



Where can I recycle items?

From time to time, we are asked where is the nearest place I can recycle such and such. The council's Environmental Initiatives Working Party thought it would be useful to list some of the items we know are being recycled in and around the village, these being items you cannot include in your doorstep collection (see poster for details of that).

Although the volume of residual household waste per year for each household has almost halved this century - (from 1,046kg in 2000 to 537kg in 2018/19) - we still manage to send a whopping 336,000 tonnes of used clothing to landfill every year in the UK.

In a 2017 survey, the UK came 13th in Europe for recycling of municipal waste with 44% compared to, for example, Germany's 68%. So, in order to improve we thought we would highlight some of the items that can be recycled locally in addition to the products that go into our recycling bins.

Below is a handy list of items that can be put into our recycling bins.

If you are buying a replacement small electrical item from Argos, they will take your old one.



DROP OFF POINTS

Plastic bags - Sainsbury's; Asda; Waitrose.

Water cartridges - Sainsbury's.

Batteries - One Stop; Co-op Station Parade; Haskins; Sainsbury's.

Clothes & Textiles - East Preston Fire Station; Downsway shopping parade; Asda; Sainsbury's; Waitrose.

Milk Bottle Tops; Crisp bags; Toothpaste tubes - Recycle at the Parish Council office or St Mary's Church.

Surplus in-date food - OLIO app to share with neighbours who may be able to use it.

If you use a lot of tealights at home, collect them up and send them to The Recycled Candle Company in Exeter which manages to reuse those small amounts of wax at the bottom of the little cups. (We have tried to find a more local company doing the same but have failed so far.)

For other items that you think may be of use to neighbours rather than taking it to the tip why not try an advert on uk.freecycle.org, the East Preston Community Facebook page or Nextdoor.co.uk?

This is just what we have found out. If you know of other initiatives, please get in touch and we will publish an updated list in due course. **Above is a photo of super milk bottle top collector, Jenn, heading to Topak in Rustington.** Topak donates all the money raised from its collection of milk bottle tops to Chestnut Tree House Hospice. Jenn is not the only super milk bottle top collector in the village, but was the one we were able to photograph in time for this article.

What can I put in my recycling bin?

Items should be Clean, Dry and Loose Not tied up in plastic bags!

	✓ Yes please	✗ No thanks
Paper & card	<ul style="list-style-type: none">Junk mailCereal and egg boxesNewspapers and magazinesWrapping paper (if scrunchable)Catalogues and directories	<ul style="list-style-type: none">Shredded paperPaper towelsTissues
foil	<ul style="list-style-type: none">Clean takeaway containersFoil traysTin foil	<ul style="list-style-type: none">Pet food pouchesFood pouchesCrisp packets
glass bottles & jars	<ul style="list-style-type: none">Wine bottlesBeer bottlesPerfume bottlesJam jarsSauce jars	<ul style="list-style-type: none">Pyrex®Drinking glasses and crockery
metal cans & aerosols	<ul style="list-style-type: none">Food cansDrink cansPet food cansEmpty aerosolsBiscuit and sweet tins	<ul style="list-style-type: none">CablesBatteriesElectrical items
cartons	<ul style="list-style-type: none">Fruit juice cartonsCustard cartonsSoup cartonsMilk cartons	<ul style="list-style-type: none">Plastic bags and filmPlastic bottle tops (smaller than a jam jar lid)Plant pots and seed traysPolystyrene
plastic bottles & containers	<ul style="list-style-type: none">Milk/drinks bottlesBathroom/laundry bottles and tubsMoulded plastic packagingFood, fruit and ready meal pots, tubs and traysPlastic container lids	

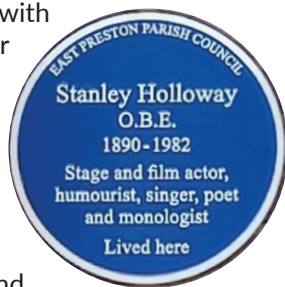
Contact 01243 642106 for more information & advice or visit www.westsussexrecycles.org

West Sussex recycles WEST SUSSEX WASTE PARTNERSHIP

The Latest Blue Plaques

In the last Newsletter we teased you with a glimpse of two new blue plaques for the village. Some good news at the very end of 2020 was the unveiling of these, the second and third blue plaques in the village.

Stanley Holloway, OBE's blue plaque can be found at 35 Tamarisk Way. Born in Essex in 1890, towards the end of his illustrious career he came to live in East Preston. He is probably best remembered as Alfred P. Doolittle in the film of *My Fair Lady* which won eight Oscars and also starred Rex Harrison and Audrey Hepburn. Although nominated, Holloway did not win that year's Best Supporting Actor Oscar. However, well before then he was famous on stage and screen and renowned for his comic monologues and songs which he performed and recorded throughout most of his 70-year career. Some readers may remember Sam Small, invented by Holloway, and also Albert Ramsbottom created for him by Marriott Edgar. Stanley also appeared in many films including *Brief Encounter*, *Passport to Pimlico* and *The Lavender Hill Mob* and his last film in 1974 was *Journey into Fear*. His last stage appearance was at the Royal Variety Performance at the London Palladium in 1980 aged 89.



The other blue plaque can be found at Craig House (originally called Salona) in South Strand and is dedicated to Sir Maurice Craig. Born in 1866, Sir Maurice graduated from Cambridge with first class Honours. He then trained at Guy's Hospital London, became a Member of the Royal College of Surgeons in 1891, a member of the College of Physicians in 1897 and was elected as a Fellow in 1906. Sir Maurice became a pioneer in the treatment of mental illness and during the First World War did much work in connection with soldiers disabled from mental disease and shellshock. He was a member of the War Office Committee on Shell Shock and consulting neurologist to the Ministry of Pensions. For his services he was awarded a CBE in 1919 and a Knighthood in 1921.

As part of his Harley Street practice, Sir Maurice's most high-ranking patients were David, the future Edward VIII, and Bertie, the Duke of York and future George VI who were treated by him for chronic anxiety when he was psychiatrist to the royal family.

Sir Maurice played an active part in the community and he was one of the first members of the East Preston Parochial Church Council, established in 1920, serving on it for the rest of his life. He was also one of the foundation managers of the village school in Sea Road and the children of East Preston school had many happy times playing with the toys generously given from his family. He was also an early President of the East Preston & Kingston Bowls Club. Sir Maurice died in January 1935 after a prolonged illness.

Both honorees are buried in the churchyard of St Mary the Virgin in East Preston.



Correspondence Corner

- OPEN SPACES FOR ALL -

I would like to follow-on from ES's letter in the last newsletter about keeping dogs on leads. I would like to suggest a dog-free zone in the village, somewhere we can all go without the fear of a small number of less well-behaved dogs disrupting our enjoyment. In the summer there is definitely room for a better balance between those with dogs and those like me and my family who want to relax, swim or have a picnic in the village's public spaces.

How nice it would be for us all to be able to enjoy the great outdoors equally, and without some of us being nervous that a dog or its 'do' is around the corner or running at us giving us unwanted attention, whilst the owner has no control over it, isn't bothered, or seems offended that we don't wish to be slobbered over or hassled by their undoubtedly very friendly dog! I know most dog-owners in the village are responsible but even very well-behaved dogs can give very unwanted attention and public open spaces should be open to everyone.

JH

Is Your Chimney Covid Safe?

At the beginning of November, we called for members of the public to submit seasonal poems that we would then publish on the council's Facebook page every day in December. We received enough poems to be able to publish thirty-three, one a day from 30th November to 1st January. The authors ranged from 16 to 83.

This was the poem which was shared most often:

IS YOUR CHIMNEY COVID SAFE?

Santa comes in P.P.E.
Sanitizer flowing free,
Track and trace at ev'ry gate,
No surprise he's running late!

Pulling crackers has no zing
When you're social distancing,
And this year we dare not go
Underneath the mistletoe.

But to keep our spirits up
We shall raise the festive cup,
Send our love to kith and kin
With our virtual wassailing.

Thank you Robert for taking part. Let's all hope the same does not apply for Christmas 2021.



Littlehampton Community Fridge on Tour

At the very end of November, the council was approached by the organisers of the Littlehampton Community Fridge. In addition to operating most days of the week, depending upon supply, from St James's Church in Littlehampton, the Fridge organisers wanted to include East Preston in its Wednesday afternoon "on Tour" sessions. Now, every Wednesday between approximately 2.15pm and 3.15pm, you can find a Littlehampton Community Fridge stall outside the Council Office in Sea Road.

The Fridge works as part of the Fare Divide organisation – www.faredivide.org.uk – aiming to tackle both food poverty and food waste by making available products still in date that supermarkets no longer think they will be able to sell. Any customer can take away up to five items plus bread, all free-of-charge though financial donations are much appreciated. In its own words, "Fare Divide inspires healthier and happier communities by saving perishable foods from waste with our Community Fridge Network." This was something this council was very happy to support.

Customers have been very pleased to find the stall in the village and some have already become regulars. June said, *"It is lovely to be able to get this fresh food, especially during lockdowns. It's even better to know we are all helping to save this food from going to be more landfill. Thanks to everyone involved in getting the Fridge into the village."*



Did you know the following six products last longer away from a fridge?

- Tomatoes
- Bread
- Eggs
- most fruit
- Potatoes and sweet potatoes

Platinum Jubilee

Alamy Stock Photo



As you will probably know, Her Majesty the Queen will celebrate seventy years as our monarch next February, and the country has been awarded an additional Bank Holiday to mark this incredible milestone. The May Bank Holiday Weekend will be moved to Thursday 2nd June and an additional Bank Holiday on Friday 3rd

June will see a four-day weekend to celebrate the first time any British monarch has reached this historic milestone.

How would you, as a village, like to celebrate this event? Please send us your ideas which we will then consider in the hope of finding something really memorable we can do for every facet of our great community. Would you like a street party? Would you like something longer lasting such as a village clock or a piece of public art?

Village Life

March

- 1st Full Council (7pm)
- 5th Business Breakfast (8am)
- 15th Audit & Governance Committee (1pm)
Planning & Licensing Committee (6pm)
- 29th Planning & Licensing Committee (6pm)
Community Engagement Committee (7pm)

April

- 7th Business Breakfast (8am)
- 12th Full Council (7pm)
- 19th Planning & Licensing Committee (6pm)
- 26th Personnel Committee (6pm)
Major Events Committee (7pm)

May

- 5th Business Breakfast (8am)
- 10th Annual Full Council (7pm)
- 11th Planning & Licensing Committee (6pm)
- 17th Finance & General Purposes Committee (10am)
Amenities Committee (7pm)
- 24th Planning & Licensing Committee (6pm)
Community Engagement Committee (7pm)

At the time of writing, council meetings have to be held online. However, for all meetings, please consult the Noticeboards and website a few days before the meeting for the Agenda and venue.

Please note the above list may be subject to change.

census 2021

Census Day is on 21 March and a great deal of work is being done locally to prepare for it alongside the national campaign which you will see shortly, in newspapers, radio and television and social media. Recruitment of the considerable numbers of people who will be helping with the census on the streets is underway through <https://www.censusjobs.co.uk/>. Households across East Preston will receive letters with online codes enabling them to take part from early March. The letters will also contain a phone number to call if the householder needs a paper census form.

None of us know what restrictions will be in place because of the pandemic so a whole range of scenarios are being planned for, but because Census 2021 will be the first run predominantly online, with households receiving a letter with a unique access code, allowing them to complete the questionnaire on their computers, phones or tablets, no face-to-face human intervention outside the house will be required. In this situation, census forms will not need to be put in post boxes and collected by the postie. Nor will the envelopes need to be opened and the completed forms scanned or otherwise data-captured. It will be quicker to complete the form online too, as you will be automatically directed to the next relevant question. If you answer No to one, for example, you will not need to read through the next five which would only have been relevant if you had answered Yes.

It will also mean that the information will be more accurate as there will be less scope for handwritten answers being misread. Other answers to questions which might have been misunderstood will be able to be corrected by the guidance given by the program.

Everyone from local government to charities can put services and funding in the places where they are most needed as a result of the census data. Iain Bell, deputy national statistician at the Office for National Statistics, said "This could mean things like doctors' surgeries, schools and new transport routes. That's why it is so important everyone takes part and there will be additional help and paper questionnaires for those who need them."

John Heaton, the Census Engagement Manager for the South and West of West Sussex, who lives locally, added: "Things are very difficult for many people at the moment and it's not easy to look for silver linings in the clouds but, ironically, the fact that so many more people are using online resources now compared to a year ago means that many more will feel confident about completing the census online".

First results will be available within 12 months, although personal records will be locked away for 100 years, kept safe for future generations. Incidentally, for those who are

keen on researching family history, that means that the 1921 Census returns, taken not long after the end of the First World War, will soon be available - from 1 January 2022, in fact. After the loss of life during the war and the Spanish flu which followed it - that other devastating pandemic just over 100 years ago - the increase in the population decade on decade was in single figures for the first time since the census began, just 5% compared to an average growth of 13.6% since 1801. It was also the only time in the history of the census that a question was asked about orphans.

Any local organisations which work with those in the community who may need additional help can contact John through john.heaton37@field.census.gov.uk or for more information, visit census.gov.uk.



Brighten up East Preston - thanks

Thanks to everyone across the village for getting involved in the Brighten up East Preston events either side of Christmas. Many people have said how much they needed to see and enjoyed people's Christmas lighting displays and decorations, an uplifting way to bring the year to a close.

The winners of the various competitions are as follows:

Individual house – Mr and Mrs Meachen, Oakley Gardens

Neighbouring houses – Claire and Debbie, Roundstone Crescent

Scarecrow – Ann, Westfield Avenue

Window Display – Angela, Lavinia Way

Garden Display – Anne, Hillview Crescent

Business Window Display – Brennan & Chatterton Estates

Autumn / Winter in and around East Preston photograph – Claire, Roundstone Crescent

Count the snowfolk – India, Angmering-on-Sea

Spot the Robin – several winners, all notified

Thanks to the East Preston Festival Committee for its help with these competitions, East Preston Yarnbombers for the snowfolk, Graham Butt Estate Agents for sponsorship of some prizes, Buds 'N' Blooms and Just Because... for assistance and anyone who helped judge any of the above. Here is Claire's winning photograph.



Spring is on the way

We all know 2020 was a very tough year and whilst 2021 has not got off to a good start, there are positive things to look forward to as we slowly return to our 'normal' lives.

The roll out of the vaccine has sparked hopes life can return to something resembling normal in the months ahead.

We all feel so much happier when the sun shines and the flowers are coming out, and we can experience so much enjoyment in looking at the daffodils and tulips and listening to the birds and wildlife returning to our gardens. Take a close look around the village and see where you can spot spring flowers already in bloom.

Once travel restrictions relax, we can plan ahead, looking forward to days out and holidays with all the fun they bring - children playing on the beach or in the park with their friends.

The pandemic has put many people's lives on hold - with restrictions limiting our social opportunities. Hopefully soon, people will be able to meet up with their families and friends like they did before. We can all enjoy a real hug instead of a virtual one online.

Although it would be nice to impart an upbeat message of planned events, we realise that this could impart false hopes. Whilst events, theatre, cinema, eating out and sport are very uplifting, for most of us the average day includes a mix of things that we both look forward to and things we don't like. Perhaps the key message is to enjoy the small things - a walk along the beach, a morning cup of coffee, a chat with your neighbour, and even going (back) to work. Alternatively, have you investigated watching recorded theatre performances at home, or maybe spending an hour online with friends over a meal you have each cooked?

Our physical and mental wellbeing has never been more important, and we can all benefit from a healthy diet (see the recipe below) and a dose of laughter. We will be adding a Happiness Calendar to our e-newsletter and Facebook page in March, this is based on a great resource from Action for Happiness which is a movement of people committed to building a happier and more caring society. (<https://www.actionforhappiness.org/>). There are other resources on the internet which give similar information.

Perhaps we can begin by asking ourselves what we can do to help someone today ...

What can I do for others?

What random act of kindness can I do today?

We are very aware many people have suffered, both in health and finances and we must and will continue to support them. In East Preston, we have come together as an even stronger community during the last year - our Voluntary Service has helped over 150 households and we know of many more residents who have helped their neighbours in many ways or by extending a hand of friendship with a smile and a chat.

Local businesses too have felt the impact of the pandemic, many adapting in order to keep their businesses going - let's continue to support them and in the process, we can also have the benefit of meeting up with old and new friends and keeping East Preston a safe and happy place.

"Happiness is not something ready-made. It comes from your own actions". Dalai Lama

Let's look forward to a better year, appreciating our health, environment and each other.

Meat-free Monday

You may have noticed a distinctly environmentally-friendly tone to this Newsletter. An easy way many of us can help both the environment and our own health is to cut down on our meat intake. Here is a well-trusted Meat-free Monday recipe from Cllr Patricia Gander.

Ingredients

1 kg potatoes, peeled and cut into chunks
1 tbs vegetable oil
1 large onion roughly chopped
4 celery sticks roughly chopped
4 large carrots, peeled and diced
2 garlic cloves finely chopped
4 large parsnips peeled and diced
Large bag of spinach, roughly chopped
400ml boiling vegetable stock
150g frozen peas
2tsp mustard powder
Salt and freshly ground black pepper
1 tbs finely chopped fresh parsley to garnish
Or any assortment of vegetables of your liking.

Method

Preheat oven to 220C/
Fan 200C/Gas 7

Cook the potatoes in a saucepan of lightly salted boiling water for 12-15 minutes or until tender.

Meanwhile add the oil to a non-stick frying pan and place over a medium heat. Add the onion, celery, carrots, garlic, parsnips, and spinach and stir fry for 10 minutes until the vegetables are starting to colour but are still crunchy. Add 350ml of the stock, the peas and the mustard powder and stir well. Season to taste and spoon into a medium-sized pie dish.

Drain the potatoes and return them to the saucepan along with the remaining stock or butter and milk. Mash until smooth then spoon on top of the vegetables, smooth with a fork and bake for 25-30 minutes until golden. Add grated cheese for extra browning. Scatter over the parsley and serve hot.



* Cllr John Gunston and his wife Pam tried a vegetarian diet during January. More on that in our Spring 2021 issue.

* More information on eating well can be found here -<https://www.nhs.uk/live-well/eat-well/>

Warren Recreation Ground children's play area

Did you enjoy going on the swings as a child? Do you miss going on the swings?

As a council we are very keen on residents' wellbeing and we know using play equipment can be a great way of relaxing and some equipment can be good exercise too.

Just as a hypothetical question for now, would you be interested in using the playground equipment during certain hours of the day when it is quieter because its main target audience is at school? Most playground equipment is built strongly enough to be used by adults. If there are adults wanting to use the playground equipment we will progress this further in a way in which it remains safe for everyone.

Please get in touch to let us know your thoughts on this idea.

Thanks to....

Ian Robinson and Keith Chamberlain for respectively chairing the Angmering-on-Sea Lawn Tennis Club and the East Preston Cricket Club for the past six or so years.

Linda and Vic for tackling the problem of excessive fallen leaves in the northern shopping area.

Sean and Steve at DART Ltd. for donating their time, materials and efforts to install the two new blue plaques.

Please always call the office on 770050 before setting out to deliver us some recycling to ensure someone is there to receive your items. *Please do not just leave your recycling outside the Council Office.*

Please contact the office if you would like a large print version of this newsletter.

 Find us on
Facebook



Contact point: Parish Clerk - Simon Cross, Assistant Clerk - Dawn Reid
Council Office, 122 Sea Road, East Preston BN16 1NN

Telephone: (01903) 770050 E-mail: clerk@eastpreston-pc.gov.uk

Website: <http://eastpreston-pc.gov.uk/>

Arun District Council (01903) 737500 West Sussex County Council (01243) 777100

Designed by Arun District Council, Civic Centre, Maltravers Road, Littlehampton BN17 5LF

Home Energy Advisor

Arun District Council has a Home Energy Advisor, Marc Brooker, in place to offer bespoke advice to Arun residents who may want help in reducing their energy costs. He is also well-versed in knowing what assistance may be available to people in need in paying energy debt and those struggling to pay their energy charges.

There are also many insulation and heating improvement grant-funding options available to Arun residents, which can be explained to them once contact has been made. For example, Arun has a grant fund that enables people who may own their own homes, but have limited funds in the bank, and claim some types of benefits, to have an old or uneconomical-to-repair gas or oil boiler replaced free of charge without any charge being put on the homeowner's property.

Once government permits again, Marc can also look at issues within a property. He can check insulation levels and causes of damp, for example, and he can advise on how to use heating more effectively.

If you would like to book an appointment with the Home Energy Advisor, please fill out the self-referral form from the link below.

https://www1.arun.gov.uk/external/Wellbeing_SelfReferralForm.ofml

Further information on this can be found on the Arun Wellbeing webpage - <https://arun.westsussexwellbeing.org.uk/topics/healthy-home/arun-wellbeing-home>

Alternatively, to speak to a member of Marc's team, call the Arun Wellbeing team on **01903 737862**.

