



Living with Covid-19

As Covid-19 restrictions in England are easing, West Sussex Director of Public Health Alison Challenger is thanking residents for efforts made in protecting our communities during the pandemic.

The government has announced that [legal requirements to comply with restrictions end today](#) (Thursday 24 February).



Alison said: "The pandemic isn't over yet, and in line with the national advice there are many simple and easy things we can all choose to do to protect ourselves and each other including the most vulnerable people in our communities.

"Thank you to everyone who's played their part throughout the pandemic, taken up the offer of a vaccination, and incorporated the health protection measures so they're now part of our normal daily lives. You've not only helped to prevent the spread of Covid-19, but also other infectious diseases that can be just as impactful."

[Read Alison's message in full here](#)

Take action on food waste



In West Sussex, food waste makes up a staggering 40% of the average household general waste bin. However, up to 70% of that waste can actually be avoided!

Food Waste Action Week takes place from 7 to 13 March, so now is an excellent time to forge new habits by wasting less while also reducing your food bills.

The West Sussex Waste Partnership is tackling food waste through various trials and initiatives. It is also undertaking trials of separate food waste collections to further reduce the amount of waste we send to landfill.

If you have excess or leftover food you can find details on ways to share it and avoid it going to waste by visiting [Food Rescue campaign](#).

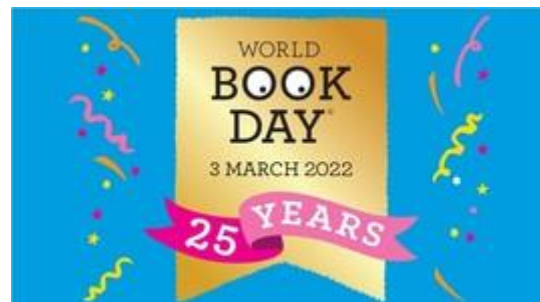
For more top tips, visit the [Love Food, Hate Waste](#) website. It's packed with information and inspiration to help you plan meals and make delicious food.

[More info on Food Waste Action Week](#)

The wonderful world of books

World Book Day is an annual celebration, marked in more than a hundred countries around the globe, and 2022 is its 25th year.

The mission of World Book Day is to inspire children and young people to discover the joy of picking up a book.



Many schools will be encouraging children to dress up as their favourite book character next Thursday (3 March).

Visit our library service's [online catalogue](#) to reserve the book which matches your child's costume and, if you're stuck for inspiration, here's a range of [dressing up ideas](#).

Our Library staff would love to see your costumes if you pop to the library on World Book Day!

And if you're not a library member, it's [free and easy to join here](#).

Find your local library

Lift someone out of loneliness



Loneliness can affect anyone, of any age, and at any time of their life. It doesn't matter if you live alone, or are surrounded by people in your everyday life, you can still feel lonely.

The Every Mind Matters website below has tips and advice to help you, or someone you know, who is feeling lonely.

Age UK West Sussex, Brighton & Hove also has information about [tackling loneliness in their latest Connect magazine](#) and [run many activities across West Sussex](#). Call 0800 019 1310 or email info@ageukwsbh.org.uk

Guild Care can also [help older people living in Worthing](#).

Ways to tackle loneliness



Children and young people with special educational needs or disabilities are being encouraged [to sign up to a new-look register](#) that will help the county council develop better services to support them and their families. From 1 April, our West Sussex Library Service will take over

running the disability register for those aged under 25.

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.



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