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Sharing home life together

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# West Sussex Connections

@WSCCNews

@WestSussexCC

February to June 2019  
Issue No.68

## The £145 million budget challenge

Local authorities across the country are facing unprecedented financial pressures and most are being forced to make really tough decisions and choices to balance the books in 2018/19, and set a realistic and achievable budget for 2019/20. West Sussex is no exception.

Despite having saved around £216 million over the past nine years, we still face a gross budget gap of £145 million over the next four years (2019/20 to 2022/23).

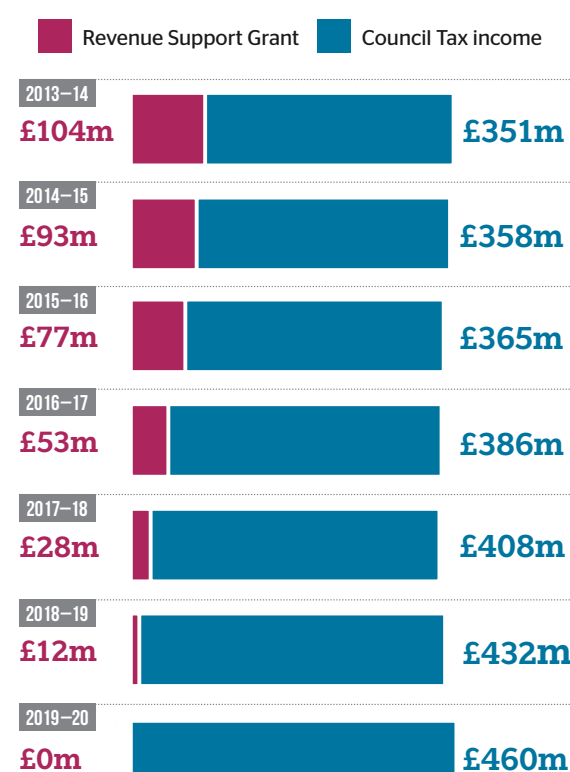
The reason for this is simple: demand for our services is increasing and it is therefore costing us more money to provide them; whilst the Revenue Support Grant (RSG) element of our funding from central government is being cut every year. This is the money we have historically received for all the day-to-day services that the council provides. Although we do still receive a variety of funding

streams from government, the RSG is a core grant that comes to an end in 2019/20 and is not being replaced.

Whilst demand for all our services is increasing, in West Sussex we have two particular issues which are compounding our financial challenge. Firstly, our number of elderly residents is increasing faster than in most other areas of the country and as people live longer, with more complex health conditions, they need more support.

READ MORE ON PAGE 3

### The Challenge



### Elderly Population

2018 **197,000**      2023 **215,000**      2028 **241,000**      2033 **271,000**      2038 **294,000**



Visit our website to see how we plan to support, help, and care for our residents.  
[www.westsussex.gov.uk/plan](http://www.westsussex.gov.uk/plan)



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A council that works for the community



# Residents can Buy With Confidence

If you are looking for an approved business or trader that has the Trading Standards stamp of approval, then check out our Buy With Confidence Directory.

There are hundreds of businesses listed from a variety of trades and services including leisure, travel, food and entertaining, home improvements and computer services. All businesses that display the Buy With Confidence logo have shown Trading Standards experts they:

- are committed to providing a quality service;
- can produce a basic criminal records check for staff who work in or around a consumer's home;
- undertake to comply with the law and not restrict customers rights;
- deal with customers promptly, efficiently and courteously in accordance with good trading practice; and
- make sure their staff are competent for the work they carry out.

The Directory is available at outlets throughout the county, including at libraries, help points, Citizens Advice bureaux and children and family centres. You can also view it online at [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search 'approved traders' or call 01243 642124 and we'll send you a copy in the post. See page 4 for details of how businesses can join the scheme.



## APPROVED BUSINESSES

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



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## TOP PHONE NUMBERS

- 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 **03454 040506**
- Waste Management **01243 642106**

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

## About Connections

It is published three times a year by West Sussex County Council and delivered to around 382,300 households across the county and is also available online at [www.westsussex.gov.uk/connections](http://www.westsussex.gov.uk/connections), and in libraries. It is printed on fully recyclable paper and includes paid-for content from advertisers. Advertising: **0330 22 22409**  
Send feedback to: [Connections@westsussex.gov.uk](mailto:Connections@westsussex.gov.uk)

We also provide a 'talking' edition for people who are blind or partially sighted.  
Contact us on **0330 22 22399** if you or someone you know would like this version.

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# The £145 million budget challenge

## Special Educational Needs

2015

3,362

2016

3,898

2017

4,380

2018

5,019

### Continued from the front page

Secondly, demand for the various services we provide for children and families to support, protect and give them the best start in life is also increasing. For example, the number of children assessed as having Special Educational Needs (SEND) has risen from 3,362 in 2015 to 5,019 in 2018.

The county council is entirely responsible for the funding of the adult and children's social care services, which protect and support those who need us most, and we will continue to prioritise these with an increase of £8.3 million for Children and Young People's services and £12 million for Adults and Health in 2019/20 including additional investment.

We do not have the money to keep providing the same services in the same way and we have to make increasingly tough choices about how we spend our money.

After five years of no increase in council tax (up to 2016/17) one of the tough choices we had to make was to increase council tax. In 2019/20 we are proposing a 4.99% increase – an additional £1.26 per week for the average Band D council tax homeowner.

Two per cent of the income generated from the council tax increase will be invested in our adult social care services, and because the remaining 3% is not enough to meet our budget gap, we have to find ways to reduce the amount we spend in other areas.

**“We are a very lean organisation and we are in a better position than many other councils. We have to look at everything but we also know that when we work in partnership we have much better success rates so that is absolutely what we need to do.”**

Louise Goldsmith,  
Leader, West Sussex County Council

## Tough choices



As well as finding ways to reduce what we spend, we are also exploring new ways to boost our income and do more with the money we have. For example:

- the development of solar farms in West Sussex allows us to power thousands of local homes with renewable energy and generate income through selling surplus energy back to the grid (see page 10);
- we are looking at creating community hubs to protect vital community services such as libraries, children and family centres and 'Find it Out' Centres, by bringing them together under one roof; and
- we are working with partners to bring together growth and investment across the county (for more information see page 11).

You told us what matters to you in our 2018 consultation and we want to keep talking, and listening to you about our plans and decisions. The 2019/20 budget will be agreed at the next Full Council Meeting (Friday 15 February 2019) which residents are welcome to attend or watch via a livestream on our website [www.westsussex.gov.uk](http://www.westsussex.gov.uk).

However, the conversation with our residents is ongoing. And it needs to be open and honest about how we will live within our means and continue to deliver the services and the commitments we set out in the West Sussex Plan.

West Sussex is a great place to live and work, full of successful businesses, wonderful things to see and do and thriving communities. By building on these strengths together, we can continue to make it a strong, safe and sustainable place for everyone.



### More information

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



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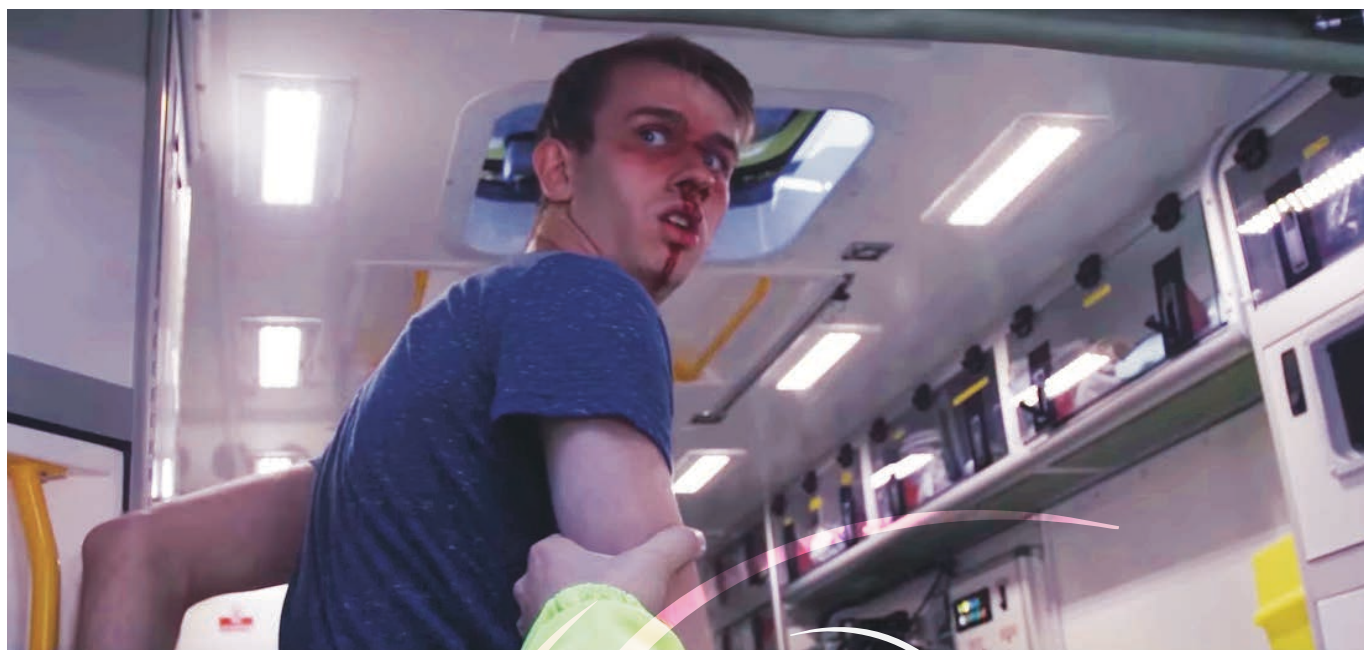
Each with a team of committed healthcare staff, our Homes focus on providing high quality care whilst maintaining a friendly, relaxed atmosphere. Each Home enjoys a range of activities, entertainers and days out to local attractions organised by their dedicated Activities Coordinator.

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

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



# Business Connections



## Businesses – be part of this hard-hitting campaign



Safe Drive Stay Alive is a road safety campaign run by our Fire and Rescue Service in partnership with the police, ambulance service and NHS.

It is aimed at new and pre-drivers aged 17 to 24 years old, influencing their driver behaviour and attitude. The show includes first-hand accounts from the victims, family members and 999 responders personally affected by devastating road crashes and has reached over 96,000 students to date.

Safe Drive Stay Alive has become so popular with schools and colleges throughout West Sussex

that it is a firm fixture in education calendars and curriculums.

We are seeking partners/sponsors, big and small, and are keen to speak to anyone interested.



### More information

- 0330 2222404
- [angela.redman@westsussex.gov.uk](mailto:angela.redman@westsussex.gov.uk)

## Businesses fly with library help

Business literally took off for Crawley-based entrepreneur Will Arinze after he attended a free Business Boost event organised by his local library working with NatWest and other business providers.

After listening to a variety of speakers, talking about topics ranging from web design to how the Library Service can support business start-ups, he set up his own aeronautical company.

He was also shown how to use the Cobra business database, which covers 600 small business trades and professions. It has practical 'how to guides', market summaries and information about trade events, business support and funding.

Cobra is available free on library computers or, using your library card, on your own computer, smartphone or tablet.



### More information

- [www.westsussex.gov.uk/businessinformation](http://www.westsussex.gov.uk/businessinformation)
- More Business Boost events are planned for 2019. Details can be found at [www.westsussex.gov.uk/libraries](http://www.westsussex.gov.uk/libraries) and search 'what's on'

## Join Buy With Confidence



Are you a local business interested in achieving the West Sussex Trading Standards stamp of approval?

Membership starts from less than £21 per month – that's 69p a day to be able to reassure your customers with Trading Standards approval. Benefits include:

- an entry on the Buy With Confidence (BWC) website where customers can leave feedback on your business.
- Independent recognition of your business standards.
- A certificate of membership and the availability to use the BWC logo on your premises, vehicles and advertising.
- Pre-entry vetting to ensure the credibility of the scheme and that high standards are maintained.
- Your company's name on a list of approved businesses in a consumers directory.
- Increased consumer confidence and reduced complaints.



### More information

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



## Revitalising our town centres

How to revitalise town centres and high streets for the future was the topic of conversation at a county council-led event.

Town regeneration experts Bill Grimsey (former Chief Executive of Wickes and Iceland), Jackie Sadek (Chief Operating Officer of UK Regeneration) and co-founder of Hemingway Design Wayne Hemingway spoke to more than 50 business and community leaders at 'Let's Talk About Our Towns'.

The event aimed to provide a local forum to consider the challenge high streets are facing nationwide, including a shift in consumer behaviour, and to look at how West Sussex towns can be supported to meet those challenges and safeguard their future.

The county council will be working with partners to explore opportunities to continue to support town centres. This will include working with the district and borough councils to support them as they bid for a share of the Government's £675million Future High Streets Fund.





## Act now on cyber security

Help is at hand for local businesses and charities at risk of falling victim to cyber crime.

A cyber attack can have a devastating effect on small business owners and local charities, but setting up cyber security can also be a daunting challenge for some. To tackle this, the county council's Community Safety & Wellbeing Team has been working in partnership with the South East Regional Organised Crime Unit (SEROCU) to offer cyber awareness advice and training.

SEROCU raises awareness of cyber security issues within organisations. Cyber criminals have identified that small and medium sized businesses are a highly lucrative target due to the limited investment and resources available for cyber security compared to corporations and multi-nationals.

Police Cyber Security Advisors are employed by SEROCU to present and promote cyber awareness free of charge in line with the National Cyber Security Strategy. Businesses can request a presentation by emailing [cyberprotect@serocu.pnn.police.uk](mailto:cyberprotect@serocu.pnn.police.uk)

There is also a guide from the National Cyber Security Centre which contains five quick and easy steps to save time, money and reputation. Download the guide at [www.ncsc.gov.uk/smallbusiness](http://www.ncsc.gov.uk/smallbusiness) For charities, visit [www.ncsc.gov.uk/charity](http://www.ncsc.gov.uk/charity)

More advice, information and videos are available on social media - search SECyberprotect on Facebook and Twitter.

## Fire safety training 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.

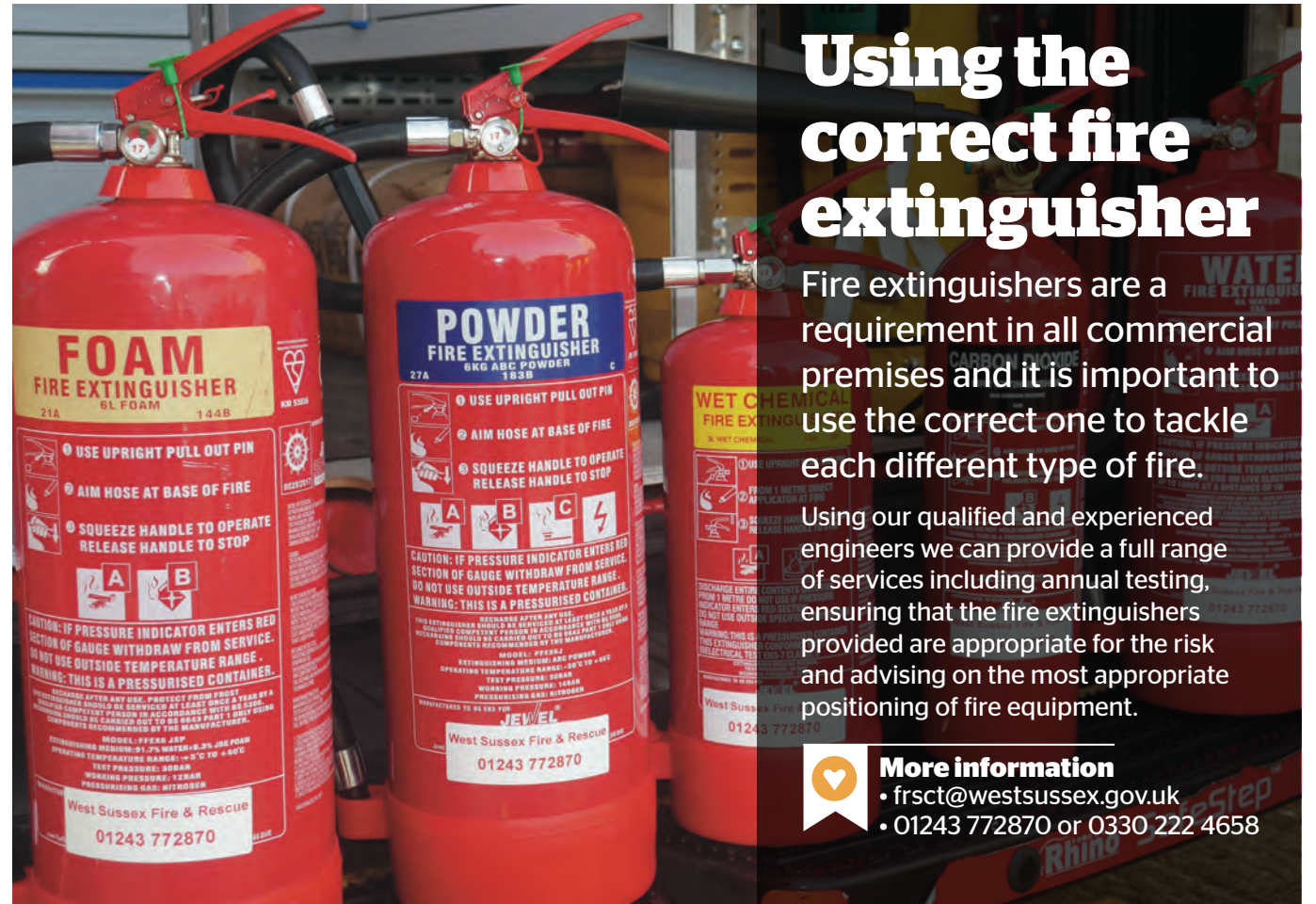
Courses are competitively priced and run at various fire stations around the county including Horsham, Arundel, Worthing, Bognor Regis and Shoreham.

Courses include: Fire Warden, Fire Extinguisher, Fire Safety courses tailored for schools, early

years, the care market, businesses and landlords, Management of Fire Risk and Business Continuity.

### More information

- [www.westsussex.gov.uk/frsct](http://www.westsussex.gov.uk/frsct)
- 01243 772870



## Using the correct fire extinguisher

Fire extinguishers are a requirement in all commercial premises and it is important to use the correct one to tackle each different type of fire.

Using our qualified and experienced engineers we can provide a full range of services including annual testing, ensuring that the fire extinguishers provided are appropriate for the risk and advising on the most appropriate positioning of fire equipment.



### More information

- [frsct@westsussex.gov.uk](mailto:frsct@westsussex.gov.uk)
- 01243 772870 or 0330 222 4658



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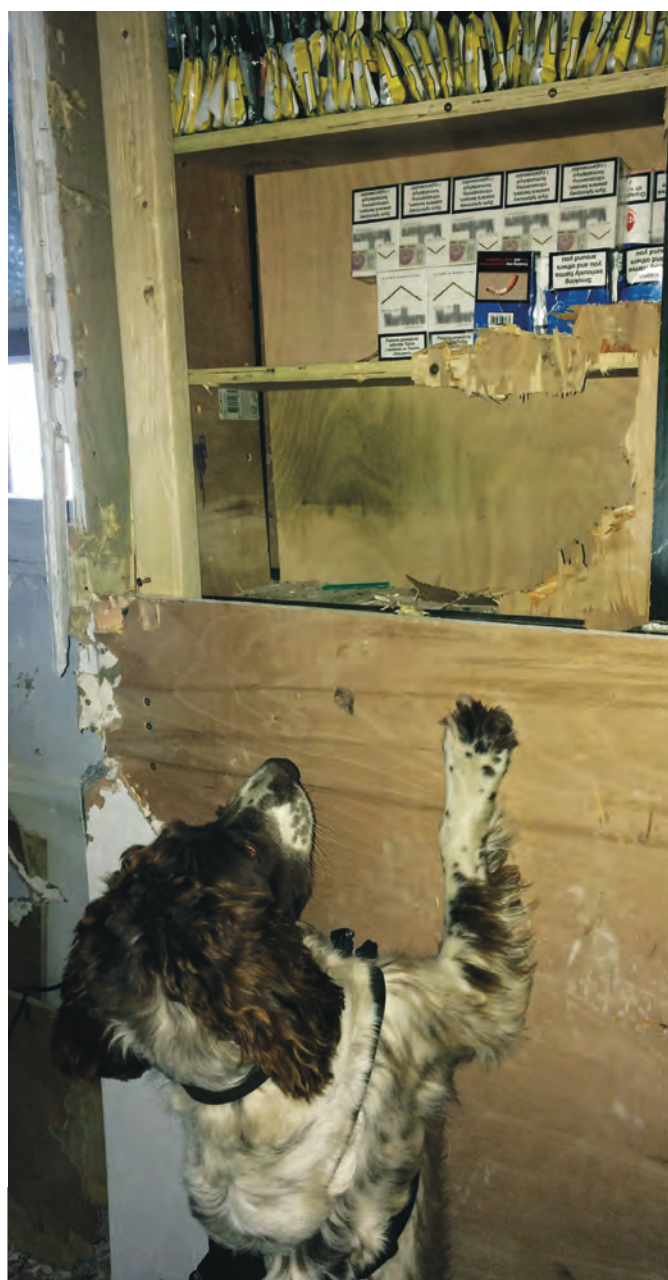
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## Scamp sniffs out the scams

Scamp the dog helped our Trading Standards officers sniff out thousands of pounds worth of illicit tobacco hidden in a Worthing shop.

As a result four men involved in the sale of the tobacco were sentenced to 200 hours community service and ordered to pay more than £4,000.

When Scamp, a trained sniffer dog, was taken to the shop with Trading Standards officers he honed in on a wall in the stock room with a nailed down panel on it.

When officers removed the panel they discovered 185 tobacco pouches and 231 cigarette packets concealed behind the false wall.

And when officers returned to the shop the next week they discovered an employee leaving the shop with a holdall filled with illicit tobacco. They later searched his home address and found more cigarette packets.

Samples were found to be either unsafe, foreign labelled, not carrying the correct warnings, or counterfeit.

Richard Sargeant, Trading Standards team manager, said: "Cheap, illegal tobacco products may seem like an attractive option for customers but they also carry increased risks. They often do not self-extinguish and are therefore more likely to cause fires."

Anyone concerned about the sale of illegal tobacco and cigarettes should contact the Citizens Advice Consumer Helpline on 03454 04 05 06 or can report details online at [www.westsussex.gov.uk/tsreport](http://www.westsussex.gov.uk/tsreport)

# Fighting flooding

Homeowners can do their bit to help prevent flooding in West Sussex.

The county council is the Lead Local Flood Authority (LLFA) and a team from the authority works in partnership with water companies, developers, planners and the local community to manage flood risk.

Homeowners need to consider drainage when planning to alter or extend their property, according to the LLFA team.

The LLFA team also provides policy and guidance to developers and planners and gives technical support to communities in identifying and presenting options for tackling localised flooding risks.

Enforcement is used as a last resort by the team, but where illegal actions are taken by a

## CONSIDER DRAINAGE WHEN YOU ALTER YOUR PROPERTY

**1** You are billed by the sewerage company for the foul water you dispose of from your property. If the rainwater landing on your roof or driveway is directed to a surface water sewer operated by the sewerage company, you will also pay an element for surface water disposal and possibly highways disposal. So there is a financial incentive to consider directing the rainwater to a soakaway rather than a surface water sewer.

**2** It is illegal to cover more than 5m squared or more of your driveway with tarmac or concrete without getting planning permission. This is to ensure the flood risk is minimised from surface water flooding and as much rainwater as possible is allowed to infiltrate naturally into the ground rather than into sewers.

landowner that may heighten flood risk, action will be taken.

The team has recently updated the county council's Policy for the Management of Surface Water. It includes robust, consistent policy to ensure that sustainable drainage is incorporated into new and brownfield developments, outlines what is expected in drainage design and tightens the scrutiny of drainage for new developments. It is a technical document aimed at design engineers, but the revised policy includes a new chapter relating to minor development that includes guidance to homeowners.

Homeowners can find out more about this guidance by calling the number below.

**More information**  
 • [www.westsussex.gov.uk](http://www.westsussex.gov.uk)  
 and search 'flooding'  
 • 0330 222 4077





# Help everyone to enjoy the countryside

The Forum is an independent body which aims to protect and improve access to the countryside. It is currently recruiting volunteer members and would welcome hearing from anyone with an interest

in access to the countryside, including land owners and managers.

It holds four meetings a year and members also undertake site visits. Full training is provided and travel expenses paid. The Forum

If you feel passionately about public rights of way and access to the countryside then the West Sussex Local Access Forum would like to hear from you.

covers the area of West Sussex outside the South Downs, which has its own Local Access Forum.



## More information:

- [www.wslaf.org](http://www.wslaf.org)
- [wslaf@westsussex.gov.uk](mailto:wslaf@westsussex.gov.uk)

# Be a life-changer

Fostering can be just as life changing for the foster carer as it is for the child.

As West Sussex foster carer Serena revealed: "Don't be frightened of fostering. It's the most rewarding thing I've ever done. It's made my life. I wouldn't do anything else, even if I won the lottery tomorrow."

"I love it. I embrace it. I get more out of it than I put in for sure. I've been a foster carer for about six years now. Originally I came into it thinking I'd just do it every now and again, and have a child for respite one weekend, but it didn't go according to plan. The first young lady I had was only meant to stay overnight but ended up staying about three months. Now I've had 24 children stay with me."

Despite things not quite going how it was first imagined, Serena hasn't looked back. In fact, it's given her a new perspective on parenting in general.

"I wish I could start being a parent again because I feel the foster carer training and support is just fabulous. I've learnt so much and with each of the children every single day you learn more."

"Every month there's an organised support



group for foster carers - a coffee morning where the 15 of us who are local to the area get together and chat, and we also have our own gathering every few months. I don't know if I could have done what I've done without that group of friends."

One of the most rewarding things Serena has found about fostering are the amazing breakthroughs you experience with the children.

"I had a young lady stay with me for respite. When she first came to me she would just stay in her room. She struggled to sit at the dinner table with us all. She had so much anxiety. Now she's passed her driving test first time, she's got her own car, and is in full-time education. That's a huge breakthrough. I also fostered an unaccompanied asylum seeking child, with a traumatic past, who's now training to be an accountant."

We have a lot of children who need a home. If you'd like to do something different and change a life or have some questions about fostering, contact our fostering recruitment team.



## More information

- 033 022 27775
- [www.westsussex.gov.uk/fostering](http://www.westsussex.gov.uk/fostering)

# Keep up to date

Subscribe to our email and text alert service to keep up to date with our latest news and information.

Signing up for our email and text alerts means you don't need to check our website or phone us to find out the latest information. Instead, it will be delivered straight to your inbox or phone. Some of our topics include the following.

- Emergencies - extreme weather alerts and school closures
- County council meeting dates, agenda and minutes
- eNewsletters - such as WSCC newsletter and Tastemail
- Jobs
- Libraries
- Staying safe online
- Roads and transport



## More information

- [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search 'email alerts'



# Tell us what you think

Give your opinion about local issues and help influence the county council's decisions.

Your Voice: The People's Panel (formerly 'Residents' e-Panel) is a community of people who have volunteered to be consulted regularly about important local issues.

Anyone who lives in West Sussex can become a member. Once you have registered we will send you links to surveys, reports and outcomes, allowing you to give your views, see the results and find out how your opinions impact key decisions.



## More information

- [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search 'your voice'.

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BEFORE

AFTER

INSIDE



# All welcome at wellbeing event

A free event promoting health and wellbeing is being held in Horsham on Thursday 14 March 2019.

The event will promote activities, services and products provided by local voluntary and public sector organisations. There will be over 65 market stalls plus the chance to have a free wellbeing 'MOT'.

The event is open to the public, professionals and volunteers who work to help West Sussex residents to be healthy and live well.

It is an opportunity to meet new people and find out about local and

countywide services to support adults and older people to live well and help them maintain independence in their own homes.

No need to book, just turn up at Park Suite and Main Conference Hall, Parkside (County Hall North), Chartway, Horsham, RH12 1XH, between 10.30am and 1pm.



## More information

• [marketplace@westsussex.gov.uk](mailto:marketplace@westsussex.gov.uk)



# Project aims to improve family life

A new project aims to improve the prospects of young people whose lives have been affected by parents with alcohol-related difficulties.

As part of identifying problems at home earlier, two new full-time specialist staff have been recruited to work closely with families. Work will also be carried out to identify and support expectant mothers at risk of alcohol misuse.

As well as trying to catch the problem earlier, the project will focus on helping children up to the age of 18 years who are already living with the effects of a parent dependent on alcohol.

An existing pilot programme offering

therapeutic services for these children will be extended and expanded. Parents will in turn be offered a range of support by the local service and leading social care charity CGL to intervene early, help recovery, overcome alcohol dependence and improve emotional wellbeing.

The county council's Public Health team has been awarded a share of a £4.5 million innovation fund by Public Health England to deliver the programme.



# Farm code for spring safety

With spring in the air, many farms in West Sussex are preparing to welcome visitors with the arrival of the lambing season.

As well as allowing youngsters the chance to meet the newly-arrived lambs, this is a great opportunity to learn about our countryside and the environment.

The whole experience is enjoyable and educational, but some farm animals can carry infections that can be passed to people. Families shouldn't miss out on the opportunity to experience life on a working farm, as there are some very

simple steps they can take to ensure they don't come home with any unwanted mementos of the day, such as E.coli O157 or cryptosporidium.

Farms follow an industry code on preventing ill health from animal contact, but parents and teachers can reduce the risk of children picking up an infection by following some simple rules listed below.



## FOLLOW THESE SIMPLE FARM CODE RULES

- 1 Follow farm instructions that appear around the farm including where to eat and drink, and when to wash your hands.
- 2 Do not get in the animal pens, pick things up off the floor, or kiss the animals.
- 3 Use the farm's hand washing stations where hot/cold or warm running water with soap and hand drying facilities are available. Antibacterial wipes/gels are not a substitute for hand washing as they do not remove germs found on farms.
- 4 Always wash your hands before eating or drinking, after visiting the animals and after changing footwear/clothes.
- 5 Eat and drink in picnic areas or cafes only.
- 6 Wear washable footwear which you can change and clean at the end of your visit.
- 7 Wash pushchair wheels after your visit.



## More information

• [www.phe.gov.uk](http://www.phe.gov.uk) and search 'farm visits: avoiding infection'

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# West Sussex recycles

Have you ever wondered what happens to your recycling after it is collected from your home?

Recycling from all households in West Sussex is delivered to a Materials Recycling Facility (MRF) at Ford near Littlehampton, via a network of transfer stations based across the county. The facility is one of the most technologically advanced MRFs in the country and is operated by Viridor on behalf of the county council.

The mainly automated MRF sorts and separates all the recyclables – such as cardboard, glass, plastics, and tin cans – into individual high quality, valuable materials which are baled, ready for manufacturing into new goods and products. But this is only the start of its new life. So, what happens next and where does this recycling end up being processed?

Almost 65 per cent of recycling collected in West Sussex is sold to companies based in the UK. 94 per cent of plastics, 95 per cent of

newspapers and magazines, and 100 per cent of glass, tins and cans are all sold and processed within the UK.

The main materials exported are old corrugated cardboard and paper. These exports support the circular economy for the packaging of products manufactured overseas such as televisions, other technological equipment and white goods. It also provides a more sustainable packaging solution for organisations that provide online shopping.

To help us sort your recycling and ensure it's suitable for reprocessing, it's vital that the right items are put into your recycling bin. Items should also be clean, dry and loose.



## More information

• [www.westsussexrecycles.org](http://www.westsussexrecycles.org)  
• @WSrecycles on Facebook and Twitter.

Items should always be:  
**clean, dry and loose**

## Fight against waste

Ambitious targets are included in a new central government strategy that aims to further reduce the amount of waste that goes to landfill and encourage more sustainable use of resources.

The county council and its district and borough council partners are already working together through the West Sussex Waste Partnership (WSWP), to drive forward challenging opportunities to tackle waste and improve performance.

And residents can do their bit to drive down the amount of waste that is thrown away.

The government's Resources and Waste Strategy was published at the end of last year. It covers a wide range of topics within the field of waste management and we particularly welcome the aim to reduce and recycle both plastic and food waste.

The detail on what this might mean for residents and the councils will depend on the outcome of a number of consultations currently being undertaken.

The WSWP are currently running a number of campaigns that are designed to reduce

waste. One of these initiatives is our Fight Against Food Waste and you can help us by reducing the amount of food you throw away.

Food waste currently 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 – and throwing food away costs money. On average residents in West Sussex are binning the equivalent of £20 per month per person or £70 per month for a family of four!

There will also be lots of tips on how to love your leftovers in the spring edition of Taste West Sussex magazine, which will be published in March.



## More information

• [www.wastepreventionwestsussex.co.uk/fight-against-food-waste](http://www.wastepreventionwestsussex.co.uk/fight-against-food-waste)  
• [www.westsussex.gov.uk/taste](http://www.westsussex.gov.uk/taste)

## First for solar farm

Our new solar farm on the former landfill site at Westhampnett near Chichester produces enough clean electricity to power the equivalent of 2,400 homes.



The switch on at the end of last year was a real coup for the county council. Westhampnett became the first publicly-owned solar farm to be built and operated without the need for feed-in tariffs, which are Government subsidies paid for solar generation. A number of large batteries have been incorporated into the design to maximise the output from the solar farm by storing electricity when there is a surplus and releasing it to the grid during peak demand.

The county council opened its first solar farm at Tangmere in 2015 and is planning to develop further solar and battery sites in 2019/20 as part of its Energy Strategy.

The strategy sets out a vision for clean, secure and affordable energy for West Sussex and supports the growth in renewable energy.

**CLOTHING • BED LINEN AND BLANKETS • TABLE LINEN • CURTAINS • BAGS AND BELTS • SHOES (PAIRED)**

## Tackling textiles

In West Sussex, over 7,000 tonnes of textiles are thrown into the rubbish bin every year. What can you do to help us tackle textile waste?

### 1. REPAIR

You don't have to be an expert with a needle and thread! Learning to sew on a button, sew up a seam or hem some trousers could save a trusty wardrobe staple and give it a new lease of life.

### 2. REUSE

If something you love can't be repaired, turn it into something new. There are lots of upcycling tutorials online. Or take your clothes to a charity shop, or try and sell them online.

### 3. RECYCLE

If all else fails and your textiles are beyond repair or reuse then you can take them to a textiles bank at your local Household Waste Recycling Site (HWRS) or your nearest bring bank site. Clothes and shoes that still have some life left in them will be sorted and sent for reuse. Old, well-worn or torn textiles will be recycled by shredding and used in the 'flocking' industry such as car seat fillers. The only items not accepted are pillows, duvets, carpets and rugs.

For more ideas and inspiration • [www.wastepreventionwestsussex.co.uk/textiles](http://www.wastepreventionwestsussex.co.uk/textiles) • @WSrecycles on Facebook and Twitter



# Going for growth in West Sussex

Growth Deals have been signed with the seven West Sussex district and borough councils. Each five-year deal agrees priority projects supporting investment in areas such as housing, transport infrastructure, commercial premises, town centre regeneration and communications. Here's a summary of how some of the key projects will progress in 2019.

## Adur and Worthing

- **Shoreham Harbour Joint Area Action Plan:** this sets out a framework for the redevelopment of Shoreham Harbour. It's hoped to be adopted in the summer.
- **Burrscofte and Pond Road, Shoreham:** Burrscofte, a former county council care home, will be demolished in 2019 and redevelopment options published.
- **Decoy Farm, Worthing:** funding has been secured to support delivery of 15,000sqm of new employment floor space. A planning application is on track to be submitted in the autumn.
- **Portland Road, Worthing, street scene improvements:** following discussion with local people early in the year final preliminary designs will be completed by April.

## Arun

- **A new marketing brand** for Bognor Regis to encourage new businesses and investments along with a regeneration website [www.bognorregisregeneration.com](http://www.bognorregisregeneration.com) will launch in June.
- **A29:** progression of the designs for a 4km bypass to the east of Eastergate, Westergate and Woodgate villages.
- **A284 Lyminster bypass:** a planning application for a new link road that will provide north-south access to Littlehampton for residents and businesses by improving accessibility and connectivity to the A27 at Crossbush will be determined in early 2019.
- **Planning application** for a new £3m Pavilion Park in central Bognor Regis will be submitted in 2019.
- **Detailed planning application** for significant employment space at Enterprise Bognor Regis to the north of the town expected early 2019.

## Burgess Hill

- **A2300:** following positive public feedback, detailed design work is continuing together with the appointment of a contractor with work planned to start on the dual carriageway in 2020.
- **Place and Connectivity Programme:** £10.9m funding package was secured in December 2018 with detailed work continuing between county and district councils to design and deliver significant improvements to pedestrian, cycle and public transport provision within Burgess Hill.
- **Northern Arc:** planning application submitted by Homes England which is due to be determined in summer 2019. The Northern Arc will provide 3,500 new homes, three new schools, significant employment space, local centres including one for sport together with major improvements to local transport infrastructure.

## Chichester

- **Chichester Vision:** a Transport Feasibility Study will take place to identify opportunities to improve pedestrian and cycle connections between the city centre, Northgate, West Street and the Cattle Market. WSCC continue to work with Chichester District Council and partners on several projects, including building gigabit-capable broadband at key public sector sites.

## Crawley

- **Queensway:** construction work started in January to continue high quality paving creating space for a market, larger disabled parking bays and new planting along the edge of Memorial Gardens.

- **Station Gateway:** work will continue with partners to bring this prestigious development of new housing and improved station facilities forward.
- **Eastern Gateway:** a proposal to improve connectivity between Crawley College, the Town Hall and a number of other development sites with the Town Centre.
- **Walking and cycling proposals** for Crawley will be developed and progressed.
- **Access and street scene improvements** in Manor Royal will be delivered.



## Horsham

- **The Horsham Growth Deal:** was signed recently - implementation plans for key projects in the town centre, north of Horsham and Hurst Road will be agreed between the county council and Horsham District Council (HDC) in early 2019.
- **Horsham Enterprise Park (former Novartis site):** the outline planning application is anticipated to be determined by HDC in the spring.
- **Relocation of Horsham Fire Station:** development of more detailed design plans this year.



### More information

- [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search 'growth deals'

## Ease the worry of paying for long-term care

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

### YOUR FIRST CONSULTATION IS FREE

- Website: [www.carewiseadvice.com](http://www.carewiseadvice.com)
- Email: [socialcare@westsussex.gov.uk](mailto:socialcare@westsussex.gov.uk)
- Phone: Adults' CarePoint 01242 642121

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## Support to get work

We're launching a campaign this spring to help inspire young people with special educational needs (SEND) to think about entering the world of work.

Those that are able to work often find their confidence grows, they make new friends, feel part of the community and become more independent.

Research shows the majority of young people with SEND are capable of getting paid employment, with the right preparation and support. However, national figures from the Department for Education show that only 6% of people with learning disabilities are in paid work.

Mike Smith from the county council said: "Many young people with special educational needs and disabilities have the capability and desire to work, but the low number that are actually in work shows there is much to do to improve the situation.

"We want young people with SEND to be excited about fulfilling their dreams of finding a job. At a time when some businesses are struggling to recruit and retain staff with the right skills, helping people with SEND



to gain employment could be the perfect solution for everyone."

The county council will be working with local schools, colleges and businesses to share ideas, resources, build on good practice and make it easier for young people to access the support and guidance they need to help achieve their ambitions. Guidelines are available for teachers about developing a specialist careers strategy, organising work experience, CV writing workshops, tailored training courses and working closely with local businesses to match young people with the right job.

The launch of the campaign will coincide with National Careers Week which runs from 4-9 March.



### More information

- [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search SEND (from early March).
- [www.nationalcareersweek.com](http://www.nationalcareersweek.com)
- [mike.s.smith@westsussex.gov.uk](mailto:mike.s.smith@westsussex.gov.uk)

## Celebrating apprentices

Have you recently completed a Higher/Degree or Advanced Apprenticeship in West Sussex?

If so, the county council and the Federation of Small Businesses (FSB) invite you to our West Sussex Apprentice Graduation ceremony on 20 May at The Hawth, Crawley.

The ceremony is not only for those graduating, but also for the family, friends and employers who were there along the way. So if your son, daughter, partner, employee, colleague or friend has recently completed their apprenticeship, let them know about the ceremony and come and join us.

The ceremony is open to Advanced and Higher/Degree Apprentices, who completed their Apprenticeship in a West Sussex business during 2018.

Kathy, 53, attended the 2018 Apprentice Graduation ceremony after completing her Higher (Level 5) Apprenticeship in General Adult Social Care. She said: "I was so proud to be there, and for my husband and boys to see what I had done." Kathy is now Deputy Manager at a residential care



home for the elderly in Barnham.

Faisal, 20, also attended last year and said: "I feel the graduation ceremony is very important in proving that apprenticeships are equally as important as doing a university degree. I only wish that more people knew about them."

Faisal achieved his Advanced Apprenticeship in Digital Marketing and works as a Product Design Lead in a high tech Horsham company.

This is the fourth ceremony organised by the county council and the FSB to celebrate apprenticeships and the opportunities they bring residents and businesses. You will be able to register for the graduation later in the spring at the website below.



### More information

- [apprentice.network@westsussex.gov.uk](mailto:apprentice.network@westsussex.gov.uk)
- [www.westsussex.gov.uk/apprenticeships](http://www.westsussex.gov.uk/apprenticeships)



## Generation games

A new weekly activity that brings two groups of people from different generations together has proved so popular it's become a permanent fixture.

Adults who visit Burgess Hill day centre service Burnside have been making a weekly visit to nearby elderly care home Edward House as part of their activities schedule. The Buddy Outreach Group sees the adults with learning disabilities leading activities with some of the elderly residents and forging friendships.

Andrew Hooley, Burnside's Assistant Day Service

Manager, said: "The idea of the Buddy Outreach Group is to show that it's not about the learning disability, it's about the ability; it's about what can be given back and brought to the community. Our people have such compassion and empathy and really want to get to know people, so it works beautifully.

"Sometimes elderly people can feel as though they are no longer visible, but now people are

coming in who are interested in them and want to know what Burgess Hill was like in the past. And they have some wonderful stories to tell."

The sessions include bingo, games and quizzes, as well as singing songs together. But most importantly, they have built relationships with each other.

Registered Manager of Edward House, Linda Bartley, said the visits were a highlight of the week for the residents. She said: "When the idea was suggested I thought it was absolutely brilliant, and it has gone down really well with our residents. They seem to have really gelled and look forward to the activities. Because it is going so well we have decided to make it a regular thing each week."





## An 'epic' event

The unique achievements and talents of young people in care were showcased and celebrated at the EPIC (Exceptional People in Care) Awards.

A highest-ever total of 283 nominees were recognised at the ceremony - toasting the inspirational, big-hearted and creative children in care and care leavers across West Sussex.

Organised by the Children in Care Council with support of the county council, this year's EPIC awards were Harry Potter-themed and were presented by CBeebies' Sid Sloane.

Many of the 625 children, families, carers and staff volunteers attending came as wizards to add to a spellbinding day.

## Responding to climate change

Climate change and global warming means here in the South East we can expect to see drier summers, temperatures increasing by 3-4° centigrade, as well as wetter winters.

While warmer summers sound really appealing, for our more vulnerable residents it can cause serious problems and result in existing medical conditions being made worse.

Hot weather can also affect air quality as changes to the climate can increase pollution levels, meaning more people will suffer with breathing difficulties. On top of this, changes to our weather will bring an increased threat of flooding, droughts, and water shortages - making it even more important to conserve water whenever we can.

To tackle this the county council is adapting the way we deliver some services and considering the changing needs of our residents. We're looking at what positive opportunities are available to us - for example longer growing seasons or increased tourism, which will boost the local economy.

We're also helping people, communities and businesses to help themselves and help each other through our 'What If?' programme. The aim is to help people prepare, respond and recover from events that disrupt the community from normal life.



### More information

- [www.westsussex.gov.uk/whatif](http://www.westsussex.gov.uk/whatif)
- [www.sussex-air.net](http://www.sussex-air.net)
- [www.heatalert.org.uk](http://www.heatalert.org.uk)
- [www.gov.uk/sign-up-for-flood-warnings](http://www.gov.uk/sign-up-for-flood-warnings)
- [www.airalert.info/Sussex](http://www.airalert.info/Sussex)



## Got your permit?

Are you a West Sussex resident who uses a van, pick-up or single-axle trailer to take items to a Household Waste Recycling Site (HWRS)?

If so, you now need a free permit to dispose of household waste at the county council's 11 HWRSs and two mobile sites. The scheme came into effect last October and the change is 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 authorities.



### More information

- [www.westsussex.gov.uk/permitscheme](http://www.westsussex.gov.uk/permitscheme)
- HWRS opening days and times can be found at [www.westsussexrecycles.org](http://www.westsussexrecycles.org)

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

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# Preventing falls

Falls don't have to happen as you get older. Keeping active can help you stay steady and increase your confidence.

Former nurse Chris Clow from Bognor Regis has been living with Meniere's disease since the early 1970s. The condition affects the inner ear and can result in hearing loss, as well as balance issues. For the last six years he has benefited from having hearing dog Belle living with him and his wife, but his concerns about falling meant he was looking for some extra support.

He said: "I have had three or four falls in the last few years, a couple of times in the garden and once on the beach. I thought if there was a way of lessening that happening, why not go and see if it works."

He signed up for Arun Wellbeing's Falls Prevention and Tai Chi course. The course, aimed at people who are 65 or over and who have a concern about falling, begins with an awareness workshop that aims to help build confidence and reduce the risk of falling. This is then followed by eight weeks of Tai Chi to build strength and balance. The exercises can provide real benefits in terms of helping to reduce the risks of falls in older people.

Chris said: "Besides hearing about things you



can do to prevent yourself tripping and falling, there was also advice on looking out for the type of shoes you wear, not wearing old slippers, and taking care with mats around the place.

"The Tai Chi element has really strengthened my legs and it has increased my ability to balance. I have now reached the point where I can balance on one foot with my eyes shut. It has done a lot of good, and the fact I'm able to balance and prevent myself from falling has also instilled a sense of confidence in myself. I am less worried, I am aware, but less afraid. I'm a lot more confident going out and about. I would recommend it to anybody, because I fully believe you will see an improvement. It's not going to stop you falling, but you might not fall as often."

Daniel MacIntyre, the county council's Public Health Lead for Falls Prevention, said: "While Chris benefited from a physical activity programme, there are a number of exercises to improve muscle strength and balance that can easily be done in the home such as the Super Six. The temptation can be to stay snug inside during the colder months. However keeping active is important for older people - not only does it make you feel better but it can also help prevent falls."



## More information

• [www.westsussexwellbeing.org.uk](http://www.westsussexwellbeing.org.uk)  
and search 'falls prevention'

CUT-OUT AND KEEP



## Tips and hints

There are a number of things you can do to reduce the risk of having a fall, from making small changes at home to improving your strength and balance. Having a fall can also result in the fear of falling again.

- Keep active
- Look after your feet
- Manage your medicines
- Have regular eye checks
- Create a safer home
- Consider vitamin D
- Tell someone if you fall
- Speak to your GP if you're concerned.

Try doing these Super Six exercises three times a week as well as a daily walk.

Pick up one of our free guides from your local Wellbeing Hub or to find out more about staying steady.

To find your nearest Hub visit [www.westsussexwellbeing.org.uk](http://www.westsussexwellbeing.org.uk)

1



### SIT TO STAND

Sit up tall near the front of your chair. Place your feet slightly back and hip-width apart. Lean forwards slightly and stand up slowly - using your hands on the chair if needed. Step back until your legs gently touch the chair. Slowly lower your bottom back into the chair - using your hands if needed. Repeat up to 10 times.

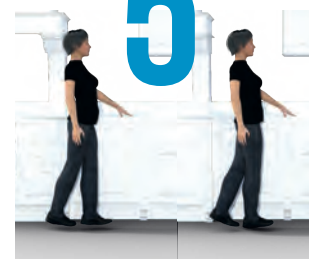
3



### TOE RAISES

Stand tall with your feet hip width apart. Hold your support. Slowly lift the front of your foot, keeping your knees soft. Try not to stick your bottom out. Lower the toes slowly. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time. Repeat up to 10 times.

5



### HEEL TOE WALKING

Stand tall, side on to your support. Walk 10 steps forwards placing one foot directly in front of the other so that your feet form a straight line. Look ahead and aim for a slow walking action. Only hold on if you need to. Take your feet back to hip width apart before turning slowly towards your support. Repeat the steps in the other direction.

2



### HEEL RAISES

Stand tall with your feet hip width apart. Hold your support. Slowly lift up your heels, keeping the weight over your big toes. Try not to lock your knees. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time. Repeat up to 10 times.

4



### HEEL TOE STAND

Stand tall, holding on. Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds - taking your hands off if possible. Take your feet back to hip width apart. Repeat with the other foot in front, balancing for another 10 seconds.

6



### ONE LEG STAND

Stand close to your support and hold on. Balance on one leg, keeping your leg straight but your knee soft. Stand tall. Hold for 10 seconds. Repeat with the other leg.



## The teams that are here to help

The county council's Prevention Assessment Teams (PAT) help thousands of residents each year retain independence in their own homes.

The teams normally work with people who do not receive other specialist health or social care services and offer support to help maintain wellbeing.

They can check your general state of health and wellbeing, and offer support and advice to help you make any changes to your life to make things a little easier for you. As well as letting you know what resources may be useful to you, they can also provide assistance to access practical and emotional support.

The teams work closely with carers' services, day centres, Sussex Partnership NHS Wellbeing hubs, neighbourhood watch schemes as well as many other voluntary and community services.

They can put you in touch with local social groups and activities, from history groups or art classes to whist drives, learning courses, such as computer skills, and sewing clubs, but equally they can help you keep your home safe, secure and warm.

The county council also provides a Working Age Adults' Service, which offers specialist support for adults of working age who face difficulties with everyday life, including people with high-functioning autism or Asperger syndrome.



### More information

- **Northern Prevention Assessment Team**  
Crawley, Horsham and Mid Sussex  
Phone: 01403 229510  
Email: PATnorth@westsussex.gov.uk
- **Southern Prevention Assessment Team**  
Littlehampton, Chancetonbury, Worthing and Adur  
Phone: 01273 268900  
Email: aaw.pat@westsussex.gov.uk
- **Western Prevention Assessment Team**  
Chichester District, Arundel, Pulborough, Billingshurst and Bognor Regis  
Phone: 01243 642370  
Email: PATwest@westsussex.gov.uk



## Sharing lives, having fun

When Tracy Long's children left home she found herself with two empty bedrooms on her hands. And despite initially enjoying the peace and quiet, she and husband Andrew realised something was missing from their lives.

Deciding they wanted to give something back to the community they took the brave step of opening their home to not one, but two complete strangers, and became Shared Lives carers.

Being a paid Shared Lives carer offers the opportunity to support an adult in your own home who is unable to live independently, providing an ordinary family life so that they can live or stay within the community. Carers can support up to three adults at a time and are paid a carer's fee for the support they provide.

For Tracy, it was a no-brainer. She had been working at a local care home, but found the shift work was taking its toll, and so wanted an opportunity to put her care skills to use, without the early starts and late finishes.

"Shared Lives was perfect for me," she said. "I needed something where I still had an income, but without the shift work. Now I feel far more relaxed, and I am still doing my job and doing what I love, but now it is in my own home. And we have a full and happy home again. It is incredibly rewarding."

In 2016 they welcomed 52 year old Daniel to their home, and he was joined last year by 18 year old Connor. The pair have struck up a strong friendship, which Tracy puts down to the matching process to ensure shared interests and personalities. "They are very good at matching you, which is crucial," said Tracy. "We all laugh so much; we will be sitting around the table having a meal together and just have such big belly laughs."

But Shared Lives is not just aimed at former carers. Andrew had no experience of care, having worked in construction for a large part of his life, but after receiving training and support from the



Shared Lives team he wouldn't look back now, even if there is some conflict over which football team they support!

"This has allowed Tracy and I to do something together," said Andrew. "I just love it. It is like a family home again; Connor goes off to college and Danny goes off to the day centre three days a week, so we do still get time to ourselves as well, and we have support carers when we need them."

Tracy added: "I wish I had known about Shared Lives when my own children were younger, as it would have been such a wonderful experience for them growing up to share their lives too, and to learn first-hand that everyone is different. I wouldn't have hesitated!"



### More information

- [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search 'Shared Lives'



## Keep warm and cut bills

Help is at hand if you're worried about keeping your home warm and rising energy bills. Here are our top tips to help you get on top of your home energy.

### Become a savvy switcher

If you've not switched energy supplier or tariff in the past year, there's a good chance that you're paying too much for your gas and electricity.

Many households get stuck on their energy supplier's most expensive standard tariff and could save up to £300 per year on average by switching to a better value, fixed price deal with your current or alternative supplier.

It's helpful to know some basic information before you start, including the name of your current energy supplier and tariff, how much energy you use each year (this will be on a recent bill) and whether you'll need to pay an exit fee to your current supplier.

Your local Citizens Advice Bureau can offer advice on switching and has an online tool to help you compare different energy tariffs. You can also speak to an advisor on 0344 477 1171.

### Switch to local energy

The county council launched Your Energy Sussex a year ago to encourage more people to switch and save. It is backed by 12 Sussex councils and already supplies competitively-priced gas and 100% renewable electricity to approximately 4,000 homes.

It works hard to keep its customers on its best tariff. It is run on a 'not-for-profit' basis too, which means that any surplus is used to help local people who are struggling to pay their energy bills.

It's quick and easy to get a no-obligation quote at [www.yourenergysussex.org.uk](http://www.yourenergysussex.org.uk) or by calling 0800 952 0001 free of charge.

### Speak to a home energy advisor

Your local district or borough council has advisors on hand to help eligible households to stay well and warm. They can provide free-tailored advice on switching, reducing your bills and getting home energy improvements, such as insulation and a new boiler, installed. You may be eligible for a visit if you live on a low income or have a long-term health condition or disability.

If you live in Crawley or Worthing boroughs, or Horsham, Mid Sussex or Adur districts, get in touch with the Local Energy Advice Partnership (LEAP) by calling 0800 060 7567 or visiting [www.applyforleap.org.uk](http://www.applyforleap.org.uk)

If you live in Arun or Chichester districts, call the Wellbeing Home team on 01903 737862 or send an email to [info@arunwellbeing.org.uk](mailto:info@arunwellbeing.org.uk)



#### More information

• [www.westsussexenergy.co.uk](http://www.westsussexenergy.co.uk)

# The beauty of Buchan

Witness the awakening of spring in the natural world at the county council's Buchan Country Park, an award-winning attraction in Crawley. The 170-acre Park is open 365 days a year, and is free to enter. Countryside ranger Tom Burns takes us for a walk in the Park.

Spring is nearly upon us and with it the promise of life starting again. It is at this time of year that the wildlife at the Park awakens on the heathland, in the woodland, amongst the meadows and below the water. Primroses, wild garlic, red campion and bluebells emerge providing a beautiful display of colour. If you venture among the trees you will find one of my favourite woodland flowers; wood sorrel. This low creeping herb with trefoil-shaped leaves and attractive white flowers carpets shady woodland areas.

In late spring, hawthorn and blackthorn shrubs in the hedgerows will flower and attract a wide variety of insect life including bees, wasps and butterflies. One of the first butterflies of the year that you can expect to see is the brimstone. The male is an attractive shade of yellow and it's thought that it is from this colour that the word 'butterfly' originates.

Spring sees a change of bird species. Redwings and other winter migrants have sheltered in the Park from the crueler winters in their summer territories. After spending the winter feeding on the windfall apples in our orchard, blackthorn sloes and cotoneaster berries in the hedgerow, these birds return to Northern Europe.

Our summer residents fly to the Park from as far away as Africa! Blackcaps, willow warblers and chiffchaffs flock to our coppiced woodlands and scrubby patches on the heathlands. It is in these sheltered areas away from disturbance and hidden from predators that they will warble their charming songs, nest and raise their young.

In summer, the open areas of heathland are home to one of our most special birds, the nightjar. Another African migrant,

they have strange folk names; 'goatsuckers' due to a mythical ability to take milk from goats and 'bugeaters' because of their diet. Often the first sign of these ground-nesting birds is the strange call of the male, a kind of churring that sounds almost mechanical. If you are fortunate you might see the male display flying by 'clapping' its wings and be able to see the white markings on his wings and tail, a sharp contrast to the extraordinary camouflage of the rest of the bird's body which makes it near impossible to spot them during the day.

Another wildlife highlight is dragonflies. The waters at the Park are designated a Site of Special Scientific Interest due to the variety of Odonata (dragonflies and damselflies). We counted 23 species two years ago. Being a countryside ranger is busy work. Fortunately we have the Friends of Buchan

Country Park volunteers that help us with a wide range of tasks from practical habitat management to running events.

We need more volunteers so if you, or someone you know, are interested visit [www.fobcp.org.uk](http://www.fobcp.org.uk)



#### More information

• Buchan Country Park, Horsham Road, Crawley, RH11 9HQ.  
• [www.westsussex.gov.uk/buchan](http://www.westsussex.gov.uk/buchan)

◀ The Brimstone butterfly is commonly found across Europe, Asia, and North Africa.

The redwing is a bird in the thrush family, native to Europe and Asia.





# Supporting victims

A new approach to supporting victims and survivors of domestic abuse has been launched in West Sussex.

The three-year programme adopts a 'whole family approach' and has been developed by survivors of domestic abuse. The partnership between the county council, UK wide domestic abuse charity SafeLives, and specialist frontline services makes West Sussex one of only two 'Beacon' sites in the country to pilot the work.

The West Sussex Connect project will provide a package of support for individuals and families experiencing domestic abuse, helping people recognise the signs of abuse before it escalates and offer a range of new interventions to address needs. Specialist support will be given to children and young people as well as those with complex needs, such as

substance misuse and mental ill health. Support will also be given to people who are still in a relationship or living with the abuser.

As part of the work, a project is also underway to work directly with perpetrators to challenge their behaviour and encourage change.



#### More information

- 01403 229017
- Connect@theyoutrust.org.uk
- In an emergency dial 999



## Understanding autism

A free event is being held to give adults with Asperger's and autism in West Sussex an opportunity to find out more about what it means to be autistic and what resources are available for them locally.

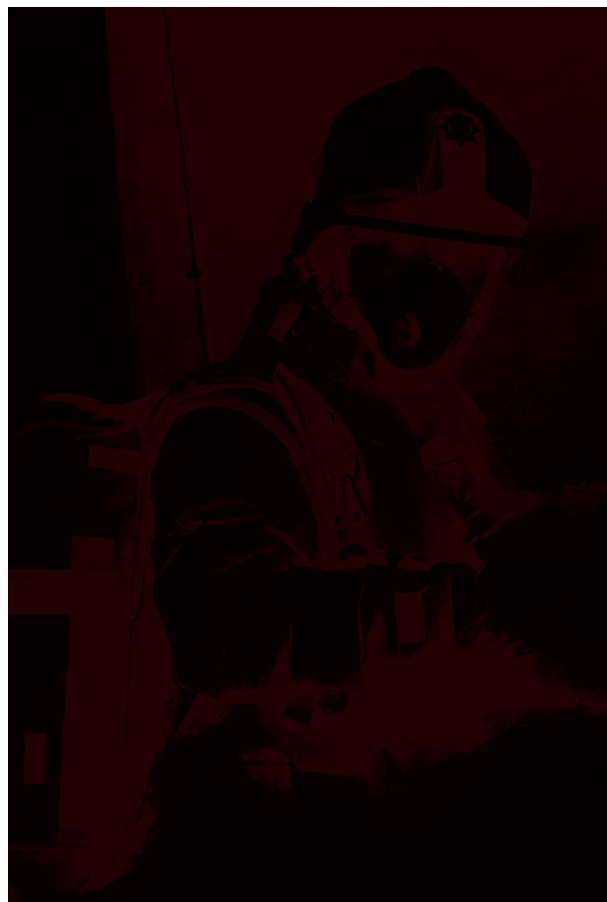
Understanding Autism 2019 will take place on Friday 3 May at Roffey Millennium Hall, Horsham. It will feature workshops on issues which commonly affect autistic people, information stands from a variety of services and local groups, one to one advocacy and a quiet room.

The event, funded by the county council, is being organised for a fourth year by Asperger's Voice, a self-advocacy group based in West Sussex. To book a place, or for more information contact James Parmenter.



#### More information

- aspergersvoice@gmail.com • 07471 353062
- Asperger's Voice, Old Post Office, 30-32 Station Road, Burgess Hill, RH15 9DS.



## Call for on-call

Could you become part of a life-saving service?

The county council's Fire and Rescue Service need more people to become on-call firefighters.

These are people who live in West Sussex who may have another job, but are called out via a pocket pager which is activated when they are called to respond to an emergency.

They could be called to respond to fires, road traffic collisions, flooding incidents or help to raise awareness of fire safety in their community. No experience is necessary. You must be at least 18 years old and live or work in close proximity to one of the county's 24 fire stations.



#### More information

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

**Connecting you to everything you need to live well and stay independent for longer**

**www.westsussexconnecttosupport.org**

Access help and advice.

Buy equipment to help you stay independent around your home.

Find a local club or group to keep active, meet like-minded people or develop a new skill.

Discover what care and support is available for you.

For help using the website, call Adults' CarePoint on **01243 642121** or email: **socialcare@westsussex.gov.uk**



INFORMATION AND ADVICE



THINGS TO DO LOCALLY



PRODUCTS AND SERVICES TO BUY



SOCIAL CARE SUPPORT

West Sussex  
**Connect to Support**  
.org





# Transforming the school run

We need your help to make the journey to and from school safer, healthier and more sustainable. Here are some ways you can help.

## 'School Keep Clear'

It is against the law to park on these markings (mostly located outside the school entrance) and carries a fine of £70. Parking on them reduces a pedestrian's visibility and causes congestion.

## School Safety Zones

Reduce your speed when approaching schools, and take consideration of the advisory flashing 20mph signs. These signs are active at drop-off and pick-up times, when the schools are particularly busy with the increase in numbers of children and cars. Reducing your speed to 20mph will significantly lessen the risk of a collision and possible injury as a result.

## School Crossing Patrols

Be cautious when approaching them, leave enough space between your car and the Patrol and wait for all pedestrians (including the Patrol) to step back on to the pavement before continuing forward.

Please respect the job they do in making the journey to school a lot easier for those who choose to walk. Also be aware that a number of School Crossing Patrols now have video cameras attached to their jackets. The county council is currently looking for volunteers for this service.

For more information call 0330 222 5450 or email [SCP@westsussex.gov.uk](mailto:SCP@westsussex.gov.uk)

## Use pedestrian crossings

Make good use of these crossings, even if it takes you slightly out of your way. They are there to make you more visible to motorists, and you are often walking with a group of other pedestrians, therefore creating a much safer place to cross the road.

## Take the bus where possible

At some stops 'Real-Time Information' is provided - this feature assists by providing constantly updated information to make the experience easier.

## Walk to school

All or part of the journey. This will help reduce congestion, and improves air quality which will benefit your child's health. Many schools have informal 'Park & Stride' locations that can help to ease the pressure at school entrances.

## Cycle to school

'Bikeability' cycling training is offered to schools, from year 5. Please think about your travel options on the journey to school. Sometimes changing habits can be a bit of a challenge, but at the same time can also make a really big difference to everyone.

The county council's road safety and local transport improvement teams work together to make the journey to school safer for everyone.



## More information

• [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search 'road safety'



# The road to recycling

Roads and recycling are not often mentioned in the same sentence, but an innovative, 'greener' construction method is being used at the A285 safety improvement scheme.

Roadside safety edges are being built between Halmaker and Petworth to give people more chance of staying on the carriageway if they lose control of their vehicles. But road planings, soil and other materials being removed to make way for the new edges are not going to waste – they are being recycled, significantly reducing costs and environmental impact.

It is estimated that a total of about 8,000 tons of materials will be recycled, with very little waste needed to be taken to landfill.

The £2.4million scheme started in October 2018, and is being funded through an award from the Department for Transport's Safer

Roads Fund. Improvements also include introducing a ribbed edge line, similar to the ones found on motorways and dual carriageways. More than half of the serious accidents on the A285 involve drivers leaving the road; the ribbed edge line will introduce an audible and tactile warning to drivers if they leave their lane – the width of which will also be made more consistent as part of the scheme.

Work is on course to be finished by April 2019.



## More information

• [www.westsussex.gov.uk](http://www.westsussex.gov.uk)  
and search 'roads'

Pictured, from top left, roadside planings and other materials excavated from the A285 site are taken back to the depot and stockpiled ready for recycling; heaped-up planings, awaiting the recycling process; the crushing and screening equipment used to form correct-sized aggregates for the hydraulically-bound material (HBM); the plant used for grading and mixing / manufacturing materials into HBM; quality-control testing cubes of HBM to check for required strength; the HBM is delivered to the A285; it's levelled and compacted; the binder course is applied and compacted; the finished product – showing the new roadside edge.



## SUICIDE PREVENTION

### It's good to talk

The county council is working together with charities and caring agencies to support local people who are feeling suicidal.

If you feel you could also help these vulnerable members of our community then the Samaritans want to hear from you.

'Listening volunteers' are needed to help people through tough times in their lives. You need to be open-minded and non-judgemental, and able to listen without telling people what to do.

To find out more about what this volunteering role involves, visit [www.samaritans.org/volunteer](http://www.samaritans.org/volunteer) or contact your local branch.

- Bognor Regis **01243 826 333**
- Worthing **01903 205 555**
- Horsham and Crawley **01403 276276**

## MENTAL HEALTH AWARENESS WEEK 13–19 MAY 2019



## More information

• [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

## 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 the service?

It's a quick and simple way of getting help at the touch of a button if you have an accident or emergency in your home. It's peace of mind from immediate contact with our highly-skilled Sussex based operators (24 hours a day, 7 days a week).

### 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](http://www.welbeing.org.uk)

**wel being**  
A DORO COMPANY







## Blooming marvellous!

A community garden that brought neighbours together and instilled a host of new skills in its owners has received the highest praise from South and South East in Bloom for the second year in a row.

Coastal Workshop Rustington has been awarded a level 5 Outstanding Award by the judging panel of the prestigious awards, which are run in association with the Royal Horticultural Society.

The garden at Coastal Workshop, a learning disability day centre, has come a long way from its origins as a car park in the summer of 2015. It was then that staff decided it provided the ideal opportunity to engage with the local community while also allowing the people who

use the service to acquire new skills.

In addition to growing a wide variety of flowers and plants, they also studied the artist Antoni Gaudi as well as art inspired by Alice in Wonderland and made mosaic artwork and displays for the garden.

After hours of work to tidy up the garden, their efforts paid off last summer when they were encouraged to enter South and South East in Bloom, bringing home their first award in the It's Your Neighbourhood category.

## Parenting information for all the family

A challenge facing many parents is filtering all the information given to them during pregnancy and beyond. Often this comes in the form of multiple leaflets, which are easy to misplace.



In West Sussex, families can now access Family Assist for support.

Family Assist is an NHS accredited online portal, which provides information, guidance and advice to expectant parents receiving maternity care from Western Sussex Hospitals and any family across the county with a child under the age of one. It also allows users to opt into emails which provide bitesize chunks of information relevant to their child's progress. There is also a function to ask questions directly to local health professionals.

Not only is the portal accessible by the mother, but other family members can be registered during the sign-up process so they can receive the same information as the child develops.

West Sussex grandmother Lisa Cosgrove, has been using the platform along with her family.

"It was really great being invited to Family Assist, it meant I could get up-to-date trusted information which

was different to what I was told when I had my own children. It's made a big difference."

A range of information is also available to all without the need to sign up, meaning that family members interested in a particular topic or area can take a look when they like. Support can be found on breastfeeding, what to take in your hospital bag, immunisations, bonding, speech and language, and much more.

The platform was developed in partnership between the county council, Western Sussex NHS Hospitals Foundation Trust, Sussex Community NHS foundation Trust and Oracle. Its vision is to grow the database for children right up to the age of 25.



### More information

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

## Behind the scenes at the council

Youth Cabinet members took a peek behind the scenes at the county council to see how it works.

Eight young members took the chance to shadow senior cabinet members, county council staff and an MP as part of the national Takeover Challenge day, which saw hundreds of young people step into the shoes of a wide range of adult jobs.

West Sussex Youth Cabinet members range in ages from 11-18 and are elected by their peers to represent all areas of West Sussex (likely to be where they live) and meet up once or twice a month.

Harley Collins, 14, (Chichester and West Arun), pictured, spent the morning with Deborah Urquhart, Cabinet Member for Environment, at Westhampnett Solar Farm and the Drayton depot with West Sussex Highways staff.

Harley said: "Learning about how West Sussex County Council's highways department manages its tasks with its ground teams was fascinating. I also learnt renewable energy is the future and learning about solar panels was amazing!"

Tom Van Den Berg, 16, one of the two Youth Cabinet members for Bognor Regis and Felpham, and Heather Smith, 13, (Southbourne), met up with Jeremy Hunt,

Cabinet Member for Finance and Resources, and Witterings county councillor Pieter Montyn. They joined a Performance and Finance Select Committee meeting and listened to some of the issues that were raised, including a budget update and key decisions taken in the Forward Plan.

Tom said: "I was really thankful to have the opportunity to sit around the table. I have a passion for politics and hope for it to become more than just a hobby."

Harley and Josh Patterson, 14, ended their day by meeting county council Leader Louise Goldsmith, and asked her many questions about her job.

Louise said: "I was delighted to have Josh and Harley spend part of the day with me and my team for an 'Ask the Leader' session. We spoke about various topics from school funding to youth consultations and a bit about Brexit and I was really impressed with both of them."



### More information

• [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search 'your space'



Harley Collins at Westhampnett Solar Farm





Masterchef champion 2018 Kenny Tutt, also supported the event.

## Showcasing West Sussex produce

West Sussex food and drink producers took centre stage at a tasting event at the Houses of Parliament with support from the council's economy team.

The invitation to hold the showcase came from Worthing West MP Sir Peter Bottomley.

Sixteen West Sussex food and drink producers, who sell a variety of products including cider, cheese, chocolate, wine, biscuits and butter, travelled up to London in November to showcase their products.

Visitors were given a 'passport' to West Sussex which was stamped by each of the producers at the event and entitled them to claim a free gift at the end to take away.

Alice Rendle from Edgcumbes Coffee Roasters and Tea Blenders said: "We found it to be a really beneficial event. We were able to engage directly with all the visitors - the idea of getting them to stop by every stand to get their passport stamped was inspired. People were interested in trying out samples and we gave lots away to take home, which was a good move as we have had plenty of additional sales online since. It gave us a chance to showcase our products in a well-known location, thus increasing our exposure hugely and allowing us to meet other producers too."

As well as Edgcumbes, the local businesses that attended were Bookham Harrison Farms, Trenchmore, Slake Spirits, Frog Hollow Catering, Noble & Stace Chocolatiers, Hepworth and Co Brewers Ltd, The Artisan Bakehouse, Rushfields, High Weald Dairy, Wobblegate, Bolney Wine Estate, South Downs Honey, Sam's Kitchen, Wiston Estate Winery and Highdown Vineyard.

Find out more about local food and drink in Taste West Sussex magazine. The next edition is out in March 2019.



### More information

- [www.westsussex.gov.uk/taste](http://www.westsussex.gov.uk/taste)
- [business.support@westsussex.gov.uk](mailto:business.support@westsussex.gov.uk)

## Promoting West Sussex at Gatwick Airport

Many passengers who arrive at Gatwick Airport head straight out of the county without realising the range of attractions West Sussex has to offer.

But now free promotional advertising space has been unveiled which shows the rich variety of experiences available in the county.

The advertising boards, in the south terminal, promote Experience West Sussex, an initiative led by the county council working with partners and businesses to boost tourism in West Sussex. In 2017 the initiative generated around £2 million in additional economic value for the local economy and businesses.

In total, more than 5.5 million international visitors arrive in the UK via Gatwick Airport each year and it's hoped the advertising space will tempt tourists to stay awhile in West Sussex.

And for residents who want inspiration this Easter then the Experience West Sussex website has plenty of ideas of places to go to, walks and cycle rides to enjoy, events to take part in, and visitor attractions to see.

Keeping the family amused during half term and the Easter holiday can prove challenging. But there's so much to do in West Sussex that you need look no further than your doorstep.

Visit now to plan your own adventure.



### More information

- [www.experiencewestsussex.com](http://www.experiencewestsussex.com)
- Twitter: @ExpWestSussex



## Join the walking party

Everyone in West Sussex is invited to a birthday party this summer ... there's just one catch - you have to walk 100 miles to get there!

The 40th Annual South Downs Way Walk will take place from 7 to 15 June, with hundreds of people setting off from Beachy Head on the 100 mile walk along the beautiful South Downs Way, part of which weaves through the wonderful West Sussex countryside.

Nine days later they will reach Winchester Cathedral and celebrate the 40th anniversary of this event with a party in the Guildhall. It all began back in 1980 when the county council led a 'one-off' walk across the South Downs.



### More information

- [www.southdownsway.com](http://www.southdownsway.com)

## The 40th Annual South Downs Way Walk

7-15 June 2019



[www.southdownsway.com](http://www.southdownsway.com)  
01903 813381



# Where in West Sussex?

Several readers have emailed to say they love the Mystery Photos feature and it's the first thing they read when Connections pops through the door! So here are some more photographs from the county council's archives that we need your help to identify. Please email [connections@westsussex.gov.uk](mailto:connections@westsussex.gov.uk) with your answers.



**1** Thought to be a bingo hall in Worthing but what was it called, where was it and what's the year?



**2** Location and date unknown but the photographer was Alex Low who lived at Dorlo House, Sea Lane, Ferring.



**3** This rural scene of a horse-drawn cart is thought to be in the Amberley area.



**4** Is it snow or chalk in this photo which shows two countrymen chatting by the thatched cottage garden gate. It may be in the Burpham or Arun valley area.

## October edition's mystery photographs



**Photo 1** remains a mystery with no-one suggesting a location for these Victorian labourers laying pipes. A clue was the photographer's stamp which read H.Steele, 74 Goldstone Rd, West Brighton (Hove). So we need to assume it is somewhere in the Brighton and Hove area.



**Photo 2** attracted just one suggestion that it is possibly Riverhill, near Petworth. The rural farmhouse with large haystack and was photographed by R.W.T Collins in 1932. Perhaps someone in the Riverhill Lane area could confirm?



**Photo 3** looks like Rectory House in West Street, Sompting, later enlarged and converted into The Rectory House Nursing Home. Formerly the home of Sompting's parish rector (vicar). Many thanks to Heidi and Vivienne.



**Photo 4** shows Soapers Cottages, off London Road (A29), Pulborough, north of the railway bridge. Susan Etheridge recalls "I was born and brought up in Stane Street close at the top of the hill. We often walked home along this path which cut between the houses and their front gardens, as it was more interesting than the main road which is just to the left, out of view."



**Photo 5** prompted a lot of replies, all identifying the aerial view as looking south along Loxwood Avenue, Worthing. The first turning right is Westdean Road, top left Alfriston Close and the fields on the right now belong to Thomas A Becket Junior School.

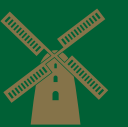


**Photo 6** is the winner with the most suggestions, all identifying St Mary's Funtington. The clincher was this email from current Rector Rev Christopher Huxtable: "The Parish now comprises St Mary (Funtington), St Andrew (West Stoke) and St Mary (Sennicotts), with West and East Ashling and part of Hambrook. Nice to see this photo, thank you!"



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

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](http://claytonwood.co.uk)



## WHAT'S ON IN WEST SUSSEX

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

## FEBRUARY

**January-December****The Horsham District Year of Culture 2019**

Join us as we celebrate with cultural and heritage events throughout 2019; [www.hdculture2019.co.uk](http://www.hdculture2019.co.uk); Twitter, Facebook and Instagram @HDCulture2019

**January-December****Wakehurst Winter Garden**

Stroll through Wakehurst's newly transformed Winter Garden. See shimmering bark, vivid stems and soft foliage in this reimagined space where 33,000 plants show the season at its best; [www.kew.org/wakehurst](http://www.kew.org/wakehurst) or call 01444 894066

**5 February-24 March****Petworth House****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 Book on 0344 249 1895; [www.nationaltrust.org.uk/petworth-house-and-park](http://www.nationaltrust.org.uk/petworth-house-and-park)

**16-24 February****Once Upon a Fairytale**

Explore the fantasy world of Fishers Farm at our 'Once Upon a Fairytale' week during February Half Term. Meet a unicorn, magic shows, fairytale trail, and so much more fun the whole family can experience; 01403 700063; [www.fishersfarmpark.co.uk](http://www.fishersfarmpark.co.uk)

**16-24 February****Family STEM Activities**

Take part in our family trail around the 36 acre site; Amberley Industrial Museum; 01798 831370; [office@amberleymuseum.co.uk](mailto:office@amberleymuseum.co.uk); [www.amberleymuseum.co.uk](http://www.amberleymuseum.co.uk)

**18-22 February****Spring Half Term Activities**

Wrap up warm and head to the Weald & Downland Museum for five days of creative half term family fun, from make and take activities to creative crafts; [wealddown.co.uk](http://wealddown.co.uk)

**26 February****The High Sheriffs of Sussex**

Talk by Dr John Godfrey and Caroline Nicholls; West Sussex Record Office, Chichester 7pm; tickets £8 (non-refundable); book on 01243 753602; [www.westsussex.gov.uk/ro](http://www.westsussex.gov.uk/ro)

## MARCH

**8 March-31 December****Surviving or thriving**

An exhibition on plants and us; visit Wakehurst for a new exhibition in the Millennium Seed Bank. Launching March 2019, the exhibition will investigate the State of the World's Plants report with interactive displays and installations; [www.kew.org/wakehurst](http://www.kew.org/wakehurst) or call 01444 894066

**6 March****Getting Started With Ancestry.co.uk Workshop**

10am-12pm; West Sussex Record Office, Chichester; £7.50 (non-refundable); refreshments provided; book on 01243 753602; [www.westsussex.gov.uk/ro](http://www.westsussex.gov.uk/ro)

**20 March****Fisherman's Friends**

A Horsham District Year of Culture 2019 event; the original 'buoy band' are ready to hit the road! tickets from the Capitol Box Office 01403 750220; [www.thecapitolhorsham.com](http://www.thecapitolhorsham.com)

**26 March****The Anti-Slavery Movement in West Sussex Talk**

by Dr Richard Huzzey; West Sussex Record Office, Chichester; 7pm; tickets £8 (non-refundable); book on 01243 753602; [www.westsussex.gov.uk/ro](http://www.westsussex.gov.uk/ro)

**30-31 March****Mums Can Do**

There is so much to do at Amberley Industrial Museum this weekend for mum. They can experience activities such as pottery, train driving and bus conducting; 01798 831370; [office@amberleymuseum.co.uk](mailto:office@amberleymuseum.co.uk); [www.amberleymuseum.co.uk](http://www.amberleymuseum.co.uk)

## APRIL

**3 April****Reading Old Handwriting Workshop**

10am-12pm; West Sussex Record Office, Chichester; £7.50 (non-refundable); refreshments provided; book on 01243 753602; [www.westsussex.gov.uk/ro](http://www.westsussex.gov.uk/ro)

**6 April****Dame Patricia Routledge and Piers Lane Admission One Shilling.**

A Horsham District Year of Culture Event; the extraordinary story of Myra Hess and her famous wartime National Gallery concerts; tickets from the Capitol Box Office 01403 750220; [www.thecapitolhorsham.com](http://www.thecapitolhorsham.com)

**6-22 April****Easter Trails Around the Museum**

Win your chocolate surprise! Amberley Industrial Museum; 01798 831370; [office@amberleymuseum.co.uk](mailto:office@amberleymuseum.co.uk); [www.amberleymuseum.co.uk](http://www.amberleymuseum.co.uk)

**6-22 April****Petworth House Cadbury Easter Egg Hunt**

Bunny's friends have gone missing. Map open, compass in hand and ready to count paces, find Bunny's friends to earn your chocolate reward. £3 per trail [www.nationaltrust.org.uk/petworth-house-and-park](http://www.nationaltrust.org.uk/petworth-house-and-park)

**6-22 April****Easter: Horrible Science at Wakehurst**

Follow the trail of the 'Wicked Weeds' to claim your chocolate prize. Examine really nasty plants, the stinkiest seeds and discover the gruesome deaths of famous botanists. [www.kew.org/wakehurst](http://www.kew.org/wakehurst) or call 01444 894066

**6-21 April****A Hopping Easter Adventure**

Crack open the fun with the family favourite 'Easter Egg Hunt' (Easter weekend only) or lucky visitors might see a lamb being born! 01403 700063; [www.fishersfarmpark.co.uk](http://www.fishersfarmpark.co.uk)

**6-22 April****Bertram Bunny's Easter Adventure**

Help Bertram find the 10 golden eggs on a new Garden trail; £2 per trail, plus Garden admission, including a chocolate reward; Borde Hill Garden; 01444 450326; [www.bordehill.co.uk](http://www.bordehill.co.uk); [info@bordehill.co.uk](mailto:info@bordehill.co.uk)

**8-22 April****Easter at the Museum**

The Weald & Downland Museum is a wonderful place to visit at Easter. From our traditional Easter weekend to family-friendly activities - there's something for everyone; [wealddown.co.uk](http://wealddown.co.uk)

**17 April****Family Bushcraft**

Buchan Country Park, Horsham Road, RH11 9HQ; 10am-3pm; Learn bushcraft skills together as a family. Rangers will show how to build a debris den, light a fire without matches, saw up logs, paint a picture with natural paints and make charcoal in a sweet tin. Includes lunch cooked over an open fire. Booking essential at [www.westsussex.gov.uk/countryevents](http://www.westsussex.gov.uk/countryevents) [www.westsussex.gov.uk/buchan](http://www.westsussex.gov.uk/buchan)

**21 April****Friends of Buchan Country Park Easter Egg Hunt**

Horsham Road, RH11 9HQ; meet at the Countryside Centre at 11am; Cost £3; Drop in, no need to book; [www.fobcp.org.uk](http://www.fobcp.org.uk)

**29 April-4 May****Oscar Wilde's The Picture of Dorian Gray**

A Horsham District Year of Culture Event; a bold new production starring Jonathan Wrather based on the classic novel celebrating Wilde's wonderful language; Matinees Wednesday and Saturday; The Capitol Box Office 01403 750220; [www.thecapitolhorsham.com](http://www.thecapitolhorsham.com)

**30 April****Chichester Festival Theatre Talk by Katherine Slay**

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

## MAY

**1 May****Researching the History of Your hHouse Workshop**

10am-12pm; West Sussex Record Office, Chichester; £7.50 (non-refundable); refreshments provided; book on 01243 753602; [www.westsussex.gov.uk/ro](http://www.westsussex.gov.uk/ro)

**5-6 May****The Good Life: Revive, Recycle, Restore**

Learn how to bring a new lease of

life to you and your possessions. Uncover the path to sustainable living and be inspired to start your own projects; [wealddown.co.uk](http://wealddown.co.uk)

**10 May-30 September Sculpture Exhibition - 20th Anniversary Celebration**

See the Garden transformed into an outdoor gallery with a diverse collection of sculpture to excite and delight; Borde Hill Garden, 01444 450326; [www.bordehill.co.uk](http://www.bordehill.co.uk); [info@bordehill.co.uk](mailto:info@bordehill.co.uk)

**17-19 May****West Sussex Art Fair**

1000s of contemporary and traditional artworks for sale, exhibited by galleries, collectives and independent artists; Goodwood Racecourse; Selhurst Park Road, Chichester, PO18 OPS; Tickets: £12 Fri PV / £5 Sat & Sun; [www.sussexartfairs.co.uk](http://www.sussexartfairs.co.uk)

**25 May****Food for Free**

Buchan Country Park, Horsham Road, RH11 9HQ; 1-3pm; join a Ranger to hunt for the plants our ancestors used as food and medicine. Finish with a bowl of nettle soup! Booking essential at [www.westsussex.gov.uk/countryevents](http://www.westsussex.gov.uk/countryevents) [www.westsussex.gov.uk/buchan](http://www.westsussex.gov.uk/buchan)

**25 May-2 June****Princesses and Pirates**

We be 'avin a load of Pirates and Princesses descend on Fishers this May Half Term. Follow the Pirate Trail and sing-a-long on stage in the Barn Theatre; 01403 700063; [www.fishersfarmpark.co.uk](http://www.fishersfarmpark.co.uk)

**25 May-2 June****Nature: No App for That**

Put down your electronic device and spend a week of activities connecting children to nature; £2 per trail, plus Garden admission, includes a prize; Borde Hill Garden, 01444 450326, [www.bordehill.co.uk](http://www.bordehill.co.uk); [info@bordehill.co.uk](mailto:info@bordehill.co.uk)

**23-25 May****Goodwood Racecourse****May Festival featuring the Goodwood Food Show**

A three-day horseracing fixture combining local artisan foods and demonstrations from Michelin Starred Chefs; tickets from £21; [www.goodwood.com](http://www.goodwood.com) or 01243 755055.

**28 May****D-Day 75: West Sussex by Alan Readman**

Talk at West Sussex Record Office, Chichester, 7pm; tickets £8 (non-refundable); book on 01243 753602; [www.westsussex.gov.uk/ro](http://www.westsussex.gov.uk/ro)

## JUNE

**5 June****Newspapers for family and local history Workshop**

10am-12pm; West Sussex Record Office, Chichester; £7.50 (non-refundable); refreshments provided; book on 01243 753602; [www.westsussex.gov.uk/ro](http://www.westsussex.gov.uk/ro)

**14 June****Nightjars, Bats and Evening Chorus**

Buchan Country Park, Horsham Road, RH11 9HQ; 9-11pm; join a Countryside Ranger for an evening amble in search of nightjars and bats. Have a go with a bat detector, watch bats hunting over the lake and listen out for 'churring' nightjars. Booking essential at [www.westsussex.gov.uk/countryevents](http://www.westsussex.gov.uk/countryevents) [www.westsussex.gov.uk/buchan](http://www.westsussex.gov.uk/buchan)

**21-29 June****The Capitol Horsham presents A Midsummer Night's Dream**

A Horsham District Year of Culture 2019 Event; Open-air at Knepp Castle, West Grinstead, RH13 8LJ; tickets from The Capitol Box Office 01403 750220; [www.thecapitolhorsham.com](http://www.thecapitolhorsham.com)

**23 June****Friends of Buchan Country Park Dog Show**

Horsham Road, RH11 9HQ; 11am-3pm [www.fobcp.org.uk](http://www.fobcp.org.uk)

## JULY

**3 July****Royal Navy records for family historians Workshop**

10am-12pm; West Sussex Record Office, Chichester; £7.50 (non-refundable); refreshments provided; book on 01243 753602; [www.westsussex.gov.uk/ro](http://www.westsussex.gov.uk/ro)

## Amberley Industrial Museum

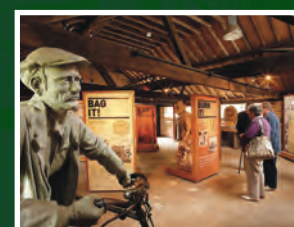
New Barn Road, Amberley, BN18 9LT

**£1 off per person to the maximum of 4 per voucher. Or £5 off a family ticket\***

Valid from 16 February to 23 July 2019.

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

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## NHS HEALTH CHECK

Helping you prevent  
diabetes  
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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](http://www.westsussexwellbeing.org.uk/healthchecks)

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

### NORTHERN PREVENTION ASSESSMENT TEAM

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

**Burgess Hill:** Age UK Cherry Tree on 5 March and 4 June.

**East Grinstead:** East Grinstead Library on 5 February and 7 May.

**Haywards Heath:** Oaklands on 4 April.

**Crawley:** Crawley Borough Council on 21 February, 21 March, 18 April, 16 May and 20 June • Crawley Library on 29 March • Broadfield Library on 19 March.

**Horsham:** Horsham Library on 14 February, 27 March, 16 April, 23 May and 13 June.

### SOUTHERN PREVENTION ASSESSMENT TEAM

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

**Henfield:** Henfield Medical Centre on 12 February, 12 March, 16 April, 7 May and 11 June.

**Lancing:** Lancing Leisure Centre on 6 February and 15 May.

**Littlehampton:** Arun Civic Centre on 5 April and 7 June.

**Shoreham:** Glebelands on 25 March and 20 May.

**Southwick:** Southwick Library on 18 March.

**Worthing:** Durrington Community Centre (Tesco) on 20 February, 20 March and 29 May • The Wave Children & Family Centre on 30 April • Worthing Library on 28 March.

### WESTERN PREVENTION ASSESSMENT TEAM

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

**Bognor Regis:** Bognor Town Hall on 12 March and 14 May and Bognor Library on 13 March

**Chichester:** Westgate Leisure Centre on 7 February, 7 March, 4 April, 2 May and 6 June