

West Sussex fun in the sun!

Make the most of your money this summer and enjoy a 'staycation' in wonderful West Sussex!

The British weather might have let us down last year but the signs are that the "staycation" is here to stay. The recession, low value of the pound, clouds of volcanic ash and the high cost of petrol has meant more of us are deciding to holiday at home.

For families who are feeling frugal but who still want to have fun, West Sussex is a wonderful place to be. Keeping kids busy on a tight budget during the school holidays is not nearly as hard as you might think.

Staying in the county also means you are helping local businesses. The County Council is committed to Keep West Sussex Working and actively helps businesses stay afloat.

You can see our feature on some of the initiatives we run or support on page 7.

West Sussex has some of the most beautiful countryside in England, with 80% of the county being rural and over 50% designated as Areas of Outstanding Natural Beauty. In total, there are 4,071 kilometres (2,530 miles) of public rights of way. We want to ensure this countryside is well maintained and available to as many people as possible.

That's why we have introduced the 'Easy Countryside Trails' guide, available on our website.

They're carefully chosen routes for families with young children, less mobile people and those who are not used to countryside walking. They have no barriers such as stiles or steps.

Each of the 14 walks has related information showing how long the walk is, what the terrain is like, directions, facilities en route and points of interest.

A full list of routes for walkers, cyclists and horse riders, plus an interactive map to plan your trip, can also be found there.

Buying and eating seasonal local food is also a way to help business and boost the local economy.

Taste West Sussex magazine promotes local food producers and providers.

The summer issue can be picked up from farm shops, restaurants and venues throughout the county, or online. There are many great days out to be had in the county, including working farms, museums, a planetarium, castles,



Ride On! These young cyclists are celebrating the opening of the Barnham to Bognor Regis cycle link. The County Council is keen to promote cycling as a healthy pursuit, and it is an

excellent way to enjoy West Sussex. Check out www.westsussex.gov.uk to find an interactive cycling map, details of cycling routes right across the county, plus cycling events, news, training, safety and clubs.

Roman palaces, swimming pools, river trips, beaches and so much more! Pagham Harbour Local Nature Reserve south of Chichester is a haven for wildlife and Buchan Country Park just outside Crawley has 170 acres of woodland, heath and meadow to explore.

Check out www.westsussex.gov.uk for full details of where to go and what to do in West Sussex.



Getting to grips with our roads
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Fostering is so much fun!
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Bouncing along to the 2012 games!
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Finding really reliable help when there are major or minor jobs to be done around your home or garden can be a real worry. Whether it's a dripping tap, a wobbly shelf, a grab rail, or something more substantial like a level-access shower, a completely new central heating system or a full scale home extension, there's always the worry and anxiety you'll unwittingly entrust the work to a bunch of cowboys!

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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.

CONTACT US:

Switchboard: **01243 777100**
Email: connections@westsussex.gov.uk

Address: Communications Unit, County Hall, Chichester PO19 1RQ.

Editorial: **01243 753595**
Advertising: **01243 777431** or advertising@westsussex.gov.uk

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The road to recovery

Have you been stuck in a queue of traffic this summer while roadworks are carried out? The bitter winter when West Sussex was in the grip of ice, hail, sleet and snow seems like a bad memory – so you may well ask why the council is STILL mending holes caused by weather that descended seven months ago?

The reason for this is that while tens of thousands of potholes were filled straight after the bad weather, many were just temporary – now we are carrying out permanent repairs.

And it's not simply filling holes now. The County Council's contractors are undertaking ambitious road repair schemes including resurfacing, patching and surface dressing.

Summer is the best time to resurface roads because long, normally dry days mean work can start early and end late, and with schools on holiday there is less traffic on some roads at peak times.

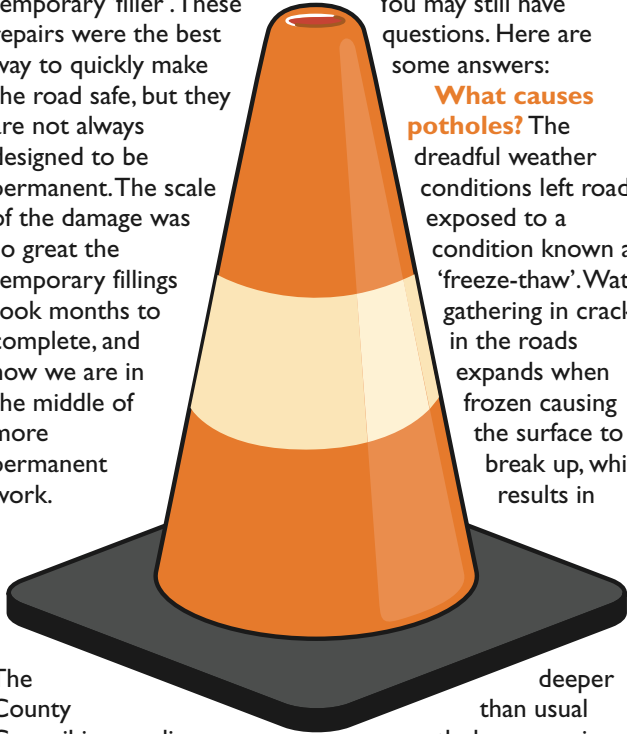
As soon as the blizzard conditions subsided in January staff swung into action and were mending up to 500 potholes a day with a temporary 'filler'. These repairs were the best way to quickly make the road safe, but they are not always designed to be permanent. The scale of the damage was so great the temporary fillings took months to complete, and now we are in the middle of more permanent work.

The County Council is spending £15million on bringing our roads back up to scratch. This includes £5million worth of schemes that were already planned for this summer.

Whilst the roads are being repaired take extra care and have regard for cyclists and motorcyclists who also have to dodge the craters.

You may still have questions. Here are some answers:

What causes potholes? The dreadful weather conditions left roads exposed to a condition known as 'freeze-thaw'. Water gathering in cracks in the roads expands when frozen causing the surface to break up, which results in



deeper than usual potholes appearing. Once you have a weakness in the road the damage is compounded and accelerated by traffic, and potholes will continue to appear for months to come.

Some repairs don't last very long. Why? Many repairs are temporary and not designed to be a long-term solution. Without proper permanent repairs some of these will fail and



require follow-up work. In some cases a temporary repair is put in place as a safety measure until permanent work can be arranged.

Where did you get the money to mend all these potholes? We are investing £15m in our roads. £5m is coming from existing road maintenance budgets, £8.7m from delaying some schemes and by using grants and funding more flexibly and £1.3m in government grant.

You blame the severe weather. But it was the poor state of the roads in the first place that caused all the pothole problems wasn't it?

The last two winters have had a devastating impact on our roads. Previously, the independent Audit Commission had rated our roads among the best in the country. However, after the recent severe weather we have been left with roads that need serious and sustained work, which is what is taking place now.

Is the County Council responsible for cars damaged by potholes?

Not generally. We are only liable to pay for damage to vehicles if we have been negligent in how we keep up with repairs. We are not expected to keep roads free of potholes at all times. When conditions are severe,

potholes will be more common. Drivers must therefore be on the look out and take greater care after severe weather.

What if we get another severe winter this year? Will we be back to square one? Certainly we would expect the repairs we are undertaking at the moment to withstand a few winters to come. Unfortunately though, any untreated roads will be more susceptible to winter weather.

I live in a private road with a lot of potholes – can the council repair them? The County Council is responsible for most of the roads in West Sussex except private roads and the A23 and A27, which are looked after by the Highways Agency. The maintenance of private roads is the responsibility of the street owners, usually the people who live there.

There are still potholes in the roads – how can I report them? Online at www.westsussex.gov.uk or by calling 01243 642105.



ALL CHANGE

After a six-year price freeze the County Council has reviewed the price of on-street parking.

Charges have stayed the same since 2004 but have now been revised in line with inflation and rising running and maintenance costs - and to strike the right balance between on-street and off-street parking which is designed for short stays. However, if the cost is cheaper than nearby car parks motorists will choose to park on the street. This leads to congestion and pollution caused by cars circling around looking for on-street spaces, while car parks have spare capacity.

To make sure there is a balance, the on-street charges need to be the same or more than the cost of nearby car parks. This is designed to create more available spaces for short visits by encouraging motorists wanting to park for longer periods to use car parks.

The increase in charges means parking will continue to be self-financing and not have to be funded through council tax.

The changes came into effect this month and relate to all on-street parking, including pay and display, vouchers, resident permits and Albion Street Lorry Park in Southwick.

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Foster couple have a ball!

When Phil Avery completed his electrician's apprenticeship, he knew exactly where his future lay – and it had nothing to do with being a sparks!

Despite the years of intensive training, he felt drawn to the care sector.

As Phil said: "I couldn't see myself spending the rest of my working life as an electrician. I wanted a social occupation."

This led to him working in children's homes, hospitals and with special needs children – all good experience for his current job, because Phil and wife Val are full-time foster carers.

Val has been fostering since 1989. Phil joined her as a full time foster carer in 1996.

At one time or another, Val and Phil's house in Burgess Hill has been home to more than 40 children –

from toddlers to teenagers, including single mums with babies. Some have been for just three days. Others have had considerably longer stays.

Evidence of their commitment can be seen hanging on their living room wall: A Lifetime Achievement Award from West Sussex County Council Fostering Team.

Or as Val put it: "When it comes to fostering, you name it, we've done it. Quite simply, we love the work. We love caring for children and helping them at a difficult time – when they are at their most vulnerable."

Val and Phil have seven children of their own, aged 36 to 13, with the three youngest still living at home. Currently, they are the short-break foster carers for a young disabled lad, who stays with them once a month for a weekend.

Val said: "There is a desperate need throughout

West Sussex for people who can offer breaks for children with disabilities."

Phil said: "Many people think they may not be up to this particular challenge. But our message to them is quite simple, 'We're ordinary people, just like you – if we can do it, so can you'."

"There are people out there who have skills, qualities and abilities that can be put to good use. It's your chance to help both a disabled child and their parents."

Both stress the considerable support all foster carers receive from our Fostering Team.

"Fostering is different nowadays. It's regarded as a profession, and as such you are part of a team of professionals who are available round the clock to help and assist you if necessary. They are with you all the way," said Val.



Phil & Val with son James



To find out more about fostering visit www.westsussex.gov.uk/fostering or call 0800 121 6508 for a free information pack

Advertisement

Create a meal!

School pupils have the chance to create a meal using the very best local produce in a Sussex-inspired dish.

The winning dish will be chosen and prepared by a chef from Chartwells, the County Council's catering provider, and offered on the primary school lunch menu on Sussex Day – June 16 - next year.

The lucky junior chef will also win a family day out at a West Sussex fun farm and a free week of school meals. Their school will receive a Putting Fun Back into Food workshop for students – an interactive session which teaches students about healthy living and the joy of cooking - with a Chartwells chef.

Entrance forms are available now at schools which take the Steamplivity meals. The closing date is 31 August 2010.

Almost 200 primary schools in the county currently have Steamplivity meals. These are meals which are steam-cooked so as to retain important nutrients.

Visit www.mealselector.co.uk for more details.



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Heading Stateside for social workers

A national shortage of experienced and qualified children's social workers has led to West Sussex becoming the latest County Council to look overseas to provide a temporary solution to the lack of experienced staff.

We have hired 16 frontline social workers from the USA for the next two years by using a specialist recruitment agency.

All will have at least two years experience, and be educated to Masters level. The agency we are using has already started training schemes in America on UK legislation and issues staff are likely to face.

The social workers will be hired on two-year contracts because by the end of that period a series of training initiatives launched by the County Council should have eased the problem.



Stuart Gallimore, Director of Operations for Children and Young People, explained some of the background:

"In many ways this recruitment scheme can be seen as plugging a temporary gap while we nurture our own talent. Hence, it

complements a range of activities including bursaries to

encourage the social workers of the future and a sponsored training scheme run with the Open University.

"These, and other initiatives, will all come into their own in future years.

However, at this time there is a national shortage of experienced social workers that is creating problems for West

Sussex and placing pressure on our existing, highly valued staff.

"Protecting our children from harm and neglect is an absolute priority for the County Council, and the Baby Peter tragedy is a reminder of the important role social work has to play in protecting children at a time when there has been an increase across the country in referrals that need to be followed up."

Fees involved in using an agency to recruit staff from America are similar to those that would be paid in the UK.

The County Council has a budget to employ 250 child social workers.

When Connections went to press, we had 50 vacancies, but it is hoped a large number of these will be filled by September through a combination of newly qualified staff joining the authority, and the 16 recruits from the USA. During the last year the County Council has



- Invested an extra £500,000 into packages designed to help retain social workers and attract new recruits.

- Launched a recruitment campaign to attract children's social workers back to the profession as part of the drive to find local solutions to the national problem of staff shortages. The campaign is targeting qualified children's social workers who have been out of practice – whether due to a career break or because they have had a career change - and who may be considering returning.

For more information on social work visit our website.

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Adults at risk

Vulnerable adults are at particular risk from financial abuse. They may be vulnerable because of their mental health needs, disability or sensory impairment, or because they have some form of illness. Not all vulnerable adults are elderly.



Because of their situation they are sometimes targeted by unscrupulous people who want to steal their savings, investments, cars, or even their homes and identities. The perpetrators are sometimes professional criminals. But more often they are care givers and most often of all, they are family members.

Many vulnerable people are too embarrassed and sometimes afraid to seek help, or simply don't know how or who to ask. In many cases, financial abuse is a crime. Sometimes perpetrators will

disappear with a victim's life's savings, leaving the victim destitute and homeless.

There are different types of abuse. Often it may be unintentional - it could be that someone is having difficulty coping with a stressful situation themselves and needs help. Abuse could be happening already, it may have only just started or been hinted at, or you might fear it is about to start soon.

But if you have your suspicions you should report it immediately. People you could talk to include social workers, doctors, home care assistants, nurses, police officers or health visitors.

You can make a report online on our website, or call **01243 642555** during office hours or **01903 694422** out of hours.

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Checking up on Dementia



An innovative telecare scheme is due to start this month to help people with dementia live safely and independently in their own home.

The 'Just Checking' system monitors a person in their home and charts their activity and movements, for health and social workers to use when assessing and planning care.

The system is radio-based – there are no wires or video cameras. Small wireless sensors in rooms are triggered as the person

moves around their house. It means that a person's activity can be charted via the internet to show, for example, if the person gets up during the night or is able to sleep undisturbed, how often they go to the kitchen to get a drink or prepare meals, if they leave their house and for how long, and how they are responding to care that has already been put in place.

The report produced can help identify if a person's medication might need to be changed if, for example, they are up a lot during the night,

or if other telecare or support is needed.

It's also reassurance for relatives and carers to show them that the person is following their usual patterns of life and that their independence isn't being undermined.

We are working with the Sussex Partnership NHS Foundation Trust to trial the 'Just Checking' system in West Sussex.

It's one of a number of projects to help people with dementia being developed by the County Council, NHS West Sussex and Sussex Partnership NHS Foundation Trust.

Other initiatives include: Dementia Care Mapping a method designed to evaluate quality of care from the perspective of the

person with dementia. Staff are being trained to become 'mappers' so they can observe people with dementia over a number of hours and understand the world as that person sees it. The information can then contribute to an action plan to bring about change and improvements. This method is also being used at day services run by the County Council. To date it has helped support people with dementia in a much more consistent way and has identified several ways to improve care, for example, group sessions at day centres are now smaller and more focused.

Short Term Break Development Fund, run by the County Council, has commissioned a number of

small, local services to help provide breaks for carers. Of the 36 services currently supported, 16 of them are specifically designed to help carers of someone with dementia. Many others also cater for older people with dementia.

Two of the services are specifically for people with dementia under 65. Neil's Club, based in Balcombe, gets members out and about to help them retain their social skills for longer, and the Alz. Café in Worthing holds an informal social evening when members, family and friends can enjoy music and dancing. Other organisations operate at weekends to help carers who have to balance employment with other family commitments and full-time caring.

Pagham Harbour open days

Find out more about the proposals to transfer the management of Pagham Harbour Local Nature Reserve to the RSPB.

Come and speak to representatives of the County Council and the RSPB at public open days:

Saturday 31 July, 10am – 4pm: Inglenook Hotel, Nyetimber, Bognor Regis.

Sunday 1 August, 10am – 4pm: Pagham Harbour Visitor Centre, Sidlesham Ferry.

Visit the website to find out more www.westsussex.gov.uk/paghamfuture



FACTS AND FIGURES

- 700,000 people have dementia in the UK
- 15,000 of those are under 65
- Women account for two-thirds of cases
- Nearly 14,000 people in West Sussex are living with some form of dementia.

SOME SYMPTOMS OF DEMENTIA

- Memory and language problems
- Poor judgement
- Difficulties with everyday tasks
- Changes in mood, behaviour and personality

WHERE TO GET HELP

We have webpages where you can find help and advice about dementia. Go to www.westsussex.gov.uk and look under Social Care and Health. You can download a leaflet called 'Who Cares?' produced by the Department of Health, which includes information and support for carers of people with dementia. Alzheimer's Society: www.alzheimers.org.uk or call 020 7423 3500.



Have your say

A consultation is now taking place aimed at making sure our Fire & Rescue Service has the resources it needs to continue keeping West Sussex safe.

County Fire Officer Max Hood has stressed the proposals are about improving services although there will be a budget saving. Max said: "Planning how best to use our resources, particularly in these uncertain economic times, has never been so important. We must concentrate on the areas of greatest need, and always seek more efficient and effective ways of working in order to achieve good value for money for the local community."

The proposals follow extensive research, and would mean changes to some fire stations, personnel, and appliances.

But, they include significant investment in training and facilities for our firefighters, as well as a faster response in parts of the county pinpointed by sophisticated 'risk mapping'.

A modern fire service is not just about answering 999 calls, and the proposals also include strengthening the wide-ranging work the Service does in the community to prevent fires in the first place.

It also includes educating people to drive more responsibly with its 'Safe Drive, Stay Alive' campaign, working with the Environment Agency on flood awareness, and many other ways to make the community safer.

The consultation will run from 19 July to 8 October to ensure all interested parties have the opportunity to comment before any decisions are made.

The proposals are contained in the draft Service Action Plan for 2011-12 and copies are available from 19 July in all libraries, District & Borough Council offices, and on request from Fire Service HQ.

The plan and all its supporting documents can also be viewed on the County Council website www.westsussex.gov.uk/fire and you can take part in the consultation via public meetings or submit your views

Via email: fire.redesign@westsussex.gov.uk

By telephone: Fire Redesign Team 01243 753706

In writing: Ian Coleman, Fire Redesign Team, West Sussex Fire & Rescue Service HQ, Northgate, Chichester, West Sussex, PO19 1BD

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Boosting Local Business



partners successfully bid for funding to create new jobs for young local people. The £1.3 million will create up to 212 jobs across the county. The jobs will be offered by a range of different employers, and include such diverse roles as

Giving a boost to local businesses is a top priority for the County Council.

We are committed to Keep West Sussex Working and run and help fund a range of schemes to encourage and assist aspiring business people, including women, young people and graduates.

We promote sustainable business and help organisations improve their environmental performance and maximise their resource.

Here are just a few examples:

- Crawley Library is the focal point for business information provision by the Library Service.

This is where the main business collection is held and specialist trained staff are available. InfoTrace helps find solutions to develop a business and help it perform more effectively. This might be from the creation of targeted mailing lists, research into a business topic or signposting to a source of support. Other resources available in libraries include statistics on economic and social trends, current Acts of Parliament and statutes, health and safety information, taxation details and advice on setting up and running a small business.

- Using the Future Jobs Fund, the County Council and its

youth and community workers, gardening and maintenance workers. The County Council itself has offered 38 of the jobs.

- Our Fire and Rescue Service runs a range of Fire Safety courses including Fire Awareness and Risk Assessment Management, First Aid and bespoke training courses for industry in the use of breathing apparatus, working at height, water safety and working in confined spaces.

- The West Sussex Sustainable Business Partnership offers free support to businesses to help them adopt sustainable business practices and cut costs through energy, waste and water efficiency. The Partnership runs a technical helpline, compiles a directory of local recyclers and holds events and training courses.

- The Buy with Confidence scheme run by Trading Standards provides independent verification of business standards and helps boost

customer confidence in products and traders. Trading Standards also provides information and guidance to local businesses to help them comply with the law.

- The Adult and Community Learning Service runs a range of skills for life and work courses including maths and English as well as working with the Library Service on 'Search for Success' courses designed to support

employability. In addition a lot of the courses they offer are aimed at supporting people through training to either up-skill, re-skill or both. The new 2010/11 brochure is out now.

- Women's Wisdom is funded by the County Council and is a free service aimed at women who have just started a business or are thinking of doing so.

Useful Contacts:

Libraries: email: business.information.library@westsussex.gov.uk

West Sussex Sustainable Business Partnership: 01243 756869, www.westsussexsbp.org.uk

Trading Standards: Email: trading.standards@westsussex.gov.uk

Email: buywithconfidence@westsussex.gov.uk

Fire Service: Email: frsct@westsussex.gov.uk

Women's Wisdom: Call 0800 781 8597, or visit www.womenswisdom.co.uk

Adult & Community Learning Service: Call 0845 075 1009, email adult.education@westsussex.gov.uk or visit www.westsussex.gov.uk/adulteducation or visit our website under 'Business'

www.port.ac.uk/pbs

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

Wport.ac.uk/busandman

E bus.admissions@port.ac.uk

T 023 9284 8200



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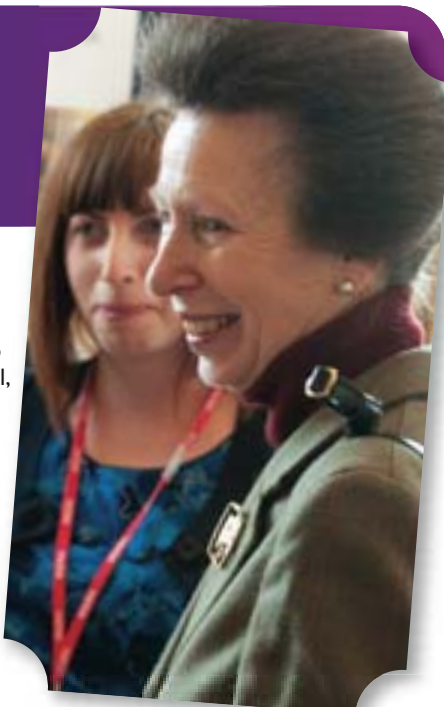
A Right Royal Service!

A new improved service has been launched countywide to help vulnerable people remain independent.

The Regaining Independence Support Service (RISS), sees Occupational Therapists (OTs) visit residents who need to re-learn life skills such as going to the shops, making a meal, or getting dressed. This is so they can remain independent in their own home after an illness or accident, or hospital stay.

The Occupational Therapists work alongside trained assistants. After an assessment by the OT, the assistant will work with the customer in their own home, encouraging and enabling them to undertake daily activities as independently as possible.

HRH The Princess Royal, Patron of the College of Occupational Therapists (COT), formally launched the service. On her visit to Chichester she met some staff and customers who have benefited from RISS.



Sharing & Caring



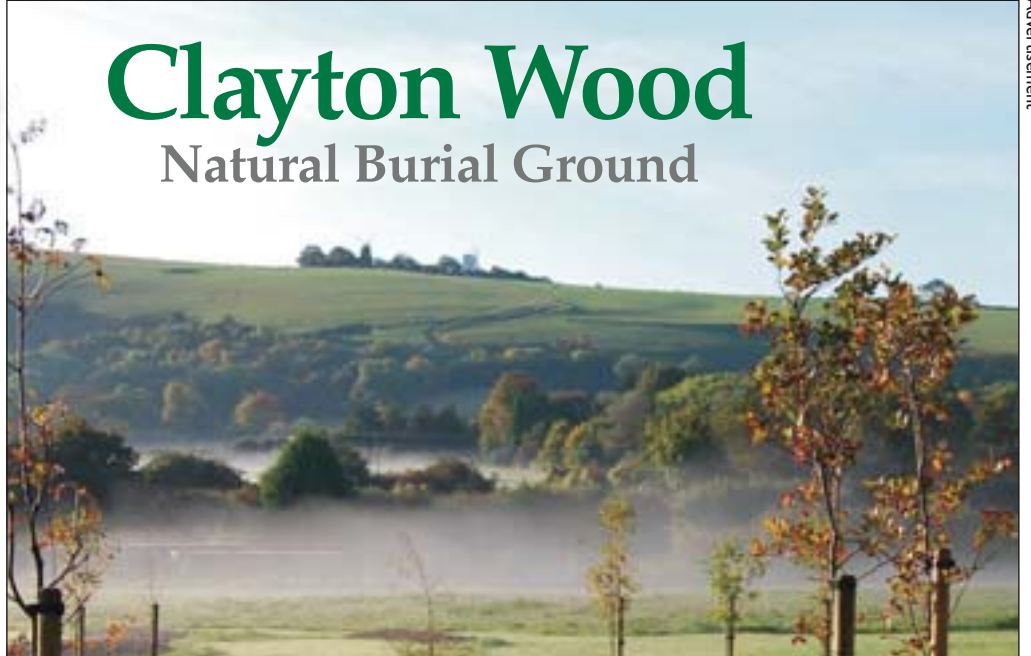
Could you welcome someone new into your family?

If your answer is yes, then how about joining our Shared Lives scheme?

It's like adult fostering – people provide short breaks in their home for an adult with learning difficulties, which gives the individual a change of scenery and provides respite for their full time carer and family. To join the scheme you need to have a spare bedroom, an awareness of how to care for people and be able to involve the person staying with your family in home life and hobbies, such as taking the dog for a walk, going to a sports event, shopping or to the pub. New households would be welcomed from across the

county, in particular Crawley, Horsham, Chichester, Midhurst and Mid Sussex. There are also opportunities to provide longer-term care in your family home for adults with learning difficulties. And we're developing a 'day share' scheme, where carers can invite someone to join in their normal day. A spare bedroom is not needed, just a regular weekly commitment. For more info contact 01444 254463, e-mail adult.placement.scheme@westsussex.gov.uk or visit our website. After 5pm call Jo Braine on 07702 668911.

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.



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SOAR INTO SPACE THIS SUMMER

It's all things cosmic at our libraries when the **FREE Summer Reading Challenge** kicks off on 17 July.

Following the success of previous years, young volunteers are needed to help run the challenge, to register competitors, hand out stickers and other rewards, and encourage the children to read more and complete the challenge.

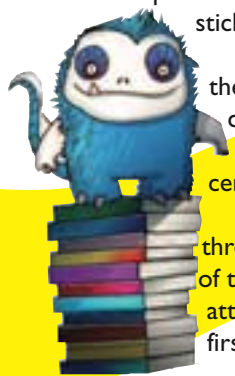
This year's theme is 'Space Hop'. Children aged four to 12 are challenged to read up to six books from their local library and collect different awards at each stage, including a hologram membership card, a pull-out poster and 'scratch and sniff' stickers.

Those who complete the challenge by the closing date of 11 September will get a certificate and medal.

The story followed throughout the challenge is of three children attempting to set up the first lunar library on the moon.

And babies and toddlers won't feel left out, with a Space Hop Book Crawl. Parents receive a collector's card earning stickers for each visit with their tot over the summer. After four visits they can have a special Space Hop Book Crawl certificate.

There will be a variety of fun, space-themed events taking place in libraries throughout the summer. Visit our website or contact your local library for more details. Visit www.westsussex.gov.uk/libraries



Safer roads for tots

Keep your little ones safe while out on the road with the new 'Bump to Toddler' booklet.

It gives advice on road safety for pregnant women and families with young children, whether in the car, on bikes, in buggies, in car parks or pedestrian crossings.

The booklet even has tips for keeping children entertained on long car journeys.

More information on our website under 'road safety'. A copy of the booklet can be downloaded from www.sussexsaferroads.gov.uk under the 'Safer for Children' section.



Up In Smoke!

Thirty thousand counterfeit cigarettes went up in smoke at Horsham Fire Station when 1,500 packets of phoney smokes were torched by firefighters on behalf of our Trading Standards Service.

Graeme MacPherson, Head

of Trading Standards, said: "The message is quite straightforward – the policy of the Trading Standards Service is to confiscate and dispose of counterfeit cigarettes. That means tobacco smugglers will find their money – quite literally – going up in smoke."

The cigarettes were initially seized by Sussex Police at a private address in Steyning and handed over to the Trading Standards Service because they contravened trademark and safety legislation.



Discover your local library

Opening hours for our Libraries have changed, after more than 10,000 people across the county responded to a customer consultation.

The new hours focus on times when people most want to use their Libraries. It means all are now open six days a week including lunch hours – some Libraries were previously open only on five days. The actual hours at each library vary in response to local factors, most importantly the preferences local people expressed during the consultation. The changes in opening hours mean that money has been freed up to invest in libraries. Improvements will include further installations of self-service and drop-off facilities where possible. For details about what your local library can offer, visit our website.

New opening hours:

Chichester, Worthing, Crawley, Horsham:
Monday - Friday 9 - 7,
Saturdays 9 - 5.

Bognor Regis, East Grinstead, Haywards Heath:
Monday: 9.30 - 7; Tuesday,
Wednesday, Thursday: 9.30 - 6;
Friday, Saturday: 9.30 - 5.

Burgess Hill:
Monday - Friday:
9.30 - 5.30;
Saturday: 10 - 4.

Lancing:
Monday - Friday:
10 - 6; Saturday 10 - 4.

Littlehampton and Shoreham:
Monday - 10 - 7; Tuesday -
Thursday: 10 - 6; Friday: 10 - 5;
Saturday: 10 - 4.

Storrington:
Monday - Friday: 9.30 - 5.30;
Saturday 10 - 4.

Billingshurst, Broadfield, Durrington, Goring, Henfield, Midhurst, Rustington, Selsey, Southwick, Steyning, Willowhale:
Monday - Friday:
10 - 5; Saturday: 10 - 2.

Angmering:
Monday - Friday: 9 - 5;
Saturday: 9 - 1.

Arundel and Broadwater:
Monday - Wednesday: 1 - 5;
Thursday - Saturday: 9 - 1.

East Preston:
Monday - Wednesday: 1 - 5;
Thursday - Saturday: 10 - 2.

Ferring:
Monday - Thursday:
9 - 1; Friday: 1 - 5;
Saturday: 9 - 1.

Findon Valley:
Monday - Wednesday:
1 - 5; Thursday - Saturday: 9 - 1.

Hassocks and Hurstpierpoint:
Monday - Wednesday:
9 - 1; Thursday & Friday: 1 - 5;
Saturday: 9 - 1.

Petworth, Pulborough, Southwater, Witterings:
Monday - Wednesday: 1 - 5;
Thursday - Saturday: 9 - 1.

Southbourne:
Monday - Friday: 1 - 5;
Saturday: 9 - 1.



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 'Minerva Accord Driving Services' and 'Skid-Control' on the skid pan at Goodwood Motor Circuit.

In addition to this, you will be offered the opportunity to drive a Ferrari! The course, which is heavily subsidised by West Sussex County Council, costs just £60.00 or £120.00 when including the Ferrari drive.

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

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



Countdown to London 2012

The two-year countdown to the London 2012 Games will be a 'challenge' in West Sussex. From July 23 to 25, arts, culture and sporting organisations are challenging residents to either try something new or take an existing interest to a new level. The events will be part of the nationwide Open Weekend activities. Last year hundreds of people across the county took part. Highlights included sport and leisure centre open days, arts workshops, and events at libraries and museums. A list of events is on www.westsussex-aheadofthegame.com, where you can also find out about local people who hope to compete at the Olympics or Paralympics in 2012. West Sussex-Ahead of the Game is the countywide initiative to help the county make the most of the London 2012 Games.



Former Olympic pole vaulter Nick Buckfield from Crawley at last year's event.

TERM DATES 2010
 Summer Term ends: 23 July
 Autumn Term:
 1 September – 17 December
 Half Term: 25 – 29 October

BORDE HILL
 GARDEN - PARK - WOODLAND

Kids' Summer Fun
 26 July - 27 Aug
 Magician, Go Karting, Splodge Arts & Crafts.
 Picnic by the lakes or discover the woodland.

Brand New Playground

www.bordehill.co.uk 01444 450326

Photo: Peter Langdown

Advertisement

Don't lose the fun of your 3in1!

It's almost the summer holidays – so don't forget to renew your money-saving 3in1 card. This is the free card scheme for all West Sussex pupils and further education students aged 5-19. It gives you cheaper bus fares, a proof of age and dozens of fabulous discounts at a range of venues, shops and businesses throughout the county. The completed application form needs to be signed by a tutor or school office so you need to do it NOW before the term ends! More information and to download an application form go to www.yourspacewestsussex.co.uk, email info@yourspacewestsussex.co.uk or call 01243 777330.



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

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Stay connected

This summer we are 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 linked to our website from your own website, you may find these links break. If you have any queries email osd.office@westsussex.gov.uk

CHICHESTER FESTIVAL 2010 THEATRE

FESTIVAL THEATRE
 21 June - 28 August
 Tickets £10 - £37
 Half price for U18s
www.cft.org.uk
 01243 781312

42ND STREET

'A MUSICAL MADE IN HEAVEN'
 Time Magazine

Music by Harry Warren
 Lyrics by Al Dubin
 Book by Michael Stewart and Mark Bramble

Toe-tap and foot-stomp to *Lullaby Of Broadway, We're In The Money, Keep Young And Beautiful, I Only Have Eyes For You* and, of course, the spectacular title number, *42nd Street*.

NEW! FOR 2010 "Eden's Eye"

THE FUN FINDING-OUT DAY OUT

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It's Old School!

An historic West Sussex school is undergoing a multi-million pound makeover of its boarding facilities.

Steining Grammar is one of only 34 state boarding schools in the country, and has a tradition of offering pupil accommodation dating back to 1614.

The building, due to open in 2011, is being funded with £4.9 million from the government, and will almost double the current 69 boarding places.

It will also be an asset to the local community, as it will be used as a residential conference centre during school holidays.

In addition, the project includes £450,000 from the County Council to replace and upgrade the Church Street site kitchen and dining facilities.

At the end of the 16th century the school was housed in Brotherhood Hall in Church Street, which is still used for teaching today.

In 1614, William Holland, from Steining, who was Mayor of Chichester three times, endowed the school to protect its future. In the 18th and early 19th century the school declined to the extent that there was barely one pupil per year group, while the headship remained in one family for a period of 60 years. The school was revived in the 19th century and taken over by the County Council in 1912.

Steining Secondary Modern School was opened in Shooting Field in 1952 and the two schools merged in 1968 to create a comprehensive school. In the 70s, it was designated as a Community School. It currently has 2,000 students including 477 sixth formers, and is a specialist technology college. Years 7 and 8 are taught in the historic grammar school buildings in Church Street and older students are based at Shooting Field.

Here are some more photos of West Sussex schools and their pupils from yesteryear:



A Boys at Steining Grammar School exercise in the play ground.

B Pupils watch builders work on the playground at Northgate Temporary School, Barnfield Road, Crawley, in 1952. It was replaced in 1954 by Northgate county infant and junior schools.

C A woodwork class at Crawley Council School, Robinson Rd, in 1935, shows the boys wearing long white aprons holding carpentry tools as they stand by

the benches to pose for a photograph. A teacher stands next to a blackboard on which 'Toothbrush rack - front, side, elevation' is written.

D Children have fun playing 'Ring o' Roses' in the playground at St Margaret's School, Ifield, Crawley in 1955.

Old photos courtesy Roger Bastable and Brian Desmond collections and available to view and download for personal use at www.westsussexpast.org.uk

Dipping into the past

It's now even easier to discover details of our county's rich and varied history using documents held at the County Council's Record Office.

If you are researching your family tree, interested in local history or even want to know who used to live in your house, you can visit the newly-refurbished premises in Orchard Street, Chichester, and take a dip into the archives free of charge.

Collections held there include records of local government from the 16th century, the Diocese of Chichester and its parishes and those of businesses, families, estates, societies and schools, as well as records of West Sussex hospitals, the West Sussex Constabulary and The Royal Sussex Regiment. There is a range of electronic databases and websites available, including free use of Ancestry.com (which is normally

chargeable), and helpful staff to guide you through them.

If you can't travel to Chichester then there is a raft of free information available online such as a 'search' function to look through catalogues.

Other services offered by the Record Office include learning from an expert how to do your own research (there is a fee for this). You can also book an archivist to give talks to groups and societies or arrange a group visit for a special behind-the-scenes tour of the county's archive centre.

You can buy a variety of books, CDs and DVDs such as 'A Sense of Place', 'Sussex Tales of the Unexpected: Five Centuries of Country Life', 'Crawley's History' and 'Sussex on Film', direct from the Record Office, online via the e-shop on our website, or from Amazon.

The Record Office was recently awarded top marks



for its customer service and facilities in a nationwide survey conducted by The National Council on Archives and the Chartered Institute for Public Finance

and Accountancy.

For more information and services available online, visit www.westsussex.gov.uk/recordoffice, or phone 01243 753602.



also maps showing the development of the estate, which sits at the heart of a deer park.

Six volunteers listed the Parham archives as part of a Heritage Lottery funded project. They sorted more than 1,700 entries into categories under 'family' and 'estate'.

Caroline Adams, Record Office Senior Archivist, said: "The archives are here to be used. Maybe your ancestor worked at the house or you are interested in local history. Don't worry about being unable to read the documents - many were transcribed in the 1940s and typed copies are available."

The Parham archives can be viewed six days a week at the Record Office in Chichester. More information from caroline.adams@westsussex.gov.uk or call 01243 753617.

Parham revealed for the people!

The archives of one of the county's most elegant stately homes can now be explored through our Record Office's Search Online catalogue.

Through diaries, letters, accounts and official papers, they give you a fascinating insight into the everyday lives of the families who have lived at Parham House, which dates from the Elizabethan period. There are

Grow Don't Throw

When you place your household rubbish in the bin it will remain a threat to the environment for many years to come.

This is because most of the rubbish that can't be recycled is placed in landfill sites. Inside a landfill there is not much oxygen or moisture so it takes decades for the rubbish to break down. In the meantime it produces harmful gases and liquids.

When old landfill sites have been excavated 40-year-old newspapers have been found with easily readable print. It means that even after a landfill closes it still has to be monitored to make sure it is not producing poisonous gases or polluting nearby rivers and streams. Some landfill sites have caused problems for the



environment up to 50 years after they were closed.

But so much of what goes to landfill could be recycled and re-used at home. Up to 30% of the average household bin can be composted and used in the garden. But at the moment only 30% of householders compost their rubbish.

Many mistakenly believe that things like vegetable peelings or garden waste is harmless. But in landfill they create powerful greenhouse gases and can be just as harmful to the environment as toxic chemicals.

When food waste reaches landfill it breaks down and generates large amounts of methane gas. Methane is one of the main gases believed to be causing global warming.



Home composting organic waste material instead of placing it in the rubbish can make a big contribution to reducing the amount sent to landfill.

Home composting saves money, energy and water as well as providing free garden compost. By converting material that is considered rubbish into a valuable resource, nutrients are recycled back into the soil.

The composters are available at bargain prices thanks to a new national agreement set up to give local authorities a simple solution to providing home composting units, accessories and related communications without having to go out to tender. This means a significant saving in terms of both time and money for the County Council.

In addition to composting units, the agreement also provides for wormeries, kitchen composters and compostable liners. It is part of a wider contract which includes a comprehensive range of refuse and recycling products. Better Tomorrows,

the community interest company set up by the West Sussex Waste Partnership that aims to reduce the amount of rubbish we throw away has played a major part in drawing up the agreement.

To find out more go to www.wsussex.getcomposting.com or phone 0844 571 4444.

Residents can also buy green bins that gobble up their food waste for a bargain price.

The 'Green Cone' can be used for all cooked and uncooked food waste including vegetable scraps, meat, fish, bones and dairy products.

If you want to make compost at the same time the 'Green Johanna' accepts food and organic garden waste such as plants, leaves and grass cuttings.

West Sussex residents can buy the Green Cone for £14.95. The Green Johanna costs £19.95. This is a large saving on the normal price and only one product can be purchased per household.

To find out more go to www.greencone.com or call 0800 052 0462.

Advice that won't be wasted

Could you play your part in helping the environment by becoming a Waste Prevention Advisor (WPA)?

They come from all walks of life and currently include teachers, doctors, students, parish councillors, an artist, pensioners and those looking for work experience. Before becoming an advisor, volunteers are trained in how to reduce waste in their own community and persuade others to follow their lead. Since the scheme started advisors have taken part in all kinds of events including:

- Helping at council roadshows
- Presentations to parish councils and community groups
- Setting up communal composting schemes
- Interactive workshops with community groups
- Projects in schools and youth groups
- Stands at farmers markets
- Talks to parent groups about nappies
- Helping businesses manage their waste

The volunteers receive County Council sponsored

training provided by the University of Brighton at locations throughout West Sussex. They can choose from two types of free training: a two-week intensive course or a 13-week part-time course. You will learn about composting, food waste, cotton nappies, smart shopping and recycling. For more information on how to become a Waste Prevention Advisor Volunteer phone 01243 642106 or visit www.bettertomorrows.org.uk



lovefoodhatewaste.com

health & wellbeing, for life

NHS supplement

Visit our website at www.westsussex.nhs.uk

Helping you to live well



Most people are living longer, healthier lives than in the past, but more can be done - the average life expectancy of babies being born today in West Sussex varies by up to 13 years, depending on where in the county their parents live.

NHS West Sussex wants to help keep people well – not just treat them when they are ill. Obesity, smoking and excess alcohol consumption all have a big impact on people's health and the local NHS has a range of services to support people to make lifestyle changes.

- There are more than 150 places in West Sussex where you can get NHS help and support to stop smoking. This could be your local GP, pharmacist, or drop-in session. Call the West Sussex NHS Stop Smoking Helpline on 0300 100 1823 to find out what's available close to you.

- Reducing weight by as little as 5% can make you feel better and cut the risk of developing serious conditions such as heart disease and cancer.
- 'Health trainers' are local people who are trained to help others improve their health by making simple changes to their lifestyle.

The NHS in West Sussex also helps to keep people healthy by providing a range of services to detect disease at an early stage, for example cancer and Abdominal Aortic Aneurysm screening. Additionally a new service, NHS Health Check, has started in some pilot sites around the county.

For more information go to www.westsussex.nhs.uk/live-well



It's your choice

If your GP refers you to a hospital specialist you can choose to go to any hospital in England where the service is funded by the NHS*.

Your GP can help you to choose the hospital that best meets your needs, giving greater convenience and peace of mind. You might want to choose the closest hospital, the one with the shortest waiting times, or one close to your relatives to make it easier for them to visit – it is up to you.



For more information about choice in the NHS, ask at your GP surgery or visit the NHS Choices website www.nhs.uk. You can get information about the hospitals available, including many independent (private) hospitals, by simply entering your own postcode.

For more information about your health choices you can visit www.nhs.uk/choices

*You may not be given a choice when referred to mental health services or where speed is important, such as suspected stroke, heart attack or cancer.

Spending your money wisely

More than 750,000 people live in West Sussex and rely on the NHS, and we know how important high quality services are to the local community.

After the end of the current financial year, the rate of growth of NHS funding will slow. To ensure that service quality continues to improve and that we get best value for taxpayers' investment we need to change the way the NHS works – particularly by looking for opportunities to reduce costs by moving services into convenient community settings, such as your local GP surgery or health clinic. Developing new services in this way can deliver both better quality care and value for money.

The NHS belongs to the people

The NHS Constitution, published in January 2009, brings together in one place what staff, patients and the public can expect from the NHS.

Among other things, it gives patients the legal rights to access NHS services; drugs and treatments approved by the National Institute for Health and Clinical Excellence (NICE); choice about where they receive their care; and be treated with dignity and respect. The Constitution explains that by working together we can make the very best of finite resources. It reaffirms that the NHS belongs to us all and everyone has a role to play in its success.



More information about the NHS Constitution can be found at www.westsussex.nhs.uk/nhs-constitution

Useful contacts

NHS West Sussex 01903 708400

Visit the NHS West Sussex website for more information about the range of healthcare services that are available across West Sussex and who to contact for more information and support.

www.westsussex.nhs.uk

NHS Choices

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

www.nhs.uk

NHS Direct 0845 4647

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

www.nhs.uk

We're here to help you

NHS West Sussex now has 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 service is free and confidential.

How to contact the 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

Website: www.westsussex.nhs.uk/customer-services

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

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

NHS West Sussex is the working name of West Sussex Primary Care Trust

You can find out more about what we do, and how you can get involved at www.westsussex.nhs.uk