



Welcome to the October 2023 edition of our Residents' eNewsletter containing the very latest news and updates from your county council.



Covid-19 and flu jabs update

Eligible residents are being urged to be vaccinated against flu and Covid-19 ahead of this winter.

Taking up both vaccines this autumn provides you with the best level of protection against severe illness and will help ease the pressure on the NHS this winter.

Flu and Covid-19 circulated last winter causing significant peaks and resulting in thousands of hospitalisations and deaths across the country.

Cases of Covid-19 are expected to rise this winter, increasing the risk to vulnerable groups.

Those [eligible](#) can book a Covid-19 vaccination online via the [NHS website](#), via the NHS app or by calling 119 free of charge. Some people may be eligible for both seasonal Covid-19 and flu vaccines. You may be asked if you want a flu vaccine at the same time.

GP practices and other local NHS services will also be contacting people to offer both flu and Covid-19 vaccines.

[Find out here](#) if you are eligible and to book a flu vaccination.



We all scream for Halloween!

The spookiest time of year is almost here, and our Experience West Sussex team has come up with some great (trick or) treats for all the family to enjoy!

Get (witch) crafty with pumpkins, put your ghostbusting kit on and go hunt some ghouls, dare to take a spooky stroll through a scary trail, or visit the biggest 'scream park' in Europe - it's all happening in West Sussex this half-term!

Spooktacular ideas for half term!



What community issues matter to you?

We want to hear your views on a range of important local issues.

Perhaps you're concerned about local health services or maybe you'd like to tell us how we can improve the roads for cyclists and pedestrians?

Take a look at our Your Voice engagement hub to check out the hot topics that need your input via the link below. It's the home for all of our consultations and surveys.

Here's a taster of some of the current issues we need your views on with links to take part:

- Community Safety Partnerships across West Sussex are running a consultation for residents of all ages to share their [experiences of crime and anti-social behaviour](#) in their local areas.
- We're asking residents to help [shape the future of active travel](#) in the county.
- It's breast cancer awareness month and Healthwatch West Sussex is [running a survey to understand why people don't take up the invite to breast screening](#), using your feedback to make positive changes.
- We want your views on our website westsussex.gov.uk and how we could improve it. [Take the survey here.](#)

Your Voice - your views



Support for kinship carers

Are you caring for a family member or friend's child who is aged 0 to 18?

Kinship Care is when a child lives full time, or most of the time, with a relative or friend.

Our Kinship Care team provides a wealth of support, including advice regarding family contact time, signposting and guidance around housing, education and health.

They also provide training and specialist therapeutic intervention workshops, peer mentoring, regular coffee mornings, a monthly newsletter and much more.

If you, or someone you know, might benefit from speaking to the team, or would like more information, click on the link below or call 01403 229900.

[More information on Kinship Care](#)



Let's talk about mental health

It was [World Mental Health Day](#) earlier this week, which highlighted the importance of talking - whether you'd like to chat to someone about how you are feeling, or get help for someone you care about.

There's lots of local help available:

Online

[Sussex Mental Healthline](#).

[West Sussex Mind | Getting help](#).

[NHS West Sussex Talking Therapies](#) provide free mental health support for people with anxiety and depression in West Sussex.

[Samaritans](#).

[Preventing Suicide in Sussex](#).

Telephone

Samaritans for free, day or night, 365 days a year on 116 123.

Sussex Mental Healthline 0800 0309 500.

NHS 111 and **select option 2** for mental health.

Text the word SUSSEX to 85258.



Time to apply for starting school places

Applications are now open for children born between 01 September 2019 and 31 August 2020 who start in reception at primary and infant school in September 2024.

The quickest and easiest way to apply is [online](#) and the deadline for applications is 15 January 2024.

[Apply here for starting school places](#)

Top tips for quitting smoking!

1. List your reasons for quitting
2. Set a quit date and stick to it
3. Get support to manage cravings



Stop smoking – free support

This month is Stoptober – the annual stop smoking campaign that’s based on research that if smokers make it to 28 days smoke free, they are five times more likely to quit for good.

In West Sussex there are free local stop smoking services across the county. Research also shows that smokers are three times more likely to quit if they have the right support. Make this October the month you stop smoking.

[Find your local free service](#)

More news

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

- Check if you qualify for [free home energy efficiency upgrades](#) to help save money and reduce impact on the environment.
- [Could you be a foster carer?](#) You'll receive comprehensive training, ongoing professional support and a competitive financial package of up to £28,500 a year (per child).
- With the days getting shorter and sites becoming quieter, the opening times for our [Recycling Centres will be 9am to 4pm until 31 March 2023](#). Some sites will also be closed for an additional day.



You can find out more about what goes on in our libraries in a series of new, one-minute films.

Rhyme Time, Story Magic, Knit and Natter, digital volunteers and Home Library Direct are all featured in the films which you can watch on our [West Sussex libraries YouTube page](#) and [library service's webpages](#).

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

We have more than 40 eNewsletters on a wide variety of topics including Environment & Climate Change, Walking & Cycling, Highways & Transport, Recycling, Weather Alerts and Staying Safe Online. [View all topics here.](#)

**A third of us miss
chances to recycle
at home**

**Are you recycling
all you can?**



[Click here for our handy A-Z to check!](#)
