



Newhaven *Matters*

Winter 2019 // Issue N° 20



Welcome to the Winter edition of Newhaven *Matters*, the free newsletter for Newhaven residents produced by Newhaven Town Council.



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If you would like to advertise in future issues of Newhaven *Matters* please contact Nicky Still on 01273 516100 or email nicky.still@newhaventowncouncil.gov.uk.

Winter 2019

Welcome to another edition of Newhaven Matters – your local magazine for everything Newhaven!

I hope you're enjoying the festive period – I'd like to take this opportunity to wish you all a happy New Year.

We go into 2019 with an air of optimism - we've now got free parking in the town for an hour, the promise of new shops opening soon, devolution of green spaces, meaning your local council will take back control of them and of course, our new bandstand!

We plan to have a series of regular concerts and performances throughout the warmer months. Details will be widely circulated – do come along and have a listen – it's free!

Do please take a moment to read our Young Mayor's article on the forthcoming pram race – will it become as big an event as the annual raft race? It might do...

There are also the annual Seahaven Business Awards, run by the Newhaven Chamber of Commerce. This prestigious awards night, now in its 16th year attracts a large following. YOU can vote for your favourite business – see newhavenchamber.co.uk for details.



There will also be a further fund-raising event for my chosen charity. This will be a Gala Dinner to be held around the end of February. Once again, all profits from the evening will be donated to CTLA. If you'd like to participate in this 'black tie' event, do please contact the office to reserve your place.

Paul Boswell
Town Mayor of Newhaven

If you have a story you would like included in the next edition, or an event you would like included in the What's On section, please email Nicky Still nicky.still@newhaventowncouncil.gov.uk or phone her on 01273 516100.

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YOUNG HEROES WANTED



Do you know a young hero who deserves an award?

We are now looking for nominations for the following awards, which will be presented in a ceremony to be held on Tuesday 12th March 2019.

- **Young Carer** (someone who cares for their parent(s) or other family member).
- **Young Sportsperson** (for outstanding sporting achievement).
- **Young Person of Courage**

(someone who has achieved something against the odds; for instance whilst battling bravely against illness or disability; or someone who has done something especially brave).

Each individual winner will receive a cash prize of £50 and a commemorative trophy which will be engraved with their name. There will be one overall winner of the Newhaven Community Award, chosen from all three categories, who will win £100.

All young people who live, work/volunteer or go to school in Newhaven are eligible to be nominated. They must be 17 years or under on 1st March 2019.

Nomination forms are available from www.newhaventowncouncil.gov.uk/news or from the town council offices at 18 Fort Road, Newhaven. The deadline for nominations is 15th February 2019.

CHRISTMAS CHURCH SERVICES

DENTON CHURCH, HEIGHTON ROAD

Sunday 23rd December	4.00pm	Candlelit Carol Service with Silver Band
Monday 24th December	4.00pm	Crib Service
	11.15pm	Midnight Communion
Christmas Day	10.00am	Family Communion

ELIM CHURCH, MEECHING RISE

Sunday 23rd December	5.00pm	Carol Service
Christmas Day	10.00am	Christmas Day Service

NEWHAVEN BAPTIST CHURCH

Sunday 23rd December	10.30am	Carol Service
	6.00pm	Christmas Singalong
Christmas Day	4.00pm	Christmas Tea and Chat to 7.00pm

SACRED HEART CHURCH, FORT ROAD

Sunday 23rd December	3.00pm	Carol Service
Monday 24th December	6.30pm	Carols by Candlelight
	7.00pm	Vigil Mass
Christmas Day	9.00am	Mass
Wednesday 26th December	10.00am	Mass for Feast of St Stephen

ST MICHAEL'S CHURCH, SECOND AVENUE

Monday 24th December	3.30pm	Crib Service
	11.30pm	Christmas Eve Midnight Communion
Christmas Day	10.00am	Family Service and Communion

COULD YOU BE A TOWN COUNCILLOR?

Elections for Newhaven Town Council will be taking place in May 2019.

Do you care about Newhaven and want to make sure local people get the services they need?

Do you want to make a difference and help shape Newhaven's future?

Could you represent the views of local people?

Do you have what it takes to be a town councillor?

Find out what is involved at our information workshop.

Saturday 2nd March 2pm at
Denton and Mount Pleasant
Social Centre, Denton Road,
Newhaven.

Everyone is welcome – whatever your political persuasion, or if you have none; whatever your background – you just need the time and energy to help your local community.



STAND FOR WHAT YOU BELIEVE IN.

www.beacouncillor.co.uk

If you care about the area that you live or work in and the issues facing local people, we need you.

BE A
COUNCILLOR



GRANTS FOR LOCAL ORGANISATIONS

Did you know that Newhaven Town Council gives grants to local organisations?

Grants made recently include £200 to the Newhaven Gig Rowing Club towards the

renovation of their main rowing boat, Amelie; £250 to the Rotary Club to enable them to give small Christmas gifts to elderly people attending their Christmas party; £200 to the Hillcrest Community Café to enable them to offer a meal at Christmas to people who are lonely, aged, homeless or in need; and £560 to the Newhaven Day Club towards

the replacement of their water boiler.

There is another chance for local organisations to apply for grants in the New Year. Application forms will be available on the town council website www.newhaventowncouncil.gov.uk/news early in January. The deadline for applications is 17th February 2019.



Spotlight on...

Jason Ede

Newhaven's new Town Crier



In October the town council appointed Jason as honorary Town Crier for Newhaven. He tells us here what led to his application for the post.

In August our family stayed at a miner's cottage in Wales, with no TV and intermittent internet coverage (bliss). After a marathon lego build my partner, Abi, checked the Newhaven news during a brief signal boost. Abi laughed, and told me "I bet you apply for this". That was the first I heard about the search for a Town Crier.

As ever, Abi was right, and when we got back I applied, submitting a reasoned argument, and resisting the temptation to add "for crying out loud" on the form. I was interviewed and auditioned at Newhaven Fort, and now have the privilege of being your Town Crier.

I love Newhaven, and want to tell (shout) some of the

stories of our town. We walk where Romans and Bronze Age ancestors once stood, and our port was a main supply base for the Western Front. I could go on – I will have a lot to shout about (I couldn't resist that one!).

I am grateful for Abi having seen that advert. Alongside every Bellman there is a great woman. Oyez!



A Neighbourhood Plan for Newhaven

By the time Newhaven Matters is printed, the Community Plan for Newhaven will have been submitted to Lewes District Council having taken into consideration all the comments submitted by residents to the Draft Plan.

Planned Programme for the plan

DECEMBER 2018

The Neighbourhood Plan and supporting documents submitted to Lewes District Council to conduct the final stages.

MARCH 2019

An independent Examiner will examine the Newhaven Neighbourhood Plan.

MAY 2019

A referendum will be held to give you a chance to vote for the approval of the Neighbourhood Plan.

JUNE 2019

The final version of the Neighbourhood Plan will be adopted and will become

effective, if the majority of those that vote would like the Plan adopted and used to judge planning applications made in Newhaven.

If you would like to ask questions about the planned programme of the Neighbourhood Plan then please get in touch with Susie Mullins (Susie.mullins@newhaventowncouncil.gov.uk).

A FLAG FOR NEWHAVEN



The Newhaven flag was launched back in the summer at the Newhaven Festival. Its designer, Sam Ford explains the meaning and symbolism behind his design:

“Through the colours and symbols used within the design of the new flag for Newhaven, the aim is to represent the town and its history, communities and local environment. The graphic design depicts an aerial view of Newhaven. The strong connection with water, both

the sea and the River Ouse, are central to the nature of the town and its inhabitants.

The colours represent different elements and localities: blue - water and the sea, green - nature and the South Downs, white - earth and the chalk cliffs and yellow - fire and Seaford Bay. The emblems featured (the martlet, the mill wheel and anchor) each carry their own rich symbolism and meaning. These motifs each reference different communities that all form

part of the town. I hope the flag will encourage a sense of ownership and belonging, celebrating diversity and calling for inclusivity and unity. It marks a new chapter in the story of this vibrant seaside town.”

The flag was launched as part of Newhaven Arts Festival and the Festival of Belonging by Elliott Bashford-Robertson (pictured), a member of the treble-winning Newhaven Ladies football team.



ALL ABOARD FOR A PRAM RACE!

Newhaven's first ever Pram Race takes place on Easter Monday, 22nd April 2019 on West Quay!

The brainchild of Newhaven's Young Mayor, Huey Cripps, this fun race will follow a winding course along the riverside, starting by the RNLI Boathouse and finishing at the north end of Huggett's Green.

Get together with your friends, make your own pram, dress up - come along and have fun!

Teams of all ages (over 13yrs) welcome.

Prizes will be awarded for the best looking pram and team, the fastest pram along the route and the pram which is closest to a secret set time.

Entry forms and rules available from the Newhaven Town Council website www.newhaventowncouncil.gov.uk/news or from the Town Council offices at 18 Fort Road, Newhaven, tel: 01273 516100.

Sponsorship opportunities will be available for local companies and there will be stalls on Huggett's Green. If you'd like to sponsor the event, or have a stall, please contact Newhaven Chamber of Commerce office@newhavenchamber.co.uk or tel: 01273 517544. All money raised will go to the Young Mayor's charities which are the Sea Cadets and the Bhopal Medical Appeal.

NEW 'BUMPS AND BABIES' GROUP

A new parent/carer and baby group starts in January at St Leonard's Church Hall, Denton (Heighton Road). This group is specifically aimed at the 0 – 1 year age group and the aim is to create a stimulating, friendly and safe environment for babies to play and parents/carers to get to know one another. Expectant mums are also welcome to come and get to know other parents and carers in the weeks leading up to their baby's arrival.

Each week there will be a variety of toys, bouncers and strollers for the babies to use. There will also be delicious snacks and drinks for the adults! You'll have plenty of time to catch up and play but also have a short time when you come together and



sing nursery rhymes, and occasionally guest speakers will be invited to talk about a baby related topic such as weaning or baby first aid.

The group will run on Tuesday mornings from 10.15am - 11.30am (term time only) and will be held in St Leonard's Church Hall (behind the church on Heighton Road, Denton).

The first session will be on Tuesday 15th January and a small contribution of £1 per family each session is asked for. If you know someone expecting a baby or with a little one already, please spread the word. For more information email Katy Lowries at dentonbumpsandbabies@gmail.com.



KNIT 'N' NATTER

From a tentative start in the cosy Hillcrest Café, Newhaven Knit'n'Natter Group was launched 9 years ago. The group meets weekly on Monday afternoons in the Hillcrest Centre between 2 and 4pm, the ideal venue with cafe, toilets, disabled access and free parking. Several members enjoy lunch in the centre's award winning cafe before joining the Knit'n'Natter session.

Over time the group has enjoyed the company of talented needle crafters: knitters, of course, but also crochet, embroidery, lacemaking and cross stitch with members happy to help, advise and share their expertise.

To cover the cost of room rental the group raises funds by the sale of bric-a-brac which ensures that members pay only a small voluntary contribution each week.

There's a well stocked library and pattern collection, a comprehensive stock of needles for loan, occasional competitions and raffles. The group is always grateful for donations of yarn as some members knit for charity.

For more info contact the Hillcrest Centre: 01273 512376.

The photographs show the recent competition to produce a garment for a baby up to 12 months, judged by members' votes.



Bait Bucket

TACKLE WAREHOUSE

Unit T
Rich Ind. Estate
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Newhaven
BN9 0DU



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luggage & clothes

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Monday – Saturday / 9am – 5pm



New in 2018

ICON deeper

SAVAGEAR





NEWHAVEN FORT AMATEUR RADIO GROUP

Interested in radio, electronics and computers?

Newhaven Fort Amateur Radio Group (NFARG) is open to anyone in the area with an interest in any of the above topics to join this well established and friendly group.

Members enjoy the excellent facilities available in the historic fort which includes a comprehensively equipped radio shack to make radio

contacts around the world, a very interesting museum displaying many important and historic items of radio equipment, a storeroom and workshop. A well designed and comprehensive aerial farm (by kind permission of the Fort authorities) helps members to achieve many long range radio contacts.

The group also works closely with the Downland Radio Group, covering special events such as Marconi Day, operated from the site of the former Marconi Radio Station at Tidemills where remnants of the old Station are still visible, and International Lighthouses on the Air, using Newhaven

Lighthouse as the reference point.

Need a licence? No problem! NFARG can train you - the group has a comprehensive training team who have a proven track record and an excellent record of helping successful candidates become skilled radio operators.

For further information please contact:

Gavin Keegan – Vice Chairman on 07801 692667 or Roger Parish – Treasurer on 01273 612038. Or email the secretary: newhavenarg@gmail.com. www.nfarg.org.uk (under reconstruction).

Stay Warm to keep well this Winter

As temperatures drop, the cold poses real risks to some members of our community

citizens
advice

When it falls below 8C, some people are at an increased risk of serious health issues such as heart attack, stroke, flu, hypothermia and falls. Cold weather can also adversely affect mental health conditions, such as depression and dementia.

At the same time many people worry about running up big heating bills and feel they cannot afford to heat their homes to a comfortable level.

There is some help at hand if you are worried about yourself, a friend or relative:

Cutting your bills – you may be able to find a cheaper tariff with your current supplier or

by changing supplier and you could be eligible for a Warm Home Discount of £140.

Support for vulnerable individuals – suppliers operate a Priority Services Register. Benefits include a bill nominee scheme, priority support during power cut and improved meter access.

Energy efficiency improvements in your home – you may be eligible for a free Warm Home Check home visit or a grant from the Council or charitable trust.

Help if you're behind with bills – advice is available on dealing with arrears and there may be trust funds which can help.

Hints and tips on staying warm – can be found at warmeastsussex.org.uk.



Contact your local Citizens Advice to get further information and advice: phone 03444 111 44, text WARM to 81400 or drop in – see opening times at www.lewesdistrictcab.org.uk.



SEASIDE TOWN

It's all about Newhaven... and football

Seaside Town is a new mini-series written and directed by local screenwriter Warren Dudley, in conjunction with Newhaven Regeneration Group (NRG), which is available on Amazon Prime. Inspired by his recent experience screenwriting *The Bromley Boys*, Warren decided he wanted to bring some of the same magic to his own old hometown, Newhaven. *The Bromley Boys* is a successful feel-good feature film that was wonderfully received earlier this year.

Unlike *The Bromley Boys*, *Seaside Town* is not a feature film – it's a series of six ten-minute episodes – but like *The Bromley Boys* it is all about

football! Although the episode length was dictated by budget, Warren says it was a fun format to work with. "Feature films are quite hard to write. You have that middle forty minutes that sag if you're not careful. Not so here."

The series features two professional actors – Roger O'Hara and Hannaj Bang-Bendz (pictured) – while the rest of the cast is drawn from Newhaven. "We put out shouts on Facebook for people to send in film auditions. We got a great response – 170 tapes – and cast from there. So it's an 80% Newhaven-made project." Warren also had fun. "I had complete creative freedom, which was lovely. I was just trusted to do, well, everything really, charging around Newhaven with my little crew. And the locations are beautiful: the old port is lovely, the views, the sea..."

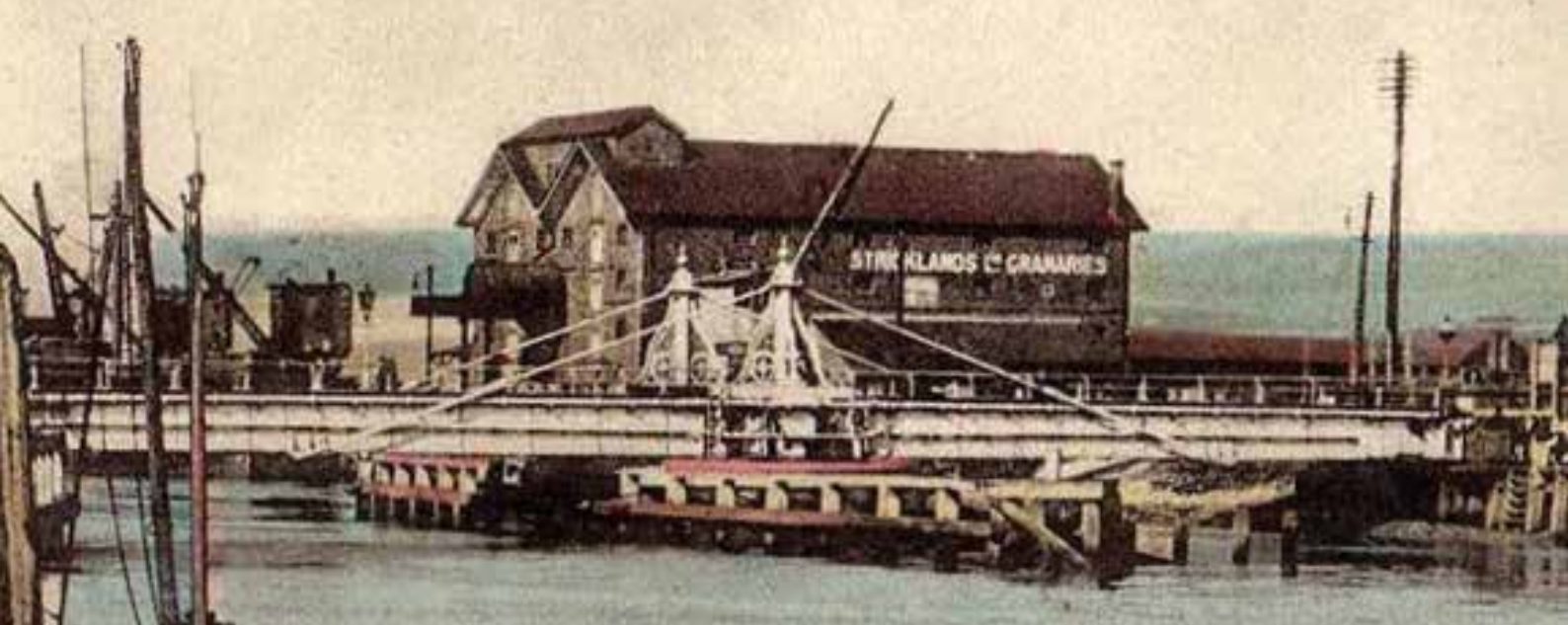


though the weather could be a bit hit and miss at times: it was so changeable, we had a few continuity issues!"

Warren grew up in Newhaven and attended Tideway School. Today "I've moved all the way away to Seaford." But not much has changed since his childhood days. "And we weren't aiming to present a grungy old Newhaven – though the joke is there, when an American soccer star gets sent to Newhaven FC – but we wanted to show the area's beauty. And it wasn't hard: it really is beautiful round here."

For more info, go to www.facebook.com/seasidetowntv where you can also order the DVD.





OurNewhaven STRICKLANDS WAREHOUSE

The picture above shows Stricklands Granaries warehouse which was situated on the North Quay. Sadly, this large warehouse was destroyed by fire in 1940. Crossing the river is the old Victorian swing bridge, manually opened and closed, which was replaced in 1973 by the new mechanically operated bridge.

If you have any old photographs or memories of Newhaven you can contribute online at www.ournewhaven.org.uk or you can write your memories down and leave them, along with any photographs, postcards, slides or negatives for OurNewhaven, c/o Newhaven Town Council Offices, 18 Fort Road,

Newhaven. We will return your images as soon as possible.

The OurNewhaven website team can be contacted at info@ournewhaven.org.uk.



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Ages 8+ 6pm - 7pm

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CALLING ALL POTENTIAL ADVISERS!

Lewes District Citizens Advice is currently recruiting volunteer advisers for our Seaford, Lewes and Newhaven offices. If you enjoy helping people, have good communication skills and would like to make a difference to your community we would love to hear from you.

You would benefit from a very thorough training, gain broad experience across a number of advice areas, from consumer rights to welfare benefits and would work alongside a great team of people who come from all walks of life. We are also looking for people wanting to help clients with Universal Credit support in addition to other benefits advice. Many of our advisers go on to obtain paid work with the experience they've gained.

We ask that you are able to commit at least 6 hours a week to the bureau, with some flexibility in hours, and that you possess good computer skills. We are keen to recruit from all sections of the community, whatever your background or experience.

For further information, please
email training@lewescab.cabnet.org.uk
or call 01273 477924 for an informal chat

NEWHAVEN & DENTON'S PEACE 1919-2019



IDEAS FOR NEWHAVEN PEACE CELEBRATIONS

A meeting of Newhaven residents took place at the Church Room on 20th March 1919 to discuss how the town would celebrate Peace. Opening the meeting the Chairman, Mr Funnell, said they "were proud of their men who had combined to bring the war to a successful close, and felt sure the inhabitants of Newhaven, who had been brought into such close touch with operations connected to the war, would wish to celebrate the occasion in a worthy manner." A number of suggestions were put forward including:-

- A dinner for the older residents
- Sports for the children
- A carnival and torchlight procession
- A cottage hospital for the town

The most popular suggestion was for the provision of a cottage hospital, which could also act as a memorial to those men who had lost their lives during the war. Of course, it would all depend on how much money could be raised.

SERIOUS INJURY CAUSED BY EXPLODING DETONATOR

Charles Adkins, of 17 Newfield Road, was seriously injured when a detonator exploded at the home of his friend, Eric Davis, on Sunday 23rd March 1919. Charles had called on his friend, who lived at 21 Newfield Road, on the way to church where they were both members of the choir. The lads had found the detonator on the beach the day before. It was assumed that Charles had been examining it whilst waiting for his friend, who was on an errand. Surgeon-Captain Betenson RNVR quickly arrived at the scene and sent Charles straight to hospital. No-one else was hurt and there was no damage to the building, other than a hole in the table.

RETURN OF MR HERSEE

At a meeting of Newhaven Urban District Council on 26th February 1919, the Councillors discussed the return of Mr Hersee, the Assistant Overseer of the town. Charles Hersee joined the Royal Garrison Artillery in April 1917 and his work was taken over by his wife Elizabeth. He was wounded in April 1918 and spent 6 weeks in a Military Hospital in London, before returning to his regiment. At the meeting, councillors paid tribute to Mrs Hersee. Councillor Etherington said that "She took over the work at a time when many women were coming forward to help to carry on the nation's work, and Mrs Hersee, who took up the difficult and responsible work with very little training, had carried it on very successfully." Councillor Corbett praised the

"business-like manner in which she undertook and carried out what was a very difficult task." Mr Hersee returned to work on 1st April 1919.



▲ A015-050 Newhaven Urban District Council Staff in front of the offices in Fort Road in the 1920s. Left to Right Mr Hooper, Mr Mainwood, Charlie Hersee, Mr Akhurst. The lady is not named. If you know who she is please let us know.



▲ A010-055 Newfield Road c. 1905



NEWHAVEN TREE WARDENS

Autumn is slipping by in a wonderful range of colours this year and as Winter approaches, the three Newhaven Tree Wardens will be out and actively planting at a site near you! Here they are in November helping the Burley's team plant 1300 daffodils along The Drove which will brighten up the banks in Spring time.

Future projects currently being surveyed include North

Way, Riverside Walk (where the new flood defences have been installed), the transport interchange outside the ferry port and the Quarry Road/ Court Farm Road triangle.

The April planting of rowan, crab apples, hawthorn and walnut trees at Powell Gardens is establishing well and the crab apples have been particularly colourful this Autumn.

Are you interested in becoming a tree warden, or helping with future projects? Get in touch with Newhaven's Tree Wardens by email at BN9Trees@hotmail.com, Facebook or Twitter @BN9Trees.

Watch this space for news of edible wild fruit and nut trees, kindly donated by Burleys, being planted in sites suggested by you, the people of Newhaven!



The Greenhavens Network is an umbrella group with over 35 community groups, professionals and residents working together to protect and enhance their local green spaces from Telscombe all the way through to Seaford.

The network aims to protect and enhance biodiversity in a variety of ways, currently developing a landscape scale project aiming to create a network of wildlife corridors linking parks and open spaces. The group is very interested in your ideas to inform this project and will be holding workshops to collate interested people's projects. Check out



their Facebook page for further information.

Greenhavens is working hard to protect green spaces for residents' health and well-being. Now a member of the SpeakUp Forum, Greenhavens has the only role that represents the environment on the East Sussex County Council Health and Well-Being Strategic Board.

The network is continually growing and always welcomes new members. Meetings are held quarterly; the next one will be held in March 2019 and everyone is welcome. For further information on how to get involved, please get in touch by emailing greenhavens@yahoo.com.

THE BANDSTAND – COME HELP US CELEBRATE ITS ARRIVAL!

Few towns in Britain have their own island and we are going to make the most of ours! During December a bandstand will be built on the open-space on Denton Island. On Saturday 22nd December there will be a special event with Earthquake drummers processing from the town centre to the Island at 2pm. There then will be carols and music with the Glynde and

Beddingham Brass Band giving a mini concert at 3pm.

The Bandstand has been built from money given to the Town Council from funding schemes run by Government and East Sussex County Council. It is hoped that it will become a focus in the town for events, from singing, dancing, exhibitions and in fact anything creative you can think of!

We are starting to think about a programme of events for next year so if you are part of a choir, a band, an amateur dramatic group or do anything that you would like to share, get in touch with us and you could be hosting an event at the bandstand!

In the meantime, come on down to the town on the 22nd

December, listen to some music and help us celebrate the bandstand's arrival and Christmas!

If the weather is bad on the 22nd December, check the Town Council's website or facebook page in case there are any updates on the event.



Newhaven flood risk reduced



Significant progress has been made building new and improved flood defences in Newhaven. Environment Agency (EA) contractors completed a continuous flood wall along East Quay on the east bank of the River Ouse, from the Energy Recovery Facility (ERF) to the swing bridge and down into the port. Complex work in the secure area of the port and towards Mill Creek continues and is expected to be completed by March 2019.

Two new clay-cored flood embankments were constructed north of the ERF in 2018. A flood gate across the railway line – the first of its kind in the UK – linking the two new flood embankments, is being designed in partnership with Network Rail and is due for construction in 2019.

Remedial soft landscaping work on Huggett's Green continues to be monitored throughout this winter to check the establishment of

seeding undertaken in the late summer and autumn of 2018.

Construction is disruptive and the EA thanks you for your continued co-operation. For further details visit www.gov.uk and search 'Newhaven' or call 03708 506506.



PONDS MATTER

Newhaven Town Council has been busy working on ponds in recent months.

At Valley Ponds, following many years of deliberately "wilding" the ponds to try and improve conditions for wildlife, the town council decided this Autumn that this had now gone too far and that it was time to redress the balance. Although letting the scrub around the ponds grow had helped birds and insects, it

sadly did not appear to have helped toad numbers.

So – a major cut back of scrub, brambles, nettles and reeds was carried out in October. This has opened up views of the water for people visiting the site and, we hope, has made the site much more human friendly. The town council's contractors will now keep the cleared areas cut short to stop brambles and nettles growing back and reed cutting will be repeated several times next summer to try and stop reeds growing

back so vigorously in certain areas.

Meanwhile, four new ponds have been created at the northern end of Riverside Park, which it is hoped will develop into great new habitats for aquatic wildlife, particularly toads. The ponds are filling with water now that the winter rains have come and they will be carefully monitored as vegetation and wildlife start to colonise them in the spring. We hope these ponds will become a new paradise for Newhaven's toads.

Struggling to balance your books?



Contact Tasker Osman & Co on 01273 512749 to arrange a **FREE** no obligation meeting with one of our team to see how we can help



Website: www.taskerosman.co.uk
 Phone: 01273 512749
 Email: jon@taskerosman.co.uk
 Address: 10 South Way, Newhaven East Sussex, BN9 9LL

Tasker Osman & Co.
Financial Accountants

Partners: Les Tasker FFA, FAIA, FFTA, Kevin Osman FFA, FAIA, FFTA

La Baguette Shop



For freshly baked genuine French Bread, continental and traditional sweet and savoury pastries, delicious home-made soup and snacks.

Open Monday to Saturday
 31 High Street Newhaven • 01273 516129



FEELING LOW? NEED SOMEONE TO TALK TO?

Sussex Community Counselling offers high quality, low-cost counselling in Newhaven, Lewes, Hailsham and Eastbourne. After an initial chat on the phone, an appointment will be booked for you to see a counsellor at a time to suit you. A contribution towards your counselling is asked for, which is discussed at assessment.

Sussex Community Counselling has helped many people over

the years and looks forward to offering a warm, friendly and helpful service to you.

Also, Counselling Partnership – Survivors of Suicide offers support to those affected by suicide. One to one support for individuals who are currently suicidal and group support for those bereaved by suicide is available.

For more information call 01273 519108 or email counselling@sussexcommunity.org.uk.

SCDA ADVICE & INFORMATION HUB @ 31A HIGH STREET

Millions of people in the UK live in poverty and many are unable to afford basic essentials.

If you are looking for free, confidential, quality assured advice and information on dealing with the issues in your life, come to the Info & Advice Hub at 31a High Street, Newhaven where you can access a Community Navigator drop in session every morning Monday to Friday 10am-1.30pm and direct referrals into Citizens Advice benefits advice.

A member of SCDA's expert and friendly team will spend time with you talking through any concerns you may have and start to plan a way forward to resolve your issue.



For more information call 01273 516032 or go to www.sussexcommunity.org.uk.

NEW ADVENTURES AT DENTON ISLAND NURSERY!

New to the Denton Island Nursery is Forest School, a great way for children to explore their natural surroundings and learn new skills in a fun, exciting way. During the Forest School sessions, children learn about nature and how to use the natural resources around them. They learn how to use tools safely, build dens, make simple knots and build a fire, along with learning about fire safety.

Denton Island Nursery is rated OFSTED 'Outstanding' and spaces are available for children aged between 3 months – 4 years.

For more information or to arrange a visit, please call Kerry on 01273 515125.





ST MICHAEL'S 2020 CELEBRATIONS: PHOTOS NEEDED!

Were you or your ancestors married or christened/baptised at St Michael's, Newhaven? Your photos are wanted of any events held there, whether old or up to date!

This time next year will see the launch of celebrations at St Michael's in which the 900th anniversary is marked since the beginnings, in AD1120, of Christian worship in a church building in Mecinge (otherwise

known as Meeching and later, Newhaven).

The St Michael's 2020 committee would appreciate receiving photos with a view to adding them to their display which will be featured at different times in the church and church hall during 2020. They promise to take care of your photos, which will be scanned and returned to you.

Please be sure to label each photo clearly with info: who, when, what occasion, plus your name and address for returning them. Thank you, and feel free to send digital images of more up-to-date events!

Contact Derek and Ann Payne, 2 Bay View Road, Newhaven, BN9 9LH; 01273 514841; payne64@btinternet.com with your photos or for more information.

Here is a preview sample...

Four generations of the Payne family married



John (Jack) Payne & Alice Muriel Privett on 10th June 1927



Derek Alfred Payne & Ann Patricia Robinson on 25th July 1964



Richard John Payne & Michelle Pendry on 21st July 1990



Georgina Payne & Al Weedon on 16th May 2016

A recent marriage



Steve & Sharon Saunders on 1st September 2018

KEEPING UP TO DATE WITH WHAT'S ON IN NEWHAVEN

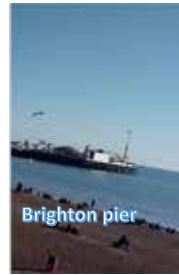
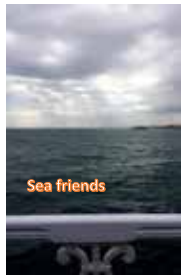
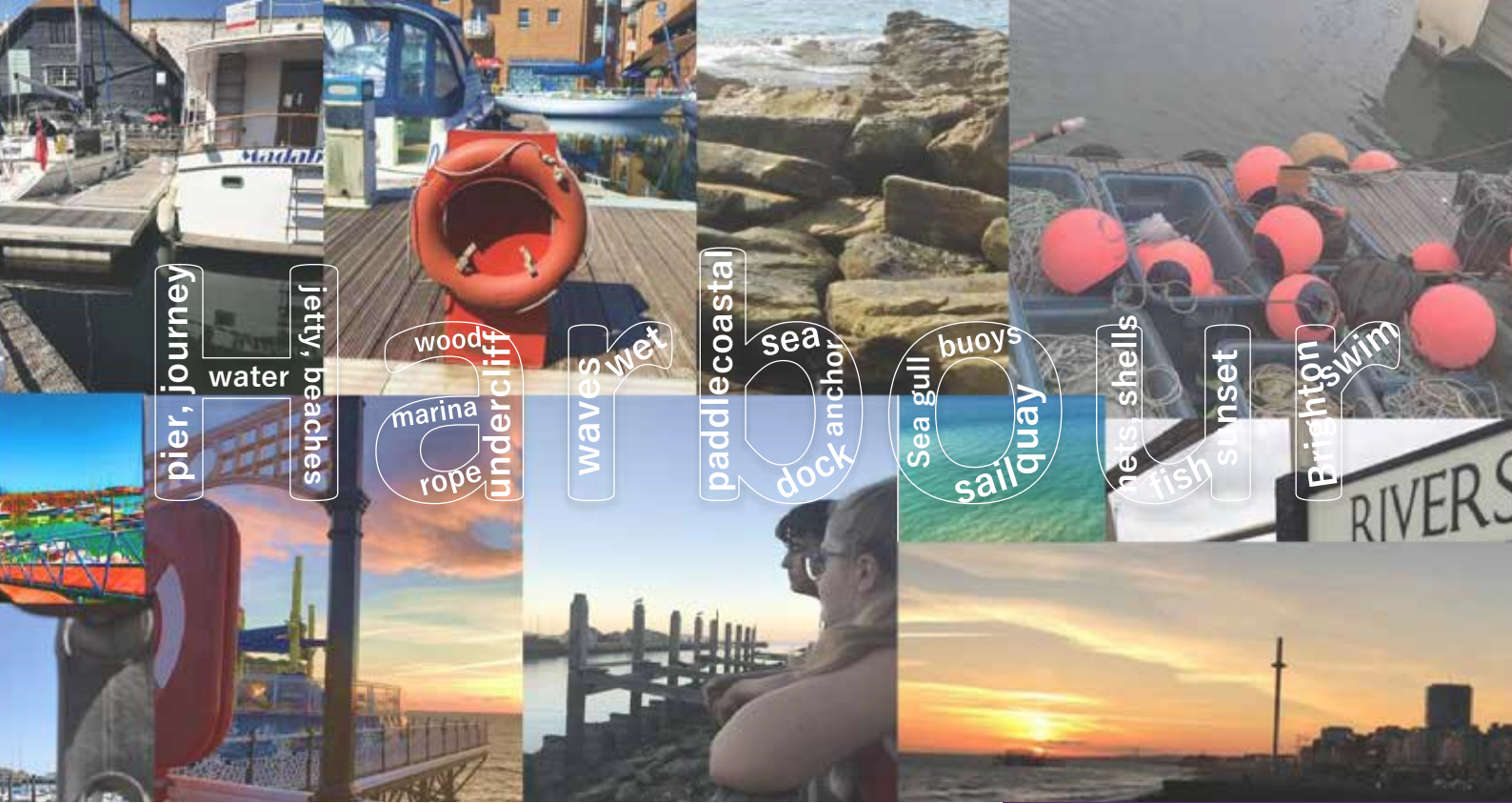
As Newhaven Matters is a quarterly publication, it can be difficult for some people to keep up to date with what's happening in the intervening weeks. We do regularly update our website www.newhaventowncouncil.gov.uk,

Facebook and Twitter pages with news items and details of upcoming events, but feedback tells us that a lot of people don't look at these. Many do, however, look at their emails.

So we have decided to publish a monthly e-newsletter, which we plan to launch towards the end of January. It will contain the same news items and what's on listings as our website and social media pages, but will conveniently drop into your inbox!

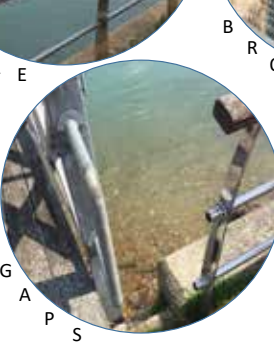
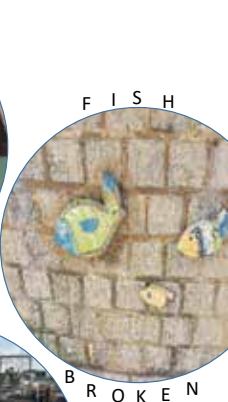
To subscribe, simply email admin@newhaventowncouncil.gov.uk with your name and email address, asking to be added to the database for the e-newsletter.

We take the protection of your data seriously and will never share your personal information with a third party without your consent. Our data protection policy can be viewed on our website. Subscribers to the database can ask to be removed from it at any time.



YOUNG PHOTOGRAPHERS AT SEAHAVEN ACADEMY

For their final piece of work in the Autumn term year 10 photography students at Seahaven Academy were asked to capture their own images of the local harbour and coast. Each student took at least six images and created a two-page spread to demonstrate their journey to the harbour. In class they studied photographers who use a documentary style in their work, so focusing on that, they tried to tell a story using photographs. In the images the students used a range of close, mid-range and distance shots so that the perspective would vary. The work was mounted using creative techniques and wording learnt in previous lessons. These are some of the results, which we think capture the beauty of this coastal area perfectly.



CLEARING UP CONFUSION

Planning Applications and having your say

Getting involved in the planning process can often seem confusing, but anyone can comment on a planning application that has not yet been decided. The law requires that all comments made on a planning application must be made available for the public to view and they cannot be confidential or written anonymously.

Once a planning application is accepted by the District Council, there is a period of 21 days within which you can make your views known.

Comments that you make must relate to the planning merits of the application such as:

- Overlooking/loss of privacy
- Loss of light or overshadowing
- Parking, highway safety, traffic
- Noise
- Layout and density of building
- Design, appearance and materials
- Government and local policy
- Disabled persons' access
- Nature conservation

Comments (no matter how strongly felt) that relate to non-planning merits, will not be taken into account in the consideration of proposals.

These include:

- Loss of your view
- Devaluation of your property
- Business competition
- Damage to your property
- Boundary disputes, rights of access, covenants and other private rights
- Disturbance to you during development
- Maintenance of your property

Objecting to a planning application is no guarantee that it will be refused by the planning authority, but it is a good step towards ensuring that only well considered and designed proposals are granted permission.

FREE FOOD WASTE BIN LINERS!

Lewes District Council are helping residents recycle more of their food waste in the new year, by offering a free roll of compostable food waste bin liners to every household throughout January!

The food waste LDC collects is turned into soil conditioner and can then be used by local farmers and gardeners in the area.

If you are already part of LDC's food waste recycling service then you can collect your free roll of liners by popping into Newhaven Town Council in Fort Road, or Saxon House in Meeching Road.

If you need to sign up for food waste recycling then just head to lewes-eastbourne.gov.uk/foodwaste and a free roll of liners will be dropped off for you when your food waste caddies are delivered.



NEWHAVEN IN BLOOM

This friendly and fun annual competition is open to all and embraces gardens both big and small. Whatever space you have, it is worth having a go for the many prizes on offer.



NEWHAVEN IN BLOOM 2019

ENTRY FORM FREE TO ENTER

1. BEST WATER & ORNAMENTAL DISPLAY
2. BEST FRONT GARDEN
3. BEST BACK GARDEN
4. BEST BALCONY/BASKETS/POTS or CONTAINERS
5. BEST KITCHEN GARDEN
6. BEST BEE FRIENDLY & WILDLIFE GARDEN
7. BEST SCHOOLS
8. BUSINESS IN BLOOM*

*This is kindly sponsored by NEWHAVEN CHAMBER OF COMMERCE. This is open to any commercial organisation/business in Newhaven.

Every entrant will receive a Loyalty Card from Paradise Park, which entitles them to a £1 plant voucher every time they spend £10 on plants at the Garden Centre at Avis Road, Newhaven.



Please enter me/us in the following category:

.....

Name:.....

Address:.....

.....Tel No:

Please post or hand in to the Info Centre, Paradise Park, Avis Road, Newhaven BN9 0DH as soon as possible. Judging will take 19th of June 2019.



Town Council meetings

Don't forget that members of the public are welcome to attend town council meetings. The following meetings will all be held in Meeching Hall, Fort Road from 7.15pm.

Tuesday 15th January

Planning & Development Committee followed by Full Council.

Tuesday 5th February

Planning & Development Committee followed by Regeneration & Strategic Development Committee.

Tuesday 26th February

Planning & Development Committee followed by Environment & Amenities Committee.

Tuesday 5th March

Promotion, Partnership & Finance Committee.

Tuesday 19th March

Planning & Development Committee followed by Promotion, Partnership & Finance Committee.



Sick or injured wildlife – call East Sussex Wildlife Rescue and Ambulance Service
07815 078234 • www.wildlifeambulance.org

What's On.

1st Sunday every month

Castle Hill Group meet at top car park next to the Fort 10.00am – 12.00noon. All ages welcome. Volunteers are invited to carry out practical conservation tasks which vary throughout the year. Tel Graham Amy 01273 514942 for details.

2nd Sunday every month

Newhaven Growing Together Community Garden. Come and join this thriving Community Garden situated on the cliff tops overlooking the lighthouse and the sea. Find out more on our website growingtogethernewhaven.org.

3rd Sunday every month

Friends of Tide Mills/Newhaven East Side conservation work and litter clearance morning. If you would like to join us and become a Tide Mills guardian, you will be made most welcome. Meet 10.00am at beach end of the old Tide Mills village road. December meeting includes Christmas picnic. Contact Jim Skinner for more info: brianjimskinner@gmail.com.

Every Sunday

Newhaven Sunday Lunch Club – Sunday roast, dessert, coffee £7.00. All welcome. Free parking, easy access, and disabled toilet. Newhaven Day Club 12.30 – 2.30pm (tea/coffee from 11.30am). Contact Kate for more details – 01273 516207. Great food, great company.

Every Sunday (term time only)

TNG Youth Group 6.30pm to 8pm at St Michael's Church hall. Re-starting 13th January 2019 for secondary school aged young people. Further information from Sara Alexander 07763 333998.

Every Monday

Pilates 9.30am and 10.45am at Haven Studio, Western Road. For more info and to book call Zara 07532 418542 or email zarano1@msn.com.

Every Monday

Bambino Beatz baby music group 11.15am in the Children's Centre, Denton Island. A different theme each week. We use a wide range of popular music, instruments, funky rhythms, puppets, themed story each week and more. £20 for 5 classes, £10 for 2 classes or £6 drop in. To book a place contact via our website bambinobeatz.com.

Every Monday

Denton Island Indoor Bowls Club. Gentle exercise class with teacher Territa. 12.00 midday to 1pm. £3.50 per session, just turn up and pay. Or phone 01273 514664 for further details.

Every Monday

Improvers Bridge group at Denton Island Indoor Bowls Club, 2.00pm. Call 01273 514664 for more information.

Every Monday

Yoga with Jo 7.30 - 9.00pm at Harbour Primary (Church Hill). Please contact Sevanti on 07957 336718, sevanti@being-in-unity.com.

Every Monday

Newhaven And Seaford Sea Cadets Seniors (aged 12-18) parade at 80 Chapel Street, Newhaven BN9 9QD, 6.45pm – 9.00pm. As a Sea Cadet you can go to sea, learn to sail and do adventure training, plus get extra skills to give you a great head start in life. Contact 01273 655442 or email admin@tsdefiance.com.

Every Monday (term time)

3rd Newhaven Scouts 7.00 - 8.30pm. Meet for Exploring – Collecting – Visits – Hiking – Camping and Achievement Badges. Tel Bob Evans 01273 516018.

Every Monday & Thursday

MAD (Meeching Amateur Dramatics) is in Meeching Hall 7.45pm – 10.00pm. New members always welcome. Contact Tony on 01323 896813 for more info.

Every Tuesday

Bumps and Babies Group for parents/carers and babies (0-1) at Denton Parish Church Hall, Denton. 10.15am -11.30am (term time only), £1 per family. Starts Tuesday 15th January 2019. For more information email: dentonbumpsandbabies@gmail.com.

Every Tuesday

Newhaven Growing Together Community Garden. Come and join this thriving Community Garden situated on the cliff tops overlooking the lighthouse and the sea. Find out more on our website growingtogethernewhaven.org.

Every Tuesday

Bridge group at Denton Island Bowls Club, 10.30am – 12.30pm. Beginners welcome. Call 01273 514664 for more info.

Every Tuesday

Computer Buddies at Newhaven Library for help using computers. 10.00am – 12.00pm. By appointment only Tel 0345 60 80 196 eastsussex.gov.uk/libraries.

Every Tuesday

Musical Moments for people with dementia and their carers. 11am to 12 noon at the Hillcrest Centre. Cost £1 Tel. 01273 494300.

Every Tuesday

Pilates 7pm and Hatha Yoga 8pm at Denton Island Community Centre. For more info and to book call Zara 07532 418542 or email zarano1@msn.com.

Every Wednesday

Newhaven Chamber of Commerce weekly breakfast meeting, 7.00am at Woody's, Peacehaven Golf Course. An ideal opportunity for businesses to network with other local business people. Phone 01273 517544 for more details.

Every Wednesday

Pilates 9.30am at Haven Studio, Western Road. For more info and to book call Zara 07532 418542 or email zarano1@msn.com.

Every Wednesday

The Havens Day Centre, Age UK East Sussex in Newhaven Age Concern Club, West Quay. 10.00am - 3.00pm or half days. A warm supportive social environment for older people who need a little help to enjoy their day. Clients with dementia welcomed. Please contact Nicola on 07850 987131.

Every Wednesday

Extend Exercise for Seniors. We welcome new members to try this fun-to-do class for older people and those with disability or injuries. Helps improve suppleness, strength, stamina and balance. Seated options, friendly chat and nice music. St Leonard's Church Hall, Denton 2.00- 3.00pm. Cost £4.00. Contact Sandria Reese 01273 514152.

Every Wednesday

Denton Island Indoor Bowls Club Line Dance lessons with teacher Territa. 7.00pm - 8.30pm. £3.50 per session. Just turn up and pay or phone 01273 514664 for more details.

Every Wednesday

Denton Table Tennis Club meets every Wednesday evening 7.00pm – 9.00pm at Denton Church Hall, Heighton Road, Denton. Newcomers welcome. Contact Rosemary 01273 611384.

Wednesdays fortnightly

Nukehaven - we are a fun and informal ukulele group for all abilities - other instruments welcome - that meet fortnightly on a Wednesday from 7.00pm at the Hillcrest Centre. All are welcome.

Wednesdays quarterly

Greenhavens Network Meeting. Please contact Karen at greenhavens@yahoo.com and/or join the facebook group 'Greenhavens' for further information.

1st Thursday every month

Royal British Legion – Newhaven Social Club – 7.30pm for 8.00pm. All welcome. Tel 01273 514258.

3rd Thursday every month

Meeching WI meets at Meeching Hall at 9.45am. Visitors/new members welcome. Tel: 01273 517053 for more details.

3rd Thursday every month

Newhaven Gardening Society meet at Age Concern Day Club, West Quay, Newhaven at 7.30pm. Non-members always welcome. £2 including tea and biscuits. Contact Carol Guest-Hilton on 01273 510182 or Joyce on 01273 515610.

Every Thursday

Yin Yoga 9.30am at Haven Studio, Western Road. For more info and to book call Zara 07532 418542 or email zarano1@msn.com.

Every Thursday

Munchkins Parent and Toddler Group. Weekly activity (art, craft or cookery) £1 adult, 20p child. Free refreshments. 10.00am – 12.00noon. Newhaven Wellbeing Centre, Summerhayes, Marshall Lane. Tel Janet 01273 515301 for more details.

Every Thursday

Yoga for Mixed Abilities, 10-11.30am. British Wheel of Yoga Senior Teacher Trainer Janet Bond invites you to join a small group in her beautiful yoga studio. All equipment provided. Further details: 01273 512306 or email samtosh4u@btinternet.com.

Every Thursday

Community Shiatsu Clinic – a great way to relax and de-stress. Drop in clinic so no need to book. 11.00am - 2.00pm Newhaven Wellbeing Centre, Summerhayes, Marshall Lane. Tel Eddie 07771 175707 for more details.

Every Thursday

Denton Island Indoor Bowls Club. New Yoga class 10am. £3 per session, just turn up and pay or phone 01273 514664 for more details.

Every Thursday

Free rhyme time at Newhaven Library for babies, toddlers and their parents or carers. 10.30am – 11.00am. No need to book, just turn up and enjoy singing stories and playing musical instruments. 0345 60 80 196 eastsussex.gov.uk/libraries.

Every Thursday

Country Market 9.45am – 1.00pm at the Hillcrest Centre. Locally made cakes & savouries, confectionery, preserves, fish, cheese, eggs, wholefoods, honey, Indian pickles & spices, plants, cards & crafts and seasonal fresh produce.

Every Thursday

Seahaven Yoga – Yoga with Abi Doyle. Yoga suitable for all levels of experience, including beginners. Newhaven Wellbeing Centre, Summerhayes, Marshall Lane, Newhaven, 6.00pm - 7.15pm. Tel: 07704 435172; email: doyleabi9@gmail.com.

Every Thursday

Yoga with Jo 7.30pm - 9.00pm Harbour Primary (Church Hill). Please contact Sevanti on 07957 336718, sevanti@being-in-unity.com.

Every Thursday

Force Basketball Session for Adults at Seahaven Academy from 7.30pm to 9pm. £5. Turn up and play. Also many sessions for children and young people in association with Wave Leisure – for details go to www.forcebasketball.co.uk.

Every Thursday (term time)

3rd Newhaven Beaver Scout Group, 6-8yrs meet 5.00pm - 6.15pm & Cub Scout Group 8-11 yrs meet 6.30pm – 8.00pm. Meet for Exploring – Collecting – Visits – Camping and Achievement Badges. Scout Hut, Fort Road Recreation Ground. Tel Bob Evans 01273 516018.

Every Thursday & Saturday

Newhaven Market, High Street, Newhaven 9.00am – 2.00pm (weather permitting).

Every other Thursday

Art club and crafts at Newhaven Day Club, West Quay from 1.30pm - 3.30pm. Looking for new members - call or contact Diane (BA {Hons} Fine Art Painting from the University Of Brighton - voluntary tutor for over 10 years.) 01273 515957 or mobile 07933 235802.

Every Friday

Early Bird Yoga, 7.30-8.45am at Newhaven Enterprise Centre, Denton Island. Contact Sophie at inbalancesussex@gmail.com Tel: 07444 549859.

Every Friday

10.00am Hatha Flow Yoga at Haven Studio, Western Road. For more info and to book call Zara 07532 418542 or email zarano1@msn.com.

Every Friday

Bridge group at Denton Island Bowls Club, 10.30am – 12.30pm. Call 01273 514664 for more info.

Every Friday

Denton Table Tennis Club 10.00am – 12.00 noon, Denton Church Hall, Heighton Road, Denton. Newcomers welcome. Contact Rosemary 01273 611384.

Every Friday

2nd Denton & South Heighton Beaver Scout Group age 6-8 years, meet 5.00pm at St Leonard's Church Hall, Denton. Followed by 2nd Denton & South Heighton "Ralph Reader's Own" Cub Scout Group age 8-11 years at 7.00pm. Tel: Jane Jarvis 01273 514467.

Every Friday

2nd Denton & South Heighton Scout Group meet 8.00pm - 9.30pm at St Leonards Church Hall, Denton. Contact: Jane Jarvis 01273 514467.

Every Friday

Newhaven And Seaford Sea Cadets meet at 80 Chapel Street, Newhaven BN9 9QD. As a Sea Cadet you can go to sea, learn to sail and do adventure training, plus get extra skills to give you a great head start in life. Seniors (aged 12-18) parade on Mondays and Fridays. Juniors (aged 10-11) parade Fridays. 6.45pm – 9.00pm. Contact 01273 655442 or email admin@tsdefiance.com.

Weekdays

Newhaven Ramblers – a friendly group who meet weekdays on a rotating different day each week. Walks are of varying lengths and difficulty usually between 5 and 8 miles with a pub lunch/picnic stop half way. A reasonable amount of fitness is required. Call Margaret on 07759 243207 or email Margaret.r.perry@icloud.com for more details.

NEWHAVEN DAY CLUB

West Quay, Newhaven BN9 9BP
(north east corner of West Quay car park)

An opportunity to meet old friends or make new ones. Membership is £12 per year. Activities include snooker, darts, cards and dominoes. The hall, which will seat up to 60 people, is available for hire at £8 per hour. Call in or phone 01273 512708, or call Tony on 01273 513189.

Monday

Bingo starting at 1.30pm, alternate Mondays.

Tuesday

10.00am – 12.00 noon open for tea and coffee. Pet racing (stuffed animals) and cream tea one afternoon per month from 1.15pm.

Thursday

10.00am – 12.00 noon open for tea and coffee. 1.15pm hoy (card game) or art.

Friday

Open from 10.00am for tea and coffee with dinner at 12.30pm (£5). Bingo in the afternoon once a month.

NEWHAVEN CHURCHES

Baptist Church, Church Hill

Every Sunday 10.30am Sunday Service

Sacred Heart, Fort Road

Every Sunday 9.00am Mass

Every Wednesday 10.00am Mass

Elim Church, Meeching Rise

Every Sunday 5.00pm Service

St. Michael's, Church Hill - Tel. 01273 515251

1st, 3rd, 5th Sundays 10.00am Holy Communion & Junior Church

2nd & 4th Sundays 8.30am Holy Communion

10.00am Informal Service

Every Tuesday 11.00am - 1.00pm 'Open Door'.

A chance for people who would like a quiet place to pray, or reflect, or just to find a bit of peace and quiet in this busy world we live in. Any enquiries, phone Alex 07886 187966.

Denton Church, Heighton Road

Every Sunday 10.00 am Service for all ages with Sunday Club

NEWHAVEN MUSEUM

Operated by Newhaven Historical Society at Paradise Park, Avis Road BN9 0DH.

The museum is closed for the winter and re-opens on 2nd April 2019. Check web and Facebook for further info:
www.newhavenhistoricalsociety.org.uk
www.facebook.com/museuminnewhaven

NEWHAVEN WELLBEING CENTRE

Summerhayes, Marshall Lane, Newhaven, BN9 9RB
(01273) 517641. Email: newhavenwellbeingcentre@southdown.org

Open Monday to Friday 10am – 3pm (Thursdays 12 – 5pm). In addition to sessions listed below, one-to-one appointments are offered for advice and support.

Every Monday

Help with Benefits and Budgets (fortnightly) 9.30am – 4.30pm.

Introduction for new clients 10 - 11am.

Women's Group 11am - 12pm.

Carers drop-in (2nd Monday each month) 12 – 2pm.

Social drop-in 1.30 – 3pm.

Craft group 1 – 3pm.

Every Tuesday

Employment advice drop-in (2nd Tuesday each month) 10am – 2pm.

Anti-stress colouring group 10.30 – 11.30am.

Knit and Natter group 12 – 2pm.

Social drop-in 1.30 – 3pm.

Every Wednesday

Mindfulness of Movement 11 – 12.30pm.

Men's group 1 - 2pm.

Social drop-in 1.30 – 3pm.

Anti-stress colouring group 2 – 3pm.

Every Thursday

Shiatsu 11am – 2pm

Clay group 12.30 – 1.30pm

Social drop-in 1.30 – 3pm

Young Adults group 3 – 4pm

Football therapy 7 – 8pm

AA group 7 – 8pm

Every Friday

Health walk 10 - 11am

Quiz 11am – 12pm

Games group 11 – 12.30pm

Quilting group 12 – 2pm

Peer Specialist drop-in (call for details)

Social drop-in 1.30 – 3pm

Card making group 1 – 3pm

Drama group 1 – 3pm

Narcotics Anonymous 8 – 9pm

THE HILLCREST COMMUNITY CENTRE

(Tel 01273 512376) offers the following activities and short courses.

Many short courses run throughout the year, so please see the noticeboard in reception or our Facebook page for more details.

For Hillcrest Boxing Club email – hillcrestboxingclub@gmail.com.

Website - www.Hillcrestboxinggym.co.uk or find on Facebook and Instagram.

Every Monday

Qigong & Tai Chi 9.30am – 10.30am; Wu Style Tai Chi 10.30am

– 11.30am; Newhaven Woodcarving Club 10.00am – 3.30pm;

Drawing and painting workshop 10.00am – 12.00 noon; Talk Talk

– free session for family, carers or loved ones of addicts 2.00pm

– 3.00pm; Knit 'n' Natter 2.00 – 4.00pm Room 4 – needlecraft,

resources and support, all levels welcome; Junior boxing 5.45pm

– 7.00pm; Senior ABA boxing 7.00 – 8.00pm; Haven Harmonies

Choir 7.00pm – 9.00pm. Email havenharmoniescommunitychoir@gmail.com for more details. www.havenharmonies.wordpress.com.

Every Tuesday

Musical Moments dementia choir 11am – 12 noon; Recovery Group

12.00pm – 1.30pm; U3A Art Class 2.00pm – 4.00pm; Step in

time, street dance classes 3.45 - 4.15pm for preschool (3+) 4.15

- 5pm for 4-7 years, 5 - 5.45pm for 8+ years; Weight Watchers

6.15pm – 7.15pm; Guesthouse Storytellers (2nd Tuesday of month)

7.30pm – 9.30pm; Boxing Keep Fit 6.00pm – 7.00pm; Barefoot

Boogaloo (4th Tuesday of month) 7.30pm – 9.30pm. Meridian

Mature Citizens Forum Computer Drop-in, 1st Tuesday every month.

Mindfulness – 8 week course starting at the end of January 2019.

Every Wednesday

Life Drawing Class 10.30am – 1.00pm; Art Class 1.30pm -

3.00pm; Drama group 3.30 – 4.30pm; Disco/freestyle dance

class (age 5 and 6) 5.00pm – 7.00pm; Junior Boxing – 5.45pm –

7.00pm; Ladies Box Keep Fit 7.00pm – 8.00pm; Red Cross (every

2 weeks) 7.00pm – 9.00pm; Nukehaven Ukelele Group 7.00pm –

10.00pm (every 2 weeks).

Every Thursday

Country Market 9.45am – 1.00pm. Locally baked, crafted and

seasonal fresh produce. Newhaven Woodcarving Club 10.00am

– 3.30pm; Diddi Dance (children) 10.00am – 11.00am; Novel

Group 10.00am – 4.00pm (once a month) contact Umi Sinha

01273 611490 to book. Sculpture Workshop 10.00am – 4.00pm,

contact Silvia Macrae Brown 01323 422137. Tea Dance 2.30pm

– 5.00pm; Start Art & Smart Art (children & young adults) 4.45pm

– 8.45pm; Boxing keep fit 6.00pm – 7.00pm; Senior ABA Boxing

7.00pm – 8.00pm; Line dancing 7.30pm – 9.00pm.

Every Friday

Creative Writing Class 10.00am – 12.30pm. For more information and to register ring Umi Sinha on 01273 611490 or email umi@writingclinic.co.uk.

Into Art 10.00am – 12.00 noon. Disco/freestyle dance class (age 2 upwards) 3.30pm – 6.00pm; Ballroom dancing 6.30pm – 9.00pm.

Every Saturday

Ladies Box Keep Fit 9.00am – 10.00am.

3rd Saturday every month

Hillcrest Cinema. Phone for details or check listings.

Sunday Monthly

Tea Dances 2.00pm – 4.30pm. £6 per person including tea and biscuits. (First visit £1.50) For more info, call Fred Weston on 01323 898813.

SOUTHCOAST ABC

A local boxing club run by volunteers. All coaches are first aid and child safeguarding trained and are DBS checked. We have level 1

and 2 coaches registered with England Boxing. The club takes all ages and abilities from 7+, male and female, whether to fight or train for fitness.

The gym also has weights and a few machines to use as well as boxing. We have coached sessions and 1-2-1 sessions for boxers wanting to train and work on what they feel they need.

We have a facebook page - Southcoast ABC

Contact: Lisa (coach/secretary) 07377 656702.

NEWHAVEN, LEWES & DISTRICT MENCAP

Registered Charity No. 270064

Email: newhaven.lewesmenca@btconnect.com

Website: www.newhavenmenca.org.uk

Telephone: 01273 517345

Our home is Riverside Hall, Riverside, West Quay, Newhaven, BN9 9BP.

Our society is run for the benefit of children and adults with learning disabilities or difficulties, including those with physical disabilities.

We use our hall for our Social Club on Friday evenings solely for our members.

Our hall is primarily used for functions to benefit members of our club, but is also available as a valuable venue for other local groups to use. (Please phone the above number for more information).

The hall can be booked for private functions at a very reasonable rate. Please phone 01273 517345 for availability (preferably giving one month's notice of booking date).

NEWHAVEN TENNIS CLUB

The Club offers the following sessions and activities to its members and non-members (who are considering becoming members). Please contact Bob 01273 512162 for all details or email: mailrkjackson@yahoo.co.uk.

Every Saturday

Two Junior coaching sessions 9.00am and 10.00am start. 1.00pm – 5.00pm adult club sessions. Open to non-members (with view to becoming members).

Every Sunday

10.00am – 12.00pm mix of adult and junior coaching. For all coaching lessons, please check on availability.

Every day

Club members can use the courts anytime during daylight hours.

SHAKESPEARE HALL

Run by Wave Leisure Trust Limited.

We offer a range of exercise classes and hall hire at competitive rates, as well as children's birthday parties and function hire.

Please contact 01273 510784 or visit www.waveleisure.co.uk.

Also on offer at Shakespeare Hall:

Monday to Friday

NIPPERS After School Club – 4/1/19 – 15/2/19, 3-6pm

February Playscheme – 18/2 – 22/2/19, 7.30am-6pm

After School Club – 25/2/19 – 20/3/19, 3-6pm

Wave Adventures - John Muir Award 18/2 – 22/2/19. The John Muir Award is a national environmental award that encourages people of all ages and backgrounds to connect with, enjoy and care for wild places. For information, please contact 01273 510784 or info@waveleisure.co.uk.

Monday

Dumbbell Sculpt 6.00 – 6.45pm. Boxing H.I.I.T. 6.45 – 7.30pm

Tuesday

Take Heart Cardiovascular Exercise class 10.00am – 11.00am. Keep and stay fit with accredited fitness trainer in a supportive environment. £15 annual membership and £5 per class. Further details Richard Stantford 07786 001771.

Strength and Balance Class 11.00am – 12.00pm. Body Conditioning 6.30pm – 7.30pm. Boxercise & Kick Boxing 7.30pm – 8.30pm.

Wednesday

Let's Play 10.00am – 12.00pm, have fun with our bouncy castle and toys. Tea/coffee included (Unsupervised) £2.00 per family 0 - 5 years, for 2 adults and 2 children.

Thursday

Buggy Fitness 10.00am – 11.00am.

Take Heart Cardiovascular Exercise class 11.00am – 12.00pm.

Newhaven Youth for Christ Youth Club for 11-18 year olds 7.00pm - 8.45pm every week during term time. Crafts, sports, tuck shop, talk about issues which affect young people. Tel Sara Alexander 07763 333998 for details.

SUSSEX COMMUNITY DEVELOPMENT ASSOCIATION (SCDA) DENTON ISLAND COMMUNITY CENTRE

Offers the following free courses and information sessions:

Health & Wellbeing Courses

01273 519149; healthylifestyles@sussexcommunity.org.uk

Free Cooking Skills Classes

Learn basic cooking skills through the making of delicious meals in our Community Kitchen! 10.30am – 1.00pm, one Tuesday a month: 29th January, 19th February, 12th March 2019.

Grub Club

Come and learn to cook some tasty dishes with a friendly team of volunteers. Meals are given to community members in need. Every other Thursday morning 10th & 24th January, 7th & 21st Feb, 7th & 21st March 2019. 9.30am – 12.00pm.

Budget Bites

Learn how to make very cheap but delicious meals. Wednesdays 10.30am to 1pm, 23rd January to 13th February.

World Kitchen

Make new friends, improve your English and cook delicious food! One day a month, 11am to 1.30pm. Please call us for the next dates.

Arts and Crafts for Wellbeing

From painting, to printing, to weaving, you will learn different Arts and Crafts techniques. Friday 18th January – 8th February, 10am – 1pm.

Put Your Best Foot Forward

Create New Year's resolutions around doing more of what makes you feel good! Tuesday 8th January, 11.30am – 2.30pm.

Active 10 – Walk your way to health

Boost your health, mood and energy with a 30 minute friendly walk. Starting 15th January 2019. Tuesdays 1pm,

Couch to 5K

A gentle 9 week programme to help you start running, finishing with local parkrun. Starting Tues 15th January, meet at Denton Corner bus stop 9am; or Wed 16th January 6.45 pm – meeting point and location to be confirmed.

Dinky Buggy Walk

Meet at Denton Corner and take a stroll with buggies and toddlers along the nature reserve. Please bring your own refreshments. Friday 22nd February 2019, 10am.

Get Fit With Your Dog

Come along to a dog walk, help your dog to socialise, enjoy some fresh air with fellow dog owners and most importantly have fun! 15th January 2019, 10.30am meet at Lewes Road Hut, Robinson Road.

Walking Football

Age 50+, all genders welcome. Every Monday evening (from end of February) at Newhaven FC, Fort Road.

Bike Maintenance Course

6 week course beginning 11th January, for anyone that wants to learn more about maintaining their bike. 9.30am – 12.00pm.

Community Development

01273 517250; familylearning@sussexcommunity.org.uk.

Learning through play for families

For families that would like to learn ways to enrich their under 5's play and support their development.

JitterBugs and DinkyBugs

Every Friday (term time only) at Denton Island Community Centre. JitterBugs 9.30am – 10.30 am, a parent and toddler activity group based around music, singing, movement messy/sensory play and crafts. DinkyBugs 11am – 12 noon, come and meet other new mums and join in our singing and fun activities for non-movers.

Dinky Buggy Walk

In place of Dinkybugs and Jitterbugs during the half term. Weather permitting we will be walking along the nature reserve. Friday 22nd February 2019 10am, meet at Denton Corner Bus stop.

Paediatric First Aid

This free accredited course is excellent for those wanting to be confident with First Aid at home with your family. Monday 18th March 2019, 9.30am – 3.30pm. BOOKING ESSENTIAL as limited spaces.

Family Outing

We meet and plan together an outing, go on the outing together and meet after to make memory books of the outing. 15th, 22nd, 23rd (Outing day) and 29th March, 12.45- 2.45pm. BOOKING ESSENTIAL as limited spaces.

SCDA Youth Clubs/Services

Course	Day	Time	Venue
Youth Club (8-12 yrs) 50p to attend	Mon	5.00pm – 7.00pm Every Week	Lewes Road Hut, Newhaven
Youth Club (13 yrs +) Free	Wed	7.00pm – 9.00pm Every Week	Lewes Road Hut, Newhaven
Platform 9 - Free advice & guidance drop-in service with 1 to 1 conversations (11-18 yrs)	Wed	4pm - 6pm Term time only	Denton Island Community Centre
Youth Club (11-16yrs) 50p to attend	Fri	7.00pm – 9.00pm Every Week	Denton Social Centre

Please email youth@sussexcommunity.org.uk for further information.

SEAHAVEN SWIM & FITNESS CENTRE

Tel 01273 512498 or www.waveleisure.co.uk

Swimming Lessons available, Monday - Sunday.
Telephone 01273 512498 for more details.

Seniors' Class in the Gym (includes a swim after class) 9.30am – 10.30am every Monday and Thursday. (Please note: no Seniors' Class on Bank Holiday Mondays).

Water Aerobics 12.00 noon – 1.00pm Monday, Thursday and Friday.

Ladies only swim session 1.30pm – 2.30pm every Tuesday (term-time).

Adults only lane fitness swim 7.00am – 9.00am Tuesday and Thursday.

Therapeutic swim 2.30pm – 3.30pm every Wednesday (term-time).

Aqua Zumba 7.15 – 8.15pm every Wednesday.

Adults only twilight swim 8.00pm – 9.45pm every Friday.

Super Splash Inflatable 11.00am – 12.30pm Saturdays and 1.00pm – 2.30pm Sundays.

STUDIO TEMPO DANCE CENTRE

Venues around Newhaven. Please phone Margaret 01273 476565.

Ballroom and Latin classes every Friday at the Hillcrest Centre
Beginners 6.45pm, Improvers 7.30pm. Everyone welcome.

JANUARY

- 3rd Newhaven & Peacehaven U3A – 2.15pm a talk by Ian Everest: The Denton Murder of 1893, events surrounding the body of a woman found on the Sussex Downs. At the Baptist Church, Newhaven. The U3A holds lots of interesting talks, classes and activities – don't be alone, it's a great organisation to join. Call Sharon on 01273 589953 after 12 noon for more info.
- 8th The GuestHouse Storytellers – "Long, Long Ago." Come and tell us a story of what the world used to be like, long, long ago, or just come and listen in wonder. Age 12+. To book a 10 minute slot to share a tale, email Anne-Marie: amhbrighton@gmail.com. 7.30 to 9.30pm. Hillcrest Centre, Newhaven BN9 9LH. Café opens 6.30pm. Free parking, disabled access. £5/£4 unwaged on the door on the night.
Would you like to learn to tell a good story? We have a short course coming up in the New Year with a professional storyteller. Please email: stories@jamiecrawford.co.uk for details.
- 11th Open Evening at Denton Island Bowls Club, 7pm to 8.30pm. Come and try indoor bowls, free tuition. Start the New Year with a new hobby and get fit and make new friends. We have great facilities with bar available for weddings, parties etc. with plenty of free parking. Book now on 01273 514664 or call in on the day for a free trial. See us on Facebook or website www.dentonislandbowls.co.uk.
- 13th Sunday Tea Dance at the Hillcrest Community Centre: popular sequence, ballroom, Latin and occasional line dances. 2.00pm – 4.30pm. Admission £6 including tea and biscuits. Good dance floor, good music, excellent sound system, a friendly atmosphere and free parking! Call Fred Weston 01323 898813 for more info. First visit only £1.50!
- 14th South Highton W.I. meeting 2.15pm in South Highton Village Hall. The Committee and Members give their "Household Tips". Please contact 01323 898921 for further details.
- 17th Meeching WI - Shirley Kirby on 100 years of Craft in East Sussex. 9.45am in Meeching Hall Fort Road. Visitors/new members always welcome. Tel: 01273 516804.
- 17th Meridian Mature Citizens Forum AGM. 10.00am - 12.30pm at Hillcrest Centre. Guest Speaker Anne Sabine on Living Well with Less Pain. Followed by light refreshments.
- 19th Hillcrest Cinema presents The Shape of Water. Cert 15. Runtime 2hrs 3 mins. Café opens at 6.00pm. Film starts at 7.30pm.
- 25th RNLI Newhaven Souper Winter Warmer. Come along to the Lifeboat House, West Quay from 11.30am to 2.30pm to enjoy warming soup and a cheese roll for just £3.50 per person. This ever popular fundraising event is just what you need to warm your way through winter whilst enjoying friendly chatter! There will be a raffle and a very warm welcome awaits you. No need to book, just come along. Support your local lifeboat - Respect the water.
- 28th Bingo at South Highton Village Hall. 8.00pm start. Doors open at 7.30pm. Cash prizes and raffle. Tea/coffee/soft drinks on sale. £5 entry.

FEBRUARY

- 2nd Denton Island Indoor Bowls Club open 10am to 12 midday for free bowls tuition. Call in for a free trial or phone 01273 514664 for more information.

- 7th Newhaven & Peacehaven U3A – 2.15pm a talk by Joanna Wilkins: Anne of Cleves and her house in Lewes. At the Meridian Centre, Peacehaven. The U3A holds lots of interesting talks, classes and activities – don't be alone, it's a great organisation to join. Call Sharon on 01273 589953 after 12 noon for more info.
- 7th Newhaven Historical Society Annual General Meeting followed by a talk by Kevin Gordon: The River Cuckmere – from source to sea. 7.00pm for 7.30pm start.
- 8th Newhaven Twinning Association Quiz Evening, 7pm at Newhaven Scout Hut, Fort Road. Teams of up to six people. Supper included, bring your own drinks. Please contact Norman Hopson on 07814 035053 for details.
- 10th Sunday Tea Dance at the Hillcrest Community Centre: popular sequence, ballroom, Latin and occasional line dances. 2.00pm – 4.30pm. Admission £6 including tea and biscuits. Good dance floor, good music, excellent sound system, a friendly atmosphere and free parking! Call Fred Weston 01323 898813 for more info. First visit only £1.50!
- 11th South Highton W.I. meeting 2.15pm in South Highton Village Hall. A talk by Madelaine Hunter about "What is Domestic Abuse" followed by social time. Please contact 01323 898921 for further details.
- 12th The GuestHouse Storytellers present professional storyteller Rachel Rose Reid with Part II of "Silence". (You do not need to have seen Part I). A tale of naughty trysts and gender shifts, chivalry and shade, nature and nurture, music, mayhem, and a ravenous Merlin on the trail of a juicy bit of steak. 7.30 to 9.30pm. Hillcrest Centre, Newhaven BN9 9LH. Café opens 6.30pm. Free parking, disabled access. Tickets £7 in advance, £9 on the door. Available through our website: guesthousestorytellers.com/coming/book.
- 16th RNLI Newhaven Quiz Night with Fish and Chips Supper from 7pm at the Lifeboat House, West Quay. Teams of 4 at only £8.50 per person, to include a delicious fish and chips supper. Booking essential. Bring your own bottle; refreshments available for a donation and there will be a raffle. Enquiries and bookings contact Lyn: 01273 517488 or email: rnli.newhaven.events@outlook.com Support your local lifeboat - Respect the water.
- 16th Hillcrest Cinema presents Isle of Dogs. Cert PG. Runtime 1 hr 41mins. Café opens at 6.00pm. Film starts at 7.30pm.
- 21st Newhaven Gardening Society AGM. At Age Concern Day Club, West Quay, Newhaven BN9 9BP, 7.30pm. Non-members always welcome, cost £2 including tea and biscuits. More information contact Carol Guest-Hilton on 01273 510182 or Joyce on 01273 515610.
- 21st Meeching WI – Susan Walton on Pestalozzi: Past, Present and Future. 9.45am in Meeching Hall Fort Road. Visitors/new members always welcome. Tel: 01273 516804.
- 25th Bingo at South Highton Village Hall. 8.00pm start. Doors open at 7.30pm. Cash prizes and raffle. Tea/coffee/soft drinks on sale. £5 entry.
- 26th Denton Women's Fellowship: a talk by Ian Everest on local places. Meetings are once a month in Denton Church Hall at 2.30pm. New members very welcome (small entrance fee applies). Contact: Ann Saunders 01273 514482, email pip39pip@gmail.com.
- 7th Newhaven & Peacehaven U3A – 2.15pm Annual Quiz. At the Meridian Centre, Peacehaven. The U3A holds lots of interesting talks, classes and activities – don't be alone, it's a great organisation to join. Call Sharon on 01273 589953 after 12 noon for more info.
- 10th Sunday Tea Dance at the Hillcrest Community Centre: popular sequence, ballroom, Latin and occasional line dances. 2.00pm – 4.30pm. Admission £6 including tea and biscuits. Good dance floor, good music, excellent sound system, a friendly atmosphere and free parking! Call Fred Weston 01323 898813 for more info. First visit only £1.50!
- 11th South Highton W.I. meeting 2.15pm in South Highton Village Hall. A talk by Kevin Gordon about Seaford. Please contact 01323 898921 for further details.
- 12th Town Meeting and presentation of Newhaven Community Awards at the Hillcrest Centre at 7.00pm.
- 12th The GuestHouse Storytellers – "Fins, Fur and Feathers". A chance to tell stories about creatures, great or small, real or fantastical, sacred or demonic, tragic or funny. Age 12+. To book a 10 minute slot to share a story, email Umi: umisinha.writing@gmail.com. 7.30 to 9.30pm. Hillcrest Centre, Newhaven BN9 9LH. Café opens 6.30pm. Free parking, disabled access. £5/£4 unwaged on the door on the night.
- 16th Hillcrest Cinema presents Visage Villages. Cert PG. Runtime 1hr 29mins. Café opens at 6.00pm. Film starts at 7.30pm.
- 21st Newhaven Gardening Society monthly meeting: a talk by Ian Everest about the Women's Land Army. At Age Concern Day Club, West Quay, Newhaven BN9 9BP, 7.30pm. Non-members always welcome, cost £2 including tea and biscuits. More information contact Carol Guest-Hilton on 01273 510182 or Joyce on 01273 515610.
- 21st Meeching WI – Paul Lendon: On the Buses. 9.45am in Meeching Hall Fort Road. Visitors/new members always welcome. Tel: 01273 516804.
- 25th Bingo at South Highton Village Hall. 8.00pm start. Doors open at 7.30pm. Cash prizes and raffle. Tea/coffee/soft drinks on sale. £5 entry.
- 26th Denton Women's Fellowship: a talk by the Trevor Weeks Society. Meetings are once a month in Denton Church Hall at 2.30pm. New members very welcome (small entrance fee applies). Contact: Ann Saunders 01273 514482, email pip39pip@gmail.com.
- 30th Newhaven Twinning Association "pop-up" bistro evening, 7pm at South Highton Village Hall. This is a popular and enjoyable evening with a three course dinner, a before dinner drink and coffee to finish. Contact Norman Hopson on 07814 035053 for further details.

MARCH

- 2nd Denton Island Indoor Bowls Club open 10am to 12 midday for free bowls tuition. Call in for a free trial or phone 01273 514664 for more information.
- 5th Quayside Medical Practice Patient Participation Group Meeting 6.30pm at the surgery. New members always welcome. Please ask at reception for more details.

This events listing has been published by Newhaven Town Council, 18 Fort Road, Newhaven, BN9 9QE, 01273 516100. www.newhaventowncouncil.gov.uk. The deadline for the next edition (events in April/May/June) is 22nd February 2019 – please contact us if you are organising an event during those months – email nicky.still@newhaventowncouncil.gov.uk. The information was supplied by the organisers of the events concerned, and you are advised to check details with them. The Town Council cannot accept responsibility for any errors, or for any events which are subsequently cancelled.

JOHN
MUIR
AWARD

wild places:
DISCOVER
EXPLORE
CONSERVE
SHARE

FOR AGES
10-15 YEARS

JOHN MUIR AWARD

Monday 18th February - Friday 22nd February

at Shakespeare Hall, Newhaven



*Do you like being
outside in the fresh air?*



*Do you like discovering
new places?*



*Do you want to help look
after your local area?*



*Then the John Muir Award could be for you, it encourages responsibility
for the natural environment in a spirit of fun and adventure.*

At the heart of the John Muir Award are four challenges:

Discover
a wild place



Explore
its wildness



Conserve
the area



Share
your experiences



Five day course just £60!

That's £12 per day for a unique half term experience!

To book or for more information call Shakespeare Hall
on 01273 510784 or email: info@waveleisure.co.uk