

Solly MarchFrom Hailsham to the Premier League?

Booming business A passion for fashion

What's onSpring events
and competition

At your service Spending £365 million for East Sussex





Welcome to the spring edition

With spring finally here, it's time to brave the outdoors and see what events are happening across the county on pages 12 and 13.

Hailsham footballer Solly March shares his passion for the sport and why staying local is so important for him on pages 8 and 9.

We see how businesses in East Sussex are growing, thanks to funding and advice on pages 14 to 16, and on page 17 we look at how East Sussex County Council plans to spend your money this year in our budget feature.

If you have any comments or suggestions about topics you'd like us to cover in future issues, please email using the details below.

Amy Hutson
Editor, Communications

 For news, competitions and events in East Sussex, sign up to the Your County e-newsletter by visiting: eastsussex.gov.uk/leisureemail

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- 8 Solly March
 The footballer on his rise to fame
- 10 Art relocates to London
 Why radical artists and writers came to Sussex
- What's on
 Double page pull-out of spring events and giveaway
- Boom Boom share their top tips
- 17 Budget
 Council spending plans for 2017/18

Cover: Footballer Solly March.
Photo courtesy Brighton & Hove Albion

Your County is written, designed and produced by East Sussex County Council communications team.

If you have any article suggestions or comments about *Your County* please contact the editor using the contact details on the left.

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For details on East Sussex County Council services visit eastsussex.gov.uk/contact-us

County news

Increased support for healthy living

Healthy Living Pharmacies is a new initiative to maximise health promotion, self-care advice and support for people with long term conditions.

Health Champions will also be available in community pharmacies to offer information about local NHS and community services. To find out more visit your local pharmacy.

Moving forward with Accountable Care

A business case for a new model of health and social care has been approved by East Sussex County Council and the NHS.

The plans, which form the next stage of East Sussex Better Together, were approved in November, and a 'test-bed year' will start in April. Find out more at news.eastsussex.gov.uk/east-sussexbetter-together

Fostering shortage in East Sussex

With more children who need fostering than there are foster carers in East Sussex, did you know you can foster if

- Over 21 years old and there's no upper age limit
- Single, cohabiting or married
- · Heterosexual, gay, bisexual and transgender
- From any background and culture
- Following a religion
- Renting your home
- Experienced with children you don't need to be a parent

For an informal chat, call 01323 464129, email fostering@eastsussex.gov.uk, or text FOSTER to 80806.



Could you adopt?

Did you know that 85 per cent of people who want to adopt, want to adopt babies?

But adoption is not just about babies more than half of the children waiting to be adopted in East Sussex are over two-years-old or groups of brothers and sisters. You can adopt if you are single, in a same sex relationship or cohabiting. You can also adopt whether you have your own children or not. For more information, email registertoadopt@ eastsussex.gov.uk or call 0300 330 9470.

Bikeability this spring

Spring is a great time to get out on your bike and Eastbourne Cycle Centre offers cycle training for all the family. Qualified instructors provide Bikeability courses for children, Whizzability balance bike training for toddlers, confidence building for adults, plus Wheels For All for both adults and children with disabilities and differing needs. For more information visit eastsussex.gov.uk/bikeability



Is your bus pass expiring?

East Sussex County Council is renewing 25,000 concessionary bus passes due to expire in March and April.

Older person's bus passes, with a blue stripe, are automatically renewed whilst disabled bus passes, with an orange stripe, are being renewed on proof of eligibility.

If you haven't heard from us or you have moved please call 0300 3309471 or email concessionarytravel@ eastsussex.gov.uk

New support for scam victims

An initiative which aims to make residents more aware of scams and how to avoid them has launched.

Organisations, businesses, clubs and societies across the county are signing up to a charter created by The East Sussex Against Scams Partnership to demonstrate their commitment in taking a stand against scams. To find out more visit friendsagainstscams.org.uk

Adult Social Care assessment online

If you are looking for Adult Social Care support, you can now apply for it online.

Whether you are an individual or applying on behalf of someone else, you can complete the form in the comfort of your own home by visiting eastsussex. gov.uk/ascsupport

Improvements in Eastbourne

Improvement works to Eastbourne town centre are due to start later this year.

The scheme, designed to fit in with the £85 million Arndale extension, will see improved access for buses, better facilities for pedestrians, new landscaping, seating and lighting. For more details visit eastsussexhighways.com/eastbournetown-centre-improvement-scheme

Council elections in May – register to vote

East Sussex County Council elections take place on 4 May this year and all 50 seats are up for election.

You can choose who you want to represent your local community if you are registered to vote. The last date for

registration is 13 April. To see if you are on the electoral register, check with your local district or borough council or by visiting gov.uk/register-to-vote

Many electoral division boundaries have been redrawn, which means your polling station may be different at this election so please check your polling card when it arrives to find out where to vote. And if you want to see the new boundary maps visit: www.lgbce.org.uk

For further information about the elections, including how to become a County Councillor, go to: beacouncillor.co.uk/east-sussex

Science and Arts festival to help bridge skills gap

Scientists, engineers, designers and inventors of the future are getting a unique insight into the courses and careers available to them this spring.

The second East Sussex STEAMfest celebrates Science, Technology, Engineering, Art and Maths and includes a series of events in schools and colleges for children and parents. The festival culminates in the BIG BANG event in Eastbourne on 19 April with employers and training providers demonstrating the range of opportunities available. For more information visit stemfest.co.uk/ stemfests/east-sussex-stemfest

Do you enjoy East Sussex countryside?

If you enjoy the East Sussex countryside and would like to advise on local issues, the East Sussex Local Access Forum is looking to recruit new members with a land interest this year.

The forum represents users, land managers and other interested bodies and advises on access to the countryside for recreation while also protecting wildlife and landscape. For more information visit eastsussex.gov.uk/localaccessforum



Top tips for tiny teeth

With around one in five five-year-olds in East Sussex suffering from dental decay, visit www.yourcountyeastsussex.co.uk for simple ways to keep your child's teeth healthy.

Get ready for 30-hour free early education and childcare from September

Working parents of three to four-yearolds who want to take advantage of 30-hours free early education and childcare are being advised to talk to their local childcare providers now. The new offer is available from September and with an average saving of £4,500 a year, the offer is expected to be popular with families across the county.

To apply:

- your child must be three to fourvears-old
- both parents must be working or the sole parent is working in a lone parent family
- each parent earns, on average, a weekly minimum equivalent to 16 hours at national minimum wage or national living wage and less than £100,000 per year; and
- parents can be employed or selfemployed or on a zero hours contract, which meets the criteria

A list of childcare providers will be available at eastsussex.gov.uk/30hours by the summer. Or start talking to your local childcare providers now and find out what is available in your area. You will be able to apply for the 30-hour scheme and Tax-Free Childcare scheme at gov.uk/help-with-childcare-costs

And don't forget 15-hours free early education is for all three to four-year-olds

Parents of three-years-old can claim up to 15-hours of free early education per week for up to 38 weeks a year until they go to school.

Most childcare providers only provide funded places during term time but some may spread this across the whole year. Your provider will apply for funding for you at the beginning of term once you have registered your child. Places are available at nurseries and some childminders.

15-hours free early learning places for eligible two-year-olds

Free early learning places are also available for two-year-olds whose families are on a low income, have left care through adoption or special guardianship, have a statement of special education needs or an Education, Health

and Care plan or are in receipt of the Disability Living Allowance. Applications can be made online at eastsussex.gov.uk/earlyyearsfunding

Your employer may offer childcare vouchers

Your employer may be able to help you with childcare costs using childcare vouchers or other schemes, for example a staff nursery.

You can get up to £55 a week from childcare vouchers.

depending on how much you earn and when you joined the scheme, YC





n the past we've struggled to recruit highway apprentices, but in September more new apprentices started than ever before," says Samantha Neame, Service Development Manager for East Sussex

apprentices.

Highways.

Part of the wider remit of the new Highways contract awarded to joint venture organisations Costain and CH2M is to provide additional community benefits to local people and contribute to addressing the engineering skills gap by recruiting local apprentices. So this year the team organised a work readiness week and a work experience week for potential candidates to learn about the apprenticeship opportunities on offer.

"Costain CH2M offers a competitive apprentice salary, on the job training and the chance to study for qualifications at Sussex Downs College in Eastbourne. All the apprentices we take on go on to become permanent members of staff,

with East Sussex Highways?

East Sussex Highways are looking for more apprentices to start in September 2017, with various opportunities available including operations and administration. For details visit:

eastsussexhighways.com/careers

with career opportunities in a wellestablished international company," Samantha added.

Matt Hoath, 24, from Bexhill, worked in insurance before running his own online business, but was looking for a career change and decided to try an apprenticeship. He said: "I really liked the sound of engineering and my Dad was an engineer, so I had an idea about what was involved with it, so when I found out about the apprenticeships in East Sussex I applied.

"I think my previous experience has helped me, as I didn't know what I wanted to do when I was at school. With an apprenticeship, you can keep your options available and unlike university, : I feel the likelihood of getting work

straight after training is much higher.

"I couldn't afford to go to university, but liked that with this I can learn and put that straight into practice. I've so far learnt about a real variety of different jobs and it's amazing how much work goes into the roads in East Sussex. No day is the same."

Sam Pollard, 17, from Uckfield, applied for the apprenticeship straight from school as: "I've always been into engineering and I was never really good at sitting in class and being told things. The apprenticeship is nothing like that as we started working straight away.

"I thought I would sit in one department, but I've worked in five different teams now. The role has been a lot better than I thought." YC



"I was sitting at home in my pis, playing on the Xbox and the phone rang. 'Get to the Amex - you're on the bench.'"

By James Boyes

olly March's introduction to first team football with Brighton & Hove Albion was probably more sudden than he'd planned, having received a surprise phone call only an hour before he was expected to be at the ground for the Championship clash against Millwall in December 2012. "I had to rush, I was late and there were people thinking 'what's he doing here?' It was a bit weird."

Solly's footballing credentials are anything but weird though. As a pupil at Ringmer Community College, he played for Crystal Palace between the ages of 11 to 13. He moved to Bede's School and joined Eastbourne Borough's youth set-up, before signing for Lewes in 2011, aged 17.

He may have made only one substitute appearance for Lewes, but Solly's performances for the youth team had caught the eye of the big clubs including Arsenal, Newcastle United, Sunderland and of course Brighton, where he moved later that season.

"I wanted to stay local to be honest," he explained when asked about his decision to sign for Brighton. "I would probably have found it hard to move away, but it was also about the ambition of the club."

In his first season, Solly was an unused sub for the first team three times, and was named Brighton's 'Young Player of the Year', finally making his senior debut as a substitute against Derby in August 2013.

Solly was also called up by the England Under 21 squad in 2015, making two appearances, the second against

Switzerland at Brighton's Amex stadium in November, which he admitted was the proudest moment of his career so far.

In December 2015, a serious injury cut short his season and meant he faced a lengthy rehabilitation. "The first few weeks weren't as bad as the last couple of months," he said. "I only started walking without crutches after three months. In the last two months I had a few niggles which was frustrating, as I thought I was coming back but wasn't quite ready."

"I think we deserved promotion last year. It's quite hard to look back really."

Solly and Brighton & Hove Albion are back on the Premier League promotion trail, but the anguish of last season is still evident. "I think we deserved promotion last year," he said. "We missed out on goal difference so I try not to think about it. It's quite hard to look back really."

Despite the setback, there remains a



good feeling amongst the players once again this season. "We're pretty close, especially over the last few years, we've really been together. It definitely makes a big difference on the pitch; we want to work for each other, cover each other, and help each other out when we need it."

The supporters play an important part too. "Fans can make a big difference," admitted Solly. "If they're really up for it and behind you, it honestly pushes you on. You don't feel as tired and it really helps."

Solly enjoys playing for his local side and is pleased that his friends and family can come to games and show their support. "Everyone's been good to me," he said.

Although he's recently moved nearer to the Amex, Solly grew up in Hailsham and enjoyed his time in East Sussex. "There's lots of stuff to do," he said. "There are nice beaches in the summer where it's good to get away and relax. It's quiet too which I like, not too crowded or busy."

Ideal preparation then for a busy life ahead, as the Albion aims once more for promotion to the Premier League. YC **Solly in action for Lewes FC.** (Photo: James Boyes)



Join a group and get physical

If you're one of the 40 per cent of adults in East Sussex who need to increase their physical activity to meet recommended levels, why not find a group or session at www.eastsussex1space.co.uk

Or if you want a healthier lifestyle but struggle with motivation or the practicalities of making changes, a Health Trainer can be the answer.

For details visit:

www.mytimeactive.co.uk/ health/health-services/ east-sussex/health-trainers



Albion In the Community is Brighton & Hove Albion's official charity which aims to inspire and engage local people of all ages, abilities and backgrounds, through a wide range of football-related programmes and initiatives that cover East Sussex.

For more information visit: albioninthecommunity.org.uk



By Amy Hutson

For the first time ever, artwork from nine Sussex venues can be seen together as part of the collection 'Sussex Modernism: Retreat and Rebellion' at Two Temple Place, London. Your County takes a trip to find out why radical artists and writers were drawn to the county in the first half of the 20th century.

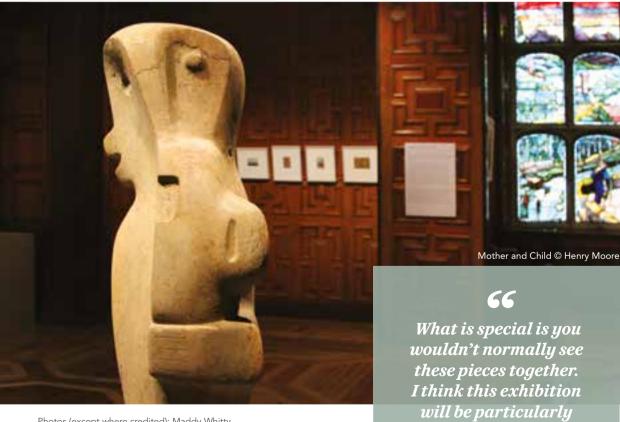
oddly familiar in seeing the works on show at Two Temple Place, as the 120 or so works have come from the likes of Charleston, Jerwood Gallery and Towner Art Gallery.

However, Exhibition Co-ordinator Rebecca Horne explains: "while there are exhibits which may be familiar, there are also some pieces that have been hidden away and never seen before in public, such as the Henry Moore sculpture, which used to be in the garden at Farley

commissioned by Ezra Pound, which is from a private collection."

The unusualness of the exhibition doesn't end there, as the venue is only open to the public once a year, as the rest of the year it is used by the charity The Bulldog Trust. And for anyone who hasn't visited Two Temple Place before, it's a magnificent neo-Gothic mansion on London's Victoria Embankment.

Each year an emerging curator is selected to put the exhibition together. After a chance meeting with Dr Hope Wolf, who is Lecturer in British Modernist Literature at the University of

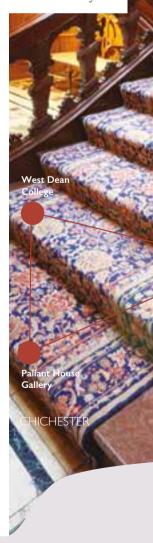


Photos (except where credited): Maddy Whitty

Artwork and image on page 11: Beach and Star Fish, John Piper © The Piper Estate. Steinberg added the finishing touches to the Long Man of Wilmington © Lee Miller Archives

1() Your County • Spring 2017

What is special is you wouldn't normally see these pieces together. I think this exhibition will be particularly popular, as it's incredibly eclectic and there's something for everyone.





What's on

e've rounded up some of the best summer events happening across East Sussex. Visit vourcountyeastsussex.co.uk for more events and news in the county.

March

Afternoon Tea Lounge Car, Bluebell Railway, Sheffield Park Station

26 March

Enjoy full traditional Afternoon Tea on board as you steam through the Sussex countryside, this Mother's Day. Tickets cost £44 per adult. For details visit bluebell-railway.co.uk or call 01825 720800.

April

Cadbury Egg Hunt, Bateman's, Burwash, Etchingham

Until 18 April

Join the fun with an Easter hunt throughout the garden and receive a chocolate bunny. The hunt costs £2.50

Free tour of The Keep, Brighton

12 April

Glimpse behind the scenes at The Keep during this free guided tour. Learn about the background and functions of the state-of-theart building and visit the Reference, Reading Rooms, the Repository and the Conservation studios. The tour runs from 2pm to 2.45pm. To book, visit **thekeep.info** or call 01273 482349.

Streets of Battle 2017, Battle

24 & 25 March, 29 April, 27 May Look out for odd, intriguing and

hilarious performances around Battle. For details go to visit1066country.com







May

Bat walks, Sheffield Park, near Uckfield

5 & 12 May

Have a go at detecting bats living in the garden and parkland while learning more about them.

Starts at 9pm and costs £6 per adult.

Call 01825 790231 or visit nationaltrust.org.uk

Eastbourne Sports Festival

13 & 14 May

Try a new sport from fencing to cheerleading for just £1 all weekend across Eastbourne. For details visit sporteastbourne.com/sportsfestival.aspx

1066 Walking Festival, around Rother

13 & 21 May

Enjoy long and short walks to suit all tastes and fitness levels. Many of these are free or by donation request. For details go to visit1066country.com

June

Quentin Blake: The Only Way to Travel, Jerwood Gallery, Hastings

10 June to 15 October

Quentin Blake's latest show will explore subjects close to his heart, such as mental health issues amongst the young. Tickets cost £9 per adult. For more information call 01424 728377 or visit jerwoodgallery.org

WWII Weekend, Michelham Priory, Upper Dicker, Hailsham

17 to 18 June

Step back in time to the 1940s as Michelham Priory pays tribute to the war years with displays, activities and entertainment. There will also be a Sunday afternoon tea dance and trail in the grounds.

Entry is free. For details call 01323 844224 or visit sussexpast.co.uk



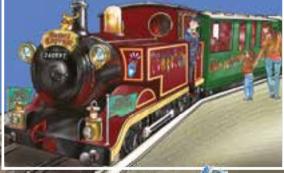
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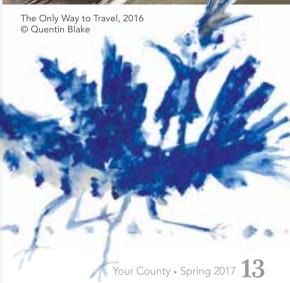


TICKETS TO VISIT DRUSILLAS PARK IN ALFRISTON

Head to Drusillas Park and enjoy all the animals, attractions and events on offer at the award winning zoo in East Sussex. Visit the new Safari Express train from the end of March. Then in June, two further attractions will be added; the Hippopotobus and Flying Cheetahs.

Drusillas is giving away one family membership and one family day pass (each prize is for up to four people). To be in with a chance of winning, post your name, address, phone number and email address to The Marketing Department, Drusillas Park, Alfriston, BN26 5QS or email info@drusillas.co.uk with Your County competition in the subject line. Deadline 30 April 2017. For more information, please telephone 01323 874100 or visit drusillas.co.uk







Launched in 2014,
Your County finds
out how Boom Boom The
Label is now turning over
nearly £1 million a year,
employs 17 staff and lists
Kim Kardashian as a fan.

Alie Mackintosh started making her own clothes while studying product design at Central Saint Martins.

After a one day sewing course in Lewes and some time teaching herself to sew and pattern cut, she launched the business in 2014. As popularity in the brand grew, Alie was struggling to keep up with orders, so she contacted East Sussex County Council about their business funding, delivered in partnership with Locate East Sussex.

"The first batch of funding helped me to get better equipment, as I had been working on a domestic machine which couldn't keep up with the demand," Alie says.

Alie then moved to Lewes and took on her first members of staff later that year. Since then she found a warehouse and a second lot of funding helped her move into bigger premises, buy more industrial sewing machines and create new jobs, "which was a massive help as we had outgrown where we were working from. I also found out about an apprenticeship scheme and I took on a business administration apprentice, who is now my permanent assistant," Alie adds.

In 2016 Boom Boom turned over almost £1 million, up from a turnover of £250,000 a year in 2015. So what has been the secret of the businesses success? Alie says: "We started as a made to order



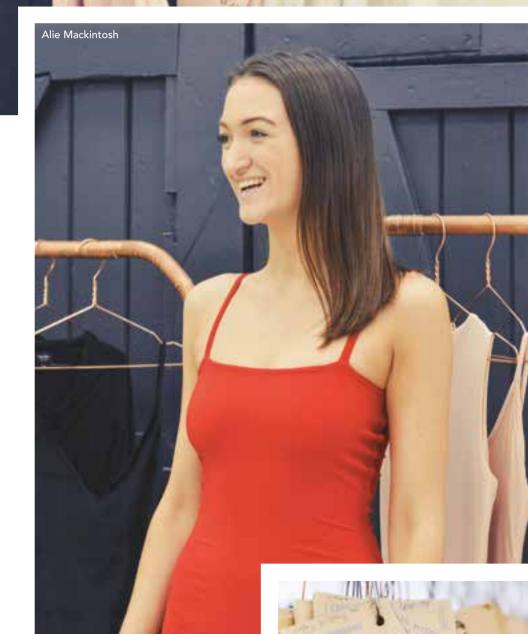


business, which established if there was a customer base and demand for our products before we began investing in stock supplies. About once a month I come up with a bunch of designs and then if a certain style is doing well, we will produce more. We keep our palette minimal and the designs are timeless, so we get a good timespan on them."

Photos: Leah Whitty

Despite spending no money on marketing, the brand has built up over 250,000 followers on Instagram "which is how we've got most of our customers, who are young women who follow celebrity culture," Alie says. And it was through social media that Kim Kardashian spotted Boom Boom, before wearing one of their signature double layered designs, which helps to create a flattering fit. She says: "It was amazing when we found out that Kim Kardashian wore one of our pieces. Her store DASH, now stock our products." YC

To find out more visit boomboomthelabel.com



"The funding was a massive help as we had outgrown where we were working from."

TOP TIPS FOR GROWING YOUR BUSINESS



- 1. If you are looking for funding, think about what you need it for such as running costs or equipment, before contacting Business East Sussex who can direct you to the best source of funding.
- 2. If you are looking to move or you want to find business premises, contact locateeastsussex.org and they will give advice and tell you if there are any East Sussex council funds available.
- 3. If you are under 25, there is funding available through princes-trust.org.uk and other organisations like yourleap.co.uk in the Lewes District.
- 4. If you need funding to reduce your carbon footprint, contact LoCase - The Green Growth Platform by calling 01273 641949.
- 5. Go to your bank! Make sure if you are looking for a loan you have a realistic business plan with Cash Flow forecasts that show how you can repay a loan.

If you're a business in East Sussex wanting to find out more about grants, loans and business support, the "best place to start is businesseastsussex.org.uk," says Vera Gajic, Economic Investment Manager at East Sussex County Council.

Success stories

Award-winning burger restaurant Fifteen new jobs at Airtrace opens second branch

Licensed burger restaurant Half Man! Half Burger! was opened by Rory Myers and Matt Woodhouse on St Leonards seafront in 2015.

The pair secured a £10,000 grant delivered by Locate East Sussex from East Sussex County Council to help cover launch costs, including refurbishments. Rory said: "Starting up would have been almost impossible without the grant." Since then, the profit target for Half Man! Half Burger! has exceeded by over 400 per cent. And Rory and Matt have just opened their second restaurant, this time in Grove Road, Eastbourne, with a further £10,000 loan through Locate East Sussex from East Sussex County Council's Business Growth Fund.

New business has residents jumping for joy

A new family fun and fitness activity centre has opened its doors with support from East Sussex County Council and Locate East Sussex, creating 40 new jobs. Urban Jump, based in Heathfield, combines the latest state of the art trampoline park with a unique ninja warrior assault course that will put participant's speed, skill, agility and fitness all to the test. The business, founded by Richard Hand and Graham Owen, received funding from the East Sussex County Council Grants and Loans panel fund through Locate East Sussex. Urban Jump is now employing over 40 people from the local area.

Sheet Metal

Fifteen jobs have been created at Airtrace Sheet Metal thanks to £150,000 in financial support from East Sussex County Council's Regional Growth Fund award.

These funds allowed the Eastbourne company, which has established itself as one of the foremost manufacturers of ductwork in the country, to push ahead with expansion plans and move to bigger premises in Marshall Road.

Tony Warwick, who jointly owns the business, said: "The financial support we received was instrumental in allowing us to develop our expansion plans."





Plans to spend £365 million on services

A budget which will see £365 million spent on vital services for residents in 2017/18 has approved by council members.

llr David Elkin, East Sussex County Council's lead member for resources, presented the proposed budget to full council last month as "grounded, costed and deliverable, built with strong partnerships and listening".

"Our budget has been developed using our four priorities - keeping vulnerable people safe, supporting economic growth, helping people help themselves and making the best use of resources," said Cllr Elkin.

"This budget provides the best way of meeting the needs of businesses and residents of East Sussex for this year and, most importantly, has an eye on the future to make sure decisions we take today, give us the best chance of meeting the increasing challenges of tomorrow."

The proposed budget, which includes £17 million of savings in 2017/18, was passed.

Under the agreed budget residents will pay a Government approved three per cent adult social care levy which will fund some of the shortfall for adult social care services, as well as a 1.99 per cent increase on their council tax precept.

"We are making a significant investment of £365 million in services in East Sussex, but we continue to have to make some tough decisions about the services we can no longer deliver or how we can provide them in a different way."

On average, households will pay a total of £5.21 extra a month to the authority from April.

"We are making a significant investment of £365 million in services in East Sussex, but we continue to have to make some tough decisions about the services we can no longer deliver or how we can provide them in a different way," Cllr Elkin added.

"We have lobbied Government for a better deal for East Sussex and will continue to do so while working with our local communities and partners to ensure we are making the best use of our limited resources."

The 2017/18 budget earmarks £95.5 million for capital projects, including ensuring roads and buildings are well maintained and that there are sufficient school places. YC



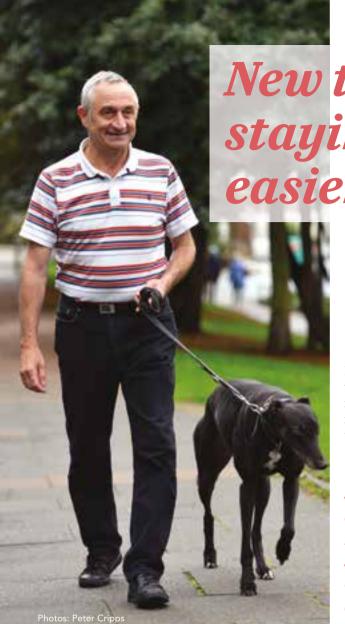
Residents of East Sussex receive hundreds of different services from their County Council - from road maintenance to social care and from education to libraries.

How much do you know about the people of East Sussex and how our county will manage through challenging times?

To take the two-minute quiz, visit www.onlineexambuilder.com/how-doeseast-sussex-manage/exam-115458

For further details about the budget visit eastsussex.gov.uk/yourcouncil/finance/budget





New technology means staying independent is easier than ever

> By 2021 it is thought that 14,000 people in East Sussex will be living more independently at home, thanks to Telecare. Your County finds out how the technology is helping people around the county.

Instead of lying on the floor waiting for someone to find me, a friendly lady spoke to me through the lifeline box to make sure I was ok.

"She called my son who came to check on me. My neighbour had spent the night on the floor with a broken wrist. I used to worry a lot more. I feel safer

now knowing someone will know if I'm not ok."

ou might have heard of community alarms or lifelines (the little red button worn around the wrist or neck that can alert to a professionally trained monitoring centre in an emergency). They're a great way to stay safe and independent, and can be reassuring for loved ones too.

New advances in technology mean that there are lots of easy to use solutions to keep you, or someone you care for feeling confident to carry on living at home. Unobtrusive equipment like falls detectors, GPS locators and sensors can offer peace of mind so that if something happens, help is available.

Eric* recently started using Telecare, he says: "My wrist-worn falls detector went off when I slipped at home and fell.

While Jane* had been worried about her husband, as he wanders so she got a GPS tracking device. She said: "I make sure it's charged and he's wearing it. I woke up one morning and he'd gone, so I checked on my tablet and let the police

know where he was, with a description. They picked him up and returned him home so quickly - it was such a relief. Thank goodness!" YC

*Names have been changed to protect identities.

If you are over 65 or registered disabled and meet the criteria, the equipment could help you feel safer and more confident living at home. You can contact Health and Social Care Connect to find out more by calling 0345 60 80 191. There is a small cost for monitoring the equipment depending on what you can afford, and there may also be help with these costs. Or if you prefer to go privately you can contact Welbeing on 01323 644422 or info@welbeing.org.uk or visit welbeing.org.uk

This is part of East Sussex Better Together, a programme to transform health and social care services. It's about making sure the combined £850 million annual budget is used to achieve the best possible services for local people. The programme started in August 2014 and is led by two local NHS clinical commissioning groups, East Sussex County Council, East Sussex Healthcare NHS Trust and Sussex Partnership NHS Foundation Trust.





Your loved one cherishes independence. You need to know they're safe.

Welbeing's Telecare service provides affordable 24-hr support you can trust. It's precious peace of mind for everyone.



For more details call 01323 644422

www.welbeing.org.uk/family-matters



2016-17 3/16

A quarter of what you throw away could still be recycled

In East Sussex we're great at recycling but we could all do more. To check collection dates and see what you can recycle at home visit: eastsussex.gov.uk/recyclemore



PLEASE HELP US RECYCLE MORE, THANK YOU!





Helping people over 50 to be happy, healthy and safe in their own homes www.healthandwellbeingproject.org Are you over 50? Get free, confidential advice about health and wellbeing in the comfort of your own home. Connect with local services to help you feel healthy and independent. Our volunteers can also offer advice on how to stay safe.

Contact us - our friendly, trained volunteers can help! Call 01323 462437 or email info@healthandwellbeingproject.org





A green alternative to a traditional cemetery

Set in 15 acres of countryside you can be part of a new English. wood that will be protected from development, within the South Downs National Park.

Dedicated areas for natural burial and scattering are surrounded by native trees for future generations to visit, remember and enjoy.



Clayton Wood 01273 843 842

Brighton Road, West Sussex, BN6 9PD www.claytonwood.co.uk





NHS HOME VISITING OPTICIAN SUSSEX AREA FREE NHS SPECTACLES AVAILABLE* Call Free On 0800-3457509

Advertise in

YourCounty

See page 3 for our contact details

The Mobility Equipment Centre For Your County



If you are considering the purchase of any equipment designed to assist with poor mobility for yourself or your family – you must visit our huge mobility equipment centre based in Lewes.



Electric Scooters & Service Support



- Over 50 new & used in stock
- Transportable
- Pavement & road/off road
- All leading manufacturers
- Home visits arranged
- Extensive test driving

FROM £499

Electric Powerchairs & Service Support



- Indoor outdoor
- Full individual prescription service
- New & used
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FROM

Riser/Recliner Chairs



- 20 display models to try
- Single dual trio motor
- Heat massage
- Huge fabric choice
- Complete assessment service

FROM **£499**

Wheelchairs



- Individually prescribed for special needs
- Attendant controlled self propelled
- Wheelchair power pack to provide power

£129

Bathroom Solutions



- Minimum 2 year guarantee

FREE ESTIMATE

Stairlift Systems



FROM **£99**5

Bed Solutions



- 2"6' 6"0'
- Full assessment service for special needs
- old bed

FROM

Walking Aids



- Wide selection of walkers

- at our showroom

FROM £36



www.orangebadge.co.uk

The Old Dairy, Rise Farm, Cockshut Road, Lewes, East Sussex, BN7 3PR Opening hours: Mon - Fri 9am to 5pm, Sat 9am to 1pm (by appointment only on Saturdays) Plenty of free parking • Test drive facilities • Free tea and coffee





Orange Badge Mobility Services is accredited under the Motability Scheme to provide scooters and powered wheelchairs. This worry-free contract hire package includes all the costs of ownership in a single weekly payment. Ask us about it today on 01273 473838.



Sharing your home, shaping their future

Supported lodgings providers offer emotional and practical support to young people (16+) so they can move on to live independently.

If you would like to help a young person contact the Supported Lodgings Team.

For more information:

01424 726155

supportedlodgingsdepartment@eastsussex.gov.uk

eastsussex.gov.uk/supportedlodgings

