



Mental health: help is right here



We're all facing challenges and extra pressures right now. If you or someone you know is struggling with their mental health, there's plenty of help available.

Chat to [West Sussex Mind](#).

Call the [Sussex Mental Healthline](#) free anytime on 0800 0309 500.

Text 'Sussex' to 85258 for a [free, confidential chat](#).

Call [Samaritans](#) on 116 123 or email jo@samaritans.org

Contact [Preventing Suicide in Sussex](#) for advice on spotting the signs and where to get immediate local help.

Check [your local wellbeing hub for events near you](#).

Discover what works for you with [Every Mind Matters](#).

[Your Mind Matters](#) has details of services and resources available for children and young people.

Run a business? [Grassroots Suicide Prevention](#) provides free training to help small and medium sized businesses in West Sussex talk about mental health issues with staff.

World Mental Health Day is Monday 10 October and this year's theme is 'Make mental health and wellbeing for all a global priority'.

Are you eligible for Warmer Homes funding?



Find out if you are eligible for funding to make your home more energy efficient.

The government-funded Warmer Homes programme offers energy efficiency measures such as insulation, solar panels and air source heat pumps to eligible households on a first come, first served basis.

The funding is available subject to eligibility, technical feasibility and your home's energy efficiency rating.

[Check if you can get funding](#)

Covid-19 and flu vaccinations update

Covid-19 is still with us and people can still become very ill. Having a booster vaccination will ensure you continue to have the best protection against coronavirus through the winter months.

The NHS is inviting eligible people to come forward when it's their turn.



The [flu vaccine](#) is offered to people most at risk of getting seriously ill from flu or who are most likely to pass flu to other people at risk.

This year, the free vaccine will be offered to those most at risk from flu first, including younger children, older people aged over 65, those in clinical risk groups and pregnant women.

From mid-October people aged 50 to 64 years old that aren't in a clinical risk group, will also be able to get a free flu vaccine. If you are in this age group, please wait until mid-October before booking an appointment with your GP practice or a local community pharmacy so those most at risk can get their vaccine first.

[Click here for more information](#)

Is your electric blanket safe?



Residents are invited to get their electric blankets tested by our Fire & Rescue Service to ensure they're safe in bed this winter.

Faulty electric blankets account for around 1,000 fires in the UK each year, which can be prevented with regular testing.

The free checks will take place at:

- Horsham Library: 10 October
- Durrington Community Centre: 11 October
- Bognor Fire Station: 18 October.

To book an appointment, please call our Prevention Team on 0345 872 9719. Pre-booked appointments are required, and appointments will be made on a first come, first served basis.

[More advice on electrical fire safety](#)

Help us reuse and recycle unwanted walking aids

From now until 23 October unwanted walking aids such as crutches, sticks and frames can be taken to our [Recycling Centres](#) so they can be reused and recycled.



Reusing a refurbished walking aid results in 87% lower carbon emissions on average than providing a brand new piece of equipment and saves money.

Walking aids can be left with staff at your Recycling Centre gate or deposited in the on-site dedicated bin. Any items unsuitable for reuse will be recycled.

Recycling Centres will be able to accept walking aids until the end of Recycle Week, which will now take place from 17 to 23 October.

To return items at all other times, you can telephone NRS on 0345 1272931 or email enquiries@westsussex.nrs-uk.net

Reminder: applications for secondary school places close next month

If your child is starting secondary school next year you need to apply by **Monday 31 October 2022** for your application to be considered on time.



[More information about applying for a school place](#)

Autism and Social Communication conference



An 'Emotional Regulation Through the Autism Lens' conference will be held on Thursday 20 October at the Crowne Plaza Hotel, Crawley.

The event costs £80* for professionals and £35* for parents/individuals with autism to attend, which includes lunch.

The event offers a great opportunity for professionals and their continued development and for families to increase their knowledge and understanding.

For more information, and to book your place, click the link below.

* plus additional Eventbrite booking fee.

[Book your place](#)

More news

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

- Proposed locations in phase one of [the on-street electric vehicle \(EV\) chargepoint rollout in West Sussex have been revealed](#).
- Further essential work is ongoing [to remove Ash trees which could pose a risk to road users](#) because of Ash Dieback infection and the potential for branches to fall into the road.
- Stoptober is back! Join the thousands of people quitting smoking this October. Find out more on the [West Sussex Wellbeing website](#).
- Check out the [events being held at our Record Office and in our libraries](#) during October.
- Construction starts soon on a package of [Active Travel improvements for cyclists and pedestrians](#) on the A259, between Bognor Regis and Chichester.
- Work starts soon to [construct a crossing for both pedestrians and cyclists](#) on the A283 Steyning Road in Shoreham.
- A date has now been confirmed for the [full inquest of the Shoreham Airshow crash victims](#).
- [Elderly and vulnerable people across the county will continue to receive more than just a meal](#) after we agreed an innovative new partnership.
- Plans have been submitted to build a [new ultra-low carbon secondary school in Burgess Hill](#).



Work starts soon in West Sussex on part of [a new coastal path which, when completed, will be the longest coastal trail in the world](#).

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)



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