



Supporting Anti-Bullying Week



#ANTIBULLYINGWEEK

We're supporting #AntiBullyingWeek, an annual event coordinated by The Anti-Bullying Alliance (ABA).

It's been running all this week and aims to raise awareness of bullying of children and young people, in schools and elsewhere, and to highlight ways of preventing and responding to it.

The theme this year is #OneKindWord. More information and resources are available on the [Anti Bullying Week website](#).

We're inspired by ABA's manifesto:

- Ask if someone's OK. Say you're sorry. Just say hey.
- In a world that can sometimes feel like it's filled with negativity, one kind word can provide a moment of hope. It can be a turning point. It can change someone's perspective. It can change their day. It can change the course of a conversation and break the cycle of bullying.
- Best of all, one kind word leads to another. Kindness fuels kindness. So from the playground to Parliament, and from our phones to our homes, together, our actions can fire a chain reaction that powers positivity.
- It starts with one kind word. It starts today.

If your child or a young person you know has been affected by bullying and needs support with their emotional wellbeing or mental health visit our Your Mind Matters website below. There is also a useful guide about how to support a child being bullied - [find it here](#).

Local Covid-19 and vaccination update

The number of Covid-19 cases in West Sussex remains higher than the national average.

The hands, face, space and fresh air guidance was crucial to bringing us out of previous restrictions. Following these health protection measures is vital in helping reduce the numbers of positive cases and keeping everyone in West Sussex safe.

Find our latest figures by visiting our [data dashboard](#). Please remember, you can check localised rates using the postcode checker.



Winter Vaccinations

Flu occurs every year, usually in the winter and is highly infectious. Vaccination remains the best defence, and it is recommended to get the flu vaccine as soon as possible.

This year, children aged 2 to 15 will be offered the flu vaccination. For most children, the vaccine will be given as a spray in each nostril. Visit [here for more information](#).

If you're pregnant you can get a free flu vaccine from your GP, pharmacist or through your maternity service. Visit [here to book your appointment](#).

Some people may also be eligible for both the flu and the Covid-19 booster vaccines, such as those with long term health conditions. If you are offered both vaccines, it's safe to have them at the same time. [Find out more about the Covid-19 booster vaccine and who can get it](#).

Most people when offered the jab have taken up the offer and had both first and second doses. If you are yet to have your Covid-19 vaccination and want more information or to book, visit the [national booking website](#).

You can also arrange [free transport to and from your appointment](#) if you wouldn't otherwise be able to get to the vaccination site.

Your voice - make it count on local issues



Please take part in the following three consultations and share your views on these important local issues:

- [A draft Sussex-wide Domestic Abuse Accommodation and Support strategy](#) will help shape how £3.1 million funding will be invested in services.

The draft joint strategy has been developed by West and East Sussex county councils and Brighton and Hove City Council.

The Domestic Abuse Act 2021 requires local authorities to publish a strategy setting out how they will protect and assist survivors of domestic abuse in safe accommodation.

Alongside the strategy, the three councils have been awarded just over £3.1 million of government funding, which will go towards implementing the strategy across Sussex when it is finalised.

Closing date: Sunday 19 December 2021.

- Improving frontline firefighter cover at a number of key fire stations is just one of the proposals in a [new public consultation launched by West Sussex Fire & Rescue Service](#).

The service is proposing to increase firefighter availability at some stations, to better align its resources to the risks within the county. This will allow it to enhance its emergency response, as well as its vital prevention and protection activity within the community.

The proposals are set out in the service's draft Community Risk Management Plan (CRMP), which outlines the service's key priorities over the next four years.

Closing date: Friday 21 January 2022.

- Share your views on the [Environment Agency's draft Flood Risk Management Plan](#).

Back in 2016, the first plans were published containing a six year, national strategy to manage flood risk across England.

As a Lead Local Flood Authority, the county council has been working with the Environment Agency to review and update the plans for 2021 to 2027.

Closing date: Friday 21 January 2022.

How to shop safely online this winter

This time of the year is a busy one for cyber scammers looking to steal money from unsuspecting victims shopping online.

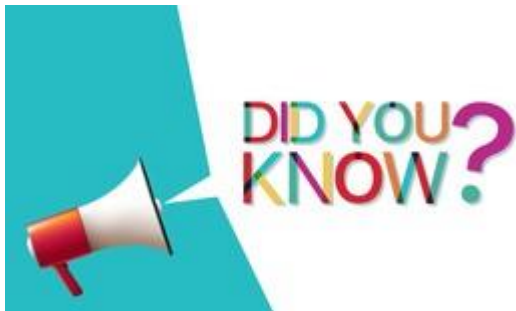
With Black Friday and Christmas fast approaching, people are being warned of web links to fraudulent websites posing as legitimate retailers and other sophisticated online scams.



Despite the end of lockdown, many people will be doing the bulk of their festive spend online this year, and criminals will see this as a chance to strike.

To help, our Community Safety & Wellbeing and Trading Standards teams are offering residents advice on how to stay safe from scams and have fraud-free festivities.

Tips to shop safely online



You can find your 'happy place' right here in West Sussex. Our Experience West Sussex website has curated [a range of inspiring guides](#) to help you unwind your mind, including forest bathing, mindful meditation, and navigation courses.

Know someone who would like to receive this eNewsletter?

If you know anyone 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

