

A lawfully good idea!



A new one-stop shop for legal advice will be launched in West Sussex next month.

The Community Legal Advice Service will be independent, confidential, free, cover the whole county, and follows research which shows that one in seven people fail when they try and get legal help.

There will also be a phone helpline between 9am and 6pm Monday to Friday.

You are most likely to need legal advice when you are at your most vulnerable, for instance when you are going through a divorce, are a victim of domestic violence, homelessness or long-term sickness.

The new service will be run by a consortium of all the West Sussex Citizens Advice Bureaux. It will deliver a full range of general and specialist legal help, from basic advice to court representation, for people facing problems relating to family, community care, debt, employment, housing and welfare benefits.

It starts on 1 April and will see more than £7.25million invested into the scheme over a three-year period.

The new service has been secured thanks to an agreement brokered by the County Council, the Legal Services Commission (LSC), and district and borough councils.

The Citizens Advice Bureau will continue to help people with other life problems such as benefits



Photo: Victoria Hume, Sussex Wildlife Trust

Tree-mendous work!

A two-year survey has discovered there is more ancient woodland in West Sussex than was previously thought.

This means more of this precious habitat can be protected by law and saved for future generations.

The Weald and Downs Ancient Woodland

advice.

West Sussex County Council Chief Executive Mark Hammond said: "We believe this enhanced service will be a major improvement and help many more people get legal advice as well as help with debt,

housing and employment problems.

"The service will place a strong emphasis on the vital role of valued volunteer advice workers and is good timing as an important part of this work is to help our communities

cope with the recession."

People from across the county can use the new service at 12

centres and there will be an outreach service for those living in more rural places.

To contact your nearest CAB Advice Centre visit www.adviceguide.org.uk

The advice line is 0844 4771171.



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Could you become a foster carer?
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West Sussex Olympic heroes
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Many of the services we highlight in stories in West Sussex Connections are carried out with the help of our partners.

Partnership working is vital to the County Council, and while we would like to list and thank each partner, we just do not have the space.

So we would like to extend our thanks to all the organisations that help us provide services for the residents of West Sussex.

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Freddy's ready for the future

Freddy is an active and bubbly five-year-old boy from Angmering who enjoys sports and has perfect musical pitch.

He is much like any other child his age - except that he is registered blind.

He goes to a mainstream primary school and is helped there by special educational needs staff and his class teacher.

Freddy and the school staff are also supported by the County Council's Sensory Support Team.

Together they help him do day-to-day things such as walking to school, changing for PE, learning and classroom activities, which other young people take for granted.

Freddy's mum Fiona said: "They've been fantastic. We were supported before

Freddy started school with home visits to get him used to daily routines."

Fiona explained he is also taught tactile skills by, for example, using a 'feely bag' to identify or compare items by touch which are hidden in a bag, and that he is now learning braille.

She added: "Freddy, my husband and I are all learning it. My husband Nick and I are just ahead of Freddy which is what we aim for."

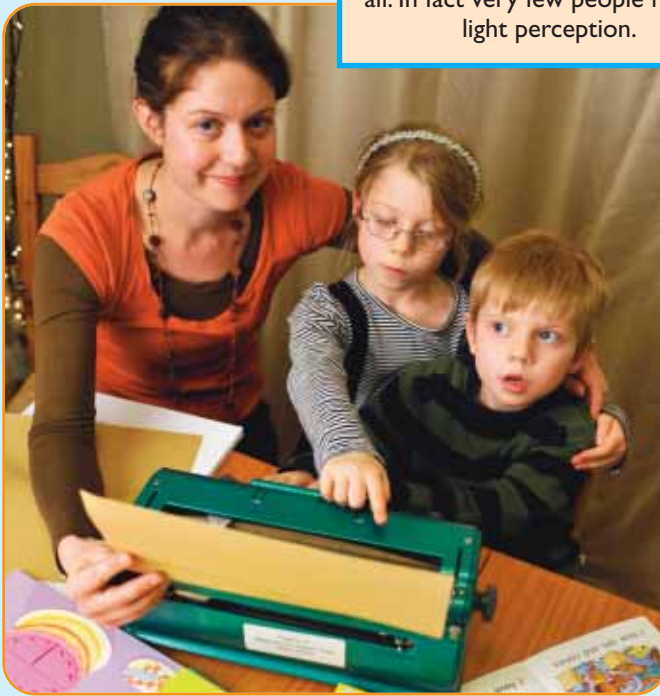
THE TEAMS

There are two 'sensory' teams within the county council. The Children's Team currently help 480 children with either hearing or visual impairment.

The Adult Sensory Services Team takes over when the young person

moves on to college and into adulthood. But they also have a role very early on in the child's life as they receive that first referral from the Health Service after the child has been diagnosed with visual impairment, hopefully soon after birth. They register the child and then refer on to the Sensory Support Team who will take it from there, working with parents, nurseries and schools.

More information about the Teams: **01903 746739**.



DID YOU KNOW?

There are different levels of severity for being registered blind.

If you are an adult, a consultant ophthalmologist can assess whether you qualify for registration as either sight impaired (partially sighted) or severely sight impaired (blind).

If they think you do qualify, the ophthalmologist will complete a certificate of vision impairment and send it to the Sensory Services Team. It is a common misconception that people who are registered severely sight impaired cannot see anything at all. In fact very few people have no light perception.



Sara Leasure from the Team, helping Freddy with his mobility skills

Putting our roads to rights

Over the past few weeks teams from our Highways Department have worked tirelessly to repair thousands of potholes.

But the task facing them has been enormous. No sooner have they repaired the holes in one road than others have appeared elsewhere.

In order to keep the roads as safe as possible most of the repairs have had to be temporary. Their temporary nature means that some repairs will fail and will have to be redone.

Potholes are caused in the main by 'freeze-thaw' action. Water seeps into cracks and expands when frozen. This damages the road surface and causes potholes. Often potholes do not appear until several weeks after the freezing that causes the problem.

It means that despite the best efforts of highways teams potholes are likely to keep appearing for many weeks to come.

Stuart Smith, Highways Operations Manager, said: "Our teams try to repair the potholes as quickly as possible. However, the scale of the damage means it will take many months to complete this task. In the past five weeks alone we have dealt with over 10,000 potholes.

"I know that sometimes the work will inevitably delay motorists. Can I ask drivers to be patient. We are doing all that we can to deal with the current situation.

"I would ask motorists to be aware of the pothole problem and drive with due care for their own safety and the safety of others."

The County Council has provided funds for a permanent repair programme and this is already underway. You can help by reporting potholes. Call **01243 642105** or do it online at www.westsussex.gov.uk Once a pothole is reported the County Council aims to repair it within 28 days or sooner when necessary.



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A vital role in schools

School governors play a vital role in our children's education.

The governors act as a 'critical friend' of a school. They are involved in making decisions about the management of the school, the finances, and the curriculum. Governors appoint and support the head teacher as well as reviewing the school's progress.



The County Council is always looking for suitable people of all ages and from all walks of life to become school governors. Steven Galloway, 28, pictured, has recently become a governor.

He said: "I always thought that becoming a school governor was something that 'grown-ups' did, and assumed that members of governing bodies would be made up of teachers, parents and other professionals such as doctors.

So it was quite a surprise to be asked, at the relatively young age of 28, if I was interested in becoming a Governor at Kingsham Primary School in Chichester.

"I don't have any children myself, let alone any children at the school, and nor did I have any particular knowledge or experience of primary education as I left school in the 1990s.

"But I soon learnt these things don't matter. The most important qualities are commitment, enthusiasm and an interest in young people. I care about giving the next generation the right skills and personal qualities for the future. Being a governor is a great way to have a real effect on this.

"School governing bodies are made up of parents, teachers, representatives of the local authority and governors who represent the local community. I am one of the community governors. You don't need any particular qualifications to be a governor, but you must be over the age of 18.

"Being a governor is a serious commitment, but it is also a great way to give something back to the local community and to work for the good of a large group of people.

To find out more visit our website and type 'school governor' into the search bar, or call the West Sussex Governors' Helpline on **01293 423504 (North)** or **01903 839219 (South)**.



Luke O'Keefe, centre, with the lads

John Finch is seriously thinking about a future coaching young people, possibly later becoming a social worker – options he would never have considered open to him a year ago.

Kane Penny is also reviewing his future. He's no longer 'wasting my time hanging around with the old crowd'. Instead, he's taking part in activities he 'quite honestly just couldn't be bothered with' in the past.

Both former young offenders are taking a fresh look at their lives after completing a demanding programme designed to reduce the risk of young people returning to crime.

Called the Lodge Hill Challenge, it is a charity-funded outdoor education project for young people who have been convicted of a criminal offence.

It is run by West Sussex Youth Offending Service at The Lodge Hill Centre, near Pulborough, where the activities take place.

"Adventurous and challenging activities are used to bring young people together and confront their previous negative values and attitudes," said Luke O'Keefe, Sports and Activities Co-ordinator at the

Youth Offending Service.

At the same time, he said, it builds skills around communication, teamwork, problem solving and positive leadership.

The programme includes archery, high and low rope challenges and survival skills.

It ends with a five-day leadership course, which requires the young people to design and run an afternoon of activity for 10 to 13 year olds.

John, of Durrington, said: "The Challenge was a thrilling experience and the leadership course a real eye-opener.

"Coaching young people, taking responsibility for them, leading them in activities revealed that here is something I would like to do in the future.

"The experience gave me a much clearer understanding and appreciation of others. As well as coaching young people, I would also like to help them in other ways, confronting family problems, for example, or other difficulties. There's no doubt about it - I wouldn't be thinking along these lines if it wasn't for the Challenge."

Kane, who also lives in Durrington, said: "Facing up to and learning a range of different activities showed me the value of getting out and about more.

"There was a time when I just couldn't be bothered. But now I'm into rugby in particular and aware of the wider opportunities that are now available to me."

Steven Kilhams, of Littlehampton, said the Challenge has changed his attitude towards people.

"To be honest, I didn't have much respect for people. Now I do. The Challenge has made a big difference to me because it required me to work with others, to rely on others and have others rely on me.

"This helps you appreciate people more and now I'm actively seeking work - something I wouldn't have done before the Challenge."

Steven's views were echoed by Jake Newnham, of Haywards Heath.

"The Challenge is demanding and testing. But it showed me I can do better with my life. It has given me an incentive to get out and find a job – not to hang around doing nothing but making mischief."

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SAFETY FIRST

A drugs information drive and a project promoting greater understanding of young people from other backgrounds have scooped the top prizes in a competition designed to make the county a safer place.

The West Sussex Safer Place Awards encourage young people to devise initiatives to help tackle crime, the fear of crime and anti-social behaviour in their communities. They are organised by the West Sussex Strategic Community Safety Partnership.



Dig It (Drugs Information and Guidance) won the Sussex Police sponsored Senior Category and Connaught Junior School, Littlehampton, won top prize in the Junior Category, sponsored by the County Council.

Dig It, which is being supervised by West Sussex Drug and Alcohol Action Team, has been set up by Tom Van Der Wee, 16, a pupil at Bishop Luffa School, Chichester, and Abby Burch, 19, who is retaking A Levels at St Phillip Howard School, Bognor Regis.

"The aim is to raise young people's awareness of not only the risks of drugs and alcohol misuse, but also the damaging effects it has on family and friends. This will not only reduce the risk to individuals, but help prevent residents becoming victims of drug-related crimes," said Tom.

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On the move!

Our children and family centres are on the move to reach rural villages where families find it hard to get to the main centres.



There are five mobile centres currently established in the county, covering villages in Horsham, East Grinstead, Chichester, Burgess Hill and Haywards Heath areas, with more being developed.

Working to a published timetable, the Rural Horsham Children and Family Centre visits nine villages in the district. Various professionals accompany the team offering advice, information and support on a range of subjects such as stop smoking, childcare and oral health. The vehicle offers both a toy and book library to families, pre-schools and toddler groups, taking play and learning resources to those who would not usually access them.

There are several new Children and Family Centres opening this spring. The target is to have 49 centres, one in each community, by the end of March. See our website for details of all Children and Family Centres.



Our West Sussex Music Service is expanding and even giving people a taste of the rock 'n' roll life!

New Rock Workshops were introduced last year and have proved very popular. The next ones will be in Worthing over the Easter holidays and summer term. Other weekly workshops are scheduled during the year in Chichester, Bognor Regis and Midhurst.

If rock isn't your thing, there are new classical courses for all abilities, including playing for an orchestra.

The service has also welcomed two new teachers who have both rubbed shoulders with the rich and famous. Choral teacher Emily Barden managed the choir on a Russell Watson tour, and brass teacher Jenny Smith played on stage with Elton John.

Turn to the back page for a list of music classes and workshops throughout the county.

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WEST SUSSEX 2012 Roll of Honour



Nick Buckfield



Sascha Kindred OBE



What do Daley Thompson and Sally Gunnell have in common apart from being gold medal winning Olympic athletes? They both have links with West Sussex.

We need your help to compile a West Sussex Roll of Honour of past and future Olympians and Paralympians.

West Sussex - Ahead of the Game, the countywide

initiative to help our county make the most of the London 2012 Games, is compiling the list.

We will honour people with a connection to West Sussex who have competed at previous Olympic and Paralympic Games, and those with the potential to compete at the London 2012 Games.

The gold medal winning

decathlete Daley Thompson (1980 and 1984) was a member of Haywards Heath Harriers. And the gold medal winning hurdler Sally Gunnell has lived in West Sussex for a number of years. Swimmer Duncan Goodhew MBE, who won gold for the 100m breaststroke in Moscow, grew up in Yapton and has a road named after him.

The Roll of Honour will

be launched this July to tie in with the London 2012 Open Weekend. Events are planned to take place across West Sussex to mark the two-year countdown to the 2012 Games.

To qualify for the Roll of Honour, people need to have a link with our county. Maybe they were born in West Sussex or lived here at some point. Perhaps they

went to a school, college or university. Or maybe they trained at or were a member of a sports club.

We need your help for the full list - go back as far into the past as you want.

Please e-mail your suggestions of Olympians and Paralympians of the past or future who have a connection with West Sussex to info@westsussex-aheadofthegame.com

Join the hot school meals team!

More and more of our primary school pupils are enjoying a hot Steamplicity lunch and now we need extra staff to cope with demand.

Compass Group is undertaking a big recruitment drive as it aims to provide hot meals to 198 primary schools right across the county by July.

There are vacancies for Team Leaders for 16 ¼ hours per week and Customer Services Assistants for 10 hours a week, term time only.

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GOOD FOR BUSINESS

Workshops are being held throughout the year for West Sussex businesses keen to bid for London 2012 contracts.

The Olympic and Paralympic Games mean business opportunities for thousands of small firms in the country where they're held.

There are more than 6,000 contracts on offer for the London 2012 Games and West Sussex - Ahead of the Game, is supporting businesses to find out what is on offer and how to bid for them.

For further information contact Business Link Sussex on **0845 600 9006**, or visit www.southeast2012events.co.uk



www.westsussex-aheadofthegame.com



Sally Gunnell OBE



Richard Leman

LOCAL HEROES

Sally Gunnell OBE

Hurdler, lives with her family in Steyning. Gold medal at Barcelona 1992, also the only woman to hold the European, World, Commonwealth and Olympic 400m hurdle titles at the same time.

Sascha Kindred OBE

Swimmer, with family links to Broadfield. Six times Paralympic Gold medal winner across four Games, including Mens' 200m Individual Medley and Mens' 100m Breaststroke at Beijing Paralympics 2008.

Richard Leman

Hockey player from East Grinstead, he is Chairman of East Grinstead Sports Club. Bronze medal at Los Angeles 1984. Gold medal at Seoul 1988.

Nick Buckfield

Pole Vaulter from Crawley. Competed at Athens 2004 and Atlanta 1996 Olympic Games.



Caribbean to Crawley!

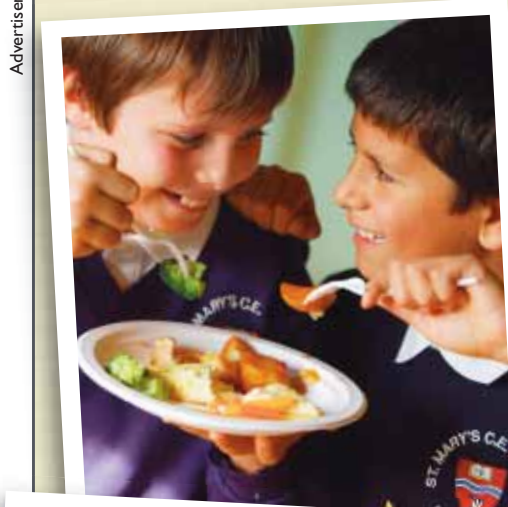
The Barbados National Team have selected West Sussex and Crawley to be their base for pre-games training in the run up to the London 2012 Olympics.

The main training venue for the Barbados team will be K2 Crawley, the state-of-the-art multi-sport venue. Sports science and sports medicine support will be on offer from the University of Chichester. A range of local businesses will provide other services for the team.

K2 Crawley is one of 10 West Sussex venues approved as meeting the standards to host pre-Games training camps by the London 2012 organisers.

The Barbados Olympic Association is the biggest nation so far to sign up to use pre-Games training venues in the South East.

It is hoped more venues in West Sussex will be chosen by other national teams in the months ahead.



EAT

LEARN

LIVE





Fostering is not frightening!

Chris Chiverton confesses to being 'frightened to death' when wife-to-be Cheryl suggested he joined her as a full-time foster carer, particularly of young single mums and their babies.

Foster caring was nothing new to Cheryl. She had been fostering young people from a variety of age groups since 1999. However, Chris was busy pursuing a career in the metal industry.

He said: "Foster caring was the last thing on my mind ... something I had never, ever considered. To be honest, the very thought of it frightened me to death."

However, Cheryl's powers of persuasion prevailed - and they've been foster carers of teenagers and young parents since their wedding in 2006. It's a move Chris doesn't regret - even though he's now so busy he no longer finds the time to watch Portsmouth, a team he's supported for 40 years.

He said: "It has given me a purpose in life. A typical day can involve fetching and carrying in the car, baby-sitting and I do a lot of the cooking, which I particularly like. It's busy, but enjoyable."

Currently Chris and Cheryl, who live near Chichester, provide Supported Lodgings, which is aimed at young people aged 16 or more, for two sisters aged 18 and 19.

They are also foster carers for a 17-year-old and her six-month-old son, who are the third mum and baby to have come into their care.

"A young parent and their baby are doubly challenging. As well as all the confusion a vulnerable teenager needing care has to face, there's also the added factor of the baby," said Cheryl.

"There's no set formula for coping. Whether they're teenagers with or without a baby, each one is different, so you have to be flexible.

"We go in with an open

mind. We talk to them and help them sort out for themselves any problems. This is important. It shows they have the ability to cope, which gives them confidence."

Particularly rewarding, she added, is seeing the change that can come over a teenager in their care.

"It doesn't happen straight away. But gradually a young person who may have come to you as, say, a sullen, suspicious teenager will change.

"They will respond positively to your attention, your support, your care," she said.

Both Cheryl and Chris stressed the importance of the County Council's policy of placing into their care young people who are likely to respond positively to what the family can offer.

"This

applies to all West Sussex County Council foster carers. All children are carefully matched with the most appropriate foster carers or carer, so everyone benefits," said Chris.

Although he had initial doubts, Chris now doesn't hesitate when it comes to encouraging people to consider becoming foster carers.

He said: "There are, I am sure, many people out there in West Sussex who can make a big difference to a vulnerable young person."

This was endorsed by Cheryl who said: "You won't be on your own. You will have the ongoing support of a team of professionals as you make a difference to a young life."

To find out more about fostering 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.

Everybody's business

Mention 'neglect' and most people immediately think of children. But some adults also suffer from neglect. Vulnerable adults can become seriously ill very quickly if they are not given support to keep them well and healthy.

The neglect is often unintentional and due to a lack of knowledge or understanding. But it doesn't mean the consequences are any less serious. For example, older people with pressure sores eventually need surgery. Those who can't move about much may develop chest or urine infections because they are not drinking enough or getting a poor diet.

Often vulnerable people or those close to them are not even aware the neglect is taking place. This can often be the case for those who are dependent on relatives or neighbours.

You can help stop neglect by taking action and not assuming someone else will do or say something.

People may not realise how quickly something that may seem relatively unimportant can have a serious consequence. This is particularly the case with those who may not be able to speak out for themselves or who don't like to bother other people.

Adult abuse can be intentional or unintentional, physical, emotional, psychological, financial, sexual or involve discrimination.

If you are worried about yourself or someone you know please say something. If you don't who will? Contact **01243 642555** and make your concerns known.

Joining Up for a Healthy Future

Making sure West Sussex residents are healthy and well is the aim of the new Health and Wellbeing Partnership Board.

The Board is made up of NHS West Sussex, the County Council, district and borough councils, other health-related agencies, Sussex Police and voluntary organisations. It looks to tackle issues that might otherwise end up with no one taking responsibility for them.

The Board is currently looking at health inequalities across the county and at the latest information on the changing needs of residents and their expectations for healthy living.

Reducing harm from alcohol misuse, getting vulnerable adults back to work, and supporting vulnerable people to retain their independence and their homes are also key priorities.

To find out more and give your feedback on these issues, contact Mike Link on **01243 382697** or mike.link@westsussex.gov.uk

'A Place to Live'

It's a case of 'Changing Rooms' at four houses for adults with learning difficulties that have had significant investment and improvements.

The 'A Place to Live' project aims to move adults with learning difficulties out of NHS in-house care homes into supported housing or otherwise.

Last year four housing schemes benefited from an upgrade - Tozer House in Chichester, Hammonds in Bognor Regis, Stanhope Lodge in Worthing and Hobbs Field in Horsham.

Changes include extended living areas, refurbished kitchens and bathrooms, additional toilets and new laundry facilities.

The upgrade improves services to our residents, ensures the homes meet more of the national minimum standards and gives residents more independence. For further information on the project, visit our website.



Supported housing in West Sussex

A landmark agreement has been signed to provide accommodation for vulnerable people in West Sussex.

The West Sussex Supported Housing Agreement has been set up for an initial four year period between the County Council and nine housing associations.

The partnership will work to increase the quality and quantity of supported housing accommodation for our more vulnerable residents: people with a disability, adults with learning difficulties, older people and young care leavers.

It will also see the housing associations working with the County Council to identify opportunities for supported housing across West Sussex, for example in future planned developments and by remodelling existing buildings.

Research is currently being done to establish what supported housing is needed and where in West Sussex.

The first new development will be in East Preston, providing eight flats for people with learning difficulties.

CHANGING SERVICES FOR CHANGING TIMES

Store loyalty cards aren't just about points and discounts. They help companies learn about their customers so they can provide an even better service.

It's not that different for West Sussex County Council because knowledge of our customers is the driving force behind our Fundamental Service Review (FSR) designed to make sure our services are cost effective and meet changing needs.

Last October the front page of Connections was devoted to how the County Council was setting an 'ambitious agenda for tough times' - driven by the impact of the recession, public spending cuts nationally and the need to keep council tax down.

Now we can update you on some of the areas where we have looked at the way demands on our services have altered radically over the years, and how they are being adapted to cope with harsh economic times.

We're aiming to make efficiency savings of £50 million over the next two years on top of the £40 million already achieved.

Change is not always easy to accept, and we recognise that. However, there really is no choice given the enormous financial pressures on public services, and the level of national debt.

What we can do is be smarter in the way we deliver services, and here are some

examples of where we are striving to make savings without damaging services that you value:

LIBRARIES

- Just like that store loyalty card, a membership card gives us a huge amount of information about how books are used, and when our Libraries are at their busiest and quietest.

Unlike some parts of the country where libraries have been shut, all 36 in West Sussex will stay open.

Instead we have used a mass of detail about our customers to make sure our Libraries are providing the services people want, at the times they have shown they want them.

That is one of the reasons behind a consultation on opening hours designed to get to grips with a very varied pattern of opening times across the county.

It does mean that in some areas we can make savings by reducing opening hours but, overall, our Libraries will be open at the times when we know the majority of customers want to visit them.

In fact, if the proposals are approved, every Library will be open six days a week including lunch hours - that's an improvement for some which have traditionally opened only five days a week.

Reader information will



also allow us to make the very best use of the book purchasing fund - ensuring we stock the authors and titles that meet the demand in each local community.

New supermarket-style technology will allow customers to check out their books without waiting in a queue - freeing up our staff to help people with more day to day enquiries.

In some Libraries people will see extra computer terminals and get help to use them to check reference books that are free, courtesy of the internet - again saving taxpayers' money on having to buy hard copies, sometimes annually if they are updated.

We are also looking at making sure that the magazines and periodicals our Libraries purchase are the ones that are really relevant to users and current interests.

REGAINING INDEPENDENCE

In West Sussex we have an ageing population and one that, rightly, expect a good standard of care and support.

That's why our Home Care service is going through massive change and at the heart of this is a scheme

already being delivered in some parts of West Sussex before going countywide.

At present if an older person has, for example, had an accident or illness or has been discharged from hospital and needs on-going care, those needs have been met by home care staff. But, often, that home care can continue for a few hours a day or week over a period of many years.

All the research and our own in-depth knowledge of our customers, tells us that what people really want is to get back on their own feet and into their normal routines as quickly as possible and that's where

Regaining Independence comes in.

This is being led by teams of occupational therapists providing really intensive, tailor-made care packages to achieve just that.

It is more costly in the initial stages but greatly reduces the long term cost of home care, as well as delivering what people want - independence to enjoy their life.

The scheme has already helped nearly 70 people - nearly a third had no continuing support needs at the end of their intensive

Regaining Independence programme. Many others had a greatly reduced level of care need that could be met for them by the independent sector.

YOUTH SERVICES

One of the next reviews will focus on the county's Youth Services to deliver savings and make sure resources are targeted where we add most value and positive impact. There will be a sharper focus on helping vulnerable

youngsters such as young offenders, 'Looked After' children, young people who are not in education, employment or training (NEETs), and those with drug or alcohol problems. The aim is to join up services working with young people to deliver better value for money.

THE FUTURE

These are three examples of new ways of maintaining and developing front-line services, and reducing costs. Connections will be keeping you updated as FSR

develops. You can also play your part by giving us your views. The residents' e-panel runs regular online surveys and all the

information gathered is vital to us and remains confidential.

Visit www.westsussex.gov.uk and follow the front page link Have Your Say.



Think Link For Business

In these hard times it is more important than ever that new businesses are encouraged to grow and survive. One of the ways the County Council is helping to promote this is by supporting Business Link.

The organisation provides information, advice and support needed to start, maintain and grow a business. It does this via one to one advisors, seminars, workshops, a monthly e-newsletter and business 'health checks'.

Business Link can give advice about finance, employing people, training staff, paperwork and taxes, IT, environmental efficiency and exporting.

With offices in Burgess Hill, Business Link helps all kinds of businesses and individuals. Roger Mallock, pictured, founder of RMC Marketing Ltd, is a good example of the kind of people it helps. He successfully started a Restaurant Members Club after seeking advice from Business Link.

Roger, based in Chichester, set up the club www.restaurantmembersclub.com to provide leisure and hospitality services across the south. Members pay £50 a year which entitles them to receive sizeable discounts on meals when dining at top restaurants in the region.

It already has 200 members and is set to expand this year.

Roger said: "I found the courses that Business Link offered were excellent. The opportunity is certainly there to receive extensive first hand professional knowledge and support before deciding to set up in business."

Business Link offers a Building Business Confidence programme of workshops which cover the following subjects: Personal Empowerment, Beginners' Market Research and An Introduction to Tax. These Workshops take place at venues across West Sussex.

To find out more contact www.businesslink.gov.uk or telephone 0845 600 9006.

A DECADE OF HELP

Children's entertainer Dave Benson Phillips will host a picnic being held in the summer to mark the 10th anniversary of the County Council's Sitting Service, which helps the parents of disabled children take a much-needed break for a few hours.

The Service has attracted some 200 volunteers since its launch, some of them have been sitting for families for up to six years.

"They have made a big difference to hundreds of families throughout West Sussex by giving up a small amount of their time every couple of weeks," said Jess Elliott, Sitting Service Co-ordinator.

"We began with only a handful of volunteers. Now we have a countywide network, but we are always seeking more volunteers to spend a couple of hours every fortnight looking after a disabled child.

"Volunteers may take a child swimming or to the park, to the library or for a walk. They may spend time in the child's home while parents have a break, maybe at the cinema or having a meal out."

Volunteers do not need any experience

of disability.

"You will be given training in disability issues, communication, health and safety, child protection and first aid. You will receive full support through the introduction process and beyond," said Jess.

Families, children and volunteers past and present will attend the picnic, which is being held in June at Inglefield Manor School, Billingshurst.

"The picnic is the Sitting Service's way of marking this milestone by saying a big, big 'Thank You' to our volunteers for their valuable contribution since the beginning of the millennium."

For further information about becoming a Sitting Service volunteer in your area contact:

Adur and Worthing: Jess Elliott - 01243 642318

Chichester and Arun: Doreen Bradbury - 01243 642462

Mid Sussex, Crawley and Horsham: Michelle Watts - 01403 246461

You can also email sitting.service@westsussex.gov.uk



A boost for Bikeability

The future's bright

A multi million pound makeover of the county's streetlights is about to get underway.

More than 68,000 streetlights, illuminated signs and bollards are to be replaced or upgraded over the next five years.

It's hoped the improved visibility the upgrade will bring will not only increase road safety but will also make the streets feel safer and reduce levels of crime.

The scheme will also help the environment by reducing carbon emissions by up to 25% with equipment over 15 years old being replaced with modern, energy efficient lights.

The work is part of a 25-year contract the County Council has signed in partnership with Hampshire County Council and Southampton City Council worth £225 million.

Work gets underway in April.

Have your say on the transport way

Would you like to see more buses and fewer cars on the road? Could more be done to promote walking and cycling? How can traffic pollution levels be reduced in West Sussex?

All these questions and many more are being considered by the County Council as the new Local Transport Plan (LTP3) is prepared. The plan will set out a blueprint for transport in West Sussex from 2011 - 2026.

To prepare the plan over the past few months the County Council has worked with many organisations and established the views and priorities for transport across the County.

A draft plan has been drawn up as a result of this work. From mid-April it will be available to view online and at various venues around the county for a 12 week consultation period.

Senior Transport Planner Tim Yair said: "Transport plays a vital part in everyone's life. We want to hear views from as many members of the community as possible."

"Everyone from shopkeepers and schoolchildren through to businessmen and bus drivers stands to benefit from the plan. It builds on the achievements of the current Local Transport Plan which runs until 2011."

To find out more and view the plan online visit

www.westsussex.gov.uk/haveyoursay

Comments can be made at ltp@westsussex.gov.uk

Children can cycle with confidence in the county thanks to a new improved scheme.

Bikeability is an up-to-date version of the old Cycling Proficiency Test. It is designed to give youngsters the skills and confidence to ride their bikes on today's roads.

There are three Bikeability levels. One is the most basic course while Three gives more advanced skills. The intermediate Level Two is initially on offer to all Year 6 children free of charge.

West Sussex Road Safety Adviser Clare Faulkner said: "Bikeability is about giving our children the necessary skills to ride a bike safely throughout

the rest of their lives. At the same time they can enjoy a healthier lifestyle.

"The added benefit of this scheme is that we will ultimately be able to offer more advanced Level 3 training to secondary school age children and adults."

The County Council currently provides cycling training to nearly 9,000 children in the county every year.

Bikeability is a national accredited cycle training scheme that has been developed by Cycling England and the Department of Transport. It is run by our Road Safety Team working jointly with the Schools Sports Partnerships.



Clearer, safer streets and reduced congestion

A new team will be taking to the streets of Chichester and Crawley in April to keep them safe and free from obstructions.

The new Civil Parking Enforcement scheme takes parking enforcement from criminal law into civil law and has already been a success in Adur, Mid Sussex, Worthing and Horsham. It will be introduced in Arun later this year.

Civil Enforcement Officers will help keep traffic moving by making sure motorists park in the right place. This will help reduce congestion and keep roads clear for everyone - including buses and emergency services.

The officers will have the power to issue penalty charges of up to £70. But, instead of this money going to central government, under the new scheme any surplus funds will go towards improvements to local roads, transport and the environment.

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



TASTEFUL READING

Taste West Sussex is our award-winning magazine that promotes and supports local food producers, businesses and farmers as part of our Keep West Sussex Working campaign.

The spring issue will be out in April. To guarantee you get a copy, you can subscribe to Taste for just £8.50 for three issues.

You will also be sent a roomy, environmentally-friendly 'Bags of Taste'. All subscribers to Taste West Sussex automatically become members of the Good Taste Club. You'll receive discounts and special offers for restaurants, businesses and shops, plus an advance copy of 'Tastemail' - an electronic newsletter with foodie dates, competitions and recipes.



SIGN UP AND WIN!

Sign up to our FREE Tastemail and if you are among the first 50 to reply we will send you a Bags of Taste too!

Simply email subscriptions@westsussex.gov.uk and give us your name, address, telephone number and email. Use this email to enquire about subscriptions or ring 01243 777431.

AN UNUSUAL ATTRACTION!



The Education Centre at our flagship Ford Airfield Materials Recycling Facility (MRF) is rapidly establishing itself as a leading attraction for people keen to learn about how West Sussex is diverting recyclable materials from landfill.

Since September, it has hosted 60 visits - more than 800 people - who have seen the facility's state-of-the-art technology in action and been told that the plant is now sorting over 5,000 tonnes of kerbside collected recycling a month. The recycled paper, card, glass, plastic bottles, steel and aluminium cans are sent for reprocessing. 73% are reprocessed in the UK, 25% in mainland Europe (like Germany and the Netherlands) and 2% in China and India.

Viridor has developed long term and secure markets for the materials sorted at Ford MRF. The sorted materials are turned into new products such as garden furniture, car and plane parts and clothes.

To enquire about visiting the Ford MRF's education facility call 01243 642106 or email: fordeducation@viridor.co.uk

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GreenThumb
LAWN TREATMENT SERVICE



LOVE FOOD hate waste



A few simple changes to the way we shop, cook and eat can make a BIG difference to our wallets!

Every year in the UK we throw away £12 billion worth of good food.

Whether we are cooking too much, letting food go past its best as we don't know how to store it, or are unsure of what the date labels mean, throwing away the odd bit of food is easily done. But little by little all this waste really adds up, over a year the average family throws away £680

of food shopping - equivalent to an annual Utility bill. That's a lot of food!

Wasted food isn't just a waste of money - it has a big impact on climate change too. Most of it ends up in landfill sites where it rots and releases methane, a damaging green house gas. Throwing away food is also a huge waste of the energy, water and packaging used in its production,

transportation and storage. If we all stopped wasting the food which could have been eaten, it would have the same CO₂ impact as taking 1 in 4 cars off UK roads.

The good news is that lovefoodhatewaste.com has lots of helpful, quick and easy tips to help us make the most of the food we buy. Here are a few of our favourites...

SAVE TIME AND MONEY –

A great way of saving time and money is to know what's in our cupboards, fridges and freezers and decide what meals to cook before we go shopping. It means we don't have the hassle of thinking about what to cook every day and ensures we eat our food at its freshest – try using the menu planner at lovefoodhatewaste.com

Did you know that half of us regularly make a shopping list but half then don't stick to it in store!



FREEZE FOR LATER –

divide large packs of meat and fish, and loaves of bread into portions and freeze until needed. Toast the bread straight from frozen for breakfast on the run.

There's not much that can't be frozen including hard cheese; simply grate before freezing and use on dishes such as pasta bakes. Tomatoes; just freeze whole any soft ones, then use straight from the freezer to make tasty pasta sauces. Cream; just whip it first.

PERFECT PORTIONS –

at some time or other, we've all ended up cooking that bit too much for dinner. It's easily done, especially with rice and pasta. Try using a spaghetti measurer, or for shaped pasta two handfuls per adult. For rice a mug is just the thing, ½ a mug will feed two adults. Try the portion calculator on lovefoodhatewaste.com

DOUBLE UP ON FAMILY FAVOURITES –

when you're cooking dishes such as bolognese, chilli, soups and casseroles, cook one for now and freeze one for later. That way you will have a ready made meal on busy nights when there is no time to cook.



KEEP AN EYE ON DATES –

a lot of food is wasted because it is left to go past its 'use by' date. You can eat or freeze food right up to the end of its 'use by' date. 'Best before' dates refer to quality rather than food safety, foods should be safe to eat after this date, but may no longer be at their best. One exception is eggs; never eat eggs after the 'best before' date. You can ignore 'display until' and 'sell by' dates as they are for shop staff not for shoppers.

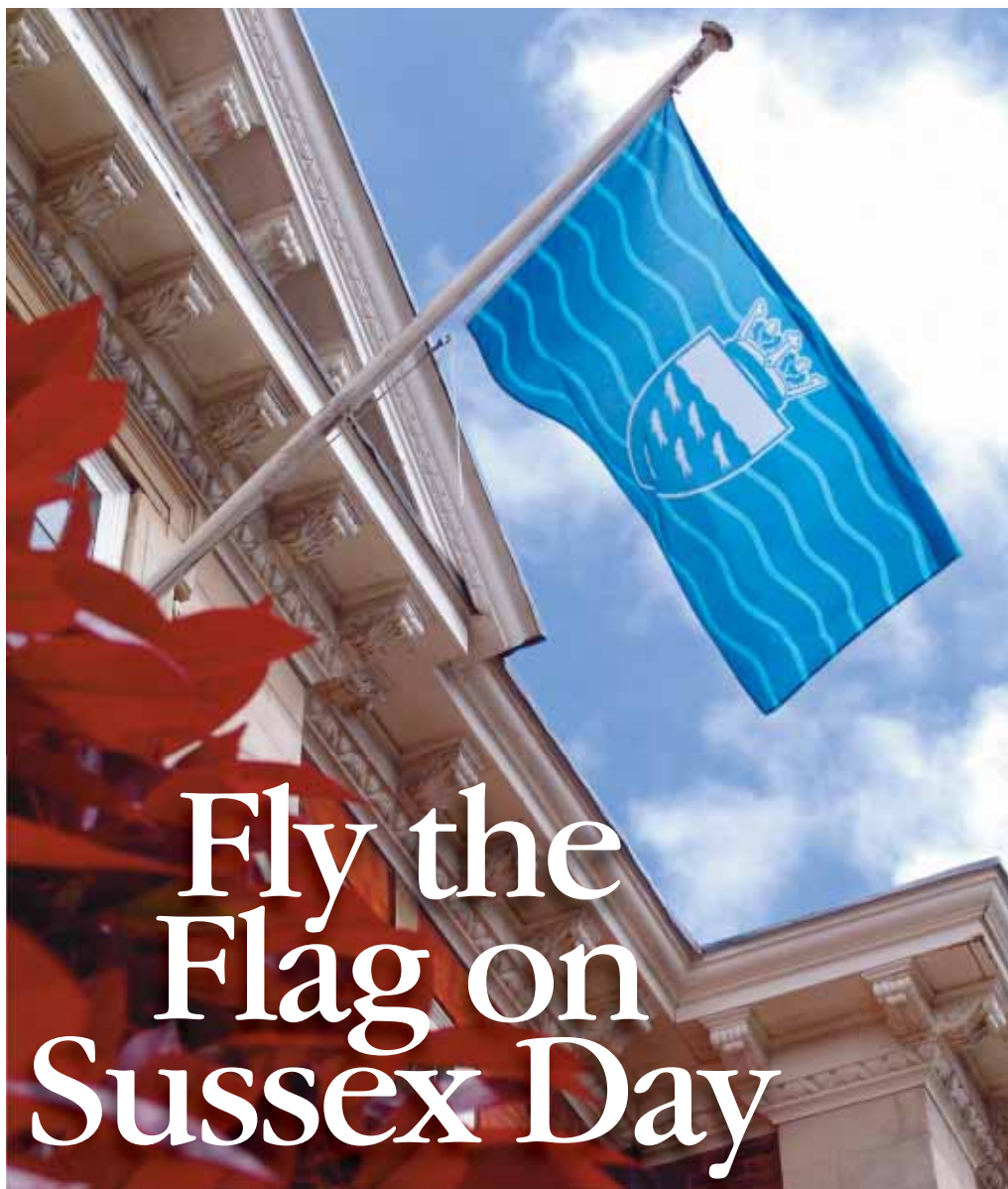


THERE REALLY IS SUCH A THING AS A FREE LUNCH

- simply by using the food that we already have in the fridge, or by taking last night's leftovers to work for lunch, we could save between £3 and £5 a day.



lovefoodhatewaste.com



TRADING STANDARDS BITE BACK

The bite is being put on loan sharks by our Trading Standards Service.

It has launched a West Sussex-wide Stop Loan Sharks project with the Trading Standards South East illegal money lending team - specialists with an impressive record of tracking down and prosecuting rogue moneylenders.

Graeme MacPherson, Head of Regulatory Services, said: "Running a money lending business without the appropriate licence is a crime. Loan sharks target some of the most vulnerable people in society and charge extortionate interest rates - the highest the team has come across is a staggering 117,000%!

"They rarely, if ever, provide paperwork. And because a debt 'owed' to a loan shark is not legally enforceable, they often use violence and intimidation to get what they think they are owed.

"We will not tolerate these appalling practices in West Sussex - which is why we've linked up with the team.

"Getting a cash loan from a shark may seem like a quick fix. But once they've got you hooked they reel you in and you become trapped in a spiral of debt."

The team also has experts who work closely with credit unions, housing associations, voluntary organisations and health services to raise awareness and help spot the warning signs that people may be using loan sharks.

"The experts also help people understand



their finances, point them towards legitimate sources of credit and encourage them to start savings accounts," said Graeme.

County Council Trading Standards officers, plus members of the specialist team, will also provide loan shark victims with help and support.

"So don't be afraid to get in touch if you are suffering at the

hands of a loan shark," said Graeme.

To report a loan shark:

- Call the 24/7 confidential hotline **0300 555 2222**.
- Text 'loan shark + your message' to **60003**.
- email reportaloanshark@stoploansharks.gov.uk
- Log-on to www.direct.gov.uk/stoploansharks

Nationally, the Stop Loan Sharks project has so far helped more than 10,000 victims, written off more than £30million of illegal debt and secured more than 50 years in prison sentences.

It is pursuing more than £10million of criminal assets through the courts.

West Sussex Trading Standards continues to enforce all the requirements for traders who are licensed to lend money under the Consumer Credit Act. This ranges from misleading advertising, enforcement of old debts, harassment and provision of correct paperwork. Contact them via Consumer Direct on **08454 040506**. For general debt advice contact your local Citizens Advice Bureau.

Fly the Flag on Sussex Day

Don't forget June 16 is Sussex Day!

Since its launch in 2007, Sussex Day has become a popular way for residents to celebrate their county's rich heritage.

Every year traders, schoolchildren, employers, businesses, in fact everyone in the county, have the opportunity to use the day to display in word and deed everything that is good about Sussex.

People with ideas and thoughts about Sussex Day 2010 are welcome to email County Council Leader Henry Smith at leader@westsussex.gov.uk If you are planning an event to celebrate please remember to add the event free of charge to our what's on database which you'll find at www.westsussex.gov.uk

You might like to celebrate the day by flying the flag - you can buy a large West Sussex flag for just £36 - this price includes VAT and post and packing.

To order your West Sussex flags, and view other West Sussex branded goods, just visit the 'County Council Merchandise' section of our eshop on our website.

Spirit FM is the County Council's official media partner for Sussex Day.



Get the picture quickly

Don't forget to visit our Video Page to see a host of films featuring services the County Council is involved in.

Go to www.westsussex.gov.uk/video or click the film icon (left) at the bottom left of the home page.

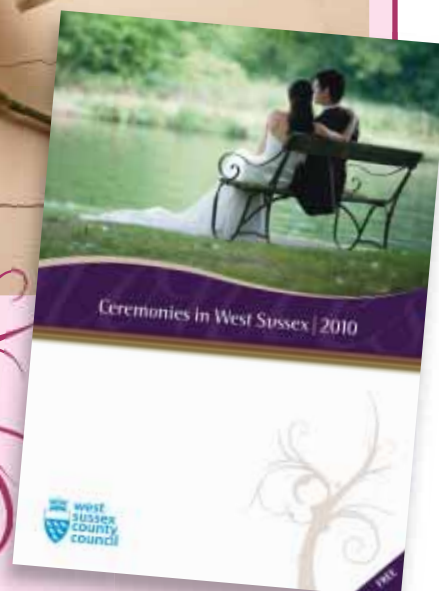
Our videos keep you up to date on all sorts of topics including schools, dance and music, Trading Standards and the environment.

Did he pop the question at the top of a windmill? Or were you wing walking on a flight from Shoreham airport? If you decided to tie the knot somewhere unusual in West Sussex write in and tell us your story.

We plan to present a selection of your more unusual marriage proposals in future editions of Ceremonies in West Sussex. This free, fact-packed brochure contains all you need to know about your special day - including a list of Registration Offices, legal queries about the big day, and an A-Z guide of local ceremony specialists.

View the brochure online at www.westsussex.gov.uk/registration pick up at one of our Registration Offices or call **01243 642122**.

Email your romantic proposals to connections@westsussex.gov.uk



Caught on Camera

Residents can view live webcasts of all full meetings of the County Council. Webcasts are also recorded and can be accessed via the internet for three months after the meeting. You can follow the debate and see how Councillors are being held to account for decisions about important services and how your council tax is spent

To view go to: www.westsussex.public-i.tv/site/

Stay connected

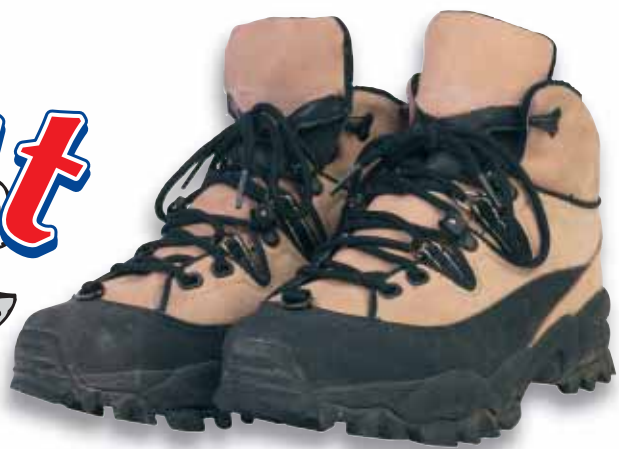
This summer we will be making changes to our website. The web addresses (URLs) for our pages will be different, although our website address - www.westsussex.gov.uk - will stay the same. If you have added any of our web pages as a favourite, or bookmark, in your web browser, or from your own website, you may find these links break. If you have any queries please email osd.office@westsussex.gov.uk



Out & About

IN WEST SUSSEX

There's loads to do in and around West Sussex - check out www.westsussex.gov.uk and view the dozens of events that are listed on our what's on database. You can add your own event to the database and reach thousands of residents free of charge.



SCHOOL TERM DATES

Easter Break:
Friday 2 April to Friday 16 April inclusive

Summer Term:
Starts on Monday 19 April and ends Friday 23 July

Half Term: Monday 31 May to Friday 4 June inclusive.



STRIDE OR STROLL THIS SPRING!



Walking is a healthy pursuit, costs nothing, and here in West Sussex we have some of the most stunning landscape in the country to enjoy.

So put a spring in your step this season by joining a free health walk in West Sussex.

The walks are led by volunteers trained through the Walking for Health Scheme. They offer various landscapes from riversides to ancient woodland, by the sea or up on the Downs. There are different levels to suit everyone's ability and the shorter walks are at an easier pace.

To get on the walks, all you have to do is turn up. There is a simple health screening questionnaire to fill in on the first occasion.

For more information and to find a walk near you visit www.wfh.naturalengland.org.uk Check out www.westsussex.gov.uk/walking for lots more super walks throughout the county.

- The annual South Downs Way walk takes place in June and has routes from Winchester through to Eastbourne over nine days. Full details and booking form on 01903 813381 or visit the website at www.southdownsway.com

ARUNDEL CASTLE

ANCIENT CASTLE, STATELY HOME & GARDENS

Arundel Castle, West Sussex. Open Thursday 1st April - Sunday 31st October 2010. Tuesdays to Sundays inclusive, plus August Mondays & Bank Holiday Mondays. For more details, call on 01903 882173 or visit our website WWW.ARUNDELCASTLE.ORG

Advertisement

THE FUN FINDING-OUT DAY OUT!

2010 Events

From March through to August we've got lots of Special Events, Character Appearances and Seasonal Specials to make your stay at the Park even more enjoyable so make a date!

- March Sun 21st - Phobias Day
- April Good Fri 2nd - Bank Holiday Mon 5th - Easter Eggstravaganza
- April Tues 6th - Peppa Pig & George
- April Wed 7th - Peppa Pig & George
- April Wed 14th - Scooby-Doo
- May Bank Holiday Mon 31st - Fifi & Bumble
- June Wed 2nd - Bart & Homer Simpson
- June Sat 19th & Sun 20th - Reptile Weekend
- July Tues 27th - Bella and Jake from the Tweenies
- August Tues 3rd - Shaun the Sheep & Timmy
- August Wed 4th - Humungousaur from Ben 10 Alien Force
- August Tues 10th - Dora the Explorer & Diego
- August Wed 11th - Four Arms from Ben 10
- August Tues 17th - Peppa Pig & George
- August Wed 18th - Peppa Pig & George
- August Tues 24th - Barney
- August Wed 25th - Sportacus UK actor - officially approved by LAZYTOWN
- August Bank Holiday Mon 30th - Thomas' 65th Anniversary Celebration Day

* Fat Controller Days throughout the year *
check our website for specific dates

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LEMURLAND

WALK-THROUGH OPEN DAILY

Easter Bunny Trail

29 March - 18 April

Find the Easter Bunnies and get a reward

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www.bordehill.co.uk 01444 450326

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15 April - 16 October

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01243 781312

Join our free e-list at www.cft.org.uk

Each year a musical beats at the heart of the Festival, surrounded by world premieres as well as brand new productions of classic dramas and comedies

ENROW 2009

The Music Man 2008

Macbeth 2007

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Home Visiting Optician

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Independent Optician Providing A Professional & Caring Home Visiting Service
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Advertisement



Training tomorrow's drivers

Youngsters are getting a taste of what it's like to be behind the wheel thanks to a new scheme launched by the County Council.

The 'Pre-Driver' training scheme for youngsters aged 14-17 is run by road safety officers and is designed to help teenagers become responsible, safe drivers.

The session includes a chance to drive a car under instruction, guidance on applying for a licence and buying car insurance as well as advice on choosing a driving instructor.

The course has just started at The Forest School in Horsham.

Laura Ward, from the school said: "The course is proving highly popular with our pupils. It is a valuable way of helping road safety and giving young people a good foundation before they start to drive for themselves."

Nationally, under-25s are involved in almost a quarter of all crashes causing death or injury but only make up nine per cent of the total number of licence holders.

Dave Johnson, Driver Behavioural Training Manager said: "The response from pupils has been very encouraging. Based on this success we hope to be able to offer it to other schools in the county so that more students can learn to be safe drivers."



Above: Driver Trainer Dave Harris with Ashley Robinson.
Right: Robert Clark, Ashley Robinson and Trainer Dave Harris

Books for all

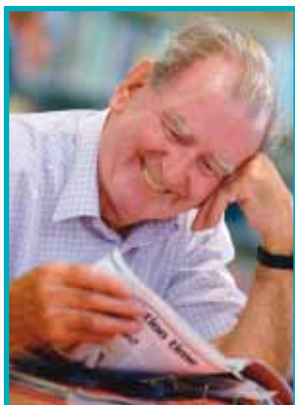
Our libraries really do care in the community - they offer a range of services so disabled, vulnerable and elderly people can still enjoy books and music.

Housebound Reader Service

If you're unable to get to your nearest library and have no one to go for you, we can arrange for a volunteer to deliver your chosen books, audio books, or music CDs free of charge.

Homes Service

Two vehicles visit around 400 nursing and residential homes and sheltered housing, supplying a whole range of stock for residents to choose from and keep for up to a month.



Books on Prescription

We work with local doctors and health practitioners to provide self-help books and DVDs for people with mild to moderate mental health difficulties.

Large print and audio books

All West Sussex libraries have large print and audio books on cassette, or on CD in selected libraries. Audio books and music CDs can be borrowed free of charge by visually impaired people and those who are unable to handle books or read print.

Clearvision

Clearvision books are children's picture books that have braille text inserted on clear plastic sheets so the pictures and writing are still visible.

Braille

Braille books can be ordered through your library for the



standard request charge, and Worthing library area office has an embosser machine, which transcribes text into braille. There's a charge for this service.

Magnifying screen

Worthing library has a magnifying screen, which enlarges print up to 50 times.

DVDs

Many DVDs have subtitles and can be borrowed from any library.

For more details visit our website.



Life saving Fire Safety Checks

Our firefighters have carried out more than 36,000 home fire safety checks for West Sussex residents but the success of their life-saving scheme means they are now prioritising the visits to people who are more at risk from fire.

They want to hear from you if you are over 65, a lone parent, disabled or with an impairment.

Please call FREEPHONE 0800 328 6487 to arrange your free visit, or visit the website below.

Anyone who is able to carry out the checks themselves is urged to use the Fire and Rescue Service's free online DIY Home Fire Safety Check on www.westsussex.gov.uk/fire

WIN an iPod Touch!

We want to know what you think about West Sussex Connections.

The newspaper is delivered quarterly to almost every home in the county and tells residents about services that West Sussex County Council and its partners provide for residents.

In a recent BBC Politics Show survey of council newspapers across the south east, Connections came out top - for costing the least amount to produce per household.

Please answer the questions below and send back to us by 30 April to WSC Survey, WSCC, County Hall, Room 140b, Chichester, PO19 1RQ or fill it out online at www.westsussex.gov.uk/wsc

One lucky person will be drawn out of the hat to win an iPod Touch worth £200!

1. Is it important for the County Council to communicate directly with residents?

Yes
No
Don't know

2. Does West Sussex Connections help to keep you informed about services?

Yes
No
Don't know

3. Do you find it interesting to read?

Yes
No
Don't know

4. Are there any County Council services you would like to see better publicised?

Yes
No
Don't Know

Name _____

If yes, which service?

Address _____

Tel: _____

Competition terms and conditions are on our website

Crawley New Town photos - can you help?

These fabulous old photos of Crawley are from an exhibition of nearly 300 images depicting the 'new town's' history. Crawley Library is the venue for the exhibition, which will draw on and celebrate the Roger Bastable Collection.

Most neighbourhoods will feature, as will rare 1950s images of the earliest residents and homes, the first factories built on the Industrial Estate and views of the town centre. There will also be a large-screen digital slide show focussing on childhood, events, leisure, public services, schools, shops, High Street and transport from the 1940s to the 1970s.

Born in 1950, Roger Bastable spent most of his life in Crawley. His grandparents had moved to the town in the 1920s and his family ran a fishmongers and fish & chip shop in the High Street for many years.

He was a teacher for 33 years at Holy Trinity CE Comprehensive School in Gossops Green, was Chairman of the Crawley Museum Society and a member of many local societies.

He was best known for his research on local history and became one of the leading experts on Crawley's past. He wrote four books about the town, all available to borrow from the library.

Roger bequeathed his local history collection to Crawley Library in

2007. It has more than 9,000 photographs, plus articles, books, ephemera, maps, newspapers, pamphlets and his unpublished PhD thesis.

More than 1,200 of the photographs, including all the ones featured in this article, can be seen online on the West Sussex Past Pictures website at www.westsussexpast.org.uk. The whole exhibition will also be viewable on Flickr via the Crawley Library web pages at: www.westsussex.gov.uk/libraries

The free exhibition runs from 1 to 29 May 9.00-5.00pm Monday-Saturday (closed Tuesday mornings).

Have you got some treasures at home? Our Library Service is looking to add more photos of Crawley in the past to the website, particularly of Bewbush. Staff will be at the exhibition every Saturday and Wednesday and will be able to scan and return your photographs. Phone Martin Hayes, County Local Studies Librarian, for more details on **01903 704811**.



Who are you?

New one-to-one sessions with experts from our Record Office will help you delve into your family's history.

In the sessions, which start in May, staff will discuss your family history with you, give guidance on research and suggest ways of resolving any puzzling queries that you may have.

Interest in genealogy has spiralled in recent years owing to the coverage given in television programmes such as the BBC's 'Who Do You Think You Are?'

Richard Childs, County Archivist, explained how the idea originated: "Most family historians will tell you that research is not without its frustrations. Sometimes, television can make it look rather easy, as the celebrities make dramatic progress and startling discoveries in the course of a one-hour programme. The reality is often quite different. All sorts of problems can emerge to derail the research process.

"Members of our staff are familiar with the archive sources and are experienced both in dealing with enquiries and in teaching people how to carry out their research. We answer literally thousands of family history enquiries every year - more than one thousand a year on First World War soldiers



alone. Many people have asked us if we could offer surgeries where they can pick our brains and get the guidance they need to put their research back on track. That is what we now intend to do."

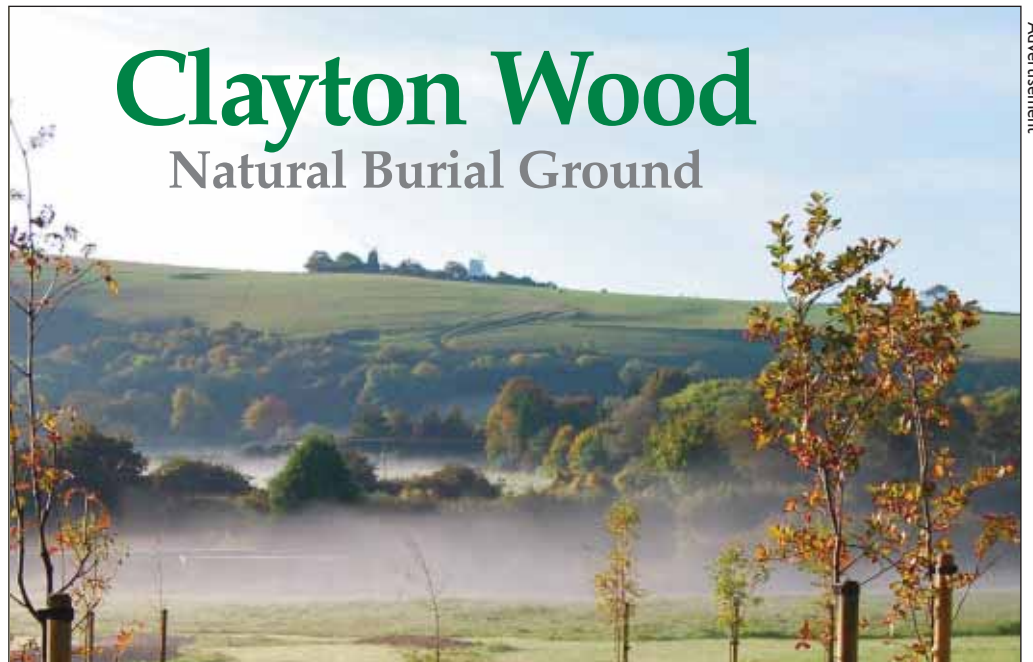
For a six-month trial, each session will be one hour long, for a fixed fee. Staff will offer help on military and house history as well as genealogy.

You can also visit the office in Chichester and carry out your own research for free, using the original documents and electronic databases held in the county archives. In the search room visitors can also view online sources covering the whole country.

Record Office staff, with specialist knowledge and expertise in the subject, also provide a research service. It is offered at an hourly rate and is popular with people who are unable to make the visit to Chichester.

For more information or to book an hour with an expert contact the Record Office on **01243 753602**, or email records.office@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.

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WEST SUSSEX MUSIC SERVICE Music to your ears!

With over 150 groups every week at every level from tots to upper teens, the West Sussex Music Service has been leading music in the county for generations. Choose from the groups below - from only £2.50 a week. It's easy to sign up - so do it today!

Join One Or More Today!

Call 01243 642361 for more details

Chichester

Chichester High School for Girls

Saturday

Brass Bands Elementary, Junior, Intermediate, Youth.

Choirs for 7 years old up

Concert Bands Junior, Intermediate, Youth.

Early Years for 3 - 7 yr olds

Guitar ensembles Elementary, Intermediate, Advanced

Percussion ensembles Elementary, Intermediate, Advanced

Recorder ensembles Beginner, Elementary, Orchestra

Rock workshops

String orchestras Beginner, Junior, Intermediate.

Woodwind ensembles Elementary Clarinet & Saxophone, Elementary Flute Oboe & Bassoon, Junior Woodwind, Saxophone Choir, Intermediate and Youth Clarinet Choirs, Intermediate and Youth Flute

Tuesday

Youth Chamber and String Orchestras

Youth Swing Band

Aural training

Wednesday

Theory Elementary, Intermediate, Advanced

Crawley

Hazelwick School

Monday

Youth Orchestra

Youth Jazz Band

Youth Concert Band

Saturday

Concert Bands Elementary, Beginner, Junior, Intermediate

Choirs Junior, Youth, Youth Chamber

Early Years for 3-7 year olds

Guitar ensembles Junior, Intermediate

Keyboard ensembles

Elementary Percussion Ensemble

Recorder lessons

Strings Beginner, Elementary, Junior and Intermediate Orchestras

Theory

Worthing

Worthing High School

Friday

Choirs Junior, Youth

Elementary Guitar Ensemble

Youth Symphony Orchestra

String ensembles Beginner and Elementary

Violins and Violas,

Cello and Bass, Youth

Woodwind ensembles Beginner flutes,

clarinets and saxophones

Saturday

Concert Bands Junior, Intermediate, Youth, Youth Big Band.

Early Years for 3-7 year olds

Intermediate Orchestra

Percussion ensembles Junior, Intermediate

Recorder ensembles Early Years, Beginner, Elementary

Junior String Orchestra

Woodwind ensembles Beginner Flutes, Clarinets & Saxophones

Aural and Theory classes

Northbrook College

Monday

Rock workshop

Fee: £44 a term, free half term does not apply.

County Groups

The Weald School

Sunday - once a month

County Youth String Orchestra, Wind Orchestra,

Big Band, Orchestra, Choir

East Grinstead

Sackville School

Tuesday

Junior String Orchestra

Junior Band

Camelsdale

Camelsdale First School

Wednesday

Elementary String Ensemble

Angmering

St. Margaret's C.E. Primary

Tuesday

Angmering Strings

Steyning

St. Andrew's CE Primary School

Tuesday

Junior Choir

Wednesday

Steyning String Starters

Midhurst

Midhurst Rother College

Monday

Rock Workshops

Fee: £40 a term, free half term does not apply.

Shoreham

Shoreham Academy

Thursday

Shoreham Fiddlers

Horsham

Millais School

Monday

Bands Youth Big Band, Youth Concert Band

Choirs Junior, Horsham Youth Singers

Guitar ensembles Beginner, Elementary, Junior

Orchestras Junior String, Intermediate, Youth

Keyboard Ensemble

Tuesday

Concert Bands Junior, Intermediate

Brass ensembles Junior, Intermediate

Percussion ensembles Elementary, Youth

Theory Elementary, Junior, Intermediate

Woodwind ensemble Beginner & Elementary

Starting soon
Adult music lessons!

first half term
FREE*

* First half term free then music centre membership from £2.50 a week; members can join any number of groups for the one fee.

Please note: a few groups have a separate fee structure and do not offer a free half term.

Haywards Heath

Heyworth Primary School

Monday

Strings Beginner Violins, Junior and Intermediate String Orchestras

Theory Elementary, Junior, Intermediate

Wednesday

Brass Bands Junior, Intermediate

Woodwind ensembles Junior, Intermediate

Bognor Regis

Felpham Community College

Thursday

Samba Band, Steel Band, Rock/Jazz Band

Rock Workshops Fee: £40 a term, free half term does not apply.

Adult Steel Band, and Adult Samba Band

Fee: £36 a term, half term free does not apply.



west
sussex
county
council

For further details and an application form:
email: music@westsussex.gov.uk
web: www.westsussexmusicsservice.co.uk
phone: 01243 642361