



Welcome to the February 2024 edition of our Residents' eNewsletter.

Featuring the latest news and updates from your county council.



Extra £82m to be invested into vital day-to-day services

We caught up with the Leader of the county council, Cllr Paul Marshall, and Cllr Jeremy Hunt, Cabinet Member for Finance and Property, following last Friday's Full Council Meeting where our budget and plans for 2024/25 were agreed.

Catch up on what they had to say.

[Watch the interviews](#)



Get a handle on your health

Lose weight for free!

Gro Health is a [free digital weight management service](#) available to anyone who lives or works in West Sussex and is for people who want to lose weight and maintain a healthier lifestyle.

It offers personalised support for up to 12 months, is available in 19 languages and can be accessed online or via phone app.

MMR vaccination reminder

Measles cases are rising in England so ensure your child is protected from becoming seriously unwell by checking they are up to date with their [MMR vaccinations](#).

Older children and adults who haven't had both doses of the vaccine could also be at risk. Two doses are needed for lifelong protection and it's never too late to catch up. Book with your GP.

Health surveys

Help improve the health and wellbeing of West Sussex residents by taking part in the [Your Health Matters Survey](#) – it's open until 8 March and there's a free prize draw with cash prizes of £750, £150 and £100.

Have your say about [West Sussex Health Visiting and School Nursing Services](#). Closing date: 2 March.

Help to quit smoking

Quitting smoking is one of the best things you can do for your health. If you're planning to quit this No Smoking Day on 13 March, you're three times more likely to be successful if you have professional support from a trained advisor.

Visit West Sussex Wellbeing to find your [local Stop Smoking service](#).

Support with mental health

If you or someone you know is struggling with their mental health, [click here to find a list of organisations and resources](#).



Help us halt the flood risk

Do you know if you're a 'riparian owner'? This is someone who has a watercourse, ditch, stream, river or culvert that runs adjacent to, through or under their land or property.

This applies even if it does not fall within your property boundary as set out by your Title Deeds.

All riparian owners are responsible for the upkeep and maintenance of their watercourses to ensure that they are not a flood risk to other people, roads, paths or properties.

Ditch the problem



Wellbeing support at our libraries

March is West Sussex Libraries' Wellbeing Month, when we celebrate the many ways that libraries support wellbeing.

Reading can help reduce stress, and with books on mental health, relaxation, yoga and mindfulness along with books to boost your mood, there's something available for everyone's reading list.

Our libraries teams will be hosting drop-in sessions throughout the month for several organisations including Age UK, the Alzheimer's Society, West Sussex Mind and our Wellbeing Hubs.

Some libraries will also be sharing special [wellbeing-themed story times](#) and there is a chance to enter a prize draw with a Hunt the Bear Character game for under 12s.

Wellbeing Month in libraries



Stay alert to scams

Do you have the knowledge and tools to help you stay ahead of scams?

In just one year, a crime survey for England and Wales found 1 in 17 adults were victims of fraud.

'Stop! Think Fraud' is a new national campaign, helping you to protect yourself from fraud, and identifying if you're at risk.

It helps you spot the tactics and techniques commonly used by fraudsters, to reduce your risk of becoming a victim.

It also includes information on how to access practical advice, support, and what steps you can take if you've lost money or data.

Think fraud!

More news

Head to our [Newsroom](#) to find all the latest news:

- Midhurst and Petworth residents are invited to try out fire equipment and run out hose reels this Saturday (24 February) to see if a [career as a retained firefighter is for them](#).
- Over the past decade [Operation Watershed has spent £5m](#) supporting over 500 local projects to help reduce the risk of flooding. Parish and town councils and constituted community and volunteer groups within West Sussex can apply for funding for projects they can deliver themselves.
- We are offering [funding to local businesses who train apprentices](#).
- We want your views on our website: [westsussex.gov.uk](#). [Tell us what you think](#) of it and how it can be improved.
- Our firefighters are urging people to keep their kitchen [hobs clear and equip their homes with smoke alarms](#) after a recent fire in Chichester.
- This Saturday (24 February) marks the second anniversary of the invasion of Ukraine. We are still looking for accommodation for refugees from the war. If you think you can help, contact us at ukraine.support@westsussex.gov.uk.



Would you know what to do following an accident involving a biker? You can increase your skills and awareness as a biker, pillion rider and/or general road user by attending a [free Biker Down course](#) at County Hall in Chichester on 14 March.

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Environment & Climate Change, Walking & Cycling, Highways & Transport, Recycling, Weather Alerts and Staying Safe Online. [View all topics here.](#)

