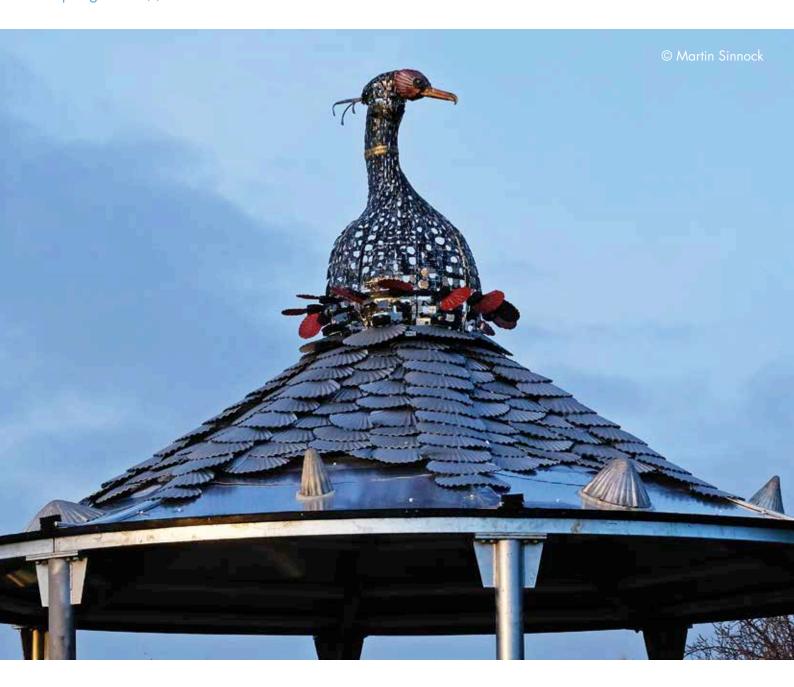
Newhaven Matters

Spring 2019 // Issue N° 21



Welcome to the Spring 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 or 01273 516100 or email <u>nicky.still@newhaventowncouncil.gov.uk</u>.

SPRING 2019

Spring is here and hopefully we're all set for a beautiful summer! There's lots to look forward to in 2019 for Newhaven - very soon we have the pram race. I've been advised that many years ago, the pram race was a well-attended event, with many fantastic 'prams' being entered and a good time had by all. Let's see if we can't bring back those times with the 'all new' pram race on Bank Holiday Monday. Please come along and show your support – details are on page 4.

Our bandstand will also be put to good use this year; we're in the process of producing a programme of events for the warmer months. I'm sure a lot of you have already seen the bandstand adjacent to the river on Denton Island – our hope is that the concerts will prove to be very popular – why not make up a picnic and come along for a listen? There's sure to be a wide variety of bands playing, something for everybody is our plan.

On a more serious note – our High Street continues to struggle. Uncertainty over Europe continues and people are anxious – please do what you can to support your local shops, have



a stroll around, grab a coffee. You never know, there might be something new and exciting to see or do!

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 <u>nicky.still@newhaventowncouncil.gov.uk</u> or phone her on 01273 516100.

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NEW LEWES ROAD PLAY AREA OPENS SOON!



Work on constructing a brand new play area for local children at Lewes Road Recreation Ground is currently under way and it is hoped the area will be open in time for the school Easter holidays.

The £90,000 play area has been funded by Newhaven Town Council and designed with the help of Lewes District Council in partnership with the Friends of Riverside Park and following consultation with local families.

The new play area will include a wooden pirate play ship and sand pit, climbing frames with slides, a springer see-saw, a cantilever swing and a spinning roundabout.

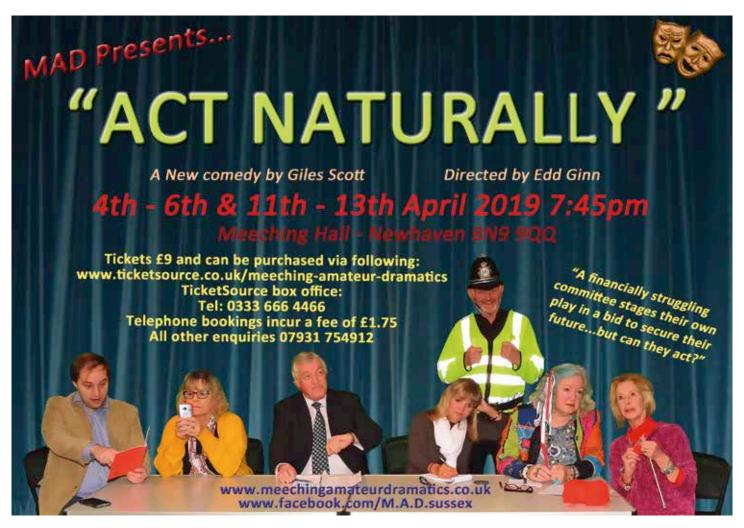
The old play equipment was originally installed in 2005 and had reached the end of its useful life, becoming difficult and costly to repair. Timbers from the old play equipment will be recycled to create new planters.

Here's hoping for sunny weather this Easter so the children can give the new equipment a good try out!





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



The Historic Sites Preservation Society is in financial trouble, and they need to do something about it quickly! Certainly a play seems like a good idea, especially when they save money by writing it themselves... but can they act?



VOICES FROM THE PAST

For more than 25 years, local resident Tom Bonnor has been filming people talking about their memories of childhood days in Newhaven, some as far back as WW1 but most relating to WW2. There are some fascinating stories of characters that lived in and around the town, such as an older lady they named

Flying Kate who rode around the town on a red bike, and another they called Black Rock who sold windmills for jam jars! Other locals recall living in Tide Mills village before WW2 and tell us what life was like there.

Tom has been busy transferring old video tapes and digitizing onto a number of new 100 year archive master discs, along with some old film stock. A set of discs will

be held by the town council and a second set will go to the county archives at The Keep in Brighton. As well as this he has made an audio copy which has been put onto a CD for local radio station Seahaven FM.

If you would like to share some of your memories for posterity, get in touch with Tom on 07703 562 233 or email him at tommythelegend@btinternet.com.



DENTON COMMUNITY CHALLENGE - LET'S SCORE!

This year's Denton Community Challenge is called 'Let's Score!'. The all-inclusive family fun day will be held on Saturday 8th June at Avis Road Recreation Ground in Denton, Newhaven from 1pm – 5pm.

Local sporting groups and charities take part, providing activities alongside their displays and the main arena will feature local clubs together with many other varied entertainments. Sporting activities of all sorts will again be promoted on the day and children can have fun taking part in some or all of these sports challenges. The day is not principally about fund raising; it provides a fun and inclusive day for families to enjoy and also to raise awareness of the many sporting groups in our locality.

This year, in honour of the 2019 FIFA Women's World Cup, the opening ceremony will be performed by Newhaven Football Club ladies, along with performances by Denton School choir, maypole dancers



and our local VIP's. A full arena timetable will be published nearer the time.

There will be all the usual fete attractions including a wide variety of stalls, bouncy castle and a licenced bar, plus a BBQ kindly provided by the local 2nd Denton & South Heighton Scouts. Teas, coffees and delicious cakes will be on sale in the hall, where you can also browse around the craft fair selling locally made arts, crafts and produce. The Grand Raffle will be drawn later in the afternoon and the whole day finishes with a huge Tug of War!

Denton Community Challenge is organised by a committee made up of Denton Church, Denton School FADS (PTA), and the James Daniels Memorial Foundation and is run by local volunteers.

Please check out the website for all the latest news – www.dentonchallenge.
co.uk and look out for fundraising events before the Challenge, such as a Quiz Night at the Flying Fish on 28th April.



NEWHAVEN FORT

The doors to Newhaven Fort are now open for another season, so why not venture in to see what's happening this year?

Visit during the Easter holidays and young explorers can follow top-secret spy trails round the Fort. There'll also be seasonal craft activities and a special themed trail over the Easter weekend itself. Have a go and you could win an extra-special treat! May half-term will see a new set of trails ready to be followed – so why not come back and give those a go too?

At the end of April, the World War Two Living History Society will return to give us a taste of military life in wartime, and there is a series of fascinating talks on a diverse range of historical subjects starting on Wednesday 29th May.

If you missed out on the Trench Brothers exhibition last year, you're in luck! The exhibition, which showcases the stories of ethnic minority soldiers who fought for the British Empire during the First World War, is still at the Fort - so make sure you come and see it this year.

Fans of the supernatural will also find plenty to keep them entertained with a series of paranormal investigations and Theatrical Ghost Walks to look forward to over the year.

If that's not enough, there's plenty more to see at the Fort. You'll find fascinating exhibitions telling the history of the current Fort and life in Britain through two World Wars, dressing up opportunities for children (and the young at heart!), and a chance to get hands-on with genuine artefacts from the First and Second World Wars. And don't forget to visit the bomb shelter and experience a World War Two air raid for yourself (but don't panic - it isn't real!).

Once you've walked round the Fort and worked up an appetite you can relax with a delicious treat or light lunch in the vintage Tea Room and browse through the gift shop for a souvenir to remind you of your day. So, what are you waiting for? Make sure you visit Newhaven Fort this Summer!



For more information on any of the above activities please visit the Newhaven Fort website www.newhavenfort.org.uk, fortinfo@waveleisure.co.uk or call 01273 517622.



NEWHAVEN TENNIS CLUB

When the weather starts to get warmer one of the most popular sports that the whole family can enjoy is tennis.

Newhaven Tennis Club in Court Farm Road offers coaching for members and non-members. During the Easter school holiday there are some special coaching sessions planned for children aged 4 to 14 years: Monday 8th April

Session 1 1.30pm-3.00pm Session 2 3.00pm-4.30pm

Monday 15th April

Session 1 1.30pm-3.00pm Session 2 3.00pm-4.30pm

Each session will cost £4.00 per person. Booking is advisable, although you can just turn up, and all equipment is provided. All you need to bring is a pair of trainers and a drink!

Normal Monday evening junior tennis coaching will resume for the year on 29th April at 4.30pm and 5.30pm. See the 'What's On' section for a full list of session times.

If you've never played and would like to have a go, why not come along to one of the two 'Play Tennis' Open Days in June:

- 1) Sunday 9th June: 10.00am-4.00pm
- 2) Sunday 30th June: 10.00am-2.00pm

Meet the tennis coaches and try it out for free. Everyone is welcome – families and people of all ages.

For further details call 01273 512162 or email mailrkjackson@yahoo.co.uk.



Have you ever fancied trying your hand at bowls?

If so, come along to a 'Try It Out Day' at Newhaven Bowling Club at Fort Road recreation ground on Saturday 11th May from 10am until lunchtime. This is your opportunity to have a go! All equipment is provided, just bring some flat shoes or trainers. Light refreshments will be available.

The club always welcomes new members and juniors, from beginners to experienced bowlers. Membership is of all ages and matches are played at Newhaven and away clubs between Southwick and Eastbourne. There is a clubhouse with changing facilities and a kitchen to provide refreshments during matches.

A qualified coach is available to help you learn or improve

your game. There's a junior side for anyone over 7 years old, friendlies home and away around the county, daytime league games and a Monday evening club game for those who work during the week.

So, what are you waiting for? Find out more at <u>www.</u>
newhavenbowlingclub.
weebly.com or call 07401
663519. Also on Facebook and Twitter.



A NEIGHBOURHOOD PLAN FOR NEWHAVEN

The Newhaven Community Plan is one step nearer to being a key document adopted by Lewes District Council. It has been publicised by the District Council and comments on the document will need to have been made to them by 21st March 2019.

The programme of the plan has been updated since the winter edition of Newhaven Matters and key dates of the Plan's journey are as follows:

APRIL/MAY 2019

Examination of Neighbourhood Plan.

JUNE 2019

Examiner's final report published.

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

JULY 2019

Lewes District Council publish decision statement and voting information.

AUGUST 2019

Earliest time the referendum can take place and Newhaven residents vote on the Plan. If majority say 'YES' to the plan, then it will be used in the decision making of plans on how Newhaven will grow and change.

Other local towns have been writing their own Neighbourhood Plans and Lewes residents get to vote on their plan this month. It really is power to the people!



Tasker Osman & Co.

Please call us on 01273 512749

to arrange a FREE no obligation meeting at your convenience with one of our team to see how we can help.



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

Partners: Kevin Osman FFA/FIPA, FAIA, FFTA, Jon Sanders FFA/FIPA, FMAAT, FFTA



Citizens Advice are providing a service to help people claiming Universal Credit

Since Universal Credit was rolled out in this area last autumn, Lewes District Citizens Advice have been working to help people who need support to make their claim.

Universal credit is paid four weekly in arrears and can only be applied for online. Residents can get digital and budgeting support from the Citizens Advice office in Newhaven to help them make and maintain their claim.

Of the people it helped with Universal Credit, Citizens Advice also reported problems with rent arrears and issues with mortgage arrears. They are calling on the government to make Universal Credit far more flexible to fit around people's lives and to make sure people have enough money to live on.

They also want Alternative Payment Arrangements to be more widely available, allowing for rent to be paid direct to a landlord, more frequent payments, and a payment to go to both members of a couple.

If you need information or advice, call Citizens Advice on 03444 111444, visit the office at 15-19 Chapel Street, Newhaven or check out www.lewesdistrictcab.org.uk for further details.

ENVIRONMENT AGENCY CHAIR VISITS NEWHAVEN

Emma Howard Boyd,
Environment Agency Chair,
visited Newhaven in February
to see how work has been
progressing on the Newhaven
Flood Alleviation Scheme to
reduce flood risk to the local
community. Environment
Agency contractors
JacksonHyder were able to
demonstrate the new and
raised defences on the River
Ouse west bank, new flood
embankments near the Energy

Recovery Facility and new continuous flood wall along East Quay.

Construction of a flood wall continues at pace through the Port, which is due for completion in April 2019. The project team have worked hard to reduce the impact of this flood defence on port operations, by avoiding railway assets and lowering the wall (thereby also reducing capital costs), whilst maintaining the same level of flood protection along the quayside until 2060.

They continue to work with Network Rail to finalise the design of a flood barrier over the railway, due for completion by the end of 2019.



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.





For more information please visit <u>sussexcommunity.org.uk</u>, call 01273 517250 or email <u>community.org.uk</u>.



SPRING CLEANING

The team at the SCDA shop on High Street, Newhaven is always happy to receive donations of household items, kitchenware, china and glassware. Linens, curtains, small rugs and furniture items small bedside cabinets, chairs, tables and electrical items are also all welcome!

If you are giving your wardrobe a makeover they are happy to accept your shopping mistakes or those special outfits you have worn only once and don't know what to do with! Any Spring/Summer clothing you would like to recycle please bring along to their charity shop on the High Street.



NEWHAVEN'S ANNUAL FISH FESTIVAL IS BACK FOR ANOTHER YEAR!

Saturday 15th June - a community event for everyone to enjoy. FREE entry for all. Stalls include local makers, food, drink and community stalls with entertainment from local clubs. If you would like to book a stall or have any questions please email communityactivities@sussexcommunity.org.uk or call the friendly reception team on 01273 517250

WOULD YOU LIKE TO MAKE A CHANGE IN YOUR COMMUNITY?

Join SCDA for the relaunch of their Chances 4 Change project! If there's a change that you would like to see in your community, you run a group that is underused or you would like support in sustaining or creating a group, they can help! Through the Chances 4 Change project group members can be supported in forming community links, accessing free or low cost training, funding and providing face to face support.

If this appeals to you, please fill out this short survey to help SCDA identify chances for change in your community:

www.surveymonkey.co.uk/r/ Chances4Change



DENTON ISLAND COMMUNITY CENTRE

Whether you are having a party, meeting, training or are thinking of starting up a group, Denton Island Community Centre has rooms of various sizes to hire as well as party packages for under 5's and a fully equipped sensory room. The bright, spacious centre provides a welcoming space and car parking is adjacent.

The sensory room is available for exclusive hire and can accommodate up to five adults and five children. The room is also available at a 50% discounted rate for a single family (one child and up to two adults). To book please visit the booking page: www. eventbrite.co.uk/o/scdacommunity-developmentteam-17573759186 or email **roomhire@** sussexcommunity.org. uk to discuss a single use







Age Space Sussex is a one stop, online resource for anything and everything related to elderly care advice in the county. Sussex has the highest percentage of over 85s anywhere in England, and help is at hand for anyone who is worried about or is caring for an elderly parent or relative,

or finding it difficult juggling a career, family commitments and caring responsibilities.

Age Space Founder, Annabel James said, "Many in that situation are unprepared and unsure of what to do, when to do it and how to do it. When you unexpectedly find yourself with these added responsibilities, it is a scary time and feeling worried and lost is not unusual. Following my own experience, I created Age Space to help make this

difficult and challenging time easier by sourcing and sharing hands-on, useful and localised information to help carers have as much information as possible."

For more information contact the Age Space Sussex Team on 01273 608455 or 07801 978647, or email: agespace@sea-pr.com.

www.agespace.org

Bait Bucket

TACKLE WAREHOUSE

AVIS WAY, NEWHAVEN BN9 0DU 01273 933050 MON – SAT 9AM – 5PM



MEGA 3500 SQFT TACKLE SHOWROOM
40+ LEADING BRANDS
CARP – COURSE – MATCH – SEA - PREDATOR



PEACE DAY CELEBRATIONS FINALISED

In May 1919 the programme for the celebration of peace in Newhaven and Denton was finalised. It included:

- An Open-Air Thanksgiving Service at Fort Road recreation ground, with all the churches and chapels in the town taking part
- A Fancy Dress Procession, to include members of HM Forces who had served during the war, members of Friendly Societies, school

- children and other public bodies
- A Children's Tea with Sports Events for the 1,400 school children in the town, the events to be organised by teachers from the various schools in the town
- A Bonfire on Russia Hill (Rushy Hill)
- A Tea for Seniors for anyone aged 65 or older, with the tea being sent to the homes of those who couldn't attend
- A Dinner for Returned Men



WELCOME HOME TO NEWHAVEN FORESTERS

A special meeting of "Court Ouse", the Newhaven branch of the Ancient Order of Foresters, was held at the Newfield Hotel on 18th June 1919. The meeting celebrated the return of their members who had been on active service. Between 70 and 80 of the members had served in the war. The meeting also remembered the nine men who had died during the conflict:



G.R. Tree

W W Holloway

W Combs

H Terry

C Saunders

A J Noakes

R Terry

E V Dotterill

H A Parker jr.

The Chairman, in proposing a toast to 'The Service and ex-Service Members', also congratulated the Foresters on being the first society in the town to welcome home those who had served their country.

◆ A010-055 Newfield Hotel

PRIME MINISTER RETURNS ON NEWHAVEN FERRY AFTER SIGNING THE PEACE TREATY

On 28th June 1919, the Peace Treaty was signed at the Palace of Versailles. The following day the British Peace Delegates, including Prime Minister David Lloyd George, returned to England on the Brighton IV. Before the war, the Brighton IV was one of the steam ships on the Newhaven to Dieppe service. When war broke out she was requisitioned as a troop ship, before later being converted to a Hospital Ship and Ambulance Transport. She finally returned to the Newhaven – Dieppe service in March 1920.



▲ A319-031 Prime Minister Lloyd George on the Brighton IV

RECYCLING IN NEWHAVEN

The government says that by next year, all households in the country should recycle 50% of their waste. Looking at how much gets recycled in your household, you might think there is a long way to go to meet that target, but it could be easier than you think.

The mixed recycling that goes in your blue-lid wheelie bin is the biggest part of recycling, but did you know food waste and garden waste also count? Garden waste is collected in dustcarts and taken to Tamar Organics in Beddingham where it's broken down into soil conditioner. Food waste is collected in the same vehicles as your normal refuse in its own separate compartment and goes to the Woodlands Facility in Whitesmith to be broken down and turned into soil conditioner. All that soil conditioner then gets spread on farms, gardens and allotments, and turns back into more food or other plants!

Recycling food waste can make a huge difference to Newhaven's recycling rate and the future of our environment. A quarter or more of the average bin is food waste. During December and January,

hundreds of residents signed up to food waste collections for the first time. Even if you only use it for your coffee grounds and meat bones, you will be helping to do your part. Join in and sign up today at www.lewes-eastbourne.gov.uk/

A few years ago, the recycling rate for Lewes district was around 26%. Since the introduction of blue-lid bins residents have been recycling more and more. By the end of 2018 the recycling rate was nearly 40% - an enormous improvement.

One thing to be careful of is contamination. This occurs when non-recyclable items (like clothes, polystyrene, or scrap metal) find their way into the recycling and can cause big problems. Thankfully local people are good at only recycling the right things, and

the district has some of the lowest contamination in the whole country.





NEWS FROM THE HILLCREST CENTRE

Volunteers gave up their Christmas Day to help at the Hillcrest's 'Christmas Do'. About 30 helpers, including the High Sheriff of East Sussex and his wife, donned aprons and served lunches to the homeless, aged, lonely and hard up single people and parents.

A new chef, Mansoor Khani, has joined the team at the Hillcrest Café, bringing some new middle eastern flavours to their menu. Mansoor's wife Imam has also been cooking desserts for the café. Watch out for a special evening of middle eastern food and music coming to the Hillcrest Centre soon!



Our Newhaven southdown county primary school

This photo from Our Newhaven contributor Vicky Delaney shows Southdown County Primary School in Church Hill. This was the second school to bear the name, the first being the one at the end of Southdown Road, next to what was then Newhaven County Secondary School. The school in the photo would have opened around 1967, about 20 years before this photo was taken.

Our Newhaven's Chairman Andy Gilbert was a pupil there when it opened and remembers it getting the nickname 'the sweat box' as it could get stifling in summer, with all those windows. He also remembers an incident where he and the other 'milk monitors' were eagerly pushing the school milk trolley around the outside of the school and, having gained a little, well maybe too much speed, bumped the laden trolley into a teacher's car! Luckily for them, their claims of "It was just an accident, sir!" were believed.

Investigations in later years revealed that the school's internal steel frame was rusting and the building was condemned. Pupils were moved into portakabins while the current school, now renamed Harbour Primary, was built.

If you have any memories or photographs you can contribute on-line at <u>www.ournewhaven.org.uk</u> or write your memories down and leave your photographs, postcards, slides or negatives for Our Newhaven, c/o Newhaven Town Council Offices, 18 Fort Road, Newhaven. We will return your images by the following Tuesday.

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

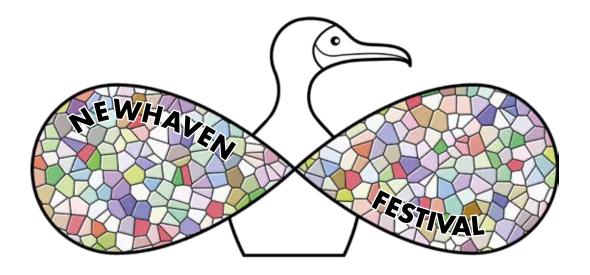


CELEBRATING 900 YEARS!

Familiar faces around Newhaven!

A message from St Michael's Church: "As part of our 900th anniversary focus during 2020, St Michael's Church would like to celebrate being part of the brilliant community of Newhaven. A photographer in our congregation, Hilary Musk, is planning an

outdoor exhibition of Familiar Faces Around Newhaven. Hilary would be grateful for suggestions of people you would like to see featured in such an exhibition. Please email her at hilaryamusk@gmail.com. Thank you!"



NEWHAVEN ARTS FESTIVAL 2019

Last year the Town Council launched its first Arts Festival which showcased all the local talent within our town. In organising the event we found out that there are many of you that have a creative skill and enjoy being part of the fantastic community of Newhaven. Maybe you came and heard birdsong at St. Michael's Church, went on the Edgelands storytelling walk or visited the pop-up gallery at the UTC (whilst having a quick tour of this beautiful building).

So what event might you attend or create for the Festival in 2019?

We are currently putting together the programme for this year's 2-week celebration of Newhaven's community and talent, running for two weeks starting on the 17th August. We will be including open houses as part of 'Artwave', the district wide annual festival celebrating artists from local towns.

Perhaps you are a musician and would like to be part of an event at the new bandstand? Or an artist that wants to exhibit at the Open Call? Attend a workshop and learn a new skill or take the children to an event where they can get creative?

Alongside active events there will be events where you can be entertained such as the 'Festival of Belonging' that will take place on Denton Island. After all, the summer is a good time to relax!



To learn more about the Festival or keep up to speed with this year's events as they are confirmed, information can be found on the Newhaven Festival website www.newhavenfestival.co.uk.

Follow us on instagram: newhavenfestival or check the local press, the Artwave brochure and summer issues of Viva Lewes.

If you would like to submit an idea for the Festival, please email Rhoda at newhavenfestival.sussex@ gmail.com.

For further general information please contact the Town Council at: susie.mullins@ newhaventowncouncil.gov.uk.



SOMETHING TO SING AND DANCE ABOUT!

The bandstand is open for business! The opening event which took place just before Christmas was well attended and spectators were treated to a sunny afternoon of entertainment and music from the Earthquake Drummers, the Newhaven Ukulele Band and the Lewes, Glynde and Beddingham Brass Band.

Jason Ede the Town Crier officially opened the bandstand and told us the story of how on the day of the WW1 Armistice in 1918, spontaneously many of the people of Newhaven walked onto Denton Island and sang. One hundred years later, music and songs are returning to the Island.

As well as for music, the structure and green area could be used for pop-up plays, art exhibitions, craft and food fetes. Soon there will be new area for sitting, so that you can watch the world and the river go by. You may have an event in mind that you would like to run! If so, get in touch with the town council and we can list your event on our website or in Newhaven Matters.

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 9th April

Planning & Development Committee followed by Full Council.

Tuesday 30th April Planning & Developm

Planning & Development Committee.

Tuesday 14th May Annual Meeting.

Tuesday 21st May

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

Tuesday 11th June

Planning & Development Committee followed by Environment & Amenities Committee.





NEWHAVEN TREE WARDENS

Spring is springing and the Newhaven Tree Wardens have recently planted two whitebeams in The Rose Walk to replace the trees that had died.

They have also been busy working alongside Burleys and the Friends of Riverside Park planning where to plant the fruit trees donated by Burleys.

Riverside Park was suggested by readers of Newhaven Matters as a good place for these trees. The trees will be planted in November 2019 when the Tree Wardens will also provide further native species which will enhance the park and provide food and habitat for our birds and insects.

Meanwhile, the Tree Wardens have been looking after the young trees they planted last year opposite Paradise Park by mulching them and checking their stakes and ties. They are also planning more sites for trees, wildflowers and flowering bulbs in their quest to make Newhaven greener.

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.



Members from the
Greenhavens Network have
been working really hard
in recent months creating
a baseline map of where all
the green spaces are from
Telscombe to Seaford. At the
same time they have been
collating what projects are
currently happening across the
area and what people would
like to see in the future.

There have been some exciting and inspirational ideas, one strong theme has

been the idea of Bee corridors throughout the network; connecting the green spaces up with wildflower meadows and trees, which would make a significant difference for wildlife particularly for our bees and butterflies.

There are lots of plans underway this season in Newhaven such as the creation of butterfly banks and new meadows. The committee has recently been successful in attracting funding to create a

new website and are looking for people to get involved and help tell the communities what's going on in their green spaces, how people can get involved and keep the website topically interesting.

Please do get in contact at **greenhavens@yahoo.com** for further information – it's free to join, all you need is an interest in your local blue or green spaces.



Spotlight on...

Warren Dudley

Screenwriter and Filmmaker



Warren grew up in Newhaven and attended Tideway School. He tells us here how he came to work in film and television.

I started making short films with friends around fifteen years ago and through one of them, a spoof TV show called 'Slightly Better Homes', I got a job at Ricochet TV in Brighton. My job there involved working on ideas for daytime TV shows! After working there and gaining some experience I struck out on my own while continuing to work as a printer in Lewes.

My big break came when I was asked to write the screenplay for a film called 'The Bromley Boys' - a 1970's football comedy memoir. The film was made last year and had a cinema run and is now available worldwide. The movie stars well-known actors Alan Davies and Martine McCutcheon.

My most recent project was in conjunction with the Newhaven Regeneration Group, who asked me to make them a six episode comedy set in the town.
'Seaside Town' (featured in the Winter issue of Newhaven

Matters) is now available on Amazon Prime here in the UK and will soon make its US debut under a new name - 'My English Soccer Adventure'.

Next up for me is another feature called 'Bad Reception', which follows a couple going through the wedding day from Hell, and a horror project called 'Being Kenzie'. The latter will be having its premiere in Newhaven in early April.

For more info on all these projects visit <u>www.</u> warrendudley.co.uk.

KEEP TRADE LOCAL

District Council works with Newhaven company to build local housing

A £1.3m Lewes District
Council project to create a new
development of high-quality
affordable family housing is
taking shape in Peacehaven.
The new accommodation in
Ashington Gardens has been
built off-site by a specialist
modular building company in
Newhaven and then installed
on council-owned land.

The UK is suffering from a lack of affordable properties. This temporary accommodation initiative will provide homes for people in the district, often families, who are in real need of them.

Based in Newhaven, Boutique Modern was awarded the contract to supply the new homes and is well known for its pioneering use of modular technology in conjunction with innovative housing designs.



Boutique Modern builds homes to precise specifications in its Beach Road factory before delivering and installing them exactly where needed.

Previous projects range from a bespoke home in the Scottish Highlands to a penthouse in central London.

The company employs more than 30 people locally and can be working on as many as 10 projects at any one time. This project is the first of many exciting projects the company has in the pipeline.

Boutique Modern believes that Newhaven provides a perfect base, with strong transport connections across Sussex and up to London, and a skilled workforce and supply chain on their doorstep.

This is an example of just one of the many successful companies within our town and we know that there are many more out there! Newhaven Town Council will soon be launching a 'keep trade local' campaign which will include the listing of services and trade available locally. Get in touch with Susie.Mullins@ newhaventowncouncil.gov.uk if you know of a business that you think the local community would like to visit/use or have a business that you would like listed. Newhaven has much to be proud about and the business community helps make it a great place to live!



NEW DOG WASTE AND LITTER BINS

The town council has recently installed five new dual-purpose dog waste and litter bins in litter hot spots in the town suggested by local residents. The new bins are at:

- Valley Road opposite the school
- Gibbon Road at junction with Hanson Road
- Gibbon Road at bottom of steps to schools
- Hill Top Way
- Haven Way

We hope the new bins will help to reduce litter and dog fouling in these areas.

Do you know any other dog poo or litter hot spots where a new bin would be helpful? Let us know at admin@newhaventowncouncil.gov.uk or tel: 01273 516100. We may not be able to meet all requests but will certainly consider them.

A FISHY TALE

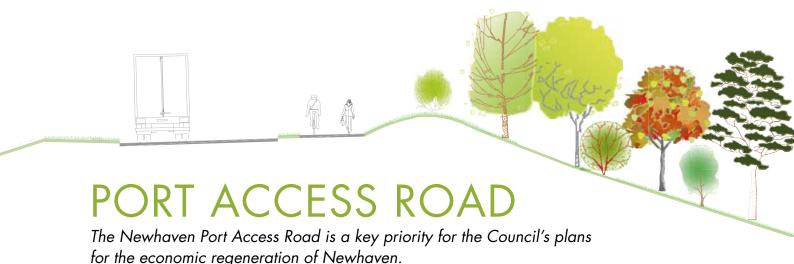
Something fishy (but rather lovely) will be happening at the top end of the High Street soon!

The town council will be installing beautiful new planters and benches which are being specially made for Newhaven by David Ogilvie, the same company that made the Remembrance seats on the Memorial Green.

The high-quality planters and benches will be dark blue and decorated with silver fish swimming and swooping around the planters and along the backs of the benches.

The project is being partially funded by the town council, and partially by CIL (Community Infrastructure Levy) which is money received by Lewes District Council from developers building in the district.

One of the planters will include an inscription in memory of John Adams, the former Chairman of Newhaven in Bloom, who worked tirelessly for many years as a volunteer to provide floral displays in Newhaven for everyone to enjoy. It was John who made the previous wooden planters in this part of the High Street, which have now reached the end of their life.



Contractor BAM Nuttall, working for East Sussex County Council, has begun work to construct the new road to the east of the port and both north and south of Mill Creek and the railway line.

The new road will connect McKinlay Way (the section of road leading south from the Drove roundabout behind Halfords) with the areas of development land to the east of the port and will include a bridge over Mill Creek and the railway line running between Newhaven and Seaford.

The bulk of the earthworks

associated with the road will be completed by November 2019 and includes the construction of embankments to be landscaped either side of the new bridge. A temporary causeway across Mill Creek will be constructed and is expected to be completed in the spring. This will allow machinery to access the area between Mill Creek and the railway to build the north pier of the bridge and will be removed once the bridge has been completed. Pipes through the causeway will allow the creek to remain tidal to minimise any impact of the works.

The bulk of the work is expected to take around 20 months to complete and be finished by the end of 2020.

BAM Nuttall is keen to work with the local community to reduce the impact and disturbance of the construction work on local residents, so far as is possible, keeping them informed about the project as it progresses. A project contact e-mail address will be publicised, including on the East Sussex County Council's website, to allow members of the public to raise any concerns and ask questions.

ONE YOU EAST SUSSEX



Eat well, move more and be smoke free with One You East Sussex, the free healthy lifestyle service.

A team of experienced health professionals are ready to help you with services such as a stop smoking course tailored to your needs, NHS health checks and an adult weight management course with a free 10-week pass for the local leisure centre.

You can get a free NHS Health Check with their teams at the High Street Pharmacy and Chapel Street Pharmacy in Newhaven. If you're aged between 40-74 and haven't already been diagnosed with a long-term health condition you can have your blood pressure, cholesterol and, if eligible, blood sugar levels checked as a part of the free service!

Pop in to make an appointment today, or call 01323 404600 to be booked in to see a Health Coach.

What's On.

Every day

Newhaven Bowling Club open every day April 20th until September for home matches and roll ups. New and experienced players welcome to play. Visit us when we have a home game or contact the club to arrange a free friendly trial or roll up. Contact: 07401 663519. www.newhavenbowlingclub.weebly.com Also on Facebook & Twitter.

Every day

Come and try indoor bowls, free tuition, get fit and make new friends at Denton Island Indoor Bowls Club. We have great facilities with bar available for weddings, parties etc. with plenty of free parking. Book now on 01273 514664 or call in anytime for a free trial. See us on Facebook or website www.dentonislandbowls.co.uk.

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.

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. 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@

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. For more information email: dentonbumpsandbabies@gmail.com.

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

Pilates 7pm and Yoga 8pm at Denton Island Community Centre. For more info and to book call Zara 07532 418542 or email zarano 1@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

Ouse Valley Artists meet at Denton & Mount Pleasant Social Centre, 9.00am - 12.30pm. Friendly group of enthusiastic artists. All abilities welcome. For more information please ring Diane 01323 670025 or email diane.yvonne.king@gmail.com or Pat 01273 516183.

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 07850987131.

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.

Every Wednesday

Progressing in Yoga plus monthly Sound Bath for a maximum of 10 participants in a beautiful under-floor heated Yoga Studio all equipment provided; 7.30pm. Details: Janet & Mike Bond, experienced teacher trainers (Reiki & Sound Healing Therapists) 01273 512306. www.samtosha4u.com.

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.

Every Thursday

Yin Yoga 9.30am and Hatha Yoga 11am 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 samtosha4u@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

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

Mindful based movement practices to benefit your health and well being. Meeching Hall, Fort Road 6.15pm to 7.45pm £5/£7, contact Abi to book a space on 07704 435172.

Every Thursday

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

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

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 6.30pm. Tel: Jane Jarvis 01273 514467 or Barbara Tapp 01273 513015.

Every Friday

2nd Denton & South Heighton Scout Group meet 8.00pm - 9.30pm at St Leonards Church Hall, Denton. Contact: Jane Jarvis 01273 514467 or Barbara Tapp 01273 513015.

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.

Every Saturday

Newhaven Bowling Club Junior Bowls Club 10am – 11.30am. Juniors play the game in a fun environment with an emphasis on learning the game and practicing their skills. #Letsplaybowls adult try it out sessions 11.45am until lunch. Contact the club on 07401 663519 for more information.

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 re-opens after winter on 2nd April 2019. Open Tuesday, Wednesday, Friday and Saturday - 11.00am until 4.00pm. Adult Admission £3.00 (accompanied children free of charge). For further information about opening times please telephone 01273 960755 or 07831 900130. 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 – 4pm). Social group/drop-in every day 1 – 3pm. In addition to sessions listed below, one-to-one appointments are offered for advice and support. Please contact the centre first to be self-referred.

Every Monday

Help with Benefits and Budgets (fortnightly) 9.30am – 4.30pm; Art project 11am – 1pm; Physical exercise 11am – 12 noon; Carers drop-in (2nd Monday each month) 12 – 2pm; Men's group 12 noon – 1pm; Craft group 1 – 3pm.

Every Tuesday

Employment advice drop-in (2nd Tuesday each month) 10am - 2pm; Anti-stress colouring and Zen drawing group 10.00 - 11.00am; Knit and Natter group 11am - 1pm; Music appreciation 1 - 2.30pm.

Every Wednesday

Mindfulness of Movement 11 – 12.30pm; Hearing voices group 12.30 - 2pm.

Every Thursday

Grub club 9.30am – 12 noon; Clay group 12.30 – 2.00pm; Origami group 3 – 4pm; Young Adults group 3 – 4pm (1st Thursday in month).

Every Friday

Gamés group 11 – 12 noon; Walk & talk 11 – 12.30pm; Textiles group 12 – 2pm; Peer Specialist drop-in (call for details); Card making group 1 – 3pm; Drama group 1 – 3pm.

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; Yoga – in balance Sophie 07444 549859 inbalancesussex@gmail.com 12-1pm room 4; 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; Bambino Beats 3-4pm room 2; 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

Sweafy Mama – mother and baby fitness group 10-11am; Musical Moments dementia choir 11am – 12 noon; Recovery Group 12.00pm – 1.30pm; U3A Art Class 2.00pm – 4.00pm; 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 – new course starting April 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; 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. Yoga – in balance Sophie 07444 549859 inbalancesusex@gmail.com 12.30-1.30pm room 2. 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.lewesmencap@hotmail.com Website: www.newhavenmencap.org.uk

Telephone: 01273 517345

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.

The hall can be booked for private functions. Phone 01273 517345 for availability.

NEWHAVEN TENNIS CLUB

Contact Bob on 01273 512162 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), guest fee applies.

Every Sunday

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

Every Monday

Two Junior coaching sessions 4.30pm and 5.30pm start.

Every Tuesday

Adult club sessions 1.00pm - 4.00pm.

Every Wednesday

Adult club sessions 6.00pm - 8.00pm.

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 – 1st-5th April, 20th April-24th May and 3rd-29th June, 3-6pm.

Holiday Playscheme – 8th-18th April and 27th-31st May, 7.30am-6pm.

Forest School Friday – every Friday from 5th April, 3.30-6pm

Monday

Dumbell 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 Stantiford 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. Rock Solid 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.

Get Set Club – fun and friendship for children and young people with special educational needs and disabilities. Learn to cycle – 8th and 15th April 10-11am. Siblings 1st - 22nd May 4.30-5.30pm.

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.

Health Checks

5th April 9.30am – 4pm, call or email to book your free 40 minute health check.

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.

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, 9.30am – 12.00pm.

Cookery with Matt

Taught by a busy dad who can show you how to cook quick nutritious meals. Friday 5th April 10am - 12 noon.

Cheap and Cheerful Cooking

Learn how to make easy meals for $\mathfrak{L}1$ a portion! Wednesdays 10.30am to 1pm.

Children's Bake-Off

Sign up with a team of friends or family. Ingredients and recipes supplied, you make the magic! Thursday 11th April 10am – 1pm.

Sugar Craft

Try your hand at some basic sugar craft skills. Thursday 9th May 10am – 2.30pm.

Pizza and Breadmakina

Tuesdays 11th to 25th June, 10.30am – 1pm.

Drawing course

For complete beginners or those with little experience of drawing. All materials provided. Tuesdays 10am – 1pm, 30th April, 7th, 14th & 21st May.

Active 10 - Walk your way to health

Boost your health, mood and energy with a 30 minute friendly walk. Tuesdays 1pm.

Couch to 5K

A gentle 9 week programme to help you start running, finishing with a local parkrun. Call for more info.

Open Spaces Weekly Walks

Tuesdays at 1 pm. Call or email for meeting point.

Walk with a Ranger

Come for a walk along the Downs with a Park Ranger talking about the area. Some inclines and uneven ground.1pm on Tuesday 2nd April, meet at junction between Palmerston and Seaview Roads at top of Mount Pleasant.

Underwater Experience

Experience the world underwater along our coastline via a VR headset. Dates to be confirmed during Easter holidays. Call or email to register your interest.

Staying Connected with your Device

Learn how to best use your smartphone or tablet device to stay connected, stay safe and get practical tasks done. Thursday 25th April – 9th May, 10.30am – 12.30pm.

Relax, Eat, Move, Sleep

Through interactive workshops and activities, learn techniques and tips to have a holistic approach to wellbeing. Saturday 27th April, 10am -1pm.

SCDA Youth Clubs/Services

Course	Day	Time	Venue
Youth Club (8-12 yrs) £1 to attend, booking essential	Mon	5.00pm – 7.00pm Every Week	Lewes Road Hut, Newhaven
Youth Club (11 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.

School Holiday Activities for Children and Young People

Running between 2.00pm – 3.45pm, Monday – Friday. Please refer to Holiday Programme for session details.

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.

APRIL

- 2nd Newhaven Historical Society talk: Old South Heighton a Downland village with an industrial past, by speaker lan Everest. Take a virtual walk around the village and delve into the past with old photos, paintings, maps, newspaper cuttings and fascinating anecdotes from past residents. At the Hillcrest Centre 7.30pm (doors open from 7.00). Free to members, non-members £5.00.
- 4th Spring Country Market at Hillcrest Centre. 9.45am –
 1pm. All the usual cakes, savouries, preserves, crafts and
 seasonal produce, plus orders taken for Easter.
- 4th Newhaven & Peacehaven U3A 2.15pm a talk by Derek Hughes "More Heads than Tails". At the Baptist Church, Newhaven. The U3A holds lots of interesting talks, classes, outings and activities new members most welcome, don't be lonely, come and join us for some company. Ring Sharon Ahearn on 01273 589953 between 9am and 12 noon.
- 6th Denton Island Indoor Bowls Club open 10am to 12 midday for free bowls tuition. Call in for a free trial or phone 01273514664 for more information.
- 8th South Heighton W.I. meeting 2.15pm in South Heighton Village Hall. Birthday Meeting; Six-Five Special with Pamela McLellan. Please contact 01323 898921 for further details.
- 14th 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!
- 18th Maundy Thursday church services: Agape Light Supper and Communion 7.00pm at Newhaven Baptist Church, Brighton Road; Mass of the Last Supper 7.30pm at Sacred Heart Church, Fort Road; Holy Communion 7.30pm at St Michael's Church, Second Avenue; Easter Passover Meal 7.30pm at Elim Church, Meeching Rise

- 18th Meeching WI a talk by Pia Offord on the Dog's Trust at 9.45am in Meeching Hall, Fort Road. Visitors/new members always welcome. Tel: 01273 516804.
- 18th Newhaven Gardening Society monthly meeting: a talk about tree surgery by Lesley Baker, "Out on a Limb". 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.
- 19th Good Friday church services: Morning Prayer 10.00am and Messy Church for children 2.30pm at St Michael's Church, Second Avenue; Family Service 10.00am at St Leonard's Church, Heighton Road, Denton; Procession of Witness (all churches) 12.00 from War Memorial; Reading of the Passion 3.00pm at Sacred Heart Church, Fort Road.
- 20th Easter Saturday church services: Service of Light 8.00pm at St Michael's Church, Second Avenue; Vigil Mass 8.30pm at Sacred Heart Church, Fort Road.
- 20th Hillcrest Cinema presents The Party, a comedy drama.
 Cert 15, 1hr 11mins. Café opens at 6.00pm. Film starts at 7.30pm. Tickets £5 on the door.
- 21st Easter Sunday church services: Easter Mass 9.00am at Sacred Heart Church, Fort Road; Family Holy Communion 10.00am at St Michael's Church, Second Avenue; Easter service 10.00am at Baptist Church, Brighton Road; Easter Family Communion 10.00am at St Leonard's Church, Heighton Road, Denton; Celebration service 5.00pm at Elim Church, Meeching Rise.
- 23rd Denton Women's Fellowship: a talk about the Air Ambulance followed by short AGM. 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.
- 26th Newhaven Twinning Association Quiz Night with Supper. 7pm at the 3rd Newhaven Scout HQ in Fort Road, Newhaven. Teams of up to 6 people, £7.50 per person. Bring your own drinks and glasses. Please contact Norman Hopson on 01273 588193 if you would like to attend.
- 28th Quiz night at the Flying Fish, Denton. Run by the Denton Community Challenge fundraising committee. 6.30pm for a 7pm start.
- 29th Bingo at South Heighton Village Hall. 8.00pm start.
 Doors open at 7.30pm. Cash prizes and raffle. Tea/
 coffee/soft drinks on sale. £5 entry.

MAY

- 2nd Newhaven & Peacehaven U3A 2.15pm a talk by Richard Ratcliffe: "Musicals Madness Mayhem." At the Meridian Centre, Peacehaven. The U3A holds lots of interesting talks, classes, outings and activities – new members most welcome, don't be lonely, come and join us for some company. Ring Sharon Ahearn on 01273 589953 between 9am and 12 noon.
- 4th Denton Island Indoor Bowls Club open 10am to 12 midday for free bowls tuition. Call in for a free trial or phone 01273514664 for more information.
- 11th #Letsplaybowls Try It Out Day, 10am at Newhaven Bowling Club. This is your opportunity to have a go at bowls. All equipment is available just bring some flat shoes or flat trainers. Light refreshments will be available. Please check out our website www. newhavenbowlingclub.weebly.com for more information. Contact the new member hotline 07401 663519 for more details. Also on Facebook & Twitter.
- 11th Newhaven Twinning Association Pop-up Bistro, 7.30pm at South Heighton Village Hall. This is a three course dinner with aperitive drink and coffee. If you would like to attend or know more, please contact Norman Hopson on 01273 588193.

- 12th 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!
- 13th South Heighton W.I. meeting 2.15pm in South Heighton Village Hall. Members Resolution with social time. Please contact 01323 898921 for further details.
- 16th Meeching WI Resolutions meeting at 9.45am in Meeching Hall, Fort Road. Visitors/new members always welcome. Tel: 01273 516804.
- 16th Newhaven Gardening Society monthly meeting: a talk about the Air Ambulance. At Age Concern Day Club, West Quay, Newhaven BN9 9BP, 7.30pm. Nonmembers always welcome, cost £2 including tea and biscuits. More information contact Carol Guest-Hilton on 01273 510182 or Joyce on 01273 515610.
- 18th Hillcrest Cinema presents A Fantastic Woman, a drama (Spanish). Cert 15, 1hr 44mins. Café opens at 6.00pm. Film starts at 7.30pm. Tickets £5 on the door.
- 20th Bingo at South Heighton Village Hall. 8.00pm start.
 Doors open at 7.30pm. Cash prizes and raffle. Tea/
 coffee/soft drinks on sale. £5 entry.
- 26th Newhaven Twinning Association are holding a Quiz Night and Supper at the 3rd Newhaven Scout HQ in Fort Road, Newhaven. £7.50 per person, teams of up to 6 people. Bring your own drink and glasses. Please contact Norman Hopson on 01273 588193 if you are interested.
- 28th Denton Women's Fellowship: a talk by Alan Hodges "Out and About". 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.

JUNE

- 1st Denton Island Indoor Bowls Club open 10am to 12 midday for free bowls tuition. Call in for a free trial or phone 01273514664 for more information.
- 4th Quayside Medical Practice Patient Participation Group Meeting 6.30pm at the surgery. New members always welcome. Please ask at reception for more details.
- 4th Newhaven Historical Society talk: Lewes and Bonfire Night by speaker Andy Thomas. Illustrated with his own spectacular photos, Andy explores the historic Sussex town of Lewes, world-renowned for its huge annual Bonfire Night festivities. At the Hillcrest Centre 7.30pm (doors open from 7.00). Free to members, non-members £5.00.
- 6th Newhaven & Peacehaven U3A 2.15pm an open mic session to learn more about your fellow members. At the Meridian Centre, Peacehaven. The U3A holds lots of interesting talks, classes, outings and activities new members most welcome, don't be lonely, come and join us for some company. Ring Sharon Ahearn on 01273 589953 between 9am and 12 noon.
- 8th Denton Community Challenge this year's event is called 'Let's Score!' Family fun day with added sporting attractions for all the family. 1pm 5pm at Avis Road Recreation Ground, Denton. Call 07802 716830 for details or email dentonchallenge@gmail.com
- 8th Denton Community Challenge Craft Fayre 1pm 5pm.
 Crafts and other stalls at the Denton Community Centre,
 Denton Road. For details contact dentonchallenge@
 gmail.com
- 9th Open Day at Newhaven Tennis Club, Court Farm Road, 10am 4pm. Families welcome. Call Bob on 01273 512162 for more info or email mailrkjackson@yahoo. co.uk.

- 9th 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!
- 10th South Heighton W.I. meeting 2.15pm in South Heighton Village Hall. A talk by Simon Mott, "What makes a Superstar". Please contact 01323 898921 for further details
- 15th Hillcrest Cinema presents The Square, a comedy drama. Cert 15, 2hrs 31mins. Café opens at 6.00pm. Film starts at 7.30pm. Tickets £5 on the door.
- 20th Meeching WI a talk by John Vine on Acting in TV and Film at 9.45am in Meeching Hall, Fort Road. Visitors/new members always welcome. Tel: 01273 516804
- 20th Newhaven Gardening Society monthly meeting: a talk about the Chestnut Tree Hospice. At Age Concern Day Club, West Quay, Newhaven BN9 9BP, 7.30pm. Nonmembers always welcome, cost £2 including tea and biscuits. More information contact Carol Guest-Hilton on 01273 510182 or Joyce on 01273 515610.
- 23rd Newhaven Twinning Association are holding a Quiz Night and Supper at the 3rd Newhaven Scout HQ in Fort Road, Newhaven. £7.50 per person, teams of up to 6 people. Bring your own drink and glasses. Please contact Norman Hopson on 01273 588193 if you are interested
- 24th Bingo at South Heighton Village Hall. 8.00pm start.
 Doors open at 7.30pm. Cash prizes and raffle. Tea/
 coffee/soft drinks on sale. £5 entry.
- 25th Denton Women's Fellowship: a slideshow by Rosemary Cutbush "An Adventure". 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.
- 29th South Heighton Village Hall's annual summer fete, featuring EarthQuake drummers, Norcross Dancers, Scriven Family Martial Arts, traditional children's games, raffle, tombola, and many other stalls and attractions. BBQ and beer tent. 1-4pm at South Heighton recreation ground.
- 30th Open Day at Newhaven Tennis Club, Court Farm Road, 10am 2pm. Families welcome. Call Bob on 01273 512162 for more info or email mailrkjackson@yahoo. co.uk.

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 July/August/September) is 24th May 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.



DISCOVER THE SECRETS OF NEWHAVEN FORT IN 2019!

Cloaked in mystery and protected by its impressive ramparts, Newhaven Fort has been keeping secrets safely hidden for almost 150 years.

There's fun for all the family at the Fort:



Take part in an
exhilarating air raid
experience in the Blitz
Bomb Shelter



Run, climb and swing your way around the activity playground



Enjoy a well-earned break with a hot drink in the vintage 1940s Tea Room

FOR MORE INFORMATION, VISIT

www.newhavenfort.org.uk