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And it’s not just about fun in the sun - one of the best things we can do for our mental health and wellbeing is to be active - it's a natural mood booster.  When we're active, the body releases feel-good hormones that can improve our mood and boost our energy. They can also reduce anxiety and stress and help us sleep better.  [West Sussex Wellbeing has tips on getting more active](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fwww.westsussexwellbeing.org.uk%2Ftopics%2Fbeing-active%2Fgetting-more-active/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/jeZk747tAzAqZ0l9CCSNaPWNBT4=375) for people of all ages.  Take a look at our Experience West Sussex website on the link below for ideas to help you make the most of next Bank Holiday weekend, and here's how to [contact us over that weekend](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fwww.westsussex.gov.uk%2Fcampaigns%2Fbank-holiday-opening-times%2F/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/4EIEPD-kkS4x4xlZpz9xos01QRo=375).   |  |  | | --- | --- | | |  | | --- | | [**What to do, where to go**](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fwww.experiencewestsussex.com%2F/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/dLHj7pssFRSJ6yfFeT5--bez4Mk=375) | |  |  | | --- | |  |  |  | | --- | | bus |  **Go ‘Bus it’ for less** The £2 single bus fare is available until the end of December 2024, so hop on a bus for less.  Young people can save even more on their bus fares by simply asking for the [**16 to 20 Bus Saver**](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fwww.westsussex.gov.uk%2F16to20BusSaver/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/IfZ37q3P-MDoNhTpZDPu3OH5igc=375) discount. This unlocks reduced fares via bus operator apps or from the bus driver when they show relevant ID.  If you’re eligible for a [**free bus pass**](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fwww.westsussex.gov.uk%2Froads-and-travel%2Ftravel-and-public-transport%2Fbus-and-coach-travel%2Fbus-passes-and-discounts%2Fbus-it%2F/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/Wb1Fb_zOgfnkL2c3ZAVzQtF1aRk=375) take a moment to apply for one or renew your pass if needed (free for people with certain disabilities or those of state pension age).  If you live in a rural area, try [**Book-a-Bus**](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fwww.westsussex.gov.uk%2Fbook-a-bus/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/F5MZoFKVlxEDPVxZ0xKF5x2wHE0=375) - a flexible bus service connecting some of our rural communities. Travel within set zones or use the service to connect to onward travel if you want to go further afield. The service is flexible, affordable, and there when you need it.   |  |  | | --- | --- | | |  | | --- | | [**Hop on!**](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fwww.westsussex.gov.uk%2Froads-and-travel%2Ftravel-and-public-transport%2Fbus-and-coach-travel%2Fbus-passes-and-discounts%2Fbus-it%2F/2/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/a2NgTzC_DWAY9Ksta5gLtxQhyvg=375) | |  |  | | --- | |  |   crutches **Return equipment and help others in need**  Do you or someone you care for have items of care equipment borrowed from the county council’s service provider, Millbrook Healthcare, that you no longer use?  If so, you can now book an appointment and take unused items to any of the council’s [Recycling Centres](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fwww.westsussex.gov.uk%2Fland-waste-and-housing%2Fwaste-and-recycling%2Frecycling-and-waste-prevention%2Frecycling-centres%2F/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/Gq0gRv-j3wLTfeRIWUyeZT_H4sA=375).  Items that can be refurbished and reused will help improve availability and assist people who are recovering or who need extra help to stay living independently in their own homes.  Reusing and recycling equipment is better for the environment, reduces the need for new equipment to be produced, and reduces our carbon footprint.  [Find out which items can be returned on this link](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fwww.westsussex.gov.uk%2Fland-waste-and-housing%2Fwaste-and-recycling%2Frecycling-and-waste-prevention-in-west-sussex%2Fa-to-z-of-recycling%2F/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/DfybGSqAfM3Ql-h_Y-CSTtOjNT0=375) by typing in the article you wish to return.  If you have larger equipment or cannot access the drop off points, contact Millbrook Healthcare on 0345 127 2931 or email [westsussexcontactus@millbrookhealthcare.co.uk](mailto:westsussexcontactus@millbrookhealthcare.co.uk) to arrange collection.   |  |  | | --- | --- | | |  | | --- | | [**Book an appointment to return items**](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fwww.westsussex.gov.uk%2Fland-waste-and-housing%2Fwaste-and-recycling%2Frecycling-and-waste-prevention%2Frecycling-centres%2F/2/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/B-BiCf2Yid_HXK8exlhx7K4tzn0=375) | |  |  | | --- | |  |  |  | | --- | | [War image Bognor Regis](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fwww.westsussex.gov.uk%2Fnews%2Fbe-a-councillor-and-make-a-difference-in-west-sussex%2F/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/wUwnIJJGBCVl6XO3aWou0ZRHnbM=375) |  Remembering West Sussex in wartime Events are being staged across West Sussex to commemorate the 80th anniversary of D-Day in June and in recognition of the county’s key role in preparations for the Normandy Landings.  On 6 June 1944, or D-Day, Allied forces launched a combined naval, air and land assault on Nazi-occupied France. In the build-up, thousands of troops were billeted in West Sussex.  Residents are invited to learn more about these historic times via one of West Sussex Library Service’s online resources, or to mark the anniversary by attending an exhibition or other event.  The photo shows a casualty evacuation in Albert Road, Bognor Regis. Courtesy Frank L'Alouette Collection by kind permission of his daughter Jeanette Hickman, now deposited at West Sussex Record Office. Copyright WSCC Library Service.  View thousands more [*local historic images on our Past Pictures website.*](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fvmm0dj30.r.us-west-2.awstrack.me%2FL0%2Fhttps:%252F%252Fwww.westsussex.gov.uk%252Fleisure-recreation-and-community%252Fhistory-and-heritage%252Fwest-sussex-past-portal%252Fwest-sussex-past-pictures-library-and-museum-images%252F%2F1%2F0101018f776eb521-49b9dc8d-4791-45f9-ae84-4f94e763d82e-000000%2FRb1Z-otBh-BjREDYO3kWN1PdvxY=374/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/vGb2mErC_KzF65pAFt6WcNKwglU=375)   |  |  | | --- | --- | | |  | | --- | | [**80th anniversary of D-Day commemorations**](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fwww.westsussex.gov.uk%2Fnews%2Fpreparations-are-underway-to-commemorate-80th-anniversary-of-d-day-and-mark-west-sussex-s-key-role%2F/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/CGZxfSzEjKu82a9BBwUR3LovHYU=375) | |  |  | | --- | |  |   foster care **Could you open your heart and home to a local child?** It’s Foster Care Fortnight (13 to 26 May), and this year’s theme is #FosteringMoments, celebrating the incredible difference that foster carers make every day.  West Sussex foster carer Tracey sums it up: “When you welcomed a teenager late one evening, she stays for a few nights, but remains in touch because you made a difference when she needed it most.”  There are many types of care, from respite (usually one weekend a month) to Supported Lodgings, where you can help a young person aged 16 to 24 learn the skills needed to live independently.  While the children that we care for are all in safe accommodation, a number are living a significant distance from their school and friends. A total of 65% of these young people are aged 11 to 17 and need to find someone like you to guide them through this important time in their lives.  Our foster carers receive comprehensive training, ongoing professional support and a competitive financial package of up to £30,393 per year, per child.   |  |  | | --- | --- | | |  | | --- | | [**Find out about fostering**](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Ffosteringwestsussex.org.uk%2F%3Futm_source=email%26utm_medium=residents%2520newsletter%26utm_campaign=FCF24%26utm_id=Mainstream/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/GOivX5_HG0_gvnkT1Qq8RzMLYVU=375) | |  |  | | --- | |  |   Volunteers Week Would you like to volunteer? It’s Volunteers' Week from 3 to 9 June and we want to thank the many volunteers who choose to regularly give up their time to work with our services for the benefit of local people.  This year is the 40th Anniversary and we would like to recognise the long-term contribution that volunteers have made across our services.  Some of our current volunteer roles have been in existence for over 10 years including with our youth justice service, young carers, library and fire and rescue services, waste prevention and countryside rangers, to name just a few.  If you want to experience the benefits of volunteering without a long-term commitment then visit [The Big Help Out](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fvmm0dj30.r.us-west-2.awstrack.me%2FL0%2Fhttps:%252F%252Fwww.thebighelpout.org.uk%252F%2F1%2F0101018f722b6118-1f5087d4-efc7-4e53-86b1-12022e03e730-000000%2FoS9whTN7trfo0RGhSZzYO35BcjY=374/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/tUEVHn-lbugOkdaCXonr-Y_PJlg=375) which runs from 7 to 9 June.  Come together and lend a hand in your local community to experience how rewarding volunteering can be and the power it has to make a difference.   |  |  | | --- | --- | | |  | | --- | | [**Volunteer with us**](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fwww.westsussex.gov.uk%2Fleisure-recreation-and-community%2Fvolunteering%2F/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/g5jrkUoUSYXfLuYIkZrL64IKYkI=375) | |  |  | | --- | |  |  |  | | --- | | be a councillor |  **Make a difference in your community** If you’re interested in standing in the county council elections in May 2025, visit one of our drop-in ‘Be a Councillor’ drop-in events, currently being held at libraries around the county.  [Watch our short film about local democracy](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fwww.youtube.com%2Fwatch%3Fv=_uCKsb8CF54/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/u3iFBGtYIJKbGKcFZ-3RuYqu0Kc=375), featuring county councillors talking about their roles and why they stood for election.  There is also an event at County Hall, Chichester on Tuesday 18 June at 6.30pm.  To find out more about these events and to request a place at the Chichester event, visit the link below or email [democratic.services@westsussex.gov.uk.](mailto:democratic.services@westsussex.gov.uk)   |  |  | | --- | --- | | |  | | --- | | [**Be a councillor**](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fwww.local.gov.uk%2Fbe-councillor%2Fcouncils%2Fwest-sussex-county-council/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/T4yQ6Wms0epoTFJYUapK_epMQsw=375) | |  |  | | --- | |  |  |  | | --- | | more news |  |  | | --- | |  |   Head to our [Newsroom](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fwww.westsussex.gov.uk%2Fnews%2F/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/SFOXsJLiYIaoTnuVnnqAj8sVt1w=375) to find all the latest news:   * Increase your first aid skills and awareness on the road as a biker, pillion rider and/or general road user by taking part in a [free online ‘Biker Down’ training workshop on Thursday 20 June at 6pm.](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fwww.eventbrite.co.uk%2Fe%2Fbiker-down-tickets-841500650097/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/HZvX6p4q_HJe4KGTgEjlWi4pHw0=375) * A rogue trader has been sent to prison for a second time for [conning West Sussex residents](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fwww.westsussex.gov.uk%2Fnews%2Frogue-trader-operating-in-west-sussex-jailed-for-a-second-time%2F/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/FLK629mzLoAFX2_08IS_xWl0dKA=375) into paying over £149,000 for substandard work. * Spring Covid-19 booster vaccinations are being offered to those most at risk including adults aged 75 years and over, older adult care home residents and those aged six months and over with a weakened immune system. Use the NHS App or [go online to book an appointment](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Flnks.gd%2Fl%2FeyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTQsInVyaSI6ImJwMjpjbGljayIsInVybCI6Imh0dHBzOi8vd3d3Lm5ocy51ay9uaHMtc2VydmljZXMvY292aWQtMTktc2VydmljZXMvY292aWQtMTktdmFjY2luYXRpb24tc2VydmljZXMvYm9vay1jb3ZpZC0xOS12YWNjaW5hdGlvbi8_d3QubWNfaWQ9ZXZhMV8zMDNfU3ByaW5nX2dlbmVyYWwiLCJidWxsZXRpbl9pZCI6IjIwMjQwNDE4LjkzNTQyMjYxIn0.5RZLXffYkuptXaxlXFFYNjmxYO-d5bGAJ2YdMk9P8Ng%2Fs%2F2903116384%2Fbr%2F240970070979-l/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/NXchtKasJobhcN7AljVUKrp5xq4=375), which is available through a mixture of walk-in and booked appointments at pharmacies and GP practices. * Firefighters are urging people to be [safe in the kitchen and keep their hobs clear](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fwww.westsussex.gov.uk%2Fnews%2Ffire-safety-warning-issued-following-burgess-hill-kitchen-fire%2F/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/KtiEGUpksxWZAif6r_CdWubTBgY=375) after a recent fire in Burgess Hill.  |  | | --- | |  |   love west sussex   |  | | --- | |  |   bluebell wood  Let us know how much you love our county by taking part in the [Sussex Nature Recovery residents’ survey](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fwww.surveymonkey.com%2Fr%2FRKB8RSM/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/xwHtI0E3OIxtTPUcuDJzcPSB-wQ=375).  Tell us what's important to you: your favourite places to experience nature in Sussex, the wildlife you love to see, and whether you’ve noticed any changes (good or bad) to habitats and species locally. You don’t have to be an expert to take part!  We are developing a Local Nature Recovery Strategy as [one in six of our UK species is at risk of extinction](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fvmm0dj30.r.us-west-2.awstrack.me%2FL0%2Fhttps:%252F%252Fstateofnature.org.uk%252F%2F1%2F0101018e3d0e1134-cdfe6995-2bb6-4a6e-b697-124e7c0007af-000000%2Fi937Kbu20gCJOWhSh65GQJ8fiGE=366/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/dqtxs4aeL5Iv7Gz8AwEWgXVgFMU=375), and urgent, locally coordinated efforts are needed to reverse this decline. This [new video explains a bit more](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Ff.io%2FP12DWLhR/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/hlpyDW72H6u2zsVOPlPmET0YYrk=375).  The survey closes on Sunday 30 June 2024, and will take between five and 10 minutes to complete.   |  |  | | --- | --- | | |  | | --- | | **Take part in the local nature survey** | |  |  | | --- | |  |   did you know  Our libraries have launched a [new Reading Well for Dementia book list](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Farena.westsussex.gov.uk%2Fweb%2Farena%2Freading-well/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/61WxsT24Qw53WSQgnfhfacfWFds=375), aimed at people living with dementia, their carers and family members.  The books have been chosen and endorsed by health professionals and people with lived experience.  There are books giving information and advice, personal stories and children’s fiction. The books can be requested free of charge in all West Sussex libraries in a range of formats.   |  | | --- | |  |   Did you receive this eNewsletter from a friend? [Sign up here.](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fpublic.govdelivery.com%2Faccounts%2FUKWSCC%2Fsubscriber%2Fnew/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/LuQCNlwCFBXI8_2Qr4LDN78ZCs4=375)  **Reminder:** We have more than 40 eNewsletters on a wide variety of topics including Envrionment & Climate Change, Walking & Cycling, Highways & Transport, Recycling, Weather Alerts and Staying Safe Online. [View all topics here.](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Fpublic.govdelivery.com%2Faccounts%2FUKWSCC%2Fsubscriber%2Fnew/2/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/2aoIXMUcGe3gVIijAEmWT_HhujE=375)   |  | | --- | |  |   [fostering](https://phhnqtzb.r.us-west-2.awstrack.me/L0/https:%2F%2Ffosteringwestsussex.org.uk%2F%3Futm_source=email%26utm_medium=external_footers%26utm_campaign=FCF24%26utm_id=Mainstream/1/0101018f81f39ce7-be2ee6b6-0145-49a3-9479-a06ad9b2a76f-000000/mUUAJDPrNa3XM9f1Hh_j1AqVhho=375) | | | |