



## Be Local, Buy Local!

As soon as a shopfront becomes empty, there is general concern expressed and the cry goes up that what the village really needs is a bakery. In fact, at the time of writing, East Preston is enormously lucky to have only one retail unit within the village not currently in use and indeed the longed-for fresh bread is already available from at least three outlets in the village. This is an enviable position compared to other local villages BUT it is also a position under threat.

Shopping habits have changed since most of the local shops were established with supermarkets becoming more dominant because of the convenience and low prices they can offer. The car has become an integral part of shopping and as the village has limited parking available, it appears that shoppers are reluctant to walk to the local village stores. The closure of local banks has also resulted in fewer people about in the local "high street". With the decline in building work in the area, the number of new shoppers brought into the village has also dropped. Online shopping too is taking its toll on local shops. In some cases, all this has resulted in a drop of about a third of business.

Residents may not be aware of some of the things on offer which may help to maintain our local shops. Many of them provide a free or low cost delivery service. They also operate a phone-in ordering system. Just ask! The personal, friendly service provided by shop owners cannot be underrated nor indeed overstated. Customers can always discuss their needs with the shop owners and with their many years of experience and specialist expertise, they are always able to give advice and tailor the order to individual needs. Unusual items can be sourced on your behalf and in some cases, paid for in instalments. This personal service is not readily available from the big supermarkets.

As more people shop online, take a minute to look at the village website [www.eastprestonvillage.co.uk](http://www.eastprestonvillage.co.uk) and see the amazing variety available in East Preston. More than 100 businesses are listed there and in this technological era, a good, clear website (itself designed by a local business) is an important part of marketing, which business owners are taking on board.

In an effort to encourage more business, a Be Local, Buy Local campaign has begun and from the poster reproduced here, the five simple reasons remind us of the tremendous value of buying locally.

It is not enough to decry the closure of local shops. We will have to change some of our shopping habits and take responsibility for maintaining healthy levels of patronage of local business. Without local shops, the unique character of East Preston will be lost and we become a faceless part of the residential sprawl of neighbouring towns or larger villages. Something active has to be done - **Be Local, Buy Local!**

**Be Local, Buy Local!**

**Buying local boosts our economy**  
Local businesses shape the character of our community and rely on local people to thrive.

#### Five reasons to buy from the local community

1. You'll be protecting the unique character and diversity of Sussex Based Businesses.
2. The money you spend in the area supports local jobs and wages and improves the well-being of your community.
3. You become part of a chain of people making local decisions affecting local people.
4. Thanks to your custom, local businesses are more likely to survive, succeed and stay local.
5. Local businesses are more likely to be environmentally sustainable, especially those with local supply chains.

**Be Part of the Local Community**  
**Buy Locally!!**

The Council would like to thank the following businesses for their help with this article: **Arun Business Supplies, Browns, Shortcuts, Streets Ahead and Village Stores.**

# Friends of Langmeads

The Friends of Langmeads (FoL) held its First General Meeting on 22 July 2010 at the Spire Room, St Mary's Church. Over 40 members of the public attended together with the Executive Committee who have been actively involved with setting up the Group.

It was reported that the FoL's aims are to:

- Promote Langmeads for use by the local community as a place for recreation, enjoyment and study
- Seek to preserve its present habitat and
- Ensure its good maintenance.

In support of those aims the FoL has:

- Drawn up a constitution
- Set up a bank account
- Established positively with Arun District Council their Public Open Space Policy and the legal covenants that apply to Langmeads
- Organised a community event when 700 bulbs were planted and litter collected and
- Consulted with Arun DC on muddy paths, which has led to wood chippings being laid

The highlight of the evening was an exhibition of outstanding photographs taken by pupils from East Preston Junior School. The winner of this competition was Ellie Jackson with this brilliant photograph of a butterfly.



Callum Pica and Eve Edwards were second and third. Ellie was only eight years old at the time, and Callum and Eve were nine. All were awarded WH Smith tokens, generously donated by Arun District Council. By happy coincidence the photographs had been taken with camera equipment donated from the winding-up of a charity established in 1805 by John Corney, whose memorial stands above the door of St Mary the Virgin Church.

A lively exchange of views showed that there is considerable interest in this wonderful green space. Since the meeting the membership has grown steadily and the Committee is looking forward to working with Arun District Council to meet the aims set out above. The Council is drawing up a five year management plan and the FoL is drafting its own set of action plans for the coming months.

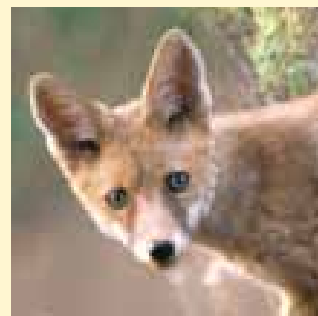
## Parish News

Many of you will already have heard the result of the Parish Poll, in the light of which the Parish Council agreed to abandon its project to build an extension to the Village Hall which would have provided additional storage for the Village Hall, a community meeting room and a Parish Council office.

The Parish Council agreed at its September meeting that its three priorities for the remainder of its term (i.e. until the May 2011 elections) would be "to provide suitable office accommodation for its staff, to improve children's play facilities at the Warren Recreation Ground, and to support as necessary the Village Hall Foundation's need to find a solution to its current storage problems."

## Dealing with foxes

During the past month, District Councillor Terence Chapman has received four calls asking for advice about dead foxes in the village. In case you are confronted with this problem, he suggests that you bear the following points in mind:



1. Disposal of the carcass of any dead animal is the responsibility of the person owning, leasing or using the land where the body is found.
2. Bodies of dead animals may be placed in a black bag, sealed and placed with your household waste for collection by the refuse service. You can also call Arun District Council's cleansing dept. if the dead animal is in the road or any public area (01903 737754).
3. If you feel uncertain about disposing of the body through the refuse service, e.g. because it will be some time before your refuse is collected, then you may wish to bury or burn the offending item. Of these latter courses of action, burning is recommended because if buried at too shallow a depth, foxes, in particular, will dig up the remains (even of other foxes).
4. If you decide to burn the carcass, please do not use petrol, paraffin or any other flammable liquid! Gather wood, dig a pit, light a good fire so that you have a good bed of ash and embers. Place the carcass on top of the embers and then add more wood and keep adding wood until the body is consumed and only bones are left. Fill in the pit and then replace the divots/topsoil.

For more information on foxes including deterrence, visit [www.foxproject.org.uk](http://www.foxproject.org.uk) or telephone the **Fox Project's Helpline on 01892 826222**.

## Youth benefit from grants

Twice a year the Parish Council awards grants to organisations working in or for East Preston. Amongst this year's successful applicants were organisations working directly with youth in East Preston such as the East Preston Football Club Juniors, the 1st East Preston Scouts, East Preston Viking Explorer Group and the East Preston Cricket Club. Others included 4SIGHT, Sussex Victim Support and Sofas & Stuff. Pictured below is the East Preston Football Club Juniors U14 team.



This investment in the youth of the parish benefits us all as it ensures that they are kept busy with an activity they enjoy and develop a positive relationship with the community. Indeed, the E.P. U14s are doing exceptionally well. Having only just joined the league, they have won all their games thus far and are top of their division. They are also progressing in the County Cup tournament although they have been knocked out of the Challenge Cup (for Arun and Chichester). A team of U12s who next season will be able to join the league as U13 are receiving training but they still need further sponsorship.

## Thanks

The Parish Council wishes to express its thanks and appreciation to two Councillors who resigned in the wake of the Parish Poll, Len Barnett and Alastair Sharp. Both had served on the council for about eight years. Len was Chairman from 2006 to 2009, and Alastair was the Chairman of the Finance & General Purposes and Audit & Governance Committees for several years.

They both steered the Council to practices of good governance, healthy financial practice and more community integration, working co-operatively with the West Sussex Youth Service and the Village Hall Foundation amongst other local groups.

The Parish Council wishes them both well for the future.

## Half Term activities for children

The Parish Council is once again funding half term activities to be run in East Preston. These will take place on the mornings of **Monday 21st and Wednesday 23rd February 2011**, in the Village Hall and in the Conservative Hall respectively. Children in Reception and up to Year 4 are invited to attend creative sessions inspired by the stories of Handa by Eileen Browne. These are stories guaranteed to bring colour and warmth into those bleak, cold days of February. For more information check the Council website or call the Council Cabin.

## Greening East Preston and Kingston Campaign

Being green is becoming an increasingly important issue in everyone's daily lives as the impact we have on the environment becomes more and more apparent.

Did you know that if everyone lived like we do in the UK we would need 3 planets to support us? Quite a sobering thought, and in the South East studies have shown the picture to be even more serious. The carbon footprint of our region is approximately 14% above the national average, our water consumption is nearly 30% above the UK mean and studies have shown that if everyone lived like we do in the South East we would actually need 3.5 planets to support us.

One of the most important things in saving energy is understanding how much you are using. A good way of working out how much energy you use is to buy a smart meter. Smart meters are wireless devices which connect to your meter and show you how much power you are using at any time, equating this to cost and carbon terms.

The government has committed to providing these free of charge through your energy supplier by 2020. In the meantime, there is an increasing number of smart meters on the marketplace ranging from £30 basics to the ultra-cool Wattson meter at £100. Visit [www.electricity-monitor.com](http://www.electricity-monitor.com) which reviews and supplies all smart meters.

## Village Life

- Dec 2nd – Christmas 'Lights On' and late night shopping, both shopping parades and in between, 4pm to 7pm
- Dec 6th – Full Council meeting – Warren Room, Village Hall, 7pm
- Dec 8th – Film night\* - *Eat, Pray, Love* - Village Hall, 7.30pm (doors 7pm)
- Dec 10th – Charity Christmas Fair - Village Hall, tbc
- Dec 18th – Christmas show – Village Hall, tbc
- Jan 10th – Full Council meeting – Warren Room, Village Hall, 7pm
- Jan tbc – Film night\* - Village Hall, 7.30pm (doors 7pm)
- Feb 7th – Full Council meeting – Warren Room, Village Hall, 7pm
- Feb tbc – Film night\* - Village Hall, 7.30pm (doors 7pm)
- Feb 21st – Children's Playscheme \*\* - Village Hall, 10am
- Feb 23rd – Children's Playscheme \*\* - Conservative Hall, 10am

\*Tickets on sale at Hedgers Newsagents and Seaview Stores.

\*\* Booking forms available from the Council Cabin, the Infant and Junior Schools, from Jan 10th onwards.

Storytime for toddlers every Friday 11.10am – 11.30am in East Preston Library.

If you have an event in March, April or May that you would like to be included in this list, please contact the Parish Clerk.



# East Preston Christmas 'Lights On' Event

Thursday 2nd December 2010 (4.30pm to 7pm)

The third Parish Council and Traders Christmas '**Lights On**' Event is coming round again.

Make sure you don't miss...

- **Lights Switch On** – meet at the Village Green Christmas Tree for 5pm
- Horse & Carriage rides up and down Sea Road
- Meeting Santa in his Grotto at Shortcuts
- East Preston Junior School Choir singing
- St Margaret's Church Handbell Team ringing
- Festive food and drink in both shopping areas
- Evening entertainment at the Royal British Legion and Tudor Tavern.



The Parish Council is sorry that so few of our Christmas motifs have been installed on the lamp posts this year. This is because WSCC, together with SEC, has recently imposed stringent safety rules and forbidden Councils from using these old concrete posts. They will all be replaced by SEC over the next couple of years and then we will shine again!

## The Heat Is On

As the weather turns colder West Sussex Fire and Rescue Service is urging people to be aware of the dangers of chimney fires.

West Sussex Fire & Rescue Service attended over 200 chimney fire incidents in the winter of 2009/10 with many properties having lost the roof or first floor and in some cases being completely destroyed.



Community Fire Safety Officer Jackie Boyle explains: "Most chimney fires are preventable. It is very important that anyone planning to light their fire gets their chimney checked and swept regularly. The consequence of a chimney fire isn't just the damage caused by the fire. There is the dirt and smell from the soot and smoke, which can affect all of your personal property."

"We recommend that people follow our simple guidelines on Chimney Fire Safety to help reduce their chances of a fire."

### Safety Tips

- Have your chimney swept at least once a year, twice a year if burning wood
- When burning wood, use dry, seasoned woods only
- Build smaller, hotter fires that burn completely and produce less smoke
- Never burn cardboard boxes or waste paper
- NEVER use petrol or paraffin to light your fire
- Do not overload the grate or appliance
- Use a fire or spark guard to prevent accidental fires
- Inspect your chimney breast, particularly in the roof space. Make sure that it is sound and that the sparks or fumes cannot escape through cracks or broken bricks
- Ensure the fire is fully extinguished before going to bed or leaving the house
- Make sure wood burners and other fire appliances are installed and maintained in accordance with the manufacturer's instructions
- Make sure your smoke alarm is working properly, early detection can save lives.

Fire safety advice is free and easy to access from West Sussex Fire & Rescue Service's Community Safety Team on **01243 642878** or **[www.westsussex.gov.uk/fire](http://www.westsussex.gov.uk/fire)**



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Designed and printed by PrintPlus, Maltravers Road, Littlehampton