



Welcome to *Express*

Here's where partners in the East Sussex Children and Young People's Trust share regular news, achievements and announcements. Click below to find out more.

In the Dragons' Den

Free runners, members of youth clubs and music fans were just a few of the young people lining up to enter East Sussex 's own Dragons' Den organised by the county council's YouthBank.

The YouthBank team visited the Access All Areas Youth Arts Festival at the De La Warr Pavilion in Bexhill on 24 October and groups of young people took turns to face a panel of dragons. They had five minutes to convince them that their idea deserved anything from £25 to £500.

The Dragons were young people from across the county who had received training from the Youth Development Service. In total 35 groups faced the dragons, who awarded an incredible £20,000 to worthy causes.

For more about YouthBank visit www.connexions360.org/youthbank

To see festival highlights visit www.dlwp.com/accessallareas

Drink aware

With continuing concerns about problem drinking among young people, the PSHE and Healthy Schools team, in partnership with the Primary Care Trusts, the Drug and Alcohol Action Team, and Sussex Police, have produced a leaflet for the parents of Year 5 children to inform and empower them to begin discussing alcohol with their children.

For further information and to see the [Why Can't I Have Some](#) leaflet click here.

Winter warmer

East Sussex Healthy Homes is working with local councils across East Sussex to help vulnerable groups, including families with children under 16, stay warmer and healthier in their own homes.

The project aims to raise awareness of fuel poverty, the connection between a warmer home and better health, and provide energy efficiency solutions and advice. Grants are available to cover a range of energy efficiency options, including loft and cavity wall insulation and renewable energy measures.

For further information contact: Sara Winnington, sara.winnington@ecsc.uk.com

Information fun day

A free information day for parents and carers of disabled children proved a great success.

More than 60 organisations that offer services for disabled young people and their families attended the Disability and Special Needs Information Day, held at Summerfields Leisure Centre, in Hastings on 14 October. The day included a host of fun activities, including fantastic displays by the Filsham Wheelers, a wheelchair basketball team

The day was organised by Parent Link, the East Sussex Parent Partnership Service, and various local partners. To find out more about Parent Link's work visit <http://www.parentlinksussex.org.uk>

A break for young carers

The Association of Carers has launched a new project to help young carers, aged between seven and 18, who look after family members at home.

Jo Oliver PR and Fundraising Manger for the association said: "We aim to complement Care for the Carers' work by offering a regular respite break to young carers in Hastings and Rother".

This service is completely free and aims to find a friendly volunteer to look after the cared for person so the young carer can have a break. For more information call 01424 722309 or email: info@associationofcarers.org.uk

Skills conference for private, voluntary and independent organisations

The Workforce Strategy Partners Programme (WSPP) holds its winter conference on Monday, 14 December, at the Eastbourne Centre, Grand Parade, and Eastbourne.

The free conference, for non-statutory organisations that work with children and young people in East Sussex , will be of particular interest to those responsible for developing staff and volunteers.

The conference will include:

- A programme covering important workforce and training issues
- Speakers from national and regional organisations
- Lively, interactive workshops
- The launch of the Skill Share website
- Opportunities to engage with colleagues from around the county

The WSPP is the Children's Workforce Development Council's funding scheme to support third and private sector engagement in workforce reform.

For more details on the conference, email l.abiaad@btinternet.com.