

HACVS E-bulletin Number 36-HW-2010

Due to the increase in the amount of information that needs to be cascaded out to our members, we have decided to introduce two categories of e-bulletins. One will be a specialist 'Health and Wellbeing' bulletin which will refer mainly to information around the health and wellbeing agenda, and the other will be a 'General' bulletin which will refer to everything else. These will be indicated by the suffixes 'HW' or 'G' respectively. We have also decided to commence at number one each year and to detail the current year for our own reference and ease of filing. We hope that you will find these improvements to be of benefit.

(1) Young Achievers Trust (2) Running and Cycling Activity Opportunities (3) 50+ Cycling Opportunities (4) West Sussex Parents Warned over Exam Binge-Drinking (5) Free HR Advice (6) Free Electric Blanket Testing (7) Personal Safety Week (8) More West Sussex Smokers Quit Using NHS Help than Ever Before

Dear Members,

- 1 Celebrity climate campaigner Tamsin Omond has become the first ambassador for The Young Achievers Trust. Nominations are invited to recognise any young volunteers, activists and social entrepreneurs aged between 16 and 25. For further details about the awards and how to make a nomination please see the **attachment:** YoungAchievers
- 2 Please follow the link below to the events page of the HDC website to see a few activities that have been added recently: notably a 'Learn to Run' course being provided by Horsham Joggers and cycling opportunities (guided rides and cycling proficiency) for people aged over 50. There are more details about the cycling course in item number 3 below. <http://www.horsham.gov.uk/leisure/6125.aspx>
- 3 An autumn guided cycle-ride programme is being run for people aged 50+ to increase knowledge, confidence and skills to cycle in modern road conditions. It will run for 6 weeks from 21 September. For details and the application form please see the **attachments:** Cycling1 Cycling2
- 4 Please see the latest news from NHS West Sussex: "With thousands of young people receiving exam results this fortnight, parents in West Sussex are being urged to talk to their children about the risks of binge drinking..." [Read more...](#)
- 5 The HR Services Partnership is running a 3 month pilot in which organisations in the voluntary and community sector, with a turnover of less than £500,000pa are being offered free telephone support. Please see details in the **attachment:** FreeAdvice
- 6 West Sussex Fire and Rescue Service is urging residents to take up a free electric blanket test to help ensure their safety in bed this winter. The free tests, which are now

offered annually will be available at selected venues across the county. For more information please see the [attachment](#): ElectricBlanketTesting

- 7 The first ever Personal Safety Week in the Horsham District will be held in Horsham town centre from Monday 11 to Friday 18 October. The day time event has been organised by Horsham District Community Safety Partnership and aims to help people keep safe by offering a range of service providers who can engage and inform the public on a number of key themes all linked to personal safety. Please see the news release from HDC. [Attachment](#): PersonalSafetyWeek
- 8 Please see the latest news from NHS West Sussex: "More people than ever before are now smoke-free in West Sussex after record numbers use local NHS Stop Smoking Services..." [Read more...](#)

JANET BROWN

Manager

Please note below our new email address for all general communications – all previous email addresses are now obsolete and should no longer be used, thank you.

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