

2010: Small changes BIG difference

Think global in 2010 and make it the year you resolve to save money and the planet!

You don't have to don a cloak and fly through the air to be a superhero - small changes in your lifestyle can have a positive impact and make a meaningful difference - both locally and on a global scale.

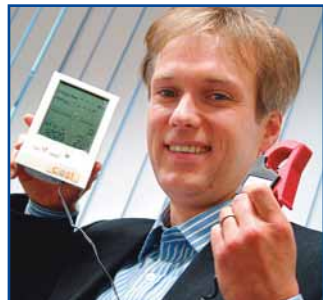
The County Council wants to help you make those all-important changes.

We are encouraging sustainable working, getting involved in national green schemes and supporting local communities to improve their environment.

One way is via the Greening Campaign, a not-for-profit organisation that encourages individuals to join with the rest of their community to fight climate change.

To help West Sussex residents in reducing energy use we've got 10 'energy monitors' to win - they show you in real time the amount and cost of the energy you are using. See page 3 for details.

County Council Leader



Henry Smith (above) said: "We're backing the national 10:10 campaign, which aims to reduce climate change by persuading everyone to



Here's four traders you can give the thumbs up to... they're among the latest West Sussex businesses to join the Buy With Confidence register run by our Trading Standards Service. Every BWC trader - there's almost 300 of

them - has been comprehensively vetted by Trading Standards. They are also regularly monitored to ensure they continue to offer a high quality service. That's a couple of claims not all guides to local businesses and traders can make. See page 2 for more info.

cut their carbon emissions by 10% next year.

"West Sussex was one of the first local authorities in the country to sign up and we're leading the way by reducing energy and water usage in all our buildings.

"Often simple measures can make big differences so the council, for example, is

draught proofing some of its older buildings. It's the kind of thing we can all do in our own homes. In fact if all individuals and businesses in West Sussex were to sign up to the 10:10 campaign it would make a very big difference to cutting carbon emissions.

"Putting better draught proofing in your home, walking or cycling

for short journeys instead of using your car or using low energy light bulbs are

all simple measures that make a long term difference."

Other easy things to do include buying local, in-season food that hasn't been flown half way around the world before it lands on your plate, take showers instead of baths, only run full washing machines, and recycle everything you can.

Visit www.greening-campaign.co.uk, www.1010uk.org or www.westsussex.gov.uk to find more ways to save the world and be a local superhero!



A job to be sniffed at!
See page 3



Don't bottle it on a night out
See page 4



Ben supports our rural towns
See page 6



Peter's riding high with his personal budget
See page 10



Pop star Will Young gets into reading!
See page 12

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TRADERS YOU CAN TRUST

The latest directory of West Sussex traders you can trust, produced by the Council's Trading Standards Service to support its 'Buy with Confidence' scheme is out now.



Every trader listed in the directory has been comprehensively vetted by Trading Standards officers to ensure they meet strict standards.

The businesses are regularly monitored to make sure they continue to offer a high quality service.

That's a couple of claims not all guides to local businesses and traders can make.

Graeme MacPherson, Head of Trading Standards, said: "It doesn't matter whether the job is big or small, we all want a trader we can trust - one who offers high quality service and is committed to giving the customer a fair deal."



"That is why this directory is particularly valuable. It means consumers in West Sussex can protect themselves from rogue traders."

The directory also tells you about your rights as a consumer and how to complain about unsatisfactory work.

View it online at: www.westsussex.gov.uk/tradingstandards

More info on the scheme and an online search facility to find a trader in your area can be found at:

www.buywithconfidence.info or pick up a copy from Help Points, Libraries, Tourist

Information centres and Register Offices, or call 01243 642124.

Our Trading Standards Service is always looking for reputable businesses to join the register.

To apply, visit www.westsussex.gov.uk/tradingstandards or call 01243 642124.



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Saving lives at home and abroad

Disasters can strike anywhere at any time but West Sussex is lucky to have a world-class team of firefighters especially trained and equipped to deal with major emergencies.

Called the Technical Rescue Unit, four members were sent to help after the Indonesian earthquake in

September. The tremor struck the island of Sumatra killing over a thousand people and injuring hundreds more buried under collapsed buildings.

When they arrived at the scene the unit used their expertise and equipment at several sites where rescues were taking place.

The unit is one of 13 teams in the UK that are sent to assist with disasters overseas. It is also one of 21 that are deployed to deal with emergencies throughout the the UK.

Based at Horley fire station, as well as dealing with rope rescues and collapsed buildings it can also carry out a number of specialist services, including major



A JOB TO BE SNIFFED AT!

The dogged duo with Sniffer Dog Handler Bas Wood are Barley, left, and Hattie.

Hattie has been helping Bas investigate the causes of fire for the last five years. But she retires in March and will hand over the reins to 10-month-old Barley, who is being specially trained.

The County Council's Fire and Rescue Service is one of only a few in Britain to have its own fire investigation dog team.

"Sniffer dogs are worth their weight in gold," said Bas. "They can quickly sniff out and pinpoint a substance or accelerant that has been used, making our investigation work easier."

traffic accidents, swift moving or icy water, trench collapses, underground structures and terrorist incidents.

They have a range of specialist equipment including tools for cutting through concrete buildings,

listening and vibration detectors for locating trapped victims, 'snake eye' cameras for inserting through small gaps to find victims and a camera with microphone that can be inserted into gaps for talking to victims.

Don't drown in smoke!

If you don't have a working smoke alarm, you can 'drown' in the toxic smoke of a house fire.

That is the stark message from our Fire and Rescue Service which is backing a nationwide 'Fire Kills' campaign. Survey results reveal people vastly underestimate the impact of toxic smoke. Of those surveyed:

- 39% believe they could survive for more than two minutes in a smoke-filled room - **WRONG - it's only 2 - 3 breaths!**
- 50% wrongly think they would be alerted to a fire by the smell of the smoke.
- 17% believe a pet (e.g. their dog barking), or someone else would alert them to a house fire.
- Although 91% own a smoke alarm, 72% admit they do not test them every week.

Experts say you are more than twice as likely to die in a house fire if you do not have a working smoke alarm.

Head of Community Safety at West Sussex Fire and Rescue Jackie Boyle said: "Toxic smoke from a fire will affect your ability to breathe in a similar way to drowning. After just two to three breaths you're unconscious."

Five things that you can do to protect your home and family are:

- Fit a smoke alarm on each level of the property. When a fire starts, there is little time to escape so an early warning is vital. Battery operated smoke alarms should be replaced after 10 years, or consider installing a mains powered one.
- Test alarms weekly - a smoke alarm can buy you valuable time in a fire, but only if it's working.
- Plan your quick escape route, and consider an alternative in case your usual one is blocked.
- Stay safe in the kitchen, where most house fires start. Check electrical appliances are switched off and never leave cooking unattended.
- Ask the experts. West Sussex Fire and Rescue Service offers free home safety visits to all residents. Contact the Community Fire Safety Team for free on **0800 328 6457** to book an appointment.

For more fire safety tips, log onto www.firekills.direct.gov.uk or contact West Sussex Fire and Rescue Service. If a fire does break out in your home, get out, stay out and call 999.

WIN! An energy monitor shows you how much energy you are using, and studies reveal homeowners cut their usage by up to 15% when they have a monitor.

We have 10 to give away. To be in with a chance to win one, tell us three ways you can change your lifestyle to cut carbon emissions.

Send your answers, plus details, to ce.competitions@westsussex.gov.uk putting 'Energy Monitor' in the subject line, or send to **Energy Monitor competition, WSC, Room 140b, County Hall, Chichester, PO19 1RQ, by 22 February.**

For more details about the monitors visit www.currentcost.com



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BETTER THAN BOOZING



Quit binge drinking and do something better instead - that's the message being hammered home to young people this winter.

People aged 16 to 24 are being encouraged to quit binge drinking in a major campaign called 'There's Always An Alternative'.

Holly Margetts, West Sussex Violent Crime Reduction Officer, Sussex Police, which is spearheading the drive with our Community Safety Team, said: "The aim of the campaign is to change the behaviour of young people who are tempted to binge drink.

"The main thrust is to show them there are much better ways of spending their money - which can be up to £40 or £50 a night.

"A key message will be binge drinking is not only a short-term activity, but also one that can lead to criminal behaviour or becoming a victim of crime.

"However, there are long-term rewards when it comes to taking part in activities such as going to the theatre, working out in a gym, going to the cinema."

Visit: www.theresalwaysanalternative.co.uk which directs young people to a wide range of activities, many of them offering significant discounts.



COMBATING CRIME IN THE COMMUNITY



We're working with you to cut crime and make your community a safer place to live.

Each district and borough in West Sussex has a Crime and Disorder Reduction Partnership (CDRP), which comprise of bodies like the police and local councils.

One of the main ways these partnerships work is by encouraging residents to have their say and take part in events and activities designed to make their communities both feel and be safer.

Here we take a look at three areas that held successful community campaigns last year.

Littlehampton was the centre of a range of activities organised by Arun CDRP.

They included:

Action Stations: A Week of Action in the town's Ham Ward which included police swooping on off licences as part of the drive to stop underage alcohol sales. They also arrested a teenager for possessing cannabis.

At the end of the week two skips of rubbish had been collected across the ward with the help of West Sussex Youth Offending Service and Sussex Probation.

The County Council's Highway Rangers removed graffiti.

Canine crime busters:

Dog owners in Littlehampton are taking the lead when it comes to sniffing out crime.

A Dog Watch scheme has been launched by Arun CDRP to encourage dog walkers to report any suspicious incidents they see when exercising their pets. They are also looking out for litter and graffiti.

Alleyway action:

Littlehampton also launched the CDRP's Adopt an Alleyway scheme, which is designed to help residents take pride and control of their local areas.

Over two days piles of rubbish, including a double bed and mattress and electrical goods, were collected from one alleyway.

Bridging the gap:

The generation gap was bridged by **Horsham** CDRP. It linked up with The Senior Persons' Council (SPC) to launch Community Safety Champions for older people and our Road Safety Team to send teenagers on the Young Drivers Skills Course at Goodwood.

The Champions project involves workshops and training sessions to help older people remain safe when staying at home, or out and about and using public transport.

The SPC is also providing information on attack alarms,

window locks and door chains.

The teenagers were sent on the course because they had been driving irresponsibly in and around the Southwater area.

The aim was to teach them the consequences of dangerous driving. They were given practical driving assessments and received feedback from advanced motoring instructors.

On the streets:

Street Pastors are patrolling Saturday night hotspots in **Worthing**.

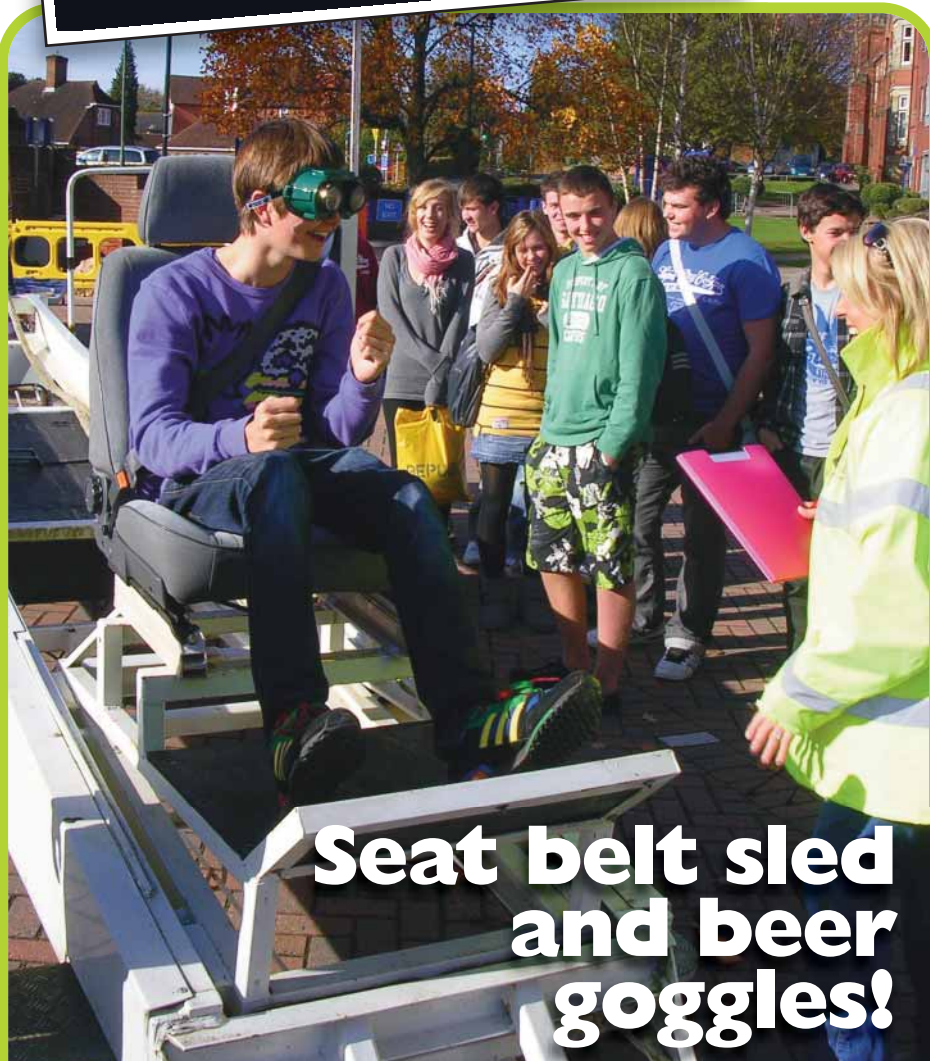
They are volunteers from local churches who offer support and care to nightclubbers and help them get home safely.

The Street Pastors stress they are not trying to do police work.

Rev Wing Man Tsang, of the scheme's management committee, said: "The police are very stretched at weekends and don't have the resources to deal with people who are intoxicated but are not causing any real problems.

"We're not trying to do their job. We are trying to make Worthing a pleasanter place."

Further information on the Crime and Disorder Reduction Partnerships at www.westsussex.gov.uk/makingcommunitiesafer



Seat belt sled and beer goggles!

The dangers of drinking or taking drugs then driving was graphically demonstrated to students by our Road Safety Officers.

More than 90 college students sat on a 'Seat Belt sled' car seat, put on a seatbelt and then were released from the starting position at approximately four mph.

Most were shocked by the impact when they hit the bottom. One boy vowed always to wear a seat belt after his go and said: "If it's this bad at 4mph, imagine the impact at 30mph or even worse 70mph?"

The students were also given the opportunity to wear beer goggles. These simulate being drunk and illustrate the effect of being under the influence of alcohol or drugs. The teens were then given tasks to complete, but soon realised how difficult it was whilst impaired.

Every year in the UK more than 1,000 17-25 year olds are killed on the roads. That's the equivalent of three jumbo jets, and over three times as many are left with serious injuries as a result of a road traffic collision.

For more info: gill.starkie@westsussex.gov.uk

Rewarding times for foster couple



Sue Meyler couldn't be happier with her new job. Husband Jason is also delighted.

The work is stimulating, challenging and rewarding. There's also the immense reassurance of being one of a team of professionals - a team that's on call 24/7 to advise, assist and support.

It's certainly a stark contrast to her previous work, which was Business Analysis. Sue's now a full-time Foster Carer.

She said: "For me it's a brand new career - one that offers considerable job satisfaction because you are giving young people a chance."

Sue and Jason, who continues to work as a full-time IT Project Manager, have been Foster Carers for less than a year.

It was an option they began considering after their own adult children left home.

They fostered two teenagers last summer and are now looking after two boys aged 14 and 15.

The couple, who live in the north of the county, chose to foster teenagers

because they are familiar with this age group, being scout leaders.

"We enjoy their company because they can be challenging and stimulating, open and honest. They are finding their own feet and formulating their own ideas," said Jason.

"We like to talk with them - not at them - but most important of all we listen to them. Quite often that's all they require, someone who will listen to them."

A focal point for conversation is the evening meal.

"That's when we get together, sit around the table

and chat. It's an opportunity for everyone to talk in an informal way and bring up any topic they want to.

"It's a way of showing the young people in our care they are valued," said Sue.

Building up a relationship with fostered children is helped by the County Council's policy of putting the right children with the right family.

"A lot of work goes into this before a child or children is placed with a family or individual," said Jason.

Although relative newcomers, Sue and Jason have no reservations about

recommending fostering.

"It's a first class opportunity for anyone who likes children and has time to spend with them. You will provide them with a framework they might not have had. You will give them a chance," said Jason.

'Buy local' message leads to award

The County Council has been awarded a Small Business Friendly Award from the Surrey & West Sussex Region of the Federation of Small Businesses.

The award was given in recognition of the Council's commitment to promoting the 'buy local' message.

The FSB award panel praised the County Council for championing the promotion of small businesses to residents and visitors, and also for its ongoing support for the promotion of local produce.

'Keep West Sussex Working', the countywide initiative to help residents and businesses through the recession, has been one of the County Council's key aims over the past year.

Ongoing successes to promote local produce include the award-winning magazine 'Taste West Sussex', that promotes local food and drink from across the county.

Foster Carers come from a wide variety of different backgrounds, ethnicity, ages and experience.

If you think you've got what it takes to foster, and have a spare bedroom, call **0800 121 6508** for a free fostering information pack or visit: www.westsussex.gov.uk/fostering

Alternatively, to speak to a member of the Fostering Recruitment Team, call **01403 246484**.

You can attend a Fostering Information Evening on 26 January, call **01403 246484** for more information and to book a place.

See page 10 for important details about private fostering.



A new independent chairman has been appointed to our Local Safeguarding Children Board (LSCB) - the body which ensures that the agencies in West Sussex put the welfare of children first.

The LSCB ensures that all agencies involved in the care of children - including children's social care and education, the police and health authorities - work together effectively.

The new chairman is Terry Bamford OBE, who lives in the county, and has a wealth of practical knowledge spanning many years. He said: "Nothing is more important than giving children the opportunity to grow up being safe and secure. Safeguarding is everybody's business."

You can play your part - if you suspect a child is being abused in any way, or you are concerned about a young person, call the Children's Social Care Helpdesk on **01243 642555**.



Who will look after your family when you have gone?

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Ben helps boost small towns

Photo: Worthing Herald

TV star Ben Fogle revisited his childhood haunts when he opened new public moorings in Arundel at the request of the town's Community Partnership.

It was part of a programme to boost community projects in small rural towns across West Sussex.

The Small Rural Towns Programme is financed by the South East England Development Agency and managed by the County Council, with support from Action in Rural Sussex.

Projects had to meet certain criteria: contribute to improving the local economy, encourage the community to get involved, and ensure the least environmental impact.

Other projects funded include retail support and training in Midhurst and Selsey, a centre for children in Billingshurst, a minibus in Henfield, a refurbished bus shelter and toilet in Steyning and new village signs and redecoration for shops in Pulborough.

More projects are planned for the coming year, including a cycle hire and cycle routes scheme in Hassocks and a community hub in Hurstpierpoint.

Market towns and their communities play a vital role in making the county thrive. A conference is being planned next summer to celebrate their successes and look at future support initiatives.



West Sussex schoolchildren can enjoy a delicious hot dinner on chilly midwinter days from just £2.10.

Winter warmers for pupils

There are 7,000 primary school students at 120 schools across West Sussex already tucking in, with 47 more schools in the lunch line to take Steamplicity meals from this month (January).

A warming hot school dinner will set your child up for the rest of the day - and you will be reassured to know they are getting a healthy, balanced meal.

The primary school menus are full of fresh, tasty and nutritious meals created by a highly trained team of catering experts.

Only the freshest and finest seasonal ingredients sourced in the UK are used.

Give your child a bit of warmth this winter, visit www.mealselector.co.uk 0845 6037998 or contact lynda.mayor@compass-group.co.uk



This is the time of year when the mince pies have been eaten and the Christmas decorations need packing away.

But what should you do with all the batteries you have used during the festive season - including the ones that came with gifts and gadgets and were played until they went flat? The average household uses 21 batteries a year but currently only 5% are recycled.

You have been able to recycle batteries in West Sussex for three years now - last year over 28 tonnes of them were recycled - but now there is new legislation to help recycle more.

All of the county's permanent Household Waste Recycling Sites (HWRS) accept normal household batteries, including those from toys, electrical appliances and phones. You will find special dedicated containers on site.

On average the energy needed to manufacture a battery is 50 times greater than the energy it produces. So you should try to use mains electricity or rechargeable batteries whenever possible.

We buy over 700 million batteries a year that in turn produces over 30,000 tonnes of waste.

WEEE are great at recycling!

A pacesetter campaign has seen you beating European targets for recycling Waste Electrical and Electronic Equipment (WEEE).

The drive led to West Sussex residents recycling an average of 11 kg (about 22lbs) of WEEE products per head - nearly three times the EU national target.

All 11 Household Waste Recycling Sites in the county were designated collection points for WEEE items and the collection areas made easy to reach. Between April and December 2008, 1,769 tonnes of small WEEE was collected - the equivalent of four irons, 11 hairdryers and 49 electric toothbrushes per household.

MAKEOVER TIME

Two Household Waste Recycling Sites will undergo major modernisation this year.

East Grinstead: Closed Monday-Friday while work is ongoing, but a weekend only service will operate at the site.

Worthing: The current site in Dominion Way will remain open as usual while a new one is being built in nearby Willowbrook Road.

For more info visit: www.recycleforwestsussex.org

EAT

LEARN

LIVE



TOP TIPS TO STOP FOOD WASTE

Statistics reveal that the average UK family throws away around £600 worth of food every year!

Use the tips below to help reduce food waste and keep those household grocery bills down:



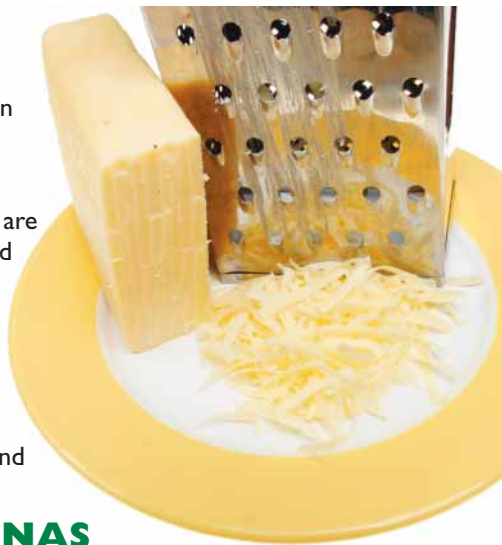
A GRAIN OF RICE - The dilemma of rice and pasta - how often have you been left with piles of the stuff in the saucepan, only to scrape it gloopily into the bin later? Spaghetti measures are a cheap and an easy way to gauge how much to cook. With rice and all other foods - have a look at the 'perfect portion' pages of lovefoodhatewaste.com

USE IT DON'T LOSE IT - Discover ways of using up leftovers - chop and stew fruit that is past its best, sprinkle with nuts and grain, or crumbled digestive biscuits, and serve hot or cold with ice cream.

FREEZE! Meat and fish are often the most expensive food we buy. So regularly check the dates on perishable items in your fridge. Freeze them if you don't think

you will have time to eat or cook them immediately. When you get home with your shopping transfer as much as you can straight into the freezer. Leaving food out overnight can cut its shelf life by up to 100%.

DAIRY GOOD IDEA - Dairy products are often forgotten in fridges. If they are nearing their expiry date grate odd bits of hard cheese and mix with breadcrumbs for a savoury topping or stir into mashed potatoes. Use up yoghurts in fruit smoothies or as toppings for breakfast cereals.



BOOZY FOOD - The last dregs of wine or beer can be frozen in ice cube trays and put into stews and casseroles.

YES WE HAVE NO BANANAS

- Don't throw away 'black' bananas, simply mash them up and add cream to make a tasty pudding.



IN A DARK PLACE

- Store packet foods in a dry, dark place. Once packets are open use clips to reseal and keep foods fresh, or store in airtight boxes that have easy locking lids or storage containers with tight fitting lids. Keep spice and seasonings away from heat in a darkened cool drawer or cupboard. If they are left in the heat and light they are more likely to lose their flavour.

JUST FOR ONE - If you have cooked more dinner than you need put it in the freezer as a 'ready meal' for one.

PLAN AHEAD - When you are food shopping, plan for the week ahead, write a list and only buy what you need. Try not to go food shopping when you are hungry...you will probably end up buying more than you really need!

If you would like to complete a food diary and receive a free recipe book email: info@bettertomorrows.org.uk or phone 01243 642106



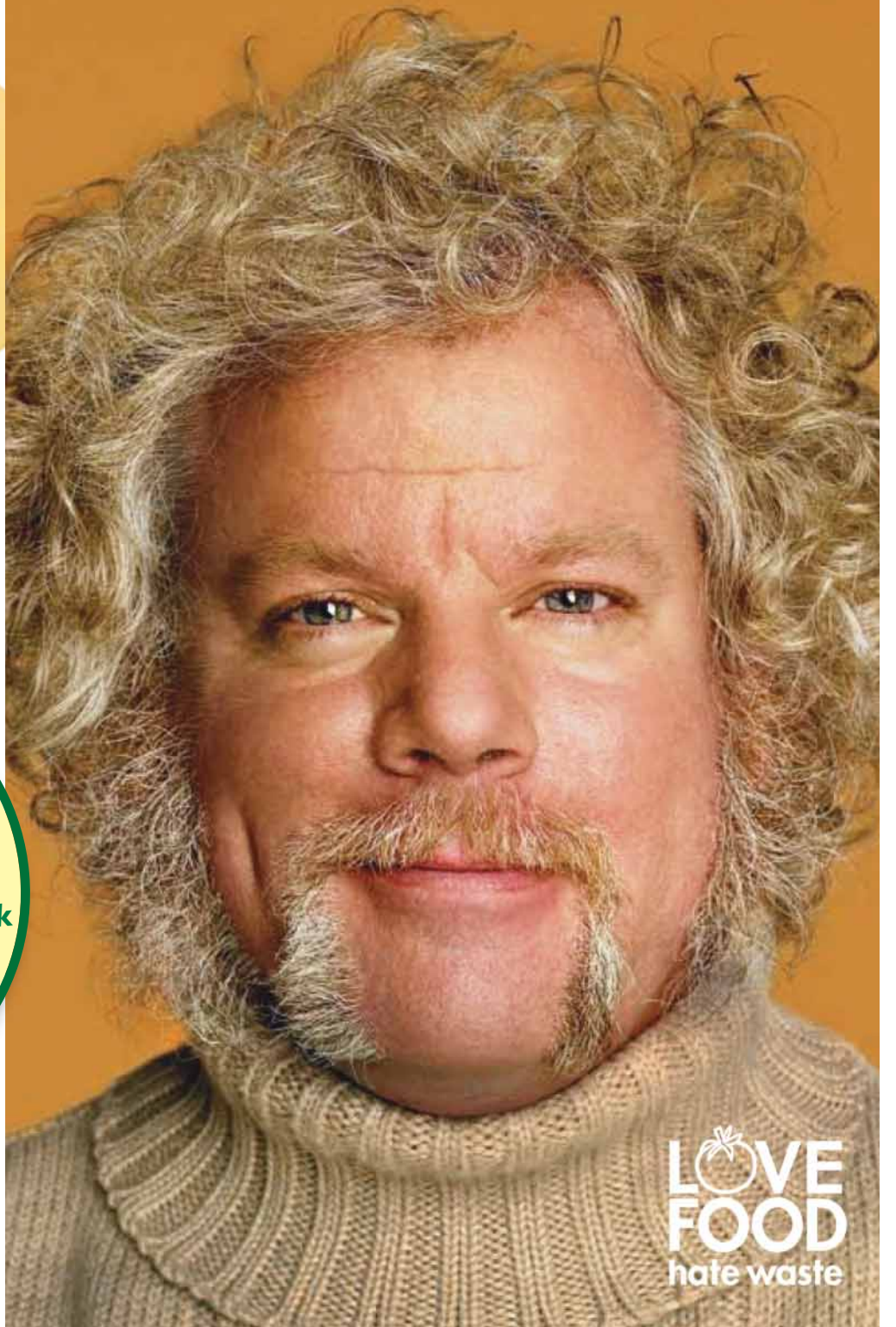
BETTER TOMORROWS

Creating better tomorrows, today

LAMB LOVERS hate waste

I love my lamb leftovers. Kept in the fridge, they're good for two days and great in a thick sandwich with lots of mint sauce. Job done.

lovefoodhatewaste.com has more tips and recipes to help you waste less food and save up to £50 a month.



LOVE
FOOD
hate waste

WISE UP ON GREEN WAYS TO TRAVEL



Would you like to start the New Year feeling fitter, with more money in the bank and well on the road to a healthier lifestyle?

By following a few simple steps you could do all of these things and help the environment at the same time.

The County's TravelWise campaign has already helped thousands of residents to leave their cars at home and instead walk, cycle or use public transport. Doing this just once a week could reduce your travel costs and the carbon footprint of your journeys by up to 20%.

If you don't need to travel far it really is best to leave the car. Walking for just 30 minutes a day can reduce the risk of heart disease by half. Not to mention the money you might save in petrol costs.

Car users suffer three times more pollution than pedestrians so take a deep

breath and think how much better you would be on foot.

If your journey to work is too far to walk you might like to think about using a bike instead. A new bike doesn't have to break the bank and the money you save in petrol costs will soon pay for it many times over. New cycle routes are being opened up around the county all the time.

If biking or walking isn't up your street or it is just not practical you could car share instead. By logging on to www.westsussexcarshare.com you can find a partner to share your

journey to work or to the railway station. The website is completely free to use and could reduce your travel costs by at least 50%!

In West Sussex, over 67% of journeys to work are driver-only trips. Even a small shift in commuting journeys away from the car would have a big impact on congestion at peak times.

To find out more about walking, cycling or car sharing your way to a happier, fitter and healthier new year visit the TravelWise web site at www.westsussex.gov.uk

Be prepared for flooding

Rain can cause chaos when you least expect it - just ask the people of Cumbria who suffered massive flood damage late last year.

Sometimes you have very little warning of an emergency which may mean having to leave your home. A knock on the door tells you to evacuate, with no time to remember those vital things you need.

It's always a good idea to have an emergency bag already packed, says Shane Gindra, from the County Council's Emergency Management Team. But what should it contain? The answers are in a short film on the County Council's new Video Page.

Go to www.westsussex.gov.uk/video and select the topic called Advice. Here you'll find the film

called Packing an Emergency Bag, where Shane shows you how to prepare a bag for emergencies, including flooding.

As a result of past flooding in West Sussex considerable effort has been made over the last five years maintaining and mapping drainage systems around the county. In an effort to improve further a countywide flood group has been set up to identify problem areas across West Sussex with a view to being more prepared in the future. Made up of the County Council, all seven district and borough councils, Southern Water and the Environment Agency, the group will set up a risk register, prepare surface water management plans and share skills and resources between them.



Helping students beat the recession

Thousands of students due to graduate in the next few years could find themselves victims of the current recession.

After studying hard and running up loans many of them could find it hard to get a job and end up unemployed.

At the same time it is vital that when the recession ends there are enough people with the right qualifications to meet the needs of businesses in West Sussex.

This is why the County Council has given £50,000 from its 'Keep West Sussex Working' budget to a special project being run by the University of Chichester with Chichester College.

The project supports graduates in a variety of ways from personal coaching and mentoring through to finding them placements with businesses in West Sussex. The scheme not only improves the chances of graduates finding a job it also means that businesses have potential employees with the right skills to help lift them out of the recession.

Over 130 graduates have so far registered for the scheme. Many have undertaken intensive training sessions and the number

being placed with employers in West Sussex is growing.

The placements last for 12 weeks. Most positions pay at least the national minimum wage and some are voluntary and all of them give graduates valuable workplace experiences.

Clive Loseby, managing director of local web designers 'Access by Design', said: "We found the GraduateOn scheme to be a huge help to us. We were looking for one or two new members of staff to start quickly and we gave a short job description, which was sent out to the graduates and we had six CVs within a day. Interviews were arranged within a few more days and I'm delighted to say that we now have two new members of staff - a junior designer and office manager! I would recommend the scheme to anyone who is interested in employing a graduate."

Graduate Dr. Adam Giles took the course and went on to find a job. He said: "This course was so good that it left me thinking about it days and weeks afterwards. It takes a different approach to other business courses I've been on. The focus is on individual improvements from a very human perspective. Your past, present and future achievements are analysed allowing you to realise your own strengths and weaknesses, many you didn't realise you had! This allows you to implement easy changes to increase your strengths and improve your weaknesses. My skills and abilities improved overnight. I learnt things about myself that I never would have known. Basically knowledge is power and you leave the course with incredible focus. It really does change you for the better." More info: www.graduateon.net

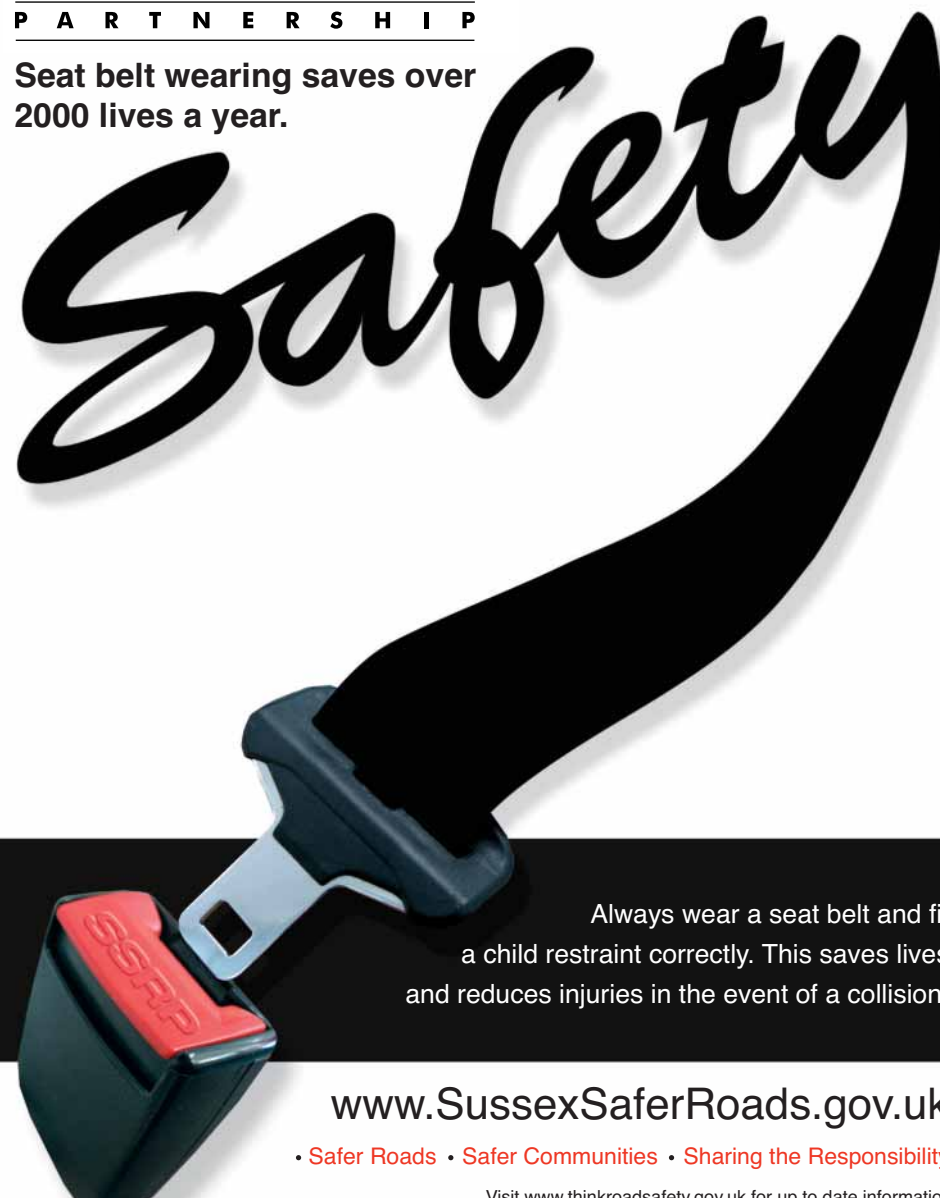


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Sussex Safer Roads

PARTNERSHIP

Seat belt wearing saves over 2000 lives a year.



Always wear a seat belt and fit a child restraint correctly. This saves lives and reduces injuries in the event of a collision.

www.SussexSaferRoads.gov.uk

• Safer Roads • Safer Communities • Sharing the Responsibility

Visit www.thinkroadsafety.gov.uk for up to date information about the laws on seat belt and child restraints.

Out & About

IN WEST SUSSEX

Go online for out and about fun

If you want to find out what's going on in West Sussex then log on to www.westsussex.gov.uk and browse our what's on database which you will find in the bottom right - hand corner of the home page.

If you are organising an event in the county then you can add it for free by clicking on the same database, and reach thousands of people.



On Yer bike!

Get into shape on your bike in West Sussex this New Year.

The county's cycle network is expanding to make getting around by bike easier and safer.

Work is underway for a new cycle route along the A259 in Littlehampton. The Body Shop HQ will be connected up with Tesco supermarket, so residents will have the opportunity to travel safely across town without going through the centre.

Cycle paths are also being installed in Worthing. Cyclists from Findon will be able to use the A24 corridor to safely get into the town centre and head over to Broadwater. Plus a section of the Promenade between

Splash Point and George V Avenue will be available for cyclists to share with pedestrians. The experimental scheme along the Prom is in partnership with Worthing Borough Council.

The second phase of the Barnham Link, extending the existing cycle and public right of way route, between Felpham and Barnham has recently opened. This is a quiet route avoiding the busy roads that allows cyclists and walkers to travel safely between Felpham and Barnham.

Cyclists will soon be allowed to use a section of Bognor Regis Promenade between Sea Lane and Gloucester Road. This will link Butlins with the attractions in the town centre.

These are all part of the County Council's commitment to implement 20km of new cycle routes this year.



New TV web page keeps you in the picture

A new page on our website is keeping people round the world up to date with videos being made about council services.

Schools and children, dance and music, road safety, picturesque history and even royalty visiting West Sussex have all been captured on video. One film shows how to avoid being conned, while others take you behind the scenes at Libraries and Register Offices. Thousands have also watched County Council video films on other websites, including YouTube and Metacafe.

The Video Page is just one click away from the County Council home page at www.westsussex.gov.uk - Click the film icon at the bottom left side of the home page, and explore the new Video Page for yourself.



Have a 'Taste-y' new year

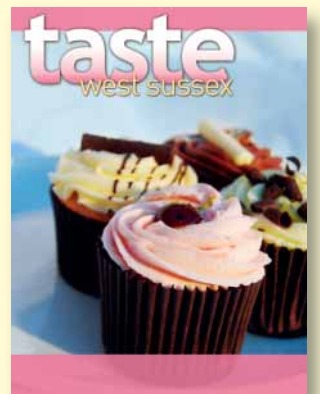
Have you got Taste? There's a new year subscription offer for Taste West Sussex - the magazine for West Sussex foodies.

Get three issues throughout the year for just £8.50, delivered direct to your door. And the first 50 subscribers will receive a free Bag of Taste, an environmentally friendly shopping bag.

Taste West Sussex promotes local businesses who grow, produce and sell in West Sussex. It campaigns to encourage people to shop locally, use their local pub, and go green. It also has recipes, articles, dates for your diary and various discounts and offers.

So if you haven't already, make sure you get some Taste!

Call 01243 777431 for more details or email taste@westsussex.gov.uk



WALK THIS WAY THIS WINTER!

Just because it's chilly, there's no excuse not to get outside and stretch your legs by exploring the countryside of West Sussex.

You can tackle longer walks such as the Sussex Diamond Way between Midhurst and Henfield. The path takes in the magnificent views of the Low Weald, and runs through heathland, arable and dairy farmland as well as forest.

Visit our Exploring West Sussex page on our website at www.westsussex.gov.uk/exploringwestsussex

Bookings are now open for the annual County Council walk along the South Downs Way, which takes place in June and has routes this year from Winchester to Eastbourne with nine glorious days of downland walking. Full details and booking form at www.southdownsway.com

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THE COLLEGE OF OPTOMETRISTS

Want to see West End plays and Hollywood stars for just £14.50 on a Saturday night?
Our PlaySaver scheme will let you do just that!
We have lined up a fantastic 2010 spring drama season of ten plays to celebrate 75 years of live theatre at the Connaught. Don't miss Hollywood stars Kelly McGillis known for box office hits including *Top Gun*, Lee Mead from *Any Dream Will Do*, legendary entertainer Gary Wilmot and from the cult 80s TV show *The A-team*, Dirk Benedict.
GET A COPY OF OUR NEW BROCHURE TODAY.

drama season

Kelly McGillis Lee Mead Gary Wilmot Dirk Benedict Rolf Saxon

01903 206 206 | www.worthingtheatres.co.uk

A WORTHWHILE CAREER

Our campaign to recruit more social workers has been gaining momentum but the County Council is also keen to raise the profile of one of the most important jobs in society - protecting vulnerable adults and children.

As well as national and local campaigns to fill vacancies, the County Council has been working closely with the University of Chichester, which runs a social care degree course.

University graduate Harriet Ripley is one of our most recent recruits joining the team that works with children aged 14 plus in the north of the county.

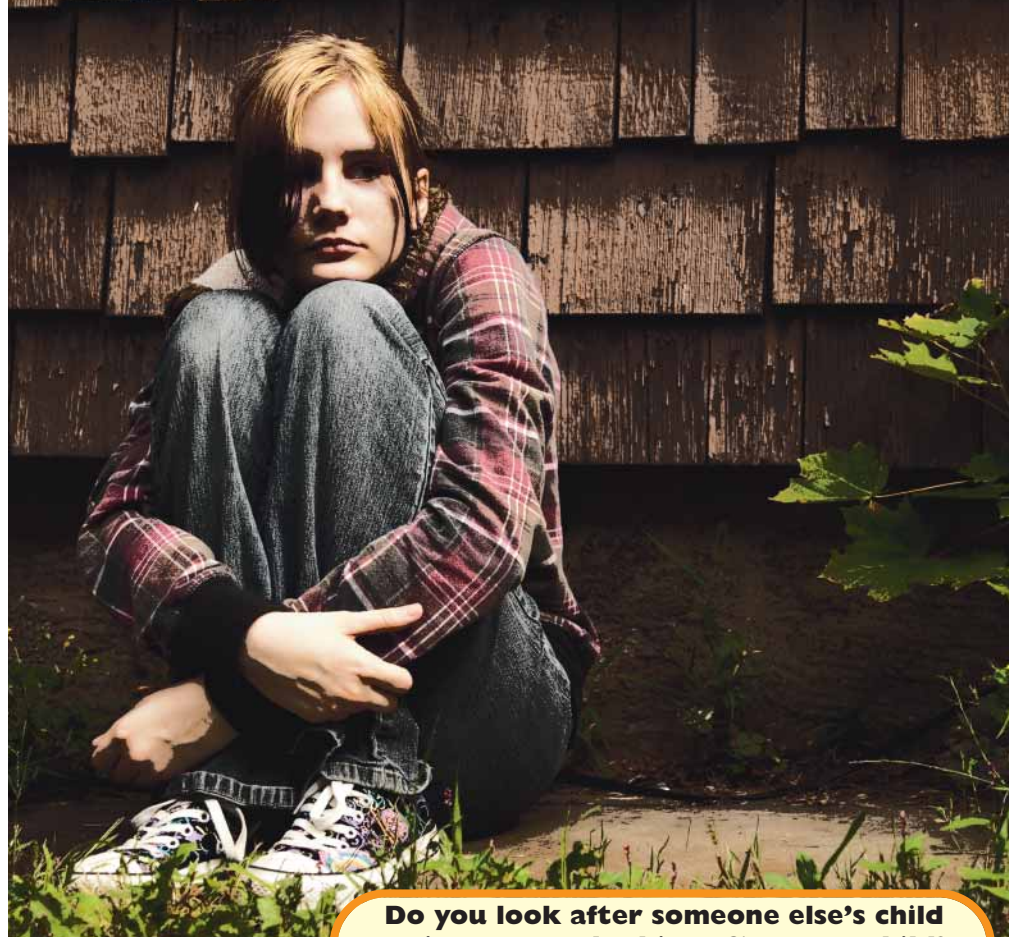
Harriet, who spent three years at Chichester studying for her degree, agrees that the Baby Peter tragedy may have given many people a negative view of social work.

But she says: "There is a really positive side to social work that people don't see. I am finding it a rewarding career - every single day is different."

Harriet's job includes helping young people with issues that could range from safe accommodation to financial support and helping them to become more independent.

She also believes she is getting the back-up and support needed to balance and support her individual caseload, as well as career development opportunities.

West Sussex has also been running a scheme



designed to assist former children's social workers thinking of returning to the profession after a career break.

We have joined forces with our neighbours at Surrey County Council and The Children's Workforce Development Council (CWDC) to pilot a free return-to-work course which starts this month. There will be 15 days of teaching and five days on-the-job shadowing of a social worker.

Everyone who successfully completes the course will be guaranteed

Do you look after someone else's child or is someone looking after your child?

Private foster care is when a child under 16 (or 18 if disabled) is being cared for by a person who is not their parent or a close relative, for longer than 28 days. You MUST let the local authority know if you have made a private fostering arrangement. Once we have your details we will support the young person, carer and parent. For more information and guidance please contact **01243 642555** or private.fostering@westsussex.gov.uk

an interview with the council for a post in a frontline Children's Services team.

Find out more about vacancies in West Sussex, about the role of a modern social worker, and news of further courses, at www.nolimitsatwestsussex.co.uk



Four-legged support

Photo: ILA

Find out all you need to know about self-directed support (SDS) in a new film on the County Council website.

With SDS, people who are eligible for social care support can receive a personal budget to buy care to meet their individual needs.

It gives people more choice and control over how their social care needs are met.

The film features the stories of different customers and how they spend their personal budget. It includes the story of Peter who is using part of his budget to go horse-riding, helping to improve both his physical and mental health.

It also shows Barry and Sally who are now able to take regular respite breaks together - they say that self-directed support has given them their freedom. It's all about people improving their quality of life in the way that best suits them.

Clips from the film and further information on SDS can be found on our website.

TRADING PLACES

When you see an opportunity, you just have to seize it. That's what the County Council did when the former Royal & Sun Alliance office complex in Horsham came on the market.

It seized the one-off chance and completed the sale in July 2008. Work has been going on ever since to turn Parkside, as it was known, into County Hall North.

Why? The answer is simple. It will save money. How? Staff from a number of other County Council buildings are being moved into County Hall North, and their original offices either sold off or leases terminated to meet the cost.

Independent experts have examined the project and come back with the answer - it's a good move financially and a very good move for Horsham. County Hall North is bringing extra people to work in the town, who will spend cash in the local economy.

It's good news for council coffers too - merging offices into one building means running costs will be brought down significantly. Now, contractors are busy turning it into an environmentally friendly and more energy-efficient building.



The 15 year-old building has an impressive floor space of more than 100,000 square feet, which includes meeting rooms and training facilities, some of which can accommodate up to 200 people.

There is easy access to sustainable transport links, but also parking for more than 300 cars, and some cycles.

There are even plans to put County Hall North to work earning money. It's possible that available space at the top of the building can be leased to outside organisations.

The ground floor of County Hall North opened in September last year and staff are due to start moving in to the building this month (January).

Advertisement

Where a University Degree in Business is not beyond your reach

Our part-time Business & Management Degree is designed for busy working people and is available one evening a week from Chichester College, South Downs College and from the University of Portsmouth.

It is open to those who may not have formal qualifications but whose work experience will have prepared them to succeed.

For further information visit

W port.ac.uk/busandman

E bus.admissions@port.ac.uk

T 023 9284 8200

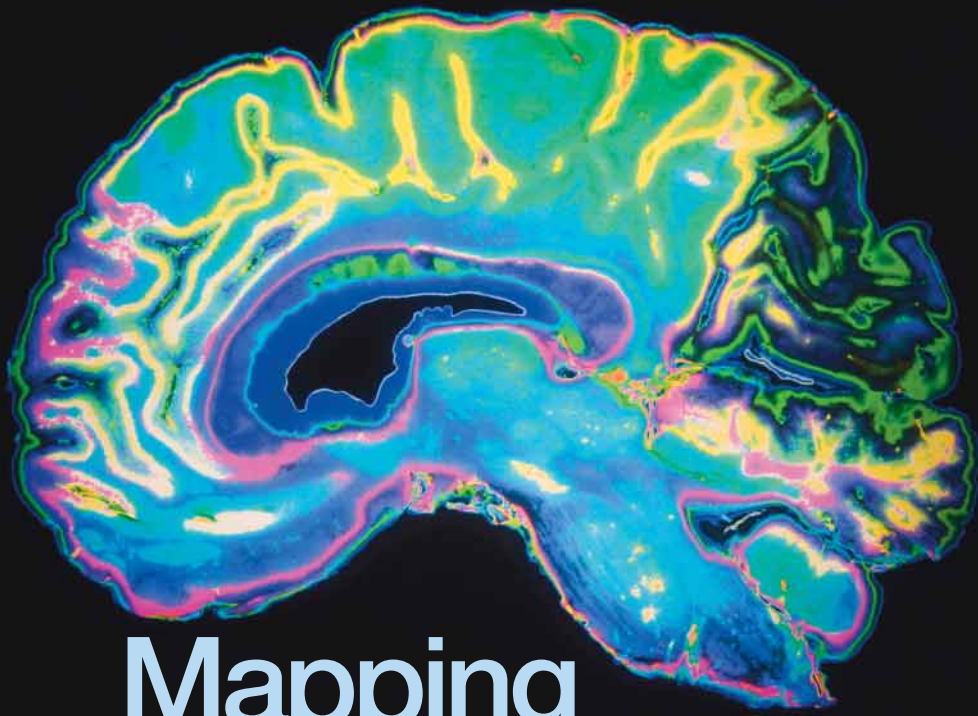


NO TO DRUG DRIVING

Twenty schools in West Sussex were amongst the first in the country to take part in a project to educate young people about the dangers of mixing drugs and driving.

'Get Clued Up' is a new web based interactive campaign aimed at sixth forms and colleges. The Police Research Group estimates a 400% increase in drug driving over the last 15 years. The RAC Foundation says young passengers are now twice as likely to be driven by someone impaired by drugs than alcohol.

See www.getcluedup.info for more details.



Mapping the Future of Dementia

It happens to us all from time to time. We can't find our glasses or our car keys. We are at the supermarket and the grocery list we need is back on the table at home.

The brain has over a hundred billion cells so it is not surprising that now and again it misfires and we have what some describe as 'senior moments'.

Usually these memory lapses are just inconvenient. But for some they can

more than 12,400 are aged over 65. That number is expected to increase dramatically in the years ahead.

With this in mind the County Council in partnership with the NHS is developing new ways of caring for people with dementia, aimed at ensuring they are treated with dignity and respect. Work is underway locally to implement the new National Dementia Strategy - Living Well with Dementia.

Staff are being trained in a process known as 'care mapping'. The 'mapper' sits with the person being cared for over a period of several hours. In that time they try to see the world as the person with dementia sees it. The 'mapper' records what seems to make the person happy or sad. This is fed

back to staff caring for the person so they have a better idea of how to look after them.

Another new way of helping those



signal more serious medical conditions including dementia.

It is estimated that 13,600 people in West Sussex have dementia and of those

Facts about Dementia

Dementia is the general term used to describe more than 100 different types of brain diseases, which result in ongoing memory loss and confusion. The best known and most common form is Alzheimer's. This form has been publicised by author Terry Pratchett who has an early onset form of the disease.

Most people with dementia are over 65, but there are 15,000 younger people with it in the UK.

There will be over a million people with dementia by 2025.

Two thirds of people with dementia are women.

What is Dementia?

All forms of dementia progressively damage the brain. The key symptom of dementia is usually serious memory loss. Others include losing track of the time, getting lost in familiar places and changes in behaviour.

Additionally, people with dementia are likely to lose their ability to reason clearly, and find making decisions very hard. Dementia can also cause personality changes, which can be distressing for those who care for a person with the illness.

Most types of dementia progress gradually. With the right help and support most people with dementia can go on living at home and enjoy a good quality of life for a long time.

The Warning Signs

Everyone is different and the way the disease progresses varies from person to person. Symptoms often include a combination of the following:

- Regularly forgetting names, faces and recent events
- Regularly misplacing items or putting them in odd places.
- Confusion about the time of day.
- Failing to recognise familiar objects, places or people.
- Difficulty finding the right words.

- Poor judgement such as being unaware of danger.
- Mood or behaviour changes such as apathy or irritability.
- Lack of care with personal hygiene.

Ways to Reduce the Risks

- Get active
 - Eat a balanced diet
 - Keep a healthy weight
 - Watch your blood pressure and cholesterol
 - Don't smoke
- More information:
www.alzheimers.org.uk or see our website for details, local contacts or your Community Mental Health Team for Older People.

with dementia is called 'life story work'. By knowing a person was once a teacher, a doctor or a farm worker helps to understand why they react in a certain way or talk about specific subjects. Their care can then be adjusted to better meet their needs.

Sandra Thomas from the County Council said: "Dementia care mapping and life story work are valuable ways of ensuring that people with dementia get the right level and type of care. It shows that a great deal can be done to improve the quality of life for those people with dementia both now and in the future."

BRIDGING THE GAP

A website for people with learning difficulties in West Sussex is proving a big hit.

The Big Bridge is the first website of its kind that aims to bring information for people with learning difficulties, their parents, carers and social care professionals under one roof.

The information it contains includes everything from healthy living tips to interview skills and sources of help for carers. More than 50 organisations and charities across West Sussex have a page on the website, including those offering residential homes, supported living and one-to-one social support. The website was developed by Ifield-based charity Outreach 3 Way with money from the County Council's Learning Disabilities Development Fund. The charity supports people with learning difficulties in three main areas: work, home and leisure. Their Work Matters and Work Aid initiatives aim to help people gain the confidence and skills they need to work.

Visit www.thebigbridge.org

Stay independent

A new initiative by the County Council will help residents regain independence in their homes much more quickly.

The Regaining Independence Support Service (RISS) will provide assistance to residents who need to re-learn skills for daily life to keep them independent in their own home after an illness or accident, or if they have just left hospital.

Phase One saw the introduction of teams across the Worthing, Adur and Littlehampton areas. The aim is for the new arrangements to be in place across the county by April 2010.

PARKING CHANGES DELAY

Residents in Chichester District and Crawley Borough will have to wait a bit longer before Civil Parking Enforcement (CPE) is introduced.

The Department for Transport (DfT) has announced the start date for both schemes will move from this month (January) to sometime later this year.

When CPE is launched Police Traffic Wardens will join existing car parking staff to undertake a detailed training programme covering the new system. Following this, the new combined team will patrol on and off-street parking. This will not only make the service more efficient, but it will make roads much safer, especially in locations where there are businesses, schools and large developments.

Income generated through Fixed Penalty Notices issued by the Police goes to central government but under CPE the money can be used to cover the cost of enforcement with any surplus going towards transport, parking, and other environmental improvements.

FIND HELP WHEN YOU NEED IT

In a rapidly changing world it is often difficult to know where to go for the right help and support.

This often poses some very real problems at times such as bereavement, after serious accidents or major hospital operations. Many people become both victims or carers without any prior warning. Disability, disadvantage, illness and many of life's daily challenges can plunge people into complex and sometimes frightening situations. For many it is difficult to find the right information or the correct person to contact.

But in West Sussex help is at hand in the form of ICIS. Mainly funded by the County Council, the charity is a friendly, professional and impartial 'information bank' that has been helping people find support for 15 years.

By contacting ICIS those in need can find the essential information they need. The service is free, confidential and can be accessed via the phone or the internet.

ICIS helps people of all ages in West Sussex find support and care when life is difficult, and each year helps answer thousands of enquiries.

Questions vary from vulnerable people who need help in their home through to those who want to find more support to cope with their disability. The range of questions is enormous but so is the database, and other resources, the charity uses to support its answers.

Call ICIS on freephone **0800 859929** or email: enquiries@icis-info4life.org.uk

DISCOUNTS FOR YOU!

The recession doesn't have to mean tightening those purse strings quite so much if you have a 3in1 card.

More than 32,000 young people aged five to 19 are already enjoying the benefits of carrying the card - they get cheaper bus fares, discounts in dozens of stores and venues and proof of age.

If you're aged between five and 19 and are in full time education, you qualify for a 3in1 card. Applying is simple - just fill in the form online at yourspacewestsussex.co.uk or call 01243 777330.

The card is FREE and can save you a packet!

If you run a business and want to offer a discount to card holders, the County Council would love to hear from you on 01243 756842.

To apply for a free 3in1 card you can either visit the yourspace website, ring 01243 777330 or email info@yourspacewestsussex.gov.uk

There is currently a four to six week turnaround on processing the cards - but don't let that put you off, it's simply because of the volume of young people who want it!



Pop idol Will sings the praises of reading

One of his hits says, 'Anything is Possible' - and that came true when pop star Will Young visited Crawley Library.

The singer visited with model Sophie Dahl, granddaughter of children's author Roald.

Sophie is patron of the Roald Dahl Museum and Story Centre, which works in partnership with the Reading Agency, sponsors of the national HeadSpace project.

HeadSpace is an area of the Library designed by young people where they can read, meet and volunteer. The youngsters help to choose how the area looks, what books are stocked, and the activities that take place.

Sophie has started a scheme that offers reading

role models from the worlds of music, television and sport to spend an hour with HeadSpace members across the country, to discuss their favourite books.

Will, one of the reading



"The HeadSpace project, in my view, provides an invaluable service to young people, giving them the freedom to explore their imaginations."

To find out more about HeadSpace, and who else will be visiting Libraries in the country, visit

<http://tinyurl.com/yl0cvjo> and more info about HeadSpace in West Sussex is also on our website.

role models, talked about some hot new reads.

He said: "I found it extremely interesting to be around teenagers who were engaging, challenging,

interested, and with wonderful senses of humour. It reminded me of why reading is so important. Books allow people to formulate their own opinions and identities.

Read All About Your Favourite Book!

West Sussex libraries wants to know your favourite book from the last decade.

To mark World Book Day on 4 March, our libraries have launched a Best Book Of The Decade competition.

Last autumn, library readers across West Sussex nominated their favourite titles published in the UK since 2000.

From hundreds of entries, a top ten shortlist has been compiled and now is your chance to vote for the book you think is best.

Each vote will go into a draw to win a copy of all ten shortlisted books!

The overall winning book will be announced in libraries and on our website on World Book Day.

To read any of the books on the shortlist or choose from an incredible range of titles, visit your nearest library - you'll find a full list on our website.

Put a tick beside your favourite title and return to a library, post to **Best Book of the Decade, Library Administration, 61 North Street, Chichester, PO19 1NB**, or vote on the library website. **Closing date is 6 February.**

One lucky voter will win all ten shortlisted books! Runner up prize of £20 book token.



Put a tick beside your favourite title:

- | | | | |
|--|---|---|--------------------------|
| <input type="checkbox"/> Jane Gardam | Old Filth | <input type="checkbox"/> Khaled Hosseini | The Kite Runner |
| <input type="checkbox"/> Mark Haddon | The Curious Incident of the Dog in the Night-Time | <input type="checkbox"/> Andrea Levy | Small Island |
| <input type="checkbox"/> Victoria Hislop | The Island | <input type="checkbox"/> Yann Martel | The Life of Pi |
| <input type="checkbox"/> Khaled Hosseini | A Thousand Splendid Suns | <input type="checkbox"/> Audrey Niffenegger | The Time Traveler's Wife |
| | | <input type="checkbox"/> Jodi Picoult | My Sister's Keeper |
| | | <input type="checkbox"/> Markus Zusak | The Book Thief |

Name: _____ Tel no: _____

Address: _____

Email: (if you would like to be kept informed about new books and library news)

Learn to drive like the experts

on the Young Drivers' Skills Course

Aged between 17-25?

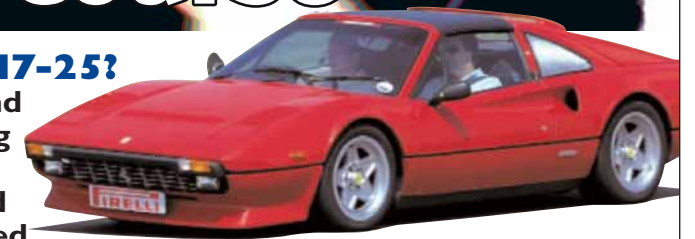
You could benefit and improve your driving skills and awareness through this on-road course with Advanced

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 subsidised by West Sussex County Council, costs just £75.00 or £150.00 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 on a racetrack!

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



Sussex Safer Roads PARTNERSHIP

west sussex county council

Advertisement



Children and young people from the most disadvantaged backgrounds in West Sussex are set to enjoy a wide range of after-school activities.

The 'Go4it' scheme will be launched countywide in April.

Fun stuff will include dance, drama, art, sports, days out, and there will also be study support and summer schools.

The scheme is part of our Extended

Services programme which includes access to childcare, out of school activities, and parenting support for families.

GO4it

Currently, 266 (92%) West Sussex schools provide access to a wide range of services and activities developed as part of the programme.

Extra Government funding has allowed the County Council to provide activities which some families would otherwise not be able to afford.

For more information about 'Go4it' contact Janet Horsburgh on **01293 435617** or email janet.horsburgh@westsussex.gov.uk

Shop to learn

In response to popular demand Littlehampton Learning Shop has re-opened in the town centre. The shop in the High Street closed two years ago because the premises didn't comply with the Disability Discrimination Act. But improvements have been made to the building and the shop is now open again for business.

It offers a wide range of courses, and helps Keep West Sussex Working by offering information and communications technology (ICT) and language courses along with employability skills and core work skills such as English and maths - all aimed to help residents improve their employability during the recession.

Call **0845 6010161** for details of other centres across the county where you can take Adult Learning courses - or see the advert below.

AN APPEALING JOB



Every year thousands of children in West Sussex join the school of their choice. But with such large numbers it is inevitable that a few children and their parents are unhappy with their placement.

In such cases parents can appeal for the school they want. In order to ensure they are treated fairly the council organises a panel of three independent people, including lay members for each appeal.

The panel hears the facts of the case from both sides before a final decision is made. The position is voluntary and members of the panel are drawn from all walks of life. Travelling expenses are paid and training is given.

Sandra Beckett, the County Council's admissions manager, said: "It's essential that we have a strong pool of diverse, independent, informed panel members willing to give up their time to consider carefully the personal circumstances of those who are initially unsuccessful."

"Our panel members find the task extremely rewarding, and take their role very seriously."

Panels also consider cases where children are excluded from school.

If you think you could be a panel member and would like to find out more, contact Tracey Harris on **01243 777175** for more information.



Are you ever stuck for a gift idea?
We have just launched our new range of £10 and £20 gift vouchers, complete with a free stylish gift card.
So... next time you need to buy a present for someone why not give the gift of learning!
To purchase gift vouchers please contact Lynne or Trudy on **01730 816683**

Learn something new!



West Sussex Adult & Community Learning Service offers a wide range of courses including arts & crafts, ICT, languages, skills for life, fitness and beauty.



There really is something for everyone, whether you want to learn something new, meet new people or even gain a qualification. Listed below is just a selection of the brand new and exciting Saturday courses on offer this term.

Course	Location	Date
Bass Guitar Master Class	Worthing	30 Jan
Indian Head and Shoulder Massage	Felpham	30 Jan
Aromatherapy - Introduction	Crawley	06 Feb
Internet and Email - Taster	Crawley	06 Feb
Popular Music Vocals (5 week course)	Worthing	06 Feb
Swedish Massage (Fast track for 7 Saturdays)	Midhurst	06 Feb
DIY Basic Plumbing	Midhurst	20 Feb
Photoshop Workshop for beginners	Midhurst	20 Feb
Dance - Cha Cha for beginners	Crawley	27 Feb
Floristry - Modern Flower Design	Crawley	27 Feb
Confidence Building	Crawley	27 Feb
Painting - Animal Portraits	Petworth	27 Feb
Chinese Brush Painting	Southbourne	06 Mar
Cookery	Midhurst	06 Mar
Politics - Introduction	Burgess Hill	06 Mar
DIY - Basic Electrics	Midhurst	06 Mar
RYA Basic Navigation & Safety at Sea	Littlehampton	06 + 07 Mar
Family History Using the Internet	Horsham	20 Mar
Cookery - Sushi for fun!	Horsham	20 Mar
Life Drawing	Petworth	20 Mar

For further information on these and other courses, please call **01243 872020**

WEST SUSSEX ADULT and COMMUNITY LEARNING SERVICE
www.westsussex.gov.uk/adulteducation

DON'T GET IN WITH A LOAN SHARK... IT WILL COST YOU AN ARM AND A LEG



LOAN SHARK LENDING IS A CRIME

DON'T BE A VICTIM. WE CAN HELP YOU
(IN STRICTEST CONFIDENCE)

0300 555 2222
(local call rate, including inclusive minutes from mobiles)

OR YOU CAN TEXT THE FOLLOWING
"loan (space) shark (space)
+ Your Message" to 60003
or email us at reportaloanshark@stoploansharks.gov.uk

www.direct.gov.uk/stoploansharks

BIS Department for Business Innovation & Skills

Stop-Loan Sharks
Illegal Money Lending Team
Working with Trading Standards - funded by BIS

WEST SUSSEX COUNTY COUNCIL

Loans that don't bite!



Ways to find out more

- Contact the Credit Union on **01903 237221** for an application form or for more information
- Call into the office at 13 Crescent Road, Worthing, between 9.00am and 5.00pm Monday to Friday
- Visit the website - www.westsussexcreditunion.co.uk
- Drop in to the Advice Shop, County Mall, Crawley, on Wednesdays 10-12pm.

As the recession bites there is a risk more and more people will become victims of loan sharks.

They lend money at extortionate rates of interest to people who have fallen on hard times. The interest can be as much as 1000% and it can take many years to settle even small loans. It means the victims will find it even harder to get back on their feet when times improve.

It is for this reason the County Council has given £50,000 so the West Sussex Credit Union can give budgeting and debt advice. This is part of the county council's drive to 'Keep West Sussex Working'.

The Credit Union lends to borrowers and looks after money for savers. It is a co-operative owned by the residents of West Sussex who use it.

Banks make decisions based on impersonal computer credit checks. But the union knows its members and make decisions based on personal knowledge. Members are also encouraged to start saving as they borrow and in the process learn responsible personal financial management.

The Union does not just make affordable loans. It also offers help with budgeting and debt management.

Fun Breaks Are Aiming High

Short fun breaks are giving disabled children and young people a chance to enjoy life and make new friends.

In turn their parents can take a breather and recharge their batteries.

The days have been organised by the Aiming High for Disabled Children Programme (AHDC), which gives short breaks and fun days to families with disabled children and young people.

Plans in the pipeline include creating one-to-one or 'buddy' support and after school, weekend

and holiday breaks.

The vision behind AHDC is to ensure that such families have the support they need to live ordinary lives.

A leisure centre activity scheme was started in response to a survey that asked what new initiatives disabled children and their parents would like to help them in their daily lives.

To find out more about the programme call

01243 642284 or visit aiminghigh@westsussex.gov.uk



Clayton Wood

Natural Burial Ground



Clayton Wood burial ground is a green alternative to a traditional cemetery. Set in 13 acres of countryside below the South Downs you can be part of a new English wood that will be protected from development forever and will be within the new South Downs National Park.

Graves, Ashes plots and Ashes Scattering are available. Native trees are planted around the burial areas so to create a new traditional English wood in the heart of Sussex for future generations to visit, remember and enjoy.

Young growing trees lock more carbon than mature ones. They are also better able to deal with possible climate change, let this new wood be your legacy, together we can make a difference.

01273 843 842
www.claytonwood.co.uk

Clayton Wood

Clayton Wood, Brighton Road, Clayton, West Sussex, BN6 9PD.



Something old, something new, something borrowed, something... green!

A wide range of tips to help eco-conscious couples save money and have a green wedding or civil ceremony are contained in Ceremonies in West Sussex 2010.

The free fact-packed brochure says: "With an average wedding costing upwards of an eye-watering £11,000, how about theming your wedding to make it green and local?"

"You could save yourself a tidy sum and do your bit for the environment."

The tips include sourcing all your food locally, buying a gown from a charity shop, and using seasonal flowers. The brochure, produced by our Registration Service, also contains:

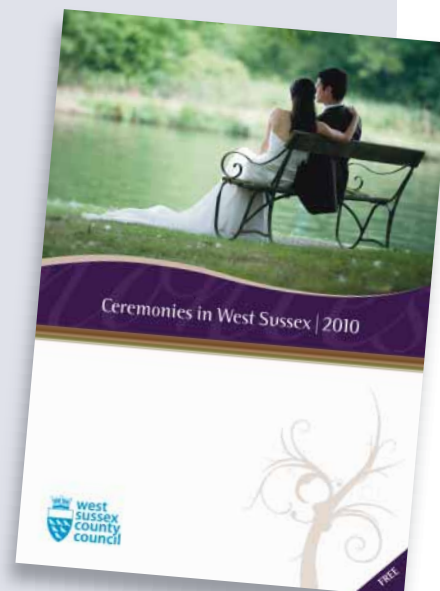
- A guide to wedding fairs being held locally throughout the year.
- Valuable information that will help you plan your ceremony.
- Answers to many of the questions commonly asked about the legal aspects of getting married or registering a civil partnership.
- Details of the exceptionally wide range of romantic venues for weddings and civil partnerships, as well as five conveniently sited Register Offices.
- An A to Z guide of ceremony specialists - businesses that can offer a wide variety of services to meet all your ceremony day needs.
- Other Registration Services detailed in the brochure are Naming Ceremonies - a non-religious ceremony to welcome a baby, child or children into your family and Renewing Marriage Promises - open to married couples who wish to celebrate a special anniversary.

Ceremonies in West Sussex 2010 can be obtained from the county's Register Offices, which are at Chichester - Greyfriars, North Street; Crawley - next to the Library in Southgate Avenue; Haywards Heath - County Offices, Oaklands, Oaklands Road; Horsham - Park House, North Street, and Worthing - Centenary House, Durrington Lane.

It can also be delivered direct to your door free-of-charge by phoning **01243 642122** or view online at www.westsussex.gov.uk

● You can now book an appointment online to register a birth or death with the County Council's Registration Service. It is also possible to pay for duplicate birth, death or marriage certificates. Go to www.westsussex.gov.uk/registration

Planning a happy event in 2010?



Power for the people!

Nowadays it's second nature to flick on a light switch, walk under a glowing streetlight, or turn on a gas fire.

But just a century or so ago this was still a brave new world and generated much excitement.

Today we are concerned with climate change trying to reduce our 'carbon footprint' and cut the amount of electricity and gas we use.

Here we dip into our Past Pictures archive to find photos of energy sources from water to wind to electricity and gas.

Photo A shows the old Power Station at Southwick being knocked down in the 1970s. It captures one of the huge chimneys that dominated the skyline tumbling earthwards.

The American-style windpump in photo B at Ford Railway Station was built by Duke and Ockenden (DANDO), of Littlehampton, as a way to harness the free power of the wind to pump water for the steam trains. It had a water tank next to it, and survived until the 1950s, when most of the trains had been electric for years. There was another at Christ's Hospital.

Windmills have been a feature of our landscape for centuries. There are more than 200 images of windmills in West Sussex on the database - including ones at Felpham, Henfield, Barnham, Storrington, and the rare 'tower mill' at Ashurst Wood, shown here in photo C taken around 1880.

Visit www.sussexmillsgroups.org.uk for details of Sussex wind and water mills, including ones open to the public.

Photo D shows the dawn of the electronic age with a gang of workmen from the Worthing Electricity Company in 1905 laying cables.

Gas works at Bognor Regis, Crawley, Southwick and Steyning are pictured on the website, including this shot (E) of logs piled up outside the Steyning site, ready to be used as a coal substitute during the General Strike in 1926.

Visit our website to view the Past Pictures web pages which have more than 11,000 of our best images from the 1640s to the present. You can view, download and print them for educational or private use free of charge. Commercial use is also welcomed and subject to charges.

Visit these partner websites for more great local history! www.amberleymuseum.co.uk

• www.eastgrinsteadmuseum.org.uk • www.sussexpast.co.uk/marlipins • www.wealddown.co.uk

• www.steyningmuseum.org.uk



Retirement looks better with McCarthy & Stone

Advertisement feature

AFTER WORKING FOR YEARS, DO YOU EVER WISH THAT YOU COULD JUST ENJOY LIFE AND YOUR HOME WITHOUT HAVING TO WORRY ABOUT SUCH THINGS AS SECURITY OR THE EXTERNAL MAINTENANCE OF YOUR HOME AND GARDEN? WOULDN'T IT BE GREAT TO HAVE THE REASSURANCE THAT THERE IS SOMEONE UNDER THE SAME ROOF TO CALL ON, IF YOU NEED ANY HELP?

McCarthy & Stone's new development of purpose-built retirement apartments could be the answer.

As you are a homeowner you will be able to enjoy your own independence and privacy. However, if you do feel like socialising there is a communal lounge where you can meet other residents, and for visiting friends and relatives there is a hotel style guest suite with en-suite shower room.

THE IMPORTANCE OF SECURITY

All our developments have excellent security features, as we know how important it is for the retired homebuyer to feel safe and secure.

In addition to a House Manager there is also the added benefit of a 24-hour emergency Careline, with call points in all main rooms, putting you in direct contact with either the House Manager or Careline.

These services combine to provide peace of mind that comes with the knowledge that help is on hand 24-hours a day, 365 days a year.

Careline will also control door entry and the monitoring of the fire alarm system. In addition, as a resident, you will be able to see who is at the main entrance by using the camera entry system, which can be accessed via your own TV set.

LOW MAINTENANCE

In a McCarthy & Stone retirement apartment you can leave all the hard work associated with home ownership to someone else and get on with enjoying your retirement.

All of the garden and exterior maintenance is done on your behalf, so there is no need to worry about weeding the garden, external repairs or washing the outside windows.

CENTRALLY LOCATED

Shops, public transport and other amenities are well located, which means that even people who have given up driving will have no difficulty getting about.

A House Manager looks after the day-to-day running of the development to help ensure total peace of mind.



Advertisement

ARUNDEL
Caen Stone Court, Queen Street
01903 885839

CRAWLEY
Millfield Court, The Mardens
01293 524732

EAST PRESTON
Milliers Court, Worthing Road
01903 784873

WORTHING
Highfield Court, Penfold Road
01903 212227

Sales Offices are open Tues - Sat, 10.30am - 5.00pm.

For information on Retirement Living apartments return the FREEPOST coupon below or call the development of your choice.

www.mccarthyandstone.co.uk



Security and independence

For more information send to: FREEPOST RSBY-YRYG-ZXJR, McCarthy & Stone Retirement Lifestyles Ltd, BYFLEET KT14 7QG

WestSussexConnections11.01.10

1st Choice: _____ 2nd Choice: _____
 Title _____ Name _____
 Address _____
 Postcode _____ Tel _____
 Who are you enquiring on behalf of? Yourself Other





We're here to help you



NHS West Sussex has opened a Customer Service Unit (CSU) which provides a 'one-stop shop' where patients and the general public can ask questions, seek advice or raise concerns about health services.

The unit brings together PALS (Patient Advice and Liaison Service) and complaints and customer services into one central team. The service is free and confidential.

The unit can help to sort out quickly and informally any concerns or queries about local health services or direct people to appropriate services.

They ensure that feedback from patients and the public is noted and used to improve services, and

pass compliments on to staff and their managers.

During the past year, PALS and complaints and customer services have dealt with more than 4,000 issues and requests for information and support from patients, carers, relatives and staff.



Every call is an opportunity to improve services

'Our aim is to respond to patients and the public more quickly and effectively, and resolve people's concerns speedily and informally.

We also provide information about health services, voluntary organisations and support groups.

Every call is an opportunity to improve services, as the information we gather gives NHS West Sussex valuable knowledge and insight about patients, their experiences and health needs – all of which can be fed into the process of purchasing and developing health services.'

Maureen Vallon, Manager of the Customer Service Unit



How to contact the Customer Service Unit

Telephone: **0300 100 1821** Text phone: **0780 302 9060**
 Write to: **Customer Service Unit, 1 The Causeway, Goring-by-Sea Worthing, West Sussex BN12 6BT**
 Email: **customerservices@westsussexpct.nhs.uk**

The unit can help to sort out any concerns or queries quickly and informally

Get involved and make a difference

NHS West Sussex spends £1.2 billion a year on health services – equivalent to more than £1,500 for every person in West Sussex.

The way that money is spent therefore affects everyone, and our membership scheme – My NHS West Sussex – enables people to have their say about it.

Members will have the chance to talk with each other and share information. They can participate as much or as little as they wish. Whatever the level of their involvement, their views will influence

not only our day-to-day work but also the longer term goals for improving health.

You can find out more about NHS West Sussex, including the membership scheme and other ways about how you can get involved, at www.westsussex.nhs.uk. Alternatively you can contact the membership scheme manager on 01903 707408 or email mynhswestsussex@westsussexpct.nhs.uk



What you told us

“ My NHS West Sussex is great as it keeps me informed about what is going on locally within the NHS. ”

Useful contacts

NHS West Sussex
01903 708400
www.westsussex.nhs.uk

Customer Service Unit
0300 100 1821

NHS Choices
www.nhs.uk

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

NHS Direct 0845 4647
www.nhs.uk

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

National Pandemic Flu Service
www.direct.gov.uk/pandemicflu or **0800 1 513 100**

If you are suffering from flu-like symptoms and are worried you may have swine flu please visit the National Pandemic Flu Service where you will receive advice and diagnosis.

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



Choose our Stop Smoking Service and be four times more likely to succeed



January is the time of fresh starts, and if you are ready to stop smoking there is more help available than ever. The NHS helped almost 3,700 people in West Sussex to quit last year, and we want to help even more of you in 2010.

Whatever your reason for wanting to stop – for health reasons, to save money, for the sake of your family, or just because the time is right – you are up to FOUR times more likely to quit successfully with your local Stop Smoking service.

You can choose the support which is best for you. You can try nicotine replacement therapy products, group support or one-to-one sessions at your GP surgery, a community pharmacy or other community venue. There is even 'desktop support' for people at work, or drop-in sessions for mums-to-be and parents.

One couple who successfully stopped smoking are Tracey Binstead and Robert Barnes (pictured left), from Horsham. Within six months of quitting last April they had saved more than £1,200 – money they can spend on their baby daughter Katie.

Tracey, 25, said: "Having a child was a huge factor. It was difficult but well worth it. I had taken Katie to be weighed and I started speaking to our health visitor. We arranged to meet up and talk about quitting, and haven't looked back since."

The couple both used nicotine replacement patches and inhalators to help them stay smoke-free.

"We had tried before and not succeeded, but we're so glad we kept trying," added Tracey. "We've saved money, and feel better."

If you feel ready to quit, or just want further information on the services near you, call us on 01903 708000, or visit www.westsussex.nhs.uk/healthy-living/go-smoke-free/ Alternatively, speak to your GP or pharmacist.