



Welcome to our Summer Special eNewsletter! We've got plenty of inspiration to help you make the most of these long light summer days and nights here in West Sussex.

You'll also find helpful information about how to stay safe and well in a heatwave.

Wishing you a summer that's as fun-packed or relaxing as you want it to be!

Delights on your doorstep



tastebuds a treat.

From fine dining to vegan feasts, afternoon tea in a castle to brewing your own beer, Michelin Star dining in a 16th century setting to award-winning fishermen serving shellfish on the beach. These are just some examples of the diverse food scene right here in West Sussex.

Experience West Sussex has created a Foodie Trail so you can plan where to go to give your

Have your fill on the Foodie Trail

There's a whole host of fabulous gardens in West Sussex bursting with life waiting to delight your senses this summer.

[Experience West Sussex](#) has showcased some of our most spectacular and diverse gardens for you to visit, along with suggestions for where you can enjoy a refreshing tipple or sample some locally-produced food.



[Join the Gourmet Gardens Trail](#)

History is a hot topic this summer

Home to some of Britain's best-known castles, stately homes and gardens, history runs deep in the veins of West Sussex.

[Experience West Sussex](#) has made a video where you can learn about local history - and choose which fascinating part of our past you want to explore further.



[Meet the West Sussex Historians](#)

'What shall we do today?'



Need to keep the kids or grandkids entertained over the long school summer holidays?

Here's some ways to ensure they stay entertained and you stay calm!

- The [Summer Reading Challenge 'Gadgeteers'](#) is taking place in all our 36 libraries, with free events and activities taking place throughout the holidays
- Check out some great [places to picnic](#) in West Sussex
- Read [this guide to the best places for rockpooling along our coastline](#)
- [Buchan Country Park is set in 170 acres of beautiful countryside](#) right on Crawley's doorstep
- If you need to entertain energetic tots or tricky teens – and all ages in between! - take a look at this [what's on guide for families](#)
- Discover [14 easy countryside trails across the county](#). The walks are for everyone to enjoy, including wheelchair users, families with pushchairs, those wanting a gentler walk and walkers who are less mobile.

And relax...

Reading or listening to audio books is a great way to relax – especially if you find a spot outside.

Check out your [local library](#) for a wide range of fiction, non-fiction, large print and audio books.

Downloading the [West Sussex Libraries app](#) makes browsing and reserving even simpler.

If you prefer to read using your phone or tablet, try [Libby](#). This gives you a wide range of eBooks, eAudio books and eMagazines, all available free of charge. Newspapers are also available free via [Press Reader](#).

If you need reading inspiration, have a look at our Library Service's [Love Reading](#) pages or join them on Facebook where you'll find a [Virtual Reading Group](#).

It's [free to join](#) the Library either online or in person.



Stay safe this summer



Click the button below for information and tips on staying safe this summer.

This includes information about how to [stay well during a heatwave](#).

You'll also find information on protecting your health, the dangers of wildfires, and how to stay safe on the beach and around water.

Each summer our fire and rescue service attends numerous bin fires where the cause is attributed to disposable barbecues being thrown away before they have fully cooled down. The [Has it Bin Long Enough?](#) campaign has vital tips for ensuring barbecue safety.

[Have a safe summer](#)

Summer travel tips

- Use our [Cycle Journey Planner to get turn-by-turn directions and maps](#). Find the fastest, quietest or most balanced route, journey times, distances and how many calories you'll burn. You can also see an elevation profile showing how flat (or hilly) routes are.
- View a [map of roadworks being carried out](#) including real-time information such as roadworks, closures and diversion routes.
- Find [public transport timetables and information](#) to help plan your journeys.

Stay connected

If you need to get in touch with us about any of services we provide for you – we are here for you 24/7.

- [Contact West Sussex County Council](#)
- [Visit our newsroom](#)
- [Have your say on local issues.](#)



On average we all use a staggering [140 litres](#) of water every day.

And, with more extreme weather predicted, our water supply is becoming unpredictable with West Sussex already classed as [seriously water 'stressed'](#).

[Click here to find lots of top tips on being water-wise](#) in the warm weather.

Did you receive this eNewsletter from a friend? [Sign up here.](#)

YOUR MIND MATTERS

Support and advice for young people and families

Click for more information
[westsussex.gov.uk/YourMindMatters](https://www.westsussex.gov.uk/YourMindMatters)
