



Support with the cost of living



Find out on the government website below what support you might be able to get with the cost of living.

There's information on income and housing support, how to get help with energy bills, childcare and transport costs, and advice if you're looking for work.

[Find cost of living support here](#)

Read our Annual Report

A year of progress delivering vital services for communities in challenging times is the core theme of [West Sussex County Council's Annual Report 2021/22, now published here.](#)



[Read the news story in full](#)

We're here for you this Bank Holiday



The late summer Bank Holiday is coming up on Monday 29 August.

On the link below you'll find the opening times of our Customer Service Centre, plus contact details if you need to get in touch with us urgently.

Bank Holiday contact details

Support with exam results



Students who sat the first exams to be held in-person since the pandemic are opening their A-level and vocational course results today (Thursday 18 August). Next Thursday (25 August) GCSE results will be announced.

Our careers advisors can provide free, one-to-one advice. Chat with them by calling 0330 222 2700 or email careersadvice@westsussex.gov.uk.

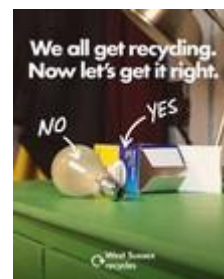
Students who feel upset, stressed or anxious after opening their grades can find advice and support on the link below.

Your Mind Matters

Think Before You Throw!

Our Recycling and Waste team is asking everyone to 'Think Before You Throw' this summer, as we try to make sure the right items end up in your recycling.

Please ensure that recyclable items are clean (to avoid contamination), dry and loose.



A to Z of what you can and can't recycle

Free Discovery Days at your library

Our libraries have much more than just great books!

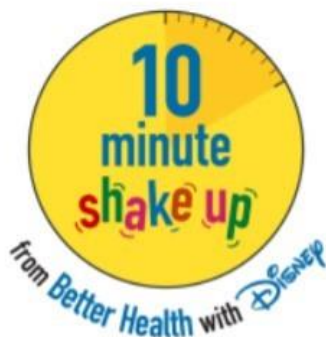
Come to one of our free events and discover what else is on offer.

Our 'Love Your Local Library' campaign aims to show the many activities you can take part in, including family-friendly toddler time, board games clubs, author evenings, free ancestry history meetings and digital subscriptions.



[Find your nearest library Discovery Day](#)

Shake up your summer!



Keep the kids busy and get them moving by visiting the Better Health for Families (NHS) website below.

You'll find free Disney-inspired games designed to get children active.

Free take-home games packs featuring their favourite Disney characters are also available from our [West Sussex libraries](#).

[10 minute shake up games](#)

Covid-19 update



Covid-19 is still present in West Sussex. Continuing to follow a few simple measures can help reduce the risk of catching and spreading the virus, even if you are vaccinated.

Remember to regularly wash your hands, consider wearing a face covering in busy or enclosed places, give people space and let in fresh air.

Getting vaccinated is still the best way to protect yourself. Vaccinations and boosters are still available, even if you haven't had one yet. Book your vaccination by calling 119 free of charge or online via the link below.

[Book your Covid-19 vaccine](#)

More news

Head to our [Newsroom](#) to find all the latest news. Below are some highlights:

- Work has started on Phase Two of the [Manor Royal Highways Improvements Scheme in Crawley](#).
- 24 fully trained [Digital Ambassadors can offer residents free advice](#) including how to avoid being a victim of online scams.
- There is [still time to sign up to the free Summer Reading Challenge](#), which ends on Saturday 10 September.



The [West Sussex Care Guide](#) provides a wide range of useful information to help you prepare for later life and maintain your independence.

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)