

JUST THE JOB – A Career In Foster Care

The County Council has launched its biggest ever campaign to encourage more West Sussex people to sign-up for a career as foster carers.

There is a desperate nationwide shortage of foster families as a recent report from the national Fostering Network highlighted.

It estimated there is a shortage of at least 10,000 foster families and in West Sussex we need to recruit up to 100 new foster carers over the next few years.

Not only is it better for children to be placed in a caring environment with local families, but also having a strong network of foster carers helps reduce the expensive costs of placing children via private fostering agencies – vital at a time when council budgets are stretched to the limit.

The Fostering Network's recent report also said society's most vulnerable children would suffer unless 'the current foster care workforce is properly paid and supported.'

That is why the County Council is placing a renewed priority on not only finding people with the right skills to give a child a loving home, but also making sure they receive a good rate of pay and all the ongoing support they need.

Allowances range from £236 to £455 A WEEK depending on the age of the child.

The campaign includes an open day at County Hall North, Horsham, on 28 October from 9am to 4pm to introduce people to fostering, and special courses are being organised to show people what it involves.



**Calendar Is
Hot Stuff!**

Get all fired up over a charity calendar featuring West Sussex firefighters. The 2011 calendar is raising money for the Sussex Snowdrop Trust, in memory of Worthing firefighter Ian Spawton's teenage daughter Charlotte who died of a brain tumour.

We also revamped the fostering pages on our website www.westsussex.gov.uk/fostering and are using a wide variety of media, including local radio and social networking sites. Stuart Gallimore, Director of Operations for Children's Services, said: "The Fostering Network report was very timely because it has put the spotlight on a serious problem, but we were already making enormous efforts to encourage people to become foster carers.

Stuart says foster care has changed dramatically over recent years.

"Today it provides people with the chance to combine family life with a skilled and paid profession. Foster carers are needed throughout West Sussex to provide children with safe and caring homes while they are unable to live with their own families.

"Children and young people come into care for a number of reasons. It can be because their parents are experiencing difficulties

or because a child has been neglected or abused. For some young people with a disability the caring is shared with their parents. Our foster carers come from a wide variety of different backgrounds, ethnicity,

ages and experience.

But what they do have in common is patience, resilience, space, time, and energy to meet the needs of children in their care – be it for a few days, weeks, months or longer."

To find out more about fostering and the open day visit the website or call 01403 229333.

Meet foster mum Tracey and her family on page 7.



Getting ready for winter
See page 3



Volunteering - how you can do your bit
See page 8



Keeping West Sussex Working
See page 9



Supporting our young carers
See page 11



Teen Scene in our Libraries
See page 13

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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.

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Getting ready for winter

Last winter brought the worst weather conditions for 30 years, so we're making sure we're ready in case it happens again.

Eighteen thousand tonnes of salt – twice as much as last year – is stockpiled at depots across West Sussex, ready to be used on the roads by our fleet of 25 gritters.

We're also expanding a new system introduced last year to place large bags of salt and grit in key locations like busy shopping precincts, bus stops or railway stations.

We've also strengthened our ties with other councils to support and advise communities, and encourage people to help each other if the arctic weather returns.

The plans have been drawn up after a snow summit held earlier this year to see what lessons could be learned from last winter. One question raised at the summit was whether people should clear ice and snow from driveways and pavements themselves.

We would be happy if you would show community spirit and help where you can. It could be clearing some snow and ice, or just checking on your neighbour. If you are clearing ice, take care not to make things worse, or make it appear that the pavement is completely free of risk.

One tip - it's easier to clear snow when it is fresh. It can be swept, shovelled or raked, ideally onto grass areas or along the kerb. If you are clearing ice you will need a shovel and some salt, sand or grit. Don't try using water or other liquids to clear ice. Together we can all stop West Sussex slithering to a halt.

For more advice on how to cope with the winter weather, including tips on staying safe on the roads during extreme conditions, visit our website at www.westsussex.gov.uk



AVOID THE SCAMS

You'll be scam savvy when you follow the advice of our Trading Standards Service.

Each year, one in every 15 people fall victim to scams and lose an estimated total of £3.5 billion.

The most common cons are online banking scams that ask for your bank details, fake foreign lotteries, deceptive prize draws, get-rich-quick schemes, investment scams, miracle cures and clairvoyant cons.

Said Graeme MacPherson, Head of Trading Standards: "If it comes out of the blue, promises something for nothing and tells you to respond at once – it's a con. If it's a banking scam, it will tell you to confirm your security details."

You can avoid being a scam victim by following these four points:

1. Never confirm your banking details in response to an email. No real bank will ever require this.
2. Don't be pressured into doing anything immediately.
3. Think very carefully if you receive an offer that sounds too good to be true from someone you don't know.
4. If you're unsure speak to family or friends.

For advice call Consumer Direct on **08454 040506** or visit www.consumerdirect.gov.uk

Saddle up for Safety

Road safety is not just for motorists, cyclists and pedestrians.

Most horse riders prefer to use bridleways in the county, but sometimes they have to use roads in order to get to them.

All road users have a responsibility to keep each other safe through mutual care and courtesy.

There are tips for drivers on how to deal with horses on the road on our website.

Riders must have an experienced horse, wear high visibility clothing and have gained the knowledge, skills and confidence to make the journey safely.

There are 166 kilometres (725 miles) of public bridleways in West Sussex open to walkers, horse riders and cyclists.

Firework Fun!

With Halloween, Bonfire Night and Diwali coming up, the season for firework fun will soon be here.

Our firefighters do not want to put a dampener on your celebrations. But they do ask you to follow some straightforward firework safety guidelines.

NEVER:

- Put fireworks in your pocket.
- Return to a firework after it has been lit - it could explode in your face.
- Throw fireworks.

ALWAYS:

- Read the instructions carefully, using a torch or hand lamp.
- Light fireworks at arms' length using a taper or a firework lighter.
- Stand well back.
- Ensure all children are well supervised.
- Keep all pets indoors.
- Put the hot end of finished sparklers in a bucket of water.

Christmas and New Year is also a time when fire risks increase because people spend more time at home, usually with a lot more guests.

That means they are more likely to be distracted and more vulnerable to accidental fires.

Our firefighters urge you to follow these simple DOs and DON'Ts:

DO:

- Plan an escape route in the event of fire and ensure all your guests know where the door and window keys are kept.
- Check the maximum amps that can be handled by the fuse in the plug.
- Replace bulbs if they blow.
- Put candles in proper holders so they cannot fall over.
- Keep decorations, cards and wrapping paper away from candles, open fires and heaters.

DON'T:

- Be distracted when cooking.
- Leave fairy lights switched on when you go out or to bed.
- Let bulbs touch anything that can burn easily like paper or fabrics.
- Leave candles unattended.

For home fire safety all the year round fit smoke alarms on every level of your home, check the battery once a week and replace the battery every 12 months.

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Help for Mental Wellbeing

Mental health difficulties can affect us all, yet there is still a stigma attached, and many people feel unable to talk about their experiences.

To combat this and raise awareness, the County Council is running a mental health awareness campaign this month (October). To find out more pop into your local library to see displays.

Mental health problems are more widespread than we might think - one in five hospital accident and emergency visits and four in 10 GP appointments deal with patients with a mental

health difficulty.

The County Council supports mental health and wellbeing issues in West Sussex and works closely with the Sussex Partnership NHS Foundation Trust, which provides NHS mental health services in the county. Both organisations are committed to the 'Time to Change' campaign aimed at ending mental health discrimination.

Staff in our adults' and children's social care teams who work with residents are also kept up-to-date with regular training on mental health and wellbeing issues.

● A major new 'suicide prevention strategy' is being worked on by a number of organisations across West Sussex, including the Samaritans. It aims to reduce the risk of suicide in vulnerable groups, promote mental wellbeing in the community and increase support available to bereaved families following suicide - at present a major concern of the County Council is the knock-on impact on families and carers.

The Sussex Partnership NHS Foundation Trust information and support helpline is **0300 5000 101**.

HOME CARE UNDER REVIEW

The majority of home care contracts across West Sussex are being reviewed to improve efficiency.

The joint review, by the County Council working with NHS West Sussex, will enable home care to be provided at the best cost for residents.

The quality and level of service will not be affected by these changes, and residents who have home care will be kept up to date as the review progresses.

At present both organisations commission more than one million care hours per year from more than 100 external providers at a cost of approximately £28 million. This means there are significant variations in prices charged.

The aim is to reduce the overall number of providers but not reduce the level of care.

Home care helps people with personal care needs in their own home. With an increasingly elderly population in West Sussex over the coming years, we need to make sure the service is as efficient as possible.

The new home care contracts should be in place by next April.



It's 'Your Day Your Say'

There's still time to have your say in the 'Your Day.Your Say' public consultation on the future of day services and activities.

We're asking for your views on a proposed new model for day services for older people and working age adults who have a physical or sensory impairment, or acquired brain injury.

Also, what type of day activities you would like to see available in the community.

The consultation closes on Wednesday 27 October.

There are a number of ways to get involved:

- Online - visit www.westsussex.gov.uk/yourdayyoursay to find out about the proposals and fill in the online questionnaire.
- E-mail: send your views to haveyoursay@westsussex.gov.uk.
- Call 01243 777693 for a copy of the information booklet and questionnaire.

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 November.

There are vacancies for Team Leaders for 15 hours per week and Customer Services Assistants for 10 hours a week, term time only. To find out more contact Jemma Burch on **0845 6037998** or visit www.jobsatcompass.co.uk

If your child's school already has hot school meals and you would like to see the tasty, tempting and well-balanced menus on offer, then take a look at www.mealselector.co.uk

Lunches cost just £2.10 per day, and you will be reassured that your child is getting a delicious dish at school - and it removes the 'what do I put in their packed lunch?' headache!

HOPE AND CARE

It is estimated there are 12,750 people in West Sussex who have dementia. This figure is expected to increase to 16,692 people by 2021. Consequently it is vital that the best services possible are developed to support both people with dementia and their carers.

The County Council, along with its partners, is committed to supporting people living with dementia and their carers, and offer a range of services including:

● HOPE is a group of volunteers living with dementia. They have been given training by the County Council to speak at conferences and learning sessions involving social care staff.

It means staff can receive first hand knowledge of what it's like to live with dementia. This helps them design better care programmes for the future.

The group is also involved with research into how physical exercise might slow down some of the symptoms of dementia.

To find out more e-mail david.moore@westsussex.gov.uk or telephone 01903 839426.

● A pilot project has been launched in Chichester and North Bersted for people aged over 65 with dementia and their carers.

'Our Café' has been organised by Chichester Area MIND, supported by the County Council.

It's in response to a growing need for a service specifically for older people with dementia and those who care for them, particularly those who have just been diagnosed and are unsure of their future.

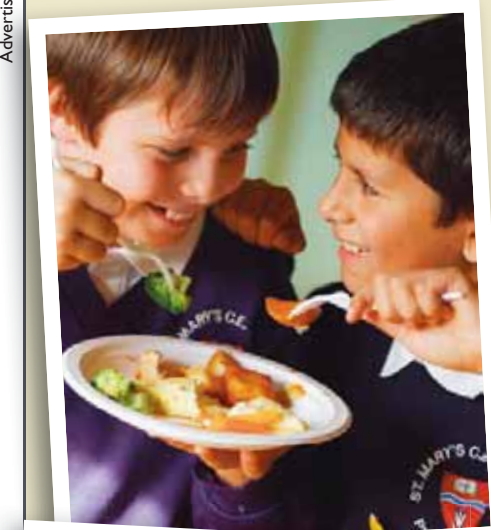
The cafés provide a warm and caring environment, activities, a light lunch and the opportunity to chat with and support other members of the group.

They run every Monday at St George's Church Hall, Cleveland Road, Chichester, and every Thursday at the Holy Cross Church, Chichester Road, North Bersted, from 12.30pm to 3.30pm.

To find out more contact Project Organiser Linda Palmer on **07507 164859** during the café opening hours, or Carole Crombie on **01243 787878**.

FACT BOX

There are an estimated 750,000 people with dementia in the UK. Dementia is not a disease in itself. Instead it is a term used to describe a group of symptoms, including short-term memory problems. These symptoms can be caused by numerous illnesses that affect a person's brain, including Alzheimer's disease. Anybody of any age can develop dementia, including young people, however it is more common in people over the age of 65.



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- Clearing vegetation overhanging pavements and roads.
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- Cleaning signs and removing illegal ones.
- Clearing debris from gullies and culverts.
- Minor repairs to signs and other street furniture.

If you would like the Rangers to visit your area make a request by calling 01243 642105 or email highway.rangers@westsussex.gov.uk



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Would you like to help children get to and from school safely? Have you ever thought about being a School Crossing Patrol person - affectionately known as a lollipop man or woman?

You get paid holiday, a uniform and full training. The usual commitment is 30-40 minutes each morning and afternoon on school days. If you want to find out more call 01243 642985 or search www.westsussex.gov.uk

ENJOY THE WINTER ON TWO WHEELS

Just because the winter is approaching it doesn't mean your bike has to go into hibernation. By simply wrapping up warm and carrying out a few basic safety checks you can continue to enjoy the world on two wheels.

Before setting out on any journey, whatever the weather, you should check your bike is roadworthy. This includes making sure the tyres are pumped up, the brakes are working and the chain isn't too loose or too tight. During the winter it is especially important to fit your bike with lights and ensure they are working! Remember it is a legal requirement to have

reflectors on your pedals and on the back of your bike as well as front and rear lights when cycling at night.

The County Council is constantly working to make cycling safer and more enjoyable and has recently introduced new cycle routes to link Barnham to Felpham, Findon and Broadwater to Worthing and along the A259 through Littlehampton. Sections of Worthing and Bognor Regis promenades have also been opened up to cyclists.

To find out more including details of bike clubs, events and route maps, enter 'cycling' into the search box at www.westsussex.gov.uk



The new edition of Cycle Right magazine is out now. The manual, which gives illustrated tips on how to cycle safely, is given to school pupils, usually in years 6 and 7, who take part in our Safer Cyclist Training Scheme. Contact your school to find out when the next course will be run, or visit our website.



Make tracks to the station

Is there an area at your railway station that you would like to improve? Are you looking for somewhere unusual to hold a meeting? Perhaps you are looking for space to display your art or hold a community event?

The Sussex Community Rail Partnership and Southern Railway are looking for further ideas to make their stations a welcoming and interesting place for the benefit of the local community, passengers and the station itself.

The aim is to improve the environment of stations by tending to gardens, displaying community artwork, reinstating redundant buildings or rooms for community use.

The Partnership has already spruced up 22 of the south's stations by getting adults with learning difficulties from West Sussex charity The Aldingbourne Trust, to plant and maintain floral displays, window boxes and hanging baskets.

If you have any further ideas phone Amy at Sussex Community Rail Partnership on 07852 221274 or visit www.sussexcrp.org



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Investing in our future



The Regis School

Despite tough economic circumstances, the County Council is as committed as ever to improving schools across West Sussex.

And around £200 million is still being invested between now and 2012. For example, funding has been guaranteed for state-of-the-art new buildings to replace existing ones for the four Academies in West Sussex – Midhurst Rother College, Littlehampton Academy, Shoreham Academy and the Sir Robert Woodard Academy at Lancing.

Meanwhile David Jones, Headteacher of The Regis School in Bognor Regis, says their new £39 million building has the 'wow factor' for students and parents. The former Bognor Regis Community College has been completely re-built, and there is also a new all-through primary school on the same campus with a new youth centre under construction.

The four-storey complex opened last month and includes two large atrium areas, a lecture theatre, and an environmentally friendly wood burning biomass boiler.

Mr Jones says it is a new beginning for a school that has served the local community for 70 years.

The project has been financed by 'Building Schools for the Future' with a separate government grant paying for what will be called The Phoenix Youth Centre.

- Other schemes that the County Council is working on include:
- A £15 million plan to improve Special School provision in Mid Sussex.
 - A £5.5 million new primary school for Bolnore village in Haywards Heath.
 - Further phases of improvements in the region of £4million to Estcotts Primary School, East Grinstead.
 - And, a reorganisation of primary schools at Littlehampton will see an investment of £10 million.

The County Council will always be

bidding for national funding to carry out more improvements, whenever it is available.

But much will depend on the coalition Government's Autumn Spending Review later this month, which will help shape council spending for the next three years.



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School's In! How to apply for the school of your choice

It's easier than ever to apply for a place if your child is starting school in September 2011 or moving to the next stage of their education.

It is important that forms are filled in correctly with your three preferences, and deadlines are met, but if you live in West Sussex you can do this online at <http://eadmissions.westsussex.gov.uk/>

Parents and carers of pupils starting school or moving to middle or junior school will be sent an application form and information pack by 15 October. Packs for those moving to secondary school have already been sent to parents via their child's current school.

Secondary Transfer 2010 - 93.6% of parents were offered their 1st preference - 98.3% were offered one of their three preferences.

If you are not able to apply online and have not received a form or need more information call 0845 075 1007 or email admissions@westsussex.gov.uk or visit www.westsussex.gov.uk

westsussex.gov.uk

Parents will be told if their child has got the place they applied for on the 1 April 2011 for children starting and moving to junior school, and on the 1 March for secondary school.

Starting School 2010 - 87% of parents were offered their 1st preference - 96% were offered one of their three preferences.

Admission Deadlines

For children starting school (born between 1 September 2006 and 31 August 2007): 15 January 2011. Apply online from: **15 October**. You will be advised which school your child has been offered on the 1 April 2011.

Transferring to Junior or Middle School:

15 January 2011. Apply online from: **11 October**. You will be advised which school your child has been offered on the 1 April 2011.

Junior/Middle Transfer 2010 - 96% of parents were offered their 1st preference - 99% were offered one of their three preferences.

Transferring to Intermediate or Secondary School:

31 October 2011. Apply online **BEFORE: 31 October 2010**. You will be advised which school your child has been offered on the 1 March 2011.

Term Dates

Autumn Term Finishes 17 December. Half term: 25 - 29 October.
Spring Term 2011 4 January - 8 April. Half term: 21 - 25 February.



FOSTERING

It's all in the family!



As a single mum with two young children, Tracey had no immediate intention of becoming a foster carer.

It's not that she was a stranger to fostering. Her own mum has been a foster carer for 13 years.

But as Tracey said: "It's something I've always thought about doing – in years to come maybe, not in the near future. "I wanted to concentrate my attention on my own children. Fostering, I thought, would interfere with this."

That was two years ago.

Since then, Tracey, who lives in Mid Sussex and works for a local NHS primary care trust, has become a respite foster carer for children aged five to 14. She provides temporary breaks once a fortnight to other foster carers or parents.

And now she says: "I wish I'd done it years ago. We are helping a child in need by offering them a ready made family unit."

This is echoed by her children, Roisin, 13, and Connor, 11. Said Roisin: "We love it. It's like having another brother or sister."

Connor said: "We have someone extra to play with. We go bowling, play football and we've been on holiday together." So, what changed Tracey's mind?

"It was a girl my mum was fostering. She would come for a sleepover. She was welcomed as an extension of my mum's family. She was my foster sister.

"It made me realise there are children out there we could offer a warm, stable, safe loving home to without it getting in the way of my relationship with my own children.

"Every child deserves a secure childhood and to be part of a loving family. To feel loved, safe and wanted.

"It wasn't a decision I made on my own. It was one I discussed with Roisin and Connor."

"We were really excited by the idea," enthused Roisin. "We knew we'd be making new friends," said Connor. Neither Roisin or Connor were concerned about sharing their home, games and time with another young person. "This just wasn't an issue with them," said Tracey. The sharing works, she added, because all of the County Council Fostering Team's placements are well matched. "There's nothing hit or miss about it. The Team's policy is to place into your care a child who is likely to respond to what you can offer. All children are carefully matched." Tracey said she understands couples with children of their own being initially reluctant to consider fostering. "But I know from my own experience, along with Roisin and Connor, that everyone can benefit – your own family unit, as well as the young person you are caring for. "It's important to remember – you are not on your own. As a foster carer, you are part of a team – you are backed up by a team of professionals who are on call 24 hours a day, seven days a week."

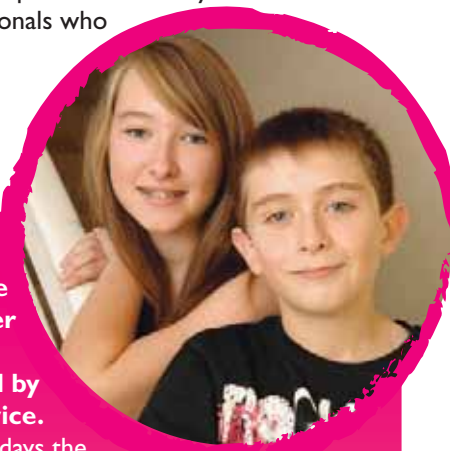
To find out more about fostering call 01403 229333.

Roisin and Connor are members of the Children who Foster support group that has been developed by our Fostering Service.

During school holidays the Fostering Team holds a get together for 'birth children' living in foster families.

Amanda Hemming, from the Team, said: "As well as offering them a chance to take part in fun activities, it is also an opportunity to discuss issues related to their family fostering.

"We see fostering as very much a whole family activity and so that is why the group was set up. We are continually working towards improving important support to children like Connor and Roisin."



Advertisement

Have a view on Health & Social Care Services?

Then think LINK!



Are there times when you feel you really want to speak up about how health and social care services could be improved - but don't know how to make your voice heard? Or do you perhaps have an experience that you think could be helpful to share but don't really know how to go about it. Well, help is at hand.

There is a network of people in West Sussex who will listen to what you have to say and who have the power to influence health and social care services in the county. It is called a Local Involvement Network, or LINK.

The West Sussex LINK wants to know what you think about health and social care services – good or bad.

The LINK can highlight issues and make recommendations – without identifying individuals – to local councils and NHS organisations who provide the services.

The LINK, which is completely independent, has legal authority to do this and the organisations have to listen and respond to the issues that the LINK raises. This results in improved services for everyone.

By registering for free with the LINK you can find out how your comments are helping to shape services in West Sussex through regular updates and newsletters. The LINK also has an interactive website where you can contribute ideas and comments and there are opportunities for you to get involved with local projects if you would like to.

To find out more you can call us on **0300 111 0102**, email us on westsussexlink@makesachange.org.uk or write to us at Freepost RSCG-BYGL-LGKS, West Sussex LINK, Billingshurst, RH14 9EY.

The West Sussex LINK's website can be found at: www.makesachange.org.uk



Advertisement

Have your say

West Sussex
L I N K
Your voice on local health and social care



Help shape health and social care services in West Sussex

Have you ever wanted to **speak up** about a **health or social care** service in **your area** but not known how? It might have been to offer an **opinion** on how things could be **improved**, or talk about an experience – **good or bad**.

Well, now you have the opportunity.



Tell us what you think about... **GP services**; hospitals; **social care at home**; residential care homes; **dentists**; or any other health and social care service.

Tel: 0300 111 0102

Web: www.makesachange.org.uk **Email:** westsussexlink@makesachange.org.uk

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Step Forward To Help

There are dozens of ways to volunteer in West Sussex and give something back to your community.

Whether it is delivering meals, conserving the environment, helping families, raising cash for worthy causes or pledging to go green, there's a myriad of ways to get involved, whether you are young, old or inbetween!

There are volunteer information centres throughout West Sussex where you can find out what kind of opportunities are available in your area. Find a list of centres on our website.

Here are some different ways that volunteers are already working in West Sussex:



Voluntary Action

More than 110,000 hours of voluntary work a year are carried out by the 1400-plus young members of Outset Youth Action. It organises voluntary work for young people aged 13 to 25. It works in partnership with the county council and is supported by the National Youth Volunteering Body.

Outset Chief Executive Sally Sikora said: "Many commit more than 100 hours of voluntary work to individuals and organisations in their community. If our members were paid the minimum wage, it would cost around £650,000 a year! That just goes to show what great value for money Outset and its committed members are. It also supports the personal development of young people and benefits local communities throughout West Sussex."

The young volunteers have worked in libraries, youth centres, hospitals, care homes and numerous other organisations doing many things from website design, to decorating to clearing heathland.

For more information visit www.outsetyouth.org.uk, call Sally on 01798 831153 or email info@outsetyouth.org.uk



Meals At Home

Our Meals on Wheels service is revving up its menu for Meals on Wheels week, which runs from October 11-17.

The County Council, in partnership with the WRVS, provides free home delivery of dietician approved meals, desserts and more.

The tasty and nutritious meals can be delivered to anyone who has recently left hospital or who is recovering from illness, or as a more permanent arrangement for those who are no longer able to cook for themselves.

Volunteers are always needed to deliver meals. To find out more call 0845 601 4670.

The new improved menus cater for special diets such as diabetic, gluten free, reduced salt, lower fat as well as different texture due to eating or swallowing difficulties.

Ordering is so easy. Contact your local Meals on Wheels/WRVS kitchen before 10am and you could have your meal delivered by lunchtime the following day. All Meals on Wheels drivers carry identification, have had criminal (CRB) checks and always do a 'safe and well' check when they deliver meals to customers.

To find out more about the new menus and a special introductory offer - a five day selection of meals for just £15 - call 01243 777209.



Help Them Take A Break



Could you spare just four hours a fortnight to give a family with a disabled child a well-deserved break?

Volunteers with the county council's Sitting Service make a huge difference to the lives of disabled children and their families across West Sussex. They give parents and carers some respite and have fun with the child.

They might take them out to the park, swimming,

to the shops, bowling or to Brownies or Scouts. Some volunteers stay and play with a child in their home.

Volunteers don't need any experience. Training is given on issues such as communication, child protection, play skills, health and safety, manual handling and first aid. They are given ongoing support by a County Council co-ordinator.

For more information, phone Doreen Bradbury, (Chichester and Arun) on 01243 642462, Michelle Watts, (Mid Sussex, Crawley and Horsham) on 01403 246467, or Jess Elliott, (Worthing and Adur) on 01243 642318, email sitting.service@westsussex.gov.uk, or visit www.westsussex.gov.uk/sittingservice

Going Green



Join the campaign and go green in West Sussex!

To date all communities taking part in the Greening Campaign across our county have managed to save more than £100,000 from household utility bills, equating to 930,000 litres of water and 807 tonnes of carbon dioxide.

The community-led Campaign initially invites residents to pledge their support and make small changes, for example turning lights off, reducing water use or car mileage.

Not only is this environmentally friendly, but it helps save money on expensive household bills.

In the second phase the campaign takes on projects in the local area. In Henfield the Greening Campaign has proved to be a great success. They've held a film night for over 250 local people, showing the climate change film 'The Age of Stupid' followed by a question and answer session with a panel of experts.

They've also developed a local food project, working with businesses in the area to improve the provision of local food in the village.

In Steyning the Campaign organised an eco-walk through the town, taking in local sights such as eco houses, allotments and a micro-brewery.

And for Green Transport Month they had a stand in the town to promote newly improved bus timetables to encourage residents to use public transport.

For further information on how to join a Greening Campaign or to set one up, visit www.greening-campaign.co.uk, contact Terena on 079 189 41398 or email info@greening-campaign.co.uk

Addiction Support



Volunteer advisors are the backbone of the Family and Friends Network, which is part of the West Sussex Drug and Alcohol Action Team (DAAT).

They help and support people who have been affected by someone else's drugs or alcohol misuse via a network of drop-in centres and support groups throughout the county.

The volunteers offer people a safe place where they can receive information and support in complete confidence. See our website for more details.

Tree-Mendous Scheme!



The Tree Warden Scheme is an initiative which enables people to play an active role in conserving and enhancing their local trees and woods. It is run nationally by the Tree Council charity and co-ordinated locally by the County Council.

West Sussex was one of the first to set up a Tree Warden Network in 1990 and there are now over 180 volunteer wardens. Tree wardens are passionate about trees, their local environment and local community, and are given training and guidance by the County Council. See our website for more details.

Airborne Saviours



Sussex Air Ambulance provides a helicopter emergency medical service (HEMS) for patients throughout the county. The life-saving charity relies almost

entirely on voluntary public donations and receives no government or National Lottery funding.

The helicopter is able to land in remote locations such as the South Downs, golf courses, playing fields and back gardens. Seriously ill patients are flown to their local hospital or to specialist units. The ambulance can reach the furthest parts of the county in just 15 minutes.

To keep the air ambulance flying costs £1.7million every year, with each mission alone costing between £1,500 and £2,000.

So far this year the Air Ambulance has attended almost 500 incidents. Almost 40% of the call-outs are to road traffic accidents.

To find out more visit www.sussexairambulance.co.uk or to make a donation call 01622 833833.

If you would like to become a volunteer for the charity call West Sussex county fundraiser Cheryl Johnson on 07738 486633.

Get the learning bug!

With more than 2,000 courses on offer, our West Sussex Adult and Community Learning Service has something for almost everyone!

The new brochure is out now. Courses started in September, with hundreds more running throughout the year in venues across West Sussex.

If you're thinking of a career change or want to brush up on your job skills, then get a copy of the brochure now.

There are qualifications in maths and English for all stages, from beginners to GCSE level.

You can take courses teaching computer skills, from absolute beginners to

book keeping and how to use the internet.

There is English for Speakers of Other Languages (ESOL) helping foreign residents to improve their English skills.

The brochure is crammed full of ideas for personal development – from arts and crafts to learning another language and fitness.

For further information visit the website at www.westsussex.gov.uk/adulteducation, or contact 0845 6 01 01 61.

In addition the service can also offer tailor-made courses for employers and members of the community to support a wide range

of skills for employability – including CV writing and interview skills. Courses to support community action such as training people to become volunteers are also available.

These types of courses have helped many people get back into work, improve their employment prospects as well as lead healthier lives.

- The service has recently received a 'Good' rating in an Ofsted inspection, which said students value the benefits of learning and the service works well to attract learners from the whole community and overcome barriers to learning.



Looking for a new career?

You don't have to be young to be an apprentice in West Sussex! The County Council's apprenticeship scheme is open to everyone aged 16 to 65.

The County Council has pledged to employ 200 apprentices by the end of March next year.

Apprentices get paid employment, and training at a local college.

There will be around 50 apprenticeships coming up over the next few months,

ranging from caretakers to customer service positions, nursery assistants to social care, engineering to surveying, and customer services to business administration.

The only exemption to the scheme is that graduates cannot apply.

Chloe Cobb, 19, pictured right, has recently started as an apprentice working at the Fire and Rescue Service reception in Chichester.

"I read about the scheme on the internet and decided



to apply," Chloe said. "Before this I worked for my Dad's business doing general administration work. In my new position I'll be working on reception and for office services.

"I would definitely recommend the scheme – it's a good experience and a

great way to learn."

The apprenticeships last from one to four years and working hours vary from 16 to 37 hours a week.

For further information and current vacancies, visit our website or www.apprenticeships.org.uk



Plenty of opportunities for young workers

University leavers get a helping hand on the job ladder thanks to the GraduateOn scheme.

It is run by the University of Chichester and Chichester College, and aims to help unemployed graduates, or those who have not yet found graduate level employment. In addition, all graduates (not just recent ones) are given a free three-day motivational course as part of the scheme, as well as follow-on individual and group coaching and networking opportunities.

Seventy graduates have already had successful placements of 12 weeks, and more than a quarter of these have been for longer or led to a permanent position for the graduate.

The companies and job opportunities have been varied, from website developing, marketing and fundraising, and research roles.

For more information contact aaron.butson@chichester.ac.uk or call 01243 786321 ext 2385.

- The national Future Jobs Fund scheme will bring more opportunities for 18 to 24 year olds in West Sussex, as the County Council teams up with Brighton and Hove City Council to create jobs in the creative and culture sectors.

The jobs will last for at least six months. As well as offering work to young people who have been unemployed for some months, they will get training and advice specific to the post they are in.

They are also given general training on job searching and presentation skills, to maximise the opportunities open to them when the programme finishes. Employers interested in taking on people under this scheme should call 01903 213424.

Stepping Into The World Of Work



The Steps to Work Partnership helps vulnerable adults with a wide range of disabilities and problems get employment, learning, training, volunteering positions and work support.

The new-look West Sussex partnership is funded by the County Council and NHS West Sussex and consists of three providers:

- Southdown Supported Employment – for people over 16 with mental health needs.
- Impact Workability – for adults who are recovering from drug or alcohol dependency, who may be offenders or ex-offenders, adults with a physical or sensory impairment or an acquired brain injury.
- Aldingbourne Trust – for over 16s with learning difficulties.

Steps to Work helped Caroline Benson, pictured with Belle her Hearing Dog, get a job. She said: "Because I have hearing problems, I felt employers didn't understand or listen to me. I was determined not to let life pass me by so I got in touch with Steps to Work and they encouraged me to do a computer course and produce my own C.V. Armed with new confidence and the C.V. I secured an interview and later a job offer with Age UK. I now work with six elderly people as their home help."

Carole Robertson, from The Environment Agency, said: "It is so important to match the person with the right skills to the right job and to then allow for a period of adjustment. By doing this, the individual and the business will achieve a meaningful work experience."

For more information visit www.stepstowork.org.uk

We Support You – So You Can Support Them

We're looking for people who want to make social work in West Sussex their career. Whether you are newly qualified, an experienced social worker or are looking to return to social work, you can find out more at <http://wesupportyou.westsussex.gov.uk/> On the site you will find a list of all current vacancies, and quotes from West Sussex social workers talking about their jobs.



Give a West Sussex gift this Christmas

If you're fed up giving socks and smellies to your friends and family each Christmas then try some West Sussex themed presents instead!

Our e-shop at www.westsussex.gov.uk has a range of gifts that can be ordered at the click of your mouse.

History lovers will enjoy receiving one or more of a range of **books, DVDs, videos and CDs** produced by our Record Office, about topics such as **family history, the Royal Sussex Regiment, steam engines, and royal letters.**

If there's a foodie in the family then you can buy them a subscription to **Taste West Sussex magazine.**

The award-winning magazine is produced to support West Sussex farmers, growers and food providers and is filled with informative articles about local issues.

For a present that could save a life – our **Young Drivers' Skills Course** is an ideal gift for young people aged 17 to 25. They can learn vital motoring skills and drive a Ferrari. For information see our website, call 01243 642989 or email driveradmin@westsussex.gov.uk



You can also buy a West Sussex flag, cufflinks, tie, scarf, and more!

WEST SUSSEX OLYMPIANS THEN AND NOW

After months of compiling and checking, the official West Sussex Roll of Honour and 2012 Hopefuls is now live on the West Sussex-Ahead of the Game website.

In the March edition of West Sussex Connections we asked for your help in identifying past, present and potential Olympians with strong connections to the county. Many of you got in contact to tell us your stories. We have managed to uncover a competitor from every Games after 1948, and some from before that.

Looking back in time, Bosham resident Denise St Aubyn Hubbard (nee Newman) competed in the high platform diving last time London hosted the Games in 1948 and Tim Hutchings, who lives in Burgess Hill, came fourth in the 5000 meters at the 1984 Los Angeles Olympics.

There is also a section of the website

devoted to our 2012 Hopefuls who are training for the London 2012 Games. Amongst them are Mark Hawkins from Horsham, who's hoping to compete for Team GB in Handball. The 2012 Hopefuls featured describe the dedication needed to get to the top of their game and their hopes for the future.

Mark, left, said: "Being West Sussex born and bred I hope the county benefits from the London 2012 Olympic and Paralympic Games. I think it's a great opportunity to develop new sporting facilities and to attract overseas teams to our training camps before the Games.

It's also going to be a great chance to show off the sporting talent we have in West Sussex, as there are many great athletes from the county."

West Sussex-Ahead of the Game is a countywide initiative to help West Sussex make the most of the 2012 Games.

www.westsussex-aheadofthegame.com



BORDE HILL
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Halloween Week
23rd - 31st October

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- * Ghost tent

www.bordehill.co.uk 01444 450326

To be in with a chance to win one of 6 lots of family annual tickets (2 adults & 3 Children) for Borde Hill worth £75 each, answer the following question:

What is the name of the course that gives young people vital motoring skills? (Answer on this page)

Send your entries with your contact details, marked Borde Hill competition to ccompetitions@westsussex.gov.uk or **Communications Team, WSCC, West Street, Chichester PO19 1RQ** by **30 November 2010.**

The County Council meeting - with you in the chair!



Enjoy armchair democracy and go online to see how the County Council makes its decisions.

The full County Council's five annual meetings are webcast live from County Hall in Chichester. Other key meetings are sometimes broadcast as well.

Details in the webcast window keep you fully informed - you can see who is speaking, and what the topic is about. Often you can click on papers relevant to the discussion.

There is no problem if you miss the meeting, because an easy-to-use archive lets you watch any part of it again. Special index points help you find a specific agenda point or speaker.

You'll need a media player on your computer, which is usually free to download, and a broadband connection.

There are two full County Council meetings before Christmas, on 15 October, and 17 December. Follow the link from our homepage.

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Caring for the young carers

Groups enabling young carers to meet up, chill out and take a break from their responsibilities at home have been set up in Chichester, Worthing and Horsham.

The County Council's Young Carers Team (YCT) has joined forces with our Youth Service to promote and develop groups similar to ones that have already been successfully launched in Crawley and Bognor Regis.

Lorraine Butcher, YCT Manager, said: "We know how much young carers benefit from meeting with each other and getting a break from their caring role."

"The groups meet regularly and provide space for young carers to chill out and take part in all kinds of positive activities."



During the summer, 50 children aged between eight and 14 spent three days at a camp organised by the YCT and 20 young carers aged more than 14 attended a national young carers festival.

"These events are a chance for them to get a break from their caring roles. They do much to build confidence by introducing young carers to new experiences and new friends," said Lorraine.

One mother told the YCT team her daughter thought the camp was 'the best three days of her life'.



Another parent said: "My son attended a Youth Carers weekend break where he met children in similar - or worse - situations than his own."

"This enabled him to identify and accept his role as a carer. There was a definite and positive change in his outlook when he

came home."

Lorraine added: "We want to reach more young carers and offer them the support they deserve."

For more information email youngcarers@westsussex.gov.uk. If you would like to refer someone to the YCT phone **01903 236562**.

THE DRUGS DON'T WORK!



Young people are being encouraged to shun drugs and alcohol with help from Dig-It.

The West Sussex project uses trained volunteers to give 11 to 24 year olds information about the dangers of drugs and alcohol at workshops held in schools, colleges and youth clubs.

Webpages at www.dig-it.org.uk include interviews with an ex-drug addict and former drug dealer, as well as information on what to do if someone overdoses and how to have a safe night out.

You can also ask questions in complete confidence and find out where you can get practical help.

For more info email tom.vanderwee@westsussex.gov.uk or call **07816 786 705**.

Dig-It came third in a nationwide crime-fighting competition called Crimebeat, run by the High Sheriffs of England and Wales.

Everyone's business - safeguarding adults at risk of physical abuse

Sadly we are familiar with situations involving children who have been physically abused or neglected. We are less aware of how often this can happen to adults who may be at risk of abuse.

Last year in West Sussex over half of the investigations into concerns about adults at risk related to physical abuse.

A vulnerable adult is anyone aged 18 or over who may not be able to take care of themselves or protect themselves from significant harm or unfair treatment by others. This may be because they have mental health needs, a physical disability, are frail or ill.

Physical abuse includes pushing, slapping, kicking, punching; restraint, for example tying someone to a chair; or giving them too much or too little medication.

Who causes physical abuse? Abuse often takes place in a relationship where there is an expectation of trust. Anyone could be

an abuser, including a partner, child, relative, a friend or neighbour, a health, social care or other worker, or volunteer, a stranger; or another vulnerable adult. Abuse can be deliberate or unintended, a one-off incident or repeated.

Physical abuse can happen anywhere. It can go unnoticed if other reasons are assumed or used to explain the injuries. For

example, a person has frequent bruises because they 'fall a lot' - are unsteady on their feet', are 'confused and walk into things', or 'bruise easily'.

This may be true but, if you suspect that someone is being physically abused, report it immediately.

People you could talk to include social workers, doctors, home care assistants, nurses, police officers or health visitors.

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



Learn to drive like the experts

on the Young Drivers' Skills Course

Sussex Safer Roads PARTNERSHIP



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 **01243 642989** or visit www.westsussex.gov.uk



Don't rely on others to take action because they may be relying on you.

Hard Times...

The picture most of us have of *Oliver Twist* asking for more while living in a grim workhouse was not a figment of Dickens' imagination.

And workhouses were not confined to London and northern cities. In West Sussex alone there were at least 10, including at East Grinstead, Rudgwick, Cowfold, Easebourne and a huge grey Victorian edifice at East Preston (shown in below).

Conditions were deliberately harsh to deter the able-bodied idle poor from relying on them. Men and women were segregated, as shown in the photo of men sitting by a stove at



North End House, Petworth. Children were split from their parents and often forced to become apprentices without the knowledge or permission of their parents. Many inmates were from poor farming families who could not find work due to an exploding population.

Difficult times too in 1926 as shown in the photo of predominantly



children queuing for their coal ration at Steyning during the general strike.

There was resourcefulness too. When Margaret Smith married her beau Freeman Dalling at Worthing in 1944, she wore a dress that had already been used by seven brides. During the war people pooled their ration coupons to buy dresses and shoes for weddings.



● Our Record Office also has a wealth of material including records of parish pauper relief, poor law unions and workhouses. Visit: www.westsussex.gov.uk/ro or call 01243 753631 or email records.office@westsussex.gov.uk

Photographs by kind permission of the County Library Service, Steyning Museum and the Weald & Downland Open Air Museum. For details of current exhibitions, projects, forthcoming events and online services, visit: <http://www.steyningmuseum.org.uk/> <http://www.wealddown.co.uk/> <http://www.westsussexpast.org.uk/>



Clayton Wood Natural Burial Ground

Clayton Wood is a green alternative to a traditional cemetery. Set in 13 acres of beautiful Sussex countryside and within the South Downs National Park, we are planting a new native wood as a lasting memorial for future generations to visit, remember and enjoy. We offer a dignified burial service in a natural setting. Graves, Ashes Plots and Ashes Scattering are available.

01273 843 842
www.claytonwood.co.uk

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



Those were the days!

Most of us have strong memories of our schooldays – whether good or bad!

Now is your chance to share them and help 21st century schoolchildren learn about the history of childhood and schooling on the West Sussex coast for a new County Library Service project.

We need to find past pupils from four schools to interview face to face and so build up an oral history.

So if you went to school before 1959 at either Littlehampton's Connaught Junior School, Durrington Middle School, South Bersted CE Primary School, or St Nicolas & St Mary CE Primary School at Shoreham-by-Sea contact Martin Hayes on 01903 704811 or email martin.hayes@westsussex.gov.uk



The photo above shows pupils of Ham Road (now Downsbrook Middle) School 'beating the bounds' at Broadwater in 1929. This was when young and old members of the community would walk the boundaries of the parish, to share the knowledge of where they lay, and to pray for protection and blessings for the land.

HERALDING OUR LOCAL HERITAGE

The West Sussex Blue Plaque scheme celebrates people and places that have made their mark in the county.

Currently there are 38 plaques in West Sussex, commemorating writers such as Hilaire Belloc (at Bleak House, Slindon), Oscar Wilde (in the Esplanade, Worthing), and RC Sherriff (at Manor Rd, Selsey), illustrators like EH Shepard at Lodsworth and artist Douglas Stannus Gray at Southwick.

Buildings and places include Medmerry Windmill in Selsey, the former West Sussex Gazette building in Arundel and Swiss Gardens at Shoreham by Sea.

There are certain rules and regulations that must be followed before a plaque can be sited on a building, especially if it is listed.

For information on the Blue Plaque scheme contact the Record Office on **01243 753602**.

Broadband – Your views needed

Let us know what you think about the internet connection you have, would like to have or don't have.

The County Council plans to lobby to get faster broadband for West Sussex residents and tackle the 'not spots' where people are unable to get broadband at all, mainly in rural areas.

Using the internet is largely taken for granted nowadays, with people shopping online, paying bills and doing research.

It's also a vital tool for businesses across the county. We want to work with Internet Service Providers with the aim of getting broadband access for all by 2012.

Tell us about your broadband connection by filling in the questionnaire at www.westsussex.gov.uk/broadband, request a hard copy by calling 01243 382147 or call into your local Library or Help Point.

READ ALL ABOUT IT!

It's easier than ever to find the latest bestsellers in your library.

Twelve of the county's libraries now offer 'Quick Choice', which means you'll find a selection of the latest fiction paperback bestsellers on one stand, with a regular rotation of titles as new blockbusters are published.

As the new titles are so popular, they are issued for seven days, rather than the usual three weeks. This gives time to race through the guaranteed page turner and get it back in time for someone else to borrow, so there should always be a good choice available.

To keep the turnaround fast, Quick Choice books cannot be reserved or renewed. Look on our website to check whether Quick Choice is available at your local library.



ART ON THE MOVE

Catch the Flying Books this October when they land at a location near you and be part of a sketchbook project for young and old alike. You don't need to be an artist - Flying Books are for everyone!

The Flying Books will be a snapshot of thoughts, hopes and feelings drawn from communities across Sussex, inspired by the London 2012 Games.

The books arrive in a suitcase at places including libraries, children and family centres and schools.

Each notebook has a label attached with a title such as 'A book of seasons' or 'A book of music'. Inspired by the titles, the books will be filled with drawings, words, objects and images as they fly between different hands and different eyes.

There will be exhibitions of the books during November and December, and online at our website.

For further information see our website or for more events visit www.thebigdraw.org.uk



TEEN SCENE IN LIBRARIES

You don't have to live near a large library to enjoy thousands of books aimed specifically at teenagers.

Larger libraries, such as Crawley and Chichester, have special sections devoted to teenage fiction, graphic novels, comic books, audiobooks and information titles.

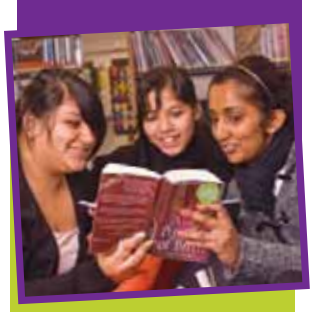
But pop into a smaller branch and they will be able to access thousands of titles from stock held across the county via the free request service.

Free services for teenagers available in all 36 libraries include:

- joining the library
- borrowing up to 20 books at a time
- access to thousands of titles across West Sussex by request
- no late charges for teenage books
- eLibrary access to information sites for homework and research
- space to sit and relax or study.

Crawley Library has an area called Headspace, just for teenagers, with sofas, computers, magazines and loads of great books chosen by young people.

For more information on all the services offered by our libraries, or to find your local library visit www.westsussex.gov.uk/libraries



Keeping you connected?



With finances so tight we must show that every penny we spend is delivering value for money. That includes what it costs to produce this newspaper. Here are answers to some of the questions you may have about West Sussex Connections:

How much does it cost me as a taxpayer to receive the newspaper four times a year?

It costs an average of 29p per household per year – that's less than the cost of a second-class stamp. An independent survey carried out for the BBC Politics show in January this year showed we were the cheapest in the south east.

It still adds up to a lot of money. How do you justify that?

It's the most cost-effective way to keep all residents informed about services they may need or where to turn for help. Plus many articles encourage behaviour change and

lifestyle choices that help to reduce costs. For example if more people are persuaded to recycle that in turn reduces the bill we have to pay for landfill.

Surely you could just publish the newspaper online?

We do put the newspaper on our website, but a lot of people still do not have easy or ready access to a computer, and of those that do, many do not like reading from a computer screen.

Why don't you just send press releases to the local papers or buy pages in them?

We do send news releases to the papers but there is no guarantee they will publish our information. The combined circulation of all of them is still considerably less than that of Connections so many residents would never be informed about council services.

Connections is just full of council puff and photos of councillors isn't it?

Unlike some government publications we avoid self-serving personal columns, photos and anything that smacks of 'puffery'. Stories aim to provide useful public information about the services available and account for what your money is being spent on. If you have any comments email Head of Communications amanda.aviss@westsussex.gov.uk

CROSS ROADS CARE

ARE THE PEOPLE CARERS TURN TO

Crossroads Care West Sussex provides home respite care so that unpaid carers can have time to themselves – a special quality of care from fully trained staff which gives carers peace of mind.

Crossroads Care West Sussex has a range of services and can design individual packages of services to suit most needs.

To find out more and to see if we can help you, contact Crossroads Care West Sussex on 01903 790270 or admin@westsxcrossroads.org or visit www.crossroadscarewestsussex.org

Charity Registration No. 1127236 Registered in England No. 0668265

CROSS ROADS CARE
West Sussex

Turning rubbish into a resource



Construction works are scheduled to start this month (October) on the County Council's flagship plant near Warnham, north of Horsham, that will turn household rubbish that cannot be recycled into resources, such as electricity or potentially fuel for local buses.

The state-of-the-art mechanical biological treatment facility will be operated over 25 years by waste management giant Biffa.

It will handle some 320,000 tonnes of rubbish a year and lead to an approximate 70% reduction in the amount of waste normally sent to landfill from your black bag waste.

By working as a partnership, West Sussex local authorities are committed to reducing landfill by being leaders in waste prevention and recycling and by using the remaining rubbish as a



resource.

The plant will operate alongside a range of other key initiatives that are now firmly established in West Sussex to stop household waste going to landfill.

They include:

ONE: Better Tomorrows, the not-for-profit company, which promotes ways people can change the way they live and work to improve the environment.

TWO: The Materials Recycling Facility at Ford, near Arundel, which is revolutionising the way recycled rubbish is handled in West Sussex.

THREE: The refurbishing or rebuilding of the County Council's network of 11 Household Waste Recycling Sites.

When the new facility near Warnham begins operating, West Sussex will be in a position to hit – if not beat – Government and European targets.

That means:

- 80,000 tonnes of waste per annum will be prevented from entering bins through waste prevention initiatives.
- More than half our waste will be recycled.
- Around 70% of the remaining non-recyclable waste will be used to create resources such as energy.



Screening screens

New Environment Agency rules means that Liquid Crystal Display (LCD) screens must in future be treated as hazardous waste. It means that if you need to throw away a laptop, TV or PC it must be placed into a special cage at a Household Waste Recycling Site (HWRS). The reason for the change is because the screens are backlit by fluorescent tubes that contain small amounts of mercury - a hazardous substance.



Energy Efficient Action



Seven West Sussex businesses will be that bit more environmentally friendly thanks to the first round of UTILISE Action Grant funding.

They have been awarded grants for energy efficiency projects including insulation, energy saving lighting and the installation of a wood fuelled heater. The projects will help cut carbon dioxide emissions by more than 73 tonnes a year.

Goodwood Metalcraft Director and General Manager Mike Hughes said: "Promoting a green economy is definitely the right way out of the recession. And the

UTILISE Action Grants are pleasingly straightforward to apply for."

Other businesses already benefiting from the grants include The Orchard Restaurant in West Grinstead, which is installing double glazing and cavity wall insulation and Rustington Golf Centre which is updating lighting with energy efficient lamps. The changes will cut £2,420 off their annual electricity bill.

It is not too late for other businesses to get involved. The next round of UTILISE Action Grant funding is now open, with the first deadline for applications on 30

November. Grants of £1,000 to £10,000 are available to businesses and voluntary and community organisations for energy and carbon saving initiatives.

UTILISE Utility Management Workshops are also being held across West Sussex, to give businesses and organisations expert advice on how to save energy and money.

The UTILISE Programme is run by West Sussex Sustainable Business Partnership and supported by the County Council.

For further information visit www.westsussexsbp.org.uk

WOULD YOU LIKE TO LEARN A NEW SKILL IN ONE DAY?

In addition to 10, 20 and even 30 week courses West Sussex Adult & Community Learning Service run a large and varied programme of 1 day Saturday courses. These days provide a taste of different subjects and can be a great starting point for longer study.

Our current brochure features over 500 Saturday courses and the subjects listed below are a small selection of what is available during the autumn.

COURSE	LOCATION	DATE
Facebook, Twitter & all that stuff	Burgess Hill	6/11/2010
Cookery - Sushi for Fun	Crawley	6/11/2010
Computers – Keeping in Touch with Family & Friends	Crawley	6/11/2010
Life Drawing	Littlehampton	6/11/2010
Parents & Play Activities	Littlehampton	6/11/2010
Golf - in One Day	West Chiltington	(Sun) 7/11/2010
Ebay for Beginners	Chichester	13/11/2010
Manicure Workshop	Felpham	13/11/2010
Web Design with Dreamweaver Workshop	Felpham	13/11/2010
Knit for fun - Christmas Decorations	Southbourne	13/11/2010
DIY Basics - Tiling	Storrington	13/11/2010
Chocolate Modelling for Christmas	Bognor Regis	20/11/2010
Art Appreciation – Introducing Modern Art	Horsham	20/11/2010
Yoga - for Stress Management	Shoreham	27/11/2010

West Sussex Adult & Community Learning Service
For further information on these and other courses please call

01403 229200

www.westsussex.gov.uk/adulteducation

Could you become a Waste Prevention Advisor?

Volunteer Waste Prevention Advisors (WPA) 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 and it was named LARAC (Local Authority Recycling Advisory Committee) 2009 Best Waste Minimisation or Prevention scheme.

Volunteers receive County Council-sponsored training provided by the University of Brighton at locations throughout West Sussex.

The course

Provides volunteers with information on how waste is currently managed. It includes practical exercises looking at waste materials and helps the volunteers identify items that can be recycled from tea bags to tin cans.

As part of the course volunteers visit their local landfill site or recycling plant. This helps them understand what happens to waste and how recycled material is collected.

Guests from waste prevention organisations such as WRAP and Green Cone give talks to volunteers on subjects like home composting and using food waste as fertiliser. Council officers also attend some sessions to explain the work they do and how the volunteers can help them.

The 10-week part-time training course is free and includes information on:

- Composting.
- Cotton nappies.
- Recycling.
- Food waste.
- Smart shopping.

The training can be used as credits towards a degree and the experience of being a WPA can also help with employment prospects.

Many people believe they are already doing their bit for the environment by recycling their rubbish. However, prevention is sometimes better than cure because even recycling comes at a cost. This is

because global warming gases are produced in both transporting and converting recycled materials.

By becoming a Waste Prevention Advisor you can not only pick up tips for your own use but also help many others in your community reduce/prevent waste.

Volunteers are encouraged to be creative and develop new and innovative initiatives.

WPAs are involved in:

- Community presentations to local groups like WI, Rotary Groups, Church Groups
- Attending large events throughout the county to promote waste prevention to the public
- Community Workshops promoting waste prevention in a fun way to local groups
- Home visits helping people cut down on the amount of rubbish they generate and throw away

WPAs really are making a big difference in West Sussex. Collectively they have spoken to over 23,000 people in the county and have completed over 2,500 hours of volunteering. Since 2008, WPAs have helped divert 1212 tonnes of waste, saving the County Council £49,192 in landfill tax.

- To arrange a visit from a WPA visit www.westsussexwpa.org.uk



The volunteers

Trevor is a well-known face around Crawley. Since becoming a WPA in 2007 he has helped out at numerous events including interactive workshops, home visits, Green Digger and Junior Citizen events. So far he has completed over 220 hours of volunteering work as a WPA.

Trevor said: "It is enormously satisfying being an advisor and helping others to recycle and cut down on waste."

"I would recommend it to others. I started after I became a pensioner but it is also a good way for younger people to give their career a boost."

Susan, from Selsey, has been a WPA for nearly two years. She has helped out at events and works with a local school to raise awareness of waste issue. She also writes a column in a local magazine which goes to over 5,000 readers. Her articles have ranged from real nappies to food waste.

Susan said: "I have always been interested in environmental issues. I became a waste advisor after picking up a leaflet at my local library."

"Since completing my training I have given advice at a variety of events ranging from farmers markets to garden shows."



NEW COURSES

New courses will be running again in January 2011.

The ten week courses will start on January 18 in the conference room at the Crawley Volunteer Centre and in the Amberley Room at Dove Lodge in Littlehampton on January 20.

Each session will run from 6.00 - 9.00pm.

For more information call 01243 642106 or visit www.bettertomorrows.org.uk

Grappling through the green jargon jungle?

Do you know your biofuels from your biomass? Are you a dedicated follower of eco-chic? Have you tried retrofitting your home, or wondered just exactly what organic means? If the jargon that goes with going green is making you see red, here are some word definitions that are slipping into our language:

CO-MINGLED: This means collecting paper,

cardboard, plastic, aluminium and steel cans, glass bottles and jars all in one bin ready for recycling.

SUSTAINABILITY: You can lead a 'sustainable life' or live in a 'sustainable house'. The word has many different shades of meaning, but basically it means people live, work and build in a way that will not leave the planet in a worse state for future generations.

ECO-DESIGN: This is design where special consideration is given to the environmental impacts of the building, not just while it is being built.

RETRO-FITTING: This means to install a device or system, for example more efficient heating, into an existing home or office – especially if it is an older building.

ECO-CHIC: Being actively environmentally aware. Eco-chic clothes, furniture and fittings are designed using traditional skills, and are made from materials that are organic, natural and/or recycled.

Check out our website below for lots more information.

Other special offers:

1000 Composter Bin Offer: 220ltr size @ £7.00 and get second half price (£3.50). Go to: www.wsussex.getcomposting.com or call 0844 571 4444 (quote ref:WSUOIL). Please note that offer ends 31/03/2011 or while stocks last.

Join the West Sussex Green Club and receive a welcome pack and members only special offers! Get a friend to join and receive a free pair of gardening gloves. For further information go to: www.bettertomorrows.org.uk.

Healthcare closer to home



If we want to secure local services for our patients we have to do things very differently, delivering the best and most appropriate care for individual patients, and ensuring that it provides value for money.

If we want to make sure health services in West Sussex are able to look after you for years to come, we need to ensure you are being treated in the right place, at the right time, by the most appropriate healthcare professional, and that services provide best value for money.

We know that traditionally patients have had to travel for services and treatments when they could be treated just as effectively closer to home. As a result, we are working to transfer a range of treatments and tests from hospitals to

settings closer to where people live. One of the main ways we are doing this is by increasing the services on offer in GP practices, health centres and community hospitals across West Sussex.

For example, we now offer a range of dermatology services for skin conditions at community hospitals and GP practices. This involves a 'one-stop see and treat' service, which will provide your treatment locally within six weeks from GP referral, without the majority of patients needing hospital-based care.

Providing healthcare closer to home is not only more convenient for all of us as patients, but as taxpayers it costs us less.



Care closer to home is already benefiting thousands across West Sussex.

Phil Poole from Horsham has experienced care closer to home first hand when he was referred to the Sussex Community Dermatology Service after a mole on his head started bleeding. Phil said: "I didn't know what it was; it just wouldn't heal up. So I went to see my doctor who referred me to the specialist service.

"Right from the start they were excellent and made it all so easy. I saw a consultant and then had to have a small operation, which was done at Horsham Hospital a week later. I was expecting to travel much further than just down the road – it was great.

"I was treated so well and everything is now fine. I would recommend the service to everyone. The whole team was friendly and made me feel at ease, and the fact it was right on my doorstep was brilliant."

It's that time of year again, when you should be thinking about your

seasonal flu jab

Seasonal flu can be much more serious than you may think. It can cause chills, fever, a sore throat and even serious pneumonia making you very ill.

But there is help at hand; the seasonal flu jab is available for people most at risk, including if you have heart or lung problems, have diabetes, or are 65 or over.

If you are one of the people most at risk from seasonal flu, it is important you get the jab.

It is easy to do. Ask your doctor, practice nurse or local pharmacist for more details and advice.

Visit www.westsussex.nhs.uk/live-well for information.

What could the NHS West Sussex website do for you?

If you haven't visited your local NHS website recently, it's worth taking a fresh look: www.westsussex.nhs.uk

- You can search for local services by postcode: you're now only a click away from finding your nearest GP, dentist, chemist, optician or hospital.
- You can get involved in your local NHS or share your views in our 'Talk to us' area.
- You can find out more about what you can expect from your NHS in the 'Your rights' section, for example information about transport costs and the NHS Constitution.

So why not take a look and see how the site could help you? Tell us what you think at www.westsussex.nhs.uk/contact-us



Why Weight?

Losing weight, even small amounts, can lead to significant health benefits for you. Being overweight can be linked to many long term health problems, including diabetes, high blood pressure and cancer. It can also lead to problems with joints, especially knees.

Losing weight generally helps us feel fitter, more energetic and happier. Weight management groups and professionals can support you, they can give you information, they can provide ideas and motivation – but it's down to you to see it through.

For ideas and support visit: www.westsussex.nhs.uk/live-well

For adults with specific weight and health problems our new **Why Weight service** is here to help.



More information is available at www.westsussex.nhs.uk/live-well-lose-weight or by telephoning 0300 123 0892

We're here to help you

Contact the Customer Service Unit at NHS West Sussex to ask questions, seek advice or raise concerns about health services.

The service is free and confidential.

Telephone: 0300 100 1821

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

NHS Choices www.nhs.uk

Information about local health services and hospitals, tips on healthy living and information about conditions and treatment.

NHS Direct 0845 4647 www.nhs.uk

Expert, confidential health advice, as well as information on local health services.

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.