

Stay local for great days out!

Save money, be green, help local businesses - and have fun!

Don't despair if a costly foreign holiday is beyond your reach this year as the recession deepens. West Sussex has so much to offer right on your doorstep.

The Easter holidays are upon us, and it won't be long until summer is here, so take time to discover what is close to home, and save money by not travelling miles to visit attractions in distant locations.

If you are out and about with young people, make sure they have a free 3-in-1 card which gives them reduced bus fares and discounts at shops and venues. See page 3 for details.

Ditching the car and using public transport is a good way to cut CO₂ emissions.

You will be supporting West Sussex businesses if you stay local. Figures show that around 32,000 people in the county have jobs in the tourism industry.

West Sussex is rich in heritage, culture, places of natural beauty, and tourist attractions.

There are over 100 visitor attractions, 4071 kilometres of public rights of way, stately homes and castles, the South Downs, racecourses, art galleries, music and arts festivals, glorious gardens and world-renowned motor sport events.

Over half the county is protected countryside offering some of the finest walking and cycling in the UK, or you could visit one of our fine restaurants or cosy country pubs, many of which serve meals made from local produce.

If you need inspiration, check out the *West Sussex Places to Visit Guide 2009* and *Exploring West Sussex* which lists guided walks and rides in the county.

The Interactive Map (iMap) is our online guide to the county, designed for walkers, riders, and cyclists.

It shows all West Sussex rights of way, as well as long



You CAN teach an old dog new tricks!

Dog training is just one of 800 courses available at venues across West Sussex. Our Adult and Community Learning Service brochure is out now so if you've ever wanted to try your hand at Chinese brush painting, digital photography, or ballroom dancing, then now is your chance! Pick up your free copy of the brochure at your local Library or Help Point. Or visit www.westsussex.gov.uk/adulteducation

distance paths, shorter walks, and routes suitable for wheelchair users and pushchairs, plus pubs, accommodation and information about tourist attractions in the county. Visit www.westsussex.gov.uk

to view, or get copies of *Exploring West Sussex* at Tourist and Visitor Information Centres. Places to Visit guides are in libraries, help points and tourism information centres, or by calling 01243 642119.

Rights of Way information can be obtained on 01243 777620.

You can also show your support for West Sussex by celebrating Sussex Day on June 16. See page 11 for more info.



How you can help the countryside...
See page 3



Could you foster a disabled child?
See page 4



Firefighters to the rescue!
See page 5



Step back into our stunning past
See page 11

See back page for YOUR chance to win some fabulous days out!

Special reader offer on eco-friendly 'Bags of Taste' ! See page 6

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County Council elections



It's time to make a difference by voting in the County Council election.

If you are on the electoral register, make sure you get to your local polling station on Thursday June 4. Polling stations are open from early in the morning till late in the evening, so don't worry if you are at work that day - there will still be time to vote either before or after. You need to vote at the station listed on your polling card - it should be the nearest one to you.

The county council provides the majority of local government services, including education, social care, roads, waste disposal, libraries, fire and rescue, and countryside management.

Your questions answered online

Do you have a question about council tax benefits, maybe you're interested in foster care or perhaps your blue badge is about to expire but you're not sure how to renew it.

What's your first thought? Phone the County Council? Well, you could do that. But wouldn't it be easier to find the

answers online? Now you can. The top 100 questions people call our Contact Centre about are now on our website www.westsussex.gov.uk

The **Your Questions Answered** list covers a huge range of issues.

This is the first of many improvements to the County

Council website. Early in the summer we're introducing online payments and appointment booking for our registration services.

In the future, we hope you'll be able to book, pay and register for many more things! We'll keep you updated on our progress.

Let's not duck the issues...



VIEWS NEEDED

Join the growing band of residents who are giving their views on County Council services via our e-panel.

The new panel members have taken part in two surveys so far, one called 'Getting to Know You' asking them about their interests.

They have also given useful views on how the County Council's website should be developed, such as what the public should be able to do on there, things they would like to buy, or take part in.

Many other consultations are planned, including access to the County Council's rural services, satisfaction with services and how you might like schools to be in the future.

You can still get involved by going to our website, emailing the Insight team at insight.team@westsussex.gov.uk, or calling Chris Tuke on 01243 777201.

Join the residents e-panel at www.westsussex.gov.uk/residents-e-panel

Sign up for online news

Sign up for our e-newsletter now and get the very latest county council news delivered direct to your inbox every month. The newsletter provides a combination of both community and council news, with direct links to further information on our website.

Keep up to date with the latest developments, new initiatives, and projects and much more, all presented in a friendly and colourful way.

Go to our website and sign up from the homepage.

West Sussex County Council:

Switchboard: 01243 777100

24-hour Info: 0845 7581232

Editorial: 01243 753595 or:

connections@westsussex.gov.uk

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NHS supplement in this issue

produced by West Sussex PCT.

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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.
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Movie deals for you!

While the credit crunch may affect the price of your weekly shopping bill, it doesn't have to ruin your fun.

West Sussex Libraries hire out the latest DVDs, including Blu-ray discs, at cheaper prices than most high street outlets.

There's a great choice of DVDs, with copies of blockbuster films and children's titles, as well as foreign films, documentaries, music videos, history features, and many others.

The latest blockbusters will cost you a mere £3 for a one-week loan, while all other DVDs are £2.25 for a week. You must be a member of the Library, and joining up is quick, free and easy.



Green volunteers needed!

Make 2009 the year you get involved in the West Sussex countryside in a practical way. Here are two ways you can help make a difference:

Until the 1960s and Dr Beeching's infamous axing of many rural lines, the railway between Guildford and Shoreham was bustling with steam trains ferrying passengers between the many stations dotted along its route.

The route was disused until the County Council started to transform it into a route for cyclists, walkers and horse-riders in 1984.

The Old Station House at West Grinstead and its platform remains. The site now contains a picnic area as well as original railway houses.

The Station House provides the base for the Low Weald Countryside Rangers, including Geraldine Fewster and Pauline Chandler, pictured left.

There is an old railway carriage that contains the Downs Link's Visitor Information Centre, which is open to the public most Sundays and is the place to go for information. But to run the visitor centre and help conserve the Downs Link, the Countryside Rangers always need volunteers to help with conservation work to maintain the route, man the information centre as well as providing help with the guided walks and events run by the Rangers. Call **01403 864001** to find out more.

BRANCH OUT AND BE A TREE WARDEN

Where would we be without trees? It's easy to get complacent about the things that quite literally surround you in West Sussex, but the humble tree is one of the most important features of the natural landscape, providing a valuable eco-system beneath its branches, in which oxygen is produced and life can flourish.

But like everything, trees need protection to help them thrive, and all across the county teams of volunteers are doing their best to conserve trees in their communities.

The County Council was one of the first to support the national Tree Warden scheme, introduced in 1990, which has provided a national force of volunteers dedicated to their local environment.

A major part of their work includes surveying trees and gathering information about them, in order to find out what help is needed, and to identify threats to trees' welfare and report them to the local authorities.

But Tree Wardens' work branches out into all kinds of areas and activities, including looking out for early signs of disease, decay and vandalism, planting new trees and setting up tree nurseries using seeds collected locally.

John Cooban, pictured here, from Three Bridges, has been a Tree Warden for nearly ten years.

John gives an insight into how the role and responsibilities of

a Tree Warden differs according to the local area: "In Crawley many of the trees are in urban situations. This makes them important because they have a lot of people living around them.

"In an urban setting trees are needed to give shade and shelter. Their value is felt in many ways - environmental and financial. They make a lot of difference to a lot of people, but because of their setting they are also vulnerable to damage and sometimes abuse."

For more details about becoming a Tree Warden email treewardens@westsussex.gov.uk or ring **01243 642119**.



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everybody has something to say



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The valuable role village shops play in the community has been recognised by our County Local Committees.

They have been helping local stores maintain trade in these credit crunch times with small grants.

Nearly 20 shops have received a total of £42,530 in seven County Local Committee areas. The Committees also encouraged shopkeepers to work with the UK-wide Business Link, which offers free advice, support and information. Business Link has been helping the shops to identify potential ways of improving the service they offer their communities.

The grants from the County Local Committees have helped to make the improvements possible.

Beating the credit crunch was also on the menu at a businesses breakfast hosted by Adur County Local Committee.

The aim of the breakfast, which was attended by more than 40 people representing local busi-

Cash help for local people

nesses, was to give them the opportunity to discuss their concerns about the recession and how the County Council can help them.

The Chief Executive of Rolls Royce and the Managing Director of Ricardos, the Shoreham based international engineering company, spoke about the global issues affecting businesses.

They also led a discussion about the local factors that were impacting on businesses.

More information on Business Link at www.BusinessLink.gov.uk

★ MORE ★ 3 IN 1 DISCOUNTS

There are great offers for 3 in 1 cardholders at the moment, where you can get a 10% discount at Millets in Chichester, Burgess Hill, Southsea, Portsmouth, Worthing and Brighton, Blacks in Worthing,

Guildford and Brighton, Freespirit in Brighton, and O'Neill in Brighton.

Anyone aged five to 19 who lives in West Sussex can sign up for a 3 in 1 card - which gives cheaper bus fares, discounts at a whole range of businesses,

and a proof of age. You can download an application form at www.your3in1.co.uk or call **01243 777330**.

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A special job

Ann Potter decided to become a foster carer back in the 1980s when a friend with two special needs children needed to undergo surgery and there was no respite support for her.

Ann said: "Seeing that my friend had no form of respite care help, should she want a bit of a break or some help, made me want to specialise in caring for children with special needs."

Since 2003, Ann and her husband Andy have been fostering children. They permanently foster a child, as well as offering respite care, short breaks and emergency placements. This is mainly for children with disabilities to give parents and other foster carers a break.

Short breaks help disabled children and young people to spend time away from their families, develop independence, and to enjoy themselves!

Ann gave up her job to take on the responsibilities of fostering full-time, while Andy combines shift-work with lending a hand.

The couple, from Horsham, can care for up to three children. Currently they are looking after Amy, she has special needs and is totally dependent. This enables her family to have a short break and her parents to be able to spend time with their son.

Their long-term foster child Ashley likes having other children around to play with and also enjoys helping out.

The Potters take their foster children out in the Horsham and Crawley area, such as to the park, walking the dog or to the theatre, just adapting the outing slightly to accommodate the needs of the children.

Andy said: "We try to get the children out of the house for a while, to have some fun, just like you would with any other children."

For more information about fostering:
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Supporting People

Some people - for example, because they have a mental health problem, a learning difficulty or because of the frailties of old age - have trouble with the everyday tasks that allow most of us to live independently. But with help from the Supporting People scheme it's possible for them to live fulfilling and active lives in the community.

Until three years ago John Goodchild lived in a housing scheme with 24-hour care but now receives help to live independently in Bognor Regis through twice-weekly visits from a support worker from mental health charity MIND. He is there as a 'back-stop' to help John with any difficulties he might be having with his new

independent way of life.

John is enthusiastic about Supporting People as he wants to see the quality of vulnerable peoples' lives changed for the better. He says: "It should mean more independence for vulnerable people and more ways of being included in their local communities. They should be able to enjoy life and not just exist."

Around 10,000 people in West Sussex already benefit from the scheme, which is currently being overhauled, and residents will have the chance to have their say about the review.

For more information call: **01243 382822**, or visit: www.westsussex.gov.uk/supporting_people

No Limit in West Sussex!

Twenty-six social workers joined the team at the County Council as a result of the first round of the No Limits campaign last year.

The campaign, which aims to raise awareness of social work in West Sussex, ran in October. That first wave led to the recruitment of 11 people to work in children's services and eight people for adults' services.

A further seven people were appointed internally from the County Council.

A second wave of the No Limits campaign ran in February to encourage even more people to apply for social work positions, and more campaigns are being planned.

For further information including current vacancies and videos of West Sussex social workers talking about their job, visit the website at

www.nolimitsatwestsussex.co.uk

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Canine nine nine...



Rescuing this dog was a piece of cake for our firefighters. They used cameras and a lot of digging when he got stuck down a hole at Chanctonbury Ring - but he was eventually tempted out with a chocolate muffin and reunited with his owners.

However, ropes and muscle power were used to rescue a cow that was stuck in a watery ditch off the A283 at Pulborough.

"If an animal is in distress, we will immediately dispatch one of our animal rescue units. Rescues - from small family pets to large farm animals - are all treated compassionately," said Kevin Trust, from the Fire and Rescue Service.



An independent watchdog has given our Fire and Rescue Service a top four out of four rating for its performance in 2008-09.

The Audit Commission said the Service is 'Performing Strongly - well above the minimum requirement'.

The Commission predicts further success for the Service, praising not just their response to emergencies, but also how they made more effective use of their people and resources to carry out safety initiatives.

Read all about it!

There are 36 Libraries and three mobile libraries in West Sussex, offering a wide range of books, DVDs, CDs and audio books - with many top titles on offer. They are completely free to join - so fight the recession by joining now.

The new **Crawley Library** opened in December and over the first five weeks more than 2,000 people joined, and 53,674 books and audio-visual titles were borrowed.

The Library is the biggest in the county and houses a large array of services over three floors, including a teen section, a café, and has 1,500 Asian books in six languages.

Chichester Library has been refurbished and is celebrating with lots of events in April and May, including a visit from children's author Fiona Cummings, a 'Wii Games Day', the world famous 'Where's Wally' hiding in places around the town and a performance of African drumming. Visit our website under Libraries for more details.



Cash boost for priceless pictures

More than 8,000 historic pictures of Crawley have been digitised and are now accessible on library computers as part of the Crawley Digital Heritage Project.

The pictures, and other items, including 60 maps, 119 books, newspaper cuttings and guidebooks are from the Roger Bastable Collection, one of the town's best known local historians. He left his entire collected works to Crawley Library and the Local Studies department that has been named in his honour.

In the future the project hopes to involve schools and community groups to create digital presentations on heritage projects and digitise privately owned photographs and documents at heritage open days on a mobile scanning unit.

For more information call 01903 704811, or visit our website and click on Libraries and Archives.

Safety advice for you



Our specialist team of Community Fire Safety Advisers help vulnerable people in West Sussex to stay safe.

Their role is to support fire-fighters carrying out Home Fire Safety Checks.

The four (pictured left) - Derek Covill, Steve Peck, Paula Bishop and Mark Holland - specialise in high-risk groups.

They fit smoke alarms for the deaf, and others linked to Careline and Lifeline systems, visit the elderly, people with disabilities, ethnic minorities, and arrange talks to community groups.

More information can be found on our website.



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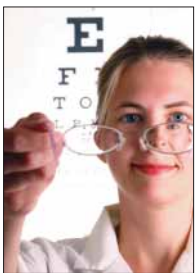
Autumn Term: Starts Thursday 3 September 2009 and finishes on Friday 18 December.
Half Term: Monday 26 to Friday 30 October inclusive.

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Children get active at Cobnor

Sailing, kayaking, orienteering, climbing and archery are just some of the activities young people can try at a Chichester Harbour centre.

Cobnor Activities Centre is a charity that works in partnership with our Youth Service, which provides the centre with an annual grant and staffing costs. Always wanting to extend the activities available, new equipment has been bought including a chairboat to accommodate wheelchair passengers and others with mobility difficulties, along with their carers.

The Centre provides activities for a wide range of young people, including those who attend pupil referral units. It also has close links with schools in the county and runs a residential programme for teenagers with learning difficulties.

It can accommodate up to 34 people at a time. The Centre also has a camping field with tents for up to 60 people, including a marquee and a portable kitchen. There are summer camps for 8 to 14 years olds.

The Centre's overall aim is to encourage children's sporting skills, as well as teaching them about teamwork and building their social skills.

For more information, phone 01243 572791, email sail@cobnor.com, visit www.cobnor.com or come along to a Family Fun Day on 13 June, to try canoeing, climbing and trips in the Chairboat. Call the centre to reserve a place.



MAKING THEIR MARK

A record - shattering 24,543 young people voted in this year's West Sussex Youth Cabinet elections.

That's three times more than last year and means one in five young people aged between 11 and 19 in the county voted.

It puts West Sussex in second place in the UK Youth Parliament League, following Kent, which had just over 30,000 votes.

There was also a record 210 candidates from a diverse range of backgrounds and four of them were elected to the UK Youth Parliament. For more info on the Youth Cabinet visit www.yourspacewestsussex.co.uk

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The next issue of Taste West Sussex, out in June, will be filled with informative features about local food businesses, recipes, farmers' markets, foodie events and more.



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.

Plus, 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 chance to drive 3 laps (app. 7 miles) of Goodwood Motor Circuit at the wheel of this prestigious car! The only place you can speed is a racetrack!

For information call 08452 600 650 or visit www.westsussex.gov.uk



HATE HURTS

Help is at hand if you've been the victim of hate crime in West Sussex.

Our Harm Reduction Team has launched a Hate Incident Support Service with Victim Support Sussex.

After an incident is reported, Victim Support offer emotional support and guidance plus practical help to people who have been on the receiving end of incidents where it's believed that a person has been targeted because of their race, ethnicity, sexuality, gender or disability.

Harm Reduction Co-ordinator Beverly Knight said: "Reporting hate incidents is very important as it shows us where the problem areas are and helps us to improve services to deal with these incidents."

Examples of hate incidents include name

calling, threats of violence, graffiti, damage to property, offensive literature and assault. Incidents often cause alarm, distress or harassment, but aren't necessarily criminal.

Call the **Hate incident: Don't support it - report it** line on 0845 0751 021 or visit www.westsussex.gov.uk/harmreduction

Alternatively, you can speak to other agencies such as Sussex Police, Citizens Advice Bureaux, local housing departments, schools, teachers and youth workers.

If an incident is particularly serious and there is a risk to anybody involved dial 999.

For more information on the West Sussex Harm Reduction Team call 01243 382964 or email: harmreduction@westsussex.gov.uk



Your Guide to Local Health Services

in West Sussex

www.westsussexpct.nhs.uk



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What's the best way to get help if I am not feeling well? >>

Lifelong health and wellbeing for everyone in West Sussex

This guide from West Sussex Primary Care Trust (PCT) aims to tell you more about the healthcare services that are available across West Sussex. It offers you tips for staying fit and healthy and who to contact for more information and support. If you are unsure about whether you should treat a condition at home or visit your pharmacist or GP, our guide to getting the right treatment will help. There's also a list of useful contacts.

At West Sussex PCT our role is to improve the health of people in West Sussex, reduce health inequalities and make sure people have access to safe, high-quality health services.

One of the ways that we can make sure that everyone in West Sussex has the safe, high-quality and accessible services they deserve is by working together - people who live in West Sussex, healthcare staff, patients, and local authorities. Our new membership scheme is just one way you can have your say about local services.

We are committed to improving your health and that of your family, to reducing health inequalities and making sure you have access to safe, high quality, accessible services.

Despite West Sussex having one of the healthiest and wealthiest populations in England, within our county there are areas of deprivation, with some groups of people suffering far greater ill health and earlier death than others.

We have clear plans to try and change this. Over the next five years we will be offering you more choice and control over your care and services. As well as treating people with ill health, we will be tackling the causes of ill health.

You will see us focusing more on smoking and alcohol and investing in reducing childhood obesity. We will also be improving services for people who have had a stroke, have cancer or heart problems and investing in services for children and mums-to-be.



Find out more about our vision for health services on our website at: www.westsussexpct.nhs.uk/about-us/strategic-commissioning-plan



GPs are offering extended opening hours

Your family doctor is probably one of the first people you want to see if you become ill, but sometimes things can get in the way: working 9-5, picking the children up from school, taking them to their friends.

87% of GP surgeries in West Sussex have extended their opening hours.

That is why we have been working hard with local doctors this year to further increase the number of GP surgeries in West Sussex that offer you the chance to see a doctor outside traditional surgery hours. More patients are now able to see their doctor where they want, when they want. But our work is not yet done. We will continue to monitor take up of the appointment times offered and work with patients and GPs to ensure you get the best possible service.



To find out if your GP offers extended access, please call your surgery direct, contact PALS (Patient Advice and Liaison Service) on 01243 534035 or visit NHS Choices www.nhs.uk

How are we doing?



The Healthcare Commission - the national, independent watchdog for the health service - assesses Primary Care Trusts against a range of targets each year. Each organisation gets two ratings: one for its use of resources and the other for quality of services. The ratings are in four categories: excellent, good, fair or weak.

The annual health check for 2007/2008 rated West Sussex PCT 'good' for our use of resources. This is a great result as the previous year we were rated 'weak' and it reflects the work we have done to turn around a £42 million deficit in our budget and break even. Not being in debt means we now have a sound financial basis for improving healthcare and services for patients.

We were rated 'fair' for quality of services, which means that we have maintained our previous rating. While we are pleased we maintained our rating, our intention is to build on our achievements and move to a 'good' and eventually 'excellent' rating in future.

Areas where we scored well included managing our budget; taking into account the views of patients, carers and others in designing, planning, delivering and improving healthcare services; improving care for people with long term conditions; and tackling childhood obesity.

But we know there are areas where improvements can be made, including further reducing the number of cancer deaths, improving access to services for stroke patients and tackling inequalities in health across West Sussex. These are outlined in our Strategic Commissioning Plan.

We want to improve the quality of life, life expectancy and access to high quality, safe services for everyone, wherever they live in West Sussex.

How do we spend your money?



We have more than one billion pounds to spend each year on health services for local people - that's more than one thousand pounds for every person in West Sussex. We are committed to using this money to improve your health and to provide safe and high quality services. Investing in your health and wellbeing is as important to us as providing safe services; we should always be working to prevent you from falling ill as well as making you better.

From April 2008 to March this year, we will have spent £1,102 million on your health services.

Hospital Services - £512m

All hospital services including ambulance, specialist, maternity and Accident & Emergency.

Primary Care - £143m

GPs, dental, and optical services.

Medicines - £140m

Prescriptions for medicines issued by GPs.

Community Health Services - £86m

Community hospitals and community based care, including nurses, health visitors, and therapists.

Mental Health Services - £95m

Hospital and community based mental health services.

Learning difficulties - £33m

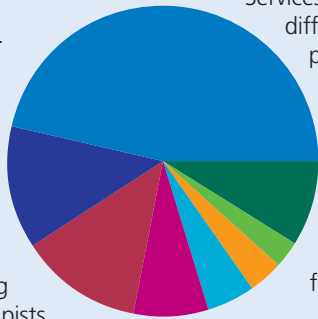
Services for people with learning difficulties, delivered in partnership with West Sussex County Council.

Continuing and Funded Care - £39m

Health care packages for people with continuing health care needs and funded nursing care for people in nursing homes.

PCT Headquarters - £54m

PCT Headquarters staff and buildings, including public health, finance, and health care commissioning. Includes contingency reserves of £10m.



Helping you to stay healthy

As part of our plans to help people live longer and enjoy healthier lives, we will be taking a more proactive approach in helping you to manage your health. Starting in June, GPs in West Sussex will be looking at your NHS healthcare records to see who could benefit from help to manage their health more effectively and avoid emergency hospital treatment. Your privacy will be assured.

If you would like more information about this initiative please contact your local surgery and speak to the practice manager or reception staff who will be pleased to help you. If you would prefer not to be involved in this initiative please advise your local surgery's practice manager.

Alcohol: know your units

Do you really know how much you are drinking? How many units are in your glass of wine or your pint of lager?

If you regularly drink more than your recommended daily limit of alcohol (three to four units for men, two to three units for women) this can increase your risk of certain illnesses such as cancer, heart disease, liver disease or stroke. But understanding units can be confusing, and many of us don't understand what one unit is, let alone how many are in the glass we order at the bar.



For more information and to try our units calculator, visit www.nhs.uk/units

For information, support and advice contact:

- West Sussex Drug and Alcohol Action Team 01243 382943 www.westsussexdaat.co.uk
- Families and Friends project 01243 382940
- Patched, free local phone helpline, 7 days a week, 10am-10pm 0800 085 4450

Get involved & make a difference

Join our membership scheme

We have set up the Membership Scheme to help you have your say on how more than one billion pounds of public money is used to fund the local NHS every year.

As a member, your views will influence not only the PCT's day-to-day work, but also our longer term goals for improving your health. Membership is free and how much involvement you have is up to you.

If you are interested in joining or would like more information, please contact the Membership Scheme Manager on 01903 707408 or email membership.scheme@westsussexpct.nhs.uk.

Do you have ideas about how to improve local health services?



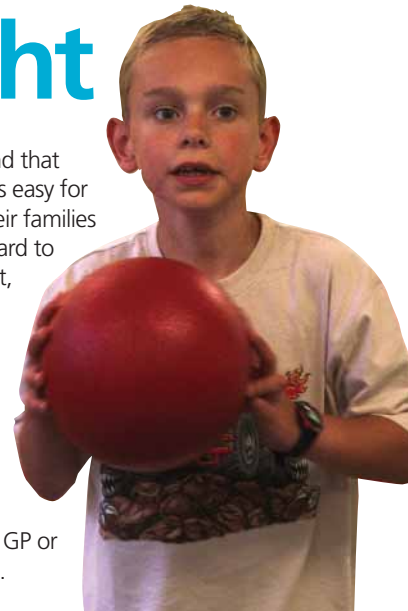
Supporting kids to be a healthy weight

The UK has seen childhood obesity increase in recent years, and West Sussex is no different. Nationally, nearly three out of every ten 10-11 year olds are over a healthy weight and, unless we take action, nine out of every ten children will be overweight by 2050.

At West Sussex PCT we are committed to helping you lead a healthy lifestyle and supporting those who need to lose weight. We work closely with families to ensure they are getting the right help and support. We also work with healthcare staff to offer the best health services to help people lose weight safely and sensibly.



We understand that it is not always easy for children or their families to come forward to access support, but there are programmes in place that can help. We would encourage anyone with concerns to speak to their GP or practice nurse.



Change4Life helps families to eat better, move more and live longer. Lots of information is available on the website, including a free, personalised action plan to help your family become healthier. Go to www.nhs.uk/change4life/ or call 0300 123 4567.

its

Here's a quick guide...

- A pint of lager (ABV 4%) = 2.3 units
- Alcopop (ABV 5%) (275ml) = 1.4 units
- A vodka and coke (25ml) = 1 unit
- A large vodka and coke (35ml) = 1.4 units
- A shot of tequila (25ml) = 1 unit
- A standard glass of wine (175ml) = 1.4 units
- A large glass of wine (250ml) = 1.9 units
- A bottle of wine (750ml) = 8.3 units



Eating for health



A healthy diet can make a big difference to our health and wellbeing. Eating healthily can help you to be a healthy weight and can prevent, or reduce the severity of, diseases such as heart disease, stroke and diabetes and help to reduce the risk of developing some cancers.

But what is a healthy diet and how can you achieve it? The key is to eat the right amount of food for how active you are and eat a range of foods to make sure you're getting a balanced diet.

Top tips

Base your meals around starchy foods
Starchy foods such as bread, cereals, rice, pasta and potatoes are a really important part of a healthy diet. Try to choose wholegrain varieties of starchy foods.

Eat lots of fruit and veg
You can choose from fresh, frozen, tinned, dried or juiced fruit and vegetables, but remember potatoes count as a starchy food, not fruit and veg!

Eat more fish
Aim for at least two portions of fish a week, including a portion of oily fish.

Cut down on saturated fat and sugar
Try to cut down on food that is high in saturated fat, choosing foods that are rich in unsaturated fat instead.

Try to eat less salt
No more than 6g a day

Get active and try to be a healthy weight
Crash diets aren't good for your health and they don't work in the longer term. The way to reach a healthy weight - and stay there - is to change your lifestyle gradually.

Drink plenty of water
We should be drinking about 6 to 8 glasses (1.2 litres) of water, or other fluids, every day to stop us getting dehydrated.

Don't skip breakfast
Missing meals doesn't help us lose weight and it isn't good for us.

Find out more about how to make healthier choices at www.eatwell.gov.uk. You can also find lots of ideas for healthy kids and families, including a free personalised action plan at www.nhs.uk/change4life/.

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Are there things you would like to say, but don't know who to talk to?

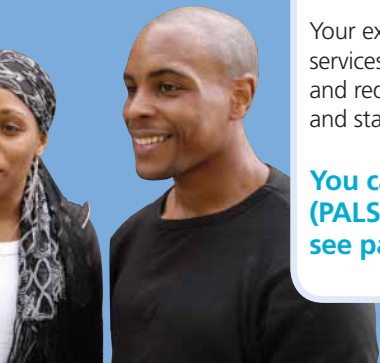


Patient Advice & Liaison Service

PALS is a free confidential service offering information and advice about local health services. We aim to resolve concerns about your care quickly and informally and can provide information about health services, voluntary organisations and support groups.

Your experiences also help us to make positive changes to local services. Over the past year we have dealt with over 2,500 issues and requests for information from patients, carers, relatives and staff.

You can contact the Patient Advice & Liaison Service (PALS) for information, advice and support - please see page 4 for further details.



Smoking



Our advisors work across the county and offer help and support with quitting - from start to finish.

Stopping smoking is the single most important thing that you can do for your health and wellbeing - and that of your family.

It isn't easy to do, but hundreds of people have already managed to stop smoking this year with the help of their local NHS. Smokers will double their chances of success if they use nicotine replacement therapy like patches or gum, and they will double their chances again if they also use specialist NHS Stop Smoking support.

Give yourself the best chance of success. Speak to your GP, visit one of our participating pharmacies or call the West Sussex Stop Smoking helpline on **01903 708000**.

Getting the best start in life

In West Sussex, we are offering breastfeeding support to thousands of mums. We run breastfeeding groups across the county and mums are being trained as peer supporters to run breastfeeding sessions themselves and provide support and encouragement.

Breast milk gives babies all the nutrients they need for the first six months of life and helps to protect them and you from infection and diseases.

We would encourage any mum who feels they need that extra bit of support to find their nearest group and come along.



Find your local breastfeeding support group at: www.westsussexpct.nhs.uk/healthy-living/breastfeeding

Sexual health

If you have any concerns about your sexual health, please see a health professional and get the help and support you need.

If you have a sexually transmitted infection such as chlamydia or gonorrhoea, you might not know it, as there are often no symptoms. But sexually transmitted infections (STIs) can have a major impact on your health, causing inflammation of the testicles, pelvic inflammatory disease and infertility. We offer a free and confidential sexual health service, which includes screening and treatment for sexually transmitted diseases such as chlamydia and HIV, contraception, pregnancy tests, counselling and information and advice.

Find out more about your local sexual health services at www.westsussexpct.nhs.uk/our-services/sexual-health-services/

Smoking & Pregnancy

The most damaging effects of smoking during pregnancy happen in months four to nine. This means that if you stop smoking within the first three months your baby is still likely to be a healthy weight.

Smoking during pregnancy can cause serious problems including complications during labour, increased risk of miscarriage, premature birth and even stillbirth.

It can also affect your baby's health, including lower birth weight and weakness; slower growth; a higher chance of cot death; and damage to airways which could cause breathing problems or asthma.

For expert advice and support, please call the NHS Pregnancy Smoking Helpline on **0800 169 9 169**.

Keeping you out of hospital

West Sussex Health, the PCT's own provider of community services, has nurses and therapists working together as integrated teams known as 'virtual wards'. Working with their local communities they provide a range of high quality care to support people in their own homes and avoid unnecessary admission to hospital.

Linking closely and liaising directly with GPs and West Sussex County Council Adults Services (social services), the community wards provide care 24 hours a day, 365 days a year. Also working in partnership with the Out of Hours Service when GP surgeries are closed. Visit the website for more information www.westsussexpct.nhs.uk.

Get the right treatment

By making the right choice of treatment at the right time you can get the health services you need from your NHS.

Self care

Many everyday illnesses can be managed at home. A pharmacist can advise you about over-the-counter remedies and pain relief.

Ask your pharmacist

For medicines advice and minor ailments you should have a chat with your pharmacist. They are qualified to give free, expert advice without an appointment. Opening times are displayed in the pharmacy shop window and some local newspapers, or information can be obtained from **NHS Direct** or www.westsussexpct.nhs.uk.



NHS Direct 0845 4647

Contact the 24-hour helpline on **0845 4647** or visit www.nhs.uk for expert, confidential advice and information. The service is available 24 hours a day, every day.

Urgent Treatment Centre and Minor Injuries Units

Before going to Accident and Emergency (A&E) consider if you would get the right treatment at a Minor Injury Unit (MIU) or Urgent Treatment Centre (UTC) which deal with injuries like cuts, bruises and fractures, but not chest pains.

Crawley Hospital Urgent Treatment Centre 01293 600300 ext 4141
Open 24 hours a day (including weekends and bank holidays)

There are Minor Injury Units at

Bognor Regis War Memorial Hospital 01243 623564
Horsham Hospital 01293 600300 ext 7202
Queen Victoria Hospital in East Grinstead 01342 414375
Zachary Merton Hospital in Rustington 01903 858100

The Minor Injury Units are open Monday-Friday (daytime) but closed weekends and bank holidays (except Queen Victoria Hospital which is open weekends).

A&E and 999 calls

Accident and Emergency (A&E) services and 999 calls to the ambulance service are for serious accidents, critical and life-threatening emergencies only, such as loss of consciousness, severe chest pain and/or loss of blood.

The A&E departments in West Sussex at St Richard's Hospital (Chichester), the Princess Royal Hospital (Haywards Heath) and Worthing Hospital are open 24 hours every day.

If you think a patient is suffering from one of the following you must dial 999 for an ambulance:

- heart attack (eg chest pain for more than 15 minutes)
- sudden unexplained shortness of breath
- heavy bleeding
- unconsciousness (even if the patient has regained consciousness)
- traumatic back/spinal/neck pain

You should also call for an ambulance if:

- you think the patient's illness or injury is life-threatening
- you think the illness or injury may become worse, or even life-threatening on the way to the hospital
- moving the patient/s without skilled people could cause further injury
- the patient needs the skills or equipment of the ambulance service and its personnel
- traffic conditions could cause a delay in getting the person to hospital and time could be critical

It is important people know when to call an ambulance, when to use A&E and when to go to their doctor or pharmacist. If we all use the right treatment at the right time, we keep services free for the people who really need them.

GP (family doctor)

Your local GP practice provides a comprehensive range of services including general medical advice and treatment. Anyone who urgently needs to see a doctor or other health professional should be able to do so as quickly as possible. If you require more specialised care they will refer you to a specialist service or hospital.

GP Out of Hours Service

If you have an urgent health problem when your surgery is closed, you can phone the Out of Hours Service on **0300 130 1313**. This service is not for repeat prescriptions, test results or routine appointments. You can also contact NHS Direct on **0845 4647** for advice and information.

Emergency Dental Service

If you have a dental emergency the first point of contact should be your local dentist or NHS Direct on **0845 4647**. If you want details of dentists offering NHS services, you can phone the local dental helpline on **0300 1000 899** or visit www.nhs.uk

Useful contacts

West Sussex Primary Care Trust
www.westsussexpct.nhs.uk
01903 708400

NHS Choices
www.nhs.uk

The NHS Choices website provides NHS information and services, including information about local health services and hospitals, tips on healthy living and information about conditions and treatment.

NHS Direct
0845 4647 or www.nhs.uk

NHS Direct provides expert, confidential health advice, as well as information on local health services.

Local Hospitals

East Surrey Hospital, Redhill **A&E**
01737 768511

Princess Royal Hospital, Haywards Heath **A&E**
01444 441881

Queen Victoria Hospital, East Grinstead **MIU**
01342 414000

Royal Sussex County Hospital, Brighton **A&E**
01273 696955

Southlands Hospital, Shoreham
01273 455 622

St Richard's Hospital, Chichester **A&E**
01243 788122

Worthing Hospital **A&E**
01903 205111

Community Hospitals

Arundel and District Community Hospital
01903 882543

Bognor Regis War Memorial Hospital **MIU**
01243 865418

Crawley Hospital **UTC**
01293 600300

Horsham Hospital **MIU**
01403 227000

Kleinwort Intermediate Centre, Haywards Heath
01444 445600

Midhurst Community Hospital
01730 819112

Salvington Lodge, Worthing
01903 266399

Zachary Merton Hospital, Rustington **MIU**
01903 858100

Carers Support Service

Help for anyone who is caring for a relative or friend who is ill, disabled or frail.

- North and Mid Sussex
01293 657040
- Worthing and District
01903 528600
- Bognor Regis, Chichester and Rural
01243 537011
- West Sussex Carers
www.westsussexcarers.org.uk

PALS (Patient Advice and Liaison Service)

PALS provides help, information, advice and support to help sort out concerns or queries you may have about local services and can advise you on how best to resolve problems about healthcare.

- North East (Crawley, Horsham, Chancetonbury, Mid Sussex)
01293 600399
- South East (Adur, Arun, Worthing)
01903 505456
- West (Chichester, Bognor Regis, Midhurst)
01243 534035
- Email pals@westsussexpct.nhs.uk

Mental Healthline

0845 300 27 27

Support and information is available, 24 hours a day, for anyone experiencing mental health problems and their carers.

Mind Information Line

0845 766 0163

Samaritans

08457 90 90 90

Stop Smoking Support

If you want to stop smoking call the West Sussex Stop Smoking helpline on **01903 708000** or the National NHS Smoking Helpline on **0800 169 9 169**.

Sexual Health Helpline

0800 567 123

Free and confidential service, available 24 hours every day.

Sexual Health Services

0845 111 3456

All West Sussex services for Sexually Transmitted Infections and Community Contraception can be contacted on the above number.

Age Concern Information Line

0800 009966

Information and advice for older people, their relatives, friends and carers.

Childline 0800 1111

24 hour helpline for children

ICIS: Information for Life

A friendly 'information bank' helping people in West Sussex find information to help them through difficult or challenging circumstances, and enabling people to find care, support or advice services.

Enquiry Line: Voice and text
0800 859929 (freephone)
www.icis-info4life.org.uk

If you would like a copy of this supplement in another format such as large print, taped version or in another language please contact the PCT on 01903 708440.

West Sussex 
Primary Care Trust

The Causeway
Goring-by-Sea
Worthing
West Sussex
BN12 6BT

What's On

in West Sussex



Spring into Summer with some great ideas for fun in the sun!

April:

4: **Billingshurst Choral Society** performs Dvorak's "Stabat Mater"; 7:30pm, Weald Recreation Centre, 01798 813748, tickets@billingshurstchoral.society.org

6: **Egg and Shell Hunt;** Hunt for shells and do a harbour-themed quiz to win chocolate eggs, dress to get muddy and bring a small bucket for your finds, no dogs please,

£3 per person (all ages), 2pm, Chichester Harbour Education Centre, Dell Quay, 01243 512301, www.conservancy.co.uk

10: **Shoreham Oratorio Choir** presents Good Friday Concert; 7.30pm, St Mary de Haura Church, Shoreham, free entry with a retiring collection, 01273 465495, www.shoreham-oratorio-choir.co.uk

10: **Worthing Philharmonic Choir;** Performing Mozart's Requiem and works by Charpentier and Mendelssohn, 7.30pm, Assembly Hall, Stoke Abbot Road, Worthing, 01903 206206, www.theatres.worthing.gov.uk

11: **Watercolour Workshop, Bluebells;** £45 pay on the day, Findon Village Hall, near Worthing, joe@joedowden.com, www.joedowden.com

16: **Shark Egg Case Hunt;** Meet at Pagham Spit car park, Harbour Rd, Pagham, at 10.30am. More info: 01243 641508.

16: **Echo Project's 'Pegs with Personality';** Make your own wooden clothes peg people, 1pm to 4pm, The Lodge, Hotham Park, Bognor Regis. Children must be accompanied by an adult, £1 per child, 07889 097156.

26: **Gardeners' Question Time;** Panel of experts to give gardening advice and help, bring samples of your difficult plants on the day, 2.30pm, tickets £10, St Mary's, Bramber. 01903 814390.

May:

13-16: **Henfield Theatre Company** present the musical Carousel; The Henfield Hall, Henfield. Tickets: 01273 492204.

14: **'The Garden Fair'** in aid of St Catherine's Hospice; including specialist plant suppliers and local food and drink producers, 10.30am to 3.30pm, Summers Place, Billingshurst, Elizabeth Curry 01293 447367, elizabethcurry@stch.org.uk, www.stch.org.uk

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

16: **Downs Link Challenge Charity Walk and Ride;** info@downslinkchallenge.co.uk www.downslinkchallenge.co.uk

22: **Flower Demonstration "Sculpturesque"** by Hazel McGregor; The Forest School, Horsham, 01903 892837.

23: **National Garden Scheme;** The Priest House, North Lane, West Hoathly, 01342 810479, email priest@sussexpast.co.uk

24: **The Big Church Day Out;** 2.30pm to 10pm (gates open at 12pm), Wiston House, Steyning, www.purashop.com/puratickets

26: **Not So Creepy Crawlies;** Unearth bugs at Pagham Harbour, cost £3 per child. Meet at Pagham Harbour Visitor Centre, Selsey Rd, Sidlesham, at 10.30am. More info: 01243 641508.

June:

3: **Watercolour workshop - Meadow with Poppies and Barn;** 1.30pm to 6.00pm, Sompting Community Centre, Loose Lane, 07887 998499, email joe@joedowden.com

The English Arts Chorale at Chichester Cathedral

Rachmaninov VESPERS
Lauridsen O MAGNUM MYSTERIUM
Byrd MASS FOR FOUR VOICES
Booking on 01737 762097 or at www.englisharts.org
Saturday, 16 May at 7.30 pm



The People Studio
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tel: 01903 885 113
info@thepeoplestudio.co.uk
www.thepeoplestudio.co.uk

3-6: **Murdered to Death by Wick Theatre Company;** Barn Theatre, Southwick Street, Southwick, 01273 597094 or www.wicktheatre.co.uk

5-13: **South Downs Way Walk;** Full details on: 01903 813381 or www.southdowns.way.com

7: **A Night in Venice;** 6pm, St Paul's Catholic College, Burgess Hill, 01273 890598, www.sussexchorus.org

7: **Burgess Hill Round Table & Lions Clubs' bike ride;** start and finish at Oakmeads Community School, Station Road, Burgess Hill, 9am start, proceeds go to local charities, entry fee £10 adults £5 for accompanied children (aged 10-17), phone 07855 327234, www.burgesshillbikeride.co.uk, steve@crayfield.net

18-21: **Blues on the Farm Festival;** Tickets from £25 for adults, from £12.50 for children under 14, Pump Bottom Farm,

Appledram, Birdham Rd, Chichester, 01243 773828, www.bluesonfarm.co.uk

20: **National Garden Scheme;** The Priest House, North Lane, West Hoathly, 01342 810479, email priest@sussexpast.co.uk

21: **Adur Lions' Donkey Derby and Fun Day;** Donkey races, beer tent, vintage cars, stalls and sideshows, 12pm to 5pm, Buckingham Park, Shoreham, Val Roberts 01903 751259, roberts764@btinternet.com

26: **Flower Demonstration "Whatever the Season"** by Bridget Warrington; The Forest School, Horsham, 01903 892837.

28: **Cat & Rabbit Rescue Centre's 'Fun Dog Show & Garden Party';** 10am, entries from 10.30am, dog show from 11.30am, £2.50 entry fee includes drink and a cake, Holborow Lodge, Chalder Lane, Sidlesham, 02392 377806

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CAMELIA BOTNAR BISTRO
OPEN DAILY FOR BREAKFAST, LUNCHES, SNACKS, CAKES & TEAS & SUNDAY ROASTS
For home-made, freshly prepared, quality food.
NOW licensed to sell Alcohol
Open: Mon-Sat 9-5pm, Sun 10-4pm
Littleworth Lane (off the A272), Cowfold (01403 864773)
Email - sales@cameliabotnar.com
www.cameliabotnar.com

AMBERLEY MUSEUM & HERITAGE CENTRE
Amberley Museum & Heritage Centre, Amberley, Near Arundel, West Sussex, BN18 9LT
T: 01798 831370 E: office@amberleymuseum.co.uk
Over 30 special events being held this year
Children's activities
Vintage vehicle shows
Food & drink festivals
www.amberleymuseum.co.uk

Products and Services you can trust

- Home Insurance designed especially for the over 50s
- Car Insurance with no hidden extra costs
- Motor Breakdown Services from only £59†
- Funeral plans
- Travel Insurance with no upper age limit
- Gas & Electricity supplies from Age Concern Energy Services
- Aid Call emergency alarm service

For more information contact:
Age Concern West Sussex
Suite 2, Anchor Springs
Littlehampton, BN17 6BP
01903 232324/731800
Please quote Ref: ALL700
†For vehicles under 11 years old. Any Age Concern detailed above is a registered charity.

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info@thepeoplestudio.co.uk
www.thepeoplestudio.co.uk

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THE COLLECTOR EARL'S GARDEN
OUR GLORIOUS NEW ATTRACTION
OPENED BY HRH THE PRINCE OF WALES
'It aims to stand alone, to be pleasing, timeless and memorable'
Arundel Castle, West Sussex. Open Saturday 4th April - Sunday 1st November, Tuesday to Sunday inclusive throughout the season, plus Bank Holiday Mondays & August Mondays, 3rd, 10th, 17th, & 24th. For more details, please call us on: 01903 882173

NEW! FOR 2009 GO-WILD! Awesome Play

THE FUN FINDING-OUT DAY OUT

DRUSILLAS PARK

NO ORDINARY ZOO!

THOMAS & FRIENDS

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At Alfriston just off the A27 near Eastbourne Call 01323 874100 www.drusillas.co.uk



FREE West Sussex Green Club

Diverting Your Green Waste And Gardening Organically

West Sussex County Council in partnership with the District and Borough Councils and Viridor Waste Management Ltd have been running the West Sussex Green Club to help residents understand the need for greater awareness of how to deal with green waste and to promote a more organic approach to gardening.

Membership is free and open to anyone living in West Sussex. All you need do is pledge a commitment to home compost, use the garden waste collection services and recycling facilities across the County as well as maintain a more organic approach to your horticultural activities.

Members receive quarterly newsletters packed full of tips. There is even a special club just for young budding gardeners: The "Green Diggers".

Most District and Borough Councils in West Sussex have a kerbside collection of recyclable material, including garden waste. By home composting and utilising the green waste collection scheme in your area or visiting your local Household Waste Recycling Site (HWRS) you can put your garden waste to good use. The garden waste is turned into organic soil conditioner that can now be purchased at your local HWRS except East Grinstead and Worthing as these sites are due to be upgraded. Once completed soil conditioner will be available to purchase at these sites also.

Turning garden waste into organic soil conditioner is an example of closing the loop by making waste a resource.

The Reclaim Organic Soil Conditioner is £4 a bag or 3 bags for £10!

To join the West Sussex Green Club or for more information visit www.wsgreenclub.org. You can also call 01243 642106

www.bettertomorrows.org.uk



We've got plenty of ideas for you to make the most of the great outdoors while helping the environment at the same time.

The Better Tomorrows Community Interest company runs waste prevention schemes for the County Council including providing bargain-priced Home Composters and Food Waste Digesters.

But which one is right for you? You can find full details on our website, in the Better Tomorrows booklet, or by calling 01243 642106, but here's a quick guide:

Food Waste Digester (Green Cone):

Takes ALL food waste including meat, bones and dairy products and NO garden waste. Best in the sun and needs to be dug into the soil with good drainage.

Food Waste Composter (Green Johanna):

Takes ALL food waste including meat, bones and dairy AND requires a minimum 30% garden waste. Best in the shade and does not require drainage, or digging into the soil.

Compost Converter: Composters need a mix of green and brown materials including:

- ✓ Grass cuttings, young annual weeds and cut flowers
- ✓ Cabbage leaves, teabags and egg shells
- ✓ Seaweed and feathers
- ✓ Cardboard, hair and newspaper

Don't compost:

- ✗ Butter, oil, salad dressings
- ✗ Meat, bones, fish scraps
- ✗ Rose prunings or thorny branches
- ✗ Pet or human waste

See adverts below for bargain priced bins.

But if you haven't room for one then ensure you take your garden waste to one of our 11 Household Waste Recycling Centres. Find your nearest one on our website.

Some district and borough councils also run waste collection schemes where your garden waste is collected from the kerbside.

If you are still confused contact a Waste Prevention Advisor who are trained volunteers to help you divert waste from the bin. Go to

www.bettertomorrows.org.uk



BETTER TOMORROWS

Creating better tomorrows, today

Buy the bin that makes your garden more beautiful

FROM ONLY

£17

PLUS FREE DELIVERY

TO ORDER YOUR BIN CALL 0845 076 0223 quoting 55C01 or visit us online at www.recyclenow.com/compost

<p>Compost Converter (220ltr) £17.00 Manufacturer's SRP £40.00 Height 90cm QUANTITY <input type="checkbox"/></p>	<p>Compost Converter (330ltr) £18.00 Manufacturer's SRP £50.00 Height 100cm QUANTITY <input type="checkbox"/></p>
<p>NAME _____ ADDRESS _____</p> <p>POSTCODE _____ DAYTIME TELEPHONE _____</p> <p>I enclose a cheque/postal order for £ _____ payable to DHL - Home Composting</p> <p>Or please debit my Mastercard/Visa/Delta/Switch/Maestro account £ _____ CODE 55C01</p> <p>Start Date _____ Expiry Date _____ Issue Number _____</p> <p>Card Number _____</p>	
<p>Please return to: WRAP (West Sussex) Campaign, Freepost LS6334, Leeds LS14 1YY</p> <p>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 <input type="checkbox"/> If you prefer us to keep you informed by email please provide your email address below:</p> <p>EMAIL: _____</p>	

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.

SPECIAL OFFER

Food Digester and Food Waste Composter Bins available from WSCC, District and Borough Councils at a reduced price!

FOOD WASTE DIGESTER

GREEN CONE

at £14.95

Please note digging required to install the Green Cone

FOOD WASTE COMPOSTER

GREEN JOHANNA

at £19.95

Call 0800 052 0462

or log on to

www.bettertomorrows.org.uk

Please quote Offer Code: CONA09



Advertisement

Part of the popular South Downs Way that runs through West Sussex has had a makeover.

It is a popular route with walkers, cyclists and horse riders, as it offers picturesque views of the county's landscape.

In partnership with Natural England, our Rights of Way Team have made improvements to the route near Upper Beeding.

The first phase involved replacing the steps up to the bridge deck, extending ramps and paths that run up and down the river banks and putting stone-filled fencing along the edge of the path to support and protect it and the riverbank. A new surface was also laid.

The second phase widened and improved the path surface from the bridge out to the lay-by on the A283 Shoreham Road.

This will benefit all future users making it easier to walk up and down the river.

West Sussex is one of the most heavily wooded counties in the country and the high quality of its countryside has made parts of it, such as Chichester Harbour, Sussex Downs and High Weald, into an Area of

Outstanding Natural Beauty (AONB.)

For information about foot-paths and bridleways, and to plan your walk using our interactive map, visit

www.westsussex.gov.uk/prow

Gardens created and maintained by Shakespears Landscapes 01243 553083

Portfolio and References available www.landscapes-shakespears.co.uk

40 Orchard Way • Barnham • West Sussex

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Why treat your own lawn when GreenThumb can do it for you?

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- A professional service that costs less than DIY
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Call today for your FREE lawn analysis and quote on

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www.greenthumb.co.uk

Advertisement

It takes just **twenty five** 2 litre drinks bottles to make **one adult size fleece jacket**



RUBBISH



RESOURCE

THINK BEFORE YOU THROW



Advertisement



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



Join the ranks of volunteers?

More than 20 volunteers came forward to become 'Sitters' after reading an article in a recent edition of West Sussex Connections. Could you join them?

Our Sitting Service gives parents with disabled children some time off by arranging for volunteers to provide care for about four hours every fortnight at a time that is convenient. This could include evenings or activities during the day.

Anne Thick is already a volunteer and admits: "I'm just a big kid at heart." But it has led to her making a big difference to Ian and Joanna Jones, of Worthing. Because what Anne's really saying is: "I love children."

She has been looking after Ian and Joanna's eldest daughter, Louisa, 12, who has learning difficulties and needs 24/7 care, for about 18 months.

It's only for a couple of hours every other week at times that are suitable to everyone.

But it's a couple of hours that means Ian and Joanna and their two other daughters, Madeleine, 11, and Susannah, six, can enjoy some of the simple pleasures we all take for granted.

As Joanna says: "Having someone caring who you can trust implicitly means the pressure we face is eased. It refreshes us for the next day. Both Madeleine and Susannah love Anne, she's now part of the family and we've become good friends," said Joanna.

Anne, who has two grown up daughters of her own, thinks Louisa is 'fantastic'.

She says: "I feel privileged to be treated like one of the family. But I love what I do. Whether I'm playing games with Louisa, bathing her, or putting her to bed, we always have such fun. At the same time, her mum and dad and sisters can enjoy time on their own. The whole point about the Sitting Service is it doesn't require a lot of time from the volunteers - but it means so much to the families we visit."

You don't need specialist qualifications or specific experience to be a volunteer as full training is given in first aid, child protection, health and safety, communicating with disabled children and general disability issues. For more information contact Jess Elliott on 01243 642318 or see our website www.westsussex.gov.uk



Advertisement

Sussex Safer Roads PARTNERSHIP



The Fatal Four

**MOBILE PHONES
EXCESS SPEED
DRINK DRIVING
NO SEAT BELT**

www.sussexsaferroads.gov.uk

Helping Our 'Lollipops' Stay Safe

This sign means **STOP**

HIGHWAY CODE - RULE 67

A new safety campaign to give greater protection to our Lollipop people has been launched.

It follows several reports of cars ignoring crossing patrol staff who stand out in all weathers to make sure children get to school safely.

An eye-catching advert appears on the backs of more than 70 County Council owned vehicles,

reminding drivers it is an offence not to stop when a Lollipop person is holding out the 'Stop' signed pole to bring traffic to a halt.

The advert has been designed to show that going through a 'Lollipop' stop sign is the same as driving through a red traffic light, and could mean three penalty points and a fine of up to £1,000.

BUS NEWS ROUND-UP

TEXT FOR TIMES

When you're waiting for a bus if you're in Worthing or Crawley, you will soon be able to get the times texted to your mobile phone.

A new easy-to-use system will be introduced by the County Council in the summer, which sends a text message direct to your mobile phone, giving the 'real' time of the next three buses to arrive at the bus stop you want.

All you will need to do is look at your bus stop's unique eight letter code which will be clearly displayed at each stop. You will then be able to text the code to 84268, and the return message will cost 25p plus your standard network charge.

The 'Text for Times' system uses satellite positioning to track your bus.

It is hoped the texting service will be expanded in the future to include other areas of the county.

So look out for more information on our website.

TAKING SHELTER

Tired of waiting for the bus in the rain?

Help is at hand from the County Council. We are offering grants to build new bus shelters.

Parish, District and Borough councils can apply for up to 50% of the cost.

Already 75 new shelters have been built across the county since 2003, including ones in Pagham, Easebourne and Tillington.

£40,000 is available this year, and the closing date for applications is April 30.

The aim is to benefit existing bus travellers and encourage more of us to jump on board.

See our website under Bus in the A-Z.



Step back into our stunning past!

Here are just a few of the images which form part of the finest and largest photographic collection ever acquired by our Library Service.

Twelve specially-trained volunteers spent over a year preserving, digitising and classifying the 116,000 unique and historic photographs of the county dating from the 1880s to 2000 by Worthing-based photography company Walter Gardiner.

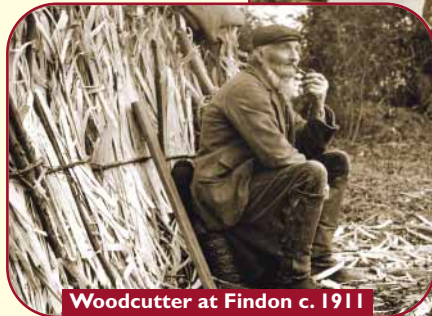
The images record many aspects of life in the county including pin-sharp images of streets and buildings from Worthing and surrounding towns and villages.

Photographs include striking scenes from the countryside of shepherds, sheep-washers and wood-cutters taken just before these traditional occupations died out. There are also some very rare photographs showing Worthing during the Second World War. These include air raid shelters and the town's defences. Strict censorship rules meant that very few photographs were ever taken in the town during the war.

Over 1,000 images from the Walter Gardiner collection can be viewed on the Past Pictures website at: www.westsussexpast.org.uk/pictures and 15 of them (including all featured on this page) are available to buy for £12.50 each complete in hand-made 16" x 12" mounts ready for framing. Contact Worthing Library on 01903 704809 for further information.



Walter's son William with friends on Worthing beach c.1896



Woodcutter at Findon c.1911



Broadwater c.1925

Join the music makers!

Our West Sussex Music Service has opened another two music centres for young people, in Bognor Regis and Midhurst, taking the total to eight across the county.

The centres offer excellent opportunities for young people to learn instruments and develop a passion for music. The new centres offer a wide range of activities from joining rock bands to classical groups.

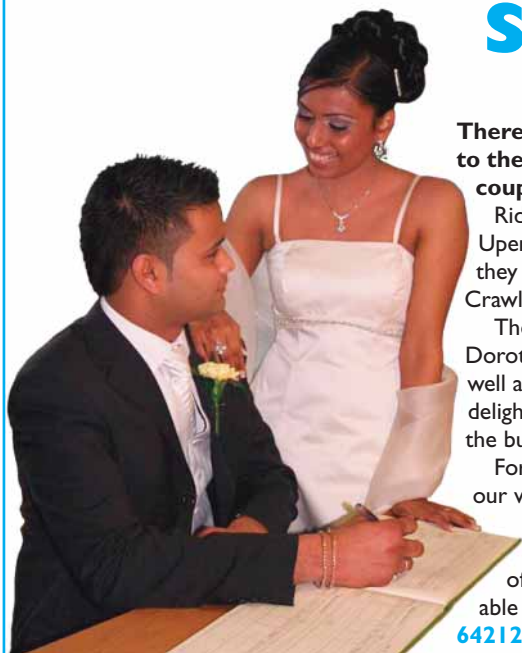
The Bognor Music Centre is at Felpham Community College and offers samba music lessons, the chance to join a steel band and to play rock or jazz.

The Midhurst Music Centre is at Midhurst Rother College Lower School and runs a musicianship class for mixed instruments and young people of any school age or ability can join.

The Music Service, which has received three national diplomas for innovation and effectiveness from the National Music Council, also has centres in Worthing, Chichester, Crawley, Horsham, Haywards Heath and East Grinstead.

The Service also teaches in schools across the county. Carefully graded musical activities range from pre-school classes through to bands, orchestras and choirs, catering for all abilities from beginner to grade 8.

If you would like to apply to learn an instrument, or know more about music centres, call 01243 642361, email music@westsussex.gov.uk. You can get more information and an application form from our website search 'music service'.



SOMETHING NEW...

There was certainly 'something new' according to the old wedding day rhyme when this happy couple tied the knot.

Riddhi Patel, 23, and husband Arpitkumar Upendrabhai Desai, 25, made local history when they were the first couple to be married at the new Crawley Register Office.

The ceremony was performed by Registrar Dorothy Smith, who said: "The wedding went very well and the bride and groom and their families were delighted with the new Register Office. They all liked the building, the décor and set-up."

For more information about the new Office, see our website under Births Marriages and Deaths.

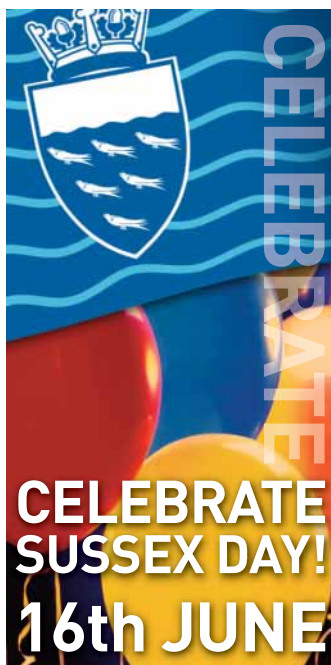
To find out all about how and where to hold your ceremony in West Sussex pick up a copy of *Ceremonies in West Sussex 2009*. It is available from all our Register Offices, by calling 01243 642122 or you can view it online on our website.

Fly the Flag for Sussex Day

Celebrate Sussex Day on June 16.

To show your support, you can buy a West Sussex flag from our e-shop for just £36, to fly proudly. It's a chance to celebrate all aspects of your county, and find out things you might not know about.

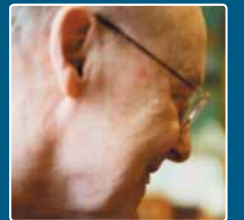
The date was chosen to coincide with St Richard's Day. He was the Bishop of Chichester during the 13th century. Visit our website and search "e-shop."



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- Our retirement suites offer affordable comfort and security in the heart of this glorious city.
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We can help you explore other options if you can't currently sell your home.

Call Julia now on 01243 539207 or visit www.abbeyfieldchi.org





Marvellous Days Out in West Sussex!

West Sussex has some of the best and most varied attractions in the UK, and we have teamed up with some of them to offer you the chance to win some FABULOUS prizes!

Even if you are not a lucky winner, then check out their websites and plan a brilliant local day out!

The attractions and the prizes you can win are:

GOODWOOD FESTIVAL OF SPEED 3,4,5 JULY:

This has become the biggest international historic motor racing event in the world and this year will feature over 300 cars and motorcycles for a celebration of racing machinery, from early Edwardian steam cars to current F1 racers. Held in beautiful parkland the Festival has been described as the 'Garden Party of the Gods'. Call 01243 755055 or www.goodwood.co.uk/tickets

One pair of Friday tickets worth £66

HARBOUR PARK, LITTLEHAMPTON: A great amusement centre with indoor and outdoor attractions including a water chute, adventure golf, the Horror Hotel and children's rides, making it a perfect setting come rain or shine! See www.harbourpark.com or call 01903 721200

Ten free ride tickets worth £15

BLUEBELL RAILWAY: A fund-raising drive is being held to extend the line to East Grinstead and you can help by paying a 'Tenner for a Tip', and you will get a special certificate. Travel from the Victorian age at Sheffield Park, to the 1930s at Horsted Keynes, and to the 1950s at Kingscote. More information about the railway and how you can help the extension plans at www.bluebell-railway.co.uk or call 01825 720825 (24 hours)

Two family tickets worth £33 each

(not valid for special event days)

FONTWELL PARK RACECOURSE: One of the friendliest and most intimate racecourses in the country, a very warm welcome always awaits at Fontwell Park - a diverse leisure venue that offers everything from horse racing to large outdoor events such as concerts. Visit www.fontwellpark.co.uk or call 01243 543335

Family Ticket for Race Day on 24 May worth £40.

BUTLINS BOGNOR REGIS: It's now a trendy place to be seen, according to the Sunday Times - so visit Butlins and enjoy the Splash Waterworld, top class entertainment, bowling, a cinema, amusements and much much more! Visit www.butlins.com

A family ticket worth £39

FISHERS FARM PARK, Wisborough Green. A unique mixture of farm animals and adventure play - the ideal place for family visits, birthday parties, school trips and group outings. The Park is designed for families with children 2-10 years old. Visit www.fishersfarmpark.co.uk or call 01403 700063

One family ticket for four people worth £46

EARNLEY BUTTERFLIES AND GARDENS, near Chichester. A wonderland of tropical butterflies and exotic birds, animal and reptile rescue, themed gardens, crazy golf, a nostalgia museum and lots more! Visit www.earnleybutterfliesandgardens.co.uk or call 01243 512637

Five family tickets worth £120 each

AMBERLEY WORKING MUSEUM: A 36 acre open-air museum dedicated to the industrial heritage of the south-east containing a wide range of exhibits, including the Southdown bus collection. The Museum is also home to a number of resident craftspeople who work to traditional methods. Visit www.amberleymuseum.co.uk or call 01798 831370

One family ticket worth £26.50 plus one family meal worth £20

PETWORTH HOUSE: A magnificent country house and park with an internationally important art collection, set in a 'Capability' Brown landscaped deer park and housing The National Trust's largest art collection plus fascinating servants' quarters with a 'state of the art' Victorian kitchen. Visit www.nationaltrust.org.uk or call 01798 343929

One family ticket worth £26

FISHBOURNE ROMAN PALACE: Amazing excavated artefacts along with plans, reconstruction drawings and models and an entertaining audio-visual programme. You can also see the largest collection of in-situ mosaics in Britain including the famous Cupid on a Dolphin. Visit www.sussexpast.co.uk or call 01243 785859

One family ticket worth £20

WEALD AND DOWNLAND MUSEUM, Singleton. Set in 50 acres of beautiful Sussex countryside where you can wander amongst a fascinating collection of nearly 50 historic buildings dating from the 13th to the 19th century, many with period gardens, together with farm animals, woodland walks and a picturesque lake. Visit www.wealddown.co.uk or call 01243 811363

One family ticket worth £24

To be in with a chance to win, answer the following questions

(the answers can all be found in this edition of West Sussex Connections):

1. How many people in West Sussex have jobs in the tourism industry?
2. Where in West Sussex is there a new Library and Register Office?
3. Whose massive photographic collection has recently been acquired by the County Council?

Send your entries with your contact details, marked *Attractions Competition* stating the ticket(s) you would like to win to connections@westsussex.gov.uk or **Communications Team, WSCC, West Street, Chichester, PO19 1RQ**, by **30 APRIL 2009**.

Please send a separate email for each ticket you would like to win. If you are entering by post, use a separate entry for each one, but put them all in one envelope.

NEW Spring/Summer brochure out now!

West Sussex Adult & Community Learning Service is pleased to launch a new programme of courses for the Spring and Summer 2009. Not only are we

offering some firm favourites, but we also have many new and exciting classes available locally to you.

From cooking to yoga and computing to Italian there really is something for everyone!

NEW FOR 2009

We're pleased to be working with Chichester College to offer new courses in the Chichester and Pulborough area.



To request a copy of our Spring/Summer 2009 brochure please call 0845 075 1009

www.westsussex.gov.uk/adulteducation