



Newhaven *Matters*

Summer 2019 // Issue N° 22



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



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SUMMER 2019



Firstly can I thank those who voted for me in the recent elections and my council colleagues for their faith in me becoming Newhaven Mayor for the fourth time.

In the past I have raised funds for various charities, but because there are so many worthy charities I have decided to concentrate on green projects that can be enjoyed by all those living, visiting and working in the town.

I am hoping that in a year's time we will have planted more trees, shrubs and flowers and made Newhaven a greener place.

My aim is to see new information boards, planters, dog bins and seats scattered around the town and I will be working with all the conservation groups in the area to carry out these enhancements. We have new ponds at Riverside Park and Castle Hill and improvements at Valley Ponds, which are well worth a visit at present with a number of ducklings enjoying their environment.

I am keen to see the ditches around the factory areas cleaned up so that we start to see the kingfishers that were a regular sight a few years ago.

We are fortunate to have Paradise Park helping run Newhaven in Bloom, the prize giving for Newhaven Gardening Club, and also providing flowers for the boat at the Memorial Green. The town council's contractors Burleys work to enhance our town and give time and labour free when the council have a litter picking day.

We will have a busy year ahead but if there is a "green" project that you can think of please do not hesitate to contact me at cllr.graham.amy@newhaventowncouncil.gov.uk or telephone the council on 01273 516100.

Graham Amy

Town Mayor of Newhaven

If you would like to advertise, have a story you would like included in future issues, 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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HILLCREST CENTRE CELEBRATES ITS 21ST BIRTHDAY!

It's been 21 years since the Hillcrest Centre opened its doors to the people of Seahaven after being saved by a passionate campaign by the whole community.

Since then a wide range of creative, social service, and health and wellbeing activities have been provided to local people, as well as housing an award-winning independent not-for-profit café, a nursery, a language school, Community Transport, a community boxing gym and a collection of outbuildings that house affordable craft workshops and working artists' studios.

The Hillcrest Community Partnership was established to hold the building in trust for the local community. It is an independent charity, which

receives no funding from government, local or district councils. Every penny raised comes from rental of space, donations from supporters and entrance fees for special events or grants, which the trustees have to fight hard to get.

Please come along with your family and friends to help celebrate and ensure that the Hillcrest continues to serve our community for the next 21 years and beyond!



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 2nd July

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

Tuesday 23rd July

Planning & Development Committee followed by Full Council.

Tuesday 13th August

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

Tuesday 10th September

Planning & Development Committee.

Tuesday 24th September

Planning & Development Committee followed by Environment & Amenities Committee.

Hillcrest Centre
JOIN US IN CELEBRATING OUR
21ST Birthday
SUNDAY 21ST JULY
12PM - 4PM
EVERYONE'S WELCOME
LEARN ABOUT WHAT WE OFFER OUR COMMUNITY

- ALL FACILITIES OPEN • COUNTRY MARKET • LIVE MUSIC • FOOD & BBQ
- CHILDREN'S ACTIVITIES • WORKSHOPS • HISTORY OF HILLCREST

HILLCREST COMMUNITY CENTRE, BAY VUE RD, NEWHAVEN, BN9 9LH
WANT TO GET INVOLVED? EMAIL: EVENTS@HILLCRESTCENTRE.CO.UK
WWW.HILLCRESTCENTRE.CO.UK



AN OLD TRADITION REVIVED!

Easter Monday saw the long awaited revival of an old Newhaven tradition - the Newhaven Pram Race, which took place along West Quay for the first time since the 1980s.

The wacky race was jointly organised by Newhaven Town Council and Newhaven Chamber of Commerce and was the brainchild of Newhaven's Young Mayor, Huey Cripps.

The sun shone as eight prams wound their way as fast as they could along a course marked out with straw bales, starting by the RNLI Lifeboat Station and finishing at the northern end of Huggett's Green. The Earthquake Drummers and the Nukehaven Ukelele group provided musical accompaniment.

The South Highton Bonfire Society Wacky Wonkers won the prize for the best dressed pram with their Wacky Races pram pushed by Dick Dastardly and Penelope Pitstop; Muttley sat in the pram as the "baby". They provided great entertainment for the crowd

as their pram may have been beautiful, but it was extremely difficult to steer!

The prize for the fastest pram was won by Huey's team, the Crash Cycling Club.

There were also two prizes for the prams closest to secret set times – one for walking (won by the SHBS Wacky Wonkers) and one for running, which was won by the Ingenio Proper Well Good Purple Pram Pushers.

This was a really fun event, which will now become an annual event – so look out for it next year!



HANDING ON THE MAYORAL CHAIN

Following the elections at the beginning of May, the town council's Annual Meeting took place on Tuesday 14th May.

Outgoing Mayor, Councillor Paul Boswell presented a cheque for £985 to CTLA (Community Transport for the Lewes Area) which was his chosen charity for the year. Councillor Boswell raised the money by organising various fundraising events. Councillor Boswell was also delighted

to be able to announce that he has managed to secure funding for four outdoor table tennis tables to be installed in recreation grounds in the town - watch this space for further news about this.

After the presentation, the Council elected a new Mayor - Councillor Graham Amy. This will be Councillor Amy's fourth time as Mayor of Newhaven - he was last Mayor in 2012. Councillor Amy has been a town councillor since 2003 and is also a district councillor for Newhaven.



The Newhaven Yacht Club is a friendly cruising club that supports yachting, motor-boating and day boat sailing and includes those new to the sport as well as the experienced sailor.

The aim is to promote good seamanship and safety at sea by an ongoing social programme, encouraging members to join club rallies and shore-based events to provide experience and training. During the winter

the club runs regular skills evenings and events.

Rallies take members across the channel to France, the Channel Islands and along the South Coast. Each year trophies are awarded to members that have achieved success (and failure) during the season.

Newhaven Yacht Club's buddy sailing scheme is designed to give you a taste of sailing. You don't have to join the club just to have two or three trial

sails. If you like the experience, you're welcome to join the club, and continue to receive invitations to go sailing. The club believes it has the best value membership fees on the south coast.

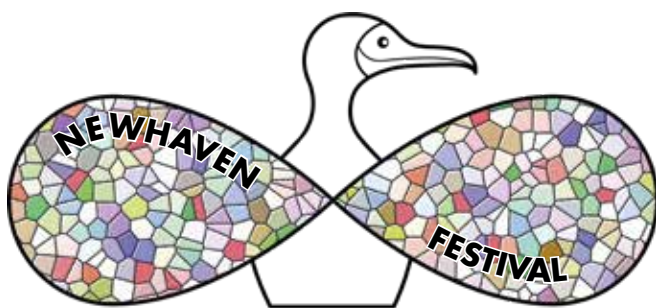
Check out their website at www.newhavenyc.org.uk or Facebook page [@NewhavenYachtClub](https://www.facebook.com/NewhavenYachtClub) for more details and photographs of some trips and events.



NEW PLAY AREA OPENS AT LEWES ROAD RECREATION GROUND

The long awaited new play area at Lewes Road Recreation Ground opened on Wednesday 29th May, part way through the school half term break.

The play equipment includes a beautiful wooden play ship and was paid for by Newhaven Town Council, working in partnership with Lewes District Council and the Friends of Riverside Park.



NEWHAVEN ARTS FESTIVAL 2019

The 2019 Newhaven Festival is on the horizon and this year is promising to be even better with 2 weeks of arts, culture and music taking place throughout the town, including walks, talks, exhibitions, workshops and artists open houses. Events will take place from 17th August to 1st September and details of the events will be updated on the festival website over the coming weeks: www.newhavenfestival.co.uk/#whats-on

Listen out for the peal of the bells from St Michael's Church on Friday 16th August which will signal the start

of the festival. On the 17th 'Plastic Free Newhaven' will be launched with music, workshops on reinventing your clothes, talks on how to live a more plastic free life, the launch of a children's eco-magazine, goody bags and stalls! This event will take place from midday on Denton Island, at the bandstand site. We hope to see you there!

Any general queries on the festival please get in touch with the Town Council direct: 01273 516100.



Also on between 17th August and 1st September is this summer's Artwave, showcasing some of the best creative talent across the local area. Follow the trails around Lewes, Newhaven, Seaford and surrounding villages to visit artists and makers in their studios, homes, galleries and workshops. Explore the places on your doorstep and with homemade tea and cake on offer too, Artwave is a special summer treat!

Pick up your free guide from Lewes and Seaford Tourist Information Centres from early July or join the mailing list to receive a copy online artwavefestival.org/ mailing-list.

FREE UKULELE CONCERT

ARMED FORCES DAY

29TH JUNE 2019, NOON UNTIL 3PM
NEWHAVEN BANDSTAND, DENTON ISLAND

- Bring a rug and a picnic
- Lyrics provided if you wish to sing along



See Nukehaven on Facebook or contact ede.jason@gmail.com for more info



Get out and about on Sundays with the 145 bus

Did you know there is a round-the-town bus service running on Sundays in Newhaven?

145: Newhaven Town Service including Valley Road loop.

Sundays and Bank Holidays				
Newhaven, Lower Place	0930	1100	1230	1430
Newhaven, Sainsbury's arr	0932	1102	1232	1432
Newhaven, Sainsbury's dep	0934	1104	1234	1434
Newhaven Rail Station	0936	1106	1236	1436
Newhaven, Lower Place	0938	1108	1238	1438
Western Road, Second Avenue	0941	1111	1241	1441
Newhaven, Gibbon Road	0943	1113	1243	1443
Newhaven Fort (Entrance) arr	0946	1116	1246	1446
Newhaven Fort (Entrance) dep	0949	1119	1249	1449
Court Farm Road, Downlands Farm	0952	1122	1252	1452
Newhaven, Lower Place	0957	1127	1257	1457
Newhaven Rail Station	0959	1129	1259	1459
Newhaven Sainsbury's	1001	1131	1301	1501
Denton Corner Lay-By	1003	1133	1303	1503
Seaview Road, Station Road	1006	1136	1306	1506
Wellington Road	1010	1140	1310	1510
South Heighton, Heighton Road	1013	1143	1313	1513
Avis Road, opp Paradise park	1014	1144	1314	1514
Iveagh Crescent, Denton Rise	1016	1146	1316	1516
Denton Corner, Lay-By	1019	1149	1319	1519
Newhaven, Sainsbury's	1022	1152	1322	1522
Newhaven, Rail Station	1024	1154	1324	1524
Newhaven, Lower Place arr	1027	1157	1327	1527
Newhaven, Lower Place dep	1030	1200	1330	1530
Valley Road, Ash Walk	1035	1205	1335	1535
Newhaven, Lower Place	1040	1210	1340	1540
Newhaven, Sainsbury's arr	1042	1212	1342	1542
Newhaven Sainsbury's dep	1045	1215	1345	1545
Denton Corner Lay-By	1047	1217	1347	1547
Newhaven Rail Station	1049	1219	1349	1549
Newhaven Lower Place	1051	1221	1351	1551

A Sunday and Bank Holiday service began at the end of April 2018, operated by CTLA and sponsored by Newhaven Town Council. The bus runs around the town at 90-minute intervals and serves the Valley estate as well as Denton, South Heighton and the area of the town west of the river and south of the A259.

Now you can get out of the house on Sundays to go shopping, visit friends, visit local attractions such as the Fort or Paradise Park, stroll along the quayside or blow the cobwebs away up on Castle Hill.

Normal fares apply. National Concessionary bus passes are accepted on the bus.





How we hope it will look in a year's time.

BUTTERFLY BANKS ARE BEING CREATED AT NEWHAVEN STATION

Burleys and South Downs National Park are working in partnership to create a butterfly bank adjacent to Newhaven Station. Although the scrub is being cleared, the site is still a bit of a mess at the moment and looks

like a wasteland of litter and rubble, so it will be a great improvement. The site will be replanted with wildflowers to complement the butterfly banks.

Throughout the summer, Burleys will be depositing chalk recycled from the cemetery. The banks will be planted up with chalk downland plants and will create a gateway to the outstanding South Downs as well as being nectar rich for our pollinating bees and butterflies. The banks will be south facing to make the most

of the sunlight. They will be like mini versions of the South Downs and will hopefully inspire more people to go and explore the real thing! Burleys have donated honeysuckle plants to cover the concrete walls which are being looked after by the Newhaven Tree Wardens until the cooler months.

Photos provided by Brighton & Hove City Council.

Contact: Community Liaison Officer karenrigby-faux@gburley.co.uk

NEWHAVEN TREE WARDENS WE NEED YOU!!



One of the Tree Wardens recently had a visitor from Spain come to visit, he had never been to the UK before and the image he had of the country was that there were trees everywhere! He was very surprised to find on his arrival that many towns seemed bereft of trees, particularly in the residential roads.

This got us thinking, how could we 'green up' our streets when there are insufficient grass verges to be able to plant trees? So, we are launching our Front Gardens project. We would like to hear from anyone who would be keen to plant a tree in their front garden, as long as there's enough room for the tree to grow and it won't interfere with any services in the ground.

We will supply your chosen tree (from a suitable list) at a heavily subsidised price, help you plant it in your front garden and provide advice on looking after it. If you would like to take part in our Front

Gardens project please contact us either by email: BN9Trees@hotmail.com or via Newhaven Town Council, and we will get in touch with you.





SHINING A LIGHT ON DOMESTIC ABUSE

Focus on recovery from domestic and sexual abuse - and the way ahead...

- Have you ever experienced domestic violence or sexual abuse and would like some support taking the next steps in your life?
- Or do you know of someone who may need that support?
- Is this an issue you care about and would like to raise awareness of in your local community?

Local organisations are working together to raise awareness and provide support in communities where access to support may be limited.

Find out more about the Rural Domestic & Sexual Abuse Recovery Project:

To arrange for an informal chat with a Support Worker contact: safefromharm@sussexcommunity.org.uk or text 07825 409552.

For more information please contact Madelaine Hunter at the Rita Project madelaine@theritaproject.com or visit www.sussexcommunity.org.uk/advice-services.

If you are currently experiencing abuse, please call The Portal 0300 3239985 or 999 in an emergency.

WELL-BEING SUPPORT GROUPS FOR YOUNG PEOPLE

Are you under 18 and struggling with issues affecting your well-being? These can include self-esteem, confidence, identity, health, relationships, emotions and mental health, body image and resilience. SCDA Youth Well-being groups are run at Denton Island Community Centre and Seaford Head School over six weeks.

If you would like more information please contact

the Youth Team on 01273 517250 or youth@sussexcommunity.org.uk.



RECYCLE PROJECT

Do you have an unwanted bike to donate? Or would you like to learn how to maintain a bike or pass on your skills to others?

SCDA's Recycle project, based at their workshop on Denton Island provides volunteers and participants with useful skills as well as giving unwanted bikes new life and a new home! Your unwanted bike is revamped by the Recycle team and sold on, with money reinvested in the project and the added benefit of your bike being used and avoiding landfill.

Please contact Rachel for more information on 01273 516347 or email SCDAEmployability@sussexcommunity.org.uk.

VOLUNTEERS WANTED!!

SCDA has a wide range of volunteer roles at Denton Island Community Centre – whatever your age or background they are sure to find something to interest you...

- Gardening
- Reception
- Parent & toddler groups
- Youth work
- Crèche support

Please call 01273 517250 or email carleton.astley@sussexcommunity.org.uk.

ANOTHER REFERENDUM!

NEIGHBOURHOOD PLAN

As Newhaven Matters goes to print, the Newhaven Neighbourhood Plan which sets out how the town can change over the coming years will be being examined by an independent inspector to make sure that the document has been 'legally made'.

If the inspector says the Plan can proceed, there will be a referendum and the ballot paper will ask you "Do you want Lewes District Council to use the neighbourhood plan for Newhaven to help it decide planning applications in the neighbourhood area?". Anyone registered to vote in Newhaven will be entitled to

vote. If over 50% of people say 'YES' the Plan will be adopted and used by Lewes District Council to help decide planning applications in Newhaven.

Referendums can be a good thing! Please vote at the Neighbourhood Plan Referendum. Details of the date will be made publicly available nearer the time.

For more info contact Susie Mullins: susie.mullins@newhaventowncouncil.gov.uk 01273 516100.



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



OurNewhaven

This photo from Our Newhaven contributor Bruce McPhee shows some Southdown buses proceeding down from the top of Gibbon Road. In fact, it was taken from the cab of another bus – note the windscreen wiper at the top of the photo.

Three buses at the top of the road like this could really only mean one thing – it was the end of the school day at Tideway and the buses were taking pupils home to Peacehaven. By this time, Gibbon Road was usually served by a single-decker bus, once an hour.

Note the narrow width of Gibbon Road compared to how it is now, the road was later much widened by the removal of the grass verges.

If you look towards Seaford Bay, you'll see the unmistakable shape of the Royal Sovereign Light Tower, which was constructed near the East Pier. It's nearly complete and that allows us to date the photo to 1971 and the strong, short shadows tell us that it's summer.

If you have any memories or photographs of old Newhaven you can contribute online at www.ournewhaven.org.uk 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. Your images will be returned by the following Tuesday.

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

NEWHAVEN FLOOD ALLEVIATION SCHEME NEARING COMPLETION

Work to better protect approximately 431 homes, 387 businesses and vital infrastructure from tidal flooding from the River Ouse in and around Newhaven, is nearing completion.

Environment Agency (EA) contractors, JacksonHyder completed the construction of the flood wall through Newhaven Port in April 2019, in time for the start of the

busy ferry season to and from France. This includes a small section of wall built from innovative 'Cemfree' concrete, which has far lower climate impacts than normal concrete.

Following inspection of all the improvement works carried out as part of the scheme, JacksonHyder have been finishing off some minor 'snagging' works such as fencing, mastic repair and soil top-up.

Work to tie-in the flood bunds next to the A26 will be done in the autumn to avoid the bird nesting season. This will involve temporary 2-way traffic lights on the A26 for a period of approximately 3 weeks.

The EA continues to work with Network Rail to finalise the design of a flood barrier over the railway line, 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.

VOICES FROM THE PAST



In the last issue of Newhaven Matters we asked people to get in touch with their memories of old Newhaven. Lloyd Poulton wrote to us from his home in Australia and

spoke to Tom Bonnor, curator of the Oral History project, whilst on his annual visit to the UK.

Lloyd is 91 years old and is Australian by birth but lived in England most of his life. He spoke of his days just after the end of the war when he was posted in the army here in Newhaven. He described driving around on an army motorbike, petrol was still on ration at the time but somehow he always had a full tank! He talked about the forces huts on Mount Pleasant which were empty after the war, and using one of them as an office. There was a Naafi (an armed forces café) up there too but no-one lived up there to use it except him! Lloyd also remembered as a young boy all the Canadian troops in lorry loads coming

down to Newhaven ready for the Dieppe Raid; sadly many never came home. He recalled going up to the Fort for certain duties on his bike, and remembered the names of many streets even though this was his first proper visit to Newhaven since the war.

After the interview Lloyd went off for a walk to explore the town again. We hope he enjoyed his visit, it was certainly interesting to meet him.

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.



DIEPPE RAID REMEMBERED

Sunday 11th August will see the commemoration in Newhaven of the 77th anniversary of the ill-fated Dieppe Raid of 1942. This ceremony takes place every year at the War Memorial Green in South Way. Wreaths will be laid by representatives from the Canadian High Commission and Dieppe City Council, as well as by the Mayor of Newhaven and veterans' associations. The

ceremony starts at 3pm and will be preceded by a parade from Denton Island to the Green.

Operation Jubilee, as it was codenamed, was a full frontal assault on the heavily defended port of Dieppe and was meant to be a good opportunity to test out techniques and equipment. Six thousand soldiers took part in the attack, of whom 5,000 were Canadian with the remainder being British commandoes and 50 American rangers. On the warm, moonless night of 18th August 1942 an armada

of ships took the troops across the Channel from Newhaven, Shoreham, Portsmouth and Southampton.

Within a few hours of the start of the assault, 4000 of the men were either killed, wounded or taken prisoner. The Canadians lost two thirds of their force, with 907 dead or later to die from their wounds. The operation was a tactical and human disaster. Was this a terrible, pointless waste of young lives, or a valuable lesson learnt which meant that fewer lives were lost on D-day two years later?



Peace Day

1919 • 2019

Newhaven Fort

Saturday, 20th July 2019
FREE Tickets for Newhaven Residents*



Activities for all the family, including:

- **Craft Activities**
- **Quiz Trails**
- **Talks**
- **Charlie Chaplin 1919 Cinema**
- **BYO Picnic**

*Free tickets for Newhaven residents are available from Newhaven Town Council offices, 18 Fort Road, Newhaven, or from Newhaven Fort - Tickets are limited so make sure you get yours from 1st July 2019





NEWHAVEN & DENTON'S PEACE



PEACE DAY AT DENTON

A full programme of festivities was provided for the villagers in Denton on Peace Day. A variety of sports and races for adults and children took place in the early afternoon, with a break for tea. This was followed by a bran tub with prizes for everyone under 14. As well as sports, there was a fancy dress competition. 1st place went to Mrs Isaccs, who was dressed as Britannia.

PEACE DAY – 19TH JULY 1919

Following the signing of the Peace Treaty at Versailles on 28 June 1919, the government designated 19 July as a day of national celebration. Towns and villages around the country planned their events, and at Newhaven and Denton celebrations took place on Peace Day and during the weeks that followed. One of the most important events was a dinner for returning

servicemen. Due to delays in men arriving home, however, it wasn't until 6 October 1919 that a Welcome Home Concert and Social Evening was held for over 600 discharged soldiers and sailors. A further Welcome Home Dinner took place, for the returning men and women of Eastside, on 16 December 1919.

▲ A319-028a Peace Celebrations at Fort Road Recreation Ground



▲ A319-028b Peace Procession, Denton



▲ A014-066 Comic Cricket Match

COMIC CRICKET MATCH

The festivities on Bank Holiday Monday, 4 August 1919, began with a comic cricket match between the councillors of Newhaven Urban District Council, dressed in top hats and frock coats, and Mr F Robinson's XI, who were in fancy dress. The members scored 240 runs, the East

Sussex News suggesting 'we doubt it', whilst Mr Robinson's XI scored 230 'more or less'. As well as their unorthodox dress, their equipment included a tennis racquet, a shovel, a football and tennis balls. The teams played in front of a large crowd 'who thoroughly enjoyed their antics'.

A SPORTING SPECTACLE!

Over the weekend of 20th - 21st July, Newhaven will play host to the first ever Cornish gig rowing regatta in Sussex. Members of the Newhaven Gig Rowing Club have been busy putting together a full schedule of races which will take place on the sea and the river — and the club is keen for people in Newhaven to enjoy the excitement and perhaps be inspired to give gig rowing a try themselves.

Cornish gigs are 32 foot long, six-oared rowing boats built to a specific design which dates back to 1838. They were used as pilot boats to guide larger vessels into harbour and also as seagoing lifeboats. They're now rowed competitively, and local rivalries abound!

Spectators will get a good view of the sea races on Saturday 20th July from the East Pier, Tidemills and Seaford beach. There will be six races between 1-7pm. On Sunday 21st there will be a series of sprint races upriver from the harbour mouth from 11am. The weekend will culminate in the Head of the Ouse river race starting from Southease bridge at 3pm. There will be good viewing spots from the riverbank and on Huggett's Green.

For more info see the club's website: www.ngrc.co.uk and check Facebook for a possible live stream.



PORT ACCESS ROAD

Work on the new Port Access Road has progressed well since the spring edition of Newhaven Matters. So far, work has comprised of:

- Ditch diversions
- Test piling with all piling completed on the south side of Mill Creek

- 36,000 tonnes of aggregate material delivered

Over the summer piling for the north abutment will be completed and more fill material will be imported. Work will start on the causeway across Mill Creek to aid in the construction of the north pier, and later in the summer there are plans to install a segregation sheet pile wall beside the railway line to allow contractors to work without

disruption to the rail service. This operation will be carried out during the daytime but may be noisy at times – more information about this will be available nearer the time.

Look out for the information boards on the footpaths around the site. You can also contact the contractors, Bam Nuttall at newhavenpar@bamnuttall.co.uk or on 01651 267007.



RNLI NEWHAVEN LIFEBOAT ANNUAL SUMMER FETE

Saturday 6th July, Fort Road recreation ground 12-4pm

Come along and see the 1066 Chapter of Harley Davidson bikes riding along the quay to the fete to arrive at 12 noon. The fete will be opened by our local Town Criers from Newhaven and Seaford.

There will be lots to do for all the family at this fantastic event. This year, as well as the bikes, Kwik-Fit will be bringing along the Pirelli Formula One Simulator, where you can be a formula one driver on a course of your choice!

There are also children's fairground rides, a variety of stalls and games, tombolas and of course a Grand Raffle with a first prize of £150 as well as lots of other prizes donated by local businesses and attractions.

Don't miss displays from local clubs and musicians and look out for Stormy Stan who will be making an appearance throughout the afternoon; make sure you give him a wave!

For refreshments, you can enjoy something from the BBQ, a drink from the bar tent, as well as the usual other refreshments such as hot and cold drinks and ice creams from Charlie's ice cream van.

The lifeboat house will also be open for visitors, subject to operational requirements. There's something for everyone, and free entry!

**Lifeboats
RNLI Newhaven
Summer Fete**

**Saturday 6th July
12 ~ 4pm**

Fort Road Recreation Ground, Newhaven

PIRELLI Formula One Simulator

1066 Chapter of Harley Davidson Bikes

Kids Funfair Rides ~ Displays ~ Music

Many Stalls ~ Games ~ Crafts

BBQ & Bar

[f /newhavenlifeboatevents](#)

Sunday 7th July – RNLI Newhaven Lifeboat Display

An on-water display just off Seaford Beach from 10.30am – 12 noon (subject to operational requirements). Come along to see the lifeboat in action! Live commentary will be provided for your enjoyment and appreciation of the work of the volunteer lifeboat crew. Free to watch, although all donations on the day will be appreciated.



ST MICHAEL'S, NEWHAVEN

CELEBRATING 900 YEARS!

St Michael's would love to see you at their community table during this year's Lifeboat Fete. Watch out for their banner! Preliminary details of some of the celebratory events for the 900th anniversary focus next year – 2020 – will be available. Please come and chat, and share any ideas you might have for making such celebrations a town, as well as a church, affair.



HAVEN HARMONIES CHOIR

A CHOIR MEMBER'S PERSPECTIVE

It's Monday, a fairly ordinary day usually, but not so for the members of Haven Harmonies. Monday night at the Hillcrest Centre means Choir night, you may be feeling a bit tired when you arrive but after a 'good old singsong' I feel sure you will be feeling quite perky again!

I joined the Choir from the very first day it started at the Hillcrest Centre and I'm still here as we enter our 9th year. It says everything you need to know of how I feel about music. Let's face it, it would be a very colourless world without all the joy that music gives us. It's also been a great opportunity to make new friends.

Rosie Brown, our Choir Leader is now in her third year with us and during this time has introduced us to lots of new singing experiences, including

several songs in different languages. We all share the same passion, using our voice to make music with others. Over the last 8 years I have gained more confidence in performing in front of people and found so much fun in sharing my interest with other likeminded people.

If you sing in the car when the radio is on, or even in the shower when no one's listening, maybe you'd like to join us. You don't need to read music and you don't need to audition. You can try it out with a free taster session so there's nothing to lose. If you like it and want to come again it is £6 a week thereafter. We can be found at The Hillcrest Centre – Monday evenings 7-9 pm. Our email address is: havenharmoniescommunitychoir@gmail.com or just come along, you will be most welcome.

*Vicki
Haven Harmonies*

THE BEST OF NEWHAVEN 2019

*Competition for local photographers
– now in its fourth year!*

Could your photo of our lovely town be good enough to go on a lamp post banner on West Quay?

This year's competition has ten categories:

- The river • The port • Cliffs and beaches • Green spaces • Buildings • Events • Wildlife • Weather • Work • Any local subject for child photographers aged under 12 years

Cash prizes for the winner and runner up in each category.

Top photos in each category will be printed on a banner.

All photos must be in high resolution and landscape format. You may enter more than one category, but you can only enter one photograph in each category. By submitting an entry, you are deemed to be giving Newhaven Town Council permission to use your photograph(s) on a banner and for any other promotional purpose.

Email your entries in high resolution to admin@newhaventowncouncil.gov.uk. Don't forget to tell us your name, address, phone number, email address, age (if under 12 years) and the category you are entering.

Deadline for entries is 11th August 2019.



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





SUMMERHAYES

Newhaven Wellbeing Centre (Summerhayes) is part of Southdown's East Sussex Community Network. It is situated in the heart of Newhaven, in Marshall Lane, just behind the Fire Station.

The centre provides a range of groups in addition to 1:1 meetings to support mental health and wellbeing, enabling people to get well, stay well and prevent crisis.

A team of Recovery Workers will work with clients to develop a personalised wellbeing plan and support them to access activities and groups at the centre and in the local community.

Peer Specialists (people with lived experience of mental health challenges) are also available to provide a listening ear and support at a weekly drop-in session.

Adam, a client at the centre said, "This place saved my life. It is daunting to go there

at first, but everyone is really friendly and we have a great laugh while supporting each other too."

The service is available for adults (aged 16 +) who are registered with an East Sussex GP and experiencing issues affecting their mental health and wellbeing. Self-referrals and referrals from health professionals are accepted.

Contact the centre on 01273 517641 with any enquiries or to request a referral form.



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



Has your tax bill made your hair stand on end?

Then call Tasker Osman & Co on 01273 512749 to arrange a **FREE** no obligation meeting with one of our partners to discuss your tax & accountancy affairs



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

EAZY-E MEMORIAL BENCH IS INSTALLED ON DENTON ISLAND

The town council was a little surprised when in February local resident Guy Stevens called upon the council to erect a statue in the town to his favourite musician, Eazy-E. It aroused a lot of interest on social media, and a few days later Guy made direct contact with the town council. He admitted that the statue proposal had been a bit tongue in cheek, but now asked if he raised the funds for an engraved bench, would there be somewhere in the town he could put it?

The town council does sometimes help local people place memorial benches in suitable locations in the town. Usually these are in memory of beloved family members or friends who have passed



away, but in principle there is no reason why one couldn't be installed commemorating a deceased musician.

So, we said "yes" to a memorial bench and through a GoFundMe campaign Guy bought a bench with a small plaque on it which reads "Rest in peace Eric "Eazy-E" Wright 1964-1995". Guy had money to spare which he donated to an Aids charity.

The bench has now been installed in its new home on Denton Island where it will

provide a very useful place for people to sit and listen to music of all sorts being played at the nearby bandstand, or simply to sit and look at the river.

There is plenty of room on Denton Island for some more seating, and more will be needed by music lovers attending events at the bandstand. If you would like to buy a memorial bench, please contact Newhaven Town Council admin@newhaventowncouncil.gov.uk tel: 01273 516100.

SUMMER AT NEWHAVEN FORT

Newhaven Fort has been overlooking the town and sea for almost 150 years. Built into the chalky cliffs, there is so much to discover and always something to do.

The summer event season started back in June with a Theatre & Film Festival and carries on all the way through to Vintage Day at the beginning of September. Over the coming months the Fort will host memorials, ceremonies and family fun days. Throughout the summer

there are activities to suit all interests: crafts and games for younger visitors to enjoy during the holidays and Talks in the Tearoom which continue to fascinate as we delve into local history, guided by local historians. There is even a weekly Fort Fit Camp every Wednesday to help you stay in shape this summer.

Newhaven residents can get free admission to the Fort on 20th July for Peace Day (see page 14). And our four-legged friends haven't been forgotten. August 14th sees the first Dog Day at the Fort. This includes a show, competitions and awards all included in the entrance fee.

All this on top of the usual fascinating exhibitions, Blitz Bomb Shelter Experience, and hands-on activity centre. You don't want to miss out on what's happening at Newhaven Fort this summer!



Full details can be found at newhavenfort.org.uk or by email: fortinfo@waveleisure.co.uk.

What's On.

Every day

Newhaven Bowling Club open every day until September for home matches and roll ups. New and experienced players welcome to play. Please visit us when we have a home game or contact the club to arrange a free friendly trial or roll up. Experienced members on hand to help all learn and improve their game. Contact us on 07401 663519. Look us up at 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.

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. Contact Jim Skinner for more info: brianjimskinner@gmail.com Summer picnic after August meeting.

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 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 and toddler music group 3.00pm at the Hillcrest Centre. Using a range of funky tunes to play rhythms to with instruments. A themed story each week with puppets and props. £20 for 5 classes, £10 for 2 classes or £6 drop in. Check facebook page for updates: [bambinobeatzbabymusicgroup](https://www.facebook.com/bambinobeatzbabymusicgroup) or go to website for bookings www.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. 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

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

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 07850 987131.

Every Wednesday

Fort Fit Camp 6.30-7.30pm at Newhaven Fort. An inclusive and motivating weekly outdoor fitness session designed to help you feel healthier, stronger and happier. Using rustic equipment including battle ropes, tyres and park equipment, this session is sure to get your pulse racing! Get active outdoors and enjoy getting fitter at this unique location. You won't find a better view for your workout! 01273 517622.

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 (term time)

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.

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 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 (term time)

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 at the Hillcrest Centre 9.45am-1pm. Sweet & savoury baked goods, jewellery, Indian food & spices, plants, crafts and much more. All locally made and sourced. Parking and disabled access. On site Café.

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

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.

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 will open on Tuesdays, Wednesdays, Fridays and Saturdays from 11am until 4pm. Taking part in 'Artwave' 17th August - 1st September, featuring paintings and prints by local artists.

The museum will exhibit photographs and artefacts relating to the Merchant Navy on 'Merchant Navy Day' on 3rd September.

The museum will support Heritage Open days on 13th and 14th September.

Adult Admission £3.00 (accompanied children free of charge).

Note: Free entry to the museum during Artwave, Merchant Navy Day and Heritage Open days. 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; Carers drop-in (2nd Monday each month) 12 – 2pm; 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.

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.

Every Friday

Games group 11 – 12 noon; 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 (term time); Talk Talk – free session for family, carers or loved ones of addicts 2.00pm – 3.00pm; Knit 'n' Natter 2.00 – 4.00pm needlecraft, resources and support, all levels welcome; Bambino Beats music group for 0-5 years 3-4pm; DanceFit Kids 4.30-5.30pm; Junior boxing 5.45pm - 7.00pm; Senior ABA boxing 7.00 - 8.00pm; Haven Harmonies Choir 7.00pm – 9.00pm.

Every Tuesday

Musical Moments dementia choir 11am – 12 noon; Recovery Group 12.00pm – 1.30pm; Zumba 10-11am; 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; Newhaven Historical Society 7.30pm, 1st Tuesday every month. Mindfulness – courses running throughout year.

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; 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); Sculpture Workshop 10.00am – 4.00pm; 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; 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.

2nd Sunday every month

Tea Dances 2.00pm – 4.30pm; check listings.

SOUTHCOST 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 6+, 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.

Check out our facebook page for timetables and latest offers - Southcoast ABC.

Contact: Lisa (coach/secretary) 07377 656702.

NEWHAVEN, LEWES & DISTRICT MENCAP

Registered Charity No. 270064

Email: newhaven.lewesmenicap@hotmail.com

Website: www.newhavenmenicap.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.

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). Club members can use the courts any day of the week during daylight hours. Please contact Bob 01273 512162 or Clive 07526 267560 or email: mailrkjackson@yahoo.co.uk. Please check on availability for all coaching lessons.

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.

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- 24th July and 4th–30th Sept, 3-6pm.

Holiday Playscheme – 25th July-3rd Sept (except 26th August) 7.30am-6pm, including Play Out 1-3pm Mon-Fri. Fun Day 1-4pm Fri 23rd Aug.

Forest School Friday – 5th, 12th, 19th July and 6th, 13th, 20th and 27th Sept 3.30-6pm.

Contact nippers1973@outlook.com for details.

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.

Body Conditioning 6.30pm – 7.30pm. Boxercise & Kick Boxing 7.30pm – 8.30pm.

Wednesday

Stay & Play (term time) 10.30 – 11.30am, have fun with our bouncy castle and toys. Tea/coffee included, £2.00 per child 0 - 5 years.

Strength and Balance class 11am – 12 noon.

Thursday 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. Including learn to cycle, archery, football and lego & computer club. Check our website or contact anna.jones@waveleisure.co.uk.

School holiday activities – something for everyone from traditional sports including tennis, basketball and cricket to other exciting activities including circus skills, archery and water polo. Timetables and more info on website.

Wave Adventures – adventurous fun for children aged 8 to 15 over the summer holidays. Try everything from outdoor cooking to archery. Check website or contact anna.jones@waveleisure.co.uk.

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. Next is 2nd July, more to follow.

Grub Club

Come and learn to cook some tasty dishes with a friendly team of volunteers. Meals are given to community members in need. 11th and 25th July and alternate Thursdays following, 9.30am – 12.00pm.

Cookery Leader Training

Wed 10th July - Learn how to show friends or family how to cook your favourite dish. Taught by Community Chef, this free one-day workshop will equip you with the skills to show others how to cook as well as showing you great new dishes and snacks. You don't need to be an experienced cook yourself, just have an enthusiasm for wanting to help yourself and others to improve their health through cooking and eating well. As part of the course you will be making a delicious lunch.

Couch to 5K

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

Weekly Walks

These walks are approximately one hour and start from easily accessible locations in Seaford, Newhaven and Peacehaven and explore different parts of the surrounding countryside area. Every Tuesday. 1pm for people, 2pm for dog-walkers.

A Guide to Youth Mental Health

Thursday 25th July, 4-5.30pm at Denton Island Community Centre. Come along to a session dedicated to providing information and guidance to loved ones of young people who are experiencing poor mental health and emotional well-being. Provided by Youth Workers, trained in Youth Mental Health First Aid with experience on working with young people to improve and manage their emotional well-being.

Newhaven Community Garden events

01273 519149; healthylifestyles@sussexcommunity.org.uk.

Call or email to book your place on the following free events. All include transport to the garden from Denton Island or the Hillcrest Centre.

Keeping Well With Herbs 1st July, 10.30am - 12.30pm; Mindfulness 4th July, 10.30am - 12.30pm; Weaving for Wellbeing 11th July, 10.30am - 12.30pm; Art & Craft – Folklore Character Creation 18th July, 10.30am - 12.30pm.

Yin & Yang Yoga returns to the Newhaven Community Garden on Sunday 28th July and Sunday 25th August, 10.30am start. Suitable for beginners. Payment by donation to the Garden.

Call or email to find out more.

SCDA Youth Clubs/Services

Course	Day	Time	Venue
Youth Club (8-11 yrs) £1 to attend, booking essential	Mon	5.00pm – 7.00pm Every Week	Lewes Road Hut, Newhaven
Youth Club (11 yrs +) Free	Wed	6.30pm – 8.00pm 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 yrs +) 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 9.30am – 10.30am every Monday and Thursday.

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

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

T45 Gym Fitness sessions 11-14 years, 3.45 – 4.30pm every Tuesday.

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.

Swim Fun Zone 11.00am – 12.30pm Saturdays and 1.00pm – 2.30pm Sundays.

School Holiday Activities

Something for everyone from traditional sports including tennis, basketball and cricket to other exciting activities including circus skills, archery and water polo. Timetables and more info on website.

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.

JULY

- 4th Newhaven & Peacehaven U3A – 2.15pm a talk by Dr Janet Pennington "Witches and Warlocks" 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.
- 6th Denton Island Indoor Bowls Club open morning 10am to 12 midday for free bowls tuition. Call into the club for a free trial or phone 01273 514664 for more information and to book. Everyone welcome, call in for a tea or coffee and see the superb facilities in our club.
- 6th Newhaven Lifeboat Summer Fete at Fort Road rec, 12 – 4pm. Stalls, games, displays, music, grand raffle and lots more.
- 7th Newhaven Lifeboat Display off Seaford Beach 10.30am – 12 noon. Come along and see the lifeboat in action.
- 8th South Heighton W.I. meeting: Papercraft Cards, 2.15pm in South Heighton Village Hall. Please contact 01323 898921 for further details.
- 9th The GuestHouse Storytellers present professional storyteller Emily Hennessy, with "KALI". All proceeds from ticket sales go to the Hillcrest Centre on the occasion of their 21st birthday. From demure housewife to bloodthirsty goddess, gurgling infant to elephant man, meditating sage to cosmic fire-eater, Hindu mythology illuminates a mind-blowing world of radical transformations. Kali is one of the wildest shape-shifters of all. Demon-slayer, Life-saver, Supreme-Mother, Destruction-dancer, this goddess is truly Awesome. When an evil power spreads its clawed hands across the world, Kali's time has come... Age 12+ 7.30 to 9.30pm at the Hillcrest Centre, Bay Vue Rd, Newhaven BN9 9LH. Tickets £10 and optional fish and chips £4.50 (served hot at 7pm). Must be booked in advance through our website. Please specify number of tickets and number of fish and chips: guesthousestorytellers.com/coming/book/.
- 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 Meeching WI – Ladies Day outing, 9.45am in Meeching Hall, Fort Road. Visitors/new members always welcome. Tel: 01273 516804.
- 18th Newhaven Gardening Society monthly meeting: a talk about CTLA. 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.
- 20th–21st Newhaven Gig Rowing Regatta – races taking place all weekend on the sea and river. Go to www.ngrc.co.uk for more info.
- 20th Peace Day at the Fort. Free tickets for Newhaven residents. Crafts, quiz trails, talks, BYO picnic.
- 21st Hillcrest Centre 21st Birthday Celebrations, 12-4pm. Music, children's activities, BBQ and workshops. Everyone welcome. Hillcrest Centre, Bay Vue Road.
- 23rd Denton Women's Fellowship: an illustrated adventure with Cliff Dargonne. 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.

AUGUST

- 1st Newhaven & Peacehaven U3A – 2.15pm a talk by John Morris “Forgotten Rural and Household Tasks” with a film on the pre-industrial age. 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.
- 3rd Denton Island Indoor Bowls Club open morning 10am to 12 midday for free bowls tuition. Call into the club for a free trial or phone 01273 514664 for more information and to book. Everyone welcome, call in for a tea or coffee and see the superb facilities in our club.
- 10th Newhaven Gardening Society Annual Show at Meeching Hall, Fort Rd. More information contact Carol Guest-Hilton on 01273 510182 or Joyce on 01273 515610.
- 11th Dieppe Raid commemorations, Memorial Green, South Way at 3pm.
- 11th 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!
- 12th South Heighton W.I. meeting: Ploughmans Lunch 12.30pm in South Heighton Village Hall. Please contact 01323 898921 for further details.
- 15th Meeching WI – informal meeting at 9.45am in Meeching Hall, Fort Road. Visitors/new members always welcome. Tel: 01273 516804.
- 17th – 1st Sept Newhaven Festival and Artwave – walks, talks, exhibitions, workshops and artists open houses. Go to www.newhavenfestival.co.uk/ and <https://www.artwavefestival.org/> for more info.
- 21st Sound Bath Session 2.30pm for a maximum of 10 participants in a beautiful under-floor heated Yoga Studio all equipment provided. Details: Janet & Mike Bond, experienced teacher trainers (Reiki & Sound Healing Therapists) 01273 512306. www.samtosha4u.com.

SEPTEMBER

- 5th Newhaven & Peacehaven U3A – AGM at 2.15pm, 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.
- 5th Quayside Medical Practice Patient Participation Group Meeting 6.30pm at the surgery. New members always welcome. Please ask at reception for more details.
- 7th Denton Island Indoor Bowls Club open morning 10am to 12 midday for free bowls tuition. Call into the club for a free trial or phone 01273 514664 for more information and to book. Everyone welcome, call in for a tea or coffee and see the superb facilities in our club.
- 8th 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!
- 9th South Heighton W.I. meeting: ‘War Time Radio’ with John Henty, 2.15pm in South Heighton Village Hall. Please contact 01323 898921 for further details.

- 10th Newhaven & Peacehaven U3A – outing to the New War Museum at Portsmouth. 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.
- 10th The GuestHouse Storytellers present “Phantastical Beasts”. Dragons, hydras, three-headed dogs, magical white stags and wolves, unicorns... Wonder tales and myths abound with these mystical creatures that represent the internal helpers and opponents that we face within our own psyches. To book a slot to tell a story (ten minutes max) please contact Elizabeth: wizzie@uwclub.net or just relax, sit back and listen. 7.30 to 9.30pm at the Hillcrest Centre, Bay Vue Rd, Newhaven BN9 9LH. £5/£4 concessions on the door on the night. If you are interested in learning to tell a story without reading or notes, we run regular storytelling courses through the year. This is useful in many areas of life – sharing stories with your children or grandchildren, crafting your own life stories, gaining confidence to speak off the cuff, and professional and public speaking in general. Please contact umisinha.writing@gmail.com for more information.
- 15th Sound Bath Session 2.30pm for a maximum of 10 participants in a beautiful under-floor heated Yoga Studio all equipment provided. Details: Janet & Mike Bond, experienced teacher trainers (Reiki & Sound Healing Therapists) 01273 512306. www.samtosha4u.com.
- 19th Meeching WI – a talk by John Proctor: ‘A Wrinkly Goes Backpacking in New Zealand’ at 9.45am in Meeching Hall, Fort Road. Visitors/new members always welcome. Tel: 01273 516804.
- 19th Newhaven Gardening Society monthly meeting: a talk about Sussex Inn signs and their history. 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.
- 24th Denton Women’s Fellowship: club outing to Raystede, meet at the church 1.15pm. 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
- 27th Newhaven Twinning Association quiz night and supper, 7pm at the 3rd Newhaven Scout HQ in Fort Road. Tickets £7.50 per person to include supper. Teams of up to 6 people. Please bring your own drinks and nibbles. If you are interested, please contact Norman Hopson on 01273 058893 or norman.hopson@btinternet.com.

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 October/November/December) is 23rd August 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.



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