

Ash dieback

Tens of thousands of trees at risk

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Connections survey

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Breathe easy

Ways to improve air quality

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West Sussex Connections

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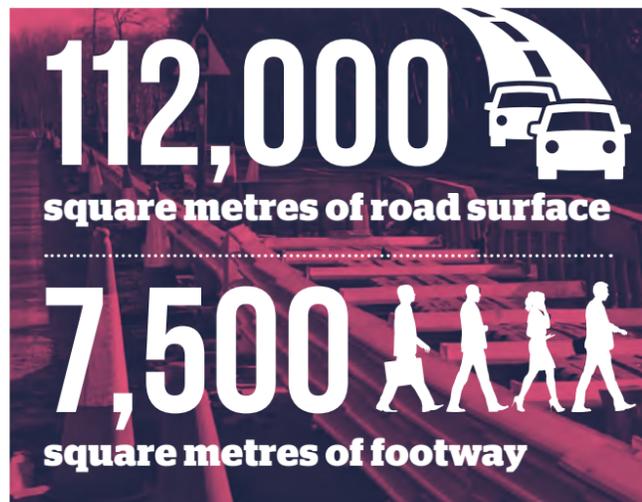
@WestSussexCC

June to October 2019
Issue No.69

Multi million pound road improvements underway

A total of 188 road and pavement improvement projects will be carried out in the county thanks to a £6million Government grant.

As Connections went to press, 174 highway projects had already been completed across the county, with a further 14 scheduled. By the end of the project West Sussex Highways, working with principal contractors Balfour Beatty Living Places will have improved approximately:



ADDITIONAL FUNDING

The Department of Transport (DfT) funding was announced in November 2018 and has enabled an extensive programme of improvements, including:

- Road resurfacing and footway reconstruction
- Carriageway patching,
- Tackling and preventing potholes
- Road safety barrier upgrades
- Improvements to highway bridges

To find out what projects have been completed under this DfT Additional Funding programme, visit www.westsussex.gov.uk and search 'Better Roads'

188

NEW ROAD AND PAVEMENT IMPROVEMENT PROJECTS

Make your Climate Pledge

Our planet is changing. Climate change is having more and more of an impact and there is a growing urgency for everyone to do something about it.

There are lots of small changes we can all make which - collectively - can make a huge difference. That's why we're launching the West Sussex Climate Pledge.

This online pledge focuses on five key steps which we can all take to limit the impact we are having on the environment and help keep our county protected for generations to come.

At the county council we're taking steps to cut our own carbon emissions by making our buildings more energy efficient, and reducing our reliance on fossil fuels by introducing renewable energy with our solar farms. Last year we achieved a 17 per cent reduction in our carbon emissions - a 45 per cent reduction in carbon emissions from the original baseline set in 2011/12. Over the next four years we are planning a £46.2million investment in low carbon energy projects alone. Everyone has a part to play if we want to protect our planet.

We need your support. Visit our campaign page, make your pledge and sign-up to receive regular email updates and tips from our team - tell us what you are already doing too.

- More information**
- www.westsussex.gov.uk/maketheclimatepledge
 - #WSClimatePledge
 - Twitter: @WSClimatePledge
 - Facebook group: WS Climate Pledge



Visit our website to see how we plan to support, help, and care for our residents.
www.westsussex.gov.uk/plan



Best start in life



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TERM DATES

2019

Summer term ends
Tuesday 23 July

Summer holiday
Wednesday 24 July to Friday 30 August

Autumn term
Monday 2 September to Friday 20 December

Autumn half-term
Monday 28 October to Friday 1 November




Join the club

Cricket, croquet, chess, boxing, badminton, dog training, dance, healers and horticulture - what do you enjoy doing? Whatever it is, chances are there is a club in West Sussex devoted to it!

We have almost 1,430 clubs, organisations, societies and groups listed at the website below. Here you will find the Model Engineers in Crawley, Woodturners in Lancing,

The Franco-British Society in Mid Sussex and Yapton Stoolball Club.

You can also add your own club's details to the directory.

www.westsussex.gov.uk and search for 'local clubs'

APPROVED BUSINESSES

www.westsussex.gov.uk/tradingstandards



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- Children's Services: 01403 229900
- Countryside, Wildlife and the Environment: 01243 642119
- Family Information Service: 01243 777807
- Fostering: 0330 222 7775
- Highways: 01243 642105
- Street Lighting: 0800 0482 435
- Libraries (Renewals): 01243 642110
- Public Rights of Way: 01243 777620
- Record Office: 01243 753602
- Registration Service: 01243 642122
- Education and Skills: 03330 142903
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About Connections

It is currently published twice a year by West Sussex County Council and delivered to around 385,000 households across the county and is also available online at www.westsussex.gov.uk/connections, and in libraries. It is printed on fully recyclable paper and includes paid-for content from advertisers. Advertising: 0330 22 22409

Send feedback to: Connections@westsussex.gov.uk

We also provide a 'talking' edition for people who are blind or partially sighted.

Contact us on **0330 22 22399** if you or someone you know would like this version.

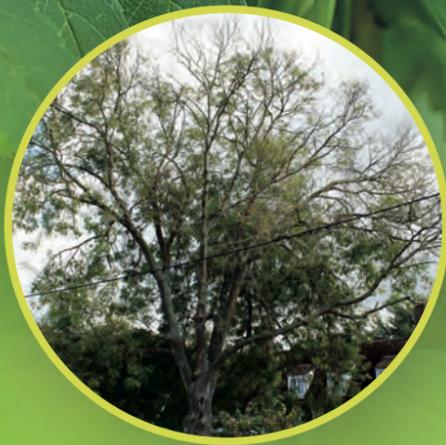
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URGENT

Action on ash trees



Blackened, curling young leaf shoot



Large mature ash with a very thin crown



Close up of a diseased stem

A huge project is underway to identify and fell thousands of ash trees in the county because they have become the victim of disease. Ash is the most common and widespread tree in West Sussex, which is the second most wooded county in England.

20% OF TREES IN WEST SUSSEX ARE ASH

The disease infects the tree with a fungus which weakens it to the point where it becomes brittle, and likely to fall, making it a risk to public safety.

Around 20% of trees in West Sussex are ash, and up to 95% are expected to die from the disease. The county council owns, manages or has an interest in around 53,000 ash trees on its land including at schools, and alongside roads.

In order to protect the public, the county council will carry out selective felling of ash on its land. Ash trees that are in woodland, well away from public rights of way will be left for nature to take its course.

Because there are tens of thousands of ash trees in the county, the loss of so many of them will have an impact on the character of the landscape, biodiversity, climate change and air quality.

Replacement trees will be planted in most cases to conserve the biodiversity of the landscape, and if it is a legal requirement, such as if the felled tree is subject to a Tree Preservation Order (TPO).

The county council is working closely with other local authorities and organisations, including The Tree Council and the Forestry Commission, to ensure a co-ordinated approach.

A large number of the diseased trees will be on private land, and so will be the responsibility of the landowner or resident.

WHAT TO DO IF YOU OWN AN ASH TREE

- 1 Confirm it is an ash tree as it can be confused with rowan and elder.
- 2 Seek a professional opinion as to its health and condition.
- 3 Make the tree safe if it is judged to be dangerous and after securing any required permissions (e.g. Tree Preservation Order; protected species such as bats), arrange for it to be felled by a qualified tree surgeon. There may be alternatives to felling in some cases.
- 4 Replant with a suitable alternative species.

Ash dieback is a fungal disease first discovered in the UK in 2012. It is now present throughout the UK. The majority of ash trees will die of the disease. It kills young ash quickly, although older trees can resist for some time. There is no treatment, although a small percentage of ash may be resistant to, or tolerant of, the infection. Survivors can be used for breeding tolerant ash trees for the future.



More information

- www.westsussex.gov.uk and search 'ash dieback'
- www.forestresearch.gov.uk
- www.treecouncil.org.uk
- www.trees.org.uk

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Please contact the Home Manager at any time to discuss how we can help.

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Please visit www.claremontlodgecarehome.co.uk for more info.

*CQC Inspection June 2017, Report published July 2017, rating shown is accurate at date of publication.

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Free electric blanket tests

Our Fire and Rescue Service is offering free electric blanket testing this autumn with the aim of identifying blankets which pose a potential fire risk.

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

DATES AND LOCATIONS

Monday 14 October • Burgess Hill

Tuesday 15 October • Lancing

Tuesday 22 October • Horsham

Wednesday 23 October • Crawley

Tuesday 29 October • Chichester

Wednesday 30 October • Bognor Regis

Tests are by appointment only. Book now on 0330 222 5001 or 0330 222 5003.

Speed kills in West Sussex

Last year eight people were killed and 123 seriously injured in our county due to speeding.

Now West Sussex Fire and Rescue Service has launched a campaign urging drivers to think before they hit the accelerator and underline the fact that speed limits are there for safety reasons.

There are two target audiences - young people aged 17 to 25 and 25 to 35-year-old men. Crews will be out supporting the campaign in their local communities.



More information

- @WestSussexFire on Twitter
- @WSFRS on Facebook



#SafeDriveStayAlive

Advertisement



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New hub underway



As part of the One Public Estate Programme and the Adur and Worthing Growth Programme, a scheme to re-generate part of Shoreham-by-Sea is underway.

Burrscrofte care home in Pond Road, which has been empty for 11 years, will be redeveloped along with the Harbour View Healthcare GP surgery and the library to make way for a new community hub and health provision. The demolition is planned to start this autumn and take around six weeks to complete.

The redevelopment will provide health provision covering primary, community, mental health and holistic sectors. The community hub provision is planned to include the library, a children and family centre and other county council services, working in conjunction with the Shoreham Community Centre.



More information

- www.westsussex.gov.uk and search One Public Estate

Looking for 'Lollipops'

They help see children and families safely across our roads and are a key part of the community: now the search is on to fill a number of School Crossing Patrol vacancies.

Michelle Padwick, pictured, has been a School Crossing Patrol Officer in Littlehampton for more than five years. She said: "All the parents and children have been friendly and always thankful for the job I do. It's gratifying knowing that I'm making a difference by helping the children get to and from school safely each day."

Although exact times vary from site to site, the usual commitment is 30 to 40 minutes each morning and afternoon when children are walking



to and from school. Pay is £9.18 per hour, term time only, with the salary spread equally over 12 months.

Patrol Officers have to be over 18 and have a successful Disclosure and Barring service (DBS) check. Uniform and training are provided.

More information
• Email: SCP@westsussex.gov.uk

Refill and cut pollution

Residents and businesses are being urged to join the Refill campaign which aims to reduce the pollution caused by single use plastic bottles.

The county council is working with local community groups and other councils to develop a network of local businesses and venues that are opening their doors for the public to refill their own bottles with tap water.

Local communities have already set up schemes in many of our West Sussex towns, including #RefillHorshamDistrict and #RefillWorthing.

More information
• www.refill.org.uk



Litter-free seaside

More than 50 sacks of plastics and rubbish were collected from some of West Sussex's beaches in 2018, and a keen team of volunteers are well on their way to collecting almost 25 sacks of rubbish this year already.

Adults who attend the Oak Community Project in Rustington comb the shorelines to make sure they are litter-free for all of us to enjoy. Hugh Tyrell, a county council support worker leading the group, said the adults looked forward to their weekly visits to the seaside, taking pride in the work they were doing.

He said: "We come out every week to clean the beaches at Goring, Littlehampton, Aldwick and Bognor Regis, and it's an ongoing job because there is always rubbish every week for us to collect. The majority of what we pick up is plastics mainly, but there is also metal bottle tops, cans - a lot of cans and bottles - lots of paper and general debris."

"We have known about the problem of plastics in our seas for a long time, but it's only recently that people have started to take notice and recycle their plastics. But we are still finding a lot on our beaches each week we visit."



Always take your litter home or put it in a bin
www.keepbritaintidy.org

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14th & 15th September - Miniature Steam Weekend
22nd September - Autumn Bus Show
28th September - Scooter Show

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Building an early bond

For all of our children in care it's a priority to make sure there's as little disruption to their lives as possible.

Fostering for Adoption enables babies and toddlers to be placed with prospective adopters while decisions are made about their future care. This is possible because the adopters are dually approved as foster carers. If a court decides adoption is in the child's best interests, the child can remain with their new family, rather than moving from foster carers to adopters.

Consistency and uninterrupted care from an early age is vital to support a child's feeling of safety and security throughout their childhood and beyond. Fostering for Adoption gives children this chance and means adoptive parents can become parents to much younger children.

Wendy Wood from the county council's adoption service said: "The positives of fostering for adoption are enormous; the child doesn't experience multiple moves with different carers and the adoptive parents have the chance to nurture the child from a very young age. The adopters that have been through this process tell us how important building that early bond is and the joy they feel at being there when their child smiles for the first time, sits up on their own or starts to crawl."

The county council makes sure Foster-to-Adopt carers receive thorough preparation and training during the whole process. They receive one-to-one support from experienced social workers. Financial support is also available during the period the child is in foster care in the form of a weekly allowance.

However, Fostering for Adoption can be challenging. During the period of temporary foster care, the child's birth parents will usually have regular contact with their child. The child's social worker organises this contact and the confidentiality of the Foster-to-Adopt carers is protected. There's a small chance the child could be returned to their birth family so Foster-to-Adopt carers need to be emotionally prepared for this outcome.

Wendy continued: "Although we can't 100% guarantee that fostering for adoption carers will go on to legally adopt the child they're looking after, we are extremely careful about which children we choose to be put through this scheme. We make sure we match the right adopters to find the best possible fit for the child. Our aim is to provide uninterrupted care for children as soon as we can and to give prospective adopters the chance to be part of a child's early development."

If you feel Fostering for Adoption could be for you please get in touch with our friendly team and we'll discuss your suitability and the next steps. Call 033 022 27777 or email adoption.team@westsussex.gov.uk



More information

• www.westsussex.gov.uk and search 'Fostering for Adoption.'



PLEASE CUT-OUT AND RETURN TO THE ADDRESS ON THE FORM

West Sussex Connections

Tell us what you think!

We provide 80% of local government services to more than 852,000 residents in the county. West Sussex Connections is our residents' newspaper published twice a year and delivered by Royal Mail to approximately 385,000 households across the county at a cost (offset by advertising income) of approximately 10p per copy. This equates to a total cost of £77,000 per year.

It is also online (www.westsussex.gov.uk/connections) and an audio version is available for blind or partially-sighted residents.

It informs residents about the services we provide and those of our partners, and signposts to contacts for further information.

We continually assess the value of providing a paper copy of Connections to our residents and, as part of our ongoing evaluation and our drive to find ways to reduce what we spend, we would value your feedback on the publication and its future.

1 How often do you read your copy of Connections?

- a) Always b) Sometimes c) Never

2 How would you prefer to receive your copy of Connections in future?

- a) A paper copy through the door
 b) At pick up points such as the library
 c) Online
 d) By subscription only
 e) By email
 f) Not at all - spend the money on something else

3 If we were to consider distributing a smaller number of printed copies of Connections to public buildings around the county (rather than delivering to every household), what impact would this have on you?

Please select all that apply.

- a) None, I don't read it
 b) I would look online for information instead
 c) I would try and find a copy
 d) I would not go out of my way to find a copy
 e) I would miss the publication
 f) Other Please explain below:



You can complete the survey online at:
www.westsussex.gov.uk/connections2019



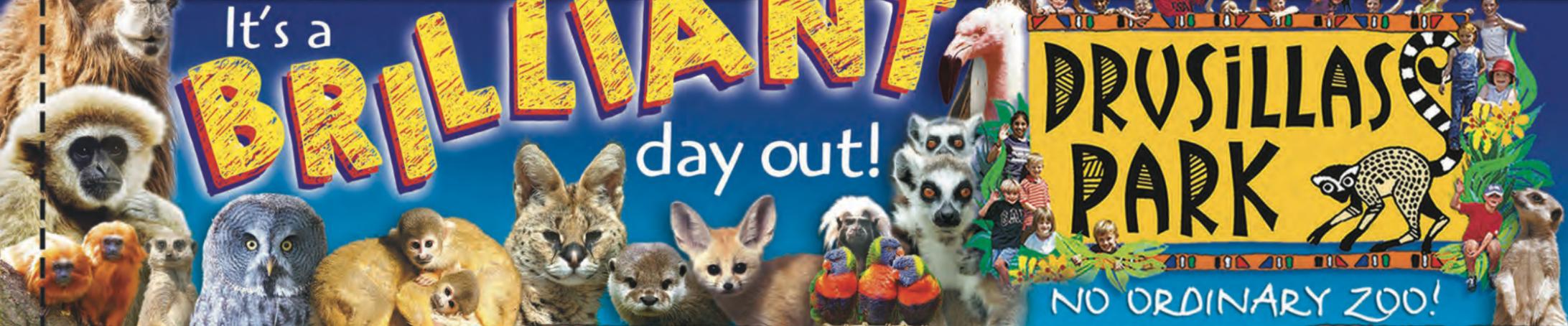
Or send your completed survey by 7 July 2019 to:
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- Each accompanying adult can only receive this discount for one child.
- Photos or photocopies of this advert are not accepted.





Tackling social isolation and loneliness

As human beings we are naturally social creatures. Our connection to others is vital. Yet, as we age, we experience events that reduce contact, such as the death of a partner, separation from friends or family, retirement, and the loss of mobility.

Loneliness and social isolation can have a significant impact on mental health and wellbeing. They are associated with an increased risk of premature death, anxiety and depression.

The relationship between social isolation and our health is complex, and no single organisation can tackle the issue by working alone. So, the county council is working with a range of partners to look at new and different ways it can support people to develop and maintain social connections.

Studies have found people who engage in meaningful, productive activities with others tend to live longer, boost their mood, and have a sense of purpose.

Recent initiatives include 'social prescribing' where people attending health services are introduced to non-clinical groups or activities to help improve their health and wellbeing. Plans are set to introduce more support for those who are bereaved.

And we have a great opportunity to make use of the beautiful West Sussex countryside to connect people - a Natural Health Service!



More information

- Silver Line 0800 4 70 80 90
- www.westsussexconnecttosupport.org and search 'tackling loneliness'

CONNECTING COMMUNITIES

One way of reducing loneliness and social isolation is to bring different generations together. In Rustington, nursery school children and pensioners have become firm friends as part of an experimental session linking the two age groups.

Keen to build on the success of the hit Channel 4 documentary *Old People's Home For 4 Year Olds*, the fortnightly intergenerational sessions brought three and four year olds together with residents of Abbotswood Extra Care. Youngsters from The Playcentre in Rustington attend Abbotswood for the hour-long sessions where they play games and complete puzzles with their new older friends.

The sessions were organised by county council Occupational Therapists Sophie Grantham and Katie Roobottom and Extra Care Housing co-ordinator Carrie Anderson. Carrie said: "It was very clear to everyone who was there that the impact on the tenants has been remarkable and they really look forward to these sessions."

Halfway home for Madge

Having spent eight days in Worthing Hospital recuperating after a small stroke and an infection, Madge Colbourne's family were concerned what the next steps for her would be.

Fiercely independent and approaching her 99th birthday, she wasn't able to return home where she lived alone just yet, but neither was she unwell enough to remain in hospital.

But luckily for the Colbourne family, help and advice was at hand after a meeting with Jenny Shaw, one of the county council's senior social work practitioners who is part of the Worthing Hospital Social Work Team.

Recognised by NHS England, the Discharge to Assess scheme allows patients ready to leave hospital the chance to have their care needs fully assessed in a non-acute setting. For Madge, this meant she could enjoy a period of time at The Heathers in Worthing while the team assessed what support she would need in order to return home.

"We firmly believe that if our mother had gone home it was an accident waiting to happen," explained her son, Keith. "She wasn't eating properly and being only partially-sighted and hard of hearing, mum needed help. You always think your parents are going to go on and on, we almost take for granted that they will always be around - until she came to a standstill. When that happened we didn't know what to do, we were in a helpless situation but social services stepped up to the mark and went even further."

After a period of recuperation at The Heathers following her assessment by the Discharge to Assess team she was able to enjoy her 99th birthday party, back home with her family and friends and alongside great granddaughter Madelaine, who also celebrated her seventh birthday on the same day.

"She might not have made it to her 99th birthday without having that support," said Keith.

There is a range of support available to help people when leaving hospital to ensure their care needs are met.



More information

- www.westsussexconnecttosupport.org and search 'coming out of hospital'
- Adults' CarePoint 01243 642121

Your library online



Did you know that you can join the library and renew your library items online?

You can join by either visiting your local library or by completing a quick online form at www.westsussex.gov.uk and search 'join the library'.

We will process your application the next working day and send your new library card by post. You don't need to wait for your library card to access the online library. You will benefit from the following when you have a library account.

- Reminders when items are due for renewal, which you can set up online
- Reserve titles that you can collect in person from any library
- Provide dates when items are due for return
- View any outstanding fines or charges
- Access the West Sussex Libraries app
- Change your library PIN number if you've lost or forgotten it
- See all previous loans that you've made
- Set up a wish list of items that you would like to borrow in the future
- Add reviews on items you have read

To renew any library items that you have on loan, simply visit the website below and click on 'Renew a library item' and follow the steps. Once you have logged into your account, simply click on the bright green button alongside the item you wish to renew and you're done!

You can also do this by downloading the West Sussex libraries app for free, from your smart phone app store.



More information

• www.westsussex.gov.uk/libraries

Reading challenge is out of this world



This year's Summer Reading Challenge in our libraries is Space Chase; celebrating the 50th anniversary of the very first moon landing.

Children taking part in the Challenge this year will help space family the Rockets in their thrilling mission to recover books that have been borrowed by cheeky aliens.

Space Chase: the Summer Reading Challenge starts in all our local libraries on Saturday 13 July. It's free for all families to take part and they can collect fun rewards as they read books through the holidays.

After registering online for the challenge children will be rewarded with a special Space Chase wristband. Holly, Laika, Nana Whiz and the other Rockets will help them solve clues and collect stickers, as they read books throughout the summer, coming back to the library to tell us what they've read. Once they've read six books, the children will be rewarded with a special Space Chase certificate and medal.

Everyone can join in with the Summer Reading Challenge. The really little ones can take part in the Space Chase Mini Challenge, collecting stickers as they share library books.

When they complete the Mini Challenge, libraries will reward under-threes with a special 'gold medal sticker' as well as a certificate with their name on.

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

We also need volunteers aged 14 and over to help with this year's Challenge.

They will chat with the children about the books they have read, give out stickers and other rewards and encourage them to make further visits to the library to progress through the Challenge.

Volunteering offers an invaluable opportunity to develop your own communication and interpersonal skills and meet other people.



More information

- Visit your local library
- www.westsussex.gov.uk/src

Anxiety in autism

A new guide containing the latest research on treating anxiety in autism is being sent to every school in West Sussex.

Around 40% of autistic children, young people and adults are believed to have one or more anxiety disorders, compared to 10-15% of the general population.

Lesser known is the fact that anxiety is not simply a part of autism - it is an independent disorder that can be treated in its own right. With this in mind, City, University of London and the county council's Autism and Social Communication Team have joined forces to produce a unique and concise guide to help teachers and professionals make informed decisions about how to promote and protect the mental health of autistic children.

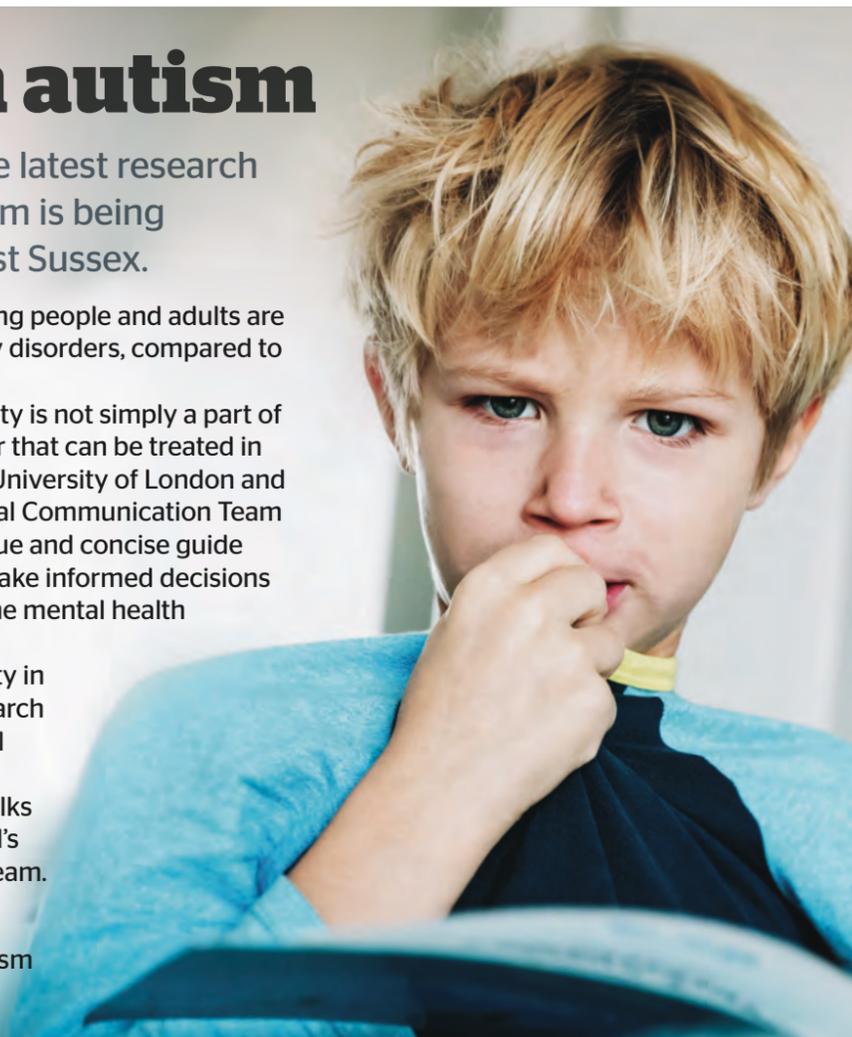
'An evidence based guide to anxiety in autism' pulls together the latest research and practice for improving emotional wellbeing in autistic children.

The guide will form the basis for talks to schools and parents by the council's Autism and Social Communication Team.



More information

• www.westsussex.gov.uk/autism



New Care Guide out

The new 2019/20 West Sussex Care Guide will be out soon. It is filled with useful information and advice about choosing care.



The guide includes;

- domiciliary care (home care) services and care homes in West Sussex which are registered with the Care Quality Commission (CQC);
- day care services;
- extra-care housing schemes;
- two useful checklists on what to look for; and
- useful contacts.

The Guide will be available as a printed book which can be found in libraries and GP surgeries across the county. It is also online as an interactive eBook which can be viewed or downloaded at the website below. Or you can order a paper copy on the website.



More information

- www.westsussex.gov.uk/careguide
- 01243 642121

Report drug litter

Summer is here and as more people spend time outside we are asking you to help us keep our towns and countryside clean by reporting drug litter.

Where drug litter occurs, particularly needles and syringes, it can make people feel unsafe or unwilling to use public spaces such as parks. We also know that residents aren't always sure where they should report drug litter if they find it.

It is important to stress that you should not try and remove the drug litter yourself. There are risks in handling used needles and syringes.

We've been working with district and borough councils to create a new reporting form for drug litter that makes the process simple. The form allows you to choose from a range of drug litter types, locate the litter on a map and provide a photograph if you wish. Reports go directly to the district or borough council responsible for that area.

We want residents to provide as much information about the litter as they can as that helps district and borough cleansing teams find it and clear it quickly. It also helps us to understand where drug litter is occurring most frequently and what we can do to deal with it.

We know that the public want drug litter cleared as quickly as possible, particularly needles and syringes. These items are regarded as priority by all of our district and borough cleansing teams, and if reported they will be removed as soon as possible.

More information
• www.westsussex.gov.uk and search 'drug litter'

TYPES OF DRUG LITTER

- Aerosol cans and butane gas containers
- Nitrous Oxide canisters
- Pipes - all sizes and shapes
- Small phials and bottles
- Spoons - burnt or discoloured by heat
- Syringes and needles



Boosting tourism to West Sussex

Two new partnerships have been launched to help grow the West Sussex visitor economy, and boost businesses around Gatwick Airport.

Experience West Sussex

The Experience West Sussex Partnership brings together the county council, the seven district and borough councils and the Coastal West Sussex Partnership. The aim is to inspire people to visit and stay in the county all year round, to grow the number of overnight visitors and to help improve what the county has to offer to visitors and residents alike. Projects include promoting the coastal cultural offer for visitors and the development of the water sports sector.

Gateway Gatwick

The other partnership is called Gateway Gatwick and it brings together organisations to help promote the region around the airport. The Experience West Sussex Partnership, neighbouring county councils and others will work closely with Gatwick Airport. International visitors arriving via Gatwick spent 9.7 million nights in the region and £1.3 billion in 2017, so it's really important to promote our county as a visitor destination.

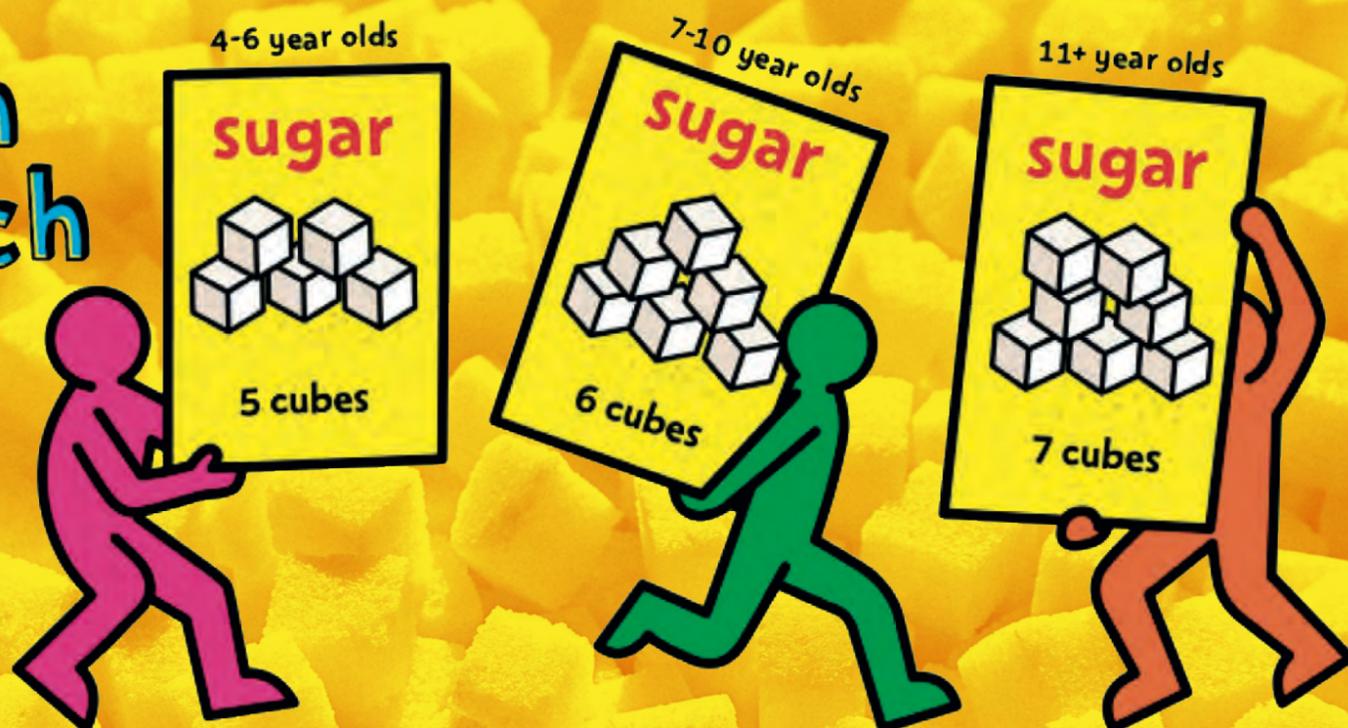
Projects this year include promotional space within the airport, sharing tourist information via Gatwick's customer channels such as their social media and website and working together on a targeted marketing campaign.

More information
• getinvolved@experiencewestsussex.com
• www.experiencewestsussex.com

How much is too much sugar?

Here are the maximum daily amounts of sugar for your children

 = 4 grams



Shelving the sugar

School dinners across West Sussex now contain 2.5kg less sugar per child a year than they did just four years ago - and the proof is not just in the pudding.

The latest menu for children to choose from now includes just 5g of sugar a day on average, down 73% on meals served in 2014 when the average school dinner contained 18.5g of sugar.

The county council's Catering Services Team has been working closely with Public Health specialists since the end of 2014 in a targeted effort to reduce the amount of sugar in primary school meals.

The West Sussex Sugar Reduction Programme has been run at no extra cost, in collaboration with Chartwells, the county council's main

primary school meals provider. In total, the amount of sugar that has been removed from meals over a school year is the equivalent weight of more than five double decker buses.

But crucially, the toughest critics - a team of pupil taste testers - have given the healthier meals the thumbs up, proving that there's no need to compromise on taste and meal enjoyment when shelving the sugar.

Around 30,000 meals a day are served in schools right across the county to children from Reception

age up to Year 6. This was seen to be a great opportunity to make some small changes to meals that could yield large health gains for West Sussex children. Menus were re-engineered, new recipes were developed, and portion sizes were revised, allowing changes to be made without compromising on School Food Plan Standards.

The reduction comes as Public Health England release startling new figures showing that children across the country are eating twice as much sugar as they should be.

More information
• www.nhs.uk/change4life

Teacher training apprenticeship

If you've ever considered training as a teacher but wanted a more hands-on environment to learn in, you can now train using an apprenticeship via a Government scheme.

While you learn on the job working in a school you will achieve Qualified Teacher Status (QTS). The course has been informally referred to as 'grow your own teacher' with schools benefitting from being able to take on staff that already work for them and train them up, or do the same with new recruits.

Teacher apprentices are responsible for their own class of children and will spend 80% of their time in the school working and 20% studying at university.

Not only will teaching apprentices earn while they learn, they will also benefit from not having any training fees to pay as the costs are covered by the county council.

There is also an optional Post Graduate Certificate in Education (PGCE) with master's

level credits available at no further cost once the apprentice has finished the initial training. This means a total package of over £26,000 is available to each Apprentice Teacher.

Applicants need to hold a degree, have a C (grade 4) or above in English and maths GCSEs. They will also need a C (grade 4) or above in GCSE science if they wish to teach early years or primary level.

Approximately 350 newly qualified teachers were employed in West Sussex schools in this academic year, who gained Qualified Teacher Status through a variety of routes.



More information

• apprenticeships@westsussex.gov.uk

“The Teacher Apprenticeship is a wonderful opportunity for myself and others like me who do not have the means or opportunity to train to teach through the pre-existing routes. The apprenticeship course will provide a real opportunity for a lot of people.”

Michael Lowe, Post Graduate Teacher Apprentice

Help to get a job

Former students from Manor Green College and Crawley College, who have been through the Business Buddies Scheme, have gone back to tell students how they got a paid job.

Manor Green College in Crawley has been funded by the county council to run the Business Buddies scheme, which supports young people between the ages of 11 and 19 who experience a wide range of learning difficulties. The scheme supports young people in training or work experience which helps them move closer to paid work goals and, for those that are ready for paid work, to find employment.

The former students who now have jobs shared their stories about the benefits of working in the hope of inspiring current students. They talked about the qualities they believe young people need to succeed in the workplace such as reliability, determination and being polite.

Amongst the success stories are Jennie who works as a kitchen assistant at a home for the elderly, Peter, (pictured), who works as an IT technician at a school, and Maddison and India who work at a Gatwick hotel.

Visit our website for more inspiring stories and information about work for young people with Special Educational Needs and Disabilities (SEND).



More information

• www.westsussex.gov.uk
and search 'SEND employment'



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Please contact us for information & advice

Jazz up those jeans!



Before you chuck those clothes get your creative head on and turn them into something new. In West Sussex, over 11,000 tonnes of textiles are thrown in with the general rubbish every year. And in 2017/18 we spent a staggering £1.7million sending your textiles for disposal. We need you to help us cut the amount of textiles such as clothes, curtains, shoes, bags, bed linen and blankets being wasted by repairing, reusing and recycling them instead.

www.wastepreventionwestsussex.co.uk/textiles • www.loveyourclothes.org.uk



HANDBAGS AND GLADRAGS

Are your jeans jaded and that bag beyond its best? Then try 'upcycling' - customising old clothes and bags to give them a new lease of life. If you get really good at it you could even try selling your creations online! You'll find people make handbags out of old jeans, cover picture frames with vintage buttons, and tie-dye faded t-shirts - perfect attire for that summer festival!



BACK TO SCHOOL

As soon as the summer holidays start the supermarkets are full of school uniforms. But before you buy new for the new term, see if there are any school uniform sales at your school. Or use social media to see if there are any other parents who want to get together for a swap shop of uniform. Kids leaving school? Sometimes their school will be grateful to receive any unwanted uniform.



FAB ONLINE FINDS

One man's trash is another man's treasure as they say. Online buying and selling websites do big business in secondhand clothes. There are general sites like eBay, but also niche websites that will help you sell that wedding dress you wore once, or the designer disaster that you bought back in the day! Vintage clothes are also popular, so search out those retro gems that are lurking in the attic!



CHOOSE YOUR CHARITY

Support your favourite charity by having a summer clear-out of your clothes and donate them to a charity shop. In addition, animal charities sometimes need old blankets and sheets that can be used at their sanctuaries. Some charities have specialist shops that only sell designer and retro clothes. They also sell clothes online that have been donated.



LOOK SWISH WITH SWISHING

Swishing is where you get together with friends, family and neighbours to swap clothes and shoes, so everyone gets a new look without buying anything new. Or you could go old-school and collect all your unwanted clothes and textiles and organise a jumble sale or car boot sale, with proceeds going towards a local project or charity.



RECYCLING

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

Feed your compost and reduce your waste



More people than ever are composting at home. It's an inexpensive, natural process that transforms your kitchen and garden waste into a valuable and nutrient rich food for your garden in less than a year. Not only is it great for the environment and your garden, it's also easy to get started and to maintain.

GREENS

- Grass cuttings
- Tea bags
- Veg peelings
- Salad leaves
- Fruity scraps
- Old flowers and plants
- Nettles
- Coffee grinds
- Filter paper

BROWNS

- Crushed egg shells
- Toilet and kitchen roll tubes
- Garden pruning
- Twigs and hedge trimmings
- Vacuum bag contents
- Tumble dryer fluff
- Shredded paper and tissues
- Paper towels and napkins
- Corn cobs and stalks
- Sawdust and wood chippings

KEEP OUT!

- Cooked vegetables
- Meat
- Dairy products
- Diseased plants
- Dog poo
- Cat litter
- Nappies.

New research has found that almost half of the food waste in our rubbish bins could have been composted. So even if you already have a compost bin, read on for some top tips on how you can get the most out of your compost bin and reduce your waste even further. There is so much that can go into your compost bin - ideally you want a good mix of 'greens' and 'browns':
Put in a layer of browns and then a layer of greens and keep repeating. Composting is not an exact science so don't worry if it gets a bit dry - just water it! If it gets a bit too wet and sludgy looking, just add

more browns. Then all you need to do is sit back and wait for the compost magic to happen. It can be in as little as nine to 12 months with the right conditions!
Some green waste can't always be composted at home - such as woody prunings from fruit trees in winter and excess grass cuttings in the height of summer that may take too long to break down in home composters. District and borough councils offer a chargeable kerbside green waste collection service. Alternatively take your excess garden waste to your nearest Household Waste and Recycling Site where

it will be sent to one of two composting contractors within West Sussex.
If you don't already own a compost bin have a look on our website below where West Sussex residents can choose from a range of compost bins and get lots of help and advice on how to compost.

More information
 • www.compost4westsussex.co.uk
 • Facebook and Twitter: @WSrecycles



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Could you become a foster carer?

It's the small things that make the biggest difference to young lives. This is what our children in care have been telling us.

To encourage others to think about fostering - nine real-life fostering heroes, with over 100 years of experience between them, stepped forward to answer the call. They took part in photoshoots in Worthing, Chichester and Horsham

alongside volunteers posing as foster children to help share how others can #changealife

After taking part in the photoshoots, each foster carer shared some of their own unique experiences of fostering.

To follow the new campaign featuring the nine foster carers search 'Fostering in West Sussex' or follow @FosterWSCC on Twitter and search #ChangeALife



More information

- 033022 27775
- www.westsussex.gov.uk/fostering



NIKKI

Nikki and her partner from Horsham began fostering 15 years ago when their son was five. She said: "For our own son it's been good for him to grow up and learn another side of life. And for us it's seeing them learn different skills and enjoy everyday things like going to tea at friend's houses, riding bikes and then developing and moving on to independence and living successful lives."



DAWN & STEVE

Dawn from Worthing began fostering 20 years ago when she had young children of her own. She met husband Steve five years later and he has been a foster carer for 11 years.

Dawn said: "Over that period of time we've fostered a lot of young people. We've seen them do well in college and go on to have their own families and that's been very rewarding."



EMMA & ADRIAN

Emma and Adrian also from Worthing became registered foster carers three months ago and are caring for a child alongside their young daughter.

Emma said: "We have our daughter so we're in that family role doing fun stuff and the school routine. It felt like a natural time without changing our lifestyle completely. It's company for our daughter as well and to help her get some more life experience."



KIM & RICHARD

Kim and Richard from Lancing decided to foster once their children had flown the nest. Kim said: "We enjoy doing it. Sometimes it can be challenging, but it's rewarding seeing children progress".

Richard added: "It was a big decision, I had all those feelings of do we really want to do this. But I now see that it's been such a rewarding time of my life. You can give something to these children who are desperate for a home."

Raising awareness of clean air

There are lots of ways to make sure you know how to breathe more easily this summer and some quick wins of what you can do to help.

BREATHE EASY WEEK

www.blf.org.uk/breatheeasyweek

Breathe Easy Week from 17-23 June is organised by the British Lung Foundation to raise awareness of lung conditions and promote lung health. The charity has advice on how to live healthily and avoid polluted air as well as tips on how to live well with lung disease.

CLEAN AIR DAY

www.cleanairday.org.uk

Clean Air Day on 20 June is about raising awareness of the quick wins people can do to improve air quality in their home and neighbourhood. These include making sure your car is in tip top condition to ensure it runs as cleanly and efficiently as possible - and also leaving the car at home when you are making short trips. You can cut air pollution inside your home by keeping dust to a minimum, avoiding the use of aerosols, using smokeless fuel or well-seasoned wood on the barbecue, and composting.

AIR ALERT

www.airalert.info/sussex

AirAlert is a free service run by Sussex-Air which alerts you by voice or text message when air pollution levels are forecast to be moderate or high. This helps you make informed choices about the activities you may want to avoid that day. Sign up today!

What are we doing to tackle air pollution?

Air quality is one of the key priorities in our West Sussex Plan which sets out how we will shape services in the future. We are: working in partnership with district and borough councils to deliver on the countywide air quality plan that was published in 2018; promoting walking



and cycling initiatives and delivering more infrastructure throughout the county to facilitate this; increasing the number of electric vehicles in the county council's own pool car fleet; and producing an electric vehicle strategy in partnership with the district and borough councils.

www.westsussexwellbeing.org.uk/air-quality

Could you join the thousands of people proud to work in care?

Here in West Sussex we need more people to work in care and help support our growing number of elderly residents to get the very best out of every day.

We've recently launched a new website designed as the go-to place to search for local jobs in care, find out about career opportunities and hear real stories from people working in care.

Connections spoke to Jonah, a Support Worker with a care provider in Worthing, who revealed his experience of working in care and hopes for the future: "I came into care without any experience having worked in a supermarket. My motivation has always been to do a job where I get to help other people.

"I'm currently undertaking a Level 3 higher apprenticeship which is great because I get to study for a qualification and work at the same time. In my current role there's lots of in-house training and I've found my college has been really supportive.

"Spending time with residents, helping them be happy and looking after them is really my cup of tea. As for the future, I'm being encouraged to aim high, I'd like to keep on progressing and see where I end up!"

If Jonah has inspired you to find out more about working in care, why not visit our website or drop in to one of our care recruitment events.

CARE RECRUITMENT EVENTS

Monday 17 June
10am to 2pm
Clair Hall
Haywards Heath
RH16 3DN

Wednesday 26 June
10am to 2pm
Burgess Hill
Theatre
RH15 9AS

www.proudtocarewestsussex.com

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Elmcroft <i>Shoreham by Sea</i>	Forest View <i>Burgess Hill</i>
Glebe House <i>Emsworth</i>	Hillside Lodge <i>Pulborough</i>
Rotherlea <i>Petworth</i>	The Martlets <i>East Preston</i>
Mill River Lodge <i>Horsham</i>	Warmere Court <i>Yapton</i>

Call us today to find out more about our services in West Sussex **0800 902 0092**

Follow us on: @shawhealthcare shawhealthcare www.shaw.co.uk

Let the sun shine on our solar schools

We have installed the equivalent of a solar farm on the roof of schools through our Solar Power for Schools Programme.

The final few installations will be completed later this year, bringing the total generation capacity at the 81 schools to more than 5MW (megawatts). This is equivalent to the generation capacity from our Tangmere solar farm which is capable of supplying the electricity demand for 1,500 homes.

By installing solar panels we are helping our schools to reduce their energy bills and impact on the environment.

The systems are owned and maintained by the county council who sell the electricity generated to each school at a cheaper rate than grid electricity.

At current prices the total saving to schools is estimated to be £158,000 in the first year.



Trading Standards - protecting the public

Our West Sussex Trading Standards teams work to protect residents from a wide range of illegal activities, including fraud and scams. Here are two recent court cases which resulted in a large fine for one company and a jail term for the director of another.

Court Case One

A company importing dangerous travel adaptors that were subsequently sold in West Sussex was ordered to pay more than £6,000 in fines and costs.

Fonua Ltd based in Leopardstown, Dublin, pleaded guilty to two charges at Worthing Magistrates Court following an investigation by West Sussex Trading Standards. They were fined £5,000, as well as paying costs of £1,025.12 and a victim surcharge of £170.

The company was supplying the "ChargeWorx" brand world travel adaptor to Game Retail Ltd in Worthing. Trading Standards officers purchased this adaptor and testing showed several safety failings including the risk of electric shock.

This was part of a wider Trading Standards project looking at the safety of travel adaptors. Peter Aston, Trading Standards Team Manager, said: "These travel adaptors failed safety testing which means they could cause electrocution and potentially death to an unsuspecting user. We usually advise people to only buy electrical products from a recognised brand or high street retailer but disappointingly as this case proves, that doesn't always guarantee safety."

Fonua Ltd recalled the products when informed of the results of testing.

Court Case Two

The director of a Gatwick 'meet and greet' parking company was sentenced to 14 months in prison and disqualified from being a director for four years following an investigation by West Sussex Trading Standards.



Asad Bashir Malik, from Crawley, and his company London Parking Gatwick Ltd, which was turning over £1.4 million, was found guilty at Brighton Crown Court of misleading customers. Proceeds of Crime Act proceedings are pending.

The company said on its website that all cars left with them would be parked in a secure compound. But in 2016 reports to West Sussex Trading Standards claimed that over 1,000 vehicles were being parked in a field in Bonnetts Lane, near Gatwick Airport.

Trading Standards officers visited two fields, Bonnetts Lane and Keepers Knight in July 2016 and confirmed that London Parking Gatwick Ltd was using these to park its customers vehicles.

Some of the vehicles had been left unlocked with their windows open and keys on the windscreen. Some of the vehicles were damaged and others that had been parked in a nearby petrol station had been issued with parking tickets. The investigation also revealed fake customer reviews on their website.

Richard Sargeant, Trading Standards Team Manager, said: "Malik and his company deceived thousands of customers between 2014 and 2016, causing damage to their cars and making false claims on its website. This was a complex investigation for our team and I am very pleased with the outcome. I would urge anyone using a Gatwick meet and greet business to only use a Trading Standards-approved company."

To find a list of all parking companies that have been vetted and checked by West Sussex Trading Standards, visit www.westsussex.gov.uk and search 'approved traders'.



More information

- Citizens Advice Consumer Service: 03454 040506
- www.westsussex.gov.uk/tsreport



Change your story

There's a myriad of adult education courses available in over 70 venues right across West Sussex.

Aspire Sussex runs the courses on behalf of the county council, and subjects include dressmaking, pottery, jewellery making, hair and beauty, barbering, fitness and computer skills.

In addition, Aspire runs courses for adults with learning disabilities as well as for people to gain qualifications they may have missed out on at school.

Allan Rhodes (pictured) from Angmering has benefited from studying GCSE English and maths courses.

He said: "As a result of a mix of poor education and my own laziness, I left school with only a handful of 'O' Levels and CSE qualifications. I know I was very lucky in life, because with such poor qualifications, in today's world, there is absolutely no way I would be able to pursue the same career path that served me well for 39 years.

"You may well ask why at my age I would want to go back to education? After all, 'you can't teach an old dog new tricks', or can you?"

"Fundamental gaps in the level of my education were noticeable when my nine-year-old started asking for my help with her homework. What on earth was a fronted adverbial? This wasn't the kind of stuff I remembered doing and how was I going to help her as she got older?"

"Aspire provided the answer and I enrolled for GCSE English. Going back to more academic education after so long was, to say the least, daunting, but I had nothing to fear. Our tutor was great. So too were my fellow students. We came from a diversity of backgrounds but found things in common and everyone was treated with the greatest respect, as adults and individuals. It wasn't all plain sailing but with the full support and encouragement of Aspire, and the tutor in particular, the little grey cells began to respond



and small breakthroughs in my understanding turned to greater breakthroughs. The result was my English GCSE certificate, which I'm very proud of.

"However, my story does not end there... Maths GCSE was the next target and given the support I had received from Aspire, choosing them again as course provider was a 'no brainer'. I was not disappointed. I found the same great tutoring and support, the same inclusiveness and respect and the same enthusiasm for the subject. Although this was a relatively new syllabus, Aspire provided all the tools I needed to achieve my goal.

"I can't thank Aspire and my tutors enough as the whole re-learning experience inspired me to go even further, volunteering to assist tutors in foundation maths classes and undertaking an Access to Higher education course at a local College. I have also gone on to accept an unconditional place, offered to me by Portsmouth University to study Architecture (BA Hons) starting this September."

The new brochure will be available to pick up from your local West Sussex library from mid-June 2019 or view online at the website below.



More information

- www.aspiresussex.org.uk
- enquiries@aspireussex.org.uk
- 0345 601 0161

Looking after another's child?

Are you looking after someone else's child in your home? Or is someone else looking after your child?

The county council needs to know if you will be, or already are, looking after a child for 28 days or more that is not your own.

More information

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

Do you know how much your care might cost?



As a West Sussex resident, your weekly care fees could cost up to £1500 a week (the actual cost will vary, depending on the provider and your needs).

This is a significant sum of money to pay each week. Deciding on the best way to fund this could turn out to be one of the most difficult financial decisions you will have to make – either for yourself or on behalf of a relative. Getting the right advice and support to guide you could make all the difference.

All the Carewise care fees specialists are members of the Society of Later Life Advisers (SOLLA) and can provide advice on products across the whole market, giving you

peace of mind that you have explored all your options and made an informed choice about the best way to pay for the care, for as long as it's needed.

Book your free consultation

Your first consultation with a care fees specialist is free of charge and there is no pressure to go ahead with the advice. So there's nothing to lose to find out about all of your available options. Call us or visit our website to arrange your free, initial consultation.

carewise www.carewiseadvice.com socialcare@westsussex.gov.uk
 WEST SUSSEX | Care Funding Advice **Call our Adults' CarePoint on 01243 642121**

Mrs G's experience of Carewise

"I found Carewise helpful in getting referred to a care fees specialist who was able to advise me on the options of funding my Godmother's care fees. This enabled me to make an informed decision on the most suitable option...my decision to purchase an annuity provided peace of mind, knowing that her care fees could be paid for the rest of her life."



Advertisement

New cycle route opens

A new cycle route has been completed, linking Pagham Harbour to Medmerry Nature Reserve, boosting facilities for residents, visitors and wildlife enthusiasts alike.

The county council's Public Rights of Way team worked with the The Manhood Peninsula Partnership on ideas to bolster tourism in the area - and found that cycling provision was under represented. From this, a £400,000 scheme was devised to construct new and improve existing cycle paths.

Steve Webster from the RSPB's Pagham Harbour and Medmerry Reserves, said: "The RSPB is thrilled with the construction of the new cycle link between the Pagham Harbour and Medmerry nature reserves. This route provides opportunities for local residents, holiday-makers and visitors to get around more easily - taking in the views, getting exercise and of course, seeing the wildlife."

5.8 West Sussex Highways has provided a total of 5.8km of cycle path in the 2018/19 financial year (exceeding the 5.75km target). This does not include the Medmerry scheme, which finished after 31 March.



Carolyn Cobbold, project leader for the Manhood Peninsula Partnership, said: "This is a great addition to the growing network of cycle routes in Chichester district. More people are discovering that our area is a fabulous destination for a holiday and being able to spend a few days walking or cycling in open countryside rather than having to get in a car is a growing attraction for visitors."

Visit the website below for lots more information about the county council's approach to sustainable transport.

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




PAGHAM HARBOUR TO MEDMERRY NATURE RESERVE

The cycle route is across the road from the RSPB's Pagham Harbour Local Nature Reserve, PO20 7NE

1.2

...kilometres of improvement and reconstruction of shared pedestrian and cycling pathway

1.7

...kilometres of improvement to the path between the new route and flood defences at Selsey

Safeguarding vulnerable adults

Safeguarding Adults is the process of protecting adults with care and support needs from abuse or neglect.

Across Sussex, NHS and adult social care staff, together with the police have agreed ways of working together to prevent, respond to and look into the suspected abuse of adults at risk. Adult safeguarding arrangements in the county are overseen by the West Sussex Safeguarding Adults Board.

Abuse can take many forms, including physical, financial, psychological, emotional, discriminatory and sexual, while some people may be at risk of neglect or self-neglect.

In addition, modern slavery and domestic violence are also classed as forms of abuse, as well as organisational abuse involving poor care in care settings such as hospitals and care homes.

Under the Care Act 2014, the county council's Adults' Services team work closely with adults aged 18 and over, and safeguarding applies to people who have care and support needs, are experiencing or are at risk of abuse and neglect, and are unable to protect themselves because of their care and support needs.



For example, this could be a case involving a young adult who is experiencing abuse who has left full-time care and is looking to find their feet. Social workers would work closely with representatives from the county council's Leaving Care team, the police and extended family members to ensure that individual was able to take control of their own life, while receiving any support they may need to help them along the way.

A key aim of the county council is to make

safeguarding personal, so that the desired outcomes of the people we support are met.

The county council also works with care providers to ensure that procedures they have in place are appropriate for the adults in their care. This could be something as simple as assessing a care home's security to ensure that residents are kept safe and protected from abuse and neglect. In these situations the county council and the care home management would liaise with the Care Quality Commission (CQC), the independent regulator of health and social care in England.

We work with a number of different authorities in the county to protect adults at risk of harm or abuse. Together with the police and the county's NHS Clinical Commissioning Groups, they form the West Sussex Safeguarding Adults Board, which sees all authorities work together to prevent the abuse and neglect of adults.

If you have an adult safeguarding concern you can contact Adult Social Care on the phone number or email address below.

More information
• 01243 642121
• socialcare@westsussex.gov.uk

Apply for community funding

Groups and organisations in West Sussex can once again apply for money from the county council's Community Initiative Fund (CIF) from 17 July 2019.

In the meantime, we encourage groups to come forward, upload a project idea to West Sussex Crowd and get their crowdfunding campaigns up and running.

Since May 2018, West Sussex Crowd has generated more than £450,000 in pledges across all campaigns in the platform's first year, of which over £274,000 was donated by the 'crowd' - made up of residents, local businesses and partner funds.

To date, the county council has awarded in excess of £182,000 to more than 75 successful campaigns countywide. Local charities, sports clubs and community interest companies are to name but a few groups invited to make their project plans a reality with support from CIF.

In order to be eligible for CIF consideration, proposed projects must intend to use funding towards:

- purchase of equipment;
- venue or equipment hire;
- building works, renovation or repair; or
- advertising/promotion for a community event.

From financing a comedy tour of care homes for people living with dementia, to backing a children's playground transformation, supporting festivals and upgrading community facilities - CIF has already enabled a number of projects to be delivered West Sussex-wide. The deadline to submit an application to CIF is **9 October 2019**.

More information

- 033 022 25075
- talkwithus@westsussex.gov.uk
- www.westsussexcrowd.org.uk



Explore our historic past

Take a tour round elegant and historic Edes House in West Street, Chichester, and discover some secrets from a bygone age.

Experienced tour guide Hilly will guide you round the Grade 1 listed House, peppering the tour of the beautifully appointed rooms with anecdotes and stories about Chichester in times past. If you take the tour you'll be in right Royal company - as the Duke and Duchess of Sussex Harry and Meghan visited Edes House in 2018!

Upcoming dates include 24 June and 25 November starting at 10.45am and costing £12.95 per person. A Christmas themed tour will be held on 16 December at 10.30am and 2pm and cost £16.95. Tickets are available from www.thenovium.org/boxoffice or by calling 01243 816525.

If you're planning a marriage you need to visit Edes House's Wedding

Fair on Sunday 22 September.

Take a stroll round the beautiful ceremony venue between 10am and 2pm and visit the wedding suppliers who will be on hand to tell you how they can make your special day just perfect!

There will be competitions to enter, and a welcome drink on arrival. The Fair is free to enter.

More information
• www.edeshouse.co.uk



FREE personal alarm service across West Sussex

FREE 13 WEEK TRIAL

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

What is the service?

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

How do I get the service?

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

A service you can trust

- West Sussex based engineers and mobile response team
- Telecare Services Association Quality Framework
- Independent organisation
- No fixed term contract
- ISO 9001 certified



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



Advertisement

Business Connections

Fire safety for businesses

It's vital to ensure your business is fire safety aware.

Our West Sussex Fire and Rescue Service operates a variety of courses, many of which are run by operational firefighters. These include Fire Safety Awareness for Landlords, which would also be useful for people who open their home via Air B&B.

Courses are competitively priced and run at various fire stations around the county. You can book online.

FIRE WARDEN TRAINING

Wednesday 10 July • Horsham
Saturday 5 October • Shoreham
Thursday 14 November • Worthing

FIRE SAFETY AWARENESS FOR THE CARE MARKET

Tuesday 17 September • Lancing

FIRE SAFETY AWARENESS FOR LANDLORDS

Monday 16 September • Worthing

FIRE EXTINGUISHER

Wednesday 3 July • Horsham
Thursday 12 September • Worthing
Wednesday 16 October • Arundel
Wednesday 20 November • Haywards Heath
Wednesday 11 December • Worthing

MANAGEMENT OF FIRE RISK

Tuesday 9 July • Shoreham
Thursday 12 September • Worthing
Saturday 9 November • Horley

More information
• www.westsussex.gov.uk/frsct
• 01243 772870 or 0330 222 4658



Broadband benefit for businesses

A national Gigabit Broadband Voucher scheme provides help for small and medium enterprise businesses to get a gigabit-capable broadband connection.

Vouchers are available now. Businesses can claim up to £2,500 against the cost of connection either individually or as part of a group project.

One gigabit is the same as 1,000 megabits - so it's a big leap forward in connection speeds that could benefit you and your business into the future.

More information
• www.businesswestsussex.co.uk
and search 'gigabit'

Going for growth in Crawley



The Crawley Growth Programme is all systems go and will see more than £60 million invested to support economic growth in the town.

The growth deal is a partnership between the county council and Crawley Borough Council. It was signed in December 2016 and aims to transform the business and living environment in the town centre and Manor Royal Business District, grow retail investment and deliver new office space, enable 1,000 new town centre homes to be built and improve sustainable transport infrastructure.

Schemes already completed include the renovation of Queens Square to make it the heart of the town centre, delivery of a shared cycle facility on Worth Park Avenue, installation of real time passenger information at bus stops, and digital advertising screens installed at Manor Royal Business Park. Projects currently underway or coming up include:

- An £8.3 million scheme to deliver better public space and improvements to the Eastern Gateway
- Outline plans to transform Crawley railway station and the surrounding area (under the Station gateway project)
- A number of highways schemes to improve junctions, bus stops and access to Manor Royal
- An innovative product being developed to allow smart travel planning
- Proposals to improve access to Three Bridges station.

More information
• www.westsussex.gov.uk
and search 'Crawley growth programme'

Let's talk business

The Coast to Capital Growth Hub provides free and impartial support for businesses. Whether you are a new or established business in West Sussex, find out what is available to help you achieve your growth ambitions.

www.c2cbusiness.org.uk • 01403 333840

- Dedicated Account Managers
- 1-2-1 support advice and guidance
- Extensive business events programme
- Grants and Funding
- Training, Skills and Recruitment
- Premises and Facilities
- Business Networks

Meet in style

If you are looking for a venue for your meeting or event which radiates elegance and style, Edes House in Chichester is available to hire.

The Grade 1 listed building dates back to 1696 and is situated in the heart of the city in West Street and offers nine rooms of various sizes available for intimate meetings for four people up to gatherings like seminars for 80.

Each room boasts natural daylight and individual décor creating a great motivational space for delegates.

The whole of Edes House is also available to hire for larger corporate events - and is a fantastic location for period film and TV shows.

As you walk in the front of the house, the foyer offers a warm welcome for delegates and a range of refreshments can be offered here - whether you are looking for a breakfast on the

go or a champagne reception at the close of the day. Catering is available throughout the day, including breakout menus designed to energise and enhance the day with healthy and fun options.

Edes House offers room hire only through to full event packages and hourly prices start from as little as £5 per person. Day delegate packages cover standard meetings including refreshment packages and are based on a minimum of 10 people. Bespoke packages tailored to individual needs are also available. Rates are flexible according to requirements and time of year.

More information
• www.edeshouse.co.uk





Experience Your West Sussex this summer

The summer holidays are fast approaching – six weeks of finding ways to entertain the children. But don't panic – there's lots to do right on your doorstep.

You don't need to travel far to entertain the family. West Sussex is awash with places to visit, attractions, and walking and cycle routes for all ages and abilities and there's something to suit every budget as well.

Visit the Experience West Sussex website for your inspiration. Why not go back to nature and take a trail or guided walk? You can also experience a real wildlife safari in the heart of West Sussex, walk

alongside alpacas on a woodland trail or visit a local farm to see the animals up close.

Is adventure more your family's thing? Explore the South Downs Way – a trail that spans the entire length of the South Downs National Park. It's a fantastic opportunity to discover ancient trackways and Roman villas, visit farmers markets and picturesque villages. You can also go to the coast and try your hand at watersports, from banana boats to paddle boarding.

Or maybe you fancy a bit of heritage, culture and education? West Sussex has so much to offer, from Roman palaces, to museums (indoor and out) and magnificent castles.

Start planning your days out now and make this summer holiday a West Sussex one to remember. We'd love to see your family pictures of your West Sussex days out – find us on Twitter, Facebook and Instagram.

Look out for West Sussex County Council vehicles advertising Experience West Sussex this summer. The vehicles promote the Experience West Sussex website, Twitter, Facebook and Instagram, where residents and visitors to West Sussex can gain inspiration on things to do, places to visit, and discover itineraries for memorable days out, curated by local experts, opening up a wealth of new experiences on the doorstep.

Now in its fourth year, Experience West Sussex promotes West Sussex as a destination, to help promote and boost the visitor economy. In 2018, the digital marketing campaign had attracted an impressive number of social media followers and brought around £2.4 million to the local economy.



More information

- www.experiencewestsussex.com
- Twitter: @ExpWestSussex
- Facebook: @experiencewestsussex
- Instagram: experiencewestsussex

Fix and save with Your Energy Sussex

Your Energy Sussex, the local, council-supported energy supplier we launched last year, has two new, fixed price tariffs on the market that could save you money.

The 12 and 24-month tariffs will lock in the price you pay for your gas and electricity and avoid the impact of energy price rises.

In the case of the 24-month tariff, the price you pay will be guaranteed for two winters, providing you with real peace of mind and saving you time and money.

By switching to one of the fixed tariffs, customers currently on their energy supplier's 'standard variable' tariff could save more than £300 off their annual energy bill.

All customers get 100% renewable electricity too, which means you can save money and do your bit for the environment.



Call us free on
0800 952 0001
to see how much you could save




100%
RENEWABLE
ELECTRICITY

Your Energy Sussex is supported by local councils including West Sussex and East Sussex county councils and Brighton and Hove City Council. It was launched to encourage more people in the county to compare their energy costs and switch and has 4,000 customers already.

Your Energy Sussex is committed to great customer service and competitive pricing and, as a not-for-profit, uses any surplus to build a fuel poverty fund that will help local people who are struggling to pay their energy bills.



More information

- www.yourenergysussex.org.uk

Advertisement

Clayton Wood

natural burial ground



A green alternative to a traditional cemetery

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

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



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

Where in West Sussex?

Here are some more mystery photographs from our Record Office archives that we need your help to identify. Please email connections@westsussex.gov.uk with your suggestions and memories.



1 This beautifully composed photograph shows a mother and her two children in front of a rural cottage - but where? From a collection relating to Burgess Hill.

(Cat No: WSRO PH 4239)



2 Another rural village scene, somewhere in West Sussex - but where? This photograph is part of a collection which was discovered in a house in Selsey.

(Cat No: PH 21569)



3 This unidentified group of men are outside a row of shops, but can anyone tell us who and where they were? One of the shops may be "G Banbridge & Son".

(Cat No: WSRO PH 25490)



4 A cricket team in Priory Park, Chichester, May 1962 - but can you name anyone?

(Cat No: CPS 1241/1)

February edition's mystery photographs



Photo 1 was the Dome Bingo Hall in Worthing, a large room above the Dome Cinema run by a local Italian family in the 1970s and 1980s. Thanks to Ian Ellis and Irene Richards.



Photo 2 Graeme Elliott emailed to confirm this is the farmhouse at Edmond's Farm, Mill Lane, Balcombe and that he and his brother Andrew are in this mid 1960s photograph! Apparently it was also used as the location for Arthur Dent's house in the 1981 TV series Hitchhiker's Guide to the Galaxy. Thanks to Graeme, Charles Ashby, Jeremy Hodgkinson and Karen Nower.



Photo 3 remains a mystery.



Photo 4 prompted the most responses, over a dozen emails in total. It is of Malt House Cottage, later (Polly) Oliver's Cottage, which was west of Peppering Farm near Burpham, down a chalk track to the old river bed. The Malt House ruins can still be seen on the left near where the track divides and the site of the cottage is opposite the old stone river warehouse a little further up the lane. Mr and Mrs Oliver lived in the cottage in the first half of 20th century and the husband, nicknamed 'Polly' was apparently a great dancer in his younger days. The cottage was also referred to as Tansy's Cottage, after it featured in the silent film of that name made by Cecil Hepworth in 1921, based on the novel by Rev Tickner Edwardes, vicar of Burpham and famous bee-keeper. It is believed the cottage was demolished around 1960 when the Olivers vacated it possibly on the death of one or both. Thank you to Michael Corcoran, Geoffrey Cobby, Stella Coulter, Mick Harris, Tony Pratt and Catherine Steeden.



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



Advertisement

CHICHESTER FESTIVAL THEATRE

John Simm Dervla Kirwan

MACBETH

By William Shakespeare

21 September - 26 October
cft.org.uk 01243 781312

TICKETS FROM £10

#Macbeth

ARTS COUNCIL ENGLAND

WHAT'S ON IN WEST SUSSEX

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

JUNE

June and July

Roses in Bloom

Admire the fragrant beauty of the Rose Garden with 750 David Austin rose plants and 100 varieties at their peak. Rose plants and gifts for sale; Borde Hill Garden; 01444 450326
www.bordehill.co.uk
info@bordehill.co.uk



June-1 September

Plant Explorers Trail

Help our Head Gardener find his lost delivery of plants on a trail around the Pleasure Ground. From bark rubbings to leaf drawings, record vital details & successfully renovate the garden; £3 per trail. www.nationaltrust.org.uk/petworth

17 June

Dads Can Do

Enjoy a fun packed day where dads can experience activities such as pottery, train driving and bus conducting; Amberley Museum, BN18 9LT; www.amberleymuseum.co.uk; 01798 831370.

20 June

Guided walk: Rangers choice

Free monthly guided walk at Nymans exploring the many different wonders of the woods; 11am; other dates are 18 July, 15 August, 19 September; www.nationaltrust.org.uk; book on 01444 405250.

21 and 28 June

Summer evenings at Nymans

6pm-8.30pm; Relax in an idyllic country garden; bring a picnic, take a stroll, play croquet; light refreshments available; Normal admission applies; 01444 405250; www.nationaltrust.org.uk



22 June-6 October

Mariusz Kaldowski exhibition at Nymans

11am-3.30pm; artist Mariusz makes a return visit to Nymans with watercolours of classic views; www.nationaltrust.org.uk Normal admission applies.

22-23 June

Mustering for War

The Knights, Men-at-Arms and Archers of Raven Tor Living History Group will meet in a 12th century Tournament; arundelcastle.org/whats-on

JULY

2 July & 4 July

Summer Photography workshops at Nymans with Roger Bloxham

Capture the garden or woodland in summer; take inspiration from your surroundings and learn more about the finer points of composition. Places limited; www.nationaltrust.org.uk 01444 405250.

4 July and 1 August

Head Gardener's Walk; Nymans

11am; join a tour with our Head Gardener, taking in the garden in summer; includes a hot drink; £10; 01444 405250; www.nationaltrust.org.uk

15 July-7 September

Oklahoma!

Festival Theatre, Chichester; tickets from £10; A love-struck crew of spirited ranchers lead us through the glorious score of Rogers & Hammerstein's exuberant musical, from Oh, What A Beautiful Mornin' to the show-stopper Oklahoma; cft.org.uk; 01243 781312.

17 July

Care Recruitment Event

10am-2pm, The Regis Centre, Belmont Street, Bognor Regis, PO21 1BL; drop in to our recruitment event, meet local care providers and find out about jobs in care www.proudtocarewestsussex.com proudtocare@westsussex.gov.uk

21 July

Classic Car Show

Join us as we showcase classic cars from the 1950s-1990s around the 36 acre site; Amberley Museum, BN18 9LT; www.amberleymuseum.co.uk; 01798 831370.

22 July-6 September

Nymans: summer holiday activities

10.30am-4pm; a changing programme of activities throughout the summer including garden games and outdoor art; www.nationaltrust.org.uk Normal admission applies.

23-28 July

International Joust Tournament

Highlight of the summer events at Arundel Castle; Knights on horseback challenge for the title of champion; Over 200 costumed characters; arundelcastle.org/whats-on/joust2018

24 July-28 August

Rafts, Masts and Crafts

Every Wednesday stop by the Family Tent and build your own miniature raft to sail down our watercourse; throughout the summer holidays there are also lawn games to borrow and play; £2 per craft; www.nationaltrust.org.uk/petworth

26 July

Fireman Sam and Norman

are coming to Drusillas! Come and meet everyone's favourite Hero Next Door and naughty Norman as the pair make appearances at intervals throughout the day; 01323 874100 or www.drusillas.co.uk

27 July-15 September

Kids Summer Fun - The Enchanted Garden

Discover fairies and pixies in the Garden and Woodland on a magical trail; £2 per trail, plus admission to include a prize; free to Friends; Borde Hill Garden, 01444 450326, www.bordehill.co.uk; info@bordehill.co.uk

30 July

Moon Mapper

Sir Patrick Moore and the Landings on the Moon by Dr John Mason; talk at West Sussex Record Office, Chichester; £8 (non-refundable); refreshments provided; book on 01243 753602; www.westsussex.gov.uk/ro



30 July-3 August

Qatar Goodwood Festival

Fashion and world-class horseracing combine for the season's sporting and social highlight - 'Glorious Goodwood'; tickets from £25 in advance; under 18s go free; goodwood.com

AUGUST

4 August

Family Day

Family fun with an aviation theme; Spitfire flying display, stalls and a beer tent; reduced entry prices; Tangmere Military Aviation Museum; www.tangmere-museum.org.uk 01243 790090.

8 August

Hey Duggee

Back by popular demand, TV's Hey Duggee will be making his second appearance at Drusillas Park this year. Head down to our events arena at intervals throughout the day to meet friendly dog Duggee; 01323 874100 or www.drusillas.co.uk

9-11 August

West Dean Chilli Fiesta

UK's biggest chilli festival; live music, salsa masterclass, outdoor cinema, childrens' workshops, cookery & gardening demonstrations, 140 stallholders and more; www.westdean.org.uk

23-25 August

August Bank Holiday

From breathtaking post-racing fireworks on Friday to heaps of family fun on Saturday and Sunday, this magical event rekindles the summer holidays of yesteryear; advance tickets from £12; under 18s go free; goodwood.com

30 August-28 September

Hedda Tesman

Minerva Theatre, Chichester; tickets from £20; Cordelia Lynn breathes new life into Ibsen's Hedda Gabler: a vital exploration of motherhood, power and sabotage where the present begins to echo the past; Starring Haydn Gwynne; cft.org.uk; 01243 781312.



31 August & 1 September

Ale at Amberley

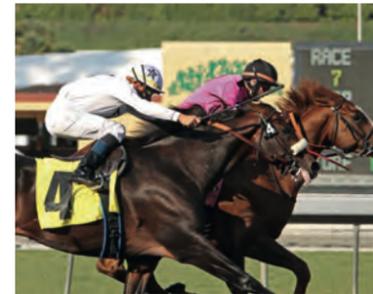
Join us for our annual festival, with food, drink, stalls and live music; Saturday daytime from 11am to 8pm; Sunday 10am to 5pm; Amberley Museum, BN18 9LT; www.amberleymuseum.co.uk; 01798 831370.

SEPTEMBER

3 September and 25 September

Midweek Racing

Experience Goodwood in all its glory with the spectacular Sussex countryside as a fitting backdrop for keenly-contested racing; tickets from £21; under 18s go free; goodwood.com



15 September

Specialist Plant Fair

10am-3pm; wide selection of unusual plants for sale from independent and local nurseries, as part of the Plant Fairs Roadshow. Discounted entry rate £7; Borde Hill Garden, 01444 450326, www.bordehill.co.uk info@bordehill.co.uk

20 September

Care Recruitment Event

10am-2pm, Littlehampton Girl Guiding Centre, Duke Street, Littlehampton, BN17 6ER; Drop in to our recruitment event, meet local care providers and find out about jobs in care; www.proudtocarewestsussex.com; proudtocare@westsussex.gov.uk

21 September-26 October

Macbeth

Festival Theatre, Chichester; tickets from £10; John Simm and Dervla Kirwan lead the cast in this contemporary production of Shakespeare's great tragedy where ambition falls headlong into tyranny and chaos; cft.org.uk; 01243 781312.

24 September

Some Transatlantic Ties

William Penn's West Sussex Connections; Talk at West Sussex Record Office, Chichester, 7pm; £8 (non-refundable); refreshments provided; book on 01243 753602; www.westsussex.gov.uk/ro

26-29 September

Billionaire Boy

A Horsham District Year of Culture Event; from the award winning West End producers of Gangsta Granny & Awful Auntie: an amazing new production of David Walliams' bestselling story; The Capitol Horsham; 01403 750220; www.thecapitolhorsham.com

OCTOBER

5 October-15 November

The Butterfly Lion

Minerva Theatre, Chichester; tickets from £15. A new adaptation of Michael Morpurgo's best-selling novel combines music, design and puppetry to bring to life a magical adventure for all the family. Ages 7+. cft.org.uk; 01243 781312

13 October

Season Finale

This laidback country-style meeting featuring roaring fire pits & hog roasts is a fitting finale to the 2019 race season at Goodwood; tickets from £26; under 18s go free; visit goodwood.com

21-26 October

The Lady Vanishes

A quick-witted and devilishly fun thriller which is a new adaptation of the much-loved film; The Capitol Horsham; 01403 750220; www.thecapitolhorsham.com



26 October-3 November

Nymans: Pop up Pumpkin Patch

10.30am-4pm with activities in the Potting Shed 1.30pm - 4.30pm; challenge friends & family to pumpkin rolling races, enjoy a game of pumpkin skittles or join a pumpkin hunt around the garden; www.nationaltrust.org.uk 01444 405250.

STOP IDLING TURN YOUR ENGINE OFF

Vehicle pollution is harmful to everyone's health.

If you're at a level crossing, picking up or dropping off passengers, or just not moving, switch off your engine.



A stationary idling car can produce up to twice as many exhaust emissions as a moving car



CLEAN THE AIR

See our website to find out how air pollution affects the lives and health of people in West Sussex. Here are just some of the ways you can join in to combat pollution and improve the air we breathe.



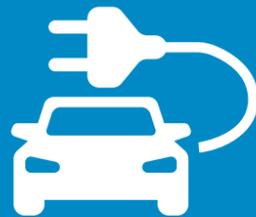
LET'S GET ACTIVE

Walk and cycle more if you can. On short journeys, leave the car at home. It cuts pollution - and you get some exercise which is good for your physical and mental health. Just 10 minutes a day makes a difference.



BETTER DRIVING

Driving increases air pollution through exhaust emissions and brake and tyre wear. When you drive - accelerate gently, keep to speed limits, and check your tyre pressures are correct. Save money, save fuel, save the environment.



TRY A CLEAN MACHINE

If you are looking to change your car, consider an electric or LPG vehicle. If you do buy a petrol or diesel car, look for the least polluting models as the exhaust emissions vary enormously.



COMPOST NOT BURN

Burning garden waste adds to air pollution. Compost instead, get a green bin or take to Household Waste Recycling Site.



AIR ALERTS

Join the service that sends free messages direct to people informing them about air pollution levels in Sussex. Sign up at www.airalert.info/sussex.

www.westsussexwellbeing.org.uk/air-quality

