



# Newhaven *Matters*

Winter 2020 // Issue N° 24

© Wayne Spring



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





# Contact your Local Town Councillor

## DENTON WARD



Bill Giles  
t: 07720 399189  
e: Cllr.Bill.Giles@  
newhaventowncouncil.gov.uk



Angela Simmons  
t: 01273 515189  
e: Cllr.Angela.Simmons@  
newhaventowncouncil.gov.uk



Charlie Carr  
t: 07952 525079  
e: Cllr.Charlie.Carr@  
newhaventowncouncil.gov.uk



George Taylor  
t: 07479 077776  
e: Cllr.George.Taylor@  
newhaventowncouncil.gov.uk



Diane Hall  
t: 01273 515747  
e: Cllr.Diane.Hall@  
newhaventowncouncil.gov.uk

## NORTH WARD



Steve Saunders  
t: 07976 371116  
e: Cllr.Steve.Saunders  
@newhaventowncouncil.gov.uk



Paula Woolven  
t: 07710 426 321  
e: Cllr.Paula.Woolven@  
newhaventowncouncil.gov.uk



Lesley Boniface  
t: 07979 763281  
e: Cllr.Lesley.Boniface@  
newhaventowncouncil.gov.uk

## CENTRAL WARD



Christoph von Kurthy  
t: 01273 514540  
e: Cllr.Christoph.vonKurthy@  
newhaventowncouncil.gov.uk



Paul Boswell  
t: 01273 515566  
e: Cllr.Paul.Boswell@  
newhaventowncouncil.gov.uk

## SOUTH WARD



Graham Amy  
t: 01273 514942  
e: Cllr.Graham.Amy@  
newhaventowncouncil.gov.uk



Philip Boorman  
t: 01273 253586  
e: Cllr.Phil.Boorman@  
newhaventowncouncil.gov.uk



June Dyer  
t: 07434 067469  
e: Cllr.June.Dyer@  
newhaventowncouncil.gov.uk



Heather Pinky McLean  
t: c/o 01273 516100  
e: Cllr.Pinky.McLean@  
newhaventowncouncil.gov.uk



James MacCleary  
t: 01273 514452  
e: Cllr.James.MacCleary@  
newhaventowncouncil.gov.uk



Kim Bishop  
t: 07793 358790  
e: Cllr.Kim.Bishop@  
newhaventowncouncil.gov.uk



Marlene Amy  
t: 01273 514942  
e: Cllr.Marlene.Amy@  
newhaventowncouncil.gov.uk



Joe Emery  
t: 07735 061165  
e: Cllr.Joe.Emery@  
newhaventowncouncil.gov.uk

# WINTER 2020



Since the last Newhaven Matters, I joined with the Newhaven Chamber of Commerce for an interesting presentation from the Vietnamese Ambassador about trade possibilities with our town. Once again I was

interviewed by Vietnamese television about the town's connection with Ho Chi Minh.

Some of the highlights this autumn included a visit to Seahaven Academy to talk about the election of a new Young Mayor, where I was able to thank the previous Young Mayor for the money he raised for his chosen charities.

Later I attended the 20th anniversary celebration of 'David and Elizabeth Acland', Newhaven's lifeboat where I had the pleasure of meeting Mrs Acland and her son and daughter.

In November I had the pleasure of presenting certificates to children attending Nippers

who had completed a number of woodland crafts and I had a wonderful visit to Mencap for a great evening of entertainment. On a more sombre note, they explained the difficulties they had in getting volunteers, committee members and fund raising.

Continuing the musical theme I was invited to St. Michael's to watch a programme of music and song covering the celebration in 2020 of the 900 years of the church being built by the monks of Lewes Priory.

I wish you all a Happy Christmas and a healthy New Year.

**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](mailto:nicky.still@newhaventowncouncil.gov.uk) or phone her on 01273 516100.

## Contents

A Cry for Newhaven .....	04	Photographers at Seaford Academy .....	14
New Young Mayor .....	04	Hillcrest Community Centre .....	15
Bumps and Babies .....	05	Flood Allievation .....	15
Community tree planting day .....	06	Newhaven in Bloom .....	16
Help get your business started .....	06	Newhaven Arts Festival .....	16
OurNewhaven .....	07	SCDA News .....	18
Seaford Gymnastics Academy .....	08	Carols at the Bandstand .....	19
Energy advice from Citizens Advice .....	08	Town Council meetings .....	19
Port Access Road .....	09	Newhaven First .....	19
Greening up Newhaven .....	10	How to recycle after Christmas .....	20
Newhaven church celebrates 900 years .....	11	Waste and recycling .....	20
Newhaven Historical Society .....	11	Meeching Amateur Dramatics .....	21
Making tracks .....	12	What's on .....	21
Regeneration of the Marina .....	13		



## NEW YOUNG MAYOR

Well, who said 'democracy is dead'? We're pleased to see that local young people continue to have a healthy curiosity in democracy and a wish to actively serve their community! The recent Young Mayor elections were well supported by students and staff at Seahaven Academy.

Being 'nominated by his peers', it was a pleasure to meet the town's next Young Mayor, Ted Packham and his parents to chat about the role, what Ted hopes to achieve during his time, and how the town council and its Mayor, Councillor Graham Amy can help him to achieve his goals.

As a keen amateur boxer, you can easily sense a quiet confidence in Ted and a steely determination to see tasks through to the end, so much so, we are confident that his chosen charity will see the benefit of his activities throughout the coming year. Ted is keen to raise money to support young people's mental health and is busy thinking of projects to help him achieve this.

Look out for news of Ted's plans, and for the official 'handover' from the previous Young Mayor, Huey Cripps.

# A CRY FOR NEWHAVEN

*Our Town Crier puts his heart and soul into the job,  
and shares here with us his own Cry for Newhaven!*

Oyez! Oyez! Oyez!

If we took a stroll around this town  
From River Ouse to Meeching Down.

From Tidemills village sea-plane base,  
To the Meeching quarry face.

Or walked up to Newhaven Fort,  
Citadel of our town and port.

Or walked on down to beach and shore,  
Reflecting on deeds done here in war.

From Saxons, Romans, Stone Age Man,  
Across the river where swing-bridge spans.

From where the last King of France once hid,  
To Ho Chi Minh arriving by ship.

From ancient fossils in chalk on West Beach,  
To flora and fauna and white poplar trees.

From Purple Sandpipers under East Pier,  
To Ravens, Peregrines, Fulmars, Wheatears.

From Yellow-Horned Poppies, Sea Thrift and Sea Kale,  
To riverside stages where steam ships once sailed.

If we took a stroll around this town  
From River Ouse to Meeching Down

You'll understand it's no idle boast  
That we're proud of Newhaven, upon Sussex coast.

God bless Newhaven! God Save The Queen!





## BUMPS AND BABIES ONE YEAR ON!

Katy Lowries, founder member of Bumps and Babies in Denton, shares an update with us

A year ago we wrote to tell you about an exciting venture we were starting at Denton Parish Church; the launch of our Bumps and Babies group. In January 2020 the group will have been running for a whole year and has now become a firm part of our weekly routine at Denton Parish Church. Each week on a Tuesday morning (in term time) at 10.15am parents and babies gather from the local community to catch up and play together. People come from Denton, Newhaven, Seaford, Peacehaven and even some from as far as Eastbourne! As a church, we see this as one way we can serve the local community.

Parenthood can be hard and so we aim to create a warm, friendly atmosphere where people can meet and be encouraged in its joys and hardships! The parents are all served a drink of their choice and a nice slice of cake and we hope it is one hour in the week

when they can relax and be served, when so much of their time is spent looking after a small person. On an average week, we will have somewhere between 15-20 babies and their parents/carers. The group is aimed at 0-1s and so is particularly popular with first time mums but we also welcome parents at any stage of the journey (who have a young baby). This mix means there is a range of experience and parents can support one another.

At the end of term, we have a little service for the babies and mums to introduce them to some of the songs and stories we learn at church. We are always keen to invite people to our Sunday morning services at 10am and since starting Bumps and Babies, we've started a creche on a Sunday morning to accommodate the younger members of our congregation. It's a joy to have some babies in our midst!

Bumps and Babies has been such a success that we are starting a follow up group in January for 1-3s called Junior Jivers. This will be a music, movement and bible stories group which will run on a Thursday morning.



For more information about any of our groups, please contact Katy ([katylowries@gmail.com](mailto:katylowries@gmail.com)) or follow us on Facebook 'Bumps and Babies, Denton Parish Church'.





## COMMUNITY TREE PLANTING DAY

### 24TH NOVEMBER 2019

Wow! An amazing day was had at the tree planting event on a damp, dark day in November. The Woodland Trust had supplied 420 trees to plant and the Mayor donated a further 160 which he had received for Castle Hill.

With nearly 200 people from the community and beyond (including Watford, Kent and

Hastings!) 600 trees had been planted by mid-morning. By 2.30pm it was over 800 trees, including some wonderful oaks donated by Newhaven Town Crier, Jason. There were plenty of crab apple, dog rose, willow, and rowan which will in years to come make Riverside Park an even better green space for everyone to enjoy. There are also some black poplar in the pipeline and some trees to be planted around the new play park, and a couple more oaks.

There are so many people and organisations to thank and of

course the amazing families, friends and supporters who turned out on the day to join in making Newhaven's fight back against climate change; it couldn't have been done without you. The photos speak for themselves! Apologies to those who had to be turned away.

Contact: Councillor Lesley Boniface, Deputy Mayor and Chair of Friends of Riverside Park. Email [cllr.lesley.boniface@newhaventowncouncil.gov.uk](mailto:cllr.lesley.boniface@newhaventowncouncil.gov.uk).

## WIN £2500 TO HELP GET YOUR BUSINESS STARTED IN 2020!

Have you got a business idea you would like to turn into a reality?

Set up by Lewes District Council in 2013, LEAP (Local Enterprise and Apprenticeship Platform) is dedicated to championing new enterprise within the Lewes District. This FREE programme guides local people through a training programme to help them with their plans to start a new business.

The initial one-day business start-up workshops are open to all residents (18+).

Following the workshops 15 candidates will be selected to advance to further training comprising a series of 3-hour seminars covering law, finance, marketing and social media. Candidates also receive 1-2-1 mentoring from a team of dedicated experts to help them create a viable, strong business plan which is judged by an expert panel who will award £2500 to the winner and £500 to the runner up.

Once the business plans have been submitted, all candidates receive a mentoring support package worth £350 to help them develop their business further.

Sara Williams of the Patchwork Cat in Newhaven Square was a winner in 2018. You could be next!



You can register for LEAP by visiting [www.yourleap.co.uk](http://www.yourleap.co.uk) or call Edeal on 01323 641144.

Applications close on 3rd February 2020.



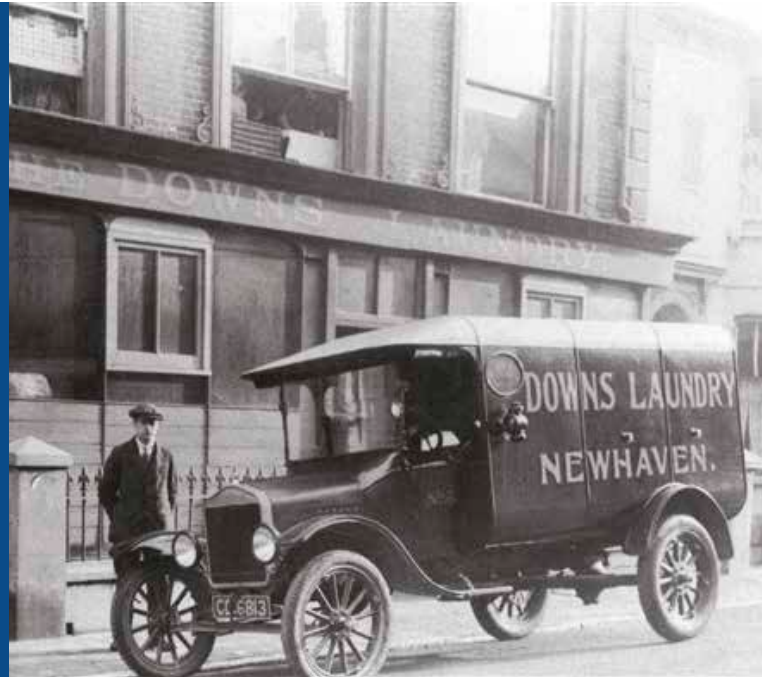
# OurNewhaven

OurNewhaven is an easy to use website project set up in 2007 run by a team of volunteers. The aim of the project is to build a living history of Newhaven and the surrounding areas through the words and photographs of people who have and do live in the town. Some of the photographs are from the Maritime Museum but the majority have been scanned in from people's own private collections.

The picture here shows the Downs Laundry in Meeching Road.

The Model T Ford van in front of the laundry would suggest that this photograph was taken in the early 1920s.

The OurNewhaven web site would be grateful for any further information/pictures or memories of the laundry and the people who worked there.



You can contribute online at [www.ournewhaven.org.uk](http://www.ournewhaven.org.uk) or write your memories down and leave it for OurNewhaven, c/o Newhaven Town Council Offices, 18 Fort Road, Newhaven BN9 9QE.

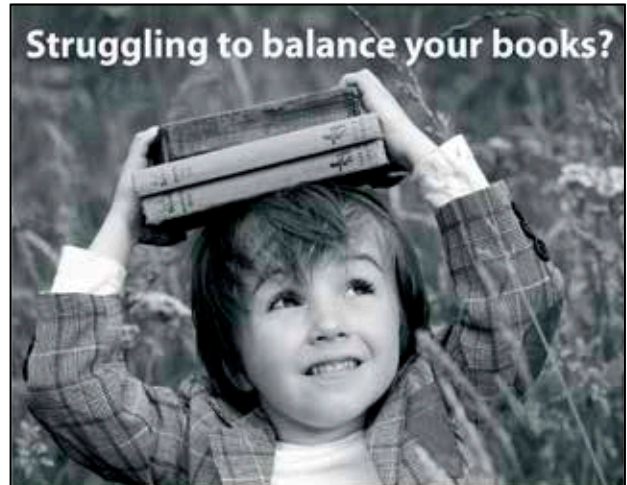
## La Baguette Shop



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

## Struggling to balance your books?



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



**Tasker Osman & Co.**  
Financial Accountants

Website: [www.taskerosman.co.uk](http://www.taskerosman.co.uk)  
Phone: 01273 512749  
Email: [jon@taskerosman.co.uk](mailto:jon@taskerosman.co.uk)  
Address: 10 South Way, Newhaven  
East Sussex, BN9 9LL

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



Can you help? The club is looking for sponsorship and grant funding towards upgrading equipment and training for older gymnasts to become coaches.

**Seaford Gymnastics Academy** was established in 2008 at Newlands School, Seaford. In 2014 the club had to relocate due to the closure of Newlands School, and began classes at Seahaven Academy, where they run recreational gymnastic classes for ages 4 to 18 years for all abilities.

SGA is a community non-profit club, and all its gymnasts and coaches pride themselves on being friendly and approachable whilst maintaining professionalism at all times. Classes are delivered in a fun, friendly and safe environment through

a great team of enthusiastic coaches, all fully qualified through British Gymnastics with full enhanced DBS checks. Gymnasts of all ages, gender and ability are welcome.

Gymnastics is a fun and exciting physical activity. Basic gymnastics skills can develop attributes such as co-ordination, strength and power, balance, agility and flexibility.

Both the club's recreational and advanced recreational gymnasts follow the British Gymnastics Proficiency Awards system allowing

them to work towards badges and certificates of the achievements. More advanced gymnasts are invited to compete across Sussex and the South East.

Classes are run on Tuesdays, Thursdays and Saturdays. Contact: 07591 356996 or email [seafordgymnasticsacademy@outlook.com](mailto:seafordgymnasticsacademy@outlook.com).

[www.seafordgymnasticsacademy.co.uk](http://www.seafordgymnasticsacademy.co.uk)

**British Gymnastics**  
More than a sport

## Get energy advice from your local Citizens Advice

**citizens advice**

Lewes District Citizens Advice are running an exciting project over the winter months to help people to keep warm and healthy in their homes. Citizens Advice (CA) has secured funding from energy suppliers to deliver one to one energy advice from now until the end of March 2020.

CA wants to help people get the best deal from their supplier and understand tariffs, bills and the fuel options open to them. Some residents may already be in arrears and have concerns about how they are

going to pay their bills over the winter months when their energy consumption is likely to increase. Trained advisers can use the appointment to flag up likely benefit entitlement including checks for eligibility and applications for Warm Home Discounts and inclusion on the Priority Services register.

Although most appointments will take place in one of the local offices CA are also able to give advice over the phone or even by email if easier.



For more information and advice call 03444 111 444 or visit one of the offices in Newhaven, Lewes or Seaford, or check out [www.lewesdistrictcab.org.uk](http://www.lewesdistrictcab.org.uk) for further details.





# PORT ACCESS ROAD

Since the autumn edition of Newhaven Matters contractors BAM Nuttall have completed the four concrete supporting structures for the bridge including the north pier next to the railway. The weather has been a challenge with October being the wettest in many years but work has continued to progress at a fast rate.

At the beginning of November the first of three sets of bridge beams arrived in Newhaven. The beams were 44m long and weighed 49t each! They were fabricated in Darlington and will be lifted into their final position in February 2020.

Over the coming months the remaining beams will be delivered, the longest of which is 60m with the transport lorry as well. They will be prepared for installation; while earthworks, drainage and road construction continue as well.

In October three of BAM Nuttall's staff visited Harbour Primary School and gave a talk

to the year 6 children about what they do in construction. They also ran a bridge building activity which the children got fully involved with. It was well received, and they continue to look for ways to engage with the local community and are always open to ideas.

If you would like to find out more please look out for the information boards on the footpaths around site. Contact: [newhavenpar@bamnuttall.co.uk](mailto:newhavenpar@bamnuttall.co.uk) or 01651 267007.

## Play Martlets lottery and help change lives

Win one of 44 weekly prizes

Support your local charity

Win up to £1500

**Martlets**  
life-changing hospice care

Registered Charity No. 802145

By playing Martlets lottery you can make a real difference to the lives of people in Newhaven and the neighbouring areas, who are living with a terminal illness; and provide support and comfort to their loved ones.

Play each week for a chance to win one of **44 cash prizes**, including our top prize of **£1,500**.

Join our lottery now and you will enable patients to be with their families and create special memories together, during this festive season and throughout the year.

Join online:  
visit [www.martlets.org.uk/join-our-lottery](http://www.martlets.org.uk/join-our-lottery)  
quoting the promotion code 'NM1'

or email us at [lottery@martlets.org.uk](mailto:lottery@martlets.org.uk)  
or phone 01273 747455 and we will be happy to send you an application form.

Thank you for your support.





## GREENING UP NEWHAVEN!

This autumn, the town council's spring bulbs project was kindly supported by Burley's for the fourth year in a row. This fantastic initiative has seen 6000 daffodils go in over the last four years. The Newhaven Tree Wardens and Burleys have been busy planting them in Newhaven's main roadside verges and roundabouts, ready for a welcome show of colour after the winter.

Newhaven really bursts into life when spring arrives providing quite a spectacular display of colourful blooms as you pass through. This year was the first year we also planted crocuses; these beautiful flowers are full of nectar and are brilliant for our bees in early spring when they are emerging from hibernation.

An empty bed in the newly designed Lewes Road recreation ground playground has benefitted from plants donated by Burleys, going spare as they are sadly having

to close their nursery. The Tree Wardens have worked hard at making this empty bed look pretty; they are always looking for more help to enhance Newhaven's green spaces so why not join them and get involved in greening up Newhaven?

Contact the Tree Wardens by emailing [BN9Trees@hotmail.com](mailto:BN9Trees@hotmail.com) or call the town council offices on 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



# NEWHAVEN CHURCH CELEBRATES 900 YEARS OF HISTORY

A celebration of Newhaven's oldest building – St Michael's Church – takes place during 2020 which marks the 900th anniversary of the Norman church.

The committee planning a programme of events for the year wants the celebration to be a town affair for everyone to get involved in – to celebrate the best of past and present, and together shape a good future for the church and the town.

The project has already attracted Arts Council funding, allowing local composer and musician Mike Flood to write

a suite of music, narration and song, telling many stories of the history of Newhaven over the past nine centuries.

## Other highlights of the year will include:

- A physical timeline around the church showing national and local historical events
- A stained-glass window art project with Harbour Primary School
- A book on St Michael's church and Newhaven town due for launch in May
- A flower festival in July with the theme "Heritage, Haven and Hope"
- "Breathe" - a creative space to step into and find stillness and peace in June.

The events have been planned by current members of the congregation of St Michael's over the past two years. There will also be special church services during the year.



## ST MICHAEL'S, NEWHAVEN

For further information please contact the Rector Rev Martin Miller on (01273) 515251.



## NEWHAVEN HISTORICAL SOCIETY



## FATHERLESS CHILDREN ENTERTAINED – 24TH FEBRUARY 1920

*Article from the  
'East Sussex News'*

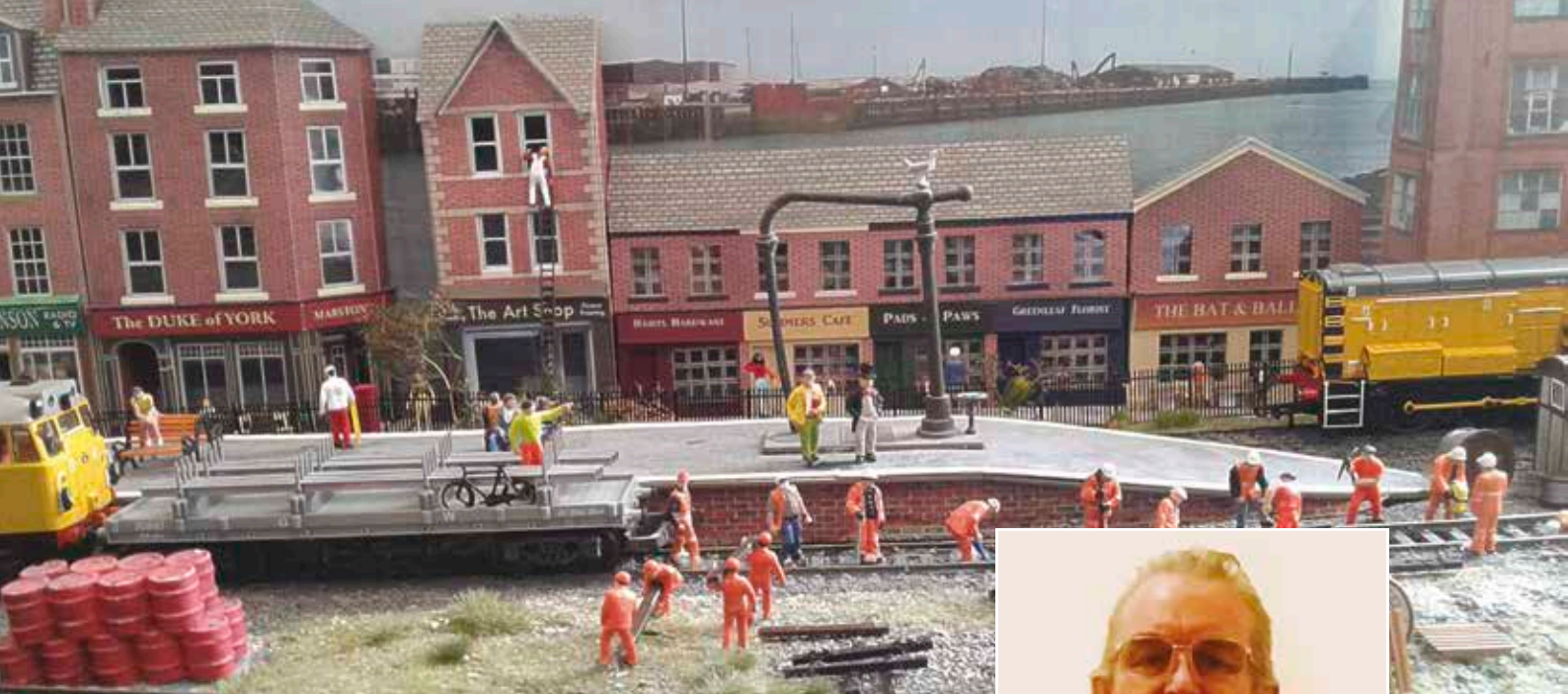
As a result of the kindness and thoughtfulness of the local members of the Federation of Discharged and Demobilised Sailors and Soldiers the children (up to the age of 14) of Newhaven Service men, who lost their lives during the great war, were entertained to tea etc in the Church Room on Tuesday. Sixty children sat down and did full justice to the good things provided.

The ladies presiding at the tables being Mrs Saunders, Mrs Eades, Mrs P. Harvey and Mrs R. Gates. An excellent entertainment arranged by Mr F. Harris followed, and the loud applause and the many encores demanded testified to the success of the artistes' endeavours. Songs were contributed by Miss V. Wilmshurst, Miss C. Stevens, Miss Ethel Strong, Mr R. A. Sutton, M. V. Cook, Mr A. A. Ingram and Mr F. Harris. Little Miss Marjorie Hilder won golden opinions for her graceful solo dances, "Vanity", "Nymph" and "Nirvana". Mr F. Harris gave a clever ventriloquial turn with "Young

Varmer Giles", and a sketch, "Jerry", by Mr and Mrs Harris, was provocative of much mirth. Miss C. Stevens, Mrs J. J. Stevens and Mrs Harris proved able accompanists.



Photo Newhaven Museum A319P068



# MAKING TRACKS

Local resident **Rick Sharpe** shares his personal story with us



Back in 2011, I had a brain haemorrhage. At first, I thought I had gotten off lightly, and recovered quickly. Due to complications, I started to have bouts of deep depression, with headaches, photo sensitivity, and audio sensitivity. It got to the stage where I could not go out, as the light was too bright, and a car door slamming sounded like a bomb going off. I was housebound. What could I do? I really didn't want to sit around all day watching TV. Having been a musician all my life, I knew my fingers, at that point, weren't agile enough to

play much. No change there then!

And then, I thought, I've loved railways of all sizes, all my life, why not build one. And so I embarked on a six foot by four foot layout in my ten foot by eight foot bedroom. I now sleep standing up! I laid the track and embarked on the scenery. I started with kits, of a barn and stables. Then I made a field and cliffs from plaster, platforms, and stations from card a la Tracey Island. I painted it all. But don't let anyone ever tell you a model railway is finished. It never is, nor will be. There's always something to do.

After a while, I realised that I hadn't made too bad a job of it, and I'd thoroughly enjoyed it. So, I thought, if it's done so much for me, why not for others. People with PTSD, OCD, depression, bereavement, loneliness, and more. I put the idea on paper,

calling it MAKING TRACKS. I know, I frighten myself at times! I then took it to The Newhaven and District Model Railway Club, and they were only too happy to help. So they will be putting the course on. As far as I know, it's free to all. If you are interested, please email: [newhavendmrc@gmail.com](mailto:newhavendmrc@gmail.com) or call Paul Strickland – Secretary on 07715 993675.

**See if you can name two famous chaps in the station picture!**

*The back scene is our illustrious scrap heap, with several shots joined together in a free Microsoft app, called ICE.*



Sick or injured wildlife – call East Sussex Wildlife Rescue and Ambulance Service  
07815 078234 • [www.wildlifeambulance.org](http://www.wildlifeambulance.org)



# REGENERATION OF THE MARINA



Following two community engagement events, a planning application was submitted to Lewes District Council in December for the redevelopment of the Marina.

The proposals aim to complete the third and final phase of the development master plan by Morgan Carn Architects for the regeneration of the whole West Quay. The vision of the architects is that the development will revitalise Newhaven's Marina as a vibrant mixed-use destination, raise the profile of the town and strengthen Newhaven as a south coast attraction and gateway to the UK.

The Riverside walkway started in phases 1&2 will be completed, providing public access to the riverside around the entire Marina with public spaces overlooking the boats and an events pontoon.

Completing flood defences is another key priority, as is promoting and investing in sustainable transport

alternatives to the motor car, including a 'smarter choices' campaign that will be promoted throughout the town. A variety of plans are included to enhance biodiversity, including extensive green roofs planted with wildflowers and continuous features around the water's edge to support marine ecology.

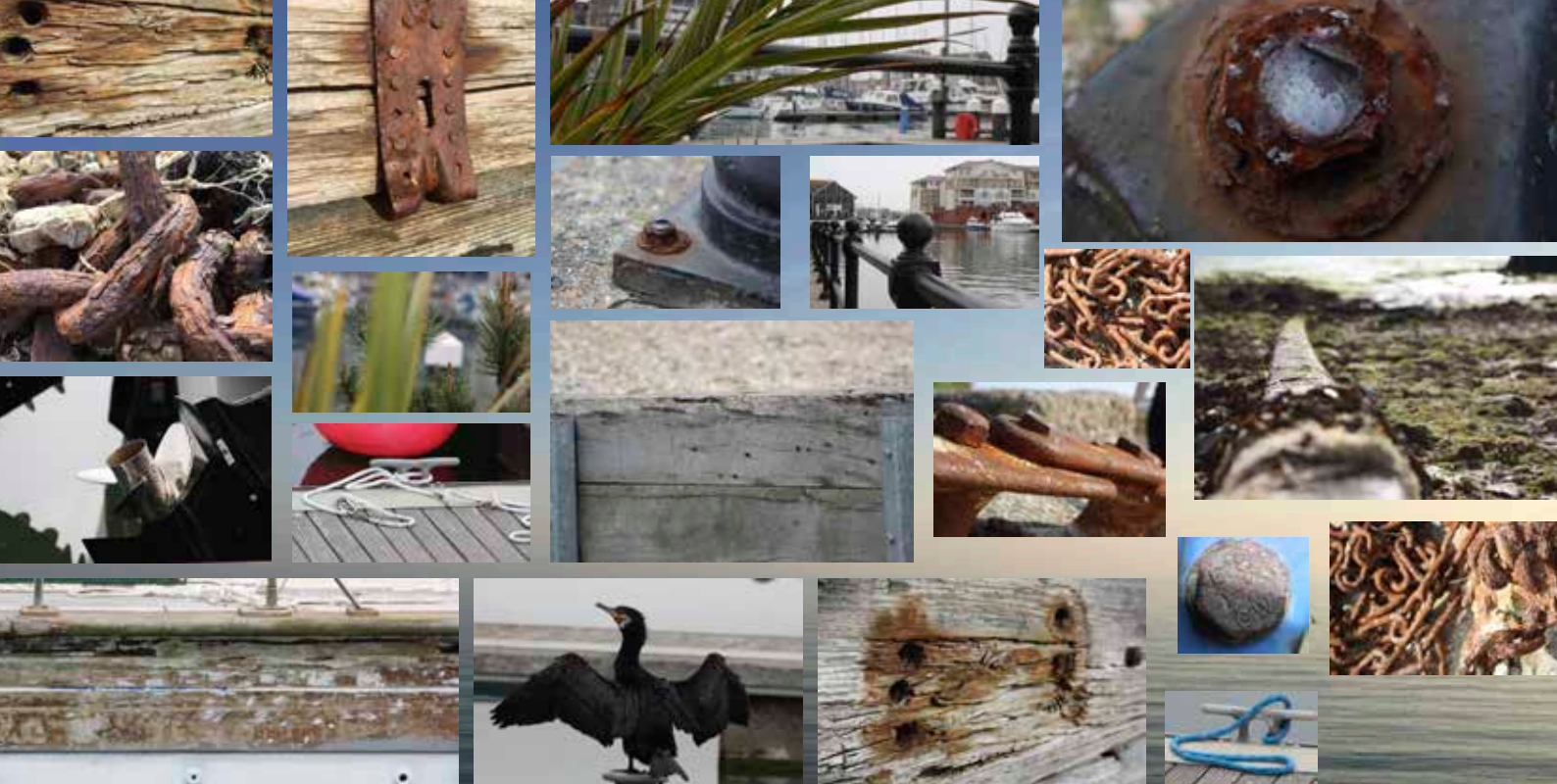
All of the material exhibited at the two community engagement events can be seen at [www.newhavenmarinadevelopment.co.uk](http://www.newhavenmarinadevelopment.co.uk) and the full planning application is available on Lewes District Council's website [www.lewes-eastbourne.gov.uk/planning-and-building-control/planning-applications/search-and-view-planning-applications](http://www.lewes-eastbourne.gov.uk/planning-and-building-control/planning-applications/search-and-view-planning-applications). You can look at a video animation here: [https://youtu.be/-fU9\\_5cxsm0](https://youtu.be/-fU9_5cxsm0).

John McLean, director of Morgan Carn Architects said "Many people talk about investing in Newhaven and never deliver. We are immensely proud of the many projects we

*have completed in Newhaven, especially the West Quay developments. The Marina is the most important phase of our masterplan, in my opinion it is one of the sites with the greatest potential to contribute in revitalising the whole town, for the benefit of all residents, businesses and the wider region. We are committed therefore, to working with Newhaven Town Council in achieving the best possible scheme for everyone."*







## YOUNG PHOTOGRAPHERS AT SEAHAVEN ACADEMY



The year 10 photography students at Seahaven Academy were asked to produce a final piece of work using their own photos to capture the local harbour and coastline. The main aim of each composition was to show a journey around the harbour. As you can see there are many different interpretations of it. In lessons the students studied photographers who use documentary photography which then inspired them to use it in their own work. The range of photos used were distance shots, mid-range and up close. These are some of the results, which the students are very proud of and reflect our beautiful surroundings.







## NEWS FROM THE HILLCREST COMMUNITY CENTRE

Due to essential building works to upgrade the Centre to meet current fire regulations, the Hillcrest Centre will be closed from Saturday 21st December 2019 until Monday 20th January 2020. The trustees are also taking the opportunity to refurbish some other areas.

The Centre and the café will both reopen on 20th January 2020. There will be some work still going on until the end of January but the disturbance

for users will be minimized as much as possible.

The Centre's trustees would also like to publicly acknowledge their appreciation to Joan Rhodes, MBE, who has retired from the trustee board and as Treasurer. Joan was instrumental in saving the building from demolition 21 years ago – an event celebrated back in July - and has also run the Hillcrest Café as an independent business.

The trustees are currently investigating some exciting possibilities for the future of the café. They are fully aware of how much people value its friendly inclusive ambience and its home-cooked, affordable nutritious food, and intend to preserve Joan's vision for it as a place where everyone feels welcomed and at home. If you haven't visited the café yet do come and check it out!

## THE ENVIRONMENT AGENCY HAS CONSTRUCTED OVER 4KM OF FLOOD DEFENCES OVER THE LAST 2 YEARS IN NEWHAVEN

This £17.5 million scheme, including £3 million from two Local Enterprise Partnerships, is nearing completion and is currently better protecting more than 300 homes and 200 businesses from tidal flooding as seen during the high tides in the autumn.

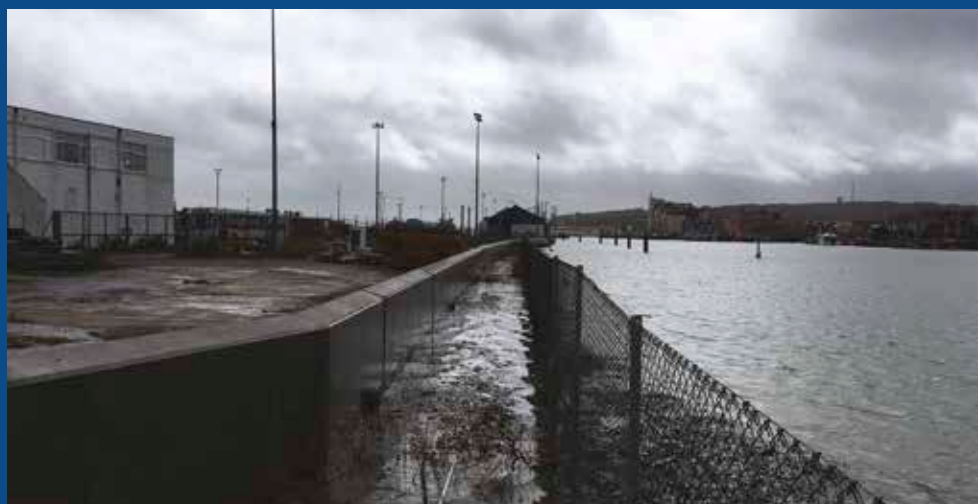
Work was completed in November near where the flood bund stops next to the A26. This was required to enable installation of demountable flood defences across the road in the event of tidal flooding.

Following inspection of all the improvement works carried out as part of the scheme, contractors JacksonHyder have been finishing off some minor 'snagging' works.

The Environment Agency continue to work with Network Rail to finalise the design of a flood barrier over the railway.

Once the scheme is complete, 431 homes and 387 businesses will be better protected from tidal flooding.

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







## BLOOMING SUCCESS

A glorious sunny, autumn afternoon was the scene for friends and competitors of the 2019 Newhaven in Bloom Awards at Paradise Park (the sponsor of the event). Fine flowers, pots and water displays were all celebrated. Highlights were the glorious 'living wall' of flowers called 'Summer Madness', created by the gardeners of Ellis Gordon Court and delightful front and back garden displays.

David Fitton MBE kindly presented the awards, and as a

founder member of Newhaven in Bloom from its inception in 1993, said that he hoped the competition would go on into the future for years to come, providing pleasure and fun for all participants.

If you would like to enter, use the form opposite or pop into Paradise Park in the New Year. As well as the chance to win prizes, the Newhaven in Bloom Loyalty Card also gives you a £1 plant voucher for every £10 spent on plants. Congratulations again to all

the winners and competitors and here's to another blooming success in 2020!



## NEWHAVEN ARTS FESTIVAL 2019

Community artist Carol Havard enjoyed being a part of this year's festival and felt so inspired that she has written this piece, encouraging everyone to get involved!

"Back in the summer, as part of the Arts Festival the town council organised a very well attended plastic free event which was held at the Hillcrest Centre and highlighted the need to reduce the use of plastics. As well as a Fashion Show which showed how to reimagine previously worn clothes, we were treated to an interactive theatre performance inside a life size whale where spectators all

helped rescue turtles from plastic waste.

Other events running during the two-week Festival included Chalk up the Town, a Charleston inspired decoration workshop, the Festival of Belonging, painting workshops for an 'Open Call' to artists, singing lessons, and an audio feast of Bird Song at St Michael's Church.

Whether you took part a little or a lot, or even if you missed out this year, look out for news of the next one because there will be something for everyone. Roll on Newhaven Arts Festival 2020!"



Would you like to develop your creative side? For information about local Art Techniques groups contact Carol Havard: email [info@art-techniques.co.uk](mailto:info@art-techniques.co.uk). Tel 01273 510022 or 07944 595505.

If you have an idea for an event next year contact the Festival Team at [newhavenfestival.sussex@gmail.com](mailto:newhavenfestival.sussex@gmail.com) or get in touch with the Town Council.





**NEWHAVEN IN BLOOM 2020  
ENTRY FORM  
FREE TO ENTER**

1. BEST WATER & ORNAMENTAL DISPLAY
2. BEST FRONT GARDEN
3. BEST BACK GARDEN
4. BEST BALCONY/BASKETS/POTS or CONTAINERS
5. BEST KITCHEN GARDEN
6. BEST BEE FRIENDLY & WILDLIFE GARDEN

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

Please enter me/us in the following category/categories:



.....  
.....

Full name:.....

Address:.....  
.....

.....Tel No: .....

Please post or hand in to the Info Centre, Paradise Park, Avis Road, Newhaven  
BN9 0DH as soon as possible. Judging will take on the 24th June.

Sponsored by: **PARADISE PARK**

## 31A HIGH STREET – YOUR LOCAL INFO & ADVICE HUB

Millions of people live in poverty in the UK and many of us struggle with issues, whether money or debt related, housing or health, we often need someone to talk to who can help. If you are struggling and need support, drop into the Info & Advice Hub, Monday to Friday between 10am and 1.30pm for confidential help and advice.

The Food Bank at 31a High Street is open 9am – 12pm Monday, Wednesday, Thursday and Friday. As ever the team is very grateful for support via

donations from local residents and organisations. Friends of Food Bank has recently been set up to provide additional support through raising funds and running one-off projects - if you would like to find out more, please email [nhfoodbankfriends@gmail.com](mailto:nhfoodbankfriends@gmail.com).

For more information call the Info & Advice team on 01273 516032.

## ARE YOU UNEMPLOYED AND NEED SUPPORT TO MOVE FORWARD IN LIFE?

SCDA's friendly team helps local people access sustained work, learning and volunteering opportunities throughout East Sussex. They can support you in finding paid or voluntary work, and accessing training and education. Specialised support for people with disabilities or long-term health issues is available.

Call now on 01273 516347 or email [SCDAEmployability@sussexcommunity.org.uk](mailto:SCDAEmployability@sussexcommunity.org.uk).



**THE VICEROY**  
PREMIER INDIAN CUISINE

4a Bridge Street  
Newhaven  
East Sussex BN9 9PJ  
01273 513308/611100

Order online - 10% discount  
[www.viceroynewhaven.co.uk](http://www.viceroynewhaven.co.uk)  
Free Home Delivery or Takeaway Service

**We specialise in vegan dishes available with quorn or vegetables**

**Slimming World dishes available**

Bring your own alcohol  
(zero corkage charged)



## Newhaven Youth Centre – the build progresses!

The Youth Centre build is really taking shape and is well on track to a Spring 2020 launch!

Members of Newhaven Young People's Forum have contributed to the design of this unique building for future generations of young people, who will benefit from a dedicated, open-access safe space. There will be a wide range of activities provided including music and art; mental health and well-being support; and information, advice and guidance services.

Kitchen facilities, a large room and two break-off rooms will also be available to hire.

For more information call the SCDA Youth Team on 01273 517250 or email [youth@sussexcommunity.org.uk](mailto:youth@sussexcommunity.org.uk).



# Come and sing carols at the Bandstand!

To help us get into the Christmas spirit and have a time away from shopping and busyness of the season, there will be carols and music at the Bandstand on Denton Island on Saturday 21st December from 3.30pm – 4.30pm.

Join in with the procession starting at 3.15pm from outside the library. We will be led by the Skull Drummery drummers over to Denton Island.

Come and be entertained and enjoy a mince pie or two as the community comes together in celebration on the shortest day of the year.

Newhaven Bonfire Society will be supplying us with light and warmth from their torches, the Newhaven Ukulele band will entertain us with their joyful sound and members of the Maestro brass band will play those traditional carols that make us feel all Christmassy. Hope to see you there!



## NEWHAVEN FIRST *Keep Trade Local and Business Listings Project*



Local people are often passionate about supporting local businesses and Newhaven has hundreds of fantastic small businesses both on the industrial estates, in the town centre and tucked away in less obvious locations.

The Town Council is seeking to identify and list these businesses so that people can see what is on offer locally and support many great businesses on their doorstep. Buying locally could keep more money in the local economy, support the local community and be an ethical choice too.

Do you know of a great business locally that you would like to tell people about, or perhaps you run a business and would like more people to know you are here? If so let us know by filling out the short form that can be downloaded under the 'Town Council Projects' tab on the town council's website [www.newhaventowncouncil.gov.uk](http://www.newhaventowncouncil.gov.uk) or email us at [admin@newhaventowncouncil.gov.uk](mailto:admin@newhaventowncouncil.gov.uk).

More information on this project will be available in 2020.



## 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 14th January

Planning & Development Committee followed by Full Council.

### Tuesday 4th February

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

### Tuesday 25th February

Planning & Development Committee followed by Environment & Amenities Committee.

### Tuesday 3rd March

Promotion, Partnership & Finance Committee.

### Tuesday 17th March

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





# HOW TO RECYCLE AFTER CHRISTMAS

## Christmas tree recycling

If you're enjoying a real Christmas tree this year, don't forget to recycle it. Just bring it along to Bay Vue car park (Hillcrest Road) by **Sunday 19th January** for it to be collected and recycled locally into soil conditioner.

## Christmas leftovers

Planning ahead for your Christmas meals can help cut down on waste and save you money, but all your peelings and food scraps can be recycled via separate food waste collections. If you aren't already part of the scheme head to [lewes-eastbourne.gov.uk/FoodWaste](http://lewes-eastbourne.gov.uk/FoodWaste) to order your starter kit.

## Christmas wrapping

Christmas cards and wrapping paper can usually be recycled, except plastic or metallic ones – scrunch it up in your hand and if it stays scrunched then it can be recycled! Remember to remove any bows, ribbons or other decorations as these can't be recycled, but they can often be saved for next year.

## Christmas bin collections

All Christmas recycling and garden waste collections will be carried out as shown on your collection calendar. Check changes to black-sack rubbish collections or download your recycling calendar online at [lewes-eastbourne.gov.uk/BinDay](http://lewes-eastbourne.gov.uk/BinDay).



## WASTE AND RECYCLING



### SOME COMMONLY ASKED QUESTIONS

We receive a lot of queries about disposing of household items, and as this is something that applies to us all we thought it would be a good idea to answer some of them here in a new regular feature.

#### **Should I take lids off containers before recycling them?**

No, Lewes District Council (LDC) accept these.

#### **Do I need to clean out bleach and cleaning product bottles? Is it true you can't recycle anything greasy or with remnants of food on it?**

All items that are suitable for recycling should be empty and rinsed clean before being placed in the recycling bin. They should be as clean as possible to prevent contamination and attracting vermin.

#### **Is it true that our rubbish is sold and sent abroad?**

No (to the best of our knowledge) all waste collected by the waste team within the Lewes district is then transferred to the Newhaven incinerator.

#### **How do I dispose of engine oil? Paint? Tyres?**

Engine oil and paint are free to dispose of at your local recycling centre, tyres are also accepted at a small disposal cost.

#### **What do I do if my bin isn't emptied?**

Either contact LDC on 01273 471600 or report online [www.lewes-eastbourne.gov.uk/bins-waste-and-recycling/report-a-missed-bin-collection](http://www.lewes-eastbourne.gov.uk/bins-waste-and-recycling/report-a-missed-bin-collection).





## A MAD ROMP!

For its next production, MAD (Meeching Amateur Dramatics) will be taking you back to the Regency Period (1790 to 1820), a colourful and turbulent time in our history. The era of King George III and his frequent fits of insanity and his son Prince Regent, who built the Royal Pavilion in Brighton. This was also a time when drinking, debauchery and gambling were rife in England.

'Haggard' tells the story of Squire Amos Haggard, perennially hard up, lecherous, dishonest and drunk, conceived and brought to life

by Eric Chappell of 'Rising Damp' fame. Haggard in his adventures is assisted by Nathaniel Grunge, a menial resenting his lowly position. This very funny comedy is something of an undisciplined romp and with its parallel to 'Blackadder III' moves along at a fast and hysterical pace.

MAD will be staging this production at Meeching Hall, Fort Road, Newhaven on three consecutive evenings, Thursday 26 to Saturday 28 March 2020 at 7.45pm. Look out for tickets going on sale nearer the time and come along to shake off the winter blues!

*Haggard*  
an entertainment



**Eric Chappell**

Based on characters  
created by Michael Green

SAMUEL FRENCH

## What's On.

### 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. [www.dentonislandbowls.co.uk](http://www.dentonislandbowls.co.uk)

### Sunday monthly

Healing Sound Bath Session 2.30pm in a beautiful underfloor heated Yoga Studio for a maximum of 10 participants (to ensure individual support and attention). Indulge yourself in some "me time" for a truly magical, relaxing and energising experience. Delivered by Janet & Mike Bond (Reiki & Sound Healing Therapists). Advance bookings essential: call 01273 512306 or email [samtosha4u@btinternet.com](mailto:samtosha4u@btinternet.com) for dates/details. [www.samtosha4u.com](http://www.samtosha4u.com)

### 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.

### 1st Sunday every month

Newhaven Growing Together Community Garden 11am – 2pm. 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/](http://growingtogethernewhaven.org/) Facebook [www.facebook.com/Newhaven-Community-Garden-Growing-Together-126187014748589](https://www.facebook.com/Newhaven-Community-Garden-Growing-Together-126187014748589) or email Leanne on [rkbass@hotmail.co.uk](mailto:rkbass@hotmail.co.uk).

### 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](mailto: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 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](mailto:zarano1@msn.com).

### Every Monday

Bambino Beatz baby and toddler music group 3.00pm at the Hillcrest Centre. A different theme each week, with puppets, props and a wide range of instruments. We use a range of popular music so that it is fun for parents as well as their little ones. £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](http://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.

### **Monthly Wednesday**

Healing Sound Bath Session 7.30pm in a beautiful underfloor heated Yoga Studio for a maximum of 10 participants (to ensure individual support and attention). Indulge yourself in some “me time” for a truly magical, relaxing and energising experience. Delivered by Janet & Mike Bond (Reiki & Sound Healing Therapists). Advance bookings essential: call 01273 512306 or email samtosha4u@btinternet.com for dates/details. www.samtosha4u.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. Looking to get active outdoors in time for Summer? Fort Fit Camp is the session for you! Designed to help you feel happy, strong and healthy, Fort Fit Camp is a fitness class like no other. Using the equipment in our park and other items such as battle ropes and tyres, this really beats simply going to the gym! Minimum age 16 years. 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 7.30pm in a beautiful warm, clean Yoga Studio for a maximum of 10 participants (to ensure individual support and attention). All equipment provided. Delivered by an experienced and dual qualified British Wheel of Yoga Teacher Trainer & Satyananda Therapeutic Yoga Teacher, Reiki & Sound Healing Therapist. Advance bookings essential: call 01273 512306 or email samtosha4u@btinternet.com. 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 516804 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 Myrtle on 01273 513676.

### **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. 9.00am – 10.30am. Newhaven Wellbeing Centre, Summerhayes, Marshall Lane. Tel Janet 01273 515301 for more details.

### **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](http://eastsussex.gov.uk/libraries).

### Every Thursday

Newhaven Country Market re-opening February 6th after short closure of Hillcrest Centre. 9.45 – 1pm. Locally produced home-made foods, including cakes, savouries, Indian cuisine, jams & chutney, bread, eggs and more. Crafts include cards, jewellery, wood crafts, children's clothes, glassware, candles, gifts. Cafe. Free parking. Disabled access.

### Every Thursday

Yoga with Jo 7.30pm – 9.00pm Harbour Primary (Church Hill). Please contact Sevanti on 07957 336718, [sevanti@being-in-unity.com](mailto: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](http://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 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](mailto: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](mailto:admin@tsdefiance.com).

### 1st Saturday every month

Denton Island Indoor Bowls Club open 10am to 12 midday for free bowls tuition for people to try bowls. Call in for a free trial or phone 01273 514664 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](mailto: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, coffee and snooker. Lunch 12.30pm, and pet racing (stuffed animals) and cream tea once a month from 1.30pm. Craft making once a month with snacks from 12.30pm.

### Thursday

10.00am – 12.00 noon open for tea, coffee and snooker. Alternate Thursdays: 1.15pm hoy (card game) or 2pm Art & Craft.

### Friday

Open from 10.00am for tea and coffee with dinner at 12.30pm (£5). Bingo 2pm once a month. Knit-n-Natter 2pm once a month.

### NEWHAVEN CHURCHES

#### Baptist Church, Church Hill

Every Sunday 10.30am Sunday Service

#### Elim Church, Meeching Rise

Every Sunday 5.00pm Service

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

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

2nd & 4th Sundays 8.30am Holy Communion  
10.00am Informal Service

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

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

#### Denton Church, Heighton Road

Every Sunday 10.00 am Service for all ages  
with Sunday Club

### NEWHAVEN MUSEUM

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

The museum is closed for the winter and reopens in April. Check web and Facebook for further info: [www.newhavenhistoricalsociety.org.uk](http://www.newhavenhistoricalsociety.org.uk); [www.facebook.com/museuminnewhaven](https://www.facebook.com/museuminnewhaven).

### THE PATCHWORK CAT

3 Newhaven Square, Newhaven, BN9 9QS 01273 516067  
Email: [sales@thepatchworkcat.co.uk](mailto:sales@thepatchworkcat.co.uk)

Many sewing and crafts lessons/courses. For full listings go to [www.thepatchworkcat.co.uk/events](http://www.thepatchworkcat.co.uk/events) or see events on town council's website.

## NEWHAVEN WELLBEING CENTRE

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

Open Monday to Friday 10am – 3pm (Thursdays 10.45am – 3pm). Social group/drop-in every day 11am-1pm. 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

Cooking group/shared lunch 10.30am – 12 noon; Beginners Card Group 1-3pm; Art Project 1 – 3pm.

### Every Tuesday

Colour, knit and natter 10 – 11am; Employment advice drop-in (2nd Tuesday each month) 10am – 2pm; Peer Specialist Drop-in 10.30am – 12.30pm; Music Appreciation 1 – 2pm.

### Every Wednesday

Mindfulness of Movement 11 – 12.30pm; Hearing voices group 1-2pm and Menopause support group 1 – 2pm fortnightly.

### Every Thursday

Games Group 10.45am – 12 noon; New referral drop-in 10.45am – 1pm (1st & 3rd Thurs in month); Art/Clay group 1 – 2pm.

### Every Friday

Textiles Group 10 – 11am; Card making group 1 – 3pm; Drama group 1-3pm; Social evening (monthly).

## 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](http://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; 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; U3A Art Class 2.00pm – 4.00pm; Hillcrest Stitchers 2 – 4pm; 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 – 3.30pm; Drama group 3.30 – 4.30pm; Creative Pottery and Decoration for adults 4 – 6pm (4 week course); 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; Addictive Eating 7.30 – 8.30pm; Nukehaven Ukelele Group 7.00pm – 10.00pm (every 2 weeks).

### Every Thursday

Country Market reopens 6th February 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; Fitness Yoga Fusion 6.30 – 7.30pm.

## 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.lewesmencap@hotmail.com](mailto:newhaven.lewesmencap@hotmail.com)

Website: [www.newhavenmencap.org.uk](http://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.

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](mailto:mailrkjackson@yahoo.co.uk). Please check on availability of all coaching lessons. New members welcome: very competitive fees.

## Every Saturday

Two Junior group coaching sessions 9.00am and 10.00am start. £4 members; £6 non-members. 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 Tuesday

Adult club sessions 1.00pm – 4.00pm.

## NIPPERS AT EAST SIDE SOCIAL CENTRE

Email: [nippers1973@outlook.com](mailto:nippers1973@outlook.com)

After School Club from 6/1/20 - 14/2/20 3 – 6pm

February Playscheme 17/2/20 - 21/2/20 7.30am – 6pm, various sessions available.

After School Club 24/2/20 – 31/3/20 3 – 6pm.

Pick-ups from local schools.



## 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](http://www.waveleisure.co.uk)

Also on offer at Shakespeare Hall:

### Tuesday

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

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

### Wednesday

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. Find out more at [www.waveleisure.co.uk](http://www.waveleisure.co.uk) or contact [anna.jones@waveleisure.co.uk](mailto:anna.jones@waveleisure.co.uk).

### School holiday activities

Wave has something for everyone this February holiday, from traditional sports including tennis, basketball and cricket to other exciting activities including circus skills, archery and water polo. Find the timetables and more information at [www.waveleisure.co.uk](http://www.waveleisure.co.uk).

### Wave Adventures

Adventurous fun for children aged 8 to 15 over the February half term. Try everything from outdoor cooking to archery. Find out more at [www.waveleisure.co.uk](http://www.waveleisure.co.uk) or contact [anna.jones@waveleisure.co.uk](mailto:anna.jones@waveleisure.co.uk).

## SUSSEX COMMUNITY DEVELOPMENT ASSOCIATION (SCDA)

Denton Island Community Centre offers the following courses and information sessions:

For the latest Health & Wellbeing courses call 01273 519149 or email [healthylifestyles@sussexcommunity.org.uk](mailto:healthylifestyles@sussexcommunity.org.uk).

### 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 (12 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 with youth workers (11-18 yrs)	Wed	4pm - 6pm Term time only	Denton Island Community Centre
Youth Club (11 yrs +) 50p to attend	Fri	7.00pm – 8.30pm Every Week	Denton Social Centre

Please email [youth@sussexcommunity.org.uk](mailto:youth@sussexcommunity.org.uk) for further information.

## SEAHAVEN SWIM & FITNESS CENTRE

Tel 01273 512498 or [www.waveleisure.co.uk](http://www.waveleisure.co.uk)

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

### Every Monday and Thursday

Seniors' Class in the Gym 9.30am – 10.30am.

### Monday, Thursday and Friday

Water Aerobics 12.00 noon – 1.00pm.

### Every Tuesday (term-time).y

Ladies only swim session 1.30pm – 2.30pm.

### Every Tuesday

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

### Tuesday and Thursday

Adults only lane fitness swim 7.00am – 9.00am.

### Every Wednesday (term-time)

Therapeutic swim 2.30pm – 3.30pm.

### Every Wednesday

Aqua Zumba 7.15 – 8.15pm.

### Every Friday

Adults only twilight swim 8.00pm – 9.45pm.

### Saturdays and Sundays

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

### School holiday activities

Wave has something for everyone this February holiday, from traditional sports including tennis, basketball and cricket to other exciting activities including circus skills, archery and water polo. Find the timetables and more information at [www.waveleisure.co.uk](http://www.waveleisure.co.uk).

## STUDIO TEMPO DANCE CENTRE

Venues around Newhaven. Please phone Margaret 01273 476565.

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

## JANUARY

- 2nd Newhaven & Peacehaven U3A: a talk by actor John Vine on the voice and entertainment. 2.15pm at Mencap hall. 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.
- 16th Meeching WI – a talk by Tina Cox – 'My Life as a Paramedic'. 9.45am at Meeching Hall, Fort Road. Visitors/new members always welcome. Tel: 01273 516804.
- 19th Newhaven Gardening Society – Christmas meal. Non-members always welcome. Contact Carol Guest-Hilton on 01273 510182 or Myrtle on 01273 513676.
- 25th Hillcrest Cinema: Cold War, drama 2018 (Polish), 1hr 25 min; cert 15. Tickets £5 (or £40 for the year) available on the door. Film starts at 7.30pm, doors open at 6pm. Hillcrest Café open for delicious food and refreshments. Find us on Facebook or email [hillcrestcinema@gmail.com](mailto:hillcrestcinema@gmail.com).
- 30th Meridian Forum AGM 10.00am – 12.00pm at the Hillcrest Centre. Free coffee from 9.45. On-line scams and how to avoid them - speakers and Q&A panel. Followed by finger buffet. For bookings phone Kate 01273 516207 [info@meridian-sf.org.uk](mailto:info@meridian-sf.org.uk).

## FEBRUARY

- 4th Newhaven Historical Society AGM followed by "Shoreham Fort – Past Present and Future", a talk by Gary Baines, Chairman of Friends of Shoreham Fort. Doors open at 7.00 for 7.30 pm at the Hillcrest Centre, Bay View Road, Newhaven.
- 6th Newhaven & Peacehaven U3A: a talk by Simon Turvey on crime prevention. 2.15pm at the Meridian Centre. 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.
- 9th Sunday Tea Dance at the Hillcrest Community Centre: popular sequence, ballroom, Latin and occasional line dances. 2.00pm – 4.30pm. Admission £7 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 £2!
- 15th Hillcrest Cinema: Film to be chosen by vote – email [hillcrestcinema@gmail.com](mailto:hillcrestcinema@gmail.com) if you wish to take part. Tickets £5 (or £40 for the year) available on the door. Film starts at 7.30pm, doors open at 6pm. Hillcrest Café open for delicious food and refreshments. Find us on Facebook.
- 20th Newhaven Gardening Society AGM. At Age Concern Day Club, West Quay at 7.30pm. Non-members always welcome. £2 including tea and biscuits. Contact Carol Guest-Hilton on 01273 510182 or Myrtle on 01273 513676.
- 20th Meeching WI – a talk by Patricia Holland – 'Tales of a Travel Rep'. 9.45am at Meeching Hall, Fort Road. Visitors/new members always welcome. Tel: 01273 516804.
- 25th Denton Women's Fellowship: Laurie the Poet. 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](mailto:pip39pip@gmail.com).

## MARCH

- 4th Greenhavens Network meeting 7pm-9pm, Meridian Hall, Peacehaven. Please contact Karen at [greenhavens@yahoo.com](mailto:greenhavens@yahoo.com) and/or join the facebook group 'Greenhavens' for further information.
- 5th Newhaven & Peacehaven U3A: a talk on the Air Ambulance. 2.15pm at the Mencap hall. 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.
- 8th Sunday Tea Dance at the Hillcrest Community Centre: popular sequence, ballroom, Latin and occasional line dances. 2.00pm – 4.30pm. Admission £7 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 £2!
- 19th Meeching WI – a talk by R. Master – 'Buying and Restoring a Ruin in France'. 9.45am at Meeching Hall, Fort Road. Visitors/new members always welcome. Tel: 01273 516804.
- 19th Newhaven Gardening Society – a talk and demonstration about door locks. At Age Concern Day Club, West Quay at 7.30pm. Non-members always welcome. £2 including tea and biscuits. Contact Carol Guest-Hilton on 01273 510182 or Myrtle on 01273 513676.
- 21st Hillcrest Cinema: Film to be chosen by vote – email [hillcrestcinema@gmail.com](mailto:hillcrestcinema@gmail.com) if you wish to take part. Tickets £5 (or £40 for the year) available on the door. Film starts at 7.30pm, doors open at 6pm. Hillcrest Café open for delicious food and refreshments. Find us on Facebook.
- 24th Denton Women's Fellowship: An illustrated talk by Ian Everest. 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](mailto:pip39pip@gmail.com).
- 26th-28th Meeching Amateur Dramatics production: 'Haggard' at Meeching Hall, Fort Road, Newhaven at 7.45pm.

This events listing has been published by Newhaven Town Council, 18 Fort Road, Newhaven, BN9 9QE, 01273 516100. [www.newhaventowncouncil.gov.uk](http://www.newhaventowncouncil.gov.uk). The deadline for the next edition (events in April/May/June) is 21st February 2020 – please contact us if you are organising an event during those months – email [nicky.still@newhaventowncouncil.gov.uk](mailto: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.





## DO YOU WANT TO GET FIT FOR 2020?

Underground Gym has redefined the way people view fitness. We specialise in Strength, Functional and Combat Training.

### DO YOU FEEL OVERWHELMED EXERCISING PUBLICLY?

We now offer a studio based timetable for those that like to train in a small group environment. This offers greater privacy and more one to one attention with a personal trainer.

### SMALL GROUP CLASSES INCLUDE:

- Spin
- Movement Mapping
- Yoga & Pilates
- Ladies HIIT Boxing
- Powerwave
- UG HIIT

### ARRANGE A TOUR TODAY:

01273 977 540  
[www.undeground-gym.com/newhaven](http://www.undeground-gym.com/newhaven)

## GYM FACILITIES

- Fully loaded strength zone
- Giant cardio vascular area
- Sauna
- Functional area
- Olympic & Powerlifting zone
- Boxing
- Calisthenics bars
- Fitness classes
- Youth classes
- MyZone
- Small Group Training
- Free on site parking

# UNDERGROUND GYM





Seaford • Lewes • Newhaven • Peacehaven • Ringmer

# GET MORE WITH WAVE

Your UNLIMITED swim, gym and classes membership includes:



1-to-1 Fit Reviews with a coach every 12 weeks



FREE Guest Passes



Wave Rewards



Specialist junior & senior activities



NEW IN 2020: Motivating content, videos & advice

*Did you know that all of Wave's surplus funds are spent on projects that enable health and wellbeing in our communities?*

*'Inspiring Active Lifestyles'*

**waveleisure.co.uk**

f @waveleisure    t @TheWaveLeisure

\*Based on a MAX Membership. Terms and Conditions apply.