning and to ensure they are moved to a place where they pose no risk to pedestrian safety and movement.



## Grass cutting

You can find the schedule online at [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search 'grass cutting'. You can also follow @WSHighways Twitter to find out where our grass cutting teams are working that day. The grass cutting service currently costs £2 per resident per year.



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# Fire and Rescue at the heart of the community

Our Fire and Rescue Service is at the heart of the community – on call 24 hours a day, seven days a week – working to support communities to become safer, stronger and more resilient through a combination of prevention, protection and responding to emergencies.



## More information

• 01243 786211 • wsfrs@westsussex.gov.uk  
• www.westsussex.gov.uk/fire



## Cadets honour fire service

Young people from a newly created Fire Cadets programme attended a Uniformed Services Parade Day at Worthing's Northbrook College. Last year our Fire and Rescue Service teamed up with Northbrook MET college to launch a brand new fire cadets programme.

The Northbrook MET Combined Cadet Force, which includes our 16 fire cadets is the first state Further Education (FE) college in the country to have a single Royal Naval contingent. The parade, which was attended by over 250 guests, included Worthing Silver Band, a display from the cadets, and service appliances.

Various high-ranking officers from the emergency services and the armed forces joined the event, including our Chief Fire Officer, Gavin Watts, who carried out inspections on each of the fire cadets' kit.

Chief Fire Officer Gavin Watts said: "It was a huge privilege being invited to watch our fire cadets at the parade and to carry out their inspections. It is clear to see from the dedication and expertise delivered by each cadet, that they will be assets to any emergency

service that they choose to join in the future.

"I would like to thank our Targeted Education team for all the time and effort that they have spent creating and delivering the programme, and ensuring that it encompasses every aspect of a modern day fire service, from the operational side to the prevention and community safety work."

Gavin McCourty, Lead Fire Cadet Instructor, said: "I am extremely proud to have worked with these young people over the last six months and I am delighted to see how they have progressed – as an instructor I have found it very rewarding."

As part of their course the 16 cadets visited Worthing Fire Station each week. They learnt all about the fire service; from the roles and responsibilities of individuals within it to practicing hose drills, working at height, and using the special protective clothing and equipment firefighters rely on every day.

They also undertook HeartStart first aid training, which equips individuals with the invaluable skills to deal with cardiac arrest, blood loss and choking.

## Free electric blanket testing

Free testing will take place again this autumn to help keep residents safe from fire in their beds.

The Service's expert team will check blankets for any weaknesses in the structure and any abnormalities with the electric current when the blanket is switched on.

Jackie Boyle, Community Fire Safety Manager, said: "In 2017 our team tested 354 electric blankets and found that 102 carried a potential fire risk. Electric blankets are a source of great comfort to many during the winter months but we cannot stress enough the importance of having these blankets checked regularly.

"Elderly members of our community, and those with mobility issues, can be especially vulnerable so we're urging everyone who uses an electric blanket to take up the offer of a free test."

Booking is strictly by appointment only and slots will be offered on a first come first served basis. Call 0345 872 9719 to find your nearest venue. Testing will start in October but book early to avoid disappointment.

## Slow down this summer

Crews will be out and about round the county this summer offering road safety advice to drivers. They will be calling on motorists to pledge to slow down and think of the sometimes fatal or life-changing consequences of driving too fast. The message is simple – slow down, always wear your seatbelt and drink OR drive – not both.

**Breaking the speed limit or travelling too fast for conditions is a contributory factor in one in four (23%) of fatal Road Traffic Collisions (RTCs) in the UK.**



## Be trained by the professionals

When fires happen in the workplace, it is crucial that every member of staff knows what to do.

Practical fire safety training, led by experts from West Sussex Fire and Rescue Service, is on offer for everyone working in the county. Any business owner and employee can book a place. You will be taught vital training by firefighters in how to cope in emergency situations. Courses,

which take place at Worthing Fire Station, include Management of Fire Risk Assessment, Fire Warden and Fire Extinguisher Training. Bespoke courses delivered to individual businesses can also be arranged.



## More information

• 01243 772870  
• www.westsussex.gov.uk/frsct  
• frsct@westsussex.gov.uk



## Fire plan thanks

Thank you to everyone who took part in the public consultation in April and May into a new plan for West Sussex Fire & Rescue Service.

All the comments we received about the Integrated Risk Management Plan (IPRM) 2018-2022 will be considered and your input will help us to shape the final document.

The plan shows the risks in the communities of West Sussex, how the fire service will prevent and protect communities from fires, and how it plans to respond when fires and other emergencies occur. Details of the final plan will be available at [www.westsussex.gov.uk/fire](http://www.westsussex.gov.uk/fire)



# Your Energy Sussex tariff

Your Energy Sussex, the local energy supplier launched by the county council earlier this year, has already signed up its first 1,000 customers.

Your Energy Sussex, which is supported by councils across Sussex, provides competitively-priced gas and electricity – and works hard to keep customers on its best available tariff when their fixed deals come to an end.

Unlike most energy suppliers Your Energy Sussex, which is a partnership between the County Council and Robin Hood Energy, is run on a not-for-profit basis and uses any surplus to support local people who are struggling to pay their energy bills.

Why not see whether you could save money off your bills with Your Energy Sussex? Contact us to get a quote, details below.



## More information

- 0800 952 0001
- [www.yourenergysussex.org.uk](http://www.yourenergysussex.org.uk)



## Solar power for schools

More West Sussex schools are switching to solar power to reduce their bills and protect the environment.

The County Council installed solar panels at a further nine schools this spring under its Solar Power for Schools programme, bringing to 20 the total number of schools that the Council has helped to generate their own energy from the sun's rays.

The systems are installed and maintained by the county council and the schools buy the green, renewable electricity at a cheaper rate than the electricity they would buy from their usual supplier.

The size of the system installed at each school varies between 15 and 200 kW, depending on available roof space. They generate as much electricity as 320 average homes use.

Schools that installed solar power systems this year will save between £1,000 to £3,500 per year off their bills, and reduce their carbon emissions by a total of over 350 tonnes in the first year.

The latest schools to benefit are Durrington Infants School, Durrington Junior School, Field Place School, Worthing, Orchards Junior School, Worthing, Vale School, Worthing, North Lancing Primary School, Rustington Primary School, Billingshurst Primary School and Elm Grove Primary School, Worthing.

A further 40 schools have signed up to join the programme so far this year.

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# Stay safe this sporting summer

What does the arrival of football's World Cup and sightseeing in West Sussex's coast and countryside have in common with summer 2018?



Both pose the threat of criminal activity such as football-fuelled hate crime plus opportunistic theft across the county's beauty spots. That's why we're asking residents to be the eyes and ears of their community, keep a careful watch of your own possessions and look out for others' welfare.

West Sussex beauty spots have emerged as a prime location for targeting vehicles while their owners are out of view admiring nearby surroundings. Before spring had even really started there had been more than 70 reported break-ins to cars and vans, with stolen items ranging from handbags, laptops and hair straighteners. We advise you to check, and check again when it comes to leaving your vehicle unattended: stow away all valuables and ensure they're hidden from view; check you've fully closed the windows, boot, sunroof and car doors; and report a break-in to Sussex Police as soon as you can.

It's also important you're aware of how to spot the signs of hate incidents and hate crimes in your local community at this time of year. Many of the

county's pubs and clubs are set to attract international support from residents and visitors at this summer's World Cup - and with it brings the potential for racially-aggravated conflict.

Hate incidents and crimes can take many forms and are not limited to discrimination on grounds of nationality or ethnicity. They occur when a person is subjected to hostility or prejudice by another person or group because of their race, faith, disability, sexual orientation and/or gender identity.

Please be vigilant when out and about and report any incidents online through the website below. You can also use this website if you are a victim of hate crime or incident. If you want to report suspicions or increased community tensions generally then please use the email below.



## More information

- [CommunitySafety.Wellbeing@westsussex.gov.uk](https://CommunitySafety.Wellbeing@westsussex.gov.uk)
- [www.westsussex.gov.uk/hatecrime](https://www.westsussex.gov.uk/hatecrime)

# Working with communities

Co-production is when people from all sections of the local community work together to shape services.

In West Sussex the county council has been working closely with the West Sussex Parent Carer Forum (WSPCF), along with children, young people, parents and carers to co-produce services. Whilst we have focused on children and young people with Special Educational Needs (SEND), strategic co-production is much wider - it is about West Sussex as a whole, and

how the community is involved in shaping services they receive.

There is a difference between consultation and co-production. Consultation asks for your thoughts once the development stage is completed. Strategic co-production is so much more, it is about honest conversations and working together to come up with solutions for services within your community for the future.



## More information

- [www.wspcf.org.uk](https://www.wspcf.org.uk)
- [www.westsussex.local-offer.org](https://www.westsussex.local-offer.org)

# Every breath you take

Our article on air quality in the February edition generated a lot of interest from Connections readers, with many asking what we're actively doing to help address the ongoing issue.

We're committed to improving air quality in West Sussex and we've been working on the first county-wide air quality plan with district and borough councils to explore what more can be done. This plan will be published later this year and we'll include details in a future edition of West Sussex Connections.

Air quality is one of the key priorities in our West Sussex Plan - a document published last year which sets out how we will shape services in the future (read about this at [www.westsussex.gov.uk/plan](https://www.westsussex.gov.uk/plan)).

In addition to the work we're doing with district and borough councils in Air Quality Management Areas (AQMAS), we are also working to promote walking and cycling initiatives (including Living Streets Walk To project), delivering new high quality walking and cycling infrastructure through our West Sussex Walking and Cycling Strategy 2016-2026, and working with district and borough and other partners to consider how we can support the shift towards lower emission vehicles. We will also be introducing electric vehicles into our own pool car fleet later this year.

We know air pollution can seriously impact on people's health which is why we part-fund the free airAlert service that sends you air pollution alerts when levels in your area increase to a moderate level or above, with the option of receiving the alert by text, voice mail or email. Visit [www.sussex-air.net](https://www.sussex-air.net) to sign up.

It can help you manage your health and is particularly valuable for those with COPD, or those whose asthma is triggered by air pollution.



## More information

- [www.sussex-air.net](https://www.sussex-air.net)

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Volunteers in Hassocks working with Ouse and Adur Rivers Trust building natural dams.

## Operation Watershed supporting you

Operation Watershed supports community groups to act against flooding and reduce flood risk locally.

The scheme started following severe flooding in the county during 2012 and 2013, with the county council pledging to address issues with drainage infrastructure including the riparian ditch network, damage to roads and improve resilience to protect homes, businesses and highways.

Operation Watershed Active Communities Fund is available for projects carried out by West Sussex community and volunteer groups, town and parish councils. Since its inception the County Council has worked with around 150 groups to successfully complete more than 360 projects worth around £3million.

The initiative has also funded over 30 Flood Action Groups or Flood Active Communities, a

number of which are affiliated to the National Flood Forum. Some of these groups have become an integral element in planning and maintenance to mitigate flood risk across the county. Successful projects include:

- Hassocks, Keymer & Ditchling Transition for its work around Natural Flood Risk Management and Rain Garden projects
- Bramber Flood Action Group for equipment to maintain local ditches
- Tarring Flood Action Group newly formed group to support residents and businesses in Tarring Ward, Worthing.
- Birdham and Earnley Flood Prevention Group for its Grange Rife clearance project
- Lower Ems River Flood Management Group (LERMG) to control river and tidal flooding in Southbourne.



### More information

- [www.westsussex.gov.uk/watershed](http://www.westsussex.gov.uk/watershed)
- [operation.watershed@westsussex.gov.uk](mailto:operation.watershed@westsussex.gov.uk)

## Take off safely with Trading Standards

With the summer holidays approaching, our Trading Standards team has advice for those going abroad. Whether you're planning your journey or deciding what to pack, here's a couple of issues you need to be aware of.

### Troubling travel adaptors

Our Trading Standards officers are warning about the dangers of buying cheap travel adaptors for use abroad. They bought 10 adaptors from a range of high street and online suppliers and sent them for safety testing. Six failed the testing - four of them posing a risk of electric shock from poor design and construction, as well as other safety issues.

The four outlets were TK Maxx, Game, Bags ETC and Crawley Accessories. We urge anyone who bought travel adaptors from these outlets to check to see if their product is affected.

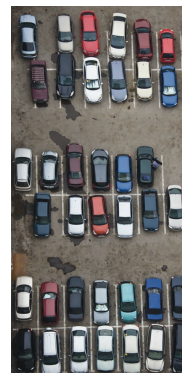


### Rogue parking at Gatwick

Trading Standards officers have been investigating rogue parking firms at Gatwick Airport.

One company operating out of the airport promised customers their cars would be securely parked in an area that was manned 24 hours a day. In reality, the firm parked their vehicles in unsecure fields, leaving many with the windows down and doors unlocked.

Holidaymakers are advised to always use approved airport parking when flying from Gatwick.



### MORE HELPFUL TIPS

- Always use a Buy With Confidence approved parking scheme.
- Check company websites for address details (legally companies need to provide these so be wary if they're not given).
- Consider paying with a credit card for extra protection if things go wrong.
- Take pictures of all four sides of your car to help avoid any disputes regarding damage.
- Make a note of your mileage reading when you drop it off.
- Don't leave valuables in your vehicle.



### More information

- Contact Trading Standards via Citizens Advice on 03454 04 05 06
- [www.westsussex.gov.uk/tsreport](http://www.westsussex.gov.uk/tsreport)
- [www.buywithconfidence.gov.uk](http://www.buywithconfidence.gov.uk)

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# Improving job opportunities

For young people with special educational needs and disabilities (SEND) finding a job can be a daunting prospect, and there can be barriers for them along the way. Here in West Sussex a number of initiatives are taking place supporting young people with SEND, and working directly with employers.

**MANOR GREEN COLLEGE**, Crawley, in partnership with specialist support agency A Potential Diamond run a project called Business Buddies designed to encourage local businesses to support young people with their career aspirations. The ultimate objective is the employer creating a 'bespoke' paid opportunity for a young person tapping into their strengths whilst considering their support needs. Richard Lamplough, who manages Business Buddies, said: "Local businesses enjoy sharing their skills, experience and knowledge and when we get the right match between a young person and an employer there's every chance we will get an employment opportunity that is sustainable for the future."

**OAK GROVE COLLEGE** in Worthing is one of many schools in West Sussex who are part of the Enterprise Adviser Network (a national programme locally delivered by Coast to Capital). The Enterprise Advisers work closely with the head teachers in these schools to help engage employers, bring in labour market information and help design an appropriate careers programme.

One example of this work at Oak Grove are Business networking breakfasts hosted by the students. Attendees have become Industry Champions through the network and continue to work with the students in various ways to help them gain valuable employability skills.



**CHICHESTER COLLEGE** run a Supported Internship Programme, working with local employers to find job opportunities for young people with additional needs. Whilst the skills needed vary between individuals and the different roles, they often work with young people to gain qualifications in functional skills, English and maths and will work on skills around organisation and confidence. They have worked with 10 young people who have found employment as a direct result.



## More information

• [www.westsussex.local-offer.org](http://www.westsussex.local-offer.org) search 'information' then 'pathway to adulthood'

## Family Assist - a UK first

A website developed in West Sussex which helps pregnant women and families is the first of its kind in the country.



Family Assist provides local and national information and resources all in one place to pregnant women and families.

A joint partnership between the county council, Western Sussex Hospitals NHS Foundation Trust and Sussex Community NHS Foundation Trust, the website was launched in August 2017 and has already helped more than 2,500 people.

Currently, pregnant women booked to have their baby at Western Sussex Hospitals NHS Foundation Trust and any family living in West Sussex with a child under the age of one year, can sign up to Family Assist to receive weekly mailings and to ask questions about their pregnancy or childcare. But eventually it will be available to every family with a child or young person under 19 (25 for special needs).

In pregnancy alone around 280 individual pieces of information are given out and having Family Assist means people can access up to date information

24 hours a day, seven days a week at a time which suits them. They can also request information by raising an enquiry through the website then receive an answer back to their registered email.

Friends and family can receive this information as well, which offers another method of support. The continued success of Family Assist means it is being developed further with plans for live chat as well as continually increasing the service across the age range.

Family Assist currently welcomes all pregnant women planning to give birth at Western Sussex Hospitals NHS Foundation Trust and any family living in West Sussex with a child under one year.

Kelly Pierce, Consultant Midwife in Public Health said: "We know that people often feel overwhelmed by the quantity of information provided so being able to provide that information in one place which is fully accessible is a great resource and

one which has already made a positive change for children and families across West Sussex."

One of the new mums who has already benefitted from Family Assist is Charlotte who said: "Now my baby is here I use Family Assist for looking at specific information and if I do have any worries about myself or my baby then I can just go on the website and it's there, so it's really simple and easy."

Family Assist has been recognised at conferences across the UK for being an innovative way to support parents and has been nominated for several awards.



## More information

• [www.west-sussex-family-assist.custhelp.com](http://www.west-sussex-family-assist.custhelp.com)

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# Support for young people

“I’d recommend this to anyone who can do it,” says Chris who started offering supported lodgings to vulnerable young people after seeing an article in West Sussex Connections.

Chris is a marketing consultant who lives in West Sussex. After spending some time doing community work he was keen to give back in a more significant way. “When I read the article about a supported lodgings carer, I was in a point in life where I could offer something,” says Chris. “I live in a three bedroom house with my dog and this seemed like the ideal way to make a difference.”

Chris picked up the phone to our Supported Lodgings team who went out to see him and started the assessment process. “After about three months and lots of questions about my life experience and what I could offer, I went in front of a panel and it was decided I could proceed. I was asked what sort of person I could help and I told them I would help anyone.”

Since being approved, Chris has supported a



number of young people who need a safe place to stay – including unaccompanied asylum seekers who needed emergency accommodation.

“I have helped young people to develop life skills – motivating them into college or work, supporting them with their budgeting, showing them how to cook meals and cleaning – as well as providing emotional support. In my experience all the young people have been grateful for the support.”

Chris says his role has helped change him for the better, too. “It feels good to know I am helping, and that maybe I could nudge these young people towards a better trajectory. It’s very rewarding and I am thoroughly enjoying it.”

Support for the carer is provided through a dedicated team of support workers and a weekly allowance. If you have a spare room and can provide a calm and supportive environment, the team would love to hear from you.



## More information

- 0330 222 7775
- supported.lodging.duty.desk@westsussex.gov.uk
- www.westsussex.gov.uk/supportedlodgings

## STOP PRESS ADOPTION

We are looking for more people to consider adoption as around 40 babies and children are currently waiting to be matched with their forever families.

A series of information evenings are taking place across the county where you can meet a local adoptive parent and find out more about the assessment process. Call our friendly adoption team for details.



## For more information

- 0330 222 7777
- Fostering.Adoption@westsussex.gov.uk
- www.westsussex.gov.uk/adoption

## Someone else’s child

Are you looking after someone else’s child – or is someone else looking after your child?

If this arrangement is planned to last 28 days or more, and the person looking after the child is not a close relative (for example a parent, step-parent, aunt, uncle or grandparent) then this is considered to be a ‘private fostering arrangement’.

Your local authority needs to be made aware of these types of private fostering arrangements so it can be assessed as safe and secure for the child involved.

Sue and her partner are looking after a friend’s teenage son. She said: “We realised a family we had known for some time were struggling to cope so we offered to privately foster their son, who was 14 at the time. He has been living with us for over a year now.

“Despite our initial trepidation, we are so pleased we offered this young boy a home and are delighted that

this arrangement is working well. He knows that he has a loving home with us throughout the remainder of his education and until he chooses to leave. From being a nervous, wary child, he is learning trust and developing into a vibrant, loving, happy teenager, full of opinions and ideas. There are challenges but also huge rewards. Right from the start we have received excellent support from the county council’s Social Services team. We are assigned a social worker who specialises in private fostering and who regularly visits us all and is always contactable should any need arise.”



## More information

- 01403 229900
- www.westsussex.gov.uk/privatefostering



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INFORMATION AND ADVICE



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# Win the war on waste

Food waste makes up more than 30% of what West Sussex residents throw away in their general rubbish. So what can you do to stop your leftovers lamenting in the fridge and make the most of every morsel in your meals?

## MAKE A MEAL PLAN

Planning ahead for the meals you'll be eating over the week is a great way to stop buying unnecessary food that will end up festering in the fridge. Spend 10 minutes each night finding recipes you fancy cooking the following week. Write a list and then stick to it when you get to the supermarket.



## PLAN YOUR PORTIONS

Portion planning is key to making sure you only buy what you need during your weekly food shop. By knowing how to portion up your dinners correctly you can not only save money, but also stop the leftovers ending up in the bin. Love Food Hate Waste has a portion planner that will help you get back to portioning basics - <https://www.lovefoodhatewaste.com/portion-planner>

## FEED YOUR COMPOST, REDUCE YOUR WASTE

If you grow your own produce then get a compost bin and start making your own fertiliser for the garden. You can also put loads of leftover food items in there, such as banana skins, egg shells and carrot tops.

For those of you thinking about getting a compost bin, there are special rates for West Sussex residents [www.compost4westsussex.co.uk](http://www.compost4westsussex.co.uk)



## LOVE YOUR FREEZER

Next time you're cooking dinner, make an extra portion and pop it in the freezer so you've always got a ready meal for days when you don't fancy cooking.



## Celebrating apprentices' success

Around 80 graduates celebrated their hard work and achievements at a graduation ceremony at Chichester Cathedral during National Apprenticeship Week.

Apprentices of all ages had qualified in a wide range of subjects from Social Care and Digital Marketing to Engineering and Technical Theatre.

Terry Franks, who graduated at the ceremony, completed an NVQ Level 5 in Health and Social Care, explained her apprenticeship journey: "I undertook the apprenticeship at level 5 for my role as an Admissions and Discharge Officer at Marjorie Cobby House.

"I had done very little formal training since I undertook my O-levels in 1974 and I started my NVQ Level 5 in 2014. My tutor at Chichester College supported me in completing outstanding assignments and the research project, which initially I found very daunting. "I do feel I have gained a great deal of knowledge, expertise and confidence and ultimately this has been a positive experience for me.

"The best part of the graduation was having my family there who have been very supportive throughout the training. My friends also cheered me on at both the reception and ceremony."



### More information

- [www.westsussex.gov.uk/apprenticeships](http://www.westsussex.gov.uk/apprenticeships)
- [www.westsussex.gov.uk/jobsincare](http://www.westsussex.gov.uk/jobsincare)

Graduates leaving Edes House for the ceremony at Chichester Cathedral

## Summer fun in Taste

The new edition of Taste is out now!

You can catch the spirit of the season with features including all the fun of the fair and what to do in West Sussex this summer.

There are also some great competitions! The free mag is available at more than 250 outlets across the county, including all 36 County Council libraries. View the online edition at [www.westsussex.gov.uk/taste](http://www.westsussex.gov.uk/taste)



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southern coop





# Local women in the suffrage spotlight

2018 marks 100 years since the Representation of the People Act was passed. This act allowed some women over 30 the right to vote and paved the way for universal suffrage 10 years later.

The Pankhursts and Emily Wilding Davison may be names that come to mind when thinking about the Suffragette movement, but in West Sussex there were a number of women who stood up during a period when society actively discouraged and barred them from doing so.



## Ellen Chapman

Women like Ellen Chapman who was the first woman to serve on a town council in West Sussex, and to be elected to West Sussex County Council. She was also Worthing's first female Alderman, the first woman president of the Worthing Boy Scouts Association, and the first woman magistrate.

She also founded the Worthing Women's Franchise Society (WWFS), a branch of Millicent Garrett Fawcett's National Union of Women's Suffrage Societies (NUWSS), and was Chairman of the Worthing branch of the West Sussex Women's Agricultural Committee.



## Jane Cobden

Jane Cobden, an early advocate of women's rights and one of two women elected to the new London County Council in 1889. After a lifetime of campaigning, primarily on women's suffrage but later on a range of topics, Jane lived quietly near Heyshott in West Sussex and eventually died in a nursing home in Fernhurst in 1947.

## Lady Gertrude Denman

Lady Denman (main picture), from Cowdray, was raised in a politically active, openly feminist home which led her to become an active supporter of women's suffrage. As the founding president of the Women's Institute, and director of the Women's Land Army during World War II, Denman devoted her life to the rights and roles of women in society.

If you want to find out more about the women of West Sussex and their roles in the fight for political equality, Lauren Clifton, archivist at our West Sussex Record Office, will be doing a talk in November - 'West Sussex Women: A Centenary of Suffrage'. For more information regarding tickets, please visit the website below.



## More information

- [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search for 'Talks on Tuesday'
- Read Lauren's blog at <https://goo.gl/gRb4c9>

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# Where in West Sussex?

The mystery photos we featured in the February edition sparked your inner detective – we had dozens of emails and phone calls. See below for the ‘results’! And here are some more genuine mystery photos which are in our archives. Can you help us identify these? Email [connections@westsussex.gov.uk](mailto:connections@westsussex.gov.uk)



**1** A village street, possibly in Mid Sussex.  
Ref: WSRO PH 4230



**2** Taken in 1899, a house in Littlehampton, with some smartly dressed ladies posing in the front garden.  
Ref: WSRO PH 5650/1



**3** This postcard was sent to Mrs Shepherd of Henfield and postmarked ‘Horsham’ 1905, but the location of the house is unknown.  
Ref: WSRO PH 2058



**4** A village junction, taken some time in the mid-20th century, possibly Slindon.  
Ref: WSRO PH 21581



**5** This football team of 1926 includes Joseph Edwin Tume, marked with a circled ‘x’, an apprentice with the London, Brighton & South Coast Railway at Lancing.  
Ref: WSRO PH 31528



**6** Photograph from the L’Alouette Collection showing a WW2 airman posing with a baby in a pram, probably in Bognor Regis.  
Ref: WSRO L’Alouette/A/1/3/58



**Photo 1** remains a mystery location with just one tentative suggestion as Cheviot Road, Durrington.



**Photo 2** turned out to be the Middle House Pub and Restaurant, Mayfield, East Sussex.



**Photo 3** are German POWs and although the location has not been definitively proved, suggestions by Andrew Hammond and Andrew Edwards include the Arun Valley at ‘German Fields’ near Offham, while digging a new course for the river, Ford Airfield (helping to build the United States Air Expeditionary Force base for pilot training) and Sompting (Rectory Farm Road area, Upper Cokeham).



**Photo 4** was identified as a Cowdray estate cottage (number 181), and a neighbouring timber-framed house, on the A286 junction with Church Lane at Cocking, south of Midhurst.



**Photo 5** shows a general store and butchers in Princes Risborough in Buckinghamshire. The shop has fresh carcasses hanging outside – a modern health and safety officer’s nightmare! The Dorsett family subsequently opened shops in Marlow and Wendover (Buckinghamshire) and Poole (Dorset) but not in Sussex.

Thanks to Adrian Vieler, Mike Clarke and website [www.swop.org.uk](http://www.swop.org.uk) (Sharing Wycombe’s Old Photographs). This has now been offered to High Wycombe Museum.



**Photo 6** is the rear of All Saints Church, at the junction of Old Humphrey Avenue and the Tackleway in Hastings.



**Photo 7** despite suggestions of locations in East Grinstead, Littlehampton and Worthing, this turned out to be the opening of an extension to Upper Beeding Council School [now Primary] on 13 March 1913. Behind the pupils are the three new classrooms that were part of the enlarged school. After the building of this extension, Bramber school was closed and its pupils transferred to Upper Beeding. In 2003 there was a re-enactment of the opening event. Thank you to Brenda Emsley, Amber Saunders and particularly Pat Nightingale of the Beeding and Bramber Local History Society.



**Photo 8** most surprising of all you were able to name the shepherdess as Ethel ‘Girly’ Oliver, born in 1911, daughter of

James and sister of Shep Oliver, both shepherds of High Barn, Peppering Farm, Burpham.

Ethel came from a long line of shepherds and is known to have worked with Southdown sheep at Slindon and Eartham too. She’s apparently buried in Burpham churchyard.

Thank you to Melanie Kite (Clerk to Petworth Town Council), Andrew Moulding plus Angela, Carol, Catherine, Eileen and Linda (volunteers at Worthing Library) and a tweet from Louise Spong [@SouthDownsYarn].

Note: both East Sussex photographs have been passed to archivist colleagues at The Keep.

**If you have any idea where the road is pictured in Photo 1, or have any other suggestions about where the German POWs in Photo 3 may have been pictured email [connections@westsussex.gov.uk](mailto:connections@westsussex.gov.uk)**



For more information visit [www.westsussexpast.org.uk](http://www.westsussexpast.org.uk) to view over **18,000** more photographs and pictures





## Charities to benefit from cycle event

You might not be saddling up to actually ride in Vélo South, but there are other ways you can get involved in this major event taking place in West Sussex for the first time this year.

Sunday 23 September is the date for this 100-mile closed road cycling event, which will see 15,000 cyclists of all abilities go on an unforgettable journey through the spectacular West Sussex countryside. Here are some ideas on how you can get involved and make the most of what is going to be a celebration of cycling.

### Take part

Vélo South's General Entries sold out in just four days, but if you'd like to try your hand at cycling and want to have a go at riding 100 miles, we have reserved places for residents to join in. All abilities are welcome. Email [hello@velosouth.com](mailto:hello@velosouth.com) for information.

Alternatively, you can secure your place on the start line via one of our official charity partners and cycle to fundraise for some worthy causes.

### Spectate

We're calling on local residents to line the streets in support of the riders and give them a royal welcome to your town or village! This event will create a celebratory feel in the county, making it the perfect backdrop for a garden party or social occasion.

Alternatively, West Sussex boasts some of the best country pubs, local shops, cafés and restaurants, many of which are along the route, so check in with your local and enjoy the spectacle.

### Volunteer

An event of this scale wouldn't be possible without volunteers and we'd love it if you chose to be one of them! If you're interested in volunteering, please email [volunteer@velosouth.com](mailto:volunteer@velosouth.com)

### Get involved

If you are a West Sussex based business or have a great community idea, we encourage you to play host and get involved with this event. Please get in touch at [route@velosouth.com](mailto:route@velosouth.com) if you would like some ideas on how to give your business a boost or share your amazing idea with us and we'll do all we can to help give it lift off!

### Plan for road closures

In order to deliver this event safely, motorists and cyclists must be kept separate, so some roads within the county will be closed during the event.

Find a map and more information about road closures at [www.velosouth.com](http://www.velosouth.com)

**More information**  
 • 01243 935 359  
 • [route@velosouth.com](mailto:route@velosouth.com)  
 • [www.velosouth.com](http://www.velosouth.com)

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## WHAT'S ON IN WEST SUSSEX

To advertise your event in the October 2018 edition from just £65 + VAT, contact 0330 22 22409

## JUNE

**June-December****Elizabeth Ilive – A Woman Ahead of Her Time**

Explore the life and achievements of Elizabeth Ilive who lived at Petworth House from the late 1780s. See personal effects and learn about her intellectual interests in invention and science with a reimagining of her laboratory. [www.nationaltrust.org.uk/petworth-house-and-park](http://www.nationaltrust.org.uk/petworth-house-and-park)

**30 June-1 July****Historic Gardens Weekend**

Discover the gardens of rural households from Tudor to Victorian times. Weald and Downland Living Museum, PO18 0EU; 11am-5pm; 01243 811363; [office@wealddown.co.uk](mailto:office@wealddown.co.uk); [www.wealddown.co.uk](http://www.wealddown.co.uk)

**1 July****Friends of Buchan Country Park: Dog Show**

Buchan Country Park, RH11 9HQ; Take part in several classes for you and your furry-friend, with hot and cold refreshment. [www.fobcp.org.uk](http://www.fobcp.org.uk)

**2 July-25 August****Me and My Girl**

Chichester Festival Theatre; tickets from £10; Matt Lucas and Caroline Quentin lead the cast of this uproarious, much-loved musical comedy. [www.cft.org.uk](http://www.cft.org.uk); 01243 781312

## JULY

**4 July****Discovering wills and other probate records**

West Sussex Record Office, Chichester; 10am; £7.50 per person; refreshments provided; book via 01243 753602. [www.westsussex.gov.uk/ro](http://www.westsussex.gov.uk/ro)

**7-8 July****Parham Garden Weekend**

Parham celebrates the 25th anniversary of its Garden Weekend with a special line-up of guest speakers including Tom Stuart-Smith, Tom Hart Dyke and some of the South's finest head gardeners [www.parhaminsussex.co.uk](http://www.parhaminsussex.co.uk)

**13 July-11 August****The Meeting**

Chichester Minerva Theatre. This powerful new play from acclaimed writer Charlotte Jones is a spellbinding exploration of a mother-daughter relationship in a Quaker community; tickets from £20; 01243 781312. [www.cft.org.uk](http://www.cft.org.uk)

**21 July-2 September****Tangmere and the SOE**

An exhibition focusing on the agents flown into France via RAF Tangmere. Entry to exhibition included in museum admission. 11am-4pm; 01243 790090; [www.tangmere-museum.org.uk](http://www.tangmere-museum.org.uk)

**21-22 July****Working Animals Show**

Fun, informative animal-focused

event for all the family; Weald and Downland Living Museum, PO18 0EU; 10.30am-5pm; 01243 811363; [office@wealddown.co.uk](mailto:office@wealddown.co.uk); [www.wealddown.co.uk](http://www.wealddown.co.uk)

**21-22 July****Kew Science Festival, Wakehurst**

Join experts and bring the science behind Wakehurst alive, both in the Millennium Seed Bank and the gardens. Free with entry to gardens. [www.kew.org/wakehurst](http://www.kew.org/wakehurst)

**26-29 July and 2-5 August****The Wonder Project**

Seeing the art in nature, venture off the beaten track to explore Wakehurst's extraordinary landscape after hours. There's plenty to discover, all inspired by Wakehurst's plants and the work of Kew Science. Booking essential; [www.kew.org/wakehurst](http://www.kew.org/wakehurst)

**27-28 July****Open Air Opera**

Britain's leading outdoor touring company, Opera Brava, present La Boheme on Friday 27 July and The Marriage of Figaro on Saturday 28 July at Borde Hill Garden; 6.30pm; 01444 450326; [info@bordehill.co.uk](mailto:info@bordehill.co.uk); [www.bordehill.co.uk](http://www.bordehill.co.uk);

**27-28 July****International Folklore****'Dew' Festival**

The Hawth, Crawley; 3pm-9pm. Dancing, music, songs, costumes and craft with performances, parades, exhibitions and workshops from local and international performers; [www.parkwoodtheatres.co.uk/the-hawth](http://www.parkwoodtheatres.co.uk/the-hawth)

**31 July-4 August****Qatar Goodwood Festival, 'Glorious Goodwood'**

Five days of thrilling action set against the magnificent backdrop of the rolling South Downs; [www.goodwood.com/glorious](http://www.goodwood.com/glorious)

## AUGUST

**Throughout August****Wonderful Wednesdays**

Fun-packed activity days for families, themed around the five senses. Weald and Downland Living Museum, PO18 0EU; 11am-4pm; 01243 811363; [office@wealddown.co.uk](mailto:office@wealddown.co.uk) [www.wealddown.co.uk](http://www.wealddown.co.uk)

**Every Sunday in August****Musical Picnics**

1pm-3pm; bring a picnic and enjoy relaxing live music on the Azalea Ring; 01444 450326; [info@bordehill.co.uk](mailto:info@bordehill.co.uk) [www.bordehill.co.uk](http://www.bordehill.co.uk)

**1 August-30 September****Exhibition: An Artists Garden**

An artistic response to the beauty of the countryside and nature in sculpture, paintings and photography at Borde Hill Garden. See website for details; 01444 450326; [info@bordehill.co.uk](mailto:info@bordehill.co.uk); [www.bordehill.co.uk](http://www.bordehill.co.uk)

**1 August-30 September****The Garden of Imagination**

Borde Hill Garden; be inspired by the beautiful garden, lakes and woodland and let your creativity run free! £2 per trail plus garden admission including a prize (FREE

to Friends); see website for details; 01444 450326; [info@bordehill.co.uk](mailto:info@bordehill.co.uk); [www.bordehill.co.uk](http://www.bordehill.co.uk)

**10-12 August****West Dean Chilli Fiesta**

The UK's biggest chilli festival. Dance to live Latin music, watch cookery and gardening demonstrations and taste delicious chilli foods. [www.chillifiesta.co.uk](http://www.chillifiesta.co.uk)

**14 August****Bats, Glow Worms and Meteors**

Downs Link Car Park, BN5 9PJ; 8pm-10pm; £6 per person; Enjoy an exciting three-mile evening walk looking at local wildlife, astronomy and local history. Children must be accompanied by an adult. Booking essential, visit [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search for countryside events.

**17 and 24 August****Family Bushcraft**

Buchan Country Park, RH11 9HQ; 10am-3pm; £20 per person, or £60 per group ticket (four people). Learning a wide range of bushcraft skills together as a family and enjoy lunch cooked over an open fire, with all food and materials provided. Booking essential, visit [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search for countryside events.

**18-19 August****Vintage and Steam**

Experience the sights and sounds of when steam powered the country; Weald and Downland Living Museum, PO18 0EU; 10.30am-5pm; 01243 811363; [office@wealddown.co.uk](mailto:office@wealddown.co.uk) [www.wealddown.co.uk](http://www.wealddown.co.uk)

**19 August****Art in the Park**

Buchan Country Park, RH11 9HQ; Free arty activities for all the family. Hot and cold refreshments available, visit [www.fobcp.org.uk](http://www.fobcp.org.uk)

**24-26 August****August Bank Holiday at Goodwood Racecourse**

Rekindle the nostalgic summer holidays of yesteryear, with fairground rides, live music and spectacular fireworks to music on the Friday night. Kids go free. [www.goodwood.com/august-bank-holiday](http://www.goodwood.com/august-bank-holiday)

**26 August****Tangmere Military Aviation Museum Family Day**

All day family fun. 10am-5pm. Admission £7 adult, £3 child, £17 family (2+2); 01243 790090. [www.tangmere-museum.org.uk](http://www.tangmere-museum.org.uk)

**31 August-2 September****Ale at Amberley**

Amberley Museum and Heritage Centre; Sat and Sun daytime 12pm-5pm, tickets £12.50; Friday and Saturday evenings

6pm-10pm, tickets £5 (over 18s only); 01798 831370.

[www.amberleymuseum.co.uk](http://www.amberleymuseum.co.uk)

## SEPTEMBER

**4 and 26 September****Midweek Racing at Goodwood**

Enjoy racing at a more relaxed pace with Goodwood's two mid-week September meetings; [www.goodwood.com/midweekracing](http://www.goodwood.com/midweekracing)

**8-29 September****Flowers for Mrs Harris**

Chichester Festival Theatre. Ada Harris sets out on a journey from the cobbled streets of post-war London to the shimmering avenues of Paris. Daniel Evans directs this new musical; tickets from £10; 01243 781312. [www.cft.org.uk](http://www.cft.org.uk)

**18 September****Bernstein, Hussey and the Chichester Psalms**

West Sussex Record Office £8 per person (non-refundable includes refreshments); 7pm; book via 01243 753602. [www.westsussex.gov.uk/ro](http://www.westsussex.gov.uk/ro)

**29 September****Fungi Forage**

Buchan Country Park RH11 9HQ; 12pm-2pm; £6 per person; explore a wide variety of fungi found growing at Buchan Country Park. All children must be accompanied by an adult and no dogs. Booking essential, visit [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search for countryside events.

**29-30 September****Worthing Model Railway Club Annual Exhibition**

Durrington High School, The Boulevard, Worthing BN13 1LA; [www.worthingmrc.co.uk](http://www.worthingmrc.co.uk)

**30 September****All About Apples**

Buchan Country Park, RH11 9HQ. Bring your own apples and liquid containers to make apple juice using traditional techniques. Other activities on offer plus refreshments; [www.fobcp.org.uk](http://www.fobcp.org.uk)

## OCTOBER

**3 October****'Granny was a pauper' - exploring poor law records**

West Sussex Record Office, Chichester; 10am; £7.50 (non-refundable) with refreshments; book via 01243 753602 [www.westsussex.gov.uk/ro](http://www.westsussex.gov.uk/ro)

**7-8 October****Autumn Countryside Show**

Enjoy a celebration of the countryside at the end of harvest; Weald and Downland Living Museum, PO18 0EU; 10.30am-5pm; 01243 811363; [office@wealddown.co.uk](mailto:office@wealddown.co.uk) [www.wealddown.co.uk](http://www.wealddown.co.uk)

**13 October-3 November****The Midnight Gang**

Chichester Festival Theatre. A musical tale of fun, friendship and the importance of kindness, adapted from David Walliams's biggest selling children's book of 2016; suitable for ages 7+; Tickets from £10; Call 01243 781312; [www.cft.org.uk](http://www.cft.org.uk)

**13-14 October****Bountiful Botanics**

Fun-filled weekend of family; friendly activities; guided tours, demonstrations, hands-on workshops, fungi forays, tree-climbing and tractor rides. Free with entry to gardens. [www.kew.org/wakehurst](http://www.kew.org/wakehurst)

**14 October****Harvest, Hops and Horseracing**

Share in the celebrations at Goodwood's season finale, which features a 'harvest and hops' twist; [www.goodwood.com/seasonfinale](http://www.goodwood.com/seasonfinale)

**19 October****Family Night Hike**

Buchan Country Park, RH11 9HQ; 5.30-7.30pm; £6 per person; a one-and-a-half-mile walk after dark with hot drinks and marshmallows around the camp fire and a torchlight procession back to the Countryside Centre. No unaccompanied children or dogs. Booking essential, visit [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search for countryside events.

**22-26 October****Halloween Half-Term Activities**

Weald and Downland Living Museum, PO18 0EU; 11am-3pm; Enjoy the great outdoors with fantastic seasonal family-friendly activities; 01243 811363; [office@wealddown.co.uk](mailto:office@wealddown.co.uk); [www.wealddown.co.uk](http://www.wealddown.co.uk)

**30 October****Spooky Horror Walk**

West Grinstead Old Railway Station, RH11 8LY; 5.30-7.30pm; £6 per person; a spooky ghost walk starting at an old abandoned train station and travelling along the old railway line with stories about the ghostly and gory past of West Sussex. Children must be accompanied by an adult and the walk is suitable for ages 12+. Booking essential, visit [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search for countryside events.

**30 October****Returning home: exploring the First World War's aftermath in West Sussex**

West Sussex Record Office, Chichester; 7pm; £8 per person (with refreshments; tickets non-refundable); book via 01243 753602; [www.westsussex.gov.uk/ro](http://www.westsussex.gov.uk/ro)





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## You can also contact your local Prevention Assessment Team for a free NHS Health Check.

### NORTHERN PREVENTION ASSESSMENT TEAM

Health Checks are by appointment only. Please call **0330 222 5911** for further information and to book an appointment.

**Burgess Hill, East Grinstead & Haywards Heath:** please call for further information on dates.

**Crawley:** 28 June, 26 July, 30 August, 27 September, 25 October, 29 November & 20 December

**Horsham:** 19 June, 17 July, 16 August, 18 September, 16 October, 20 November & 18 December

### SOUTHERN PREVENTION ASSESSMENT TEAM

Health Checks are by appointment only. Please call **01273 268900** for further information and to book an appointment.

**Henfield:** Medical Centre on 26 June, 11 September, 16 October, 13 November & 11 December

**Lancing:** Leisure Centre on 22 August & 14 November

**Littlehampton:** Arun Civic Centre on 1 June, 3 August, 5 October & 7 December

**Shoreham:** Glebelands on 30 July, 17 September & 26 November

**Worthing:** Durrington Community Centre (Tesco) on 25 July, 26 September & 21 November • The Wave Children and Family Centre on 18 September

### WESTERN PREVENTION ASSESSMENT TEAM

Health Checks are by appointment only. Please call **01243 642370** for further information and to book an appointment.

**Bognor Regis:** Bognor Town Hall Annexe on 10 July, 11 September & 13 November

**Chichester:** Westgate Leisure Centre on 4 June, 2 July, 3 September & 5 November

**Midhurst:** The Grange on 21 June, 16 August & 18 October