

# Fuelling a greener future

The County Council has unveiled exciting plans to build a plant in West Sussex that will have the potential to turn rubbish into eco-friendly fuel for local buses or refuse collection vehicles, or even provide heating for local homes and businesses. The plant will also produce significantly less greenhouse gases than the waste disposal options currently used.

It will be the latest step in the ongoing drive to radically reduce rubbish going to landfill, which is damaging to the environment and increasingly costly to taxpayers.

The complex will:

- Use the latest non-incineration technology;
- Be tailored to blend in with the environment; and
- Save taxpayers more than £300 million over the lifetime of the complex.

County Council Leader Henry Smith said: "This new development will gain much more value from rubbish because we will be using it as a valuable resource."

Last year, approximately 450,000 tonnes of household rubbish was produced in West Sussex - and current estimates forecast this could rise to 650,000 tonnes by 2030.

"However, by 2020 West Sussex will only be able to landfill a maximum 130,000 tonnes of household rubbish a year.

"In the future, landfill will cost you and I as taxpayers more, which in turn puts unacceptable, increased pressures on existing services. Added to this, landfill is bad for our local environment."

The plant will turn rubbish into a resource by a process of mechanically shredding the waste and separating out those parts that easily rot. This will be treated by bacteria to produce a fuel gas.

The remaining material will be turned into a fuel that can be used in a variety of processes and as a substitute for fossil fuel.

Both fuels can also be used to produce electricity.

"With this new plant, we will be significantly



**A 'wheely' good idea!  
See story on page 2**

reducing landfill and continuing to be leaders in waste prevention and recycling" said Henry.

The announcement follows the selection of top waste handling company Biffa as the preferred bidder for a 20 year contract that, at an estimated £1 billion, will be the biggest in the Council's history.

It is proposed to build the plant on the site of Biffa's existing landfill at Warnham, subject to planning and operating permissions.

The landfill already handles waste from across West Sussex so there will be no increase in traffic going to the complex and even the vehicles

taking waste to the state of the art complex could be running on the eco-friendly fuel produced at the plant.

Phillip Russell, Head of Wastes Management, said: "The proposal is our response to the locally agreed Materials Resource Management Strategy which

aims to manage waste in a more sustainable way until 2035. It is the result of almost four years of discussions and procurement which has involved very close working with the District and Borough Councils."



**Could you join our Sitting Service?  
See page 4**



**We deal with flying animals!  
See page 7**



**The Jambusters sort it out  
See page 9**



**Safe Drive, Stay Alive  
See page 13**



**Can you solve this mystery?  
See page 15**



**Buy With Confidence from these local traders - see page 2**



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# Get on the Register



It has never been more important to register to vote. Without this you cannot have your say in how your country, your local council or the European Union is run.

It is your democratic right to vote.

You should by now have received an electoral registration form, from your local borough or district council so the new register can be compiled for 2009.

Once you have registered, you will then be able to vote in the County Council elections, which are due to take place in either May or June 2009. The elections are normally in May, but may be combined with the European Elections in June.

If you apply for a mortgage or even a bank account then credit reference agencies turn to the Register of Electors to check out your details.

This is the law - and it is almost impossible to get any credit if you are not registered on the electoral roll.

If you have not received a registration form, please contact the Electoral Registration office at your local council. Telephone numbers are on our website.

Why not go that step further and stand for election as a county councillor? If you want to know more about the duties involved please telephone **01243 777113** or e-mail [memberservices@westsussex.gov.uk](mailto:memberservices@westsussex.gov.uk)

**FROM FRONT PAGE:**



## Pedal Pushers are on the road

Highway inspectors are getting out of their cars and on to bikes to find out what it is really like cycling on West Sussex roads.

In the past the nine inspectors did their on-and off-road checks, which cover 2,500 miles, using cars or on foot.

Maintenance manager Jonathan Ullmer said: "These cycles are important to give the inspectors a much clearer idea of what it is like travelling on the roads of West Sussex as a cyclist."

The fold-up bicycles will be used across the county and are expected to pay for themselves in the long-term, as a result of saving money on petrol.



## Make sure your winter warmer isn't a lethal live wire hazard - get your electric blanket tested for free.

Our Trading Standards Service is holding free electric blanket tests between 9.30am and 4.30pm at venues throughout the county in October.

Anyone wanting a blanket tested must book on **01243 642124**.

The tests are being held at:

- Chichester** - New Park Centre, New Park Road - October 17
- East Grinstead** - East Grinstead Library Help Point - October 15.
- Fishergate** - Summers Close, St Aubyns Crescent - October 16.
- Hassocks** - Hassocks Age Concern, The Pauline Thaw Centre, Dale Ave - October 13.
- Littlehampton** - Wick Hall, Wick Street - October 24.
- Midhurst** - The Grange, Bepton Road - October 14.
- Selsey** - Selsey Centre, Manor Road - October 20
- Shoreham** - Millwood Court, Wilmot Road, Shoreham - October 21.
- Worthing** - Worthing Fire Station, Ardsheal Road - October 22 and 23.

**West Sussex County Council:**

**Switchboard: 01243 777100**  
**24-hour Info: 0845 7581232**

Editorial: **01243 753595** or:

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

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**AUDIO**

If you are blind or partially sighted you can listen to an audio version of West Sussex Connections.

To subscribe to this free service call **01243 777408**, or email the name and address of the recipient to [joanna.thurgur@westsussex.gov.uk](mailto:joanna.thurgur@westsussex.gov.uk)



# Preventing Homelessness

To be homeless or threatened with homelessness can be a truly terrifying experience. Often people in this situation don't know what to do or where to turn for help. Sadly as the credit crunch bites it is an experience many more are likely to face.

But help is at hand in the shape of a new service set up by the County Council in partnership with district and borough councils and three housing associations.

Signpost is a free, practical advice service, funded by the Government initiative Supporting People, available for anyone aged over 16, regardless of whether they are a tenant, living with a family, a homeowner, in temporary accommodation, at risk of becoming homeless, or homeless already.

It helps with problems such as homelessness, rent arrears, anti-social behaviour, debt, claiming benefits and accessing health and community care services.

People who have been helped already by Signpost include:

- **'Kate'** had received an eviction notice from her private landlord. Signpost staff advised her how to join the borough council's housing register and apply to a local housing provider to join their independent living scheme. They also helped her apply for the correct benefits. Eventually she was successfully rehoused.
- **'Josh'**, 17, was fleeing domestic violence and had mental health problems. After liaising with the relevant agencies Signpost referred him to young person's supported accommodation, helped him through the interview process and he moved in the same day.
- Homeowner **'Claire'** fell two months into arrears with her mortgage, due to the loss of her job. Signpost directed Claire to experts including the Citizens Advice Bureau, Consumer Credit Counselling Service and Shelter. Claire was then able to negotiate a reduced payment with the mortgage company until she went back to work. Signpost also helped her apply for benefits.
- **'John'** needed support to get suitable housing, maximize his income and cope during a major life crisis. Signpost supported him when he lost his job, helping him apply for the correct benefits and to inform all the right people, always reassuring him.

Signpost helped him get the home he so desperately needed and is now supporting him to settle in. 'John' praised Signpost for its flexibility, support and that he could speak to someone at any time.



## The Ring of Success!

Our firefighters showed their sporting prowess at the World Firefighter Games, which started just after the Olympics.

They picked up a clutch of medals, and took part in events such as tennis, rowing, equestrian, triathlon, and 'the world's toughest firefighter'!

They underlined their sporting success by posing next to their hoses displayed as the Olympic rings.

West Sussex is now stepping up a gear in preparation for the 2012 Olympics. See back page story.



**talk with us**  
everybody has something to say

We want you to 'talk with us' via our West Sussex-wide network of County Local Committees.

Each Committee meets in public six times a year and all include a 'talk with us' spot that enables you to ask your local County Councillor questions.

You can also email them via their 'talk with us' pages on our website, which is designed to get your opinions heard.



### For more info:

**Chichester and Arun**, run by Stonham Signpost Service. Phone: 01243 775281  
Email: [stonham.signpost@homegroup.org.uk](mailto:stonham.signpost@homegroup.org.uk)

**Crawley**, run by Sussex Oakleaf  
Phone: 01293 529297  
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**Mid Sussex and Horsham**, run by Southdown Housing. Phone: 01403 263202  
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**Worthing and Adur**, run by Southdown Housing Phone: 01903 705108  
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# West Sussex Winners

West Sussex staff and services have recently won a variety of awards in a range of areas.

The county's adult learners were congratulated for achievements such as Learner of the Year, Volunteer of the Year and the Employability Award. The award winners have overcome many barriers to succeed. To find out more about Adult Learning in your local area go to our website or call 0845 6010161.

Our Youth Service won a National Youth Agency's Quality Mark Award. We are the first county council Youth Service and one of only 12 in the country to win the prize - which recognises good practice. To find out what our youth service can offer go to our website or visit [www.yourspacewestsussex.co.uk](http://www.yourspacewestsussex.co.uk)

West Sussex was also highly commended for its efforts on the roads in the National Transport Awards 2008 with two commendations. There's lots of roads information on our website.

West Sussex teachers were also congratulated for their hard work by picking up a number of prizes at the South East Teaching Awards 2008. Schools in Crawley, Burgess Hill, Lancing, Shoreham by Sea and Haywards Heath all shone through by winning various Platos - the teaching awards symbol of excellence in education.



Charlie, centre, with his mum Rebecca and volunteer sitter Keith.

## KEITH IS A STAR SITTER!

**There's nothing Chloe Leggett likes better than going ten-pin bowling with her mum and dad, Steven and Rebecca. But this wasn't always easy because they had to care for her brother, Charlie, who is 14, registered blind and has a severe learning disability.**

Caring for Charlie also complicated day-to-day activities many of us take for granted, such as shopping. Now, however, they are able to take a much-needed break for a few hours every couple of weeks - thanks to Keith Tilbury, of Rustington.

Keith is a volunteer with the Sitting Service the County Council runs for parents of disabled children. Doreen Bradbury, Sitting Service Co-ordinator, said: "Providing full time care for a child with disabilities can be exhausting, but the Sitting Service gives parents the chance to recharge their batteries."

"It's also a rewarding experience for the volunteers." This is certainly the view of Keith, who visits the family's home in Wick once a fortnight.

He said: "When I first met the family, I could see just how valued my help would be. "I started visiting each week on a different day, at different times for an hour or two, watching and learning."

"And there was much to learn: Charlie's names for different things and where to find things - such as food and drink. But these visits also gave Charlie a chance to get used to my voice."

"A lot of these visits were in the evenings. I would help put Charlie to bed - clean his teeth, wash his face, undress him and put on his pyjamas, finally leaving him with a CD or DVD playing."

"After I received my two days training and when my CRB clearance was through, it was time to do the first 'solo sit', while mum, dad and Chloe did the weekly shop."

"Charlie usually plays with toys or bounces on his trampoline in the garden. So watching him is easy. "Any uncertainty I had doing a 'solo sit' soon went away. He was no problem and his Mum said how much easier and quicker the shopping had been without having Charlie to look after as well."

"Soon I was thrown in at the deep end - my first four hour sit one evening, so mum and dad could take Chloe out ten-pin bowling on her birthday."

"This was always one aim of sitting - to allow Chloe to have some time out with her parents."

"Now I feel part of the family - Charlie always gets excited when I arrive and I am certain I am making a difference."

"His mum says I'm a star!" Rebecca said: "Keith has made a big difference to our lives because he has given us freedom - a freedom to be normal parents to Chloe. We can, for example, go the cinema with her, attend school open days. She belongs to a number of clubs and we can support her activities."

### You too could make a big difference to the lives of parents of disabled children.

The Sitting Service needs volunteers aged 18 or over who can provide care for a child with a disability for about four hours every fortnight. You don't need specialist qualifications or specific experience because full training is given.

The next training is being held on **November 18 and 19** at Aldingbourne Country Centre, near Chichester.

To find out more details contact:  
**Crawley, Horsham and Mid Sussex**  
 - Claire Butler - **01403 246467**.  
**Chichester and Arun**  
 - Doreen Bradbury - **01243 642462**.  
**Worthing and Adur**  
 - Jess Elliott - **01243 642318**

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## The Right way...

**The wide-ranging ongoing support the County Council offers its foster carers has been extended.**  
 We've forged a link with Right Corecare, a counselling

service that will be on call to give support and assistance to our foster carers.

Ian Forbes, Fostering Service Manager said: "Fostering is a complex but rewarding task that requires good parenting skills, resilience and enthusiasm about caring for children."

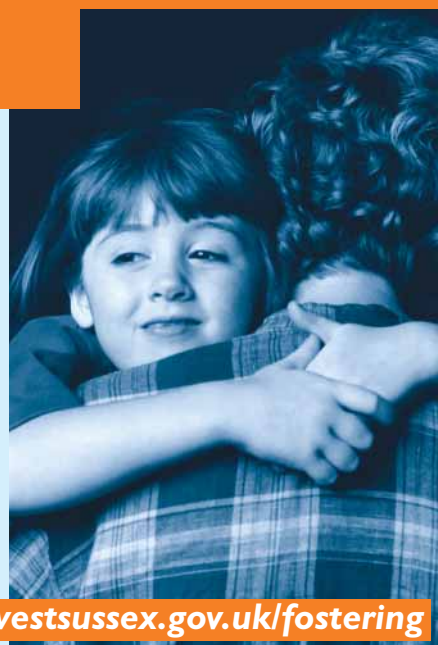
"Our foster carers receive excellent support and training. We're now reinforcing this because Right Corecare will be providing them with confidential advice and support, including free counselling."

"Right Corecare have extensive experience of providing

round-the-clock assistance, and are committed to providing our foster carers with a valuable additional resource that acknowledges and addresses some of the challenges they face."

If you would like to know more about becoming a foster carer and the excellent support and training available please call 01403 246484 or visit our website:

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



# New Crawley Library Opens 16 December

Crawley's new multi-million pound Library complex is nearing completion.

It is about three times the size of the present one which is more than 40 years old and it will have much more up-to-date facilities and is a

landmark in building design. There will be a bio-mass boiler, solar heating and living green roof which will provide insulation.

The Library is part of a £15m development which includes a new Register Office and council offices. The new library will be opened

on December 16 so put the date in your diary as we hope lots of you will turn up for a fun-filled day! You can have a look at the build-

ing going up, in our video which is on our website. Follow the More News link and scroll down to West Sussex Video.

## FIRE SAFETY FIRST

Flames are engulfing your house. You are trying to find a way out as you wait for the fire brigade to come to your rescue. Your bedroom windows are locked and you cannot find the keys. So how do you avoid this nightmare scenario?

Phone West Sussex Fire and Rescue Service **now** to book a free fire safety check for your home. They will tell you what to do to help prevent fires and plan an escape route if the worst happens.

The appointments last about an hour, with one firefighter asking the householder questions about what flammable items they may have in their homes, such as deep-fat fryers.

Another firefighter goes around the house checking for safety and if necessary, where smoke and fire alarms should be fitted. They will even fit them free of charge.

Firefighter Mark McCarthy said: "In the event of a fire, and you are trapped, get all of your family in one room - preferably with a phone to call for help - and put blankets or pillows along the bottom of the door to block out smoke as much as possible.

"As a last resort, lower yourself rather than jump out of a high window to prevent serious damage to you or your family."

Any locked windows should have keys near to them in case of fire, for a quick escape plan. The plan is devised and thought through with a firefighter during



the appointment.

You can do your own home fire safety check online, by filling in a questionnaire.

To book a free safety check, call free on **0800 3286487** or fill in the application form online at our website.

● Adur and Worthing County Local Committees gave £5,000 each for extra publicity for the scheme and Community Firelink alarms for elderly and vulnerable people in their districts.

These are radio linked alarms and are fitted by a specialist team of advisors. The alarms automatically call the Careline contact centre and a fire engine is sent out.

A Firelink alarm system and sprinklers were installed into a young man's house in the Adur area, who has cerebral palsy. There are also specialist alarms for those who are hard of or have no hearing at all, and those who are partially-sighted. Call **01243 752451** for more details about the scheme.

# Art ATTACK

Dancing, music and movie making are 'cool', "confidence building" and "something I'll remember for the rest of my life", say the young people of West Sussex.

They can be seen speaking about the importance of artistic activities in a DVD commissioned by Youth Arts United, part of our Youth Service.

"Top of the list of benefits is the growth of confidence and making new friends," said Bill Hicks, Quality and Youth Arts Manager.

Dance, they say, has 'very positive health benefits', providing a 'natural high' that's far better than any substitute and may keep young people away from drugs. The venues are also important.

One says, "Without this Youth Centre I don't think we'd be so keen - it wouldn't really be the same."

More info: **01243 777385** or [bill.hicks@westsussex.gov.uk](mailto:bill.hicks@westsussex.gov.uk)

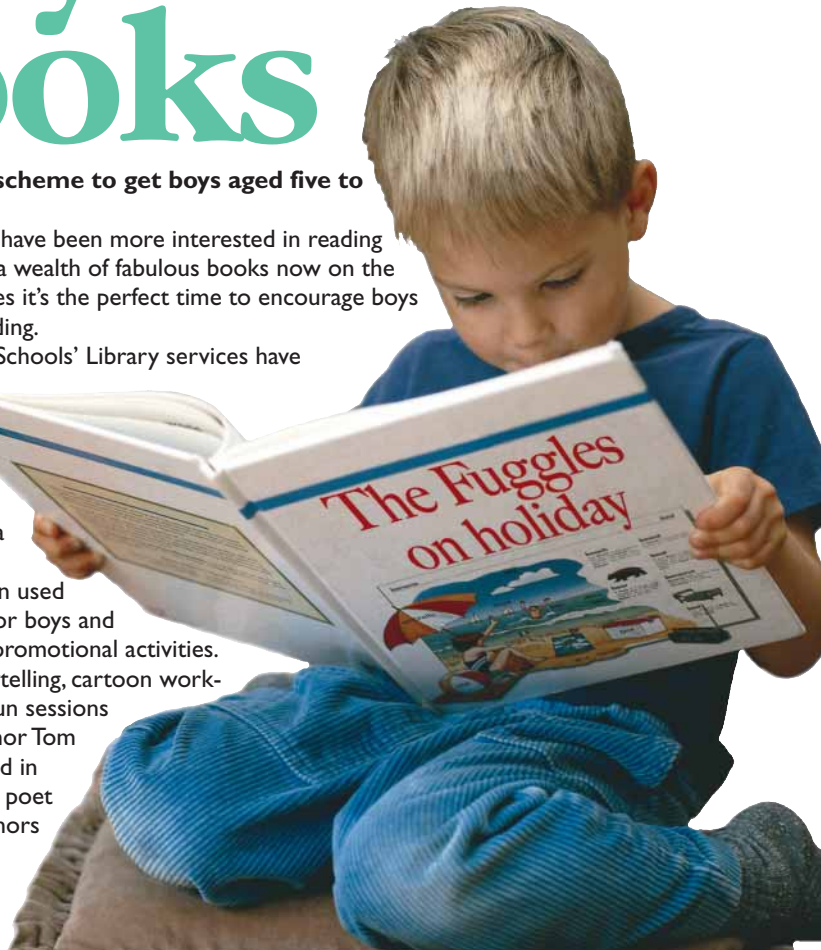


# Boys into books

We are backing a scheme to get boys aged five to 11 into books.

Traditionally girls have been more interested in reading than boys - but with a wealth of fabulous books now on the shelves of our libraries it's the perfect time to encourage boys to get stuck into reading.

Our Library and Schools' Library services have joined forces to deliver the national scheme which was launched earlier this year. Extra funding from the Government has been used to buy more books for boys and organise an array of promotional activities. Already African storytelling, cartoon workshops and Football Fun sessions and quizzes with author Tom Palmer have been held in libraries. This autumn poet Brian Moses, and authors Ian Whybrow and Richard Platt will be visiting some schools.



Every speed camera is a memorial to someone who has been killed or seriously injured in road crashes

Pay Your Respects - Slow Down!

[www.sussexsaferroads.gov.uk](http://www.sussexsaferroads.gov.uk)

\*The Sussex Safer Roads Partnership looks at all injury accidents, vulnerable road user casualties and the local community when considering sites for camera installation. Set percentages of vehicles must be exceeding the speed limit and all other cost-effective road engineering options also have to have been considered. Excluding exceptional sites. Full criteria available from the SSRP.



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## Not so 'Fit for the Future' referred to Health Secretary

The Joint Committee scrutinising Fit for the Future hospital proposals has referred the decision made by the West Sussex Primary Care Trust to make Worthing the Major General Hospital and St Richards a Local General Hospital to the Secretary of State for Health.

The Joint Health Overview and Scrutiny Committee, made up of representatives from the County Council and neighbouring authorities, has been assessing the proposals and subsequent decisions by West Sussex Primary Care Trust (PCT) for the past year.



It made the referral as it didn't feel the decisions by the PCT were in the best interests of the health service and the residents of West Sussex and the surrounding area.

Health Secretary Alan Johnson has asked an independent panel of experts to conduct an initial investigation into the referral before he agrees whether or not a full review is required. See our website for the latest information.

# Telecare scheme success

A pilot scheme looking at how technology can help support residents to stay in their own homes has proved a success.

Over 600 Telecare packages have been provided since the start of the scheme, where technology linked to the community alarm service has played a big part in helping maintain people's independence.

Fall sensors, bogus caller alarms, mobile response services and gas and flood detectors are some of the technology used to raise an alert if a person has a problem or accident in their home.

An evaluation of the pilot project so far has clearly shown Telecare did increase peace of mind for residents. It gave a sense of security and helped people to manage their own lives and stay independent.

Carers also praised the scheme. They said it helped them have more time to themselves and enabled them to relax because it meant they did not carry all the risk and responsibility themselves for a person's well-being.

The success of the pilot will now be assessed and it is hoped approval will be given for Telecare to be provided by the County Council and West Sussex Primary Care Trust from April 2009 on a countywide basis.



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## 7 THINGS YOU DIDN'T KNOW ABOUT THE FLU VIRUS.

### 1. THE FLU VIRUS IS NASTY.

It is not just a bad cold. The flu virus is a completely different bug and can be potentially far more serious. If you have ever taken a few days off to recover from the flu, you probably just had a cold. The flu can put you in bed for up to a week.

### 2. THE FLU VIRUS IS SNEAKY.

It is very easily spread. It is airborne and can be passed on by coughing, sneezing or direct contact. You can develop the full symptoms in just a few days.

### 3. THE FLU VIRUS IS CLEVER.

It continually evolves and mutates. So last year's strain will differ from this year's. Because of this the flu jab has to change every year. Which is why you need a new jab every year.

### 4. THE FLU VIRUS SHOWS NO SYMPATHY.

It takes advantage of people with weaker immune systems. If you are 65 or over, or you have a serious illness such as heart, kidney or liver disease, diabetes, a respiratory problem including serious asthma or have a lowered immunity due

to disease or treatment, you are more likely to be severely affected by flu.

### 5. THE FLU VIRUS CANNOT BE CAUGHT FROM THE JOB.

This is because the vaccine does not contain any live flu viruses. Many people have had the jab and think it gave them the flu. They probably just had a cold.

### 6. THE FLU VIRUS COULD JUST BE THE START OF YOUR PROBLEMS.

Having the flu makes you susceptible to other more serious illnesses.

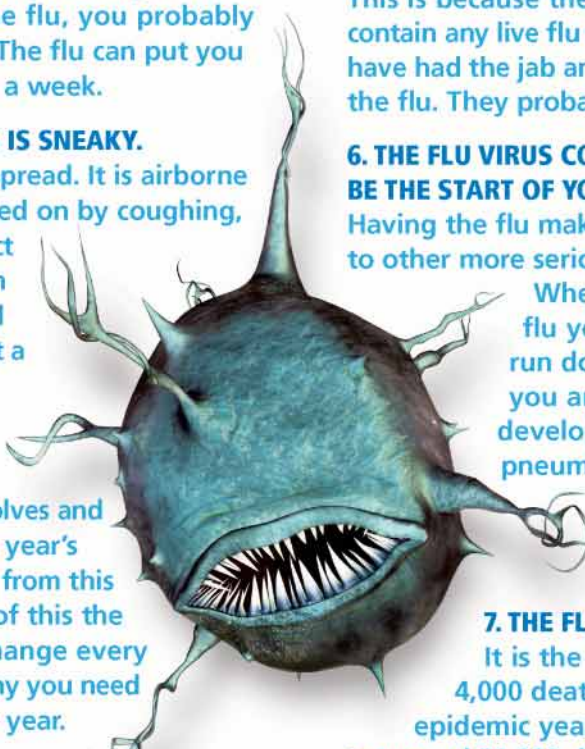
When you catch the flu you become really run down and as a result you are more likely to develop illnesses such as pneumonia and bronchitis, which can lead to hospitalisation or even death.

### 7. THE FLU VIRUS IS DEADLY.

It is the cause of up to 4,000 deaths each year. In an epidemic year this figure rises to around 30,000 deaths.

### DON'T UNDERESTIMATE THE FLU VIRUS.

The best protection against the flu is the flu vaccine. Remember, if you are 65 or over, or suffer from certain serious conditions, the vaccine is free. Contact your GP for this winter's jab.



SO NOW YOU KNOW ABOUT FLU, GET THE JAB.



For more information:

NHS Direct 0845 46 47

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk) or [www.immunisation.nhs.uk](http://www.immunisation.nhs.uk)

## Top of the POPPs!

Want benefits or pension advice or a home health visit? Contact your local Community Partnership Team (CPT) for help and advice on these and a range of issues.

Six CPTs are now up and running across West Sussex. Formed as part of the Partnerships for Older People Project, the CPTs are made up of nurses, social workers, health trainers, pension service advisors, community link workers and volunteers.

Staff can visit people in their homes and provide health and wellbeing checks, practical advice and emotional support, and assistance to access services and community activities.

For further information contact your local CPT on the following telephone numbers:

<b>Adur and Worthing</b>	(01273 268900)	<b>Crawley</b>	(01293 895380)
<b>Arun</b>	(01903 738991)	<b>Horsham</b>	(01403 213140)
<b>Chichester District</b>	(01243 536529)	<b>Mid Sussex</b>	(01444 446123)



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RESOURCE

# THINK BEFORE YOU THROW



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# ANIMAL AID 24/7

Our trading standards team are on call 24/7 for Gatwick Airport to make sure animals travelling in and out of the UK are doing so legally, safely, and with the welfare of the creatures at heart.

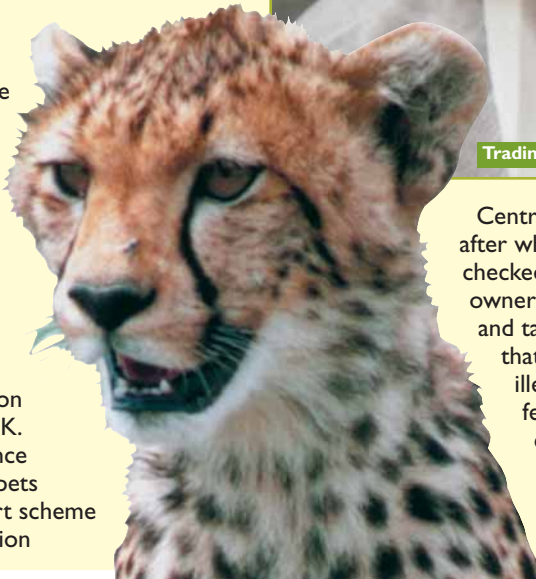
Most of the animals dealt with by the team are cats, dogs and other domestic animals, but they have also checked lizards, snakes and other exotic creatures such as ostriches and a snow leopard in the past.

Their main role at the airport is enforcing the legislation relating to disease control and welfare and they make sure that animals coming to the UK have the correct rabies import licence or Pet Passport as there is a very strict policy on bringing animals from abroad into the UK.

Peter Aston, Leader of the Compliance Team at Trading Standards, said: "When pets arrive at Gatwick under the Pet Passport scheme they are sent to the new Animal Reception



Trading Standards Officer Linda Cobbett



Centre where they are looked after whilst their paperwork is checked. If all is well then owners can collect their pets and take them home. Animals that are brought into the UK illegally, are normally transferred to a quarantine facility, until their situation is resolved." Peter added: "The team also ensure that



animals in transit have proper ventilation, labelling, food and water pots and are carried in appropriately-sized containers and are fit to travel".

In August an airline was fined £6,000 for not transporting a dog in a correctly sized container on one of its aircraft.

Trading Standards also play a key role in looking after animals throughout the countryside of West Sussex by ensuring welfare standards and disease control measures are rigidly adhered to.

Advertisement



## Looking for childcare or ever considered working in childcare?

West Sussex Children's Information Service offers free, up-to-date and impartial information on:

- Registered childcare (direct from Ofsted)
- Free nursery education
- Help with childcare costs
- Other types of childcare provision
- Services for children and families

Children's Information Service

**01243 777807**

(Your calls may be recorded)

When ringing please quote Ref: C00112

[childrens.info.service@westsussex.gov.uk](mailto:childrens.info.service@westsussex.gov.uk)



[www.childcarelink.gov.uk](http://www.childcarelink.gov.uk)  
\* (Not all our registered providers include their details on the website)

Advertisement

## Inheritance Tax? Long Term Care?



**Your house may be sold to fund it!**

However, creating a Family Trust is the simple and affordable way to protect family assets in an unpredictable future.

Safeguard against inheritance tax and long term care, remarriage, divorce or financial problems (of surviving spouse or children) and ensure **YOUR** family isn't disinherited.

Call us now to see how we can help.

**01273 236036**



Estate Planning Specialists for Wills, Trusts & Probate

# What's On

## in West Sussex



Here's some ideas to have a spookily-good Halloween, sparkling firework night and a glittering festive season! You can find lots more events (and add your own for free) on our website.

### October:

11 - 12: **Bognor Regis Art Society Spring Exhibition;** Norfolk Centre, Mill Road, Arundel; 01243 820933, 10am - 5pm

12: **S.C.O.T.C.H. Annual Team Conker Competition;** The Spotted Cow, High Street, Angmering; [www.abooty.co.uk](http://www.abooty.co.uk), 07840 978674.

15: **Film Night - The Duchess;** East Preston & Kingston Village Hall, Sea Road; 01903 856397.

18: **Selsey Fireworks Sci-Fi themed event;** White Horse Playing Field, Warner Lane, Selsey; [www.selseyfireworks.com](http://www.selseyfireworks.com) or 01243 602684.

18: **Get Creative-Express Yourself Workshop;** Sidney Walter Centre, Sussex Rd, Worthing; [www.getcreative-expressyourself.vpweb.co.uk](http://www.getcreative-expressyourself.vpweb.co.uk)

18: **Acoustic Mini Festival;** Chequer Mead, De La Warr Road, East Grinstead; 01342 302000, [www.almond-greenway.com](http://www.almond-greenway.com)

19: **Family Fun Day;** Fontwell Park, 01243 543335, [www.fontwellpark.co.uk](http://www.fontwellpark.co.uk), or [info@fontwellpark.co.uk](mailto:info@fontwellpark.co.uk)

19: **Antique & Collectors Fair;** Walberton Village Hall, contact Joy Simms 01243 553098.

21-25: **Don't Look Now by Daphne Du Maurier;** Connaught Theatre, Worthing; [www.worthingtheatres.co.uk](http://www.worthingtheatres.co.uk) or 01903 206206.

25: **Littlehampton Bonfire Celebrations;** town centre and seafront, 01903 721866, [www.lbs.me.uk](http://www.lbs.me.uk)

25 - 30: **Pumpkins Galore;** Arundel Wildlife and Wetland Centre; [www.wwt.org.uk](http://www.wwt.org.uk) or 01903 881530.

26: **Halloween Event;** Cowdray House Ruins; [www.cowdray.org.uk](http://www.cowdray.org.uk) or 01730 810781.

27 - 31: **Scary Side of Nature;** Arundel Wetland Centre, 01903 881530 or [www.wwt.org.uk](http://www.wwt.org.uk)



30 - Nov 1: **Horsham Town Centre Festival;** funfair rides, international street theatre, live music, children's entertainment, 01403 215279, 10am - 9pm.

31: **Halloween Party;** The White Horse, North Bersted, 01243 864523, [www.the-whitehorse.org](http://www.the-whitehorse.org) or [whitehorse-live@aol.com](mailto:whitehorse-live@aol.com)

### November:

8: **South Bersted Church Winter Fayre;** Bersted Street, contact Jenny Cordwell on 01243 860806, or [jennifer.cordwell@btinternet.com](mailto:jennifer.cordwell@btinternet.com)

10 - 15: **The Woman In Black;** Connaught Theatre, Worthing; [www.worthingtheatres.co.uk](http://www.worthingtheatres.co.uk) or 01903 206206.

12 - 15: **The Lady In The Van;** The Woodlands Centre, Woodlands Avenue, Rustington, 01903 774849, [www.rusting-tonplayers.org.uk](http://www.rusting-tonplayers.org.uk)

15: **Orchestral concert;** St Andrew's Church, Junction Road, Burgess Hill, contact Steven Armitage on 01825 723448.

15 - 23: **Arun Peace Week;** various locations, 01243 820604. [www.arun.gov.uk](http://www.arun.gov.uk)

16: **Jazz Sunday Lunch;** Beachcroft Hotel, 01243 827142, [www.beachcroft-hotel.co.uk](http://www.beachcroft-hotel.co.uk)

16: **Festive Food and Drink Race Day;** Fontwell Park, 01243 543335, [www.fontwellpark.co.uk](http://www.fontwellpark.co.uk) or [info@fontwellpark.co.uk](mailto:info@fontwellpark.co.uk)

20: **Adult & Community Learning Service Consultation Event;** The Arena, Westloats Lane, Bognor Regis, [www.westsussex.gov.uk/adulteducation](http://www.westsussex.gov.uk/adulteducation) - for other events: [samuel.boulton@westsussex.gov.uk](mailto:samuel.boulton@westsussex.gov.uk) or 01243 382323.

21: **Autumn Stars and Galaxies;** The South Downs Planetarium, Kingsham Farm, Kingsham Road, Chichester, contact John Mason 01243 774400.

29: **Christmas Tree Festival;** St John the Baptist Church, Findon, 01903 200165.

29: **Christmas Illuminations Switch-On;** London Road/High Street, Bognor Regis, contact Sue Holmes 01243 825535, [www.bognorregis.gov.uk](http://www.bognorregis.gov.uk) or [sueholmes@bognorregis.gov.uk](mailto:sueholmes@bognorregis.gov.uk)

### December:

3 - 6: **Oliver;** Windmill Entertainment Centre, Littlehampton, 01903 722224, [www.stage-door.org.uk](http://www.stage-door.org.uk), or [info@stage-door.org.uk](mailto:info@stage-door.org.uk)

6 - 7: **Sussex Guild Contemporary Craft Show;** Midhurst Grammar School; 10-5 each day; [www.thesussexguild.co.uk](http://www.thesussexguild.co.uk)

5 - 4 January: **Jack & The Beanstalk;** Connaught Theatre, Worthing; [www.worthingtheatres.co.uk](http://www.worthingtheatres.co.uk) or 01903 206206.

6: **Christmas Saturday;** Arundel Wetland Centre, 01903 881530, [www.wwt.org.uk](http://www.wwt.org.uk) or [info.arundel@wwt.org.uk](mailto:info.arundel@wwt.org.uk)

10 - 13: **Gaslight by Wick Theatre Company;** Barn Theatre, Southwick St, Southwick; 01273 597094 or [www.wicktheatre.co.uk](http://www.wicktheatre.co.uk)

11 - 4 January: **Snow White;** Pavilion Theatre, Worthing; [www.worthingtheatres.co.uk](http://www.worthingtheatres.co.uk) or 01903 206206.

11 - 4 January: **Peter Pan;** The Capitol, Horsham; [www.esro.thecapitolhorsham.com](http://www.esro.thecapitolhorsham.com)

12 - 4 January: **Aladdin;** The Hawth, Crawley; [www.tickets.hawth.co.uk](http://www.tickets.hawth.co.uk)

12 - 4 January: **Elmer;** The Capitol, Horsham; [www.esro.thecapitolhorsham.com](http://www.esro.thecapitolhorsham.com)

21: **Feast of Festive Fun** (including ice skating); East Preston & Kingston Village Hall, Sea Road, East Preston, 01903 856397, [epkh.treasurer@dsl.pipex.com](mailto:epkh.treasurer@dsl.pipex.com)

23: **Fontwell Park racing;** children under 16 are admitted free; [www.fontwellpark.co.uk](http://www.fontwellpark.co.uk) or 01243 543335.

25: **Christmas Day Luncheon at the Beachcroft;** Beachcroft Hotel, Felpham, 01243 827142, [www.beachcroft-hotel.co.uk](http://www.beachcroft-hotel.co.uk) or [reservations@beachcroft-hotel.co.uk](mailto:reservations@beachcroft-hotel.co.uk)

29: **All Aboard! - A Tour Of The Planets;** South Downs Planetarium, Chichester, 01243 774400.

31: **New Years Eve Party;** The White Horse, Bognor Regis, 01243 864523, [www.the-whitehorse.org](http://www.the-whitehorse.org) or [whitehorse-live@aol.com](mailto:whitehorse-live@aol.com)

**We cannot accept responsibility for events we publicise. Please phone venues beforehand to check information.**

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## Son et Lumière 900

inside the Cathedral with lasers and surround-sound

# 'A Story Set in Stone'

## 8th - 22nd November

Patricia Routledge June Whitfield  
Michael Jayston Nickolas Grace

Their voices will tell the story of nine centuries of the Cathedral's history  
Written by Simon Brett Directed by Bob Mayston

**Tickets: £16. Concessions £14. Child £8.**

Available from: The Cathedral Shop  
or tel: 01243 528356 (answer phone) online: [www.chichestercathedral.org.uk](http://www.chichestercathedral.org.uk)

### Worthing's two Pantomimes

01903 206 206 • [www.worthingtheatres.co.uk](http://www.worthingtheatres.co.uk)

Pavilion Theatre • 11th Dec '08 to 4th Jan '09

**MARK LITTLE**

**Snow White**  
and the Seven Dwarfs

The Magic continues ...

**Craig Roberts**

**Jack and the Beanstalk**

Starring **RULA LENSKA**

**SIMON DAVIES**  
Christopher Lillcrap

**NOW BOOKING!**

**BOOK BEFORE 31ST OCTOBER AND GET 10% OFF ALL TICKETS!**

**Worthing's Traditional Pantomime**

5th Dec '08 to 4th Jan '09

**CONNAUGHT THEATRE**

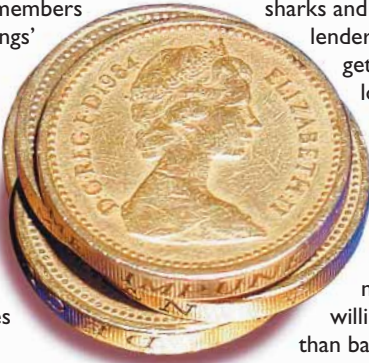
# Beat the Credit Crunch

**Fight back against the rising cost of living and become a member of the new West Sussex Credit Union.**

It opened for business on 1st October and anyone who lives or works in West Sussex can join.

Credit unions are not for profit financial co-operatives run by members and offer saving schemes and instant loans.

Benefits to members include 'safe savings' - whether you want to save for Christmas, holidays or a rainy day - your savings are guaranteed to be safe and covered by the Financial Services Compensation



Scheme. You can deposit as little as £5 or as much as £10,000 - and your savings will be used to help other people in our community. Anyone who joins is encouraged to save on a regular basis.

The Credit Union can also help you steer clear of loan sharks and doorstep lenders as you can get an affordable loan - borrow as little as £200 at 26.8% APR or 2% per month. A Credit Union may be more willing to help than banks or build-



ing societies if you have a low income or no borrowing record.

The County Council is fully behind the Credit Union as a good way to save safely and borrow soundly. Henry Smith, County Council Leader, said: "Borrowing from the Credit Union means you get a better deal, keeps more of your cash in your pocket and gives you more freedom to take advantage of high street bargains."

The Credit Union may not be able to help in all situations but they can put you in touch with debt advisers if your financial situation is getting out of control.

As the Credit Union grows, more people in West Sussex will benefit from a wider range of services, including budgeting accounts. The Credit Union is owned and run by its members and is always looking for volunteers to help, so if you have some spare time please contact them.

For more information visit [www.westsussexcreditunion.co.uk](http://www.westsussexcreditunion.co.uk), email [manager@westsussexcreditunion.co.uk](mailto:manager@westsussexcreditunion.co.uk) or write to: West Sussex Credit Union, 13 Crescent Road, Worthing, West Sussex, BN11 1RL.

**A Victorian Festival of Christmas**  
28th - 30th November 2008

Christmas Shopping \* Victorian cast of hundreds \* Fagin's Tavern ... and snow too!

Supported by

PORTSMOUTH HISTORIC DOCKYARD

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

To book: 023 9283 9766 or [enquiries@historicdockyard.co.uk](mailto:enquiries@historicdockyard.co.uk)

## SPARKLE SAFELY

**Make sure your firework party goes with a bang by following safety advice to the letter.**

The Trading Standards Service has comprehensive information on our website for businesses who sell fireworks. Retailers should also have copies of the Fireworks Code to give out to customers.

The Fire and Rescue Service also have advice on our website about firework safety and also how to light a safe bonfire.

To find out where firework parties are taking place see our What's on listing on the front page of our website.

## IT'S VERY TASTY!

**Make sure you secure your copy of the best local foodie read - Taste West Sussex.**

The latest edition will be out at the end of October and will have a warm winter feel, with features including how to make the most of locally-sourced food at Christmas, ingenious ways with leftovers and perfect foodie gifts.

Taste West Sussex is available at selected outlets across the county, or you can subscribe. Visit our website or call Jackie on **01243 756842**.



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## SELSTAR FIREWORKS



- \* Weddings
- \* Anniversaries
- \* Birthdays
- \* November 5th
- \* Product Launches
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- \* New Year
- \* Corporate Events
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Mobile: 07721 619234  
Fax: 01243 601786

email:  
[selstar@freenetname.co.uk](mailto:selstar@freenetname.co.uk)

Website:  
[www.selstarfireworks.co.uk](http://www.selstarfireworks.co.uk)

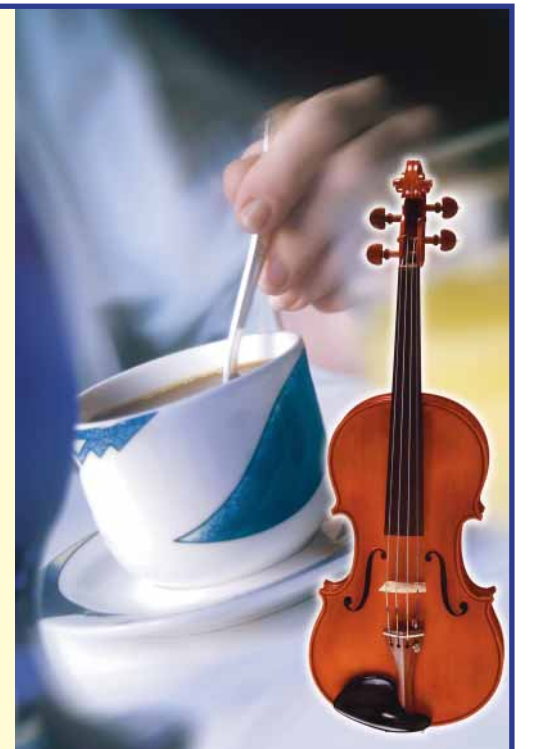
## Classical music meets soap opera in coffee shops

**A classic tale of love has been updated for the 21st century in a modern musical production, touring West Sussex coffee shops in November.**

JS Bach's 'Coffee Cantata' is about the evils of lovers and coffee, and was originally written for students to perform in the coffee shops of 18th century Leipzig.

West Sussex lyricist Andrew G Marshall and musician/composer Ignacio Jarquin have updated the piece for audiences today, especially commissioned by Poems and Puddings, the West Sussex rural literature programme.

The premiere of 'Coffee Cantata' takes place on Friday November 14 at Chichester Festival Theatre. The one-hour



performance with live musicians then tours a number of coffee shops.

**Premiere: Friday 14th November: Chichester Festival Theatre**  
**Saturday 15th November: Moonlight Cafe, Cocking**  
**Sunday 16th November: East Beach Cafe, Littlehampton**  
**Monday 17th November: East Beach Cafe, Littlehampton**  
**Thursday 20th November: Toast On the Coast, Shoreham**  
**Friday 21st November: Toast On the Coast, Shoreham**  
**Saturday 22nd November: Macaris, Worthing**  
Performance times to be announced. For further information contact **01243 753897**.

# Young, Free and...



# Political!

Young people in West Sussex are getting their voices heard in the world of politics with the encouragement of the County Council.

Getting involved in politics helps with self-confidence, public-speaking, opinion-forming and ensures local and national government know what young people want.

Student Luke Polie, 12, from Tanbridge House School, Horsham, who is already on his school council, was elected on to the West Sussex Youth Cabinet and the UK Youth Parliament, meaning he gets to put across his views on a national scale.

Through the Youth Parliament, Luke took part in a debate at the House of Lords, which became an historical event, as it was the first time young people were allowed to debate in the Chamber. This is groundbreaking in showing that young people's opinions are really being valued in politics.

The County Council has launched a research project to encourage more young people to get involved in our West Sussex Youth Cabinet

annual elections.

David Clarke, from the Youth Cabinet, said: "I think it is important to get young people involved in the elections and politics because I don't believe there is a young person out there who doesn't have an opinion, or at least one issue they are interested or concerned about."

"We hope to show that like older people, young people are as active and involved as good local citizens."

Young people are getting their say in other areas too. At Tanbridge House, the school's council contributed to an interview panel in the recent recruitment of a new deputy head teacher. The opinions and views of the pupils are taken seriously and make a difference to the decisions made by the school.

We are seeking candidates for the next Youth Cabinet elections, with candidates forms available from Pandora Ellis at, [pandora.ellis@westsussex.gov.uk](mailto:pandora.ellis@westsussex.gov.uk) or 0776 4793106 and also from [www.yourspacewestsussex.co.uk](http://www.yourspacewestsussex.co.uk)

# School Skivers beware!

Skipping school is about to become even more difficult thanks to a revamp of the county's anti-truancy patrols.

County Council Education Welfare Officers regularly join up with Sussex Police to 'sweep' the county looking for pupils who should be at school.

Now instead of only holding the truancy sweeps at certain times of the year and across the county as a whole, the patrols will be targeted at different areas on different days - making it even more difficult to go undetected!

The location and dates of the patrols are kept top secret so you never know when one could be operating in an area near you.

The aim is to get the message across to pupils and parents that it's vital not to miss even one day of school unnecessarily.



## SCHOOL TERM DATES

### Autumn Term:

Finishes Friday 19 December.

Half Term: Monday 27 to Friday 31 October inclusive.

### Spring Term:

Starts Monday 05 January 2009 and finishes on Friday 03 April.

Half Term: Monday 16 to Friday 20 February inclusive.

### Summer Term:

Starts Monday 20 April and finishes on Wednesday 22 July.

Half Term: Monday 25 to Friday 29 May inclusive.

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steamplicity

all the taste, all the vitality!

## Steamplicity brings hot school meals to West Sussex

More and more school pupils throughout West Sussex will be given the opportunity to enjoy a hot school meal for their lunch, thanks to the introduction of Scolarest's Steamplicity cooking system.

Steamplicity is a unique cooking system which steam cooks fresh food to perfection in minutes – ensuring all the taste and all the vitality!

Using nothing more than a refrigerator to store meals and microwaves to steam cook the food to perfection, Steamplicity has been designed to enable schools to provide nutritionally balanced hot meals without the need for a large kitchen.

The secret lies in the packaging system and valve that are exclusive to Compass Group, Scolarest's parent company. They control the release of steam during cooking and are the key components in consistently delivering high quality meals.

Scolarest also ensures the taste and vitality by insisting on only using the freshest ingredients.

We use UK grown vegetables when in season, sourced only from Compass Group's approved suppliers, and delivered to us on a daily basis, ensuring we can guarantee quality, freshness and food safety.

Pupils can select from a wide range of healthy and tasty menu options which are prepared at our special Cuisine Centre and then delivered to the school ready to be cooked and served on site.

Steamplicity: It's all part of Scolarest's commitment to delight our customers with great tasting food that contributes to their own well-being.

For more information on Steamplicity and to find out if Steamplicity is available at your West Sussex school contact the Scolarest team on 01243 836130 or 0845 603 7998.

Visit [www.mealselector.co.uk](http://www.mealselector.co.uk) to see how easy it is for you to pre-select and pay for a Steamplicity meal at your local school.

JRN:BI#2 02008 Compass Group PLC

EAT  
LEARN  
LIVE

Scolarest

# Lunch is a hot topic



Thousands of pupils from West Sussex schools are now enjoying the new 'Steamplicity' healthy hot lunches.

PHOTO CREDIT: West Sussex County Times

Advertisement



## THEY'RE OVER THE FIRST HURDLE

West Sussex Connections has helped boost interest in teacher training. An article in the January issue prompted no less than 85 calls from men who were keen to find out more about teaching in primary schools.

Pictured are 13 of the callers who decided to attend a three-day taster course designed to tell men about the rewards and

challenges of teaching. Nationally, there is a low number of male teachers in primary schools and the Government is on a drive to recruit more, along with black and minority ethnic teachers, and people to teach key secondary school subjects. It funds taster courses aimed at encouraging people to take up this rewarding profession.

The courses last for three days and one day is spent in a school. Another taster course aimed at recruiting black and minority ethnic (BME) people into primary school teaching will be held in Crawley from 10-13 November. Details are on our website. For more information about teaching in the county, go online at [www.teachinwestsussex.org.uk](http://www.teachinwestsussex.org.uk)

## CHEAP CHRISTMAS GIFTS!

If you are a 3 in 1 cardholder you can save some money on Christmas gifts by using your card at some of the dozens of businesses that offer money off incentives.

Over 100 businesses, from fashion shops to cinemas, have already joined. They get their offers and services promoted on a special youth website, and in *Your Mag*, a free magazine for cardholders.

There is still time to apply for the card, which now has almost 20,000 members.

The free card means West Sussex young people get reduced bus travel right across the county, plus discounts in a wide



range of shops and attractions, and a proof of age. The 3 in 1 card is aimed at all young people aged 5-19 living in the county and in full time education.

Further details of the scheme, together with an application form, can be found at [www.your3in1.co.uk](http://www.your3in1.co.uk), or by ringing 01243 777330. It's even easier to apply now as applicants no longer need to have their forms signed off by a teacher. There's also loads of information for young people on the website. Are you a business who would like to offer a discount, its FREE? Contact Jackie on 01243 756842.

## Following the code

All of our County Councillors have to follow a Code of Conduct, which sets out how they should behave when carrying out their role and requires them to declare any personal interests at meetings they attend or when decisions are taken.

The Code of Conduct is part of the Constitution of the County Council and can be viewed on the website. If you feel a councillor's behaviour breaches the code, then write to: **Tony Kershaw, Monitoring Officer, WSCC, County Hall, Chichester, PO19 1RQ** or [tony.kershaw@westsussex.gov.uk](mailto:tony.kershaw@westsussex.gov.uk)

**Littlehampton College OPEN DAY**  
Thursday 13 Nov 7 - 9pm

There are 29 courses available covering 8 academic areas

The College  
Littlehampton Community School  
Hill Road, Littlehampton  
West Sussex, BN17 6DQ  
Tel: 01903 711149  
Website: [lcscollege@littlehampton.w-sussex.sch.uk](mailto:lcscollege@littlehampton.w-sussex.sch.uk)

**St Paul's Catholic College**  
Jane Murray Way, Burgess Hill,  
West Sussex, RH15 8GA

Tel: 01444 873898  
Fax: 01444 873899  
Email: [office@st-pauls.w-sussex.sch.uk](mailto:office@st-pauls.w-sussex.sch.uk)  
Web: [www.stpaulscatholiccollege.co.uk](http://www.stpaulscatholiccollege.co.uk)

**ST. PAUL'S CATHOLIC COLLEGE**  
Sixth Form Open Evening 2008  
Thursday, 13 November 7.00 p.m. - 9.00 p.m.

## The 'X' Factor for Teens

Young people county-wide can connect with Connexions for information, advice and guidance.

Connexions is run by our Youth Service for all West Sussex teenagers. It is particularly helpful for young people who feel left out because they find it difficult to use the usual sources of advice.

Connexions helps young people to keep on track or get back on track. It raises their aspirations and encourages them to gain the qualifications for further education and employment.

struggling," said Carole Aspden, Head of the Youth Service. Connexions can be found in a variety of locations throughout West Sussex.

There's also a Connexions Intensive Support Team, comprising Personal Advisers who work with the most vulnerable and disaffected young people. For more info call 01903 219312.



## OPEN DAYS



## Full Time Education from Age 16 to Degree



Open Days in November  
see [www.northbrook.ac.uk/opendays](http://www.northbrook.ac.uk/opendays) for details

## Get Practical

Industry led education 0845 155 60 60  
[www.northbrook.ac.uk](http://www.northbrook.ac.uk)

## Chichester college

## OPEN EVENINGS

Brinsbury campus: Wed 8th October (5 - 7pm)  
Chichester campus: Tues 14th October (4.30 - 8.30pm)



Come and see our superb facilities and find out more about our fantastic range of full and part-time courses. There are many displays and exhibitions to see, and all the College facilities and workshops are open for you to visit and meet the staff.

### Our wide range of full and part-time courses includes...

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For more information please call: (01243) 786321

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# The Jambusters

**New teams to cut traffic congestion and free up parking spaces for people who really need them are targeting selfish drivers who flout the rules.**

Called Civil Enforcement Officers (CEO), they are taking over from traffic wardens in towns across West Sussex. Their job is to make sure motorists follow parking regulations and also act as the eyes and ears for local authorities by reporting broken signs and worn road markings.

The difference now is that there are far more CEOs than there were traffic wardens. In the past fines disappeared into the coffers of central government - now they stay local and are used to finance the CEOs and any surplus is spent on local road improvements.

Worthing, Horsham and Mid Sussex districts already have teams on the roads.

Thanks to the teams there's now:

- Less congestion from lorries forced to double park because motorists were parked in loading bays
- Less motorists blocking bus stops meaning bus drivers had to stop well away from the kerb causing elderly and disabled people to struggle to get on the bus safely
- Less cars half-parked on the pavement causing problems for people with pushchairs, in wheelchairs and visually impaired
- More disabled people and shoppers finding it easier to get a parking space
- More room in narrow roads for emergency ambulance and fire vehicles to get through
- More room for dustcarts to fit down narrow roads to collect bins
- More enforcement of short stay parking

bays to discourage all-day commuters so spaces are freed up for shoppers and this boosts town centre business.

Derek Whittington, Cabinet Member for Strategic Planning and Transport, said: "Parking enforcement means trying to make sure that our town centres are as accessible as possible for local people and visitors."

"We're definitely



not trying to catch motorists out and make money. We aim to make a really positive difference to town centres by sharing out the parking space fairly and improving the environment for everyone.

"The only people we are trying to stop are those who selfishly flout the parking regulations regardless of the harmful effect it might have on others.

"In places where the enforcement of parking regulations has been relaxed the result has been anarchy and chaos. Under these circumstances it is always the most vulnerable who suffer the most."

Civil Parking Enforcement is already in operation in Horsham, Mid Sussex and Worthing council areas. It is due to start in Adur in January 2009, and Chichester in October 2009. Crawley and Arun will follow in 2010.



## WHERE THE HEART IS

**Volunteers from around the county are being trained to help heart attack victims at home in those vital moments before the ambulance crew arrive.**

In the UK 300,000 people suffer heart attacks every year. Half of those people die as a result - so this is a vital service that has been helped by some of our County Local Committees (CLCs).

Specially trained by South East Coast Ambulance, we spoke to volunteers from "H.E.A.R.T. - Beat" (Hurstpierpoint & Hassocks Emergency Area Response Team). They operate portable automated heart defibrillators on people suffering heart attacks in the Hurstpierpoint and Hassocks areas.

They are mobilised by ambulance control following a

999 call and will always be backed up by a qualified ambulance clinician.

Derek Middlehurst, Community Support Team Leader from "H.E.A.R.T. - Beat", said: "In 2007, approximately 11 calls a week were made to the response team and since the scheme started two years ago, three patients suffering from cardiac arrest have been saved as a direct result of the volunteers".

Their kits contain an Automated External Defibrillator (AEDs), oxygen cylinders and first aid kits.

Derek said H.E.A.R.T. - Beat volunteers may also help unconscious patients, those with chest pains, breathing difficulties, epileptic fits, fractures, bleeding and falls.

There are no portable defibrillators kept in public places in the area at present,

but the CLCs are working on providing some.

South Mid Sussex County Local Committee (CLC) gave £1,000 to the volunteers to buy satellite navigation systems to help them get to the victim as quickly as possible. Taking out a road atlas or street map can prove to be crucial minutes wasted.

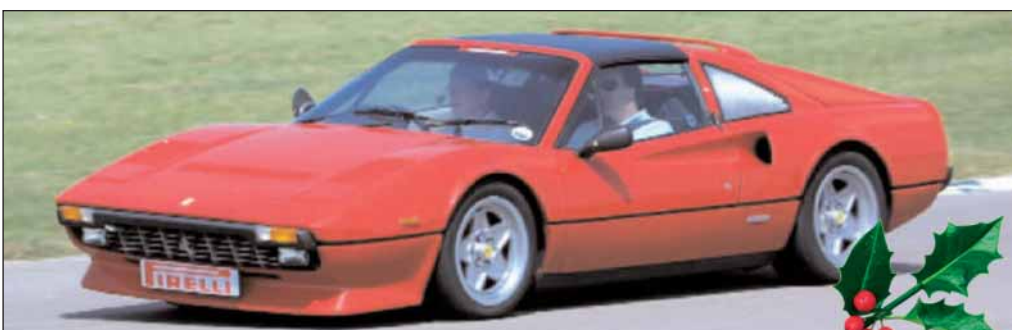
Last year, North Horsham CLC gave £10,000 to purchase specialist equipment, including defibrillators.

Chancotbury CLC gave grants for medical equipment for The Partridge Green, Steyning and Henfield response teams.

For more information about H.E.A.R.T. - Beat Community First Responders go to [www.hurstfirstresponders.co.uk](http://www.hurstfirstresponders.co.uk)

There are other groups in the county - more info on [www.secamb.nhs.uk](http://www.secamb.nhs.uk)

## Wrap up their driving skills



### The Young Drivers' Skills Course

Looking for the perfect Christmas present idea?

Aged between 17-25? You could benefit and improve your driving skills and awareness through this on-road course with Advanced Driving Instructors - run by West Sussex County Council in partnership with 'Skid-Control' on the skid pan at Goodwood Motor Circuit.

In addition to this, you will be offered the opportunity to drive a Ferrari!

The course, which is heavily subsidised by West Sussex County Council, costs just £60.00 or £120.00 when including the Ferrari drive.

Our Gift Vouchers which are valid for a year, make a great Christmas present, especially when choosing the exciting Ferrari drive option. This will give you the opportunity to drive 3 laps (approx. 7 miles) of Goodwood Motor Circuit at the wheel of this prestigious car!

For information call 08452 600 650 or visit [www.westsussex.gov.uk](http://www.westsussex.gov.uk)

Logos for West Sussex County Council, Sussex Safer Roads Partnership, BAA Gatwick, and London GEM.

[www.sussexsaferroads.gov.uk](http://www.sussexsaferroads.gov.uk)

Finding suitable Christmas gifts for young people can be difficult and time-consuming.

But what could be better than a present which teaches them new skills and could also help save their life or prevent serious injury?

Our unique Young Drivers' Skills course aims to show young people aged 17-25 the right way to stay safe on the road.

The day-long course ranges from an 'observed drive' on a variety of local roads with an instructor providing a running commentary to practical tuition on the skid pan at Goodwood Motor Circuit.

So far more than 2,000 drivers have taken the course. Many had the £60 course fee paid for as a gift using special Christmas vouchers.

For an additional £60, they can take a supervised drive in a Ferrari around the Goodwood circuit. The aim is to reinforce the message that motor circuits not roads are the place for speed.

Figures show that while 17-25-year-olds represent only 10% of UK licence holders, they are involved in more than 20% of all accidents.

Find out more on our website or call 08452 600 650.

Another Christmas gift along the same lines could be to pay for a young person to take Pass Plus after they have gained their driving licence.

Lessons cover driving in town, in all weathers, on rural roads, at night, on dual carriageways and motorways. Drivers can take the course at any time within the first year of passing their test.

Pass Plus, which is supported by the County Council, takes about six hours to complete but there is no exam. It enhances the skills drivers have learned to pass their test. An additional bonus is that most insurance companies give discounts to those who have successfully completed the course. Call 0115 9366504 or visit [www.passplus.org.uk](http://www.passplus.org.uk)

A workshop organised by our road safety team and held in Fire Stations around the county backs up the Pass Plus course. It is a relaxed and informative session aimed at inexperienced drivers - an opportunity to brush up on skills and take away some very helpful hints on how to be a safer driver.

And if you register to do the workshop and the Pass Plus you will get £60 cashback! To book call 01243 777581.



**Children and Family Centres are on the rise across the county. There are 27 centres so far, with more due to open soon.**

The county council plans to have a total of 51 centres by 2010. This aims to give over 42,000 under fives and their families the best start in life, before the children go to primary school.

So what do centres actually do? Each will differ in the services they offer, parents will be able to drop-in at their local centre for information and advice, while others will also offer full childcare. They may also provide activities and workshops for all the family and opportunities for parents to meet so they do not feel alone.

A mother said: "For me, it's just like an extended family."

She finds her local children and family centre so helpful and supportive that she even works there as a kitchen assistant.

Some families face difficulties. The centres provide guidance and support to help families find their way through.

A mother of three said: "They don't judge you about what you've done in your past. You're not treated as a number; you are treated as a person."

The children and family centres will also include somewhere for advice and information about getting employment through Jobcentre Plus, and health services.

To find out where your nearest centre is go to our website and type in 'children and family centres' and click on the first result. You can also view a short three-minute video we have made about the centres. Go to our newsroom on the website.

## MOVING MINI-MOVIES

A tear-jerking film about the heartache caused when a young driver gets drunk killing two passengers is one of a growing collection of mini-movies on our website.

Video provides a powerful way of getting across some hard-hitting messages.

It's also an excellent way of illustrating services - filling potholes and fitting smoke alarms are just two of the subjects residents can learn more about with the click of a mouse.

The videos can also be accessed via [itvlocal.com](http://itvlocal.com) and YouTube where they have already attracted hundreds of viewers. TV technology has become so much cheaper that using this media is now an affordable and effective way to communicate with residents.

To check out the collection follow the 'More News' link from the home page and scroll down to West Sussex videos.



## Keep it real Mum. Real nappies are cool!



Go on, try them out. It's the really cool thing to do!

Contact us on:  
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for a FREE  
Cotton Nappy  
Starter Pack



Or contact the Real Nappy Helpline on 0845 850 0606 or [www.realnappycampaign.com](http://www.realnappycampaign.com)



## A third of the food we buy in the UK ends up being thrown away



*Sad, isn't it?*

Sadder still, most of it could be eaten. This wasted food is a waste of money and a major contributor to climate change. To help throw less food away, a lot of fruit can be kept in the fridge so it lasts longer.

For more ways to reduce your food waste, visit [lovefoodhatewaste.com](http://lovefoodhatewaste.com)



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# How we keep you safe in West Sussex

**Our** Community Safety team is an active member of the West Sussex Strategic Community Safety Partnership (WSSCSP) which tackles crime and disorder, alcohol and substance misuse and anti-social behaviour right across the county.

They currently have 10 main priorities:

- **Reducing Anti-social Behaviour** (environmental and people based nuisance)
- **Sustaining Reductions of Criminal Damage**
- **Supporting victims of Domestic and Sexual Violence**
- **Reducing Serious Injury Assaults**
- **Reducing Deaths and Serious Injuries on our roads**
- **Supporting Children and Young People to Feel and Stay Safe**
- **Reducing Alcohol and Substance Misuse**
- **Reducing Adult and Youth Re-offending**

- **Tackling Race and Hate Crime**
- **Creating Cohesive Communities**

WSSCSP works with Crime and Disorder Reduction Partnerships (CDRPs) in your area to meet these priorities. CDRPs are formed from agencies including Sussex Police, our West Sussex Fire and Rescue Service, District and Borough Councils, Primary Care Trusts and Drug and Alcohol Action Teams.

Here are some examples of how these partnerships are keeping West Sussex safe:

## Help for abuse victims

If you are being abused, threatened, or physically or sexually assaulted by a partner, a former partner, or a family member, life can seem desperately lonely, and you may not know which way to turn for help.

As well as actual physical violence, domestic violence can involve a wide range of abusive and controlling behaviour, including threats, harassment, physical attacks, financial control, and emotional abuse. So-called honour crimes and forced marriage are also forms of domestic violence.

Anyone can experience domestic violence - it can happen in all kinds of relationships and for any reason, regardless of age, race, sex, sexuality, disability, wealth, geography and lifestyle. It is rarely a one-off event. Physical and sexual abuse tends to get more severe and happen more often over time, sometimes only ending when one person actually kills the other.

The most important thing you can do if you are a victim of domestic violence is tell someone you trust.

You can turn to WORTH Services - a team of highly-trained and skilled Independent Domestic Violence Advisors based in Crawley and Worthing Hospitals, who work with people who are being or have been intimidated or hurt by someone they're involved with.

At the end of this year the service will be county-wide with additional access at St Richard's Hospital, Chichester, and Haywards Heath Princess Royal Hospital.

To speak to someone about WORTH Services call **01903 205111** x 4395 or visit [www.worthservices.org](http://www.worthservices.org)



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Find out more at [www.berr.gov.uk/fireworks](http://www.berr.gov.uk/fireworks)

**DEPARTMENT FOR BUSINESS ENTERPRISE & REGULATORY REFORM**

## Not on a knife-edge

The good news is that overall crime in West Sussex continues to show a downward trend.

This is despite huge national publicity about the rise in certain crimes, especially those involving knives.

Some West Sussex residents may be affected by such stories, increasing their fear of crime and making them feel that they could be victims themselves.

The facts do however speak for themselves. Sussex Police figures show that from April 2007 to June 2008 there were 256 offences recorded as 'Having an article with a blade or point in a public place' for the whole of the county. When you consider that there are 770,000 people living in West Sussex, that's less than one offence per 1,000 people.

Low figures may not always make people feel safer, so in order to provide further reassurance to residents, Sussex Police has been conducting metal detector spot checks at some pubs and clubs. Despite searches on hundreds of people no knives have been found.



## REDUCING REPEAT OFFENCES

Our Community Safety Unit works closely with Sussex Police and probation staff to deal effectively with frequent offenders.

Good partnership working has secured employment and accommodation for ex-offenders and has led to reduced offending, as well as helping them with drug habits, mental health assessments, prosecutions for ASBO breaches and prison recalls.

It is estimated that out of a million active offenders, only 10% are responsible for 50% of all the crime committed in England and Wales.

The Prolific and Priority Offender (PPO) Strategy is an initiative from the Home Office, which aims to reduce crime by targeting those who offend most, or otherwise cause most harm to their communities.

Crime and Disorder Reduction Partnerships (CDRPs) lead the programme and teams consisting of criminal justice agencies, local authorities and other partners are responsible for operating the PPO schemes.

## TIDY IDEA

Take part in The Big Tidy Up - the country's biggest ever litter clean-up.

Litter can often give the perception that an area is neglected, or has high levels of crime or disorder. The Big Tidy up gives communities a chance to improve their local environment and help reduce the fear of crime.

The charity Keep Britain Tidy co-ordinates the clean-up and has a range of equipment and resources that are available to help you.

The County Council and its partner district and borough councils are helping to co-ordinate local clean-up events.

More info from Greg Ockwell on **01243 382928** or visit [www.thebigtidyup.org](http://www.thebigtidyup.org)



## Fright Nights

**H**alloween and Bonfire Night are key events in the calendar for parties and having fun, but elderly and vulnerable people can feel frightened by an increase in anti-social behaviour, trick-or-treating and the inappropriate use of fireworks.

With this in mind, Crime and Disorder Reduction Partnerships (CDRPs) now co-ordinate a range of actions designed to reassure the public and reduce the sort of behaviour that can impact on residents during these times.

These include:

- Circulating 'No Trick or Treat' window signs to deter unwelcome visitors.

- Giving posters to retailers indicating they will not sell eggs and flour to under 16's.
- Increasing police patrols on and around Halloween and Bonfire Night.
- Visiting schools and youth groups to promote sensible behaviour.

Last year, as a result of this multi-agency activity there was a marked reduction in anti-social behaviour.

Much of this partnership work will be repeated this year to ensure that CDRPs build on the successes.

The message to all those celebrating is to enjoy events safely and responsibly and respect other individuals.

The grave of an Iron Age warrior, perhaps a prince or nobleman, was discovered during an archaeological dig on a new housing site.

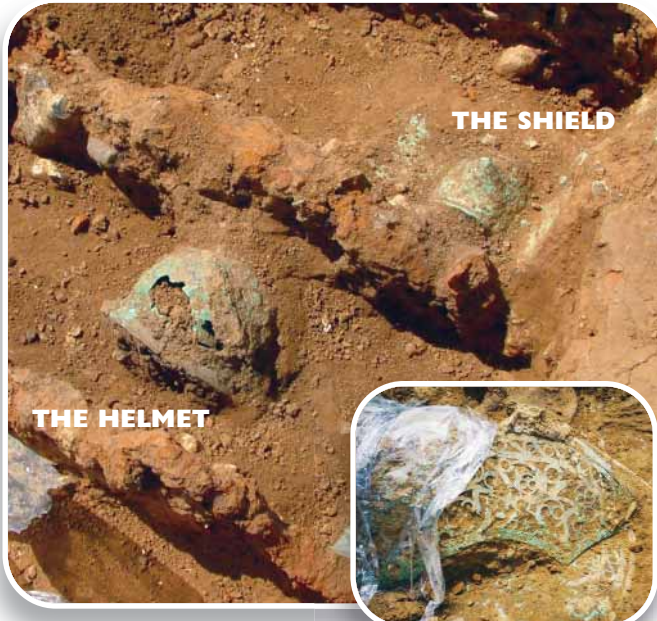
It is thought to date back to between 50BC and 50AD. Also found buried with the skeleton were a bronze helmet and an ornate shield, of a style previously unknown in Britain, and pottery at the foot of the grave.

The find is of national and international importance and scientific analysis of the skeleton will continue over the coming months.

The need to undertake an archaeological dig was one of the conditions for the site when planning consent was granted, because of previous finds in the area.

This was recommended by the County Council's archaeologists who advise all the districts and boroughs except for Chichester on heritage and the historic environment. You can find out more about their work on our website or by calling 01243 642119.

# A noble find...



## Can you solve these?

Visit our website to take a trip down memory lane and see if you can solve some mysteries.

You can view a series of photos which have been donated to our Archives, Record Office and Libraries - but we need you to help us identify them.

You can also read all the comments and memories from residents about photos previously featured in West Sussex Connections.

**Photo 1** shows three children standing outside a cottage, possibly near Worthing.

**Photo 2** is a complete mystery - who, when, and where?

Both photos are from the Walter Gardiner Photography Collection and there are over 200 more already on West Sussex Past Pictures website. You can view the photos and send info on them from the website.

For a wealth of information and photos on the fascinating past of West Sussex go to our website under Libraries and Archives.

The photos featured in West Sussex Connections and many others are also on our website; go to More News from the homepage.



Advertisement feature

# Cut the cost of living with McCarthy & Stone

**RISE IN ENERGY COSTS IN PARTICULAR AND THE COST OF LIVING IN GENERAL ARE OF INCREASING CONCERN, YET SOME SHREWD PEOPLE AREN'T WORRIED ABOUT IT! THEY HAVE CHOSEN TO LIVE IN A MCCARTHY & STONE RETIREMENT APARTMENT.**

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West Sussex Connections, Oct08



# WEST SUSSEX AHEAD OF THE GAME

**West Sussex is proving itself to be 'Ahead of the Game' in preparation for the 2012 London Olympic and Paralympic Games.**

*West Sussex - Ahead of the Game*, is a countywide initiative to help make the most of the 2012 Games, with many partners including the County Council, University of Chichester, Sussex County Sports Partnership Trust, Business Link Sussex and the district and borough councils.

It was officially launched in September on Paralympic Handover Day at Arun Leisure Centre, Felpham, with guests including Jeanette Chippington (pictured above), five times paralympian swimmer and medal winner.

The event had a carnival theme, and included performers from local schools, and featured a sports training camp for more than 130 young disabled people from across the county.



County Council Cabinet Member for Environment and Economy Deborah Urquhart said: "The launch of *West Sussex - Ahead of the Game* comes on the back of a superb Olympics and Paralympics in Beijing. Congratulations to both GB teams for their success; what a wonderful way to begin the build up to the 2012 Games."

*West Sussex - Ahead of the Game* is using the inspiration of the 2012 Games to encourage more people to take part in sport and cultural activities, and is working towards benefits for tourism, business and skills development, as well as more opportunities for young people, and better international links.

For further information about *West Sussex - Ahead of the Game*, visit the website at [www.westsussex-aheadofthegame.com](http://www.westsussex-aheadofthegame.com)



## SWEET RESULT

Our 'finders fee' appeal in the last edition of *Connections* led to a fantastic response from potential 'lollipop' people.

We offered a £50 bounty if people persuaded a relative to take one of the 21 vacancies we currently have for school crossing patrol officers.

The 'finders fee' was launched because many of our current 'lollipops' work close to schools attended by their children and grandchildren.

The appeal led to more than 50 enquiries, 22 people followed up by asking for an information pack and, at the time of going to press, six people were due to be interviewed. There are still vacancies. Call 01243 777929 for more info.

# Keep ahead in a moving world

**West Sussex Adult & Community Learning Service are pleased to offer a full range of ICT based courses from basic skills computing through to more advanced levels to managing your mobile and MP3 player.**

We offer courses leading to accreditation as well as a full range of ICT courses from taster sessions to 34-week courses. Below is a selection of just some of the fantastic Saturday courses on offer this term.

Course	Venue	Date
eBay in a day	Littlehampton	15 Nov
eBay in a day	Burgess Hill	29 Nov
eBay in a day	Midhurst	6 Dec
Excel Spreadsheets Workshop	Storrington	8 Nov
Christmas Cards and Labels	Burgess Hill	29 Nov
Greetings Cards and Christmas Gifts	Littlehampton	4 Nov
Labels for Christmas	Crawley	29 Nov
Manage your MP3 Player	Crawley	1 Nov
Manage your MP3 Player	Storrington	8 Nov
Manage your Mobile	Selsey	25 Oct
Manage your Mobile	Felpham	8 Nov
Manage your Mobile	Littlehampton	15 Nov
Manage your Mobile	Horsham	15 Nov
Manage your Mobile	Bognor	22 Nov
Digital Photography and Image Processing - First Steps	Steyning	1 Nov

### Change your story!

Anne worked 37 years as a nurse in the NHS and on retirement decided to see if she could get to grips with computers. She started on an over 50s beginners course and found it in her own words 'addictive'. She has gone on to more advanced courses and her list of skills is impressive. E-mails and internet are now second nature to Anne as she has developed file management skills to enable her to document and organise her Cake and Sugar craft information, including downloads and photographs.

### Are you interested in Drama & Theatre or just want to try something new?

Why not come along to our *Play in a Weekend*, which is an exciting opportunity to help produce an original version of Shakespeare's *Hamlet* with top actor Dominic Rickhards

25 & 26 October 2008, 10.00am - 4.00pm  
Oak Grove College,  
Durrington, Near Worthing

We offer over **2750** courses from languages to health and fitness and arts and craft to skills for life!

For further information on these and other courses run by West Sussex Adult & Community Learning Service please call **01444 236355** or visit

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