

Carry on Cooking Horsted Keynes!



Local children stirring up a treat for lunch

What's new?

- Environment Events
- Fire Service warning
- Peer to Peer workshops
- Burgess Hill's firefighting team
- MSP Conference

Mid Sussex District Council has partnered up with St Giles Primary School in Horsted Keynes to develop an intergenerational project based around the production of a recipe book. The children gathered favourite recipes, passed down from family members and friends, to produce their own unique recipe book. The children all took part in a fun art competition to illustrate the book.

Joanna Francis, Head Teacher at St Giles, said: 'It is so important we know what is in our food and that families cook and eat together. Many childhood memories are based around sharing meals, cooking together and eating as a family. The children and the parents loved participating in this project and together have created a wonderful keepsake of their time at St Giles.'

Carry on Cooking was supported by the Healthy Mid Sussex Partnership, a multi-agency group committed to promoting healthy lifestyle choices. Helping young people to understand what's in their food gives them the ability to make informed choices throughout their lives. Carry on Cooking is a pilot project - the Council is building a toolkit to help schools create their own



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Mid Sussex Sustainability Partnership

Following a successful start to the 'Sustainability in the Community' project with bicycle maintenance sessions, eco open houses, raised beds, and energy fairs, we are looking forward to an exciting calendar for 2011.

In partnership with the Haywards Heath & District Business Association the MSSP presented Neil May, a leading expert in sustainable building, at the Better Building Breakfast. A thought provoking talk on the Localism Bill followed, highlighting the risks and opportunities of the new legislation.

The group looked at river quality at a meeting on 2nd March and explored how this could be improved as a report has indicated that more than half of Mid Sussex's rivers are of poor or bad ecological quality.

In April, the group will be exploring sustainable transport solutions. If you would like to find out more or get involved get, in touch:
sustainability@midsussex.gov.uk

For information on timings and dates of events visit:

www.midsussex.gov.uk/green



Last year's sustainability event was a big success

Cook up a storm, not a blaze!

West Sussex Fire & Rescue Service is urging Mid Sussex residents to take a little extra care when they are cooking. From April 2010 to January 2011 Mid Sussex crews have been called to 54 accidental fires in the home. Significantly, 69% of those started in the kitchen, mostly as a result of unattended, or careless, cooking.

West Sussex Fire & Rescue Service's District Commander for Mid Sussex, Keith Parvin, said:

"Our priority is to keep people safe, so the high number of kitchen fires is a real concern for us. Sometimes, just the smallest lapses in concentration can have devastating consequences. What is frustrating is that so many of these fires could easily have been avoided."



This is the sort of scene the Fire Service are keen to avoid

Tips to stay safe in the kitchen:

- Kitchen fires often occur when people are distracted or leave things unattended - if you are called away from the cooker ensure you take pans off the heat
- Don't cook when you're tired or if you've been drinking. If you are hungry, have something that doesn't need to be cooked!
- Check that you have turned off the oven, cooker or hob when you have finished cooking.

○ Clean hobs and grill pans regularly to avoid a build up of fat which can catch fire.

○ Don't put oven gloves or tea-towels down onto the hot cooker after you've used them.

○ Never use water on chip pan fires as it will create a potentially lethal fireball. If a pan catches fire, don't move it – it will be extremely hot.

○ Turn off the heat if it's safe to do so - but never lean over a pan to reach the controls.

○ If you do have a fire in the kitchen, don't take any risks - get everyone out of your home and call 999. For free Home Fire Safety Checks call 0800 3286487 or log on to www.westsussex.gov.uk/fire to find out if you are eligible.

Local students given top tips to stay safe

Local students in Mid Sussex have received free advice on bullying, sexual wellbeing and how to deal with abusive relationships. Six safeguarding workshops brought youth work professionals to Oakmeeds Community College, giving valuable advice to young people aged 14 to 15 on how to protect themselves and their friends.

A mediation organisation, called Peaceworks, which specialises in peer mediation and anti-bullying work in schools delivered the first six workshops. With their expert knowledge Peaceworks encouraged young people to talk about difficult or abusive friendships and relationships, and to come up with ways of staying safe and happy.

Becky Rust, Programme Coordinator from Peaceworks, said, "The workshops are based on a peer to peer model. This means that as well as providing advice on how to access services, the workshops also create a safe environment for young people to talk about the issues that affect them, and to discuss and share strategies for helping themselves and their friends stay safe in difficult situations and relationships."

The six workshops received positive feedback from students who found the workshops useful and informative.

The workshop sessions are being funded by the Mid Sussex Partnership, which brings together local groups and organisations working together for the benefit of the local community. The partnership



Students with the Peaceworks Team

recognised that while there is a lot of training available for organisations working with young people there was a need to talk directly with young people themselves.

"We hope that these safeguarding workshops will equip young people to deal with some of the difficult moments life can bring. The sessions aim to help them know where they can access help and information when they need it most - keeping themselves and their friends safe", said Cllr Snowling Cabinet Member for Health and Community and Board Member of the Mid Sussex Partnership.

"There are many sources of information and excellent services available to young people who have concerns about sexual wellbeing, relationships or bullying. These workshops aim to give young people the confidence to use these resources free of fear or doubts."

It is now planned that the workshop materials will be available to all schools and colleges in Mid Sussex. Mid Sussex District Council Officers will also be available to deliver this session, should schools require.

Mid Sussex Partnership Conference

**Martlets Hall Burgess Hill
30th June 2011
10am - 2pm**

The conference is open to any group or organisation in Mid Sussex.

For more information, contact Paul Turner, Community Planning Officer.
paulmt@midsussex.gov.uk
01444 477360

Firefighting Team at Burgess Hill



The new firefighting team outside Burgess Hill Fire Station

There is a new team of full-time Firefighters at Burgess Hill Fire Station. The new team, known as 'Variable Crewing', will work alongside the existing station personnel to enhance the capacity for immediate response to emergencies in the south of the District. The Variable Crewing Team will also provide dedicated work in the community to reduce the risk of fires and road accidents in Burgess Hill and the surrounding communities.

The team of nine experienced firefighters will be engaging with the local community in a variety of ways in order to pass on fire and road safety messages. By working with local schools, the youth service, the police, highways safety officers, local

councils, housing associations and the voluntary sector, if can identify and target specific resources for identified areas of risk.

The team prides its self on delivering a professional and efficient service with emphasis placed on minimising risk within the local community, either through responding to an emergency or through educational means. It provides free learning opportunities for all ages, from individuals to local businesses or groups, and has considerable experience in this field. The Community Safety initiatives provide advice and training on subjects such as fire safety for homes and businesses, road safety for all and basic lifesaving skills.

How do I find out more?

For more information on any of these articles contact :

Paul Turner
Community Planning Officer

paulmt@midsussex.gov.uk
01444 477360

If you would like to know more about the services being offered, please contact the station on: 01444 233124.

For more specific advice, please email Watch Commander Andy Morley at: andrew.morley@westsussex.gov.uk.

District Commander, Keith Parvin, said, "The new team brings Burgess Hill into line with Haywards Heath and East Grinstead which have been successfully operating this system for the last five years. One of the keys to the success of the Variable Crewing System is flexibility allowing Firefighters to dedicate some of their time to developing high profile community safety projects with the support of our partner agencies in Mid Sussex."

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