

Support for young onset dementia

A new Short Break service

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Starting or changing schools?

Applications now open. Apply now!

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Tackling food waste

Kenny Tutt, Masterchef champion 2018, has 'smart shopping' advice

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West Sussex Connections

@WSCCNews

West Sussex Matters

October 2018 to February 2019
Issue No.67



Our fire crews need you!

We urgently need more on-call firefighters to respond to emergencies in West Sussex.

Whether it's fires, road traffic collisions, flooding incidents or raising fire safety awareness in the community, on-call firefighters are a vital part of this life-saving service.

All but one of our 24 fire stations have at least one on-call fire engine, crewed solely by an on-call workforce. They may have another job but they can be called out via a pocket pager which is activated when they are called to respond to an emergency.

No experience is required. The minimum age is 18 and applicants must live or work within close proximity of the station. Mum-of-two Katie Gray, who's been an on-call firefighter at East Preston since January 2017, also works part-time. She said: "Being able to help the community in such a varied role and the adrenaline of not knowing what we are going to is great. There is a steep learning curve when joining the role because of the wide variety of jobs that we get, such as community events as well as operational calls.

"Being an on-call firefighter is a big commitment, but very rewarding and I would highly recommend it to anyone that has an interest in it. Spend some time at a local station to get an insight, everyone is very welcoming."

Steven Philby started as an on-call firefighter 20 years ago, as well as his on-call role, he's now a Wholtime Crew

THESE STATIONS NEED ON-CALL CREW URGENTLY

- Storrington
- Partridge Green
- Turners Hill
- Petworth
- Hurstpierpoint
- Steyning
- East Grinstead
- East Preston
- Lancing

APPLY NOW!



Manager at Chichester. He said: "The best thing is that you never know what kind of day you're going to have. You could be out walking the dog or be at work, then within minutes you're saving someone's life. I was surprised about how quickly you become part of a team and make a difference within the local area. Discuss this with family members as they become the other half of the on-call firefighter. Everyone needs to understand the commitment. Having said this, it's still the best job to give something back."

How to apply

- www.westsussex.gov.uk/fire and click 'Fire & Rescue Recruitment'.
- Email FRSjobs@westsussex.gov.uk or call 01243 642134.

Follow West Sussex Fire & Rescue Service on Facebook and Twitter.

Please also contact us if you're:

- a local business employer and think you could support your staff members in becoming on-call firefighters; or
- a resident who might not want to be a firefighter but could provide some voluntary support to your local fire station.



Katie Gray
On-call firefighter



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



Best start in life



A prosperous place



A strong, safe and sustainable place



Independence for later life



A council that works for the community



Peter and Luis, seven

Join this FAB service

Would you like to volunteer for an 'outstanding' county council service?

Our Fun and Breaks service (FAB) has been rated 'Outstanding' by the Care Quality Commission (CQC). FAB volunteers spend a couple of hours a week with a disabled child, having fun together at home or in the community, whilst giving their families a rest.

The inspection, in June 2018, rated Fun and Breaks 'Outstanding' for effectiveness and leadership, and 'Good' for safety, caring and responsiveness with an overall rating of 'Outstanding'. The report noted that 'wonderful relationships are being fostered' between volunteers and families and that 'children and young people are actively and positively encouraged and supported to engage in everyday activities and hobbies with the volunteers'.

Peter Balaam has supported Luis and his family for two years. He may collect Luis from school and take him to the park which allows the rest of the family to have time for themselves. Peter encourages Luis to develop his language and everyday skills.

Peter spends time with the whole family for activities at home and going out. Together the whole family have been to museums,

litter-picking on the beach and to soft play.

Luis's mum Ayesha tells us that without Peter's support it would be really difficult for these activities to happen. She said: "Peter fills the role of a grandfather as Luis doesn't see his own grandparents very often and when Peter visits it means that I can have a rest and cup of tea in peace for a while."

FAB manager Doreen Bradbury said: "We are delighted to have received an outstanding rating - it's a wonderful acknowledgement of all our volunteers. We would love to hear from anyone who feels that they may be able to make a difference to a family who have a disabled child. We ensure that checks are made, provide training, carefully match each volunteer with a family local to them and provide ongoing support. Volunteers may take a young person to an activity in the local community, such as Beavers, or spend time with them at home, maybe reading, cooking or playing."



More information

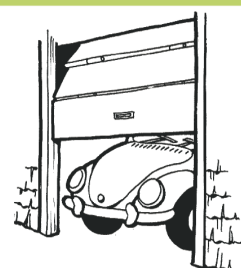
- www.westsussex.gov.uk/fab
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- WSCC General Enquiries **01243 777100**
- Adoption **0330 222 7777**
- Adults' Services **01243 642121**
- Children's Services **01403 229900**
- Countryside, Wildlife and the Environment **01243 642119**
- Family Information 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 753602**
- 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, 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.

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Who cares for the carer?

Caring for a friend or family member isn't easy, especially when the person you're caring for has a drug or alcohol issue. But imagine having to juggle your caring responsibilities with trying to earn a living and suddenly things become even more difficult.

Jackie* cares for her son Scott*, 19, who has mental health issues but is also addicted to cannabis and has been for a number of years. She has two other children aged 21 and 16 and also works part-time. For the past decade Jackie has cared for Scott with his struggles, his bouts of aggression, violence and threats to kill himself.

She's just one of the 89,000 unpaid family and friend carers in West Sussex, supporting someone who couldn't manage without their help. Many of those are caring for someone with an addiction or mental health issue.

Jackie said there have been tough times over the years. But now she's getting help from Carers Support West Sussex, who are funded by the NHS and county council.

She said: "Just about every evening, Scott would have a psychotic episode where he'd try to hurt or strangle himself. It's been very hard as he depends on me, but so do the rest of the family. One evening I had a knock at the door to say Scott had been found unconscious from an overdose and I had to rush to the hospital where he spent 10 days in a coma...but he came through.

"Now he's a different person. That was the beginning of the journey and hopefully we're at the end of it, but there were a lot of horrific things in the middle. I'm so proud of Scott because of what he's come through. He's just completed a bricklaying course and is starting a three year apprenticeship this autumn."

Jackie has a part-time job at a local school but says it can be very difficult when working knowing that at any moment she could get a phone call from Scott needing her support.

Just over a year ago Jackie started attending support groups with Carers Support West Sussex.

"It's been fantastic for me. Before I was floating in this wilderness of confusion on my own and feeling so isolated. You can suddenly see that there's light at the end of the tunnel because you can share stories and listen to what other people are like. You recognise the same things coming up and that, for me, has been fabulous. I've been along to a pamper day. You forget to look after yourself and they remind you about that. You look at other people and the sheer exhaustion. You cope and then things calm down and all of a sudden your body catches up with you."

Carers Support West Sussex runs more than 60 support groups every month, including groups for anyone caring for someone with a mental health, drug or alcohol issue. The charity also has a response line (0300 028 8888) open six days a week and can help family and friend carers access services like counselling, Carer Assessments and a Carer Equipment Service.



More information

• www.carerssupport.org.uk

* Names have been changed

CARERS RIGHTS DAY

30 November 2018

Bringing organisations across the UK together to help carers know their rights and find out how to get the help and support they are entitled to.
www.carerssupport.org.uk/carersrightsday

Increasing GP appointments

Every patient registered with a GP in West Sussex will be able to access evening and weekend appointments from October 2018.

GP access hubs will open this autumn across the county, offering both routine and urgent appointments. The service was developed by clinical commissioning groups (CCGs) across the county, working in partnership with local patients and GP practices.

CCG Clinical Lead and local GP Dr Laura Hill said: "We want to ensure all patients in West Sussex get the best possible care in the right place, at the right time. We have designed this new service in partnership with local people and GPs to ensure it meets your needs."

The access hubs will be based at GP practices across the county, and their teams will be able to access a patient's medical records with their consent.



More information

• Patients can book appointments by calling their registered GP practice in the normal way.

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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** for more info.



Staying independent

Pauline Cave-Berry was her husband's carer in the years before his death, but when she needed a helping hand herself she was able to turn to the county council's Independent Living Service.

Having spent much of her working life at The Law Society in Brighton, Mrs Cave-Berry, pictured left, was determined to maintain her independence and remain living in her own home in Worthing.

"When Charles died, everything seemed to go wrong," she said. "I could no longer get up the stairs, I had to go up on my hands and knees, and if someone came to the front door while I was upstairs I would have to sit down and slide slowly back down. It was horrible. But now I have my dignity back."

Mrs Cave-Berry was referred to the Independent Living Service by her son a little over two years ago, and she was assigned to senior occupational therapy assistant Marilyn Morgan, pictured right, who has

"I cannot thank the county council's Independent Living Team enough, they have given me so much support, without them I would not be here in my own home today"

worked alongside her from the beginning. She was able to assess Mrs Cave-Berry's needs, and advise her of the support available to allow her to live in her own home.

She now has a stairlift installed so that she can make her way upstairs without having to crawl, as well as a bathroom with a walk-in level-access shower, and a profiling bed that makes getting in and out easier. "All of this is designed to enable Pauline to remain in her own home and prevent the risk of hospital admissions," explained Marilyn. "We helped her apply for a disabled facilities grant from her local council so she could get some of the work completed. There are all sorts of adaptations that the Independent Living Team can help with to enable people to be independent and remain at home where they are most comfortable."

As well as a strong support network of friends and neighbours, including Sheelagh Surti who assists with her shopping, and the support of the church, Mrs Cave-Berry has been able to enjoy living at home without the worry.



More information

- www.westsussex.gov.uk and search 'support in your own home'
- Disabled Facilities Grants www.gov.uk/disabled-facilities-grants
- People may refer themselves by contacting Adult Care Point on 01243 642121 or emailing socialcare@westsussex.gov.uk

Specialist training

Aspie Trainers design and deliver autism training from the point of view of the experts - autistic people themselves!

In the four years since they were set up, Aspie Trainers have educated hundreds of people across the region through their work with charities, council teams and large and small businesses. Their low-cost courses are suitable for all levels of experience.

Upcoming courses include 'autism and women' in Crawley and 'making reasonable adjustments for autistic individuals' in Bognor Regis.



More information

- aspietrainers@impact-initiatives.org.uk
- 07471 353062
- www.aspietrainers.co.uk



Over 65? Take part in research

Are you fully retired from paid employment, aged 65 years or older and living independently in West Sussex?

Then you can take part in PhD research being carried out to understand the experiences of health and loneliness in retired adults in the county. You don't need to feel lonely to take part!



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Photograph by Barry Page
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There are some important legalities to know if you're planning on tying the knot in West Sussex.

The county council's Registrar Celebrants officiate at civil marriage ceremonies. They are the only people who can marry you legally in a civil ceremony. A civil ceremony is a marriage not held in a church, chapel or other registered religious building - which is also legal.

Here are some questions and answers that will help you plan your big day - including whether you can bring your pet to the ceremony or get married on the beach! Some venues also have licensed outside structures like summer houses or pagodas for an outdoor feel to your special day, like in the photo above.

Where can I be legally married?

A legal ceremony can only take place in a venue that holds a licence specifically for that purpose. In West Sussex we have licensed ceremony rooms, as well as over 100 beautiful licensed venues throughout the county, which include barns, castles, country houses and hotels. Some also have licensed outside structures like summer houses or pagodas if you want an 'outdoor' feel to your special day.

What makes a civil marriage ceremony legal?

In addition to the ceremony being conducted by an official Registrar Celebrant you must exchange your choice of statutory words (traditional, modern or simple), required under marriage law, in the presence of two or more witnesses. The ceremony concludes with the signing of the official marriage register.

Can I personalise my civil marriage ceremony?

Yes of course! You can make it unique to you with your own choice of vows and music and include readings from family and friends. Some couples have their pets at the ceremony, or have birds of prey delivering the rings (subject to the agreement of your chosen venue). If you want to leave it all to us that's fine too, there is no pressure either way - our Registrar Celebrants aim to make your day just as you want. Remember though there can be no religious content.



Our Registrar Celebrants aim to be a part of the day you always dreamed of, but don't just take our word for it, here are just a few comments from couples who have wed recently.

I would like to thank the two ladies who came out to officiate our wedding. From the moment I met them prior to the ceremony, they put my nerves at ease and gave myself and my husband the ceremony we dreamed of having.

We thought that the Ceremonies team was excellent and the registrar did a fantastic job. She was friendly and helpful on the telephone and a lovely person to have presiding over our marriage on the day.



When can I get married?

With a team of over 75 Registrar Celebrants in West Sussex, you can marry 365 days a year at any given time in any of our licensed venues. We would urge you to book your Registrar Celebrant as early as possible to ensure you have your first choice of time and date as popular days, for example, Saturdays in August, get booked quickly. With such a large team, as well as local and national backup, we are able to ensure continuity and availability of cover in case of unforeseen circumstances.

What if I want to get married on the beach?

You cannot legally marry in an unlicensed place, but if your dream is to make special promises on the beach or in the woods, you could undertake a small legal ceremony in one of our ceremony rooms followed by a special additional ceremony at your chosen location. We aim to have the same Registrar Celebrant at both occasions to ensure continuity and familiarity.

What other ceremonies are available?

All Registrar Celebrants can carry out civil partnerships, civil partnership conversion, renewal of vows, baby naming, celebration of marriage and commitment ceremonies.

What is an Independent Celebrant?

They can conduct all non-legal ceremonies such as funerals or renewal of vows. However, any celebration of marriage they undertake will have no legal significance, so you would need two ceremonies to be married.



More information

- 01243 642122
- www.westsussex.gov.uk and search 'marriage'

EXPERIENCE WEST SUSSEX

What's on your doorstep?

How often do you think 'I've never been there!' even though it might be just a few miles away?

Maybe castles, culture, coast, countryside, cycling, cross country trails or cafes are your thing. Or perhaps you like walking, wildlife, watersports or wellbeing experiences. These - and much more - are all available in West Sussex and you'll find details at www.experiencewestsussex.com



Picture: Hainaker ancient green lane in autumn



Difficult decisions

Local authorities across the country are having to make really difficult decisions about how to spend their ever decreasing finances and we are no exception here in West Sussex.

We need to save £92m by 2022/23. We are facing this challenge because the funding from central government for the period 2010 to 2015 has already reduced by £76m and over the period 2016 to 2020 will reduce by a further £69m, a total reduction of £145m which would otherwise be funding the services we provide to our residents.

In West Sussex we have an ageing population which adds huge value to our communities but does bring with it additional challenges. As people live longer, with more complex health conditions, they need more support.

At the same time at the other end of the scale, the complexity and vulnerability of the children we educate and support continues to increase.

Open conversation

The county council faces significant financial pressures due to the reduction of central government funding. We simply do not have the money to continue delivering services in the same way as we do currently, and that's why we want to be really open with our residents about the decisions we have to make around spending your money.

These are not decisions we want to make but ones we are forced to make by the continued pressures being placed on us.

Budget squeeze

More difficult choices will need to be made in the future to address these pressures. We did not increase council tax for the five year period up to 2016/17.

Last year we increased council tax by 4.95%. This included the 2% offer from central government to increase council tax to support social care services. This has been done to ensure we are able to maintain those services which are under the most pressure and ensure support is provided to our most vulnerable.

Any proposed council tax increases in the future would be spent on the areas which are not currently adequately funded.

Our priorities

As a county council we provide services for every part of our West Sussex communities, supporting you from the day you are born and for the rest of your life.

We are acutely aware how much all of our residents, particularly the most vulnerable, rely on us to keep them safe, supported and well.

We have set our priorities for the next five years. The priorities will focus on:

- giving our children and young people the best start in life;
- ensuring West Sussex is a prosperous place;
- our communities are strong, safe and sustainable;
- supporting you in later life to remain independent;
- being a council that works for our communities.

We are determined to continue to deliver these priorities whilst making sure we live within our means, and that's why we have to make some tough decisions.

The current budget position is discussed at our Performance and Finance Committee every two months. For more information on the committee, please visit the website below.

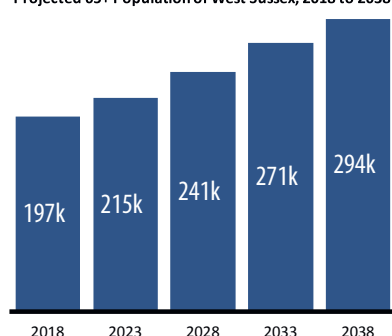


More information

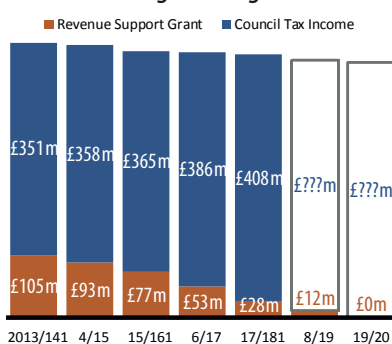
- www.westsussex.gov.uk and search 'performance and finance committee'

West Sussex has a growing older population

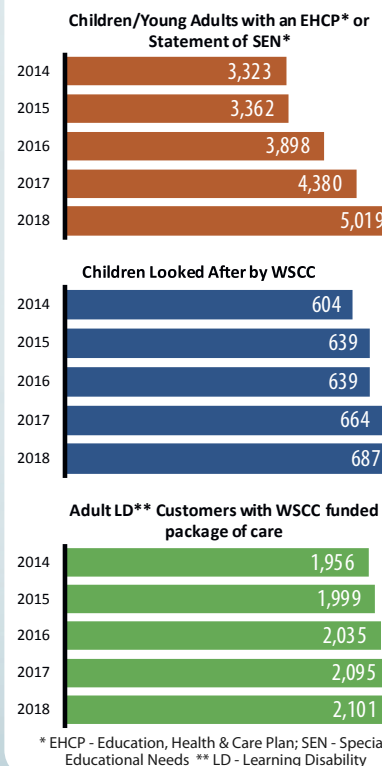
Projected 65+ Population of West Sussex, 2018 to 2038



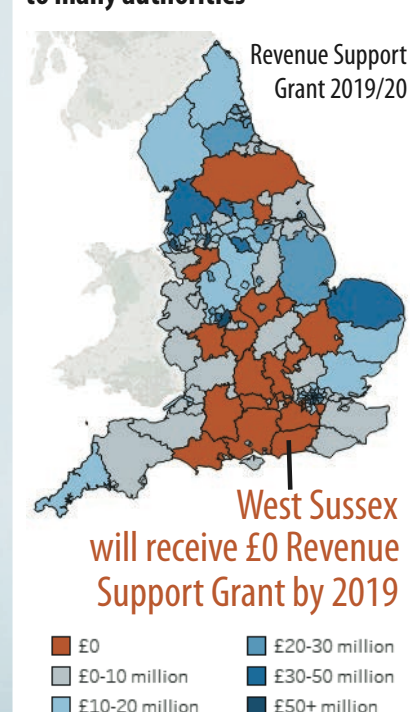
And decreasing funding



Numbers of vulnerable people we support are increasing



West Sussex receives less funding from central government compared to many authorities





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Stay well

- **Get your flu jab:** the flu virus is active in winter and it can be far more serious than you think. Contact your GP, practice nurse or pharmacist to book an appointment now.
- **Eat well:** regular hot meals and drinks will keep you warm. Stock up on tinned or frozen foods. Get it delivered if you can, so you don't have to go out when it's cold or icy.
- **If you feel unwell:** act quickly and don't wait for it to get worse. Winter can make existing health problems worse. Speak to your pharmacist, as they are fully qualified to advise you on the best course of action.

Stay warm

- **Get your heating system checked:** make sure it is working safely and efficiently. Ensure you have working smoke alarms and BS EN 50291 standard carbon monoxide alarms in your home.
- **Keep your home warm:** heat your home to at least 18°C (65°F). Keeping warm can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.
- **Keep moving and wrap up:** any activity, even cleaning, gets the circulation going and makes you feel warmer. Wear multiple layers of clothing.
- **Keep your bedroom window closed on winter nights:** breathing cold air can be bad for your health as it increases the risk of chest infections.
- **Order winter fuel in advance:** check pipes are lagged and know where to turn off your water.
- **Sign up to the free Cold Alert Service:** this is for people in Sussex and alerts vulnerable people to cold weather events before they happen. It runs

from November to March 2019. To register call 01273 484337 or visit www.coldalert.info

- **Weather warnings** sign up at www.metoffice.gov.uk or phone 01392 885680 or 0370 900 0100

Stay thrifty

- **Don't pay more than you need to:** make sure you are getting the best deal from your energy supplier, or consider switching to another one. You could save around £200 per year. Have a look at www.yourenergysussex.org.uk
- **Warm Home Discount:** if your household is on a low income you could receive £140 off your energy bill – contact your electricity supplier today to find out if you are eligible.
- **Don't let the heat escape:** there are grants available to help households on a low income with the costs of insulating lofts and cavity walls. You may also get help with replacing a broken or inefficient oil, LPG or gas boiler.
- **Trouble paying your energy bills:** talk to your supplier first to discuss how to pay what you can afford. Citizens Advice can also help.

Stay in touch

- **Keep an eye on your neighbours or relatives:** make sure they are safe, warm and well.
- **Stay social:** continue your social activities with friends, let them know if you can't get out for any reason.
- **Keep a list of useful numbers and emergency contacts:** opposite are a few useful numbers.
- Visit www.westsussex.gov.uk/winter

USEFUL NUMBERS AND EMERGENCY CONTACTS

West Sussex Wellbeing Hubs can offer further support to keep you and your family healthy. Visit www.westsussexwellbeing.org.uk or call

Adur and Worthing	01903 221450
Arun	01903 737862
Chichester	01243 521041
Crawley	01293 585317
Horsham	01403 215111
Mid Sussex	01444 477191

For social care support enquiries or for information on telecare services call Adults' CarePoint on **01243 642121** or visit www.westsussexconnecttosupport.org

To report or get more info about power cuts, call **105** or from a mobile **0800 316 3105**.

If you need extra help during power cuts contact the electricity power provider for your area:
UK Power Networks 0800 169 9970
Scottish & Southern Electricity Networks 0800 294 3259.

Citizens Advice can provide advice on energy bills and changing energy tariffs. Call **0344 477 1171**.

Families can visit their local Children and Family Centre for further advice and support. Visit www.westsussex.gov.uk/cfc to find your nearest centre or call **01243 777807**.



Ditch the problem

Managing flood risk in West Sussex involves both private landowners and local authorities and the county council works with its partners, countywide, to tackle the issue.

If you are a landowner and have a watercourse, ditch, stream, river or culvert on or next to your land you are a 'riparian owner' and you are responsible for the maintenance and upkeep of watercourses on your land to prevent a flood risk to other people or properties.

Well-maintained watercourses can significantly benefit the whole community by reducing flood risk and creating habitats for wildlife.

An example of this is the case of Chidham and Hambrook Parish Council. It was the district-wide flooding back in 1994 that highlighted it had a collective role to play in the maintenance of its main ditches. The post of Parish Ditch Warden was created, based on the ancient post of a Lengthsman.

In subsequent years, the council undertook many drainage projects and the warden's role was extended to someone who could walk parish ditches on a regular basis, suggest potential improvement projects and undertake small maintenance jobs. It also had to be someone who knew the relevant landowners, so that everyone in the community felt involved and connected.

Warden Robin Yeld said: "The role seems to work very well, keeping the profile of drainage issues raised, keeping discussions about issues and ideas for improvements going and encouraging householders to clear small problem areas on their own."

Visit the website below for more information on riparian ownership and managing flood risk.

More information
• www.westsussex.gov.uk/ditchtheproblem

Be winter roadwise

Winter is coming and we want you to be ready, safe and informed when travelling on the county's roads.

Last winter our gritting crews went out 72 times and covered over 132,354km of road, that's enough to get to from Land's End to John O'Groats 136 times. We also used over 9,800 tons of salt on the roads, which is equivalent to 556 double decker buses.

What we do

We keep main roads, approaches to hospitals and busy bus routes passable. This is supplemented by parish and town councils who spread salt when necessary in their problem areas. We also stockpile salt at our depots and in salt bins across the county. Highways England is responsible for the M23, A27 and A23.

What you can do

- Only travel when your journey is necessary.
- Prepare your vehicle and have a breakdown kit ready.
- Avoid using hot water to clear snow and ice as it can freeze quickly.
- Check on vulnerable neighbours.
- Clear and grit pathways and drives before ice forms, if you have the means to do so.

If during the winter months you notice the weather is taking its toll on the roads, and you see potholes or fallen trees, report them online through love.westsussex.gov.uk. This online reporting system can also be downloaded for free as an app.

Staying informed

You can find information about gritting routes, salt bin locations, clearing ice and snow, and how to make an emergency plan online at westsussex.gov.uk/snow

Keep informed with regular updates by following us on Twitter [@WSHighways](#) and Facebook [com/WestSussexMatters](#)



Marking the Great War centenary

Special activities are planned at West Sussex Record Office in Chichester to mark the centenary of the Armistice in 1918.

Two short talks on Tuesday 30 October at 7pm will give residents the chance to find out more about the First World War's aftermath in West Sussex.

The first will look at the experiences of soldiers returning from the Front and, in particular, the difficulties in finding a job and making ends meet. The second will examine the debates in towns and villages across West Sussex on the best way to honour the fallen.

There will also be a small display of original World War I items, which visitors can view at the Record Office in Orchard Street, Chichester, PO19 1DD from Tuesday 30 October to Saturday 17 November (9.15am to 4.45pm, closed on Sundays).

To coincide with this, there will be a small display of poppies made by staff, their families, volunteers, regular visitors and members of the West Sussex Archives Society.



More information

- Short talks: book a place on 01243 753602 (tickets £8).

Chichester: War Memorial 1921
Unveiling of the WW1 war memorial outside the Unicorn Inn, East Street, Chichester. In 1921 the memorial was unveiled by Sir William Robertson who was one of Field Marshal Douglas Haig's Senior Staff. Sir William, who came from a humble background, joined the Army at the age of 16 as a boy soldier and is one of the few people to rise from the rank of Private to Field Marshal. The Memorial is now in Litten Gardens. Ref WSRO PH 23078

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- Residential care
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- Respite care



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Our homes throughout West Sussex offer a homely caring environment each with their own dedicated care staff. We offer older people support to help them live each day as independently as possible.

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Please contact Jane Harris for more information about any of our services or to be added to the waiting list.

E: Jane.Harris@shaw.co.uk
T: 07816 600 834

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Help for young onset dementia

A new Short Break service for those living with young onset dementia is proving so popular it is preparing for its fourth event this autumn.

Dementia services are normally designed for older people, but last year there were around 450 people under the age of 65 living with dementia in West Sussex. That figure is expected to rise to almost 500 by 2020.

There are many different types of young onset dementia and the symptoms may be similar regardless of a person's age, but the impact on their lives is significantly different.

Dementia services may not be appropriate to the needs of younger people who are more likely to be at work or have a partner still working. They may even have responsibility for younger children or ageing parents.

Many family carers looking for a break from their caring role found that care homes were not always set up to meet the needs of younger, more active people. So a new subsidised Short Break service running over two weekends a year has been launched at Roffey Park Institute near Horsham.

This allows carers time away from their new-found caring role, or the opportunity to accompany their loved one on the break to meet other carers and take part in their own activities with the full support of trained workers.

Irene Loft from the county council's adult services said: "A diagnosis for younger onset dementia can have a real impact on families, because no-one expects it. Dementia is seen as only affecting older people, but that is not the case.

"These weekend breaks are tailored towards people diagnosed before the age of 65 looking for more active experiences as well as support for their carers to get away from it all.

"The service has proved very popular since we launched it in March last year, with many new people, and many coming back each time."



More information

- Crossroads Care South Central 01903 790270
- Out of hours on 01403 243924
- Email: admin@crossroadscare-sc.org

Volunteers
Ian Lockwood
and Lynda Sample



Highest honour for volunteers

Two dedicated volunteers enjoyed a trip to Buckingham Palace to collect the Queen's Award for Voluntary Service on behalf of the mentoring and transport projects run by West Sussex Young Carers Service.

Mentor Ian Lockwood and transport volunteer Lynda Sample picked up the award - the highest possible recognition and considered the MBE for voluntary groups - at a special garden party.

The county council's Young Carers Service is supported by around 40 volunteers who give up their time for free to support a young person who is impacted by the health needs of someone in their family. Volunteers enhance the support offered by the Young Carers Service and make a huge difference to the lives of the young carers by giving them a

welcome break, offering support and a listening ear.

Ian, from Chichester, has been volunteering for over three years, helping youngsters once a fortnight with practical support and developing life skills. He said: "Life is challenging for them. It's about getting to know a bit about them, not so much their circumstances at home but what they are trying to achieve and how we can best help them."

Lynda, from Small Dole, has been driving young people to a young carers group in Crawley for around three years, where they meet up with others in a similar situation and are able to relax and have fun.

She said: "I drop them off for a couple of hours and then pick them up again and it's a chance for them to have a break and just be kids again really."



More information

- www.westsussex.gov.uk and search for 'young carers'



Visit our website for support to help you live independently for longer.

www.westsussexconnecttosupport.org

For help using the website, call Adults' CarePoint on 01243 642121



INFORMATION AND ADVICE



THINGS TO DO LOCALLY



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SOCIAL CARE SUPPORT



Advertisement

Starting or changing schools? Apply now!

Applications are open now if your child is due to start or change schools in September 2019.

Starting school	Junior transfer	Secondary school
APPLICATIONS OPENED Monday 1 October 2018	APPLICATIONS OPENED Monday 1 October 2018	APPLICATIONS OPENED Monday 10 September 2018
APPLICATIONS DEADLINE Tuesday 15 January 2019	APPLICATIONS DEADLINE Tuesday 15 January 2019	APPLICATIONS DEADLINE Wednesday 31 October 2018
ALLOCATION DATE Tuesday 16 April 2019	ALLOCATION DATE Tuesday 16 April 2019	ALLOCATION DATE Friday 1 March 2019

Deadlines for all school transfers can be seen above. It's really important you let us know your three preferred schools before the deadline or your chances of getting a place at one of your preferred schools is greatly reduced.

You must not assume your child will automatically receive a place as an application must be submitted at www.westsussex.gov.uk/admissions in order for a place to be allocated.

You'll also find further information there to help you complete the form. You can access the internet free of charge in your local library if you do not have the internet at home.

Starting school and junior transfer

If your child was born between 1 September 2014 and 31 August 2015

they are entitled to start school for the first time from September 2019. You must apply between 1 October 2018 and 15 January 2019 irrespective of when you would like them to start school.

The same application window applies for children moving from Infant to Junior schools in September 2019.

Secondary transfer

Parents with children who are due to transfer to secondary school in September 2019 must apply before 31 October 2018.



More information

• www.westsussex.gov.uk/admissions



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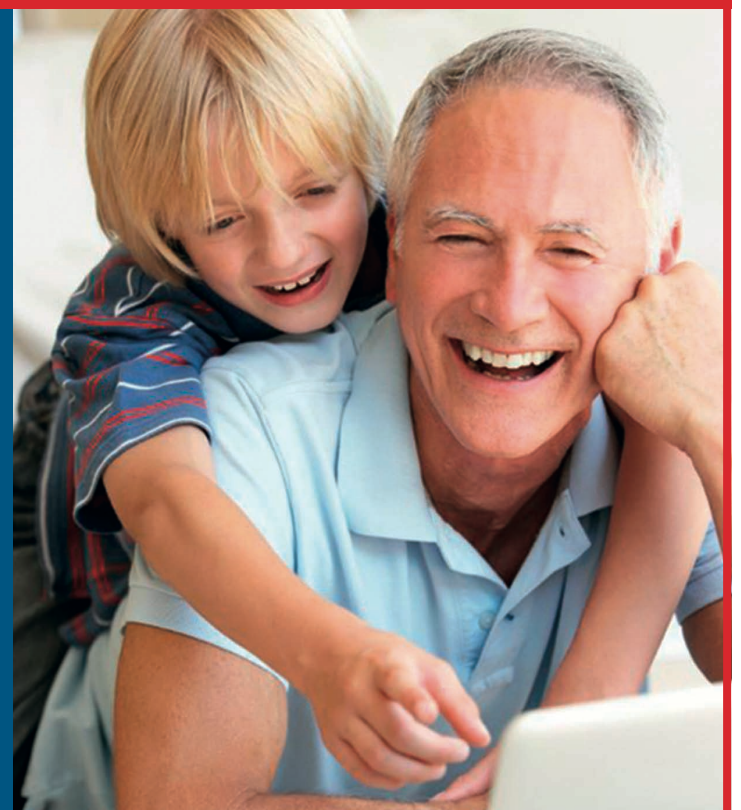
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Could you join these vital teams?

At the county council we are determined to provide the best possible care to West Sussex children and adults in need.

We know our staff are incredible and that working in social care can be just as challenging as it is rewarding. That's why we strive to support our teams with flexibility in order to help them achieve a good work-life balance. We also ensure our staff can continue to grow and support others through learning opportunities, training and personal development.

This way we ensure we keep up with the fast-paced world of social work and occupational therapy.

We are now recruiting for both Adults' and Children's social workers and occupational therapists to work with us so we can continue to provide this vital service.

Our teams operate across the county to ensure everybody has access to our support.

In order to apply for an adults or children's social worker, or occupational therapy role you will need:

- a social work or occupational therapy qualification;
- to be registered with the Health and Care Professions Council;
- to hold a valid UK driving licence and have access to a vehicle; and
- to have or get Disclosure and Barring Service clearance.

DEVELOP

SUPPORT

BALANCE



Adults' social work

We are focusing on prevention, reablement and safety to promote wellbeing and independence in later life. This means we can ensure that residents, families and communities have the right support in place at the right time including good advice and information to support independence.

James Parlett, senior social work practitioner said: "It's a really supportive environment in the teams. It offers flexible working for people that have a busy lifestyle, and for me, the most important thing has been the opportunities for career progression."

To ensure our social workers have an environment in which they can develop and progress with their career we make sure there is the right balance between support and challenge.

Social worker Milly Richardson said: "All of the teams I have worked in have

been really supportive and always happy to help. I feel listened to, they acknowledge the hard work that we do, as well as the challenges we face."

We want to hear from people who are talented, skilled professionals with the natural ability to work with people and find great solutions that meet their needs. If this sounds like you then we will support you to progress and develop throughout your social work career with us.

Join us and you'll be a valued member of a supportive team with a programme of continuous training and an attractive benefits package.



More information

- www.westsussex.gov.uk/careersinadultsocialwork
- www.westsussex.gov.uk/careersinOT

Children's social work

Helping to support and create a brighter future for the children and families we work with is the aim of the children's social work team.

Our motto is 'with you, with the child, every step of the way'.

We asked some of the existing team to talk about why they love working for the county council.

Social worker Mark Winstanley said: "Taking on a variety of social work roles at the county council has developed my confidence as a social worker."

And Toni Hayward, Practice Manager said working at the county council is: "A positive experience, with support and encouragement to progress from being an unqualified social worker to practice manager."

Kelly Hurrell, Group Manager for Family Support and Protection said: "Our social work is about a creative, child

centred and collaborative approach to support our children and families. To be surrounded by such dedicated, supportive and creative social workers every day is a joy and a privilege. West Sussex is a great place to work!"

If you join us as a newly qualified social worker we can offer you on-job guidance and support during the first crucial year of practice through our Social Work 'Academy'.

We want to hear from you if you have talent, drive, and most of all a passion for providing excellent support for children.



More information

- www.withyoueverystep.co.uk

Extra care to stay together

When caring for her husband started to become too much, it looked as though Kate and Gordon Brine would be separated and Gordon would have to live in a residential care home where he could receive care because he has a diagnosis of Parkinson's disease.

But in September the couple marked their diamond wedding anniversary in their own apartment at Highdown Court extra care scheme in Worthing where they remain very much together.

Gordon was diagnosed with Parkinson's around 20 years ago, but recently his condition began to deteriorate. Kate is still his principal carer, but living at Highdown Court means there is help and support on hand at the press of a button, without the couple having to compromise their independence.

She said: "We had never heard of anything like this before. We thought Gordon would have to go into a residential care home, and that would be it. But here we have our own apartment with the care and support there when we need it.

"It is like living with a safety net under us, I just wish there were more places like this for other people, because it really has been wonderful. If I am unwell I know that Gordon will be looked after. So I can be ill in peace!

"There is a real sense of community here as well. I shrank back a bit from coming here, even though it was exactly what we needed, but to me it felt as though we were going into an old folks' home, but it's not like that at all, and suddenly without realising we fitted in. It has given us our lives back and kept us together."

Highdown Court is owned by Saxon Weald, and is home to 54 self-contained apartments, with a mix of one and two bedrooms, each with a kitchen, bathroom, living area and their own front door. It's proving to be an attractive model for those who want the security of having care staff on hand but do not want to lose the independence of living in their own home.

Carrie Anderson is the coastal area Extra Care Co-ordinator and has witnessed countless occasions where the benefits of Extra Care have shone through. She said: "Where possible we try to make these a home for life. People are free to come and go as they please to maintain that independence whilst building new friendships and being part of a community.

"We would always prioritise a couple for one of the two bedroom flats, as we want to promote family life. This offers them the opportunity to remain living together."

Earlier this year the county council approved a grant of £1.5million towards the provision of a new 60-household Extra Care facility in Westergate.



More information

• www.westsussex.gov.uk and search 'housing options'

Kate and Gordon Brine



Big hearts wanted

Are you someone who has a big heart and wants a job where you really make a difference? If the answer is yes, then consider a career in care.

Here in West Sussex we need more people to work in care. Whilst most jobs require qualifications and experience, working in care is slightly different because what's important is whether you're a caring person who is reliable and has the commitment to help people get the very best out of every day.

Connections spoke to Nick, a support worker for people with learning difficulties, and Lisa, a care home registered manager.

What made you want to work in care?

LISA: I started working in the kitchen at a care home and seeing what the care staff were doing made me want to give it a try. That was 24 years ago. I progressed from care assistant to senior care assistant and undertook training to become a registered manager. I still love every single day and go home with a smile on my face.

NICK: I worked as a sales engineer and got to the point that I wanted a career change. I'm also a martial arts coach and knew that helping people was my niche so that's why I wanted to go into care.

LISA
Registered
Manager



NICK
Support
Worker



What skills do you think you need to work in care?

NICK: First and foremost I think you need to have a positive attitude, patience and the ability to empathise with the people you're working with.

Have you got an example of why you love what you do?

NICK: There's one guy who is part of the football team and when I started he struggled to engage in the game. Over the past year we've seen a real difference, he's shielding the ball, tackling and really playing the game. It's such a wow moment for us, he's developed in confidence and independence and this is just one of many examples, it's inspiring!

LISA: There's many, but for me when somebody's in hospital and you are able to bring them back home

where they're loved, you can really change their lives, and I've seen this happen many times.

What does your role involve?

LISA: It's very varied. I'm overseeing the home and responsible for ensuring the residents receive the best care possible. I also manage our staff team and spend time liaising with families and GPs.

What do you look for when recruiting staff?

LISA: Trying to find the right people is a challenge. Anyone can come to the door with any number of qualifications but what I look for is genuine caring people. You can't teach someone to be caring, compassion is so important.

What would you say someone considering a job in care?

LISA: Here in West Sussex we have a growing elderly population. Ensuring our elderly residents are cared for in a homely environment is a hugely rewarding job.

NICK: I would say it's a job where you get a huge amount of satisfaction, make a difference to people's lives and one where there's a range of opportunities for training and progression within your career.

If you're interested in the opportunities available locally email jobsincare@westsussex.gov.uk as they'd love to hear from you.



More information

• www.westsussex.gov.uk/jobsincare

HIV home test

There are many reasons why people may be reluctant to get tested for HIV, but with the current successful treatment regimens there has never been a better time to know your HIV status. People who may have been at risk from HIV can now screen themselves at home.

The free HIV home-sampling scheme involves the person logging on to the website below and answering some questions, if necessary, they are sent a testing kit.

They collect blood from a finger prick, send off the sample and receive the results within a couple of days, usually by text message. Those who test positive are contacted directly and guided into local sexual health services so that they can receive advice and treatment.



More information
• www.test.hiv



Stay Safe free events

Do you have or work with children? Would you like to know how to keep them safe online or how to spot the signs of radicalisation and abuse?

The county council has partnered with Sussex Police, Barnardo's, the NSPCC and Get Safe Online to deliver a series of information events across the county called Stay Safe.

The aim is to inform families and communities, encouraging them to spot the early warning signs of potential danger and to raise concerns if necessary.

There are dedicated sessions for parents and carers, those aged over 50, businesses, youth groups and professionals that work with vulnerable people.



More information
• www.westsussex.gov.uk/staysafe

Quit the habit for health

Debbie Barclay had been smoking for 25 years when she began working in a pharmacy in West Sussex.

Within a year she decided enough was enough and with the help of the stop smoking programme she managed to kick the habit entirely on her second attempt.

Now she is urging people who are still lighting up to take advantage of this year's Stoptober to stub out the habit for good.



Research has shown that if you stop smoking for 28 days you are five times more likely to quit for good.

Quitting has been shown to improve your health straightaway, and it prevents your loved ones from harmful secondhand smoke - reducing the risk of developing asthma, meningitis and some forms of cancer.

It will also have a noticeable impact on the amount of cash in your pocket each month.

Estimates suggest that 12.8% of adults in West Sussex smoke; the lowest level on record. But manual workers are twice as likely to smoke than the population as a whole.

An estimated 17% of adults in Arun smoke; while in Horsham this is just 9%.

At its worst point Debbie had been going through a 50gm bag of tobacco a week. She has now been smoke-free for seven years.

The health care assistant at Lloyds Pharmacy in Goring said she had no regrets about giving up cigarettes, having first started smoking when she was just 15.

"I don't miss it," she said. "Occasionally if I feel I need a cigarette I have a vape because I don't ever want to go back to cigarettes. I hate the taste, the smell, everything. It's disgusting. I thought I would really miss it because I was so dependent on it, but actually I quite like not smoking. When I see someone smoking I notice the smell, and I think - I used to smell like that."

Debbie has now gone full circle and has been offering stop smoking advice to customers in the pharmacy. She hopes even more people will be inspired to take part in Stoptober this year and embark on a healthier lifestyle.

To kick-start your quit attempt visit www.westsussexwellbeing.org.uk and search 'stop smoking'; here you will find a venue near home or work where you can book an appointment.

To access a range of self-serve stop smoking tools, visit the website below.



More information
• www.westsussexwellbeing.org.uk/smokingservices



Break the vicious circle

Do you get home from work and pour yourself a large glass of wine to 'relax' and forget the stresses of the day?

Research has shown that 43% of people find it difficult to switch off from work and 67% are still thinking through work issues when they come home.

While some people counteract workplace stress with positive efforts, like exercise, others take a less positive route, like drinking alcohol.

For many, drinking too much can be a psychological battle, not a physical dependency, and it's one that can prove challenging to break.

Karen* realised she had an unhealthy relationship with alcohol. She said: "I was in a high pressure job and felt I deserved to relax with some wine in the evening. It started off innocently enough, switching from work to home life with the help of a glass of wine, but this quickly became two and three and before too long a bottle a night was a regular thing."

Karen knew she needed help, but felt uncomfortable seeking help via traditional routes. Then she

discovered DrinkCoach, a free online coaching service to provide alcohol treatment and advice where and when it was needed.

Using Skype technology the coaching service connects individuals with alcohol treatment experts at a time that suits them.

Some benefits of reducing your alcohol intake

- FEEL MORE MOTIVATED AND HAVE MORE ENERGY
- IMPROVEMENT IN PHYSICAL HEALTH
- IMPROVEMENT IN QUALITY OF SLEEP
- IMPROVEMENT IN MOOD
- HEALTHIER APPEARANCE
- MORE PRODUCTIVE AT WORK
- SAVE MONEY



The service, now available in West Sussex, is professional, convenient and confidential and appeals to people who may have found it difficult to access services in the past, because of daytime commitments, mobility issues, distance or stigma. If you live or work in West Sussex, enter promotional code WS100 to access free coaching sessions at DrinkCoach.

Karen said: "I could talk to someone in my own home over Skype. I didn't have to risk being seen and I could book appointments when I got home from work. I was nervous at first, but my coach was understanding and I found that once I started talking I couldn't stop."

In her sessions, she was encouraged to set her own goals and got the support she needed to achieve them. "Now my evenings after work are different. There is no cracking open the bottle of wine while I cook dinner every night and I try to make time for some exercise to help me transition from work to home."



More information

- www.drinkcoach.org.uk
- www.westsussexwellbeing.org.uk/alcohol

*Name has been changed

16,304



Hospital admissions in West Sussex in 2016/17 where the primary or secondary reason was linked to alcohol

23.7%



Of adults (over 18) in West Sussex are drinking above the lower risk limits of 14 units per week

10,516



The number of West Sussex male alcohol-related hospital admissions in 2016/17

www.westsussexwellbeing.org.uk/alcohol • www.drinkcoach.org.uk



Velo South cancelled - what happens next?

Thousands of people were disappointed that the cycling event was cancelled last month due to the weather.

A lot of hard training went in and funds were due to be raised for various charities, and we sympathised with the organisers and cyclists who were excited to take part in the event.

We also recognise there were many businesses and individuals who would have been inconvenienced by the event and who made alternative arrangements for the day, only to find these were not required. Equally there were many businesses around the whole of the county who hoped to benefit from the event and we do sympathise with them also.

But obviously safety comes first in any large event, and we were pleased the organisers took that duty so seriously.

The county council is now reflecting on the event and considering how we support the delivery of largescale events like this in the future. We will be gathering feedback from all concerned, including local councils and other interested parties.



More information

- www.westsussex.gov.uk. Search 'Velo South'

CHICHESTER FESTIVAL THEATRE

WINTER 2018/19

THE MESSIAH
SHAKESPEARE IN LOVE
THE NIGHTINGALES
CHRISTMAS CONCERTS
THE SNAIL AND THE WHALE
SLEEPING BEAUTY
DEAR SANTA
MOSCOW CITY BALLET
TWELFTH NIGHT
ART
TRIAL BY LAUGHTER
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Advertisement

Be a smart shopper



Food waste makes up nearly a third of the average rubbish bin in West Sussex. This is the equivalent of nearly 20 rubbish trucks full of food being thrown away every day.

On average residents in West Sussex are binning the equivalent of £20 per month per adult or £70 per month for a family of four.

MasterChef Champion 2018 Kenny Tutt, from Worthing, is spearheading a campaign to raise awareness on food waste and provide advice on how to:

- be a smart shopper;
- freeze with ease; and
- love your leftovers.

He said: "I am thrilled to be working with my local waste partnership on this campaign and show fellow residents in West Sussex how to create quick and easy food from what potentially could have ended up in the bin.

"There are so many great things you can do with leftovers, from vibrant curries to beautiful casseroles

or soups, but often people just need a few pointers to get them started."

In West Sussex 70% of food waste could have been eaten before being thrown away. Of that, 41% is just not used in time and 25% is binned because we cook or prepare too much.



More information

• www.wastepreventionwestsussex.co.uk

SHOP SMART

1 Plan ahead

Draw up a menu for the week ahead and then make a shopping list - but check your fridge and cupboards first!

2 Pick your time

Don't go shopping when you're hungry.

3 Bulk buying

Do you really need it? Will you use it?

4 Buy loose

This is often cheaper and fresher, will save on single-use plastics, and encourage you to buy only what you need.

Online help from your local library

Our libraries are offering older and isolated residents in West Sussex free help at home to get online.

Digital Library Plus is exclusively for people who cannot physically make it to their local library due to age, illness, disability, or caring responsibilities.

Volunteers visit them at home to explain the everyday benefits of going online, whether it is discovering an eBook with enlarged print, playing scrabble, downloading a free copy of their favourite magazine or learning how to skype their grandchildren. For people that don't own a tablet and want to find out more, they can lend an iPad for free to get them started. If you are interested in this service, or know someone who is, or if you would like to be a volunteer, get in touch with your nearest library or visit www.westsussex.gov.uk/libraries

In addition, residents who are able to visit one of the 36 libraries in the county can access computers, wifi and a range of digital support, including digital drop-ins, which happen weekly in the bigger libraries.

For this year's **Get Online Week (15-21 October)** libraries are hosting digital drop-ins. Come along to one of these and see how easy it can be. Ask in your local library for more details about these events or visit our website opposite.



More information

- **Digital Library Plus**
visit your local library or www.westsussex.gov.uk/libraries
01243 642111
- **Events in the Library**
www.westsussex.gov.uk/libraryevents
- Twitter: @WSCCLibraries
- Facebook West Sussex Libraries



Springing up near you

Do your bit towards ditching single-use plastics by cutting down on bottled water.

The new Refill campaign is making it easier than ever to refill your water bottles cheaply and conveniently. West Sussex businesses add themselves to an app and display a sticker in their window, so people know they can have their reusable bottle refilled with tap water there for free.

Many of our towns are co-ordinating schemes to encourage businesses to take part, including Horsham and Worthing, with more to be announced soon.

We're also getting involved by installing bottle refill points at our main hub receptions and looking at how we can introduce refill facilities in other buildings, such as libraries.

All you need to do is download the Refill app and follow the instructions.



More information

- www.refill.org.uk
- follow @Refill on Twitter and Facebook

Business Connections



Business training from Trading Standards

Trading Standards legislation is intended to keep people safe from harm and ensure a fair trading environment for all businesses, regardless of size.

The majority of businesses we work with understand that legal compliance and business success go hand-in-hand. We have introduced online training courses and face to face business workshops to give you the peace of mind that you are trading safely and fairly.

Training workshops

Businesses that like the opportunity to talk to an officer can book on to one of our workshops. These are designed to give delegates the knowledge and materials they need to ensure regulatory compliance, to address any areas of concern and an opportunity to network with other like-minded individuals.

Upcoming courses include: 'Gain and maintain a 5-star hygiene rating' and 'Food allergens awareness due diligence' workshop on the following dates:

- 5 November at County Hall North/Parkside;
- 11 December at County Hall Chichester; and
- 8 January 2019 at Centenary House Worthing.

Online courses

There are over 100 interactive e-learning courses with popular topics including the sale of age-restricted products; the safe storage and sale of fireworks; online sales and the rights of your customers. Learn new skills in a couple of hours, earn CPD (continued professional development) points and get an instant certificate upon completion. Course categories available include consumer law, manufacturing, health and safety and food, drink and hospitality.

Bespoke training and advice

Trading Standards also offer in-house training courses at your business, plus bespoke advice. For example, if you have a new product that you wish to bring to market and need help with compositional and compliance requirements, or if you would like us to provide labelling for it - we can help. Contact us to discuss your requirements.



More information

• www.westsussex.gov.uk and search 'training for business'

Training for childcare businesses



The county council provides subsidised training to the 1,000 plus Ofsted-registered Early Years and Childcare settings in West Sussex.

The training helps them get the most out of their role as an Early Years and Childcare Practitioner, can improve Ofsted outcomes and helps provide the children in your care with the best possible start to life.

There is a choice of face to face and online courses running across West Sussex. Rates are based on the number of staff in the setting and prices start at £10 per place. Training is accessed by joining the Training Subscription Scheme at www.westsussex.gov.uk/IP

Courses include safeguarding and child protection, fire extinguisher, working with parents and promoting positive behaviour.



More information

• www.westsussex.gov.uk/eytraining

Plans progress for former Novartis site

Residents are being encouraged to have their say on plans for the former Novartis site in Horsham.

The county council bought the site in Wimblehurst Road in December 2016. Since that time feasibility and design work has been ongoing to help develop plans for the site, to be known as Horsham Enterprise Park.

We are committed to ensuring this landmark site makes a significant contribution to creating and supporting new employment, providing high quality space for businesses and new homes.

A first round of consultation on the proposed Master Plan took place in September, including a 'drop-in' event for the community. The plan is now being revised taking into account comments made.

Residents and businesses are invited to a 'drop-in' exhibition on Tuesday 30 October at the Holbrook Club, North Heath Lane, Horsham RH12 5PJ.

The exhibition will be open to all between 12 noon and 8pm. Information will also be available on the county council's Have Your Say consultation hub (see website below).

The county council intends to submit an outline planning application to Horsham District Council by the end of the year.

Construction on site isn't expected to begin until 2021. The development will be delivered in phases and construction could take around five years to complete.

Your views are important to us, so make sure you visit the Have Your Say web pages to take part: www.westsussex.gov.uk/horshamenterprisepark

Growth for good

Investment in housing, transport infrastructure, commercial premises, town centre regeneration and communications is vital to sustain economic growth, support businesses and provide jobs.

The county council is committed to supporting economic prosperity right across West Sussex and has been working with local district and borough councils to support plans for growth.

To cement that commitment we have signed what's called Growth Deals with local councils in Chichester, Crawley, Mid Sussex, Adur and Worthing and Arun. The deal for Horsham was due to be signed as Connections went to press.

Growth Deals are partnership pledges that see councils and other key partners work together to deliver agreed priorities. Each five-year, tailor-made deal identifies a programme of specific priority projects to bring local improvements. The ambitious projects may require significant public and private sector investment and are subject to planning processes and public consultations.



Each growth programme covers a number of key projects that will deliver wide ranging benefits for all. Examples of some of the projects include new housing and a new train station in Crawley, the regeneration of Shoreham Harbour and a rejuvenated town centre in Burgess Hill, as well as many schemes to improve transport links, provide much-needed new homes and attract inward investment.



More information

• www.westsussex.gov.uk and search 'growth deals'

Train with the experts

Fire safety training courses for businesses are run by our Fire and Rescue Service trainers, most of whom are serving operational firefighters.

Courses are competitively priced and we run our monthly open courses at Worthing Fire Station for small numbers of staff. The following courses will be taking place at Worthing Fire Station, 57 Ardsheal Road, BN14 7RN on the following dates.

FIRE WARDEN

21 November and 18 December • 9am to 12pm

MANAGEMENT OF FIRE RISK

15 November and 5 December • 9am to 1pm

FIRE EXTINGUISHER TRAINING

21 November and 18 December • 2 to 4pm



More information

• Book online: www.westsussex.gov.uk/FRSCT
• Email: FRSCT@westsussex.gov.uk
• 01243 772870



New permit scheme at Household Waste Recycling Sites

West Sussex residents who drive a commercial-type vehicle now need to have a permit to dispose of their household waste at county council recycling sites.

The free permit applies to anyone who uses a van, pick-up or single axle trailer and is available to West Sussex residents only.

The scheme, which came into effect on 1 October 2018, has been introduced at all 11 West Sussex Household Waste Recycling Sites (HWRs) and the two mobile sites.

The changes are designed to help speed up visits, avoid illegal commercial waste and encourage residents in other counties with large


loads to use sites provided by their own local authority.

In addition some vehicles are no longer allowed to use HWRs. Restricted vehicles include:


- multi axle trailers (four wheels)
- horse boxes
- tipper trucks
- flatbed or dropside trucks
- luton type vans.

For health and safety reasons all trailers have been banned from Bognor Regis and Littlehampton sites.


✓ Van




✓ Pick-up



✓ Small van



✓ Single axle trailer (two wheels unmodified)



Some vehicles will **no longer be able** to use our sites.

✗ Luton type van



✗ Horse box



✗ Tipper truck / flatbed / dropside



✗ Multi-axle trailer (four wheels)



Commercial waste must not be brought to a HWRs.

www.westsussex.gov.uk/permitscheme

Opening times at our Household Waste Recycling Sites

CUT-OUT AND KEEP

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

SUMMER OPENING TIMES (1 APRIL–30 SEPTEMBER 2019)

More information

www.recycleforwestsussex.org

CHART VALID UNTIL 30 SEPTEMBER 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BILLINGSHURST	9am–4pm 9am–6pm	9am–4pm 9am–6pm	9am–4pm 9am–6pm	CLOSED CLOSED	CLOSED CLOSED	9am–4pm 9am–6pm	9am–4pm 9am–6pm
BOGNOR REGIS	9am–4pm 8.30am–6pm	9am–4pm 8.30am–6pm	9am–4pm 8.30am–6pm	CLOSED CLOSED	CLOSED CLOSED	9am–4pm 9am–6pm	9am–4pm 9am–6pm
BURGESS HILL	9am–4pm 9am–6pm	9am–4pm 9am–6pm	9am–4pm 9am–6pm	CLOSED 9am–6pm	9am–4pm 9am–6pm	9am–4pm 9am–6pm	9am–4pm 9am–6pm
CHICHESTER WESTHAMPTON	9am–4pm 9am–6pm	CLOSED 9am–6pm	9am–4pm 9am–6pm	9am–4pm 9am–6pm	9am–4pm 9am–6pm	9am–4pm 9am–6pm	9am–4pm 9am–6pm
CRAWLEY	9am–4pm 8.30am–6pm	9am–4pm 8.30am–6pm	9am–4pm 8.30am–6pm	CLOSED 8.30am–6pm	9am–4pm 8.30am–6pm	9am–4pm 9am–6pm	9am–4pm 9am–6pm
EAST GRINSTEAD	9am–4pm 9am–6pm	CLOSED CLOSED	CLOSED CLOSED	9am–4pm 9am–6pm	9am–4pm 9am–6pm	9am–4pm 9am–6pm	9am–4pm 9am–6pm
HORSHAM HOP OAST	9am–4pm 9am–6pm	CLOSED CLOSED	CLOSED CLOSED	9am–4pm 9am–6pm	9am–4pm 9am–6pm	9am–4pm 9am–6pm	9am–4pm 9am–6pm
LITTLEHAMPTON	9am–4pm 8.30am–6pm	CLOSED CLOSED	CLOSED CLOSED	9am–4pm 8.30am–6pm	9am–4pm 8.30am–6pm	9am–4pm 9am–6pm	9am–4pm 9am–6pm
MIDHURST	9am–4pm 9am–6pm	CLOSED CLOSED	CLOSED CLOSED	9am–4pm 9am–6pm	9am–4pm 9am–6pm	9am–4pm 9am–6pm	9am–4pm 9am–6pm
SHOREHAM-BY-SEA	CLOSED CLOSED	CLOSED CLOSED	9am–4pm 9am–6pm	9am–4pm 9am–6pm	9am–4pm 9am–6pm	9am–4pm 9am–6pm	9am–4pm 9am–6pm
WORTHING	9am–4pm 9am–6pm	9am–4pm 9am–6pm	9am–4pm 9am–6pm	CLOSED 9am–6pm	9am–4pm 9am–6pm	9am–4pm 9am–6pm	9am–4pm 9am–6pm

Our adoption story

West Sussex adoptive parents Simon and Stephen share their journey.

Our story began in 2016, when we made that important, first step to become adoptive parents by contacting the county council.

We met with Ben our lovely Stage 1 advisor and fast forward a few months and we were sitting in a room full of other potential adopters for a three day Preparation Group – a beginners' guide to help us prepare for being adoptive parents. While we are both confident people, sitting with a group of strangers, not knowing what to expect, was understandably daunting and actually quite nerve-wracking.

As it turned out, we didn't need to be nervous. The course included important issues on the various challenges adoptive parents face bringing up an adoptive child, the types of traumatic backgrounds you could be presented with, plus what to expect and indeed what is expected of you, during the adoption process.

A few months later when all the necessary police, health and financial review checks had been completed we were told we'd passed our Stage 1 review and we became attached to our workplace's Children's Nursery as Play Group Attendants to gain valuable childcare experience. We were given our own social worker to guide and support us through the panel meetings and reviews – someone who would also eventually bring our lovely son into our lives.

Our social worker was direct, truthful and honest, but also sympathetic, friendly and understanding, which made it really easy to connect with her. Shortly before Christmas, our report was submitted and reviewed and our Adoption Panel date was scheduled. When it finally arrived, we drove to Worthing on a February morning to meet with our social worker and the most supportive guidance worker you could meet, who makes it her mission to attend every Panel Meeting to give those going through the process some calm during what is a very stressful couple of hours.

Six friendly faces smiled at us as we walked in – our social worker had already been interviewed and gave her opinion of us and now it was our turn. To be honest, we can't recall the actual questions as we were so nervous! We returned back into the waiting room for the panel's verdict. A few minutes later we were driving home crying our hearts out knowing we had just been approved as adoptive dads!

We remember the day we heard from our social worker about a potential child she felt was right for us. We met, read the profile and were asked to discuss our next step the following day.

At the beginning, we knew it would be extremely difficult when it came to matching with a child. However once you have been through the assessment process you understand that at the moment when you are reading your potential newest family member's assessment report, your social worker has been gathering all of the information, to match you to a child that is right for both you and the child.

Fast forward a year and we are sitting on a picnic blanket in our garden, surrounded by toys and a paddling pool, with the most beautiful, inquisitive, intelligent, funny and independent little boy we could have wished for.

Looking back over the entire process, we felt totally supported by the wonderful social workers. Adoption is such an amazing avenue for anyone wanting to add to their family. It takes drive, honesty and patience but your determination will be repaid when you finally get to look into your child's eyes.

Our advice to prospective adopters is:

- don't underestimate how emotional the process will be;
- start to look at your home and garden through the eyes of a child;
- evaluate your support network; and
- understand not everyone knows how to react to adoption.



More information

• www.westsussex.gov.uk/adoption



The challenge and the reward

'Rewarding' is the word most often used by our foster carers when they talk about their role – but it's often challenging too.

There are currently around 700 children being looked after by foster carers in West Sussex and we're looking for more people to be approved to care for these children who are aged newborn to 18.

Supported by our dedicated team of local staff, you would give these children a loving and stable environment while they are unable to live with their birth families. You would be asked to take them to school, help them with homework and provide the care and support they need to thrive.

Think you could foster? Come and find out! A series of information sessions are being held throughout the autumn.



More information

• www.westsussex.gov.uk/fostering
• 0330 222 7775



FREE personal alarm service across West Sussex

FREE
13 WEEK TRIAL

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
- Telecare Services Association Quality Framework
- Independent organisation
- No fixed term contract
- ISO 9001 certified



For more info call 0845 076 6515
or visit www.welbeing.org.uk



Paying for your care is not like playing a game...

If you are choosing care for yourself or a relative, talk to Carewise for specialist financial advice from independent financial advisers.

carewise
WEST SUSSEX | Care Funding Advice

01243 642121 @socialcare@westsussex.gov.uk
www.westsussexconnecttosupport.org/carewise

Can you afford to take a chance with your care planning?

Choosing care for yourself, or supporting a family member to do so, is a life-changing and important decision to take.

It could also be one of the most expensive decisions you will ever make so it's vital that you seek trusted independent specialist financial advice. Don't leave it to chance that your finances will meet the cost of your care.

Easing the worry of paying for care

The good news is that there is advice and support available to help you with this important financial decision. Carewise is a scheme whose sole purpose is to offer advice and guidance to people, so that they choose the most cost-effective way of paying for their care.

Carewise has an approved panel of care fees specialists who are all qualified independent financial advisers, accredited by the Society of Later Life Advisers (SOLLA) and approved under the Trading Standards 'Buy with confidence' or

equivalent local authority approved scheme. They are also Disclosure and Barring Service checked and trained in safeguarding adults. The care fees specialist will inform you of the available options and discuss products and services from across the whole market.

Your first consultation with a care fees specialist is free, and they will explain the cost of any further advice.

As part of this scheme, you can also access a free money advice service from Age UK West Sussex. They can offer you advice covering different areas such as pension, debt, benefits and budgeting.

Take control of your finances

It is now even simpler to organise your FREE consultation with a care fees specialist using our new 'request a call back' service.

Visit www.westsussexconnecttosupport.org/carewise where you will find a list of all the care fees specialists. Simply choose the adviser you would like to talk to, and request a call back from them. You will then be contacted within one working day.

Rose's story by a Carewise care fees specialist

I first met 83-year-old Rose in 2005. She was in good mental and physical health, but she had lost confidence about living on her own and wanted to move into a care home. Once her house was sold, Rose had around £218,000 in available capital. Together, we reviewed her income and expenditure, and worked out that she would have a shortfall of £16,410 per year in meeting the cost of her care home.

I obtained quotes for an immediate care plan for Rose and recommended she purchase a plan where the payout would increase by five per cent per year. This would help to cover future increases in care fees at the home. The income payments were paid to the care home, tax-free. Rose paid £85,925 for the plan. By 2009, Rose's care plan had paid for itself. In 2013, the plan had paid out £155,257, which is £69,332 more than she paid for it.

(This is a real case with the name of the customer changed.)



Protecting and supporting

That's the aim of our West Sussex Trading Standards and Community Safety and Wellbeing teams.

Protecting

Here are some criminal investigations our Trading Standards team have worked on recently.

- The director of a Wick shop, which sold illegal tobacco, was ordered to pay a £2,000 fine.
- The director of a Gatwick 'meet and greet' parking company, who falsely told customers their cars would be looked after in a secure car park, was given a suspended prison sentence.
- An airline was ordered to pay nearly £10,000 after it allowed dogs to illegally land at Gatwick Airport on multiple occasions.
- Illicit cigarettes and tobacco with a retail value of more than £40,000 were seized this summer in Worthing and investigations are continuing into the illicit tobacco supply chain. Two commercial storage units in the town linked to the investigation were inspected and a total of 3,529 packets of cigarettes and 180 pouches of tobacco seized, with a retail value of almost £40,500.

Supporting

We know that every day people in West Sussex fall victim to fraud, whether that's online, unwanted telephone calls or letters or the simple door step caller.

Although anyone can fall prey to a scam regardless of age, gender, education or economic background, vulnerable members of our community are often heavily targeted for such crimes.

The impact this has on victims isn't just financial but can also have devastating long term emotional, physical or mental health impact on their wellbeing.

So our Community Safety and Wellbeing team and Citizens Advice, supported by Trading Standards and other organisations who work with vulnerable people met to learn more about how to prevent those they work with from falling victim to scams and online fraud.

On the right Citizens Advice have some top tips to help you stay safe and avoid getting caught up in a scam or being targeted by cold callers.



More information

- Report scams and suspected scams to Action Fraud 0300 123 2040 www.actionfraud.police.uk
- www.westsussex.gov.uk/staying-safe-online
- Contact Trading Standards through Citizens Advice on 03454 04 05 06 www.westsussex.gov.uk/tsreport
- www.buywithconfidence.gov.uk



Top tips from Citizens Advice to avoid scams

- You shouldn't have to pay anything to get a prize
- Be suspicious if you're contacted out of the blue
- Say NO to cold-callers
- Your bank will never phone you to ask for your PIN or your online banking password
- Genuine computer firms do not make unsolicited phone calls to help fix your computer problem

Take charge of your electrical safety

Our West Sussex Fire and Rescue Service... is urging householders to carry out an electrical safety check on their home.

- Look out for the CE mark that indicates chargers comply with European Safety standards, particularly phone chargers and e-cigarette chargers.
- Never leave your phones or power tools plugged in to charge overnight or while you're out of the house.
- Check your electrical products have not been recalled - they could cause shock or fire. Search recalled products at www.electricalsafetyfirst.org.uk
- Keep electrical appliances clean and in good working order. Switch off appliances when not in use, unless they are designed to be left on (such as fridges and freezers).
- Do not run tumble dryers, dishwashers and washing machines while you're out of the house or overnight.
- The best line of defence is early warning of a fire so make sure you've got a working smoke alarm on every floor.

DISPOSING OF ELECTRICAL ITEMS

Electrical equipment must not be thrown away with your rubbish as they often contain substances which are hazardous. You can recycle electrical items at your local Household Waste Recycling Site.



More information

- www.recycleforwestsussex.org/recycling-sites

Clayton Wood
natural burial ground



Advertisement

A green alternative to a traditional cemetery

Set in **15 acres of countryside** you can be part of a new English wood that will be protected from development, within the **South Downs National Park**.

Dedicated areas for **natural burial** and **scattering** are **surrounded by native trees** for future generations to visit, remember and enjoy.



Brighton Road | Clayton | West Sussex | BN6 9PD
01273 843 842 | claytonwood.co.uk

Where in West Sussex?

The mystery photos in the June issue sparked a lot of interest – including a reader who was surprised to see herself as a baby! Here are more photos from our archives, can you help us identify them? Email connections@westsussex.gov.uk



1 Victorian labourers laying pipes in which town? A clue is the photographer's stamp: H. Steele, 74 Goldstone Road, West Brighton (Hove). Kindly submitted by Peter Carse.



2 A lovely image photographed by R.W.T. Collins in 1932, but where?



3 A fine mansion filed with a collection of Lancing photos but not known in the town.



4 The cars suggest this was taken in the 1980s, but where are these houses?



5 An aerial view, of new housing probably taken in Worthing in the late 1930s, but of which streets?



6 Does anyone recognise the church from this Edwardian postcard?

June edition's mystery photographs



Photo 1 remains a mystery, with tentative suggestions being that it might be Lodsworth Common or Lickfold looking up towards Bexley Hill.



Photo 2 has been narrowed down by a number of residents to either Arundel Road or Beach Road in Littlehampton – one suggestion, put forward by several people and supported by the Littlehampton Heritage Group, is that the houses are 63 and 65 Beach Road.



Photo 3 is The Plough Inn at Lower Beeding – thanks to Jackie Fake of the Lower Beeding Association who says that there is a collage on display in the Village Hall which includes a similar photograph, and to Mark Potter who also sent us conclusive evidence of the building's identity.



Photo 4 generated a lot of interest and we had a number of residents get in touch to say that the photograph was taken at the junction of Top Road and Church Hill in Slindon. Thank you to everyone who contacted us.



Photo 5 also remains a mystery, although we do at least know that the football player marked with an 'x' is Joseph Edwin Tume. A reader emailed to say she believed he was born in the Brighton area in 1909/10. The family were living in the Preston area of Brighton in the 1911 census. The photo could therefore be from this area.



Photo 6 Imagine opening up Connections and seeing a vintage photo of yourself as a baby? Sue Reeve did just that. She was born Sandra Beales in January 1943 and the family lived in Barrack Lane, Aldwick. She also recognised the pram from other photos she has at home but doesn't know the name of the airman.



For more information visit www.westsussexpast.org.uk to view over **18,000** more photographs and pictures

WHAT'S ON IN WEST SUSSEX

To advertise your event in the February 2019 edition from just £65 + VAT, contact 0330 22 22409

OCTOBER

30 October**Returning home (experience of WWI soldiers coming home and the war memorial debates)**Talk at West Sussex Record Office, 7pm; tickets £8 (non-refundable); book on 01243 753602; www.westsussex.gov.uk/ro

NOVEMBER

5 November**Worthing Lions Firework Display**Worthing seafront; www.worthinglions.co.uk**7 November****Reading old handwriting**Coffee time session for family historians, 10am; West Sussex Record Office, Chichester; £7.50 (non-refundable); book on 01243 753602; www.westsussex.gov.uk/ro**10 November****Edwin James Festival Choir and Orchestra Remembrance Concert**St James The Great Church, East Ham Road, Littlehampton, BN17 7AN; www.edwinjamesfestivalchoir.co.uk**17 November****Burgess Hill Symphony Orchestra Autumn Concert**St Andrews Church, Junction Road, Burgess Hill, RH15 0LG; www.bhso.org.uk**20-24 November****Shakespeare in Love**This stage adaptation of the multi award-winning film classic is exuberant, witty, funny, and a beautiful homage to love, art and theatre itself; Chichester Festival Theatre. Tickets from £10; cft.org.uk; 01243 781312**23-25 November****Christmas Market**Weald and Downland Museum; www.wealddown.co.uk**27 November****West Sussex Women: A Centenary of Suffrage**Talk at West Sussex Record Office, 7pm; tickets £8 (non-refundable); book on 01243 753602; www.westsussex.gov.uk/ro

DECEMBER

1, 2, 8, 9, 15 & 16 December**Visit Father Christmas at Amberley Museum and Heritage Centre**Adults £10, children £16; book online at www.amberleymuseum.co.uk; 01798 831370.**1 December-1 January 2019****A Georgian Christmas**The 3rd Earl of Egremont and Elizabeth II live invite you to celebrate a Georgian Christmas in selected rooms of Petworth House and Servants' Quarters, dressed for an opulent occasion; www.nationaltrust.org.uk/petworth-house-and-park**1-2 December****The Sussex Guild Contemporary Craft Show**View and buy the very best of designer crafts in Sussex; Midhurst Rother College, North Street, Midhurst GU29 9DT; 10am-5pm; www.thesussexguild.co.uk**2 December****Tree Dressing**Weald and Downland Museum; www.wealddown.co.uk**12 December-2 January****Cinderella**A spectacular pantomime perfect for the whole family; Tickets: www.regiscentre.co.uk; 01243 861010;**7 December-6 January****Aladdin**Don't miss The Hawth's hilarious, fun-packed family pantomime starring Jason Gardiner (Dancing On Ice), Shaheen Jafargholi (EastEnders), Jess Robinson (Britain's Got Talent) and Crawley favourite Michael J Batchelor; box office 01293 553636; hawth.co.ukSaturday Night Fever UK Tour
Kate Parr (Stephanie) and Richard Winsor (Tony)
© Pamela Raith Photography**7, 8 & 9 December****Cuckfield Christmas Tree Festival**www.cuckfieldctf.org.uk**14 December-6 January****Sleeping Beauty**A mix of musical theatre, pop songs, jokes and plenty of audience participation, join us for a fantastic festive feast of family entertainment; The Capitol, Horsham; www.thecapitolhorsham.com; 01403 750220.**15-30 December****Sleeping Beauty**A mischievous and wonderfully imaginative version of the fairy tale, which ventures beyond the usual 'happy ever after' ending. CFYT present a Sleeping Beauty that will keep you wide awake! Chichester Festival Theatre; tickets from £10; cft.org.uk; 01243 781312.**16 December****Christmas Carols at Buchan Country Park**Crawley; www.fobcp.org.uk**26-27 December****Christmas at the Museum**Weald and Downland Museum; www.wealddown.co.uk

JANUARY

3-6 January**The Nutcracker**Moscow City Ballet returns to Chichester Festival Theatre with their spectacular production of The Nutcracker, presented in classic Russian style. An unmissable climax to the festive season; tickets from £10; cft.org.uk; 01243 781312.**15-26 January****Twelfth Night and Midsummer Night's Dream**Minerva Theatre; tickets from £23; Flute Theatre bring their unique production of Twelfth Night to Chichester alongside a remarkable theatre experience for young people on the autism spectrum; cft.org.uk; 01243 781312.**15-19 January****Saturday Night Fever**Casualty star Richard Winsor plays 'Tony', the role which famously rocketed John Travolta to stardom in a new music and dance spectacular; box office 01293 553636; hawth.co.uk**26 January-24 March****Prized Possessions: Dutch Masterpieces from National Trust Houses**This exhibition celebrates the enduring British taste for collecting Dutch paintings and explores how and why this style of art was desired, commissioned and displayed; £16 Booking on 0344 249 1895; www.nationaltrust.org.uk/petworth-house-and-park**29 January****The Little Churches of Chichester by Alan Green**Talk at West Sussex Record Office, 7pm; tickets £8 (non-refundable); book on 01243 753602; www.westsussex.gov.uk/ro

FEBRUARY

26 February**The High Sheriffs of Sussex**Talk at West Sussex Record Office by Dr John Godfrey and Caroline Nicholls, 7pm; tickets £8 (non-refundable); book on 01243 753602; www.westsussex.gov.uk/ro

NHS HEALTH CHECK

Helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia

Most people aged 40–74 are eligible.
To find out more, including details
of participating GPs and pharmacies,
please call us or visit our website.

☎ 01243 642181 🌐 www.westsussexwellbeing.org.uk/healthchecks

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

NORTHERN PREVENTION ASSESSMENT TEAM

Please call for further information
and to book an appointment.

☎ **0330 222 5911**

BURGESS HILL: Cherry Tree on
23 October and 27 November

CRAWLEY: Crawley Town Hall on
25 October and 29 November

EAST GRINSTEAD: Library on 14 November

HAYWARDS HEATH: Oaklands on 18 October

HORSHAM: Library on 16 October,
20 November & 18 December

SOUTHERN PREVENTION ASSESSMENT TEAM

Please call for further information
and to book an appointment.

☎ **01273 268900**

HENFIELD: Henfield Medical Centre on
16 October, 13 November & 11 December

LANCING: Lancing Leisure Centre on 14 November

LITTLEHAMPTON: Arun Civic Centre on
5 October & 7 December

SHOREHAM: Glebelands on 26 November

WORTHING: Durrington Community Centre on
21 November

WESTERN PREVENTION ASSESSMENT TEAM

Please call for further information
and to book an appointment.

☎ **01243 642370**

BOGNOR REGIS: Bognor Town Hall Annexe on
13 November

CHICHESTER: Westgate Leisure Centre on
8 November

MIDHURST: The Grange on 18 October



Advertisement



Are you at risk of flu this winter? Get your flu jab!



The best protection against the flu
is the free seasonal flu jab available
from your GP or pharmacist.

FREE vaccination is offered to people aged 65 or over, children aged 2 to 3, and those in the school vaccination programme, pregnant women, adults and children with underlying health conditions (especially heart and respiratory disease) and carers. If you are not in one of these groups entitled to get a free flu jab then you can buy one from participating high street pharmacies.

For more information on who should have the free flu jab, visit the website below or speak to your GP or pharmacist.

www.westsussexwellbeing.org.uk/fight-flu



STAY WELL THIS WINTER

Supported locally by
West Sussex County Council Public Health team

FICTION

A healthy diet and vitamin C
will prevent flu.

FACT

Flu is a virus and can affect
you no matter how good your
immune system is.

FICTION

The vaccine does not work,
I still got the flu!

FACT

Over the last ten years,
the vaccine has provided good
protection against flu.

FICTION

I've never had flu so I'm
not likely to get it.

FACT

The flu virus changes each
year so you need to be
vaccinated yearly.