

## Get your rubbish right

What should you put in your bins?

PAGE 18



## Return of the mystery photographs

Do you know where they were taken?

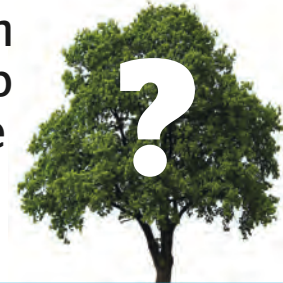
PAGE 20



## Air quality in West Sussex

How can you help improve our air?

PAGE 21



# West Sussex Connections

@WSCCNews  
@TasteWestSussex  
West Sussex Matters

February-June 2018  
Issue No.65

## You said, we did

We asked you how you would like to receive information about our services and here's what you said. Based on the comments you gave in the Connections survey we ran in the October issue, we have made some changes to the newspaper content to reflect what you want to read about.



**81%**  
OF SURVEY RESPONDENTS SAID THEY ALWAYS READ CONNECTIONS



First we asked if you always read Connections - 81% said 'always', 17% said 'sometimes' and just over 1% of respondents said 'never'.

Then we asked how you want to receive Connections, which is delivered by Royal Mail three times a year to almost every home in the county.

More than 88% of you said you wanted to receive a paper copy posted through your door. Almost 10% said you would like to pick up a copy from a local library, and 10% want to receive it online. Just over 1% would prefer it to be subscription only. You could pick more than one option.

What information and articles would you like to see more of? Several of you said you wanted school term dates printed, and this was not necessarily from parents. Some of you want to know when not to go on holiday and also when the roads will be clearer!

What can and can't be recycled was often mentioned. See the feature on page 18.

Some of you who live in the northern parts of the county want to see the spotlight on them for a change. One said: "The newspaper is too Chichester centred. Virtually all the events listed are in the Chichester area." Another commented: "Is East Grinstead a ghost town?! No mention of any events or news ever!" See opposite for details of our feature on East Grinstead on page 8.

"Bring back the old photos!" was the cry from several of you. We ran this feature for a few years - and they're back. See page 20 for eight genuine mystery photos that are in our archives - do you know where they were taken?

Other articles you want to see include air quality (page 21), trading standards (page 3), and family stories (pages 12, 16 and 17).

This is just a flavour of what you said, and we are constantly reviewing how to communicate with residents. Below are some ways you can contact us.

Read current and back copies at  
[www.westsussex.gov.uk/connections](http://www.westsussex.gov.uk/connections)

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

Follow the County Council on Facebook **WestSussexMatters** and Twitter **@WSCCNews**



## Spotlight on East Grinstead

Following reader feedback we have turned the spotlight on East Grinstead, including what happens at the library, news of job opportunities in the town, and details of clubs you might like to join.

You can also find out about an exhibition on the pioneering surgery carried out by surgeon Archibald McIndoe on the 'Guinea Pig Club'. His statue now stands in the town (see the photograph above).



## WIN GARDEN SHOW FAMILY TICKETS!

Enter our competition on page 23 to win family tickets for these garden shows.

The Garden Show at  
**FIRLE PLACE**  
20-22 April 2018

The Garden Show at  
**STANSTED PARK**  
8-10 June 2018

The Garden Show at  
**LOSELEY PARK**  
27-29 July 2018



**YOU SAID:**

'Please publish the school term dates'

# School term dates 2018

These dates may not apply to West Sussex academies, private schools, further education and sixth form colleges. Search 'term dates' online [www.westsussex.gov.uk](http://www.westsussex.gov.uk)

**Spring term**  
Ends Thursday  
29 March

**Summer term**  
Monday 16 April to  
Tuesday 24 July

**Summer half-term**  
Monday 28 May  
to Friday 1 June

**Autumn term**  
Monday 3 September  
to Wednesday  
19 December

**Autumn half-term**  
Monday 22 October  
to Friday 26 October

## APPROVED BUSINESSES

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



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19-21 Chapel Road  
Worthing, BN11 1EG  
☎ 01903 233 288

**YOU SAID:**

'I'd like a list of phone numbers for people who don't want to use the internet'

## TOP PHONE NUMBERS

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

Our contact centre is open Mon-Fri, 8am to 6pm

## Contact us

This newspaper, published by West Sussex County Council, comes out three times a year. It is delivered by Royal Mail to around 379,600 households across the county, and is also available online, and in surgeries, Help Points and libraries. It is printed on fully recyclable paper.

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

Editorial and 'Talking' edition: 0330 22 22399

Advertising: 0330 22 22409

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

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# Protecting the public

“  
YOU SAID:

‘I’d like to read more about the work that Trading Standards do.’

Look out for more Trading Standards stories in the June edition of Connections.

## More information

- Contact Trading Standards via Citizens Advice Consumer Advice 03454 04 05 06
- www.westsussex.gov.uk and search ‘trading standards’

## Pets without the paperwork

Trading Standards receives regular requests to attend Gatwick Airport when pets land in the UK without the proper paperwork (which verifies they are free of disease) or because of welfare issues.

In a court case late last year, Air Ukraine pleaded guilty to charges relating to a cat that landed at Gatwick on one of their flights. It followed a warning issued to the airline for similar incidents in the past.

A passenger had been allowed to carry her pet cat on to a flight from Iran to Kiev with onward passage to Gatwick. The cat travelled in the cabin, did not have relevant paperwork such as a pet passport and the carry box did not meet the requirements of the Live Animal Regulations.

The airline pleaded guilty to two charges under rabies and animal welfare legislation. The court ordered the Ukraine-based company to pay fines and costs of just over £35,000.

In another case a dog flying in from Madrid, Spain, classed as baggage, had pet passport issues and was in a crate that was too small (pictured).

The reason that a valid pet passport is required for pets entering the UK is that it verifies that the animal has been inoculated against rabies and poses no threat of bringing the disease into the UK.



## Short measures still being served

A catering company was found selling short measures of spirits at a West Sussex event.



The London-based company were operating a bar at an outdoor show in the county. The bar was using ‘ball bearing pourers’ which contravened weights and measures legislation. Officers calculated the illicit business gain on these pourers was approximately £100 per bottle. Legislation on short measure goes back hundreds of years – and it’s still a problem today!

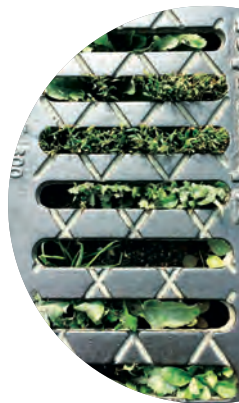
## Fuel for thought

Trading Standards has an ongoing programme of inspecting petrol stations to ensure there isn’t a risk of explosion or pollution from their operation.

Here are some examples of the sort of issues that arise – they were all found during a routine inspection of a petrol station in Mid Sussex:

- a partially-blocked interceptor gulley (see photo). This captures any large fuel spills and stores the fuel in a special holding tank, isolating it from the main drainage.
- high water levels in fill-point manholes – meaning that water was sitting on top of the tank filler area and could enter the fuel storage tank as well as causing corrosion.
- a malfunctioning loudspeaker system which is essential as it allows the desk to speak directly to people at the pumps if a dangerous situation arises.

The business acted quickly to correct the issues and accepted they should have taken better ongoing maintenance precautions. They have also started working with Trading Standards officers to improve systems going forward. It was decided a warning letter was appropriate, but the site will be closely monitored. If infringements are found further action will follow.



## Fake ‘Fingerlings’

UK Border Force at Gatwick Airport seized 1,200 ‘Fingerling’ toys that came in from Hong Kong on a cargo flight just before Christmas.

They had concerns over their safety and authenticity as they did not look like a genuine Fingerling toy. A Trading Standards officer was called in to investigate. One of the toys was then sent for safety testing.

Under EU law, every toy must have the name and address of the importer into the European Union clearly marked on the product. Most of the toys did have this information, but then officers found that neither the company nor the address existed. Investigations continued and officers discovered the name of an individual on the shipping documents to whom they directed enquiries.

As the name ‘Fingerlings’ has been trademarked by the authentic producer, these toys were not cleared for entry into the UK and will be destroyed when investigations are complete.



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## Adoption has changed my life

**“I don’t even think about the fact that I’m adopted,” said Laura.**

Now 16, she has benefited from the love and support of her parents, who adopted Laura with the help of the County Council’s dedicated adoption team.

Laura had a difficult start in life and was fostered and then adopted as a baby due to concerns about her safety. Sadly there are a number of babies and young children currently in a similar position, waiting for the chance to thrive as part of a loving family – something which Laura feels very grateful for having had the chance to do.

“I have felt very loved and supported throughout my childhood and welcomed into the family with no problems at all. I have never felt or been treated differently from all my friends and am so grateful for all my parents have done for me. The bond I have with them is even stronger because we’ve been through so much more than the average parent and child.”

“This whole experience has encouraged me to look into becoming a social worker because I am so grateful for how adoption has changed my life and I would like to be able to give something back. I would also like to consider adopting a child myself one day.”

Laura would like to encourage more people to consider adoption. “You will be giving a child such a wonderful start in life, full of love and support to guide them throughout their lives.”

### More information

0330 222 7777

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

# From ‘thinking about it’ to fostering!

We asked West Sussex couple, David and Kim, about their journey to becoming foster carers.

### What led you to apply to foster?

● **DAVID:** We had been motivated to do it for many years but the timing never seemed right. We’ve both worked with children and young people from various backgrounds. There are so many children that live in hardship or have not had a great start to life and when you witness that it makes you want to change the world for all of them, but in reality that’s not possible.

● **KIM:** After having our own children we knew we had the capacity to care for other children and add to our family. For us, fostering felt like the best way to be able to make a difference.

### How did the assessment process go?

● **DAVID:** It was far quicker than we expected but this does not mean it wasn’t thorough! The assessment goes into great detail, but we understood this was necessary because some of the children and young people we will support are extremely vulnerable. What was great was the care shown to us as a family – our social worker engaged with our children and played games that helped them to understand the changes that were ahead of us as a family.

● **KIM:** I was really nervous about the assessment. However, as the weeks progressed we got to know our social worker so well and felt such an ease talking to her. It was a completely non-judgmental process and we were confident that the information we shared would be used to ensure that the right match of child would be found for our family.

### To be approved to foster, you have to attend a panel, along with your social worker. How did this go?

● **DAVID:** When you hear the word ‘panel’ it immediately makes you think of judges on the X Factor or a Dragons Den type boardroom where



David and Kim Jones

you are being heavily scrutinised. But it didn’t feel anywhere near as intense as we had imagined. We were made to feel relaxed and were encouraged to have conversations that helped those on the panel develop a greater understanding of who we are and what we have to offer as a family.

● **KIM:** We were very nervous beforehand but we received a pack with information about the panel within it and our social worker gave us an idea of what to expect.

### How do you feel now that you are approved to foster?

● **DAVID:** When we were approved I remember feeling really happy, excited and proud. Having had a long term ambition to foster, it felt amazing to be approved and to know that we would soon be welcoming a child or children into our lives and our home.

● **KIM:** We felt a mixture of emotions including relief, excitement and happiness at being approved. We are so pleased to be able to start a new chapter in our lives.

### More information

0330 222 7775

[fostering.recruitment.team@westsussex.gov.uk](mailto:fostering.recruitment.team@westsussex.gov.uk)

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

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A QUARTER OF WOMEN IN WEST SUSSEX ARE NOT GOING FOR THEIR FREE CERVICAL SCREENING

# Women urged to have life-saving test



A quarter of women in West Sussex are not going for their free cervical screening test despite evidence it lowers the risk of cervical cancer.

The County Council's Public Health department is working with local NHS partners to reduce that figure and ensure women have this life-saving test, which can be carried out by a female nurse at your GP surgery.

The number of women attending for screening nationally is also dropping - the percentage of those having the screen, known as the 'smear test', is now at a 19 year low in England. The facts are:

- most cervical cancers develop in women aged 25 to 64;
- cervical cancer is the most common cancer in women under 35 years of age;
- regular screening lowers your chances of developing cervical cancer; and
- regular screening saves lives - in 2014, 726 women died from cervical cancer in England.

The screen itself is not a test for cancer. It looks for changes in cells on the neck of the womb (the cervix) caused by the Human Papilloma Virus (HPV). If left untreated, these cells in time could develop into cancer.

Women are invited to have their first cervical screen at the age of 25 and are routinely recalled for screening every three years up to the age of 49. From then on women are routinely recalled every five years up until they are 64.

Statistics for West Sussex show that 28% of women in the 25 to 49 age bracket, and 23% in the over 50 age group, don't attend.

## So why is this?

Jo's Trust, the cervical cancer charity, along with others, has undertaken surveys over recent years to try to find out about the barriers to women having their screening. Younger women in particular are embarrassed about the procedure and think it will be painful. Women going through the menopause can experience more discomfort during sample taking.

For most women the process of having a cervical sample taken is quick and only causes minor discomfort, however it is true that some women do find it a bit more uncomfortable than others. Sample taking is carried out at a GP practice by a female nurse. Some women opt to have their sample taken as part of their consultation at a community sexual health clinic. If you find the process uncomfortable

or feel embarrassed about it, you can talk to the nurse beforehand so she can make you as comfortable as possible in the very short time it takes to obtain the sample. Remember, she is likely to know exactly how it feels. If you want someone to be with you for reassurance, let the nurse know ahead of your appointment and she can arrange a chaperone or you can bring someone with you.

## Many women are fearful of an abnormal result.

Receiving an abnormal result rarely means cancer. For every 100 women having screening, 94 will have a normal result which means they have a very low risk of developing cervical cancer before their

next screen. 1 in about 1,000 women may have possible cancer cells in their sample and they will go on to see a specialist to have those cells treated.

## Asking for time off from work to attend my screening can be difficult.

One young woman in her early 30s said: "I work long hours and my office is quite a way from my local surgery so I used to find fitting in my smear test a real hassle. I'm really glad I did it though; last time they found a borderline anomaly, which needed investigation. It turned out fine but it was great to have that reassurance - certainly worth getting into the office an hour later than usual for."

## Some young women believe they don't need cervical screening if they have had the HPV vaccine.

The vaccine protects against the two types of virus that cause most cervical cancer but it doesn't protect against all HPV viruses. Girls who have been vaccinated still need to have cervical screening when they become 25 years old.

## Lesbian or bi-sexual women don't think they are at risk.

All women regardless of their sexual orientation should have cervical screening as they may have been exposed to HPV at some point in their lifetime.

## What about transgender people?

If you have not had a hysterectomy and still have a cervix then screening is advised. Talk to your GP practice about this to ensure you receive your invitation.

Your cervical screen is an important part of keeping healthy. Don't pass up the opportunity. If you didn't take up your last invitation, it's not too late to request your screening - ask at your GP Practice.

Employers can play their part too by making it easier for women to take time out for their screening. Jo's Cervical Cancer Trust, Time to Test campaign explains how you as employers can get involved. Find out more at [www.jostrust.org.uk](http://www.jostrust.org.uk)

You can get more information, including easy read information and audio information about cervical screening at NHS Choices [www.nhs.uk/conditions/cervical-screening](http://www.nhs.uk/conditions/cervical-screening).

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# Keeping kids FireWise

The fire and rescue service is here to respond when things go wrong, but they work in the background to try to prevent incidents from happening in the first place.

The FireWise scheme works with children and young people who have an unhealthy fascination with fire. It aims to eliminate the likelihood of young people starting fires by educating them about the dangers and impact fire can have on them, those around them and their surroundings.

Advisors help young people understand the effects of their actions and make safer choices in the future.

For more information or to refer a youngster you think could benefit from a FireWise visit, please email us.

**More information**  
[targeted.education@westsussex.gov.uk](mailto:targeted.education@westsussex.gov.uk)



# Cutting kitchen fires

Our fire and rescue service attends more kitchen fires than any other type of fire. It takes just minutes for them to get out of control.

- Remember these basic tips to stay safe:
- Never let yourself be distracted while cooking
  - Take pans off the heat if you get called away from the cooker
  - Never cook if you're affected by alcohol or prescription drugs
  - Turn saucepans so that their handles don't stick out and aren't over another ring
  - Never put oven gloves or tea-towels down on to the hot cooker
  - Clean your grill pan after using it
  - Take extra care when deep-fat frying or cooking with oil. Use a thermostat controlled deep-fat fryer which will make sure the fat doesn't get too hot.

**More information**  
[www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search kitchen safety



# Support visits

Home visits by our fire and rescue service are evolving to offer those most in need with advice and peace of mind.

For many years they have visited homes to offer fire safety advice in a bid to reduce the number of house fires. But as they work in closer collaboration with other agencies visits are now able to offer more.

Fire service staff and volunteers can now signpost residents to support for many things including: risk of falls, loneliness and isolation, mental health issues, ill-health due to smoking, and access to benefits that enable them to remain at home for longer.

The aim is to not only protect people from the risk of fire but also facilitate the support which may help to improve health and quality of life.

If you're over 65, a lone parent or living with a disability, or you know someone who you think needs our help, request a Safe & Well Visit, call 0345 8729 719, lines are open from 9-5pm, Monday to Friday.

**YOU SAID:**  
'I would like to see more about the Fire Service in West Sussex.'

# Quit smoking

Fires caused by cigarettes, cigars and pipe tobacco are extremely dangerous, having resulted in over a third (36%) of all fire deaths in the UK in 2015/16 - more than any other type of home fire.

The fire and rescue service is urging smokers to ditch their habit on 14 March - No Smoking Day, not just for their health but to reduce the risk of fire at home too. For support to quit visit: [www.westsussexwellbeing.org.uk/smokingservices](http://www.westsussexwellbeing.org.uk/smokingservices)

**YOU SAID:**  
'Please give more information on help available to stop smoking'

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# Want to quit smoking?

Visit the West Sussex Wellbeing website:  
[www.westsussexwellbeing.org.uk/smokingservices](http://www.westsussexwellbeing.org.uk/smokingservices)





The Haven in Henfield has recently celebrated its second birthday - and the centre is going from strength to strength.

We previously featured The Haven when it opened its doors in November 2015. The building was formally Henfield Day Centre and was handed over to the community by the County Council. The centre is now run by Henfield Social Enterprise Community Interest Company (CIC) and welcomes hundreds of people through its doors each month. Particularly popular is the Haven Café, open weekdays from 10am until 4pm serving freshly cooked lunches, snacks and drinks.

It offers 15 daycare places per day for people with dementia on three days each week, run by Sussex charity Impact Initiatives. The employed staff are helped by a loyal band of local volunteers, who help out in a range of activities.

Its Thursday Club offers activities especially aimed at people who may be lonely or isolated. In addition, the centre has a range of groups, activities including hearing tests, classes and therapy sessions, minibus trips and a popular cafe.

Looking to the future, Impact Initiatives and the CIC are working towards extending the services to include a befriending outreach project and to be open seven days a week, as well as more

improvements to the building and grounds.

Digby Stephenson, Chairman of Henfield Social Enterprise CIC, said: "As the Henfield Haven enters its third year of operations it is very gratifying to be able to reflect on a truly good news success story.

"Since opening in November 2015 the Haven has become a vital part of the local community. It has harnessed the energy and commitment of a range of people and organisations, from the county council, Henfield CIC, local tradesmen, service provider Impact Initiatives and, most importantly, a loyal band of volunteers who freely give their time and expertise in the gardens, café and care of our customers. I am truly grateful to everyone who has contributed to it becoming a reality."

Call or email to find out more about The Haven, including the busy Friends Group which fundraises and promotes what the Haven has to offer.

#### More information

☎ 01273 494747

✉ [henfieldse@henfieldhub.com](mailto:henfieldse@henfieldhub.com)

## Let's build Carer Friendly Communities

Three in five of us will be family or friend carers at some point.

This means we may be looking after a friend or family member because of an illness, frailty, or drug or alcohol dependency.

While caring can be a fulfilling and positive experience, without the right support, it can also have a negative impact on our health, career and relationships. That's why we need to focus on building Carer Friendly Communities.

These communities support those looking after a family member or friend, while respecting and recognising the role they play.

Carers should also be able to be healthy themselves, to work if they want to, and to have a life of their own outside caring. Carer Friendly Communities treat carers as individuals with needs of their own, and not only as a carer of someone else. The most important step any organisation or individual can take is to adopt a carer-friendly attitude. Other ways could include:

- Putting policies in place to support carers, such as care leave or flexible working policies.
- GP surgeries offering appointments that fit around caring responsibilities.
- School and colleges offering positive discussions about caring, ageing and disability.
- High Street services like pharmacies, identifying carers and providing information and advice, signposting to carers where appropriate.

#### More information

🔍 Search 'Think Carer' at [www.youtube.com](http://www.youtube.com)

☎ West Sussex Carers Support 0300 028 8888



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

#### What is lifeline?

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

#### How do I get the service?

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

#### A service you can trust

- West Sussex based engineers and mobile response team
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- Buy with Confidence member
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For more info call 0845 076 6515  
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# Spotlight on East Grinstead



## YOU SAID:

'Please don't ignore the north of the county. There's more to West Sussex than Chichester!'



Archibald McIndoe at the piano in his ward at Queen Victoria Hospital surrounded by members of the Guinea Pig Club. © East Grinstead Museum, reproduced with their kind permission.

## Partnership with historic hospital

The Queen Victoria Hospital in East Grinstead has a fascinating history, rising to prominence during the Second World War.

It was the treatment centre for members of the 'Guinea Pig Club' - Royal Air Force and Allied Air personnel who had suffered severe burn injuries and underwent pioneering procedures under the care of plastic surgeon Sir Archibald McIndoe.

Since 2016 our West Sussex Record Office has been working in partnership with Queen Victoria Hospital NHS Foundation Trust, East Grinstead Museum and the Guinea Pig Club on a project

funded by the Wellcome Trust to catalogue, preserve and digitise the hospital archives from the 1930s to 1990s. The collection includes McIndoe's working papers and around 14,500 patient case files including those of the Guinea Pig Club themselves. As part of a programme of outreach activities to promote and encourage public access to the collection, the Record Office will be running a touring exhibition to go on display in libraries around the county from March.

Accompanying this will be a series of posts on the West Sussex Record Office blog <https://westsussexrecordoffice.wordpress.com/>

### More information

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

## Volunteering opportunities

Would you like to make music for people at a day centre, or could you be a relief receptionist? These were just two of the recent volunteering opportunities in the town. Others that regularly come up include volunteering in the countryside, with children, adults, young people or the safety and emergency services. Visit [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search 'volunteer'.

## Consider becoming a care worker

We're running a big recruitment drive to encourage more people to start working in care.

We need kind, positive, dependable people to consider this incredibly worthwhile career. It's perfect for anyone wanting to work flexible hours, gain qualifications and make a real difference to people's lives.

A recruitment event will be held on Thursday 22 February between 10am and 12pm at East Grinstead Library, 32-40 West Street, RH19 4SR.

### More information

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

## Here is where the heart is

East Grinstead Library is not only in the centre of the town but also at the heart of the community.



An example of successful partnership working, the Library has provided town, district and county council information and services to residents and visitors for many years, whilst also being the hub for services such as Citizens Advice and the National Careers Service.

The County Council's Children and Family Centre runs regular play and learn sessions and support for local young families at the Library. Mid Sussex District Council provides information and advice to residents on housing and council tax issues whilst the Town Council Town Twinnings invites you to join them for a cup of tea and a cake every Saturday morning.

The Tourist Information service provides information on the varied and interesting sights that the area has to offer.

East Grinstead Library has something to offer everyone, of all ages. The youngest members are always welcome at Baby Rhyme time, Toddler time and Story Magic sessions. Board games, Melody for the Mind and Knit and Natter sessions encourage

participation and support for the more mature.

Library members are welcome to use their free daily two hour internet access sessions, whilst for the IT challenged Computer Buddy volunteers are happy to assist customers with digital access, plus a drop-in session for quick IT answers on a Saturday afternoon.

In addition to offering access to the county collection of over 100,000 items, including books, DVDs, CDs and audio books, there is so much more to discover. So drop into East Grinstead Library and discover all the free services on offer. Access to e-products, such as e-books, e-magazines and e-audio books is free via the library website.

### More information

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

01342 332900 • 24-hour renewal: 01243 642110

[east.grinstead.library@westsussex.gov.uk](mailto:east.grinstead.library@westsussex.gov.uk)

East Grinstead Library, 32-40 West Street, RH19 4SR

## Walk, cycle, enjoy

There are many lovely walks around the town and into the countryside, including the Worth Way, which starts at Three Bridges and ends at East Grinstead station. Visit [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search 'walking'.



## Join up!

What clubs and groups are there in East Grinstead? There are almost 80 clubs listed on our webpages in the town, including macular support, over 50s badminton, chess and folk dance clubs, a horticultural society, yoga, bellringers and lacemakers. Visit [www.westsussex.gov.uk](http://www.westsussex.gov.uk) go to 'leisure, recreation and community' and then 'find a local club or society'.





# Could you save money by switching?

You can now buy your gas and electricity from a new, local energy supplier that's supported by the County Council. Why not see how much you could save by switching to Your Energy Sussex?  
It's easy to get a quote or switch at [www.yourenergysussex.org.uk](http://www.yourenergysussex.org.uk) or you can call them free of charge on **0800 952 0001**.

It's a good idea to have a recent gas and electricity bill to hand so you know how much you use and how much you would normally pay.

By launching a council-supported energy supplier, we are aiming to encourage more people in Sussex to compare their energy costs, switch and pay less for their gas and electricity.

Industry figures show that 75% of people haven't switched supplier or tariff in the past 12 months. These households could be paying up to £300 a year more than if they switched to the cheapest tariff available.

Your Energy Sussex is different to other energy suppliers because it doesn't make money for shareholders or directors' bonuses. Profits are used to help local people who are struggling to pay their energy bills.

Your Energy Sussex offers straightforward advice, excellent customer service and works hard to keep customers on the best energy tariff.

Your Energy Sussex supplies gas and electricity to residents in Brighton & Hove and East Sussex as well as West Sussex. Why not give Your Energy Sussex a call today?

## Affordable warmth scheme

West Sussex residents on low incomes and certain benefits can get help to make their homes warmer and more energy efficient through our Affordable Warmth scheme.

The County Council is working with YES Energy Solutions to fund and install insulation and energy efficient heating upgrades for residents that meet the eligibility criteria. This includes loft and cavity wall insulation, oil, LPG and gas boiler upgrades where the boiler is broken or deemed inefficient as well as new storage heaters.

The scheme is for people who own their home or rent it from a private landlord and is funded through the Government's Energy Companies Obligation (ECO).

If you think you or someone you know could qualify, contact YES Energy Solutions on 0330 0581 918 quoting 'West Sussex Affordable Warmth scheme'.

Residents who qualify for funding should be aware that, in the majority of cases, a customer contribution will be required to cover the full cost of the work.

### More information

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



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or call Sussexdown on

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## GuildCare

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Telephone: 01903 327327 or email [enquiry@guildcare.org](mailto:enquiry@guildcare.org) [www.guildcare.org](http://www.guildcare.org)

#### Options to suit your residential care needs:

- First class residential, nursing or dementia care available at our 3 Worthing Care Homes
- Spacious en-suite rooms
- 24 hour expert care and support
- Full activities programmes and outings
- Superb environments and landscaped gardens
- Home made, fresh seasonal food
- Respite and short stays available

#### Options to suit your community care needs:

- Respite services for people with dementia in the community and their carers
- Activities for the over 50s
- Two fully staffed centres for dementia
- Care in the community and home care services
- Community Outreach
- Services for children and young adults with additional needs

Registered Charity 1044658

## West Sussex Connections

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



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# Let's Get You Home

The County Council is working with the NHS in West Sussex to make sure patients spend no longer than they need to in hospital.

The Let's Get You Home initiative will support people to return home quickly and safely, or if this is not possible, to move to a care home or supported housing once treatment in hospital is complete. This will help Worthing Hospital, St Richard's Hospital in Chichester and East Surrey Hospital in Redhill have beds available for people who need them.

It will involve staff having earlier conversations with patients - usually within 24 hours of being admitted - about how they will leave and being given clear information about the choices available. There will also be more assessments on people's long-term care needs taking place in their own homes, where they can be assessed more accurately, rather than in hospital.

There is a lot of evidence to show that patients recover better away from hospital. For example, ten days of bed rest in hospital leads to the equivalent

of 10 years ageing in the muscles of people over 80. Patients may also become used to living in hospital, leaving them less able to manage in their own homes.

In addition, hospitals work hard to prevent infections but can't eliminate the risk of a patient catching one which they may be ill-equipped to resist.

There will be leaflets available on all of the hospital sites - Worthing Hospital, St Richard's Hospital in Chichester and East Surrey Hospital in Redhill - for patients and families to explain the initiative, the conversations that will take place, and the options available for local people outside of hospital.

## More information

[www.coastalwestsussexccg.nhs.uk](http://www.coastalwestsussexccg.nhs.uk)  
01903 708400

## Discover more about autism

A free event for West Sussex adults with Asperger's and autism is being held in Horsham.

Understanding Autism 2018 will take place on Friday 13 April, at Roffey Millennium Hall, 154-156 Crawley Road, Horsham RH12 4DT.

The event aims to provide an opportunity to find out more about what it means to be autistic and what resources are available locally. It will feature workshops on issues which commonly affect autistic people, information stands from a variety of services and local groups plus a quiet room.



The event is funded by the County Council and is being organised for the third year by Asperger's Voice self-advocacy group.

To book a place at the event, or for more information, contact Asperger's Voice's facilitator, James Parmenter by one of the methods below.

## More information

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

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**21.3.18 | 6.30-8.30pm**

Southwick Community Centre BN42 4TE

**27.3.18 | 6.30-8.30pm**

County Hall North (Parkside), Horsham RH12 1XA



**0330 222 7775**  
WWW.WESTSUSSEX.GOV.UK/FOSTERING



## Say 'no' to doorstep traders

Residents are being urged to say 'no' to doorstep traders and warn friends and relatives of the risks of selling to, or buying from, uninvited callers.

In the Littlehampton and Sompting areas, residents were recently persuaded to let people into their homes but the callers then went into other rooms without permission. After one such visit, a Sompting resident discovered a watch was missing and the incident is being investigated by Sussex Police.

Trading Standards Team Manager Richard Sargeant said: "The elderly are particularly vulnerable to a hard-sell, doorstep trader.

"We would always encourage residents to say no to doorstep purchasers and to warn elderly friends and relatives of the risks of dealing with these individuals. Callers may, for example, offer to buy jewellery and other valuable items from you. They may offer you far less than the item is worth and pressure you to make a quick decision."

In the past, victims of doorstep callers have included:

**CRAWLEY:** two strangers called at a dementia sufferer's home and claimed to be buying gold. He allowed them inside, they found a collection of coins and took them, saying they would return but they did not.



■ You can request a free 'No cold calling' pack which includes a 'no uninvited traders' door sticker by emailing [trading.standards@westsussex.gov.uk](mailto:trading.standards@westsussex.gov.uk) or contact **01243 642124**.

■ Free advice about all consumer problems is available from the Citizens Advice consumer helpline on **03454 04 05 06**.

■ To report an incident to Sussex Police call 101 or report online at [www.sussex.police.uk](http://www.sussex.police.uk) Always call 999 in an emergency.

**HASSOCKS:** an elderly Hassocks resident, suffering from the early stages of dementia, was approached by a trader claiming to value house contents with a view to purchasing items. The elderly man's son contacted Trading Standards and officers provided robust advice on dealing with doorstep sellers and put up a 'no cold callers' sticker on his front door. They also highlighted the risk that callers could be 'distraction burglars', distracting people with a convincing story, such as the need to investigate a supposed gas leak, or water-pressure drop, while they, or an accomplice, sneaks into the house to steal things.

**LITTLEHAMPTON:** men claiming to be antique and jewellery dealers made repeat visits to an elderly Littlehampton resident, who was persuaded to sell a large quantity of jewellery for well below the market value.

**WORTHING:** a doorstep caller looking to buy antiques and collectables pressurised the resident. The caller claimed the 'for sale' sign outside the home meant they 'must have something to sell'.

## LGBT Adoption and Fostering Week

With same-sex couples playing an increasingly significant role in adopting vulnerable children, people of all sexualities are being encouraged to find out more during this year's LGBT Adoption and Fostering Week.

Running from 5 to 11 March, the national Week encourages people from the lesbian, gay, bisexual and transgender (LGBT) community to attend a local information event and find out more.

The fostering team will be holding a drop-in information session on Wednesday 7 March from 9.30am to 1.30pm at Chichester Library and the adoption team will be holding an event also on 7 March from 6 to 9pm at The Ropetackle, Shoreham, BN43 5EG.

### More information

[www.lgbtadoptfosterweek.org.uk](http://www.lgbtadoptfosterweek.org.uk)



## How to report road repair problems

You can report problems such as potholes, road flooding, damaged pavements, and overgrown hedges that obstruct footpaths online at [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search roads and travel, then report a problem, or by using the Love West Sussex smartphone app (available on all platforms from your app store). If you do not have access to a computer, you can call 01243 642105, Monday to Friday, 8am to 6pm.



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# Families benefit from free childcare

We know the cost of childcare can often be a barrier in allowing parents to continue in, or return to, the workplace.

To support this, in September 2017 the government launched the 30 hours free childcare offer for working parents. If you are eligible, 30 hours childcare is available for 38 weeks of the year (just like the existing 15 hours scheme). Some providers will allow you to 'stretch' your 30 hours entitlement over or up to 52 weeks, using fewer hours per week.

Parents of eligible three and four year olds, who have successfully received an eligibility code via HM Revenue and Customs, could save up to £5,000 per year per child.

This scheme has only been active for six months, however parents in West Sussex are already reporting positive benefits.

One said: "The 30 hours childcare scheme really supports families to get a positive work-life balance, while the children build good social skills and have a wide range of opportunities to learn as they play."

Another parent added: "Without the funding my children would not be able to go to nursery and experience learning to be independent."

For childcare starting after Easter 2018, parents must check if they are eligible before the end of March 2018. Not all families get their code straight away, and you may be asked for further information as part of your application, so apply early! We encourage all eligible families to look into the scheme to help make an informed choice about how this could benefit them, and to talk to their chosen childcare provider(s) about how they offer the additional hours, including any costs.

## More information

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



## Celebrations for EPIC young people

Big hearts, talents, thinkers and strengths - all qualities of children in care and care leavers celebrated at the annual EPIC Awards.

This year's Exceptional People in Care (EPIC) Awards saw 218 people nominated for different categories which included Big Hearts, Big Talents; Big Thinkers; Big Strength; Inspirational Care Leaver; Inspirational Young Person in Care; and the Chris Lindfield award for Volunteering in the Community.

Sandra Twesigye and Naqeeb Saide were the two winners of the Inspirational Care Leaver Award. Sandra, 19, was recognised for facing overwhelming challenges and creating a positive pathway for herself through her own self-determination. She is now studying at university, worked hard at school and also volunteered every week at a tea-dance club for the elderly.

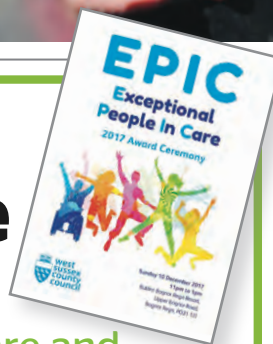
She said: "I'm so happy that other

people think I am doing a good job. I'm so glad my Leaving Care Personal Advisor and my school nominated me. I just feel like an ordinary person who is working hard, I'm so pleased to have this award it feels great!"

Supported by the County Council, the event was organised with the help of the Children in Care Council and Care Leaver's Forum who took control of the event, both on and offstage.

The event was brought to life with a Disney theme as the young people aimed to make the event more of a celebration with exciting and entertaining elements alongside formal recognition.

More than 400 people attended the event at Butlins, Bognor Regis.



## Support at school for young carers

An average school day can be very different for children who also look after a loved one at home.

We have compiled a learning resource for schools to help teachers, students and young carers themselves tackle the challenges they may face.

There are hundreds of young carers in the county but many go unnoticed and others do not even realise they are a young carer. The difficulty that schools and teachers face in spotting the signs that a child might be a carer was also highlighted in a recent survey by Barnardos.

The learning resource, from the West Sussex Young Carers Service, includes a short film which has been developed with young carers in West Sussex and highlights the difference each person's actions can have on a young carer's school day.

The resource also provides tools for teachers to introduce what can be a sensitive topic in a

school environment and includes young carer information for staff and lesson plans. The learning resource is available in all of the county's secondary schools to raise awareness of who a young carer is and what schools can do to help.

Katie Robinson, Team Leader for PSHCE (Personal, Social, Health and Citizenship Education), said: "As students, I think it will help them to identify if they are a young carer and that there is extra support available for them in and out of school. A lot of young people don't seem to realise they are a young carer as it is just the 'norm' for them."

## More information

[www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search for 'young carers'



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# Opening times at our Household Waste Recycling Sites

All of our Household Waste Recycling Sites (HWRs) will move to summer opening hours from 1 April. All sites will open, on their scheduled days, from 9am until 6pm from 1 April except for Bognor Regis, Littlehampton and Crawley which will open from 8.30am on the relevant weekdays.

The Worthing site will also be open seven days a week throughout the summer from 1 April. Some sites will still be closed two days a week, as they are currently. Winter opening hours remain in place until 31 March, which means all sites will close at 4pm throughout February and March.

WINTER OPENING TIMES (1 OCTOBER–31 MARCH)

SUMMER OPENING TIMES (1 APRIL–30 SEPTEMBER)

More information on opening times  
[www.recycleforwestsussex.org](#) or see chart below

CHART VALID UNTIL 30 SEPTEMBER 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BILLINGSHURST	9am–4pm	9am–4pm	9am–4pm	CLOSED	CLOSED	9am–4pm	9am–4pm
	9am–6pm	9am–6pm	9am–6pm	CLOSED	CLOSED	9am–6pm	9am–6pm
BOGNOR REGIS	9am–4pm	9am–4pm	9am–4pm	CLOSED	CLOSED	9am–4pm	9am–4pm
	8.30am–6pm	8.30am–6pm	8.30am–6pm	CLOSED	CLOSED	9am–6pm	9am–6pm
BURGESS HILL	9am–4pm	9am–4pm	9am–4pm	9am–4pm	9am–4pm	9am–4pm	9am–4pm
	9am–6pm	9am–6pm	9am–6pm	9am–6pm	9am–6pm	9am–6pm	9am–6pm
CHICHESTER WESTHAMPNETT	9am–4pm	9am–4pm	9am–4pm	9am–4pm	9am–4pm	9am–4pm	9am–4pm
	9am–6pm	9am–6pm	9am–6pm	9am–6pm	9am–6pm	9am–6pm	9am–6pm
CRAWLEY	9am–4pm	9am–4pm	9am–4pm	9am–4pm	9am–4pm	9am–4pm	9am–4pm
	8.30am–6pm	8.30am–6pm	8.30am–6pm	8.30am–6pm	8.30am–6pm	9am–6pm	9am–6pm
EAST GRINSTEAD	9am–4pm	CLOSED	CLOSED	9am–4pm	9am–4pm	9am–4pm	9am–4pm
	9am–6pm	CLOSED	CLOSED	9am–6pm	9am–6pm	9am–6pm	9am–6pm
HORSHAM HOP OAST	9am–4pm	CLOSED	CLOSED	9am–4pm	9am–4pm	9am–4pm	9am–4pm
	9am–6pm	CLOSED	CLOSED	9am–6pm	9am–6pm	9am–6pm	9am–6pm
LITTLEHAMPTON	9am–4pm	CLOSED	CLOSED	9am–4pm	9am–4pm	9am–4pm	9am–4pm
	8.30am–6pm	CLOSED	CLOSED	8.30am–6pm	8.30am–6pm	9am–6pm	9am–6pm
MIDHURST*	CLOSED	9am–4pm	9am–4pm	9am–4pm	9am–4pm	9am–4pm	CLOSED
	CLOSED	9am–6pm	9am–6pm	9am–6pm	9am–6pm	9am–6pm	CLOSED
SHOREHAM-BY-SEA	CLOSED	CLOSED	9am–4pm	9am–4pm	9am–4pm	9am–4pm	9am–4pm
	CLOSED	CLOSED	9am–6pm	9am–6pm	9am–6pm	9am–6pm	9am–6pm
WORTHING	9am–4pm	9am–4pm	9am–4pm	CLOSED	CLOSED	9am–4pm	9am–4pm
	9am–6pm	9am–6pm	9am–6pm	9am–6pm	9am–6pm	9am–6pm	9am–6pm

\*Subject to the planning restrictions on Midhurst site being varied by the South Downs National Park Authority, it is recommended that Midhurst site closing days switch from Sunday and Monday to Tuesdays and Wednesdays. If this happens we will inform residents.

CUT-OUT AND KEEP

## Emergency help in the heart of the community

Volunteers in Felpham became the first in the county to complete their training for the What If? Community Resilience Programme.

The newly-qualified members of the Felpham Emergency Resilience Team, are trained to help in an emergency before other services arrive. Around 20 people attended the initial meeting which asked for volunteers from the village to come forward.

West Sussex Fire and Rescue Service Resilience and Emergency Adviser, Chris Scott, said: “This is not just about emergencies, it is also a community bonding experience. There are lots of activities for groups to get involved with.

“We are looking at the different types of tasks which communities can get involved with and have a focus on keeping people safe and being seen. These groups help people in the community to do proactive work. For example, in the autumn, drains can become blocked with leaves. It’s about making people aware that it takes just two minutes to move the leaves from outside their home to prevent drains from blocking and flooding occurring.”



Among the items provided to the Felpham team were road signs, high visibility jackets, torches, shovels and glow sticks which were funded by the County Council. The volunteers have been trained to assist the emergency services whenever floods, power failures or extreme weather threaten to cause large-scale disruption. Their efforts are intended to save lives and property and reduce inconvenience in situations such as flash floods which caused extensive damage across Felpham in June 2012.

The sessions cover basic first aid, communications and the use of radio systems, as well as planning and preparation.

Parishes who wish to start their own resilience team should contact us.

**More information**  
[www.westsussex.gov.uk/whatif](#)  
[what.if@westsussex.gov.uk](#)

## Spotlight on CSE

March 18 is National Child Sexual Exploitation (CSE) awareness day which is designed to make sure we all think about, spot and speak out against CSE when we suspect something might be wrong.

Child sexual exploitation is defined as children being coerced or manipulated into sexual activity by an adult in exchange for money, gifts or attention.

Understanding what to look out for is key in trying to help the fight against CSE. There are many warning signs that might suggest a child is being sexually exploited, such as going missing from home or school or excessive and worrying use of social media.

Ask yourself; if a child isn’t in school or at home where are they? How are they being kept safe from harm? Have you noticed your child accepting and replying to messages at all hours or meeting up with people they have met online but know little about?

Across West Sussex, schools are helping young people to recognise the risk of exploitation but parents, carers and members of the community also have a role to play. The most important thing you can do is to trust your gut instinct. Watch out for young people who you believe are acting out of the ordinary or not in their usual character.

If you’d like to find out more information about what signs to look out for and how to get help, then visit the website below.

**More information** [www.westsussex.gov.uk/CSE](#)





## A rewarding career

Working in children's social care can be one of the most challenging, but also one of the most rewarding jobs.

People get into social work because they want to help people, make a difference and genuinely care about the children and families they work with.

Miriam, pictured, is a County Council social worker. She said: "My aim is to make the children I work with feel valued and supported at every point of their journey, and build a relationship of trust where experiences and feelings can be shared.

"As a social worker in West Sussex my team are like my work family and I feel valued and supported at work. I have found West Sussex to have a culture of valuing social workers as individuals and recognising different skills and strengths, also where success is celebrated.

"I feel valued, supported and safe. I know I can carry on doing my best to keep vulnerable children safe."

We are currently recruiting for roles within children's social care and if you or anyone you know would like to find out more we'd love to hear from you.

### More information

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

# Multi-million pound boost

Major road schemes, new school places, sustainable energy projects and boosts to the local economy are all part of a multi-million pound five year investment plan approved by the County Council.

The capital investment programme will see £800m invested as part of the West Sussex Plan.

There are five priorities in the plan - giving our children the best start in life, creating a prosperous place for us to live and work, making sure our communities are strong and sustainable places, helping people to be independent in later life and making sure the County Council works for you and your community.

The investment follows these priorities with more than 2,500 new school places planned by 2020, more than £164m invested in major road schemes, investment in local communities to support growth including £8m investment in Crawley, with a further £72m invested throughout West Sussex including at Burgess Hill, Horsham and Worthing.

There will be £48m invested in the future of sustainable energy with more solar farms, battery storage and solar panels on schools and £10m in dealing with waste in cleaner and more efficient ways.

To keep people independent for longer £2m will be

invested in extra-care schemes.

To keep us connected there will be an investment of £600,000 in superfast broadband infrastructure for homes and business and £8.7m investment in broadband infrastructure for public buildings.

To make sure we are making the very best use of all public buildings across West Sussex there will be an investment of £50m to transform our public buildings and land.

A further £3.1m will be spent on fire equipment to support our Fire and Rescue Service.

The programme also includes work designed to stimulate economic growth, directly providing or contributing to the creation of over 10,000 jobs, delivering nearly 600,000 square metres of commercial floor-space in key locations and unlocking the potential for over 15,000 new homes.

THE  
WEST SUSSEX  
PLAN  
2017-2022

### More information

[www.westsussex.gov.uk/campaigns/the-west-sussex-plan](http://www.westsussex.gov.uk/campaigns/the-west-sussex-plan)

## Looking to learn a new skill this Spring?

Aspire Sussex provides adult education courses across West Sussex. We have a huge range of daytime, evening and weekend courses, from Matisse to Mindfulness, there is something for everyone!

Pick up our brochure at your local library or browse our courses online. We look forward to welcoming you to Aspire this Spring.

Aspire  
SUSSEX learn | enjoy | achieve

[www.aspiresussex.org.uk](http://www.aspiresussex.org.uk)

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Email: [enquiries@aspresussex.org.uk](mailto:enquiries@aspresussex.org.uk)







Sally Knight and Joshua

# Volunteer for family fun

Volunteering with the Fun and Breaks (FAB) service involves supporting a child or young person with a disability and their family, usually for two hours a week or four hours a fortnight, at times agreed with the family.

Volunteers learn new skills, make friendships and, in some instances, volunteering with Fun and Breaks has led to a career change!

A volunteer may take the child or young person out to an activity such as a club, swimming or the park, or they may stay with them at the family home playing together, baking, reading, doing arts and crafts or simply relaxing. This allows parents, carers and siblings to have a rest, catch up on day-to-day activities or spend time with each other.

Volunteers receive training, supervision and an annual review, with support and advice available at all times during office hours. Volunteers are also able to use an 'out of hours' social work number.

## More information

www.westsussex.gov.uk/fab  
fab@westsussex.gov.uk 0330 2222 633

## THE VOLUNTEER'S STORY

Sally Knight has been with FAB for five years. She said: "I was originally matched with a family with two boys who are on the autistic spectrum and I continue to visit them one afternoon a week. I am involved with picking one of the boys up from school and usually doing some activity or helping with homework.

"In the holidays we try to plan some activities and days out that the boys will enjoy. Last summer Joshua, who is 12, and I had a really fun morning out together, all planned by himself. Joshua loves anything that involves trains, buses and lifts. We walked into town and went to a milkshake bar. I was reliably informed by Joshua that it's cool to take your shake on the bus so we caught the bus to Gatwick airport.

"He spoke to the driver and paid for the tickets and then chose us the best seats next to the window. I had a running commentary of all the stops on the way. Once at the airport Joshua navigated us over to the transit train which runs between the two terminals and we rode back and forth on it. It was great fun! Then we were back on the bus to town and a walk across the park to home.

"We had a lovely morning and I was really proud that he had been able to plan the trip and really enjoy it. I look forward to my visit every week and hopefully we can enjoy some more of these fun activities together next year."

## THE MOTHER'S STORY

Anna said: "Sally has been with us for over five years now, and I honestly couldn't imagine not having her in our lives! She has been a huge help and support to all of us over the years and become a close family friend.

"Some days she helps me by picking one of them up from school so that I can spend quality time with my other son, have some 'me' time, for my husband and I to spend some time together or simply run errands. Other days she and I take the boys out together and do an activity, whether it's going to the cinema, a National Trust place, 10 pin bowling or just to the park. She's very good and engaging with our two boys and they are both really fond of her. I cannot thank FAB enough for introducing Sally into our lives!"

### What type of person makes an ideal FAB volunteer?

The ideal volunteer will enjoy spending time engaging with children and young people with disabilities and doing fun activities with them. Volunteers must be over 18 years of age. This volunteer post is subject to an enhanced disclosure check via the Disclosure and Barring Service (DBS). The County Council will also take up references and make local authority and child protection checks.





# Let's get digital

“  
YOU SAID:

‘Although I’m an octogenarian, I would like to see less about old people and their needs’

The internet can be an intimidating place but new tips and advice are available to help residents use technology responsibly, respectfully, critically and creatively.

According to Barclays’ Digital Safety Index survey, no age group is completely safe from cyber-crime. Rather surprisingly, the survey found that young adults between the ages of 25 and 34 were twice as likely to be duped by cyber criminals than older generations. But help is on hand as the County Council has linked with Sussex Police and a national company Get Safe Online to offer advice to residents and businesses.

Tony Neate, from Get Safe Online, said: “It is estimated that if everyone were to have strong passwords and update their software they would

be 80% less likely to be a victim of cyber crime. It is important to share these messages with local businesses – however large or small as they can all find themselves targeted by criminals.”

To find out more about internet safety, pick up a ‘Get Safe Online’ leaflet at your local library or visit the website below.

#### More information

[www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search ‘staying safe online’

## TIPS FOR STAYING SAFE ONLINE

#### Create a strong password:

Simply choose three random words and then, if needed, add numbers and symbols. Do not use words which are related to you and may be easy to guess, for example by looking at your social media pages.

**Update your software:** Software updates contain vital security upgrades which help keep your devices secure.

**Security:** Download internet security software on all of your devices.

**Be in control of your online profile:** It’s never too late to adjust your account’s privacy settings and be mindful of posting personal information including photos which may give away details you want to keep private such as photographs showing children in school uniform.

#### Keep your child safe online:

This could be online behaviour, content suitability, parental controls, online relationships and how to report an issue. A guide produced in partnership with the West Sussex Safeguarding Children Board is available via [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and searching ‘staying safe online’.

## We said, you did

A befriending scheme has been overwhelmed by the response from Connections readers following an appeal for new volunteers in the last edition.

The West Sussex Independent Visitor Scheme matches volunteers with children and young people from eight to 17 years old who are looked after by the local authority and will not be returning home.

Within four days of Connections hitting people’s door mats in October, the scheme had already had 12 applications through the online form.

Team Manager John Dickson said: “The response from individuals wanting to apply to become an Independent Visitor (IV) has been overwhelming. We recently trained 17 potential IVs which will greatly bolster the number available to be matched with the looked-after children and young people that are currently waiting. In addition to this we currently have another 54 applications to process from a wide range of individuals across the county.”

It is hoped the number of Independent Visitors in West Sussex will be expanded to around 150 over the next few years. Recruitment will continue throughout 2018.

#### More information

[www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search ‘independent visitors’  
 [independent.visitors@westsussex.gov.uk](mailto:independent.visitors@westsussex.gov.uk)



Emma Mitchell, 21, is doing an 18-month placement as a communications apprentice.

## Apprentice graduation ceremony

Anyone working in a West Sussex business who has completed an Advanced or Higher/Degree apprenticeship during 2017 is being invited to the celebrations on Tuesday 6 March 2018 during National Apprenticeship Week.

The ceremony will be held at Chichester Cathedral between 6.30pm and 8.30pm. Graduates will receive a ceremonial pin and certificate.

Last year more than 400 people completed Advanced and Higher Apprenticeships in West Sussex and 65 people attended the ceremony. Qualifications ranged from apprenticeships in Accounting, Health and Social Care to Supporting Teaching and Learning.

If you are due to graduate from an Advanced and Higher Apprenticeship this year, please get in contact via email [apprentice.network@westsussex.gov.uk](mailto:apprentice.network@westsussex.gov.uk) or visit [www.westsussex.gov.uk/apprenticeships](http://www.westsussex.gov.uk/apprenticeships) for your invite.

## Steer them towards STEM

Would you like to inspire and enthuse the scientists, technologists, engineers and mathematicians of the future?

Coastal STEMfest is an annual series of workshops and events aimed at West Sussex school pupils and students. It culminates in an event called Big Bang@Butlin’s, which takes place this year in March.

Last year over 750 students attended and 25 local businesses provided a range of activities.

Organisers want to hear from businesses interested in:

- inspiring key stage 3 and 4 students to continue studying STEM subjects;
- developing their future workforce;
- promoting apprenticeships or pathways into their sector;
- raising the profile of their organisation; and
- increasing their links with local higher education and further education institutions.

#### More information

[coastalSTEMfest@brighton.ac.uk](mailto:coastalSTEMfest@brighton.ac.uk)  
 [www.coastalstemfest.co.uk](http://www.coastalstemfest.co.uk)

## Inspiring the next generation

Crawley STEMfest, an interactive festival of science, technology, engineering and mathematics, is now in its seventh year.

The 2018 festival will include in-school activities including professional STEM workshops from robotics to sustainability, as well as site visits with employers showing students what a career in STEM is really like. On 12 May there will be an interactive day for pupils called STEM in the Park – a hands-on, fun careers day for parents and children in the Memorial Gardens. The main celebration on 27 and 28 June is The Big Bang South East which is open to all schools across the South East and it is expected to attract more than 12,000 people.

Business people are invited to get involved by organising an activity, volunteering as a guide or competition judge or offering a site visit or talk. Crawley STEMfest is organised by STEM Sussex at the University of Brighton, in partnership with Crawley College and Crawley Borough Council.

#### More information

[www.crawleystemfest.co.uk](http://www.crawleystemfest.co.uk)  
 [crawleystemfest@brighton.ac.uk](mailto:crawleystemfest@brighton.ac.uk)



**YOU SAID:**  
'Please tell us  
more about what  
we can and can't  
recycle.'

# Is your recycling rosy or ropey?



You probably know all the regular items you can recycle – paper, card, glass bottles and jars, plastic bottles, tins and cans. But there are a whole load of things going in your bins that shouldn't be. Here are our top five.

## 1. Electrical gadgets

All electrical gadgets pose a fire risk if disposed of incorrectly, and the only correct disposal is at a Household Waste Recycling Site (HWRs). Inside a bin bag, they will get thrown in a refuse truck along with the rest of your street's rubbish, and the metal components and wires can easily rub against each other, or against the floor of the truck, and spark causing a fire risk. Our small electricals are also full of precious metals, even your phone very likely has gold, silver, copper, cobalt and nickel in it. There are two districts, Crawley and Arun, which can provide an alternative – they have specially adapted vehicles, so you can leave your electrical items outside on bin day (in a plastic bag) and they will collect them for you.

## 2. Batteries

We've had real problems with these lately (small ones; not big car batteries) at both our waste and recycling plants. We know they are tiny, but please don't put them in your bin. As with your gadgets, batteries pose a fire risk, and it only takes one to rub against metal and set alight. But the good thing is there are tons of places you can drop them off to recycle them – every supermarket, every DIY shop, and loads of high street stores have battery boxes. Or we have containers at our HWRs.



## 3. Food waste

Our figures show 12.5% of what we throw away is food that's been cooked or is still in a packet. That can't be good for anyone's pocket. We know that a third of your kitchen waste can be composted, but that's for your uncooked vegetable peelings and tea bags. For everything else, one of the easiest solutions is to find out what you can freeze – even milk and raw eggs can be frozen; get leftover recipe ideas; look at portion sizes, measure don't guess; download the Olio app and share things you won't use with people who will use it; and all sorts of things can be thrown in soup, even salad that's past its best.



## 4. Plastic food containers

Waste plastics are in the news a lot these days, and in West Sussex we accept pots, tubs and trays as well as plastic bottles. So it's a shame that our last study showed only 11% of plastic pots, tubs and trays are being recycled, and 89% are still being thrown away – many of them still with unopened/unopened food inside. If you are not already recycling pots tubs and trays, please do start – you'll be amazed at how much this takes out of your rubbish bin. If it has food in it, just empty that out and give the tub a quick rinse. Plastic takes hundreds of years to break down, but it could be turned into more plastic items, like football shirts, picnic benches or garden furniture..

## 5. Foil

We've been recycling foil for a really long time, but it seems more common for people to put foil in the bin. Our results show only about 5% is recycled, or just over a tonne; so we think residents are binning about 23 tonnes. Foil can often be mucky which puts people off recycling it, because they think it's difficult to clean. But that's a myth. A lot of food and sauce comes off foil with a quick dunk at the end of your washing up. If you have something a bit more stubborn, and are ready to run your dishwasher, lay the foil on top of items on your top shelf, and more often than not it will come out clean. So you can actually fold it up and reuse it another day! Or of course just recycle it. But don't waste precious metals, they can be used many times, not just once.



## What can I put in my recycling bin?

Items should be  
Clean, Dry and Loose  
**Not tied up in  
plastic bags!**

	✓ Yes please	✗ No thanks
<b>Paper &amp; card</b>	<ul style="list-style-type: none"> <li>Junk mail</li> <li>Cereal &amp; egg boxes</li> <li>Newspapers</li> <li>Telephone directories</li> <li>Catalogues &amp; magazines</li> </ul>	<ul style="list-style-type: none"> <li>Shredded paper</li> <li>Paper towels</li> </ul>
<b>foil</b>	<ul style="list-style-type: none"> <li>Clean takeaway containers</li> <li>Tin foil</li> </ul>	<ul style="list-style-type: none"> <li>Pet food pouches</li> <li>Crisp packets</li> </ul>
<b>glass bottles &amp; jars</b>	<ul style="list-style-type: none"> <li>Wine bottles</li> <li>Beer bottles</li> <li>Jam jars</li> <li>Sauce jars</li> </ul>	<ul style="list-style-type: none"> <li>Pyrex®</li> <li>Drinking glasses &amp; crockery</li> </ul>
<b>metal cans &amp; aerosols</b>	<ul style="list-style-type: none"> <li>Food cans</li> <li>Drink cans</li> <li>Pet food cans</li> <li>Empty hairspray &amp; deodorant aerosols</li> </ul>	<ul style="list-style-type: none"> <li>Batteries</li> <li>Electrical items</li> </ul>
<b>cartons</b>	<ul style="list-style-type: none"> <li>Fruit juice cartons</li> <li>Soup cartons</li> <li>Milk cartons</li> </ul>	
<b>plastic bottles &amp; containers</b>	<ul style="list-style-type: none"> <li>Milk/drinks bottles</li> <li>Bathroom/laundry bottles &amp; tubs</li> <li>Food, fruit &amp; ready meal pots, tubs &amp; trays</li> <li>Plastic container lids</li> </ul>	<ul style="list-style-type: none"> <li>Plastic bags &amp; film</li> <li>Plastic toys &amp; furniture</li> <li>Plant pots &amp; seed trays</li> </ul>

Contact 01243 642106 for more information & advice  
or visit [www.recycleforwestsussex.org](http://www.recycleforwestsussex.org)

**recycle**  
for West Sussex





## Getting back to nature

The members of Oak Community Project (OCP) certainly enjoy getting stuck into their work.

Each week they are getting involved in nature projects in the Worthing and Littlehampton area.

The OCP supports people who have learning disabilities and the project supports and promotes the benefits of being outdoors around wildlife, as well as enjoying the peace and tranquillity of the county's woodlands.

The volunteers recently won a Campaign for the Protection of Rural England (CPRE) Sussex Countryside Award 2017 for Environmental Education. The award recognised their inspiring work in contributing to protecting and enhancing the environment. One of the members said: "I love being in the woods helping plants and animals to grow, it's fab. Working in the woods helps me relax."

Recent projects have included linking up with the Friends of Whitebeam Woods in Durrington to coppice hazel. The coppicing work will help maintain biodiversity by allowing more light to the woodland floor, which will allow flora such as bluebells, celandine, dog violets and wood anemone to become established. This in turn attracts pollinating insects which provides a food source for songbirds.

The volunteers have also been working alongside the Friends of Ilex Way in West Worthing to help manage part of The Plantation woodland in Goring. The work has included removing sycamore, clearing brambles and nettles from around recently planted trees, clearing footpaths, and clearing an area ready for planting young oak trees that the group has grown themselves from acorns.

### More information

[www.facebook.com/oakcommunityproject](https://www.facebook.com/oakcommunityproject)



## Step out this spring in Sussex

The spring edition of Taste West Sussex magazine is out now.



With features including dog-friendly cafes and pubs, where to walk in West Sussex, and details of the first 'repair café' in the county, there is plenty to interest a range of residents. And there is also a bumper crop of competitions to enter, including locally grown flowers, a bumper bunch of gardening goodies and local gin.

Copies of Taste West Sussex are available at all our libraries, and over 200 other outlets throughout the county. You can also read the magazine online.

### More information

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

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## Hear Better Feel Better

If you struggle with your hearing, visit your local Hearing Specialists at the Horsham Hearing Centre.

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# Where in West Sussex?

Here are eight images from our Library Service and Record Office collections, but we don't know where they were taken. Can you help? Contact us with your suggestions or if you have any West Sussex mystery local images yourself. Email: [connections@westsussex.gov.uk](mailto:connections@westsussex.gov.uk)

**“**  
**YOU SAID:**  
**‘Please bring back**  
**the mystery vintage**  
**photographs**  
**feature!’**



1

There is a distinctive slope up away from the camera in this village scene; the house on the right has a 'For Sale' sign outside; the unmade road offers another clue.



5

So much for health and safety! A typical early 20th century postcard of a butcher's, but where was Dorsett's shop?



2

This significant timber-framed structure appears to be two separate dwellings, probably in a town rather than village.



6

If it survives this distinctive house should be recognisable to someone; another clue is the lych-gate to the right.



3

Saved for posterity by a refuse collector who worked for Mid Sussex District Council; they may be German POWs during World War One.



7

The Edwardian smocks and uniforms date the photograph but where is the school? Possibly the Worthing area?



4

Clearly near the Downs, but where? The names Mrs Marshall and Mrs Cole are pencilled on the back of this 1920s or 1930s postcard.



8

A fetching shepherdess and dog on or near the Downs, but who and where?



# Help improve our local air quality

**“**  
**YOU SAID:**  
**‘I’d like to read about how I can reduce air pollution’**  
**”**

Here’s how you can help improve the air that we breathe.

## What is air pollution?

It occurs when the amount of certain pollutants exceed air quality standards levels. There are a variety of different pollutants, but the main ones of local concern are nitrogen dioxide (NO<sub>2</sub>) and fine particles. National and European objectives define levels based on the known effect these pollutants have on human health. Objectives are set in law and local authorities have a statutory obligation to meet them.

## What damage does it do?

Air pollution is harmful to everyone. However, some people suffer more than others because they:

- Live in deprived areas, which often have higher levels of air pollution.
- Live, learn, or work near busy roads.
- Are vulnerable because of their age or have existing medical conditions like asthma.
- Long-term exposure to air pollutants contributes to the development of cardiovascular disease, lung cancer, and respiratory disease.

Air pollution also results in damage to the natural environment. Nitrogen dioxide contributes to the poisoning of soil and water courses, which impacts on animal and plant life and biodiversity. It also contributes to local ozone production which damages agricultural crops, forests and plants.

## Who monitors air quality?

Air quality in West Sussex has generally been improving. However, there are still some areas where nitrogen dioxide levels exceed national standards. In most cases the source of this pollution is road traffic: road transport is responsible for some 80% of NO<sub>2</sub> concentrations at the roadside. In West Sussex, the responsibility for monitoring air quality lies with the district and borough councils. Areas where pollutants exceed national air quality standards are declared as Air Quality Management Areas (AQMAs). There are 10 AQMAs currently in West Sussex (see opposite).

The County Council works with the relevant district or borough council to develop and deliver action plans for these AQMAs and these are reported on annually.

All local authorities in West and East Sussex are members of the Sussex Air Quality Partnership (Sussex-air). Part of Sussex-air’s role is to provide information and advice through these services:

- **airAlert** provides free messages direct to people informing them about air pollution levels in their area.
- **coldAlert** sends cold weather event alerts over the winter months from November to March direct to you and/or your carer or health professional with information about when, where and how long a severe cold weather event is forecast.

## What can you do to help?

- Before using your car, think if you could walk or cycle instead, take a bus or train? You can use the journey planner on the County Council’s website to help you find the best way to get around. You can also find information on bus timetables and routes. Visit [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search ‘journey planner’.

## AIR QUALITY MANAGEMENT AREAS IN WEST SUSSEX

### ADUR

- A259 High Street, Shoreham
- A270 Upper Shoreham Road, Southwick

### CHICHESTER

- A286 Orchard Street
- A286 St Pancras
- A27/A286 Stockbridge Roundabout

### CRAWLEY

- Hazelwick Roundabout/A2011 Crawley Avenue

### HORSHAM

- A272 High Street, Cowfold
- A283 High Street/Manley’s Hill, Storrington

### MID SUSSEX

- A273/B2116 Stonepound Crossroads, Hassocks

### WORTHING

- A27/A24 Grove Lodge Roundabout/Lyons Farm



**80%**

OF NITROGEN DIOXIDE CONCENTRATION AT THE ROADSIDE IS CAUSED BY ROAD TRANSPORT

- If you must go out in the car, drive smoothly and don’t rev your engine unnecessarily. You’ll save fuel, and your engine will also pollute less. Maintain your car: keep the engine properly tuned and the tyres at the right pressure; and turn off your engine when your car is stationary for prolonged periods, particularly at level crossings and outside schools.
- At home buy water-based or low-solvent paints, varnishes, glues and wood preservatives; avoid burning solid fuels where possible. If you must burn solid fuel use smokeless fuels. Wood should be properly seasoned so it has a low moisture content – visit [www.woodsurre.co.uk](http://www.woodsurre.co.uk) for more information; try to avoid lighting bonfires. If you must have a bonfire only burn dry material and never burn household

waste, particularly plastic, rubber, foam or paint. Levels of pollution can be quite high on bonfire night and other events/festivals with bonfires, and sensitive people, including people with respiratory conditions, may notice some effects. However, exposure can be considerably reduced by remaining indoors and keeping windows closed.

- Sign up to **airAlert** and **coldAlert** at [www.sussex-air.net](http://www.sussex-air.net) where you can also find more information on air quality, including local air quality reports and monitoring results.

## More information

 [www.westsussex.gov.uk](http://www.westsussex.gov.uk) and search ‘air quality’



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PHONE: Head Office – 01243 216416

[careers.gacarers.co.uk](http://careers.gacarers.co.uk)



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



**Clayton Wood 01273 843 842**

Brighton Road, West Sussex, BN6 9PD

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



# Something for everyone - step inside your local library

There is so much more to our libraries than books - although we do have tens of thousands of those to choose from. So whether you live in Lancing or Littlehampton, Hurstpierpoint or Henfield, there is bound to be one of our 36 libraries near you. Anyone who lives, works or studies in West Sussex can join any of our libraries for free. Visit [www.westsussex.gov.uk/libraries](http://www.westsussex.gov.uk/libraries)

## Look after yourself in the library

March is Wellbeing Month in libraries and they will be promoting all the ways they can help you feel well, from mood-boosting reading to making new friends at regular events.

The Month has three themes:

- **Be sociable** - make new friends at a Baby Rhyme Time, Reading Group, Knit and Natter or Board Games session
- **Be active** - healthy walks, fitness taster sessions and find out about volunteering
- **Be good to yourself** - tips for relaxation and stress-busting

**Find out what's happening near you**

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



## Get your favourite newspaper for free!

A new and improved eNewspaper service means all library members can download the daily edition of their favourite national newspaper free of charge.

Digital news is great because you can have as many papers as you like and they will all fit in your pocket on your mobile device.

The service includes the Daily Mail, Daily Express, Daily Telegraph, the Guardian, Daily Mirror, Daily Star and the Independent. Plus there are lots of UK regional newspapers and titles from around the world - you need never be short of news again.

Access is easy, just download the app to your tablet or smartphone and login using your library card number. You can also sign-in and use the service on a laptop or computer, and of course you can visit a library and we can help you get online using one of our computers. Find out more about this and our other free eLibrary services at the website below.

**More information**

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

## Help others to enjoy reading

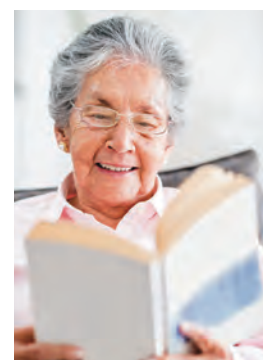
Do you have some spare time to help people who can't make it to the library?

Reading has great benefits for everyone, but it can be a real lifeline for people who feel lonely or are isolated in their own home.

Our Home Library Direct volunteers deliver books, large print books and audiobooks to people in their home. Some also offer help to use the online services.

This volunteer role can be really rewarding and is highly valued by customers; one reader recently said: "How could I ever feel lonely when I have all these wonderful stories to get lost in?"

If you have some spare time and would like to help people in your local community please ask in your local library. Full training is provided and they will match you to residents in your local area.

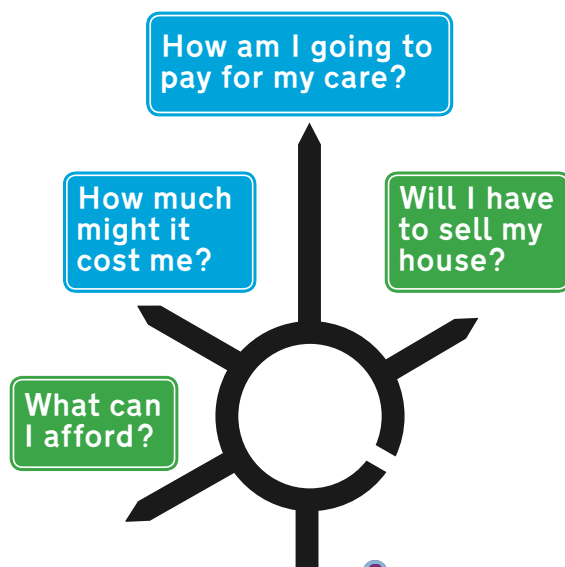


**More information**

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

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**27 - 29 JULY** AT *LOSELEY PARK*  
GUILDFORD, SURREY, GU3 1HS  
ADULT £7. SENIOR £5. CHILD £3. FAMILY £18. GROUPS £4



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[www.westsussexconnecttosupport.org](http://www.westsussexconnecttosupport.org)



If you need help using the website, call Adults' CarePoint on 01243 642121 or email: [socialcare@westsussex.gov.uk](mailto:socialcare@westsussex.gov.uk)



## WHAT'S ON IN WEST SUSSEX

To advertise your event in the June 2018 edition from just £50 + VAT, contact 0330 22 22409

## FEBRUARY

## 27 February

**'A Slice of Life': Exploring the Quarter Sessions records**

West Sussex Record Office, 7pm; £8 (includes refreshments; tickets non-refundable); book on 01243 753602; www.westsussex.gov.uk/ro

## MARCH

## 5 March

**Beginners guide to Ancestry.co.uk**

Coffee time session; West Sussex Record Office, Chichester; £7.50 (non-refundable); refreshments provided; book on 01243 753602; www.westsussex.gov.uk/ro

## 11 March

**Mothering Sunday**

10.30am-4pm; mums enter free and receive a posy; why not book afternoon tea? Weald & Downland Living Museum, Singleton, Chichester PO18 OEU. 01243 811363. office@wealddown.co.uk www.wealddown.co.uk

## 27 March

**Stories from the surgeon's table: exploring the Queen Victoria Hospital Archive**

West Sussex Record Office, 7pm; £8 (includes refreshments; tickets non-refundable); book on 01243 753602; www.westsussex.gov.uk/ro

## 30 March -15 April

**Bertram Bunny's Easter Adventure**

Solve the puzzles to help find Bertram and bring peace back to the Garden; £2 per trail, plus Garden admission, including a chocolate reward; Borde Hill Garden, Haywards Heath 01444 450326 www.bordehill.co.uk info@bordehill.co.uk

## 30 March-13 April

**Easter Celebrations and Holiday Activities**

11am-4pm; family-friendly spring-themed arts, crafts and trails; Weald & Downland Living Museum, Singleton, Chichester PO18 OEU. 01243 811363. office@wealddown.co.uk www.wealddown.co.uk

## 30 March-15 April

**An exhibition to mark the formation of the RAF and the opening of Tangmere Aerodrome 100 years ago**

Tangmere Military Aviation Museum www.tangmere-museum.org.uk 01243 790090

## 30 March-15 April

**Spring into Easter; unwrap a selection of egg-citing activities at Fishers Farm!**

Find the clues in the 'Easter Egg Hunt'! Name a fluffy chick or cuddle a lamb during the Farm Show - guaranteed to put a smile on everyone's face! Fishers Farm Park Fishers Adventure Farm Park, Newpound Lane, Wisborough Green, West Sussex, RH14 OEG

## 31 March-2 April

**Normans and Crusaders Easter Weekend**

A 12th century encampment is the setting for demonstrations of armour, combat, archery and falconry. Crafts include chain mail making, leather working, scribing and cooking; www.arundelcastle.org

## APRIL

## 1-2 April

**Parham House & Gardens reopens from 1 April with its Easter Family Weekend**

With a garden trail, face painting, craft activities, storytelling and the opportunity to meet the Easter Bunny, there is lots of fun for everyone. www.parhaminsussex.co.uk

## 4 April

**Reading old handwriting**

Coffee time session; West Sussex Record Office, Chichester; £7.50 (non-refundable); refreshments provided; book on 01243 753602; www.westsussex.gov.uk/ro

## Mid April-Mid May

**Tulip Festival**

During this period over 60,000 tulips will be blooming in the Castle's stunning gardens providing visitors with one of the most impressive tulip displays in the country. A wide range of varieties of tulips will be in flower at the Castle creating an explosion of colour throughout its extensive walled gardens; www.arundelcastle.org.uk

## 20-22 April

**Firle Place Garden Show**

Stunning plants, artisan wares, home and lifestyle accessories; www.thegardenshowonline.com

## 23-28 April

**Birdsong**

The critically acclaimed stage show based on Sebastian Faulks' famous novel. A mesmerising story of love & courage; tickets from £15; The Capitol, Horsham: 01403 750220 www.thecapitolhorsham.com



## 24 April

**Priory Park 100 Romans, Roundheads and the Rolling Stones**

West Sussex Record Office, 7pm; £8 (includes refreshments; tickets non-refundable); book on 01243 753602; www.westsussex.gov.uk/ro

## MAY

## 2 May

**Researching the history of your house**

Coffee time session; West Sussex Record Office, Chichester; £7.50 (non-refundable); refreshments provided; book on 01243 753602; www.westsussex.gov.uk/ro

## 5 May

**Scale Model Show**

A one day show at the Museum with nine scale model clubs and three traders exhibiting; Tangmere Military Aviation Museum www.tangmere-museum.org.uk 01243 790090

## 5-7 May

**Food Festival**

10.30am-5pm; enjoy the best of the south east's food and crafts; Weald & Downland Living Museum, Singleton, Chichester PO18 OEU. 01243 811363 office@wealddown.co.uk www.wealddown.co.uk

## 12-13 May

**Bodgers' Ball**

10.30am-5.30pm; watch traditional bodging (woodworking demonstrations) and visit the working wood yard; Weald & Downland Living Museum, Singleton, Chichester PO18 OEU; 01243 811363; office@wealddown.co.uk www.wealddown.co.uk

## 18-19 May

**Museum at Night Walks**

(booking required); 9pm-11pm; atmospheric walks with a series of historic stories; Weald & Downland Living Museum, Singleton, Chichester PO18 OEU; 01243 811363.

office@wealddown.co.uk www.wealddown.co.uk

## 26 May-3 June

**Princesses and Pirates Week**

We be 'avin a load of Pirates and Princess descend on Fishers this weekend; follow the scurvy Pirate Trail or sing-a-long with the Princesses on stage in the Theatre! Fishers Farm Park Fishers Adventure Farm Park, Newpound Lane, Wisborough Green, West Sussex, RH14 OEG

## 26 May-3 June

**Nature: No App for That**

Put down your electronic device and spend time outside; a week of activities connecting children to nature; £2 per trail, plus Garden admission, including a prize; Borde Hill Garden, 01444 450326, www.bordehill.co.uk info@bordehill.co.uk

## 26-28 May

**Castle Siege**

It is 1474 and England's new king Edward IV has secured the throne during the wars of the Roses. The scenario is that a French raiding party has seized the castle and the English must take the castle back. Although not based on a real event, visitors will experience aspects of a 15th century siege, with fully armoured knights fighting, replica cannons firing and a tented encampment; www.arundelcastle.org



## 28 May-1 June

**Half-Term Family Activities**

11am-4pm. Head to the Museum for family-friendly activities, crafts and trails; Weald & Downland Living Museum, Singleton, Chichester PO18 OEU. 01243 811363. office@wealddown.co.uk www.wealddown.co.uk

## JUNE

## 1-3 June

**West Dean Arts & Craft Festival**

Contemporary arts and craft at the UK's most unique arts destination; watch demonstrations, get hands-on, buy high quality crafts and discover the historic West Dean House www.westdean.org.uk/events

## 2-3 June

**Living History Festival**

10.30am-5pm; step back in time and meet re-enactors offering glimpses into history; Weald & Downland Living Museum, Singleton, Chichester PO18 OEU. 01243 811363. office@wealddown.co.uk www.wealddown.co.uk

## 4 June

**Beginners guide to Findmypast.co.uk**

Coffee time session; West Sussex Record Office, Chichester; £7.50 (non-refundable); refreshments provided; book on 01243 753602; www.westsussex.gov.uk/ro

## 8-10 June

**Stansted Park Garden Show**

Stunning plants, artisan wares, home and lifestyle accessories; www.thegardenshowonline.com

## 23-24 June

**4 Nations Medieval Tournament**

Knights, Squires and Men-at-Arms of Raven Tor Living History Group will meet in a Medieval Foot Tournament representing England, France, Poland and Denmark; the free-style fighting will be the nearest reproduction of tournament combat seen outside of the 15th century; www.arundelcastle.org

## 30 June-1 July

**Historic Gardens Weekend**

11am-5pm; discover the gardens of rural households from Tudor to Victorian times; Weald & Downland Living Museum, Singleton, Chichester PO18 OEU. 01243 811363. office@wealddown.co.uk www.wealddown.co.uk

## JULY

## 4 July

**Discovering wills and other probate records**

Coffee time session; West Sussex Record Office, Chichester; £7.50 (non-refundable); refreshments provided; book on 01243 753602; www.westsussex.gov.uk/ro

# WIN family tickets to three Garden Shows in 2018

Three beautiful locations: find stunning plants, artisan wares, home and life style accessories and tempting country foods. Enjoy demonstrations, workshops and a tour of these historic houses. Weekend fun for the children: juggling, face painting, toddler fairground rides, bouncy fun and flying falcons. Life is good in the

garden! To enter the competition, name the bird of prey that will feature at the garden shows.

Send your answer and contact details to connections@westsussex.gov.uk or by post to the Garden Show competition, Comms Unit, WSCC, County Hall, Chichester, PO19 1RQ, by 3 April 2018.

**www.thegardenshowonline.com**







# NHS HEALTH CHECK

Helping you prevent  
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Most people aged 40–74 are eligible.  
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☎ 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:** 7 March, 13 June, 5 September &  
12 December.

**Crawley:** 22 March, 26 April, 31 May, 28 June,  
26 July, 30 August, 27 September, 25 October,  
29 November & 20 December.

**East Grinstead:** 9 May, 22 August & 14 November.

**Haywards Heath:** 5 April, 10 July & 18 October.

**Horsham:** 20 March, 17 April, 15 May, 19 June,  
17 July, 16 August, 18 September, 16 October,  
20 November & 18 December.

### SOUTHERN PREVENTION ASSESSMENT TEAM

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

**Henfield:** Henfield Medical Centre on  
13 March, 17 April, 8 May, 12 June, 17 July,  
14 August, 11 September, 16 October, 13 November  
& 11 December.

**Lancing:** Lancing Children & Family Centre on  
16 May, 22 August & 14 November.

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

**Shoreham:** Glebelands on 26 March, 21 May,  
30 July, 17 September & 26 November.

**Worthing:** Durrington Community Centre (Tesco)  
on 21 March, 30 May, 25 July, 26 September &  
21 November and The Wave Children & Family  
Centre on 24 April & 18 September.

### WESTERN PREVENTION ASSESSMENT TEAM

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

**Bognor Regis:** Bognor Town Hall Annexe on  
13 March, 8 May, 10 July, 11 September & 13 November

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

**Midhurst:** The Grange on 19 April, 21 June,  
16 August & 18 October