



Keep safe as the seasons change

The tang of autumn is in the air, and as the seasons change, many of us will be spending more time indoors.

Covid-19 is still with us, so it's important not to let our guard down and do all we can to stop the spread of coronavirus as we head into winter.

Here's how to do your bit:

- Test regularly – order or pick up test kits, or have a supervised test at a local pharmacy. Testing info [here](#).
- Have both doses of the vaccination.
- Remember hands, face, space, let fresh air in.

Find the latest [local Covid-19 data here](#).



How to stay safe this autumn

Back to uni soon? Here's how to prepare



It's an exciting time for students as they begin or return to university life with lots going on including meeting new people during Freshers' Week.

So it's important they do all they can to protect themselves and others [by getting vaccinated](#) and [testing themselves regularly](#).

Please encourage younger family members and friends to have their vaccine before they head off to uni. They can [book online](#), call 119 or attend a [walk-in clinic](#).

More Covid-19 info for young people

Local vaccination update

As of Wednesday 8 September **659,105** people over 16 in West Sussex have had one dose of the vaccine. That's 85.5% of the 16+ population.

Everyone is still able to come forward for a vaccination – there is no time limit. If you are yet to have your first dose please visit a walk-in service to receive your vaccine.

Teenagers aged 16 and 17 can now go to a number of walk-in clinics across West Sussex. They don't need an appointment and they can go with friends or family. Walk-in clinics are taking place in Angmering, Bognor Regis, Chichester, Crawley and Haywards Heath as well as many other locations. See the latest list of walk-in clinics [here](#).

Some children aged 12 to 15 are also now eligible to have a vaccine.

[Find out more here.](#)

Proof of vaccination status with a Covid Pass might be required to gain entry to nightclubs and other venues. Download the NHS App to get the Covid Pass [here](#).



Latest local vaccination data

Improve your wellbeing



Coronavirus has had a huge impact on many aspects of our lives including our wellbeing and habits.

Increased stress, weight gain due to changes in eating habits and levels of activity plus changes to drinking and smoking patterns are all factors that may have affected our wellbeing and ability to cope.

If you're looking for inspiration and practical tips to improve your health visit the [West Sussex Wellbeing](#) and [Better Health](#) websites.

This week is **Know Your Numbers** week which promotes blood pressure awareness. Keeping a check on yours could help reduce the risk of stroke and heart disease.

How to monitor your blood pressure

Critical support to Afghan nationals arriving in the UK

We are providing critical support to Afghan nationals arriving in the UK from Afghanistan.

The county council is committed to supporting the government's [Afghan Relocation and Assistance Policy](#) and 'Operation Warm Welcome' and is working closely with our district and borough council partners to identify suitable properties which can be used to provide long-term accommodation for Afghan families who have arrived in the UK.



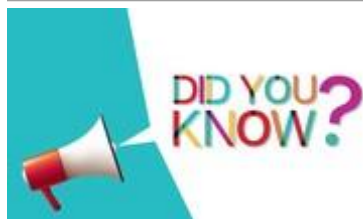
We also encourage anyone who wishes to help those arriving from Afghanistan to [visit our website](#) where there are details of local and national organisations accepting financial and practical donations.

More information

More local news...

- Could you be a cyber hero? [We need volunteers to become Digital Ambassadors](#). They will be trained so they can help educate and support their local communities to become safer online.
- We're encouraging people [to think about how they travel](#). By taking small steps and thinking active travel first, many people could have the opportunity to make

their journeys greener, healthier, safer and more active. We're also developing a 'school gate' travel improvement programme.



You can step back into the golden age of cinema on 14 September when West Sussex Unwrapped presents its latest online event.

The free talk will feature the history of West Sussex cinemas, and there will also be a chance to ask questions. [Find out more here.](#)

Know someone who would like to receive this eNewsletter?

If anyone you know who would like to sign up for this bulletin, please forward this eNewsletter to them and they can [sign up here](#). Thank you for your support.



CORONAVIRUS

**SYMPTOM FREE COVID-19
TESTING IS NOW AVAILABLE.
KEEP EACH OTHER SAFE,
TEST TWICE A WEEK.**

westsussex.gov.uk/communitytesting

