



With the seasonal foodie treats finished off and the new year under way, with perhaps some New Year resolutions to think about, the theme for this newsletter is around looking after ourselves and some support services available.



Free health support for residents

Did you know that Arun District Council's Wellbeing Team provides free preventative health services: They help individuals to work towards healthy eating, weight loss, smoking cessation (with free nicotine replacement therapies), alcohol reduction and getting active, amongst other services. They also provide NHS Health Checks and Workplace Wellbeing Visits. You can find out more online at www.arunwellbeing.org.uk, by calling 01903 737862, or email wellbeinginfo@arun.gov.uk.

Priority Services Register

The Priority Services Register (PSR) is a free UK wide service which provides extra advice and support, including when there's an interruption to your electricity, gas or water supply. As snow and very cold weather affects the UK, if you haven't already done so, consider registering. You can join your supplier or network operator's PSR if you:

- Have reached state pension age;
- Are pregnant or have young children;
- Struggle with speaking or reading English;
- Are living with a disability or long term medical condition;
- Are recovering from an injury or need support after a stay in hospital;
- Have been bereaved;
- Have lost your job.

To get on the register for your supplier/s, visit www.thepsr.co.uk and enter your postcode. Please consider helping others to join, for example elderly relatives, friends, neighbours, people with serious medical conditions or people who may struggle with the internet.



Health & Independent Living Support (HILS)

HILS is a not-for-profit charitable social enterprise and the appointed provider for West Sussex 'meals on wheels'. Staying nourished in winter is essential to support general health and to help reduce winter tiredness or low mood. HILS makes eating well easy by delivering hot, nourishing meals to your home, 365 days a year, with no contracts. Each visit includes a two course hot meal and dessert or soup, plus a caring wellbeing check from friendly DBS checked Community Team Members. As well as a hot meal, the service provides a social connection, with clients enjoying friendly chats with familiar faces, helping to reduce isolation. Do you know someone who might benefit from this? To find out more, call 0330 2000 103 or visit www.hils-uk.org.

Meet your Council

Following an initial launch in January, we're planning to hold regular drop-ins for residents on the last Friday of every month, in the Parish Council meeting room, 10am-12noon. Council Chairman Guy Purser will be here on Friday 27th February 2026. Don't forget too that you can come along to observe council meetings, see below for next meeting dates.



Council Meetings: Please check our website for details in case of changes. Public are welcome to attend, and there's a short adjournment for public questions on agenda items. **Planning Committee, Tuesdays, 7pm** - 3rd February, 3rd March 2026. **Full Council, Tuesdays, 7pm** - 17th February 2026, 17th March 2026.