



---

## Welcome to 2022 in West Sussex!

There's no doubt the ongoing pandemic has had an impact on every aspect of our lives, not least on our health and wellbeing.

This eNewsletter focuses on practical ways you can look after your mental and physical health as we start a new year and the challenges it may bring.

We also highlight the benefits of getting out and about and enjoying wintertime – and where better than discovering some of the wonderful places that are right here in West Sussex!

Have a happy and healthy 2022.

---

## Local Covid-19 and vaccination update



Current covid rates remain very high across West Sussex.

Face coverings are compulsory in many indoor settings so if you're popping to the shops, wear a face covering. [Click here for a full list of indoor settings where face coverings are required.](#)

Get more info on Covid-19 rates in your area by visiting our [data dashboard](#).

### Vaccinations

We are working closely with our local NHS colleagues to support the vaccination programme.

Everyone 12 years of age and older is now eligible to get a Covid-19 vaccination. Details of walk-in and bookable Covid-19 vaccinations centres available across West Sussex [can be found here](#).

## Testing

In response to rising Covid-19 cases and the rapid spread of the Omicron variant across the UK, we should all be following public health advice to slow the spread of infection and keep each other safe.

About 1 in 3 people with Covid-19 do not have symptoms but can still infect others. Even if you're vaccinated, you can still catch the virus and pass it on.

Symptom-free lateral flow testing will help to check if you have Covid-19, so that if you get a positive result you can self-isolate.

Take lateral flow tests before you meet others, socialise or go to crowded or enclosed places. Please report all results and if you test positive you must self-isolate and order a PCR test.

Please do not leave your place of isolation to collect a testing kit. We recommend that you order a kit for delivery to your home, or ask a friend, relative, or carer to collect a kit on your behalf.

Demand for testing kits is high so please keep trying if you're unable to get kits first time. [Click here for details on how to pick up or order a free lateral flow test kit](#).

**More local information on Covid-19**

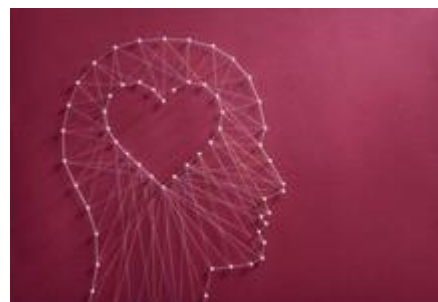
---

## Make your mental health a priority

Put your mental health at the top of your to-do list for 2022.

The NHS's Every Mind Matters campaign has expert advice and practical tips to help you look after your mental health and wellbeing.

You'll also find local information and guidance to support young people on our [Your Mind Matters](#) webpages.



**Every Mind Matters**

---

## Unwind your mind



You don't have to move very far away from your front door to discover some stunning natural locations where you can relax and unwind your mind.

Walking is a great way of clearing your head and appreciating the natural world around us, like this colourful sunset over Halnaker Mill, pictured last year.

So whether it's crunching through fallen leaves in the woods, feeling the invigorating salty sea air on the beach, or taking a gentle stroll through the park, you'll find lots of inspiration on our Experience West Sussex website.

[Walking in West Sussex](#)

---

## Have a healthier new year...



Most people who do Dry January (not drinking alcohol for the whole month) see a whole host of benefits that make taking part the perfect start to the New Year. You'll see your skin get brighter, improve your finances and find a calmer mind. Visit the [West Sussex Wellbeing website](#) for more information.

The return of the Better Health campaign is encouraging adults across the nation to lose excess weight, eat more healthily and get active this January. Visit the [West Sussex Wellbeing website](#) for free help and support to get you started.

Thinking of quitting smoking this year? Giving up smoking is good for your health, your finances and your mental health. Experts have found that adults who smoke increase the likelihood of their kids taking up smoking. So, if you want to quit smoking for your family or for your own health this January, visit the [West Sussex Wellbeing website](#) for free help and support.

---

# Our libraries can help your wellbeing

Reading can help lift your mood or give you helpful information, so why not visit your [library](#) or [reserve](#) a book online?

If you can't get to the library, we can deliver to you.

Being active is good for wellbeing too, book a place at one of our [regular activities](#) and meet new people.

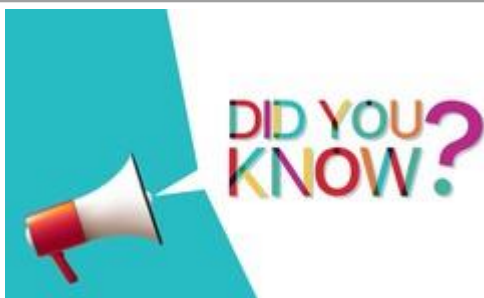


Or check our [current offer](#) to see our online activities such as [Rhyme Times](#) and [Melody for the Mind](#), where you will also find our [Wellbeing Resources](#), such as our [Reading Well](#) collections. Not a member? [Join online](#) today!

---

## More news

- [Essential work is ongoing to remove ash trees](#) which could pose a risk to road users because of Ash Dieback infection and the potential for branches to fall into the road.
- [A new plan that outlines support for more than 120,000 unpaid friend and family carers across West Sussex](#) for the next five years has been launched.
- Our West Sussex Fire & Rescue Service [rescued a llama](#) that fell into an underground reservoir after escaping from its enclosure after dark.



---

[Applications for primary, infant and junior school places](#) close on Saturday 15 January 2022.

Children born between 1 September 2017 and 31 August 2018 are eligible to start school this September.

Parents/carers of children currently in Year 2 at infant school can also now apply for a place at junior school for this September as well.

---

## 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**



**VISITING CROWDED  
SPACES, VULNERABLE  
FRIENDS OR FAMILY?  
TEST BEFORE YOU  
GO AND REGISTER  
YOUR RESULTS**

Click for more information  
**#KeepWestSussexSafe**