

Let's keep West Sussex working

We're fighting the recession with a number of initiatives to help YOU – the residents of West Sussex, make your money go further.

In this issue of West Sussex Connections we highlight ways that you can save money, and beat the credit crunch.

We also show how the County Council is making changes to the way it works which directly benefit residents and businesses.



County Council Leader Henry Smith said: "As the recession deepens, we are working very hard to help residents to weather the storm. This is being done in a variety of ways, from paying firms quicker that supply us with services to supporting people who are stressed because they cannot get a job, to giving money to Citizens Advice Bureaux to enable them to help more people." **Look for the 'MONEY ADVICE' logo next to stories that could help you.**



Teenager David Veitch from Horsham not only signed up for half price bus fares but also won himself a prize in one of the regular competitions to promote the 3 in 1 card. See page 10 for more details of this money-saving scheme for young people, which also offers discounts at loads of shops and venues, and is a proof of age.

The initiatives to keep West Sussex working, announced by Henry include:

- Cutting the time it takes to pay invoices from small and medium sized businesses to improve cash flow and keep them solvent.
- Working with districts and borough councils to

support local businesses, along with the newly-formed West Sussex Economic Skills and Enterprise Board, whose remit is to improve the economic well-being of the county.

- Supporting the West Sussex Credit Union and Community Banking Partnership to focus resources

on individuals most at need.

- Working closely with employers to continue to improve the skills levels and employability of young people.
- Collaborating with JobCentre Plus to match up companies forced to downsize with those seeking new employees.

- Giving £100,000 worth of financial support to Citizens' Advice Bureaux so they can help more people who need debt counselling.

- Signposting how residents can claim any benefits to which they are entitled.

continued on back page



Could you become a foster carer?
See page 3



Enjoy our coast and countryside this winter
See page 5



Have you got what it takes to be a social worker?
See page 6



Going green across the county
See page 13



Helping our children and families
See page 14



Buy With Confidence from these local traders - see page 2

BUILDING SERVICES



Billingshurst Builders Ltd

Billingshurst Builders is your local, independent, complete building service.

General Domestic Building, Repairs & Maintenance
From planning to completion we can help you with:
Extensions, roofing, loft conversions, conservatories and much more



We have always provided quality service and workmanship. We have proved this to trading standards to gain our certification for their 'Buy with Confidence' scheme



Call us on 01428 707 383
or visit our website
www.billingshurstbuilders.com

D VOAKES & CO
Established 1960
PROPERTY MAINTENANCE

- ✓ Fully insured ✓ Internal/External Decs
- ✓ Loft Insulation ✓ Bathroom Renovations
- ✓ Ceramic Tiling ✓ Fascias and Guttering

01243 865578
email: dvoakes@hotmail.co.uk
Mob 07703 413021

BEST CHOICE
01903 773699
07961 410377

- UPVC Fascias
- Flat Roofing
- Chimney Repairs
- Tile & Slate Repairs (re-roofs)
- Driveways & Patios
- Drop Kerbs
- Block Paving
- Concrete Slabbing

Checkatrade.com FMB FENSA

F.S.M ROOFING AND CLADDING PROPERTY MAINTENANCE

- Tiling
- Lead work
- Upvc fascia and soffits
- Guttering
- Flat roofing
- Chimney repairs

20 years experience.
All work guaranteed and fully insured.
07868 760348 or 0800 211 8150

CARE SERVICES

Anchor
Staying Put

Arun-Chichester-Crawley-Mid Sussex-Horsham-Worthing

Handyperson: For those little jobs around the home: where you need someone you can trust; that can take from 15 minutes to about two hours; and will make it safer, more secure, light, warm and homely.
Tel: **01444 474690** - Mid Sussex & Crawley (MSCr)
Tel: **01903 788440** - Arun & Worthing (A&W)
Tel: **01243 539988** - Chichester (C)

Trades Register: Larger jobs around the home and garden to help you live independently, where you need a contractor you can trust.
Tel **01444 474690** MSCr and Horsham (H).
Larger or specialist works (eg disabled adaptations)
01444 415475 MSCr and H;
01903 788440 A&W and
01243 539988 C

HOUSEHOLD SERVICES

OVEN2CLEAN
We Clean all makes of Domestic Ovens including Range, Aga as well as Hobs, Extractor Fans & Microwaves

- Non-toxic, low odour
- Removes grease and carbon
- C.R.B. checked

For your free quotation call
01903 506601
www.oven2clean.co.uk

OTHER SERVICES

The MEMORIAL STONE CENTRE LTD

Over 100 beautifully carved memorials on show in an appropriate garden setting
30 year Insurance Backed Guarantee
www.memorialstonecentre.co.uk
Shripney Road, Bognor Regis
01243 867005

MOTORING SERVICES

LYNX AUTO CENTRE

DISCOUNTED TYRES • ALLOY WHEELS • EXHAUSTS
• BATTERIES • MOTs • REPAIRS & SERVICES

Unit 4, Burns Way, Holmbush Potteries, Faygate, Nr Horsham RH12 4ST
www.lynxautocentre.com
01293 851891

ANCHOR Garage Doors Ltd

for supply, installation and repairs call Colin

01903 851212
07860 440709
www.anchorgaragedoors.co.uk



BWC is a list of approved traders vetted by our Trading Standards Service and is designed to protect both consumers and businesses against unfair practices. If you would like to become a BWC trader, call **01243 642124** or go to our website under Trading Standards.

WORTHING GLASS
The Experts for Excellence & Quality
WINDOWS • DOORS • CONSERVATORIES

Checkatrade FENSA
FREE QUOTATIONS
01903 212374
45 Madeira Avenue, Worthing BN11 2AX

Decorating & Tiling Services

- Interior/Exterior • Fully Insured
- No job too big or small
- Tidy, friendly, cost effective service
- Free quotations

KTM services
01903 205005
07971 471332

B. PACY
SPECIALIST IN PLASTERING & MOULDINGS

- Brickwork • Extensions
- Alterations • Driveways
- Advice and guidance
- Quick turnaround

01903 213996
07739 745655
tpacy@btinternet.com

Oakcroft Driveways Ltd.
Block Paving, Paths, Patios and Driveways
www.oakcroftdriveways.co.uk
Littlehampton
01903 714831

AF Harmes Plastering
Plasterer, Damp Proofing and Household maintenance
Burgess Hill
01444 236846

Cash grants up for grabs!

Don't miss the deadline for applying to your County Local Committee (CLC) for a community cash grant.

Many of our CLCs still have cash available for local organisations that make a significant contribution to their neighbourhoods.

But the deadline for applying is the end of March.

One of the groups that have been helped is the Dame Vera Lynn Trust for Children with Cerebral Palsy (01403 780444).

The valuable work of the Trust, which was set up by the 'Forces Sweetheart' singer in 2001, was recognised by North Horsham County Local Committee with a £450 grant.

The Trust runs a School for Parents at Ingfield Manor, Five Oaks, near Horsham, which is a free support service.

Its work is best summed up by Dame Vera, who says: "For a family to be suddenly and unexpectedly faced with the news that their child is affected by cerebral palsy is a life-altering experience."

"Early intervention is crucial. The free-to-all service we supply at our School for Parents is a lifeline to our families and probably the first such specialist support that they will receive."

"Our Trust will support them through the early years and help to ensure that their child achieves their maximum potential and becomes a more integrated member of society."



Nikki Box with son Jayden Colgan who attend the Dame Vera Lynn Trust School for Parents.

talk with us
everybody has something to say



Steve Lane, of the Trust, said: "We need to raise more than £400,000 a year to ensure the service we offer parents. The grant from North Horsham County Local Committee was welcome recognition for the work we do here."

Here's some more examples of how our CLCs have helped groups over the last financial year:

- **Adur** - £5,000 towards smoke alarms for vulnerable residents and £1,000 to Shekinah Playgroup, Shoreham Baptist Church, towards a play area.
- **North Chichester** - £1,000 to Rogate Youth Club for IT equipment.
- **East Crawley** -

£2,500 to the Jubilee Academy of Performing Arts for musical instruments.

- **Central Mid Sussex** - £2,500 towards developing a 'one stop shop' for Cuckfield and surrounding villages and £2,000 for a walk-in chiller room to support the planned Farm Shop at Oathall Community College.

To apply, go to www.talkwithus.westsussex.gov.uk and go to the Community Initiative Fund link.



Buy with Confidence

The slump in house sales means people may choose to improve rather than move. But whether it's an electrician, a plumber or a carpenter you need, finding and choosing the right trader to carry out the work can be a nightmare. Choosing a trader at random from a newspaper can be a risky exercise as some people have found to their cost.

This is where the Buy With Confidence (BWC) scheme run by West Sussex Trading Standards can help. The scheme has a list of around 200 approved traders.

Before a business is allowed to use the Buy With Confidence Logo they have to:

- ✓ Demonstrate to Trading Standards Officers that they operate in a fair and honest way.
- ✓ All staff who visit consumers homes must provide a criminal record certificate.
- ✓ The Trading Standards team will also undertake background checks on the owners of the business.
- ✓ In the unlikely event that you have a dispute with a BWC which you cannot resolve, Trading Standards will mediate between you and the trader

You don't have to be planning major house renovations to take advantage of the scheme. Many of the companies are listed as 'small job-friendly' which means they will take on work that may cost less than £75 to complete.

To find a list of approved BWC traders in your area call **01243 642124** or visit www.buywithconfidence.info (if you are a good trader and want to join, we are very interested to hear from you as well!)

See a cold calling scam in operation and find out how using a Buy With Confidence trader helps you get a fair price. Go to our website and look under 'More News' and then on our West Sussex video, then choose 'Caught On Camera - Dave the dodgy roofer.'

West Sussex County Council:
Switchboard: 01243 777100
24-hour Info: 0845 7581232
Editorial: **01243 753595** or:
connections@westsussex.gov.uk
Advertising: **01243 777431**
advertising@westsussex.gov.uk
West Sussex Connections is delivered by Royal Mail to around 350,000 homes, is printed on environmentally-friendly paper and can be recycled.

Terms and Conditions
The accuracy or content of any advertisement is not warranted by this Council nor does this Council endorse or guarantee any of the products or services advertised. The views expressed in this paper are not necessarily those of the Council.

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



Helen and Peter

The joy of fostering

There are few things more rewarding than seeing a child enjoying life and looking forward to the future - especially when that child has had a difficult start.

That's why becoming a foster carer could be one of the most enriching things you'll ever do.

You'll have helped a child feel safe, secure, wanted and settled. You'll have helped to rebuild their lives and fulfil their potential.

You'll have helped change a young life for the better.

We're always seeking new foster carers. Our foster carers, who are supported by a

Family Placement Social Worker and excellent training, come from a variety of different backgrounds, ethnicity, ages and experience.

But the one thing they have in common is the patience, resilience, space, time, and energy to meet the needs of children in their care.

Here, two couples speak to West Sussex Connections about the joy of fostering.

Foster carers receive generous allowances to cover expenses such as: ● Food ● Clothing ● Heating and lighting ● Nappies ● Pocket and dinner money

There are also additional allowances for the child's birthday, Christmas and holidays.

We pay a weekly household fee which increases as you develop your knowledge, skills and experience.

We also offer excellent in-house training, leading to nationally recognised NVQ qualifications if you want to further your career in childcare.

You're somehow not surprised when Helen and Peter Trower say: "We love children!"

After all, the living room in their Burgess Hill home strongly resembles a toymaker's answer to Willy Wonka's chocolate factory - convincing evidence of the importance children play in their lives.

They have two adopted children of their own - a son, 21, who is in the Royal Marines, and a daughter, 18, who lives at home.

Helen is also a child minder and during the day looks after four youngsters at varying times.

On top of this, Helen and Peter have been foster carers for thirteen years. In that time they have looked after seventeen children between

birth and six years.

Their reason for becoming foster carers is quite straightforward.

Said Helen: "We had a close and happy family and we wanted to share this with children who weren't so fortunate and would benefit from such an environment."

Peter, a former police officer who still works for Sussex Police, said: "We can offer the children stability, routine, attention and lots of love - something the children may not have had."

Seeing how the youngsters in their care gradually change is one of the most rewarding aspects of fostering, they say.

"When they come to us, they can be very subdued. They're wondering what is happening to them.

"But they soon benefit from being in secure and happy surroundings," said Helen.

Peter added: "It shows how we can make a difference to a child who is going through a very difficult time."

Both wholeheartedly encourage people to seriously consider fostering.

"You're not only helping a child, you are also enriching your own family," said Helen.

You can attend a Fostering Information Evening at Billingshurst Children & Family Centre on 27 January from 7-9pm. Call 01403 246484 to book a place or for more info.

It was the birth of their first child eight years ago that led to Stewart and Tracy Judd becoming foster carers.

As Tracy said: "We suddenly discovered we like parenting."

Since then, Stewart and Tracy have had two more children, aged six and one.

But their 'family' doesn't end there.

For the past six years, Stewart and Tracy - who live in the Horsham area - have been foster carers.

In that time, they have given a home to more than a dozen children.

The couple originally started out as short-term foster carers.

"We would look after children - both boys and girls - for anything between two and six weeks," said Stewart.

However, they are currently the foster carers of two teenagers - who have been with them for five years!

Said Tracy: "They were children when they joined us, but now they are approaching adulthood. Their stay has developed into a long-term commitment, but it is one we have all benefited from." Stewart said: "We like having a big family and the two teenagers have become like a brother and sister to our own children.

"There's no doubt about it - they enjoy having more young people around them and we firmly believe it is helping them to become rounded individuals as a result of having two more people living with us as a family!"

Both Stewart and Tracy do not deny looking after five



children can be taxing.

But as Tracy commented: "That's going to apply to any family with children."

Or as Stewart said: "When you get home from work, there's not much time for peace and quiet - you find there's always something to do."

There are many different ways to foster:

Emergency - giving a child somewhere safe to stay overnight, for a weekend or up to two weeks.

Respite - looking after a child to provide a break for another foster carer or a parent.

Short Term - caring for a child, or children, and helping them return to their birth family or move to a long-term foster placement or an adoptive family.

However, there's no questioning the satisfaction of fostering, they say.

"To anyone who likes children and is considering fostering, our message is quite simple - do it. You will find it totally enhances your family," said Tracy.

Long Term/Permanent - helping a child to grow up in a safe, warm, and supportive environment and to keep in touch with their family.

Short Breaks - looking after children with disabilities to give their parents a break.

Parent and Baby Placements - you not only help keep a baby safe, but also support the parent or parents with developing their skills to look after the child.

For more information about becoming a foster carer, you can:
Complete a fostering enquiry form on our website - www.westsussex.gov.uk/fostering
Call the Fostering Information Helpline on free-phone: **0800 121 6508**
Email: fostering.recruitment.team@westsussex.gov.uk

Advertisement

Companionship? Independence? Security?

For a detailed colour brochure or appointment to view please ring Charles Peck on 01243 816666 or visit our website www.claremontgardens.co.uk

For Sale
Claremont Gardens
Show Cottage open for viewing

- 20 Linked Garden Cottages
- Independent living with like minded people
- House Manager to offer support
- Fine dining cuisine in restaurant setting
- Social and activities programme



ROYAL BAY

Fontwell Park, Eastergate, West Sussex PO20 3RY.
Between Chichester and Arundel just off the A27 on the A29.

Claremont Lodge
Gracious Living with Care

- Arguably West Sussex's finest Care Home with Nursing
- For full time or respite care by professional staff
- Residents' quality of life is of particular importance
- Social and activities programme
- Colour coordinated interior designed rooms
- Landscaped gardens and grounds



ROYAL BAY CARE HOMES

Please call **0845 125 6166**
or visit our websites www.royalbay.co.uk
www.claremontlodgcarehome.co.uk

Lifting the stress load

Many people suffering from stress, anxiety and depression find it difficult to stay at work or to find a job if they are unemployed. Often they don't receive the help they need until they have already lost their job or have been unemployed for a long period of time.

It is with this in mind that a pioneering new employment support project has been set up in West Sussex at three doctor's surgeries in the Bognor area. Under the scheme a trained employment adviser attends Maywood, Bognor Health Centre and Bersted Green surgeries.

Adviser Kirsty Sandbrook is on hand to talk to people referred from their GP who may be suffering from stress, anxiety or other mental health issues. She is able to give them vital information and advice which can help them either stay in their job or make the necessary steps to find employment.

"The aim is to give people the right information and guidance at the earliest possible opportunity," said Irene Loft, Steps to Work Partnership's Project Manager. "Often people suffering from stress and depression go on for a long time and have very deep rooted problems before they receive professional advice of this kind. The information the project provides helps people keep their working lives healthy."

The County Council's Steps to Work Partnership consists of six voluntary organisations which help adults with disabilities to access learning, training and work support. One of the partners, Impact Workability West Sussex, is running the employment support project. They help people with physical and mental health needs and support employers to develop positive working relationships with their employees.

To find out more about Impact Workability's employment project in Bognor call **01903 730044**, or the Steps to Work partnership call Irene Loft on **01403 258720** or visit www.stepstowork.org.uk



On Call 24/7

At any time of the day or night an Approved Mental Health Professional (AMHP) is on call to help people who require an urgent assessment of their mental health.

This new County Council service provides high quality assessments and support for people with mental health difficulties who are facing a crisis.

AMHPs provide an independent non-medical view of a person's care needs.

They will always act in the person's best interests by considering the most appropriate care and support required.

If necessary they will make arrangements for a person to be formally assessed under the Mental Health Act where there are fears for the health or safety of the person and/or the safety of others, such as carers. They can co-ordinate action to deal with a whole range of problems including a crisis where urgent hospital admission is needed.

Currently the AMHPs are all professionally qualified social workers, although other staff including nurses, psychologists and occupational therapists may provide this role in the future.

The service was set up as a result of legislative changes that came into force in 2008. The service works closely with GPs and with staff based in community mental health services. For more info visit www.westsussex.gov.uk/mentalhealth

Everyone needs a break...

More than 270 carers have applied to register with the new Emergency Respite Service since it was launched in May 2008.

The free service was set up by the County Council in partnership with the three West Sussex Crossroads Schemes, who deliver the service.

It is designed to ensure there is back-up and support for carers who are unable to care for someone because of an emergency situation.

So far the scheme has received a very positive response. Carers and families are relieved they are now able to have something in place in case an

emergency happens.

Olive, 85, from Lancing, cares for her partner, who has Parkinson's Disease. She used the Emergency Respite Service when she had to go to a funeral. She said: "The service meant I could be away all day without any anxiety. It gave me peace of mind and that is what is so essential.

To be eligible for the scheme carers must complete an emergency plan and be providing regular and substantial care to an adult who is frail, living with an illness, has a disability, sensory impairment or dementia.

More info on our website or call Crossroads on **01403 243924**.

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



www.childcarelink.gov.uk
*(Not all our registered providers include their details on the website)



Are you considering a career in Childcare?

West Sussex County Council's Early Childhood Service are hosting the following career in childcare events:

Southgate Children and Family Centre, Crawley
Barrington Road, Southgate, Crawley, RH10 6DG
on Saturday 7 February 2009 10am - 2pm

Petworth Children and Family Centre
South Grove, Petworth, GU28 0EE
on Wednesday 25 February 2009 5pm - 8pm

Durrington Children and Family Centre
Salvington Road, Durrington, Worthing, BN13 2JD
on Saturday 21 March 2009 10am - 1.30pm

This is an opportunity to find out about qualifications, training, bursaries, volunteering and finding a job in childcare.

If you are new to working with children or are considering starting a career, these events can help you get started.

Please feel free to drop in. There is no need to book.

For further information please contact Lorraine Kelly through the Children's Information Service on

01243 777807



www.childcarelink.gov.uk
*(Not all our registered providers include their details on the website)

A fun way to learn

A few miles south of Chichester is one of the largest unspoilt areas of the Sussex coastline. With its stunning landscape and a wealth of wildlife, Pagham Harbour Nature Reserve is a sanctuary to protect birds, fauna and their environment.

Its mudflats, marshes, lagoons, reedbeds and shingle beaches are a living classroom and pupils of all ages can explore and learn about the ever-changing natural world first hand.

The Harbour has a fully equipped classroom and Visitors Centre, and guided trips are available all through the year for school and college students. The subjects most frequently studied are ecology, coastal geography, rural science, seaside history and travel and tourism.

Education Officer Debra Barnes tries to make all educational programmes fun, and a recent project saw the team talk to year six children whilst dressed up as many different 'Pagham Harbour characters,' such as the warden, a walker or a wildfowler, in order to teach them why the Harbour is so important.

Debra said: "At Pagham we try to make all educational events engaging, and to challenge the children in a new and innovative way."

The Harbour received a lottery grant that has meant an outdoor Discovery Area can be developed for schools to explore and learn about native wildlife. With this money, two ponds have been rejuvenated for pond dipping in the summer. There are also plans to improve the nature trail and extend it into a small woodland.

Sessions are available all year and can be adapted to suit different needs. For further information about the range of educational opportunities visit www.westsussex.gov.uk/paghamharbour, or to arrange a pre-visit, contact Debra on 01243 641508 or email debra.barnes@westsussex.gov.uk



It's no hogwash - Buchan's got a dog wash!

It's a dog's life at Buchan Park, Crawley, where a new dip has been created.

The park is about two miles away from the town centre and provides a completely different atmosphere to that of busy town life.

The dog dip area was opened so they and the local wildlife can live in harmony.

Simon Rowledge, Buchan Countryside Ranger, said:

"On average, 100 dogs pass through here a day, with more at weekends".

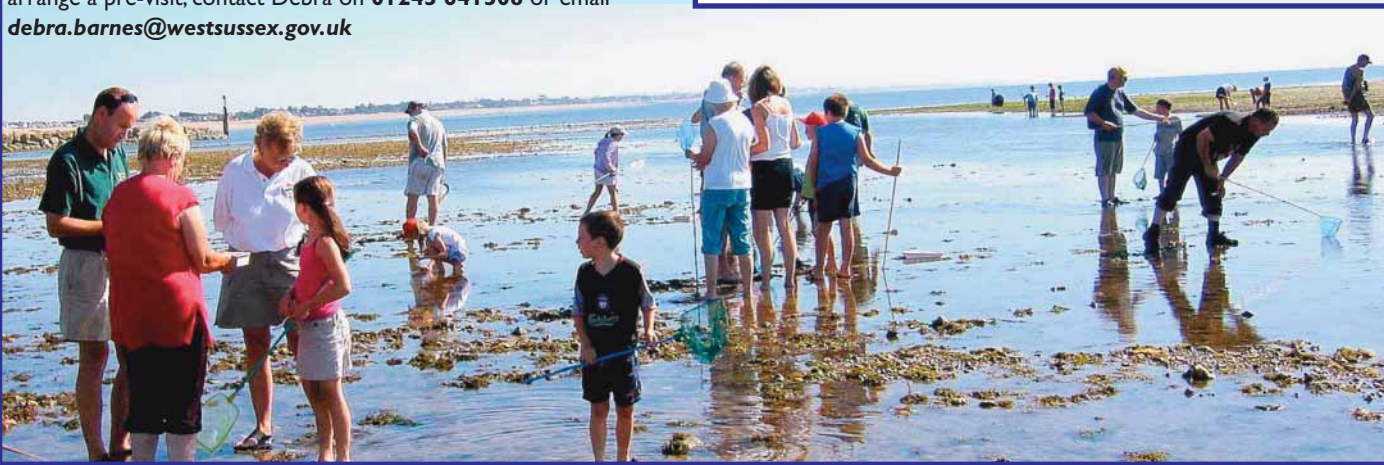
Following comments from dog owners a layer of stones were put in the water in front of the dip so dogs do not disturb the silt

and so get less muddy. Now for the first time in 20 years, Great-Crested Grebes have produced some chicks, as a direct result of not being disturbed by water-loving dogs!

Other improvements at the park include:

- A surfaced path which adds another loop for walkers going around the back of a pond and up to the meadow
- New fishing platforms put in on another pond
- Sculptures have been created for family enjoyment and discussion

For more info visit www.westsussex.gov.uk/buchanpark



Keep warm and well this winter

The credit crunch is hitting hard yet energy prices seem to keep on rising. West Sussex Fuel Poverty Coordinator Rebecca Jones is available with tips to help people reduce energy costs.

Rebecca works on behalf of the West Sussex Healthy Homes Partnership, made up of the County Council, district and borough councils, and other organisations.

Fuel poverty occurs when a household needs to spend more than 10 per cent of its income to maintain heating.

There are many causes including low household income, inefficient or expensive heating systems and poor insulation or expensive fuels.

Rebecca has a number of tips to help people keep warm, save on heating bills and make their home more energy efficient:

Insulate your home or improve the heating. There are many offers and grants available from energy suppliers, local councils and the Government for heating and insulation. Contact the Energy Savings Trust free on 0800 512 012 for impartial, local advice or your local council.

Eat for warmth. Regular hot meals and drinks provide warmth and energy, but remember to boil just the water you need as electric kettles are among the most energy-hungry appliances in the home.

Cook efficiently. Keep lids on pans to cook more quickly and to reduce condensation and mould growth. Let any damp air out briefly for the same reasons.

Worried about your bills? Call the Home Heat Helpline on 0800 33 66 99, or visit www.homeheathelpline.org for free, practical advice. It can help with queries about bill payments, lower tariffs as well as free services from your energy supplier for those of pensionable age or with a disability or long term illness.

Keep your home at the right healthy temperature. Between 18 and 21° C / 65 and 72° F.

Use electric and gas heaters sparingly. They are expensive to run and can be a trip hazard. It is often cheaper to run central heating instead.

For further help:

- The Pension Service 0845 606 0265 (text phone 0845 60 60 285) to identify benefits for over 60s
- Winter Fuel Payment helpline 0845 915 1515 (text phone 0845 601 5613)
- Consumer Direct - 08454 04 05 06 for advice funded by the Government on any issue with your gas or electricity supplier www.consumerdirect.gov.uk
- Age Concern West Sussex - Information and Advice, countywide 0800 019 1310 www.acwestsussex.org



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

Rise to this challenge?

The County Council has launched a campaign to find very special people who want to make social work their career.

Recently the role and work of social workers has come under intense media scrutiny.

John Dixon, Executive Director, Adults & Children's Services, said: "Social work can be tough. Not everybody could cope with the demands. But for those who can rise to the challenge of supporting vulnerable people and helping to make a difference it can be hugely rewarding."

The County Council offers excellent support and training to staff who want to become social workers, both for adults and children.

If you think you have the skills and ability or are already qualified and looking to return then please visit our website at

www.nolimitsatwestsussex.co.uk

It features videos of current social workers talking about their job, what it's like working for the County Council and the challenges they face.

Social worker Debbie Smallbones, pictured, said "The County Council has been excellent in supporting me in my career development and they allowed me to do an introductory certificate to social work to give me a taste of what it would be like."

"People think that it's a soft option, but we have a lot of challenges with a dispersed

population, particularly in rural communities. There are pockets of affluence and others where there is deprivation and poverty but in all areas some people need our help through difficult times in their lives"

"Working within West Sussex is challenging, exciting, very proactive and there's a lot of people with different needs

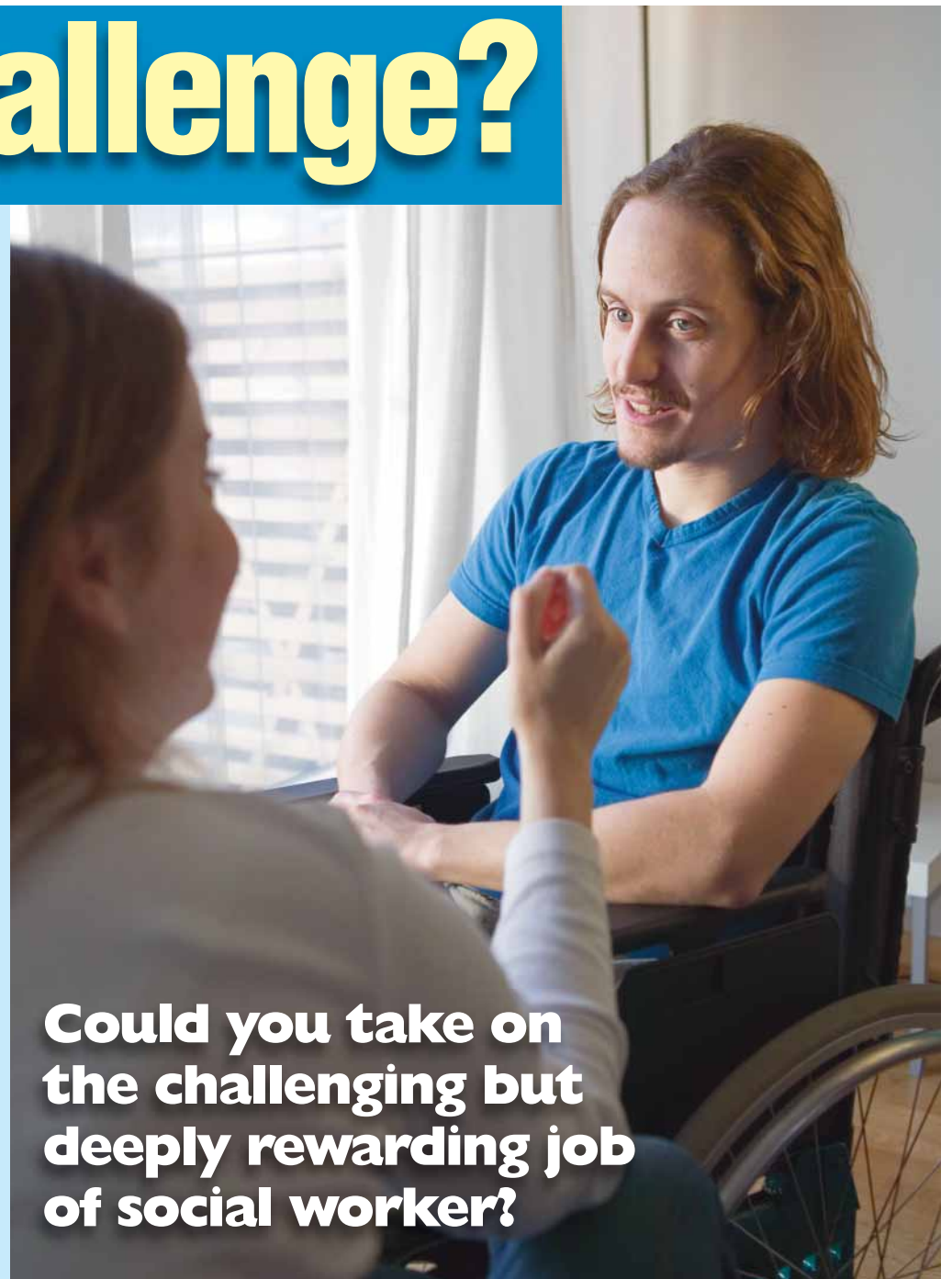


and backgrounds which makes for a very fulfilling and rewarding role."

The County Council supports social worker training and offers a number of schemes including graduate and post-graduate trainee schemes and is developing a newly qualified social worker scheme.

The website also features job opportunities.

For further information visit the website or call **01243 642140** and quote SW1. Or see advert on page 7 opposite.



Could you take on the challenging but deeply rewarding job of social worker?

VOICE YOUR SUSPICIONS

A 'Do You Know This Voice?' web link to reduce hoax 999 calls has been launched by our Fire and Rescue Service with colleagues in East Sussex.

They've teamed up with the Argus newspaper, and now have an audio link on their website of real hoax calls. People listen to the recordings

and tell Crimestoppers if they can identify the voice.

"We can receive as many as 500 hoax calls a year. They put lives at risk because they tie-up resources and increase risk of delays when attending real emergencies.

"Similar links with local newspapers have

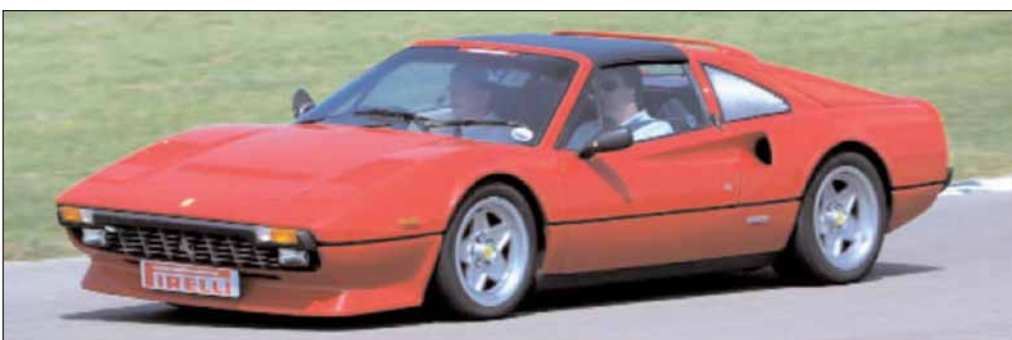
been forged elsewhere in the UK and have proved to be successful in helping to reduce hoax calls," said Lindsay Freegard, Command and Mobilising Centre Manager.

Our Fire and Rescue Service is also putting the heat on people who use their mobile phones to make hoax calls.

All calls are recorded and our Control Operators are trained to challenge anyone they suspect is making a hoax call.

"We can now text a mobile phone hoax caller and warn them that a second hoax call will result in their server cutting them off."

Advertisement



Learn to drive like the experts on the Young Drivers' Skills Course

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 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



www.sussexsaferroads.gov.uk



BAA Gatwick

A FALSE ECONOMY?

Our Trading Standards Service closely monitor the field of consumer debt to try and prevent bad practices which could lead to West Sussex residents being ripped off when they are at their most vulnerable.

You can help by letting us know if you have been misled by a debt management company. Call Trading Standards **08454 040506**. Below we explode some popular myths about 'free debt advice'.

Debt Advice - True or False?

"If I search the internet, I'll find loads of organisations offering free debt advice."

FALSE! Almost all of them will be profit-making organisations. The initial phone call may be free, but if you accept their offer to negotiate with your creditors to arrange an affordable payment, they will take a commission from those payments. Sometimes as much as 20% of your monthly payments will go to the 'debt advisor' - not your creditors. Only some Credit Unions, the Citizen's Advice Bureaux, National Debtline and certain other charities offer genuine free debt advice.

"But if I 'Google', for instance, 'citizens advice bureau', the results I get will be genuine free debt advisors linked to the Bureau."

FALSE! Debt advice/management companies pay search engines to display their details as "sponsored links" when a consumer enters certain key words. Some such companies use internet names incredibly close to the correct spelling of the organisation you are looking for (eg 'citizens' advice). The good news is recent legislation may allow such companies to be prosecuted.

"Anyone can set up as a debt advisor or debt management company"

FALSE! (fortunately!) Debt advisors, managers and counsellors who deal with credit related debts have to be licensed by the Office of Fair Trading (OFT). You can check that a trader has an appropriate license with the OFT by phone or online.

Useful Contacts:

Office of Fair Trading: www.oft.gov.uk or **0845 722 4499**

Citizens Advice Bureaux: Visit www.citizensadvice.org.uk for the location of your nearest Bureau.

West Sussex Credit Union: www.westsussexcreditunion.co.uk

National Debtline: www.nationaldebtline.co.uk or phone **0808 808 4000**

Visit Trading Standards from our website www.westsussex.gov.uk

For a list of approved Buy With Confidence Traders visit www.buywithconfidence.info





Carl Doyle, centre, is pictured with, left, Jeremy Noble, Lorraine Ward, Paul Dale and Winsome Reid who all volunteer at the Bognor Regis family drop-in centre, at the launch in Worthing.

A NEW BEGINNING

A volunteer at one of the county's six drop-in centres for the family and friends of people who misuse drugs and alcohol talks movingly about his own experiences in a 13-minute DVD, Every Day A New Beginning.

Carl Doyle recalls how drugs and drink misuse led to him being in and out of prison before he sought help. He is now a qualified substance misuse worker and an administrator with the West Sussex Drugs and Alcohol Action Team's Family and Friends Network (FFN), which runs the drop-in centres.

The 13-minute movie has been made by the FFN with Company Paradiso, a not-for-profit production company.

It highlights the work of the FFN's centres, such as the one where Carl works in The Hub Community Centre, on the corner of Queensway and Canada Grove, Bognor Regis, which is open between 12.30pm and 2pm on Thursdays.

Carl said: "With 'Every Day A New Beginning', we want to show people they are not alone, that there are others out there who are facing similar difficult issues and that confidential support is available from sympathetic and non-judgemental volunteers."

The other centres are in:

- Crawley** - The Orchard, Gleneagles Court, Brighton Road, Southgate (12.30pm to 2pm, Mondays).
- Horsham** - Park Barn, opposite The Capitol behind New Park House, North Street (5.30 to 7pm, the first and third Tuesday of every month).
- Littlehampton** - The Dairy, Church Street (1pm-2.30pm, the first Friday of each month).
- Southwick** - The Corner House, opposite Southwick Community Centre and Barn Theatre (7.30pm to 9pm, first Thursday of every month).
- Worthing** - The Place, next to the Yoga Centre, 24 Marine Place (5.30 to 7pm, Tuesdays).

ENERGY EFFICIENCY FOR YOU

Save money twice over by getting a home energy monitor at a bargain price!



The County Council is offering 100 Current Cost Smart Electricity Monitors for a reduced price of £30 (normal retail price around £45), plus postage and packaging, to the first 100 Connections readers who respond.

A home energy monitor will help you to find out exactly how much electricity your household is using and the cost of it, so you can implement ways to cut your fuel costs.

The beauty of Current Cost is that it shows you how much energy you're using right now. And it also shows how much it's costing you every day and every month.

According to The Energy Saving Trust, people who have these monitors find their energy use drops between 5% and 15% in the first year of using them, which means £25 to £75 off a £500 bill!

The energy monitor will help you to think of ways to reduce how much energy you are using, for instance by switching off electrical products like TVs that are constantly left on standby. For more information about the monitor, or to buy one online go to: www.westsussex.gov.uk/energymonitor or phone 01243 777100 quoting the promotion code: HEMWSC09.

This little book gets around!

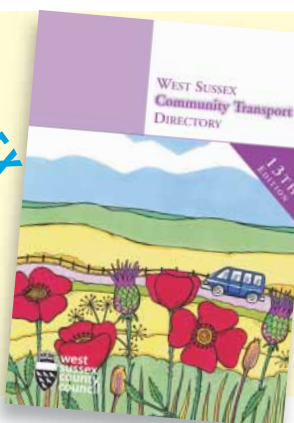
The latest edition of the West Sussex Community Transport Directory is out now to make your journey easier around the county.

Most of the services are run by volunteers. Some offer minibuses and cars that operate on set routes on a regular basis, or can be hired out for a specific occasion. There are some that also cater for people with disabilities.

People who have medical appointments but no transport, can also get services to help them.

The directory is available from Libraries, Help Points, GP and dental surgeries, and hospitals across the county.

You can get a copy of the 13th edition by calling 01243 642105. An online format is available at www.westsussex.gov.uk/communitytransport



Your Mortgage Matters
Time for a health check?

Mortgages - Secured Loans
Debt Management - Mortgages Abroad
Bridging Finance - Commercial Finance

Contact our dedicated sales team today on:
0845 40 40 340
www.atomltd.co.uk

AToM
All Types of Mortgages Ltd

AToM House | North Street | Horsham | RH12 1RQ

All Types of Mortgages Ltd (AToM) is authorised and regulated by the Financial Services Authority No 304030. Registered in England No 2681757. A fee of £395 is normally charged for mortgage advice upon completion. Applicants must be 18 or over. Written quotations on request, conditions apply. Errors and omissions excepted. YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT KEEP UP REPAYMENTS ON YOUR MORTGAGE.

Make **Covers** your first choice for timber, building materials, mouldings, sheet materials, joinery, doors and windows, fencing, decking, plumbing, ironmongery, hardware, D.I.Y. supplies, kitchens, bathrooms, flooring and much more!

When it comes to quality timber and building materials, trust **Covers** to stock all you need with a choice of over 23,000 items.

Come to Covers today, where sound practical advice from our experienced staff awaits you!

Your local depots:
Quarry Lane, Chichester PO19 8PE
tel: 01243 785141
Station Yard, Bognor Regis PO21 1BT
tel: 01243 863100

COVERS
Timber & Builders Merchants
Visit WWW.COVERS.biz for more product ranges

STICKLANDS
CURTAINS & BLINDS

- Made to measure curtains and blinds
- Tracks and poles supplied and fitted
- Large selection of fabrics
- Alterations and relining
- Our fabric or yours
- Home visits

Contact Sarah or Clare
07885 462 025
or email
sarah.stickland@btinternet.com
for a free no obligation quotation

HOME VISITING OPTICIAN
Do you have difficulty in getting to an Optician?

Then contact "Eyes at Home" for a **FREE** Nhs Eye Examination

For a professional & caring home visiting service call
0800-3457509
www.Eyesathome.co.uk

No Illusions
No Spin
No Quick Fixes
No Compromises

NO LIMIT TO HOW FAR YOU CAN GO

From Social Workers to Senior Practitioners and Team Managers, we have a variety of opportunities for you in both our Adults and Children's Teams. To hear the experience of our current staff and how to apply please visit www.nolimitsatwestsussex.co.uk

west sussex county council
www.nolimitsatwestsussex.co.uk



Safer, Healthier and Cheaper

Purse strings have never been pulled more tightly for parents. The recession means many are struggling to make ends meet.

One way they could save money is by encouraging their children to walk or cycle to school. Not only does this save petrol and wear and tear on the car it also helps youngsters stay fitter and healthier.

To help children and their parents to leave their car at home the County Council has a Safer Routes to School Team. The team helps schools in the county develop schemes that will encourage children to walk, cycle or use public transport to get to school.

Research shows that some children get more exercise walking or cycling to school than in two hours of PE lessons a week. They also learn to be more independent and confident and acquire valuable road safety skills.

The Safer Routes Team works with schools to draw up a travel plan. The County Council may be able to help if the plan identifies the need for a new route such as a foot or cycle path.

For example, at Eastergate Primary School, the County Council spent £21,000 building a new footbridge and improving paths. The footbridge allowed children to get to school on foot and by bike without the need to go along the busy A29.

At Downview Primary School in Felpham, improvements were made to footpaths leading to the school and additional dog bins were provided along the route. This was because dog fouling was mentioned as one of the main reasons for not using the footpath with young children. There are also plans for a School Safety Zone. This will involve a mix of 20mph advisory speed limits during pick-up and drop-off times, as well as road markings near the school gate to warn drivers to be more cautious.

Alison Stanley, School Travel Adviser, said: "Many parents have been surprised how much money they have saved in petrol costs by not using their car to ferry their children to and from school."

For more info on the team see our website.

WEST SUSSEX MONEY ADVICE



KEEPING THE ROADS 'SWEET' THIS WINTER

MAPPING THE RAINFALL

We are using high-tech mapping technology to help reduce the risk of highway flooding.

There are more than 122,000 gullies in West Sussex. All are emptied at least once a year, but the aim of the mapping scheme is to pinpoint those that might need more regular attention to keep them free of silt and other blockages, as well as those which could be emptied less frequently.

It will also identify areas where parked cars have hampered gully emptying machines in the past and a return visit is necessary to carry out the work.

The system is also being used to compile information about the capacity of the pipe work that takes the water from the road gullies. This will make sure they have a large enough diameter to cope with severe rain such as the scale that led to severe flooding in Tewkesbury and Hull.

Gritters are at the ready to deal with plummeting temperatures this winter.

With its highways service provider, May Gurney, the County Council can call on gritters for each of the 30 main routes across West Sussex that are included in the winter maintenance plan.

In some parts of the county, gritters will be keeping the roads 'sweet' by continuing to trial an environmentally friendly rock salt which is coated with molasses.

The product is a derivative of the sugar production process - liquid molasses. It can be added to rock salt to improve winter maintenance because it spreads better than pure rock salt, and is more effective in dealing with ice.

We currently salt 1600 km of road, which is about 42% of our road network compared to a national average of 38%.

MORE MINI-MOVIES

A clutch of new videos have been posted on our website showcasing services provided by the county council.

How to become a lollipop person, bushcraft courses at Buchan Country Park in Crawley, and



our Sitting Service are just a few of the new entries.

The photo on the left shows a still from the 'Drive Safely and Stay Alive' film.

There are now about 25 movies that can be viewed on our website by following the More News link on the home page and scroll down

to West Sussex Videos, as well as on the ITV website www.yournews.itvlocal.com and YouTube.

Advertisement

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

*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.



CPE for Adur

A team to cut traffic congestion and make sure those who really need parking spaces get them, is coming to the Adur area in the spring.

The Civil Parking Enforcement (CPE) team is helping to ensure town centres are easily accessible to everyone, both residents and visitors to the area.

The teams are already set up in the Worthing, Horsham and Mid Sussex districts.

Lorry Loads of Advice

Advisory lorry routes are now on our website, as part of a drive to keep freight moving smoothly.

The routes are designed to prevent HGVs using roads that are too narrow or unsafe.

The advisory routes cover dual and modern single carriageways which can accommodate lorries better than residential areas or country lanes such as those found in some of the most rural areas of the county.

A leaflet, which can be downloaded from the website, also provides a map of the routes.

Alternatively phone 01243 642105.

SAVE MONEY HERE!

Have you got it yet?

If you're aged between five and 19 then you can apply for the free 3in1 card which gives you cheaper bus fares, discounts, and a proof of age.

You can download an application form at www.your3in1.co.uk or call 01243 777330 for more info about the scheme.

The fab discounts on offer include money off books, clothes and accessories, hair and beauty, hobbies, lessons, music, places to visit, restaurants and sport and fitness.

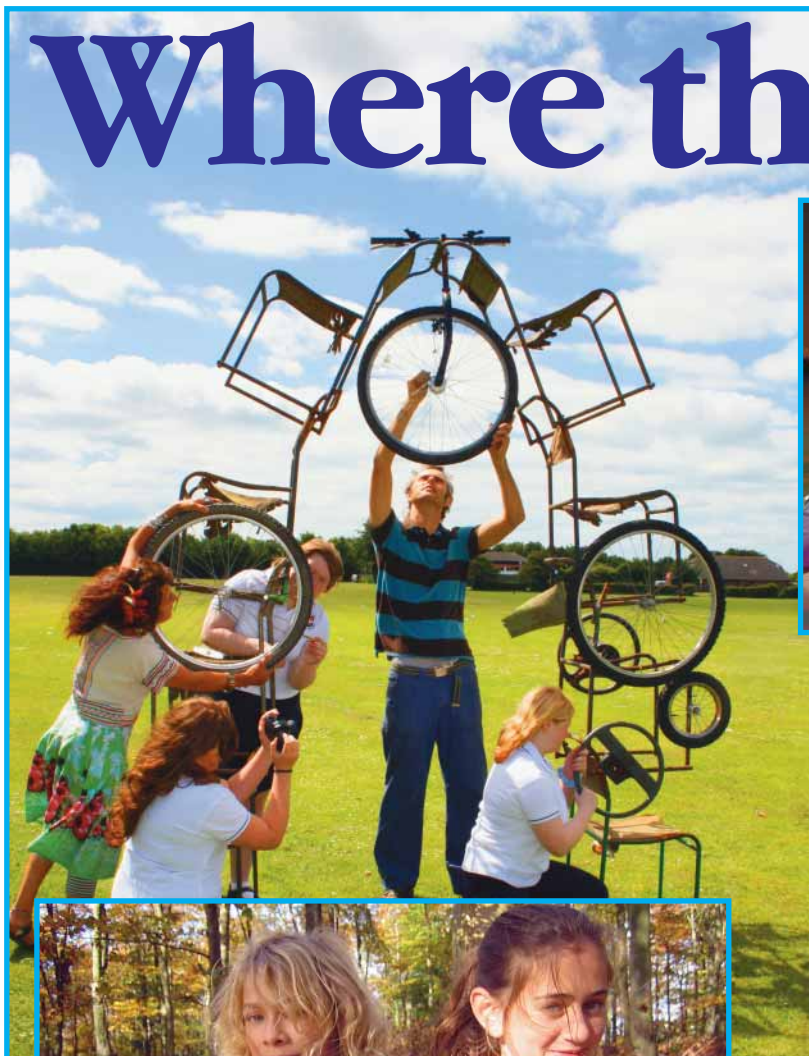
Are you a business who would like to offer a discount and reach thousands of young West Sussex residents? You can join the likes of Herbert Sports, Cartridge World, Hawth Theatre at Crawley, Jessops, Nandos and Pizza Express. Your discount will be featured on the dedicated 3in1 website and be viewed by the 23,000 plus members of the scheme. Your business will also be featured in a twice-yearly magazine called Your Mag which is posted to every cardholder. More young people are joining all the time. There is **NO CHARGE** to offer a discount - and it could lead to increased business - a bonus in these credit crunch days! Call 01243 777431.



WEST SUSSEX MONEY ADVICE



Where the art is



The majority of our county's secondary schools have now been awarded specialist status.

There are 10 specialisms to choose from - arts, business and enterprise, engineering, humanities, language, maths and computing, music, science, sports, and technology.

Currently, seven schools in West Sussex have arts status.

Boundstone Community College in Lancing was the first to gain it in 2002, followed by Chichester High School for Girls, pictured here, which also has a science specialism.

Oathall Community College in Haywards Heath was also awarded both arts and science status last year.

The most recent to get arts specialist status are Chatsmore Catholic High School, Goring-by-Sea; Oak Grove College, Worthing; Oriel High School, Crawley; and Westergate Community School.

These schools received a government funding boost of £100,000 each, plus an additional yearly grant which is calculated according to how many students there are.



- Westergate Community School's main focus is on visual and performing arts. They will be using their money to create a performing arts centre.
- Oriel High School is focusing on music, arts and media studies and is aiming to build a theatre in the future.
- Oak Grove College is the county's first special school to get specialist status. It has a particular focus on promoting the personal and social development of students with special educational needs through a wide-ranging curriculum embracing visual and performing arts.
- Chatsmore Catholic High School is enhancing creative and performing arts and the study of media, pursuing new technologies to deliver the arts and the wider curriculum. They hope to create a new building, designed as a performance and exhibition area.

The schools are committed to a programme of work which will involve professionals from the arts industries, including links with Chichester Festival Theatre and work with local artists.

Keep it real Mum. Real nappies are cool!



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

Contact us on: 01243 642106 for a FREE Cotton Nappy Starter Pack



Or contact the Real Nappy Helpline on 0845 850 0606 or www.realnappycampaign.com



HAVE A TASTEFUL NEW YEAR

Check out the award-winning Taste West Sussex magazine and make 2009 the year you embrace the wonderful world of local food and drink.

The magazine is the best local foodie read and contains lots of interesting features about local food producers and businesses.

The next issue of this magazine will be out in early March.

If you would like to subscribe to Taste magazine please call 01243 756842.

- If you are a business and want to know more about advertising opportunities call the above number.



SCHOOL TERM DATES

Spring Term: Starts Monday 5 January 2009 and finishes on Friday 3 April.
Half Term: Monday 16 to Friday 20 February inclusive.
Easter holidays: Monday 6 - Friday 17 April
Summer Term: Starts Monday 20 April and finishes on Wednesday 22 July.
Half Term: Monday 25 to Friday 29 May inclusive.

STATE OF THE ART LIBRARY NOW OPEN!

Staff at our new multi-million pound Crawley Library are now welcoming customers into the state of the art complex.

The mammoth task of moving into the new building took place before a grand opening in December.

There are thousands of books, CDs, DVDs and audio books to borrow, including 20,000 new books - you can see some of them being jacketed in the picture opposite.

Facilities at the new complex are second to none - they include 50 new computer terminals, and 'Headspace' an area designed with help from local teenagers, with fiction, graphic novels, information and seating space to chill out. Nearby is a new range of video games to hire for X-Box, Wii, DS and PS2.

There is a Children's Library with space for activities and regular baby-rhyme and storytime sessions, a Help Point, a 'video wall' for presentations on the history of Crawley, and a coffee house.

The new Library in Southgate Avenue is free to join, is three times bigger than the old one, and is part of a £15m development which includes offices and a new Register Office - see story below.



Jacketing books for the new library

A GOOD FREE READ!

Our Libraries have a wide range of magazines and newspapers for anyone to come in and read for free.

There are 195 different magazines and newspapers available, from 'Ace Tennis', to 'Your Car', held in stock, with back copies available. More than 400 residents from across the county took part in a survey stating what magazine and newspaper titles they would like to see in Libraries.

The result is that there is now something for everyone - from children's classic comics, to history and educational magazines, music and sport publications. So, if you fancy a flick through your favourite publication this winter, and want to save those pennies - visit your local Library!



TOP TEN DVDs

If you need some cheap entertainment on these depressing winter nights, our Libraries hire out the latest DVDs for a whole week at a time, not just an overnight loan, so you can watch when it suits you.

Libraries order copies of current films and children's titles, as well as foreign films, documentaries, music videos, history features, and many others.

The latest movies will cost you a mere £3 for a one-week loan, while all other DVDs are £2 for a week.

If you plan ahead, you can request titles to be reserved. You can do this in the Library or via our website.



The new library building



Brand New Ceremony Venue

A brand new purpose-built combined Register Office has opened in Southgate Avenue, Crawley, RH10 6HG.

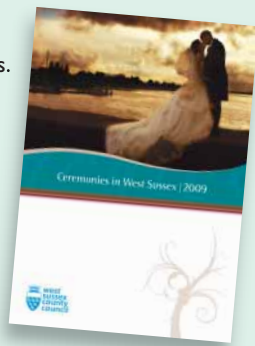
The new office is on the same site as the new Library and will host all marriages, civil partnership, renewal of vows, and naming ceremonies as well as being the place to register births and deaths, and ordering copies of certificates.

Until recently there were two sites. Now everything is under one roof.

To contact the register

office call 01293 651752. Opening hours are Monday to Friday 9.30 to 4.30pm.

● A new brochure with everything you need to know about ceremonies in West Sussex is now available. To get a copy call 01243 642122. You can also view an interactive virtual tour and find out about all wedding fayres in the area on our website.



Social Enterprise Awards scheme

A top prize of £5,000 is up for grabs in the annual award scheme supporting social enterprises and entrepreneurs in West Sussex.

Social enterprises are businesses that work to deliver lasting social and environmental change.

Now in its third year, the West Sussex Social Enterprise Innovation Award, run by the West Sussex Social Enterprise Network (WSSSEN) together with the County Council, aims to encourage more social enterprises in the county.

To enter, individuals and organisations must submit proposals for innovative ideas to deliver products or services that will benefit the community and/or the environment.

A new runners-up prize of £2,000 has also

been introduced this year. The awards must be used to develop the ideas into a business with clear social objectives.

The 2007 award winner was Frame of Mind, a picture framing company in Bognor Regis that provides training for adults with mental health issues.

They used the award to expand the framing business with the purchase of new equipment to increase the product range and provide further training opportunities.

The competition deadline is **Friday 30 January**.

For further information on the award visit the WSSSEN website at www.wssen.org.uk, telephone 01243 777606, or e-mail esg@westsussex.gov.uk



The 3 most popular things parents want their daughters to be are:

a doctor,
a lawyer,
alive.

What could be worse than getting cervical cancer? Your daughter one day getting cervical cancer and knowing you could have helped prevent it.

Around 3000 women are diagnosed with cervical cancer every year in the UK and despite a successful screening programme, it kills around 1000.

It's caused by a virus called the human papillomavirus or HPV. The HPV vaccine protects against two strains of the virus, which are responsible for more than 70% of cases. It will save hundreds of women's lives a year.

The vaccine has passed the rigorous safety standards required for it to be used in the UK and other European countries.

HPV is sexually transmitted, so the vaccine is most effective when given before girls are sexually active. An annual vaccination programme for girls aged 12 to 13 (school year 8) is starting this autumn. The programme consists of three injections given over a period of six months.

Over the next three years, the vaccine will also be offered to other girls aged 13 to 18, starting this year with girls aged 17 to 18.

Arm your daughter against cervical cancer.

Your daughter's school or local NHS will provide more information before the vaccination is due.

For more information about the HPV vaccine visit www.nhs.uk/hpv or call the helpline on 0845 602 3303.**



*This one-off programme is separate from the Year 8 vaccination and will offer the HPV vaccine to all girls born between 1st September 1990 and 31st August 1995 inclusive (this arrangement may differ in Scotland, Wales and Northern Ireland). **Available in England and Wales. Calls cost a maximum of 5 pence per minute from a BT landline. Mobiles and other networks may vary. You may be charged a minimum cost per call.



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



Love your leftovers

Crafty cooks can beat the credit crunch by being leftover lovers by clicking on to www.lovefoodhatewaste.com/recipes

Love Food Hate Waste is the nationwide campaign to help you save money by reducing the amount of good and edible food going to landfill.

It is being spearheaded in West Sussex by Better Tomorrows, a not for profit community interest company set up to run waste prevention initiatives in the county.

When it comes to wasting food in the UK, the figures are staggering. For example:

- The average UK family wastes £400 a year.
- One-third of the food we buy ends up in the bin.
- Food waste produces 18 million tons of CO₂.

- £4 billion of wasted food is caused by cooking more than is needed.

- £6 billion of wasted food is left to go off.

The website has dozens of money-saving, eco-friendly recipes for starters, main meals and puddings - all made from leftovers, as well as dozens of tips to make the most of your food, and your money.



Get 'Engauged'!

A successful initiative, *Engauge*, is helping schools to monitor how efficient they are in all aspects of sustainability, including energy and water saving, local produce, citizenship and travel.

Engauge assesses schools and produces a unique flower-shaped chart that provides an at-a-glance picture of how a school is performing in eight sustainable categories.

Already 116 of our schools are using *Engauge* to find innovative ways to involve children in projects. Bury CE First School children used the pumpkins they've grown from seed in their gardening club in a cookery lesson, while children at Slinfold CE Primary School are monitoring use of energy and water in a club called the Green Dragons.

At the Weald School, Year 8 students help organise an annual Senior Citizens' Tea Party for 200 guests from local clubs and old peoples' homes. Students prepare sandwiches and cook cakes and scones for the tea, using local produce where possible.

The scheme promotes initiatives already in place, such as Eco Schools, Healthy Schools, TravelWise and Safer Routes to Schools.

For more information visit the *Engauge* pages on the West Sussex Grid for Learning, linked from our website.

Let's Go Green

People across West Sussex who are already involved in the 'Greening Campaign' are urging more communities to sign up and save money.

The Greening Campaign is supported by the County Council and many of the county's District and Borough Councils.

We are encouraging communities to set up groups to

tackle climate change in their own village or town. The Greening Campaign will help you do this and guide you through an innovative programme designed to encourage people to join in and to change their behaviour. It is already running in many communities across West Sussex and the South East and the Greening Campaign has experienced people who can support you to take action. Your village can have a launch event, which will help make your group visible in your town and make houses that are taking action visible too by using a branded challenge card, giving households a list of easy ways to save energy and money. The Greening Campaign will also help you



work out how much energy your community has saved by taking this action.

With a New Year comes new resolutions, and existing members of the campaign are encouraging people to make saving energy their top priority in 2009. One community already involved in the campaign is Harting, near Chichester, who are pictured.

Some of the activities the village organised included:

- Working with a local school to raise funds for solar panels

- Organising a 'sustainable green' event which looked at growing your own vegetables, buying local food and how to set up a community vegetable garden scheme.

- Holding a 'recycled Christmas' event to swap unwanted presents, shred Christmas trees and collect cards for recycling. This campaign shows how communities working together can be effective towards tackling climate change.

For more information on the Greening Campaign visit www.greeningcampaign.co.uk

Advertisement

Buy the bin that makes your garden more beautiful

FROM ONLY **£10** PLUS FREE DELIVERY

TO ORDER YOUR BIN CALL 0845 077 0757 quoting 55CO1 or visit us online at www.recyclenow.com/compost



Compost Converter (220ltr)
£10.00
Manufacturer's SRP £40.00
Height 90cm
QUANTITY



Compost Converter (330ltr)
£13.00
Manufacturer's SRP £50.00
Height 100cm
QUANTITY



KOMP (250ltr)
£26.00
Manufacturer's SRP £66.00
Height 105cm
QUANTITY

NAME _____ ADDRESS _____

POSTCODE _____ DAYTIME TELEPHONE _____

I enclose a cheque/postal order for £ _____ payable to DHL - Home Composting

Or please debit my Mastercard/Visa/Delta/Switch/Maestro account £ _____ CODE 55CO1

Start Date _____ Expiry Date _____ Issue Number _____

Card Number _____

Please return to: WRAP (West Sussex) Campaign, Freepost LS6334, Leeds LS14 1YY

From time to time WRAP (Waste & Resources Action Programme) and West Sussex County Council may send you **FREE useful info, newsletters and tips & advice** to help make composting easy and fun. Please tick this box if you do not wish to receive these items If you prefer us to keep you informed by email please provide your email address below:

EMAIL: _____

Offer limited to 2 bins per household and to West Sussex County Council residents only. Expect delivery within 28 days. If you wish to cancel your order before the bin is delivered or if the bin has been delivered and you wish to return it, please phone the customer care line on 0800 107 3798 within 7 working days. Offer is subject to availability and closes March 2009, though stocks of some bins are limited and may run out sooner than offer end. WRAP works in partnership to encourage and enable businesses and consumers to be more efficient in their use of materials and recycle more things more often. This helps to minimise landfill, reduce carbon emissions and improve our environment.

Green businesses beat the credit crunch

With the recession beginning to bite there has never been a better time for businesses to go green and save money in the process.

For the last 10 years the West Sussex Sustainable Business Partnership has been helping businesses by providing free advice and support to help them cut their energy, water and waste bills. It does this by running training events and providing Environmental Reviews of business premises, all at no cost to the business.

For example, through a recent programme of energy audits, participating businesses saved an average of £1,000 each on their energy bills and the Partnership provided grants to help the businesses implement the changes recommended by the audit.

The partnership keeps an up to date list of local recyclers covering the county to help businesses with that first step of finding out who is out there and what is possible.

To find out more visit the partnership's website at www.westsussexsbp.org.uk

Recycling paper and cardboard saves trees! Most Newspapers are now made with at least 75% recycled paper



RUBBISH

RESOURCE

THINK BEFORE YOU THROW



Keep it in the Family



Our children and family centres are steadily increasing in numbers across West Sussex.

There are currently 28 centres open across the county, and we are well on the way to the County Council's target of opening 51 by 2010 which will ensure there is a centre for each local community.

Included in this figure are five mobile centres that will visit some of the most rural areas of West Sussex.

The services each centre provides differ. All centres will provide drop-in groups for parents and children, with information on local services and advice to parents, while others offer a full childcare service. There will be activities and workshops for the families to participate in, as well as help through links with Jobcentre Plus for parents wishing to return to employment and training.

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.

Pictures show the opening of The Tree House Children and Family Centre, in Bersted, Bognor Regis

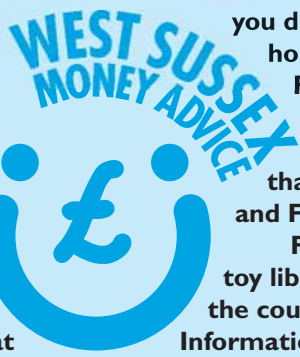


It's Child's Play!

Parents - beat the spiralling cost of playthings and help your child's learning and development by joining your local toy library.

Children can borrow toys for free - and then hand them back when they would like to try something new.

The Toy Library, which costs £2 for a family to join, is also perfect for borrowing big toys that



you don't want clogging up your house.

Favourite toys include 'story sacks' full of books and toys, and a talking activity table that teaches children English and French words.

For more information about toy libraries that are right across the county, call the Children's Information Service on 01243 777807.

Massive investment in Education

Over £200 million is being invested to improve school buildings in West Sussex. The major boost will see six new secondary schools and several new primary schools.

The list of projects includes an investment of around £118m in four new Academy schools, including the new Midhurst Rother College, which was created this month and will open in its new buildings in 2011/12. Other new Academy schools are planned for Lancing, Littlehampton and Shoreham.

Another state-of-the-art secondary school is also being built to replace Bognor Regis Community College (£40m). In addition the County Council is significantly aiding the Governors of St Wilfrid's Catholic Comprehensive School in Crawley with its £24m replacement school.

The new primary schools being created include a £5.5m replacement school for Birchwood Grove Primary in Burgess Hill and a new £11m primary school for Bognor Regis, which is being created by the merger of Michael Ayers Junior and The Glade Infant schools.

A new £5m primary school will also be built at Bolnore in Mid Sussex. The foundation school will be one of the first in the country to be run by parents.

Tackling Bullying

Children and young people can find it hard to talk about problems or worries they have about bullying, particularly if they feel isolated from their peers. The effects of continued bullying are recognised to be potentially damaging to a young person's emotional and physical health.

Bullying can take place both in and outside of school and can be through the internet, mobile phones and other devices.

To help with the problem, the County Council launched a service for young people who are experiencing some form of bullying. The service provides confidential and individual support for the young person and also works with other professionals to identify ways in which the bullying issues can be addressed.

Anti-Bullying Caseworker Beccy Nicholls (pictured in the blue top) has been working for this service since it began and has cases across the county with children aged eight - 19. Some have been referred directly from parents, and two young people have referred themselves.

A referral to the Caseworker indicates that the bullying has tried to be solved at a local level, but a resolution has not been found.

Beccy has also created a young people's steering group in the south of the county to help look at bullying issues. The group gives advice and suggestions on how to help support each other and recommendations for people who are being bullied. Another group is due to be set up early this year in the Mid Sussex, Crawley and Horsham areas.

In addition, a new caseworker has recently been recruited to work with children in the five - 12 age bracket, and is closely linked to primary schools.

There is a hotline people can call if they want information and advice, which is called the Action Against Bullying Support line. All calls are handled by trained staff members.

Call 0845 075 1010. Lines are open 8am to 8pm Monday to Friday, and 9am to 6pm on Saturdays, or visit our website.



Election Fever

Election fever is running high in 2009, with not only the European and County Elections 4 June, but the race is also on to find new members of the West Sussex Youth Cabinet.

The Youth Cabinet gives young people in the county a voice. With monthly meetings, the Cabinet discusses issues that affect everyday life in the county, including transport, sex and relationships, education and improving school councils.

To be a candidate in the Youth Elections, you must be between 11 and 19 years old and keen to represent your peers. We want people from all walks of life! Contact Youth Cabinet Co-ordinator Pandora Ellis on 07764 793106 before the January 16 deadline.

Voting takes place between February 1 and 14. Voter cards will be distributed to schools, youth groups and voluntary organisations.

For more information visit www.yourspacewestsussex.co.uk, or call Pandora.



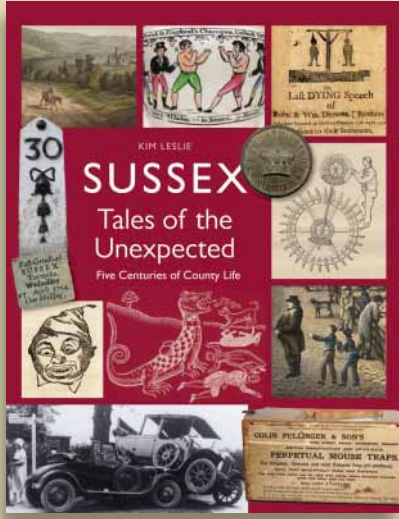
Step Back Into Sussex Past

Did you know that Britain's first motorway was planned to run through Sussex a century ago and that there was a campaign against street lighting in our county?

These fascinating facts and hundreds more are catalogued in a new book published by West Sussex Record Office. *Sussex Tales of the Unexpected: Five Centuries of County Life* by Kim Leslie has stories about local rural superstitions and the black arts, troubles in the workhouse and 'aerial music' performed by whistling pigeons.

Kim said: "Life might have been slower, but it was rougher and tougher - and yet - before cars and builders arrived - it was 'one paradise on earth', according to local poet Hilaire Belloc, who sang the praises of Sussex like no other. This is the face of Sussex through many moods, over many years."

In hardback, lavishly illustrated with over 350 colour pictures, the book costs £25 and is available from all our libraries, West Sussex Record Office, Chichester and many bookshops throughout the county. For more details call 01243 753602, quoting STWSC09.



SUSSEX THROUGH THE AGES

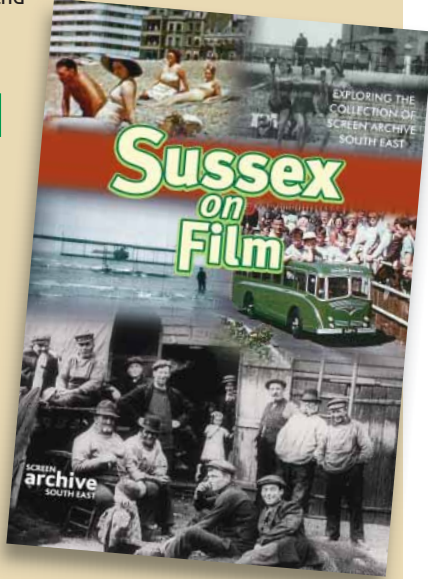
A DVD of rare film footage has been released by Screen Archive South East in association with our Record Office.

The air-conditioned vaults at the Record Office hold over 7,500 cinefilms of the region. It offers a unique insight into the life and work of the people of the South East from late Victorian times to the present day, all through the camera lenses of local film-makers.

Their cameras captured the spirit and feel of the times from the packed bank holiday beaches of Bognor Regis, to the tranquil rural scenes of trug-making and sheep-shearing in the downland countryside.

Colour footage after the war includes a travelogue featuring the beauty spots of West and East Sussex in 1946.

'Sussex on Film' DVD costs £15 (plus £1.50 p&p) from the Record Office, Chichester, and West Sussex libraries. For more details phone 01243 753602 or email records.office@westsussex.gov.uk, quoting SFWSC09.



Can you solve these?

Here's some more mystery photos for you to identify that have been donated to our Library & Archive services.

Photo 1 could possibly be at a Worthing golf club.

Photo 2 shows a grand house with mullioned windows with a family group on the lawn.

Email connections@westsussex.gov.uk or call 01243 753595 if you have a suggested location.

Or you can visit our website and look under More News for the Mystery Pictures pages - where you can also read the memories and suggestions of other West Sussex residents.

The images here are from the Walter Gardiner Photography Collection. An extensive and stunning exhibition of the photos will be held at Worthing Library from 11 February.

The Collection is the largest acquired in the Library's 112 year history.

Over 100,000 images include breathtaking, pin-sharp images of Worthing and surrounding towns and villages from the 1880s to 1945; rural life including shepherds, sheep-washers and wood-cutters; and important post-war industrial pictures, showing technological innovations, commissioned by leading companies. The launch day will feature Library staff and

volunteers in Victorian costume and special guest will be Derek Gardiner, Walter's grandson. There will also be a recreation of a Victorian photographer's portrait studio, postcards, greetings cards and enlarged mounted photos for sale plus lots more!

See the library pages on our website, in February, for more details.



RETIREMENT LIVING | Security and independence

We Can Sell Your Home!

Guaranteed Purchase Plan

With our Guaranteed Purchase Plan we guarantee the sale price for your existing property because we make up any shortfall between a realistic offer and the agreed selling price. Ask for details*



WE CAN
SELL YOUR
HOME!



McCarthy & Stone

*Terms and conditions apply. Not available on dependent properties over £350,000.

Choice retirement locations in West Sussex

RETIREMENT LIVING

Crawley, East Grinstead, East Preston, Horsham, Littlehampton, Worthing

COMING SOON
Arundel

ASSISTED LIVING

COMING SOON
Worthing

Freephone - 0500 870454
www.mccarthyandstone.co.uk

For more information on send to: McCarthy & Stone, Freeport, Emerald House, 30/38 High Road, Byfleet, KT14 7BR. (no stamp required)

West Sussex Connections, Jan09

First Choice Second Choice

Name

Address

Postcode Tel

Who are you enquiring on behalf of? Yourself Other

Advertisement

Let's keep West Sussex working ...from front page

● Improving online information about opportunities to tender for local authority contracts.

Henry added: Local government should never unnecessarily get in the way of people trying to live their lives, or the ability of firms to create wealth. But in these times of national crisis, it is even more important that we create an environment of support for hard-pressed residents and businesses alike.

He added it is vitally important that people know where to go for help.

"Trading Standards are on hand to combat bad practices among debt management companies. They can also help people not to waste money on cowboy traders. Their 'Buy With Confidence' scheme promotes traders with guaranteed good reputations."

Other ways to cut costs include: Tips from our Fuel Poverty Adviser to help you stay warm without spending a fortune. **See page 5.**



● Info about our Adult and Community Learning courses that help you save money - including recycling textiles and home maintenance. **See below for contact numbers.**

● Borrowing top DVD titles at our 36 libraries for a bargain price! We also have more magazines for you to read - so save the cost of buying your favourite mag and read them in the library instead! **See page 11.**

● Save money by using up your leftovers! Love Food Hate Waste campaign - **see page 12 and 13.**

● The 3in1 scheme for 5 - 19 year-olds which gives cheaper bus fares and discounts. **See page 10.**

● Finally, don't forget our County Local Committees have cash grants to give away to deserving local groups. **See page 2.**

Payback volunteers needed

A community payback project involving young offenders taking part in neighbourhood improvement activities is seeking volunteers.

The project is run by West Sussex Youth Offending Service's Reparation Team.

Team Leader Paul Wood said: "Reparation activities allow young

people to become increasingly aware of the consequences of their offending behaviour. It challenges the young offender's behaviour and attitudes and aims to stop their criminal activities."

The young people take part in a wide variety of projects.

"One involved them painting the outside of Zachary Merton Hospital in Rustington. All the Hospital had to pay for was the paint, so saving it a considerable amount of money.

"Another saw us helping to provide wheelchair access at the Durrington Portage School for children with disabilities.

"Every year we help local authorities

taking part in the Sussex in Bloom Competition.

"There are also smaller projects like gardening for people with special needs, litter picking, painting community halls or huts and beach clearing," said Paul.

No skills or experience is needed to become a volunteer.

"Full training is given and once trained



enthusiastic.

"As a volunteer you'll be playing an important role by encouraging young people to make amends and not re-offend, which will be of long term benefit to the community," said Paul.

For further information contact him on paul.wood@westsussex.gov.uk or 01903 730188

it is up to you if you want to venture out on your own or accompany a Reparation Co-ordinator.

"Commitment is also varied. It depends on how much time you have to spare.

"The only requirements are that you're over 18 - there's no upper age limit - and

Look good, feel fit and learn something new for 2009!

Within our extensive programme West Sussex Adult & Community Learning Service are pleased to offer a full range of health and well-being courses from Pilates to kayaking and massage to colour analysis.

We offer over 2750 courses from computing to languages and arts and craft to skills for life using over 350 venues across West Sussex.

We offer a full range of health and well-being courses from taster sessions to 35-week courses leading to accreditation. Below is a small selection of some of the new and exciting Saturday courses on offer this term.

Course	Venue	Date
Indian Head Massage - Introduction	Felpham	31 Jan
Make Up Workshop	Felpham	31 Jan
Skin Care	Burgess Hill	14 Feb
Alexander Technique	Burgess Hill	28 Feb
Aromatherapy	Crawley	28 Feb
Golf for beginners	Littlehampton	7 Mar
Colour workshop	Horsham	7 Mar
Tai Chi & Chinese Exercise Taster Day	Storrington	7 Mar
Indian Head Massage - Introduction	Southbourne	7 Mar
Kayaking	Bognor	14 Mar
Rockclimbing	Bognor	14 Mar
Reflexology	Midhurst	21 Mar
Hypnosis - Introduction	Shoreham	28 Mar
Yoga - Introductory Saturday	Shoreham	28 Mar

Change your story!

From learner to tutor! Dave had completed several adult education courses without ever expecting to end up as a tutor. However, it was after enrolling on a Men's Fitness course that he decided to take on additional training to become a tutor.

Participating in the Men's Fitness class led to a range of further training covering Fitness Instruction, Circuit Training and basic training in teaching adults.

Dave now tutors successful courses in Burgess Hill and Haywards Heath and says 'I never imagined that attending an Adult Education course would lead to a new part-time career ... I really enjoyed participating in the classes and hope I bring some of that experience as a Tutor.'



For further information on these and other courses run by West Sussex Adult & Community Learning Service please call 01730 816683 or visit www.westsussex.gov.uk/adulteducation