

MP supports low carbon lifestyle

AN MP has toured an electricity substation which is helping more people switch to a low carbon lifestyle.

Caroline Lucas, Green MP for Brighton Pavilion, visited the site which recently had a £1.2 million upgrade to deliver safe power supplies to thousands of homes, businesses, schools and hospitals.

She said: "It was great to have a tour of the main electrical substation in Brighton.

"I was pleased to hear about the work UK Power Networks is doing to help support renewable energy generation and electric vehicles on the network to achieve a decarbonised and decentralised energy system."

Mark Adolphus, director of connections at UK Power Networks, said: "Our networks enable people to make green lifestyle choices, whether that is connecting an electric car, installing solar panels or selling their own power while continuing to keep down the costs of delivering reliable electricity."

Ex-cons warn teen boys that crime doesn't pay

By Karen Goodwin
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TWO ex-offenders are warning youngsters about the pitfalls of crime and telling them it's never too late to turn their lives around.

Paul Murdoch and Andrew Brown tell teenagers about their own experiences of being in prison.

They were in Worthing last week as part of efforts to cut antisocial behaviour, school absenteeism and offending in the area.

About 15 boys attended their workshop at Worthing Town Hall.

Mr Murdoch, who spent 14 years in prison for drug and firearms offences, said: "Sometimes there is a lightbulb moment in a young person's life and sometimes there isn't. After being in prison, for me it was when I thought about what I had lost and what I had gained. I had lost personal things like my wife and children, and I'd gained nothing."

He set up the Directions



From left, Paul Murdoch, PC Sharon Eppy, Rachel Cave who is an Adur and Worthing antisocial behaviour caseworker, Sarah Pocklington and Andrew Brown of the Directions Project and PC Robert Luff at Worthing Town Hall

Project in 2011 to work with young people on crime prevention, intervention and rehabilitation after spending "too many years in prison".

He said: "Getting the trust of the young people is important. The kids at Worthing were well engaged and focused, quite surprising for

kids displaying antisocial behaviour.

"All but one of the 15 boys came back after the break, which is pretty good going."

Mr Murdoch is frank about what it is like to be sentenced in court and taken away in a police van and how it feels to have your own clothes taken

away before going into a cell.

Mr Brown, a former gang member, joined him at the talk.

He said: "I told them they need to understand where the disappointment has been in their lives.

"Once they've done that, they should find someone to

confide in, someone they can trust to get the support they need. Otherwise the disappointment can lead to violence, anger and hatred."

The workshop was organised by Adur and Worthing councils together with Adur and Worthing Police Prevention Team.

Sophie Whitehouse, of the councils' early help and wellbeing in the communities and wellbeing team, said: "Young people were referred by teachers, police and support workers from across Adur and Worthing and, given the success of this session, we hope that the intervention will continue to form part of that programme."

Mr Murdoch would like to run a 12-week programme to change young people's mindsets over longer term.

He said: "Some of the barriers were broken down, but there's a lot more to do.

"I just felt I had experience to give back to young people about my life journey and I can just hope that if one in 20 people applies my knowledge to their experience, that's one life I've saved."

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