



Newhaven *Matters*

Summer 2020 // Issue N° 26

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





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Summer 2020



The last few months have proved sad for many with the Coronavirus having a devastating effect on some of the families in the town. On behalf of myself, my fellow councillors and our officers our thoughts and prayers are with you.

Can I thank all those who work for the NHS and our local care homes for their bravery and commitment, not forgetting the many key workers who have risked their health and lives providing the services we normally take for granted. And to those volunteers running errands, picking up food and prescriptions and organising foodbanks.

Please continue to support our shops, cafes and restaurants who have adapted to changing circumstances despite the risks to themselves and their families.

Despite all the hardships Newhaven has once again shown great community spirit

and none more so than on a Thursday evening when the town reverberates with cheering and clapping for our wonderful NHS and care workers.

And I know that when the pandemic finishes, local residents and this council will once again support the various charities and organisations that have had to cancel their fetes and fundraising activities during this difficult period.

Please stay safe, don't take risks and enjoy this summer in our wonderful town.

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.

Contents

Historical Society	04	Secret Stones	15
VE Day	05	Tides	15
Astro Photography	06	Lewes District Citizens Advice	16
Competition	06	Wildlife	17
Covid-19 Groups	07	Port Access Road	18
Newhaven Festival	08	Youth work carries on	19
Bar at the Bandstand	08	Association of Carers	19
Artwave	09	The Best of Newhaven 2020	19
One You	09	East Sussex Fire and Rescue	20
Nebula Support Group	10	SCDA News	20
Newhaven Wellbeing Centre	11	OurNewhaven	21
Yoga and wellness	12	Food waste recycling	21
The 'Home Art Adventure'	13	Are you an effective leader?	22
Haven Harmonies	14	Newhaven Flood Alleviation Scheme	22
U3A	14	Newhaven Tree Wardens	22
Newhaven Bowling Club	14	St Michael's Church 2020 Celebrations	23



Elphick Road



Norman Road



Norton Terrace



St. Luke's Lane

NEWHAVEN HISTORICAL SOCIETY

VE Day 1945 – Newhaven Street Parties

VE Day - or 'Victory in Europe Day' - marks the day towards the end of World War Two (WW2) when fighting against Nazi Germany in Europe came to an end. On 8 May 1945, Prime Minister Winston Churchill made an announcement on the radio at 3pm that the war in Europe had come to an end, following Germany's surrender the day before.

In the cities, towns and villages across the United Kingdom street parties were

held to celebrate the end of war in Europe.

Most street parties were actually held in the days and weeks after VE Day - most people on the day itself were too busy celebrating wildly to do anything as organised as make sandwiches. But in the days afterwards, communities came together, many of them arranging not just the parties but also little presentations, of inscribed mugs or medals, to children to commemorate the life-changing moment of victory for ever.

Newhaven was no exception: These photographs from the Newhaven Museum archive collection show how we celebrated back in 1945. Some of the streets in the photographs have barely changed, others are now unrecognisable. And you dear reader, do you recognize anyone in the photographs?

Perhaps a relative or even you as a young child.



Murray Avenue

This year of 2020 we find ourselves fighting another type of war which we will win; perhaps we will have our own street parties to celebrate having beaten coronavirus and we can all meet together again.



VE Day afternoon tea in a box, by the Garden Kitchen Co., complete with miniature ration book label



VE DAY STREET PARTIES – 2020!



It was a beautiful sunny day and all over the country people held their own socially distanced street parties on 8th May to celebrate the 75th anniversary of VE Day. Denton resident Tricia Gostock organised one in Wellington Road...

"The idea started when a resident saw a poster on Facebook suggesting people have VE Day 'street parties' in their own gardens. We asked on Facebook for people in Wellington Road to come forward if they were interested; there were about 20 households so we set up our own group, held a few Zoom calls to discuss and all seemed to be in favour.

A quick flyer was made and delivered to all residents by a family on their daily walk.

We put a shout out for raffle donations and had over 25, which on the day we put into a 'house number' draw. And the young girls of the street put on an excellent dance routine. One 89 year old resident made her own bunting in the same way she had for VE Day with her mother, 75 years ago!

The day was a huge success with many saying they cannot wait until we can do a proper one - one day! Apparently my neighbours have lived in the street for 56 years and never had one before!"





ASTRO PHOTOGRAPHY

Many people have found lockdown has given them more time to pursue their interests.

Jim Skinner, Chair of the Friends of Tide Mills shares his hobbies with us.

The first is astro photography which I started about 18 months ago. If we get a good clear night I will often be in my garden taking photographs of the night sky. I am mainly interested in comets (there's a surprising number if you know where to look), galaxies and nebula which are areas of (relatively) hot remnants of super nova (star explosions)

and the birth place of new stars. My level of knowledge/ expertise is "improving beginner" so more learning yet to do, but you can get some very reasonable results from fairly basic equipment.

A good starting point is enthusiasm, a pair of binoculars and a free app called Star Safari which gives a map of the night sky in great detail. These help to start to identify the main constellations and the brighter objects to be seen, with very little cost. There are also various organisations in existence, I started with the Society for Popular Astronomy (SPA) www.popastro.com/main_spa1/ As with all hobbies, how far you take it is entirely up to you!

My second hobby of course is litter picking! As the Friends of Tide Mills are currently out of business my wife and I have undertaken the task of clearing litter along the River Ouse on the east side of the river between Newhaven and Piddinghoe, it gives meaning to our walk and as other similarly minded people will know, is extremely therapeutic! I encourage everyone to give it a go, you will enjoy it I promise you...

Pictured here are two of my photos, one shows a comet (called Panstarrs, right) currently in the northerly sky, the other is a double star cluster, classified as NGC869 and 884 (left).



COMPETITION

How has lockdown and the whole Coronavirus pandemic made you feel? We are inviting you to share your feelings by entering our poetry competition. Before you say 'I can't write poetry' just start jotting down some thoughts and putting them together. You'll soon find your inner creativity starts to flow. It doesn't need to rhyme, unless you want it to, and it can be anything from a simple ode to a humorous limerick. Your composition can be any length, but bear in mind that winning entries will be published in the next issue of Newhaven Matters.

Entries will be judged by a panel of three community members in two categories – adults and children under 12. The winner in each category will win a £25 book voucher, and two runners-up will each receive a £15 book voucher.

Post your entries to Newhaven Town Council, 18 Fort Road, Newhaven BN9 9QE, or email to admin@newhaventowncouncil.gov.uk to arrive by Sunday 19th July. Please fill out and return the details below when you send us your creation, so we know who you are!

Name

Address

.....

Age (if under 12):

Phone no

Email

And just for fun...

Can you spot the deliberate mistake somewhere in this issue? Email us your answer!

These are challenging times for everyone, and we have been really impressed by the way in which the community has rallied to support the more vulnerable members of society. If you need help and don't know where to turn, don't despair – one of the following groups will help you.

Denton Community Support Group

07515 054209

dentonchallenge@gmail.com

We offer support to residents of Denton, Mount Pleasant, South Heighton and Tarring Neville. A team of over 30 volunteers help by collecting prescriptions, being a friendly voice on the phone and shopping for essential items. In the early days of lockdown we were receiving around 50 calls per week and helping over 20 people per week. Although the phone line is quieter now we are still here and will be for the foreseeable future.

In the long term we will be handing back the phone to the Havens Community Hub who will pick up on the longer term support required in the 'new world', whatever that is.

We have been well supported by the Flying Fish pub in Denton who have turned into a 'not for profit' community shop and who offer a delivery service of food locally to residents in need.

We also set up a food bank initially with money from the Denton Community Challenge Fund which was kindly matched by Lewes District Council. However we discovered there was not a need locally for this service so we have recently donated our stock to the Newhaven Baptist Church and SCDA Newhaven food banks who are experts in providing this very busy and much needed service to families locally.



Newhaven Covid-19 mutual aid group

Call or text 07951 936972

newhavencovid-19@outlook.com or Facebook.

If you are self-isolating or shielding Newhaven Community Support are here to help.

We have 3 admin staff and 25 volunteers, offering services such as shopping, picking up prescriptions, or a friendly chat on the phone. We also organise, collect and distribute goody bags and boxes to care homes, the local NHS trusts and other organisations.

Our Facebook group is updated with all the latest local information, such as store opening times, and provides contact numbers for several organisations. We also have a central phone line so we can support people who do not have internet access or social media and we advertise this in local shops, GP surgeries and chemists in Newhaven. We aim to keep our group running post C-19 and once social distancing is over we will hold quarterly drop ins for the people of Newhaven.

Without the selfless acts of donations from local businesses, pubs, shops and members of the community with their time, our team wouldn't have been able to achieve all it has done and offer support to the Newhaven community.

Havens Community Hub

07710 426321

havenscommunityhub@gmail.com
www.havenscommunityhub.co.uk

The Havens Community Hub is a non-profit Community Interest Company (CIC) aiming to inspire a new way of thinking about community projects, support and engagement along the Havens coastal stretch - Saltdean to Seaford.

During the lockdown period, the Hub has changed the way it works and is now supporting over fifty older, isolated or vulnerable people in its area.

Forming a new partnership with FareShare, they are redistributing over 100kg a week of surplus produce that would normally be sent to landfill and have resourced non-perishable tinned foods for local foodbanks serving the area.

They will also be providing a base and free resources for local charities and groups and are helping to launch a new community transport service to enable people to reach medical appointments and return to normal lives post lockdown.





NEWHAVEN FESTIVAL 2020

The Newhaven Festival Team have been planning ways to have community events in August and September that we can all enjoy, following the difficult and isolating times that we have all experienced.

We will be announcing events as they are confirmed but we are concentrating on organising outdoor activities, so people can feel more comfortable about social distancing. So far we have walks, talks, sing songs and music but more is to come!

We will also have virtual Festival activities so if you fancy learning more about

poetry, lampshade making, listening to a story, cooking or drawing do follow us on instagram, facebook or see www.newhavenfestival.co.uk

We had so many messages last year from the community who really liked the Festival map, we have asked local artist Olivia Weller to provide us with a 2020 version and this will soon be available with locations to be advised on the Town Council website soon.

New for this year we will be encouraging people to display artwork or creative lockdown projects in their windows in September. Newhaven, Seaford and Lewes towns will all be doing this and more information about this project again will be on the Town Council and Festival websites. We will be offering online tutorials on how this can best be done. Everyone can join in and be part of a town trail showing Newhaven's creativity!



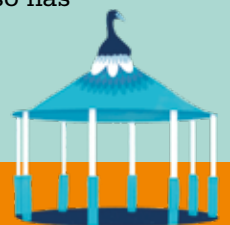
As we all ease back into the world of activity, we are planning our first event at the bandstand. It is called 'Bar at the Bandstand' and the event will be showcasing local food and drink with a background of easy listening music. Come and support local producers and have some fun!

With lockdown gradually easing it is planned to take place on **Saturday August 1st from 12 noon – 7pm**. Tickets will be timed for 2 hour slots to guarantee a good time can be had safely and these will be 12-2pm, 2.30-4.30pm and 5-7pm. The secure area will be for those over 18 only. Tickets are £5 and will be available soon on the Newhaven Festival website www.newhavenfestival.co.uk.

To stay within current government guidelines for hospitality, there will be hand sanitizer on entry as well as a free glass to take through for tastings. Socially distanced, visitors can enter the marquee, meet the producers and chat

as they go but be encouraged outside in line with hospitality rules. Ditchling Gin say they can provide lovely individual bottled measures along with a tin of Folkingtons so you can make your way and pour your own drink! We will provide a mixer station with rosemary (which by chance also has antiseptic qualities).

 Newhaven Bandstand



We think this is the first Gin & Fizz type of event for Newhaven. Do come and have some fun!



ARTWAVE 2020!

www.artwavefestival.org

Artwave, the Lewes District Annual Festival of Artists and Makers is happening again this year with trails open from 5th – 20th September. Artwave gives art lovers the chance to discover new work, meet artists and makers and

promote the wonderful work of our local creative community!

In the light of the Covid-19 pandemic and Government advice on social distancing and events, the dates for Artwave have been put back to the September start date this year. Lewes District Council have settled on the new dates to ensure delivery of a safe and successful festival.

Changes to the format have also been needed and there will only be an online festival brochure available from mid-summer (check artwavefestival.org for release date). As such, changes will also be made to the format so the event may look a little different this year, but it is exciting to be having an

annual celebration of local art and creativity once again in Newhaven, Seaford, Lewes and the surrounding rural areas once again.



ONE YOU EAST SUSSEX

One You East Sussex is the county's free healthy lifestyle service for residents.

The majority of services are still being delivered during the COVID-19 situation, online or by phone. You can access the healthy eating and stop smoking services

by speaking to specialist health coaches on the phone, and the Adult Weight Management service via internet webinars, which are proving to be very successful. Clients also get access to a FREE online gym platform as well!

WE'RE STILL OPEN!

We've changed how we work to ensure that you're still able to access your local services and stay healthy at this time.

We'll be delivering all of our support services in a safe way, with guidance and sessions being provided via telephone, Skype, Zoom and Facebook. Our Stop Smoking services are still posting out NRT to clients who need them.

We also have some great online exercise support coming soon!

You can still refer yourself into our services by visiting our website or giving us a call on 01323 404600 to find out more.

NEBULA SUPPORT GROUP



Coronavirus and the lockdown have inevitably caused an increased number of people to suffer from anxiety and mental health problems. Thankfully, help is available. SCDA run a counselling service (see page 20) and Newhaven Wellbeing Centre tell us what they are doing to support their clients. First, Councillor Heather 'Pinky' McLean tells us about her free support group, Nebula.

I originally started it as a support group for the loved ones of people suffering the disease of addiction. It is something very close to my heart. However, it became very clear to me quite quickly that an inclusive, non-judgmental peer support group just for talking is needed in our community.

'Mental health' is a term that is so widely thrown about nowadays that it is in very real danger of becoming 'white noise'. Don't get me wrong, I like many am eternally grateful that the conversations surrounding mental health have begun and are gaining momentum, but we need to

be mindful that it must not become a term with no value. For every hard and painful story I hear, there is a story of invisible struggle. Both stories are equally valid, but someone who is struggling may mistakenly feel that their issues do not warrant help when there are some who are in greater need. You see, in my experience, lots of people with perceived mental health issues are often among the most sensitive to the feelings of others. To the point that they will offer their help to others to the detriment of their own fragile health. They would sometimes rather help others than seek help themselves.

A group like the Nebula does not discriminate - everyone's story is valid and everyone is welcome. They can come regularly, every now and then or just once. No questions are asked and I always have a cuppa and an ear waiting.

Whatever a person's issue is, the current waiting lists for some counselling are LONG... And not everyone can pay for a private counselling service. Not everyone has access to online counselling. And as I have briefly touched on above, people are also often unwilling to ask for help even when they really need it, especially in a small community. So you can come along and talk and the Nebula will listen in complete confidence or you can come along and help someone else with your experience. What is said in the room stays in the room. If you are thinking "well that's simple?" you'd be right. I would love to see many

Nebula-like groups open in the surrounding areas for the future.

The Nebula is self-funded. Unless I get donations, which sometimes I do from kind and wonderful people (thank you!), I usually pay for the group myself (room rental, tea, coffee, biscuits). I am happy to put my hand in my pocket but donations are always welcome. I normally run the group on Mondays as I work full time hours from Tuesday to Friday.

I am very lucky to be able to do this and will continue to do so for as long as I can.

Everyone needs to talk sometimes. And having someone listen to you in a safe space without prejudice is so very important. A peer led group can support each other, hold each other up and make each other strong.

Strength in numbers. And tea. And let's not forget biscuits too... ;)

Currently, regular members support each other on a private Facebook page, and I have offered to WhatsApp call the members who have reached out. It is an incredibly positive space where we tend to share uplifting quotes and memes.

The Nebula normally meet on Mondays 2pm - 3pm at the Hillcrest Community Centre.

Enquiries to:
funkypinkone@hotmail.com

Facebook:
<https://m.facebook.com/PinkyMcLeanCouncillor/posts/1669728959819018>

NEWHAVEN WELLBEING CENTRE

– still offering support throughout COVID-19

The Centre has been temporarily closed since March 18th, following advice and guidance from the Government.

Since lockdown was imposed, we've had to adapt to different ways of working so that we can continue to support the mental health of our clients through this challenging period. We're pleased to say that we've received really positive feedback from clients about how we have adapted our support during this time.

We are currently offering telephone support and also have a really active Facebook page called 'Southdown Newhaven Wellbeing Centre' (it has a Newhaven beach image). We have done some 'live' check-ins via the Facebook page which has helped our clients stay connected not only to us, but each other too for peer support.

We have also hosted a poetry competition, 'live' quizzes and have delivered the drama group too, all of which have been well received.

Support resources such as anxiety workbooks and colouring pages have also been sent to some clients via email or post, to help them focus on something and to distract from the lockdown.

We are still taking new referrals and there is a downloadable referral form on the Southdown website. Go to www.southdown.org/how-we-help/mental-health-recovery and then click on the page titled 'Wellbeing Centres (East Sussex Community Network)' –

MANAGING CORONA VIRUS (COVID-19) ANXIETY

BlessingManifesting

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

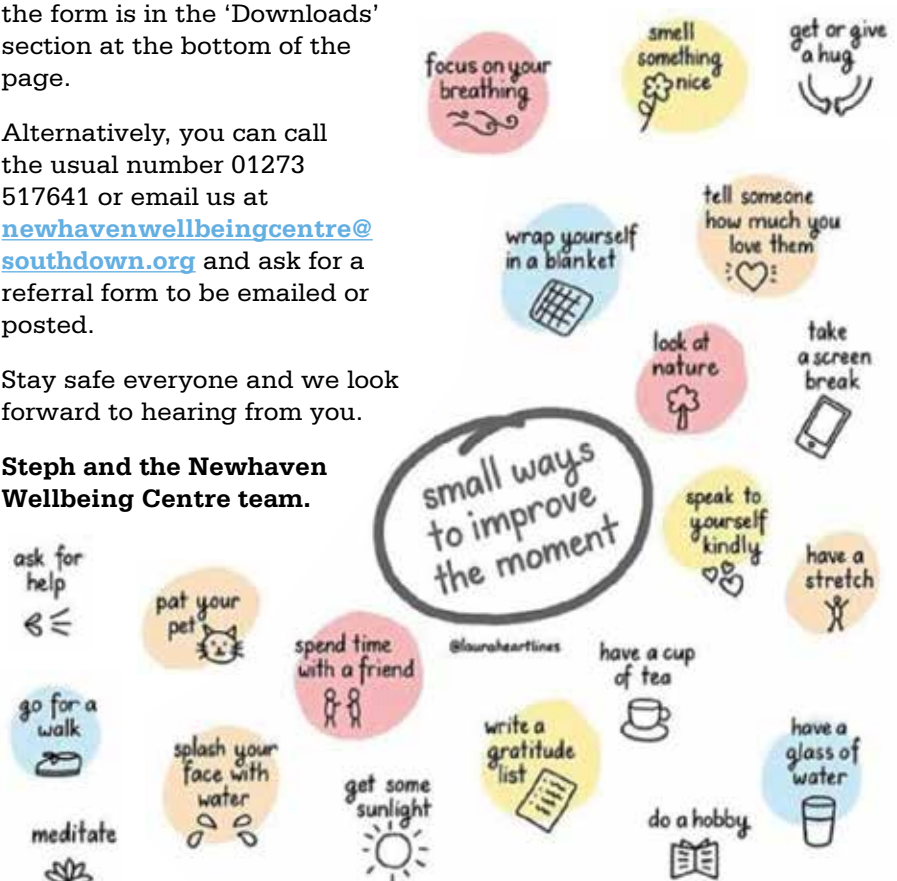
- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

the form is in the 'Downloads' section at the bottom of the page.

Alternatively, you can call the usual number 01273 517641 or email us at newhavenwellbeingcentre@southdown.org and ask for a referral form to be emailed or posted.

Stay safe everyone and we look forward to hearing from you.

Steph and the Newhaven Wellbeing Centre team.



YOGA AND WELLNESS IN A TIME OF RESTRICTION

**By Daniel Martin,
The Practice Space, Newhaven**

As we enter our 4th month of restricted movement, staying active and positive should be in all of our daily schedules. This new world we find ourselves in offers a unique opportunity to give ourselves the care and attention we need.

With leisure facilities closed and lots of practitioners

teaching online there has never been a better selection of daily classes for us to participate in from the comfort of your own home. Many of them are free or offer the option to donate.

At The Practice Space we are doing the same. We are holding two live classes a day via Zoom, one of which is Yoga taught by me and the other is a meditation session taught by Alistair Appleton. Full details of our schedule can be found at www.thepracticespace.co.uk.

These sessions are also filmed and uploaded to The Practice Space YouTube channel. We understand that timings can be difficult and this gives you the opportunity to practice in your own time. Our aim at the start of the confinement was to offer support to our students and to make ourselves as useful as

possible with the skills we have.

Now many of you may think that you are not a Yogi and this is not for you. I would like to challenge this notion and encourage you to give it a go. We are streaming classes for different abilities, our students range from teenagers to eighty year olds. You don't need any special equipment, just you and enough space to move.

Our aim is to help people maintain a connection to their bodies and to stay out of discursive or negative thinking. This is something I know I need at this time. There is so much uncertainty and worry around, but there is also a lot of joy and beauty. We can cultivate our ability to cope with the ups and downs by attending to our physical and mental wellbeing.

I want to share with you a very simple breathing exercise taken from the yoga tradition, called Nadi Shuddhi.



This is one round of Nadi Shuddhi, or alternate nostril breathing. We repeat this cycle for 5 to 10 minutes. We always finish with an exhale through the left nostril. After we finish we sit quietly in meditation, we feel our bodies, the support of the earth and rest in the openness. This is one of many

techniques to bring us out of the thinking discursive mind back to a state of calm relaxation.

I have recorded an instructional video especially for you, this can be found on the website or on YouTube. Just look for the video titled 'Nadi Shuddhi for Newhaven'.

I hope you find this useful. If you have any questions you can email me at daniel@thepracticespace.co.uk.

I look forward to seeing you on the mat.

Take care and stay well.
Daniel



THE 'HOME ART ADVENTURE'

Sessions presented by Carol Havard – Art Techniques

A unique service for schools and community groups - established in 1995

info@art-techniques.co.uk
www.art-techniques.co.uk

The lockdown resulted in many changes for us all. Home school suddenly arrived, as did becoming key workers, being furloughed and working from home.

All Art Techniques groups had to close within a two-week period, which was quite an uncomfortable experience. There was uncertainty over well-loved annual projects as well, such as the Fish Festival, Family Learning Projects and Newhaven Arts Festival. All suddenly fell into question...

The Stay Home message. The vacuum. I compare it to feeling like a bee trapped indoors when it knew it should be outside in the garden pollinating. But no, the virus prohibited it. Then an email... the silver lining. The Newhaven Family Forum, a well-established local organisation contacted me. Could I run some sessions for families home educating?

Within a three-week period with evening Zoom meetings and the use of Messenger the whole project was organised.

The Home Art Adventure was launched

Two free weekly live presentations to inspire families. One to set up projects on Mondays and one on Fridays to feed back on posted artwork, along with questions and ideas. We got the ball rolling with the Formal Elements of Art, Line and Shape, Texture and Tone, Pattern and Colour and then Form and Composition. Above are some of the photos from the families taking part.

All live sessions are recorded and available on the designated Facebook page. To join in go to the Newhaven Family Forum Facebook page and ask to join. The project is funded by Newhaven Enterprise Zone. Sessions can be watched back after the live dates.

Continuous line drawing

Here's something to try at home. Look at an object and draw it without taking the pen off the paper. Try setting yourself a time limit, such as a minute, and draw with a pen so that you aren't tempted to rub anything out. This method gets your eye to hand co-ordination working, and encourages flow of drawing. Here's an example:



LOCAL CLUBS SHARE THEIR EXPERIENCES DURING LOCKDOWN WITH US...



THE UNIVERSITY OF THE THIRD AGE



Who do you think you are kidding Mr Virus if you think this choir is done?! No, we are not done!!

We are a talented bunch who are artists, poets, musicians, photographers, rambblers and gardeners. So we have used our skills and interests to form a Virtual Choir. Members have recorded themselves singing, reciting poetry and performing songs with their own accompaniments.

Our artists and photographers have sent copies of their work and the rambblers and gardeners have sent videos of their walks and gardens. All of these are sent via email to our secretary Vicki; she then sends one of these contributions each day to the choir membership. We have discovered things about each other's interests and talents that we never would have done under normal circumstances. It has in no way diminished us, in fact, if anything it has made us stronger and we'll be back, raring to go, just as soon as it's safe to do so.

So you see Mr Virus we are still together and creating even if we can't meet.

YOU WILL NOT DEFEAT US!!!

U3A is looking after its members by keeping them updated with useful information such as where to get help with shopping and medicines, phoning one another for a chat, even doing their classes together online.

Many of them use computers which they have found invaluable at a time like this. One member said "one of the good things to come out of this lockdown is the time parents have been able to spend playing and enjoying valuable time with their children. Us grandparents only see them on the computer, but at least that's something!"

NEWHAVEN BOWLING CLUB'S MEMBERS CAN'T WAIT TO GET OUT ON THE GREEN AGAIN

We have already worked out how we can play safely with 2m distancing. Being an outdoor activity, bowls is a very healthy and not too demanding exercise and many find they can play into their 90's.

It's a great little club. We have some excellent facilities and one of the best greens in Sussex, down on the Fort Road rec.

We are a very friendly and social club and during the lockdown we have been keeping spirits up with on-line quizzes and social media banter.

The green is being kept in good condition so we will be ready to start once given the green flag by the Government.

For many of our members, bowls is their only form of exercise and their main social activity. We already have a full set of club fun games and competitions scheduled for when play can resume!

When restrictions are lifted and we can meet again socially, we have a lovely clubhouse and bar and we hold fun social events throughout the winter.



If you'd like to find out more please contact Jan Cook, Secretary at jancook@live.co.uk.



SECRET STONES

If you've been enjoying your daily exercise along the path through the nature reserve between Newhaven and Seaford you cannot fail to have noticed the long, long line of beautiful painted stones.

They have brightened many people's day with their rainbow of colours and messages of love and support. Yet another way the community has come together during this crisis! Many of them have been painted by children, who have particularly

enjoyed contributing to the wiggly line. Sadly though some have been so attractive to others that they have been taken, so a reminder that they are there for everyone to enjoy looking at – not to be removed!

Above are some of our favourites.



TIDES

Councillor Bill Giles teaches navigation locally and gives us some insight into the tides

If you want to understand how the tides work start with a little demonstration. Next time you have a cup of tea or coffee take the cup (not too full) and swirl it around. You can see that the liquid rises and falls around the sides in a circular motion but hardly moves in the middle. You have just seen how the North Atlantic ocean swirls around the great space between Europe and America under the influence of the moon and sun.

The moon goes around the earth every 28 days or so and the earth underneath turns every 24 hours. But because of physics and the shape of the

North Atlantic Basin we get 2 tides every day. If it were just the moon's influence the tides would all be about the same height. But the sun also has some influence. So when the sun and moon are lined up (full or new moon) then we get bigger tides, called "spring tides" (nothing to do with the season of spring) which go higher and lower. Locally our spring tides can reach just over 7 metres!

Smaller tides are called "neap tides" - we get a spring tide every two weeks and in between we get a neap tide. The tides also cause there to be a current flowing up and down the Channel up to about a fast walking pace.

If you are sitting on a beach you will see the tide covering and uncovering it. The tide

does not really go in and out, rather it is getting higher or lower. This is important when you go beyond the beach as people frequently get trapped by a rising tide between Seaford and Birling Gap and also at Seven Sisters. This is not a good place to be caught out as under the cliffs is also a bad spot for a phone signal, plus the danger from rock falls.

This is a really good resource to learn more about the tides and how they work: oceanservice.noaa.gov/education/tutorial_tides/tides01_intro.html.

To see what the tides are doing locally: www.ukho.gov.uk/easytide/EasyTide/ShowPrediction.aspx?PortID=0083&PredictionLength=7.

Lewes District Citizens Advice

citizens
advice

"My income has dropped due to coronavirus and I'm struggling to keep up with all of my bills. I rent my house from a private landlord and pay all the usual bills - electricity, water, and Council Tax. How best can I juggle them, and is there any help I can get from the government?"

If your income is reduced because of coronavirus, you should check whether you're entitled to sick pay or to claim benefits. You can check your eligibility for both sick pay and benefits on the Citizens Advice website. If you're already on existing benefits, these might also increase.

If you're struggling to pay rent, talk to your landlord straight away. You should explain the situation and could ask for more time to pay, a temporary reduction in rent, or ask to catch up any missed payments by instalments. If you contact your nearest Citizens Advice an adviser can help you explain things to your landlord. If you can't come to an agreement with your landlord, it's a good idea to pay what you can afford and keep a record of what you offered.

The government passed an emergency law which means landlords have to give you three months notice to end certain tenancy types from 26th March. The court service has suspended all possession action for 90 days from 27th March. This means that even if you have been served a notice for eviction it's unlikely it can be enforced during this time. You can find out more about what to do if you're being evicted for rent arrears on the Citizens Advice website.

If you already claim Housing Benefit, you should tell the council your income has reduced. If you don't claim it already, you might be entitled to help with housing costs from the government.

When it comes to your utilities, you should contact the provider as soon as possible. Depending on the type of bill, they may be able to arrange a payment plan, or have schemes in place for people in financial hardship. You should also talk to your local council, as your income has changed you might be entitled to a council tax reduction.

If you're struggling to pay multiple bills, it's important to sort out what's known as 'priority bills' like energy bills or council tax over credit card bills. This is because the immediate consequences of not paying these things are much more serious. Citizens Advice website can help you with this.



www.lewesdistrictcab.org.uk

01273 007557 (Coronavirus or any unrelated topic) We aim to call you back within 24 hours.



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© Steve Teale



© Peter Varnham,
Friends of Castle Hill

WILDLIFE WATCH

Steve Teale of the Friends of Castle Hill Local Nature Reserve gives some ideas of things to look out for in your garden or when out on your daily walk.

There aren't many positive aspects of the Covid-19 restrictions, but two examples are that the weather has been warm and sunny and this has allowed us to spend time outside in the garden and local countryside, even if only for a limited time each day. Wildlife watching has helped lots of people to get through the crisis a little easier and the good news is that there is lots to see at this time of year. Here are a few examples of what we might find in our gardens and countryside at the moment.

Lots of plants, shrubs and trees are in flower or blossom and this is a perfect opportunity to enjoy the blooms and also the insects that are attracted to them. If you have a Mexican Orange Blossom or some honeysuckle in your garden, their sweet scent attracts a large metallic-green beetle called a Rose Beetle (or Rose Chafer). Where there is holly or ivy growing, there's a good chance that you will also see a Holly Blue butterfly. Paths in damp places with Garlic

Mustard (or Jack-by-the-hedge) might attract an Orange-tip.

If you have a pond or live near to water, keep an eye out for Azure Damselflies. These can sometimes be found basking on things like sycamore leaves. Bees are easily attracted to gardens, especially if you have a wide range of flowers in your lawn. An old mouse hole makes a perfect place for a bumblebee nest. A fascinating way to attract solitary bees is to drill lots of different sized holes between 3mm and 9mm in a piece of wood and hang it in a sunny spot in your garden. You will be amazed how quickly the bees lay eggs in the holes and plug them with mud. Often the bees will sleep overnight in the holes.

There are lots of birds to look or listen out for. Some migratory birds have recently arrived from overseas, including Swallows and Swifts, and Cuckoos can be heard too, especially in the river valley, where they lay their eggs in the nests of other birds. If you look up into the sky you might be lucky enough to see birds of prey such as Red Kites, Buzzards or even a Peregrine Falcon amongst the Swallows.

One of the finest sounds at the end of each day is the Blackbird's song. If you sit

in your garden to enjoy the chorus of birds at dusk, you might also see some Pipistrelle bats circling above as they hunt for moths. If you live near a wood or field a Roe Deer might even make an appearance. These seem to have become bolder during the lockdown because there are fewer people outside.

Finally, a great way of sharing your wildlife discoveries with other people during the lockdown is to add your records and photographs to the iRecord website (www.brc.ac.uk/irecord/) and to Facebook groups such as the Greenhavens Network and the Sussex Wildlife Trust Nature Table. If you are looking for some inspiration, why not search for some Citizen Science opportunities at www.ceh.ac.uk/citizen-science? By sharing your records you will help improve the understanding of the wildlife around us.



© Steve Teale



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



AN UPDATE FROM THE PORT ACCESS ROAD TEAM

Firstly from everyone here at the PAR team we hope everyone reading this and their families are safe and well in these strange times.

Dealing with COVID-19 on site has been extremely challenging, as it has been everywhere, but we have managed to maintain our operation while strictly adhering to Government and industry guidance. We have made good progress throughout the last quarter as is evident by the installation of the bridge beams back in

March after the winter weather finally abated. This operation went to plan and all the beams were installed on time. If you are interested please visit the BAM Nuttall YouTube page for a good video of the beam installation.

Since then the construction of the bridge deck has commenced and is making good progress with most of the concrete now poured. The road construction is also making good progress with the embankment construction now finished and 75% of the

road now having base layers of asphalt applied.

Landscaping and finishing works are now starting with the completion date in the autumn fast approaching.

If you would like more information please look out for our information boards on the footpaths around site. You can also contact us at newhavenpar@bamnuttall.co.uk or on 01651 267007.

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
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Has your tax bill made your hair stand on end?

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 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



THE BEST OF NEWHAVEN 2020

Competition for local photographers – now in its fifth year!

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

This year the categories are slightly different to previous years and they are:

- River and port • Cliffs and beaches • Green spaces • Buildings • Events • Wildlife • Weather • Work • Fun • 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.

Amateur photographers only please. All photos must be in high resolution and **landscape** format. You may enter more than one category, but only **one** photo in each category. If you have entered in a previous year you must not re-submit any previous photo. By submitting entries, you are deemed to be giving Newhaven Town Council permission to use your photo(s) on a banner and for any 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 6th September 2020.



YOUTH WORK CARRIES ON

Sara Alexander, Centre Director, Newhaven Youth For Christ.

Youth work run by Newhaven Youth For Christ on Thursday evenings at Shakespeare Hall and Sunday evenings at St Michael's Church hall has obviously had to be paused during the Coronavirus outbreak. But the work with young people in our town continued! Youth workers Sara, Sam and DJ continued to run youth work sessions online via Zoom for young people who wanted to connect in this way. They also offered online one to one mentoring for young people. Unfortunately our annual camp at Plumpton Race course with young people from across Sussex on the second May Bank Holiday weekend was cancelled due to the Covid outbreak but seminars, challenges and talks for young people continued online on 23rd and 24th May and those who usually attend were still able to join in and enjoy the event, if not in person.

Youth workers also continued to send young people encouraging cards and chocolate in the post reminding them that they were not forgotten. Some young people really struggled with the isolation that the situation brings.

At the time of writing, we don't know when our face to face youth work will be allowed to re-open. It is very hard to see how you can socially distant young people at a youth club playing sports, doing activities such as crafts and board games and playing dodgeball! Youth work may need to change in its nature but we are still very much here!

For further information please go to www.newhavenyfc.org.



East Sussex charity Association of Carers are available to provide free support and advice to unpaid carers in the Newhaven area. The charity has been keeping in regular contact with the people they support via telephone, as well as using Zoom, providing a space for carers to keep connected. If you are a carer and think you might benefit from some additional help then get in touch with the charity on 01424 722309, or email them on info@associationofcarers.org.uk.



EAST SUSSEX FIRE AND RESCUE SERVICE OFFER ADVICE AND SMOKE ALARMS FOR VIRTUAL HOME SAFETY VISITS

Social distancing measures mean that for now home visits will be limited to the most vulnerable within the community but phone advice is available for all residents.

To reduce the risk to you and our staff, we can now carry out special virtual "visits" over the phone where we can talk to you about the fire risk in your home, after which we may:

- Post you further information leaflets and/or
- Post you smoke alarms to fit yourself or
- If the risk is high and no one in your home is able to fit a smoke alarm we will take

protective precautions and fit a smoke alarm for you in your home.

Please feel free to contact us on behalf of a friend or relative, but we would just ask that you get their permission first and let them know that we will ask them a number of questions.

If you would like to find out more about a Home Safety Visit, you can either:

- Call us on 0800 177 7069
- Complete and return a Home Safety Visit Request Form, which should be sent to Homefire.Safetyvisits@esfrs.org.

A member of our Community Safety Team will then be in contact to arrange a suitable time for a telephone chat. They will ask a few simple questions regarding your property and the occupants, which will then help us determine how we will assist.



SCDA NEWS

SEAHAVEN FOOD BANK

The foodbank is busier than ever and is operating a delivery only service in the area. A GoFundMe fundraising page has been set up for anyone wishing to make a financial donation to the foodbank. Please follow the link or call 01273 516032: www.gofundme.com/f/seahaven-foodbank.

COUNSELLING SERVICE

We provide an accessible and confidential affordable counselling service within the local community. Our aim is to support adults (16+) who are feeling low, worried or distressed for many reasons including life events, physical difficulties, anxiety and stress, loneliness and isolation.

01273 519108

www.sussexcommunity.org.uk

ACTIVITIES FOR YOUNG PEOPLE

The Youth Team are offering a virtual service for young people, including youth groups, wellbeing groups and one-to-ones. Activities and resources can also be found on the following Facebook pages:

The Hut Youth Club – for children aged 8-11 years

Newhaven Youth Club – for young people aged 12+ years

Denton Youth Club – for young people aged 11+ years

Newhaven Youth Well Being – a group for young people 11+ to join for resources on positive wellbeing work.

Email: youth@sussexcommunity.org.uk



It began in September 2007 with local and regional funding. Run by a small and enthusiastic team of local volunteer editors, the project started with just a handful of pages with images from local organisations and Newhaven Museum. In the past twelve and a half years it has grown steadily and now has hundreds of pages and thousands of images, many of which are exclusive to the Our Newhaven website. Some of the team have moved on to other things over the years and we thank them all for what they have done. We should give a special mention to Sylvia Woolford, who was at the helm for many years before handing it over to me a while ago.

We run photo scanning sessions at venues like Newhaven Library and Paradise Park, and attend local events such as the Fish Festival and Lifeboat Fete, where we display albums of photos from the website.

We have been featured on local radio and are pleased to have been able to help local organisations with various projects. For example, we supplied photos and information to Newhaven Museum for their 2014 exhibit celebrating the 50th Anniversary of the car ferry service and to the local Fire Service for their new premises in Meeching Road.

Some of our photos are available for sale. We can supply 6x4 prints of many images and digital images in a higher resolution than you see on site - contact us for more details.

If you would like to join our team, to help run the site and attend our events, we would love to hear from you! The more members we have, the more we can do. The photo shows us at a recent, very busy, scanning session at Paradise Park.

Finally, we have to give a huge vote of thanks to Newhaven Town Council for their wonderful support in covering our web hosting costs, as well as helping us buy a gazebo, display table and banner for our outside events.



You can add your photos and memories to the site yourself – it's quick and easy to do – or you can email them to info@ournewhaven.org.uk Our usual 'drop off' service at the Town Council offices is suspended at the moment.

FOOD WASTE RECYCLING

Recycling is more important now than ever, and under normal circumstances residents who recycle their food waste could come down to the town council offices to collect free compostable food waste liners.

With council offices closed for the time being, and some residents unable to get to the supermarket to purchase liners, Lewes District Council

are helping you to recycle as much as possible by delivering your next roll of compostable liners straight to your door and completely for free.

If you haven't signed up for food waste collections yet, you'll receive your first roll of liners along with your food waste caddy when you join the scheme. All the food waste collected is composted down locally to be used by farmers and gardeners. Sign up or order your next roll of liners at lewes-eastbourne.gov.uk/foodwaste.



ARE YOU AN EFFECTIVE LEADER? COULD YOU BE BETTER?

Improve your business leadership skills and be in with a chance of winning a £1000 grant delivered under Edeal's brand new LEAP Entrepreneurial Leadership Programme – fully-funded by the ERDF and Lewes District Council, so there's no charge to you.

Apply now!

Registration for the 2020 programme, with workshops commencing in June, is now open via www.yourleap.co.uk so head over to get involved and make the most of the free business support services on offer!



NEWHAVEN FLOOD ALLEVIATION SCHEME

The Environment Agency's £17.5 million scheme in Newhaven is nearing completion.

A planning application has been submitted to Lewes District Council for the construction of a reinforced concrete wall and rail infrastructure works. You can find details at <https://planningpa.lewes.gov.uk/online-applications/search.do?action=simple&searchType=Application> reference LW/20/0254.

For further details visit www.gov.uk and search 'Newhaven', or call 03708 506506.



NEWHAVEN TREE WARDENS

Newhaven Tree Wardens tell us how they are helping keep Newhaven green and leafy.

Earlier this year the Tree Wardens - with the help of some kind residents and in partnership with James Newmarch of East Sussex Highways - carried out tree and shrub planting at two sites in town. You may have seen them, one on Drove Road opposite McDonalds and one at North Way between the bridge to Denton Island and the swing bridge – pictured right.

They are all now in leaf and doing well. We have been keeping them all watered -

while social distancing - with the help of some local residents and Bonny's Wood. If you're passing by any of these trees or shrubs while out on your daily exercise, please consider taking along a bottle of water, or two if you can manage, to help us keep them all looking their best as the warmer and drier weather arrives.

We also planted the first of our Front Garden Scheme trees. If you would like a tree planted in your front garden - for a small contribution - please contact us at: BN9Trees@hotmail.com. We offer a selection of suitable trees for you to choose from and we will even plant it for you!

Once we are back up and running as normal we will be planting some disease

resistant elm trees in various sites around town in the Autumn, and we will hopefully be welcoming two new volunteers to join our ranks. If you too are interested in becoming a Newhaven Tree Warden, please email us at BN9Trees@hotmail.com.





ST MICHAEL'S 900 YEARS

St MICHAEL'S, NEWHAVEN

During 2020, St Michael's Church in Newhaven is celebrating 900 years since the original church was built. Their planned events have had to be cancelled or postponed, but this hasn't stopped them and they tell us here how they have adapted to the changes forced upon them.

A timeline of 900 years

Martyn Edwards has set up a timeline along one internal wall of the church. The timeline seeks to illustrate the development of church and

town alongside each other. Here is a taster from Martyn, until you can visit the church and see it for yourself...

William de Warenne, who governed this local area on behalf of William the Conqueror, gave four acres and two mills for a church to be built in Meeching. As Meeching became Newhaven and grew in population so the church building was altered and enlarged.

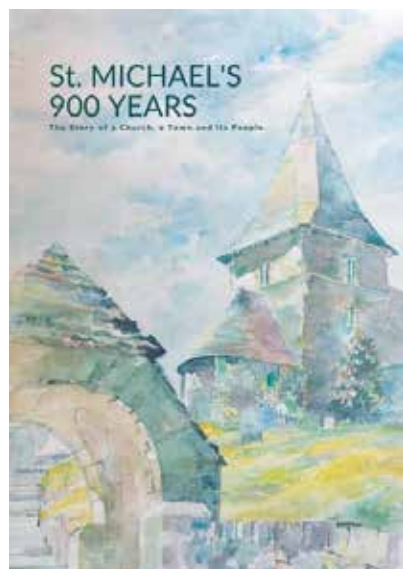
My difficulty in creating the timeline was: what should go on it – and what should not?!

The most impressive memorial in the churchyard is that to the 104 sailors who lost their lives in 1800 when HMS Brazen went down in a storm. The first Newhaven lifeboat went into service in 1803. Which goes on the timeline – or should both appear?

Now that the timeline is finished and on display, reactions to it will be interesting! There are many more photos beneath the timeline in St Michael's. Come and have a browse – when you are allowed to!



Photos by Hilary Musk



The story of a church, a town and its people

We at St Michael's are celebrating our 900th anniversary with a fully illustrated book which charts

the story of the church, the town and its people, from the Norman invasion to the present day.

There is the story of the legendary brewer Thomas Tipper, the tragic sinking of HMS Brazen and the Dieppe Raid, plus how Newhaven came to have its own lifeboat and how the fort was built to defend a possible invasion from Napoleon. Alongside this are interviews with local people, each of whom have their own story to tell and whose lives make our town the special place it is today.

The book will be on sale through local shops and other venues within the next few weeks, with proceeds going to Newhaven Food Bank and the church.

An invitation to all local artists and creative people of any age to create something inspired by St Michael's Church

Please create a piece of art or craft or poem inspired by the church to help us celebrate our 900th anniversary this year. We will exhibit it at the church during Artwave in September.

Please contact Hilary Musk if you are planning to create something!

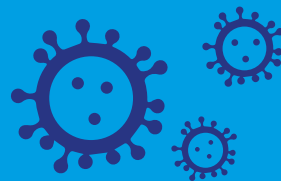
hilaryamusk@gmail.com
07907 229737

Familiar Faces in Newhaven

Please look out for large photos of local people which will pop up around the town centre during Artwave!

Coronavirus: need help?

Support for everyone in East Sussex



If you are struggling to cope with the effects of coronavirus, your community hub may be able to help. **No one in East Sussex will be left on their own.** But some people may be able to get the support they need from family, friends or neighbours instead.

Get in touch with your community hub if:

You're struggling to cope with coronavirus because you're alone, worried, unwell, short of money or can't get medicine, food or other essentials

AND

There is no one living near you who you know and can trust to help

Get in touch with your community hub if:

Your GP has contacted you to say you have an extreme medical condition and you are getting food delivered to your home while you shield yourself for 12 weeks

AND

There is something else you need

Consider NOT getting in touch with your community hub if:

You have family, carers, friends or neighbours nearby who you can trust and rely on to help you (and who are not vulnerable themselves)



Contact your community hub:

Eastbourne

01323 679722

www.lewes-eastbourne.gov.uk/requestsupport

Lewes

01273 099956

Hastings

01424 451019

www.hastings.gov.uk/my-council/covid19/help

Rother

01424 787000, opt 4

www.rother.gov.uk/community-support

Wealden

01323 443322

my.wealden.gov.uk

If you would like to request this information in a different language or format contact escccovid19enquiries@eastsussex.gov.uk

Safer Homes

Garden bonfire advice during Coronavirus pandemic

East Sussex Fire and Rescue Service is asking people not to have garden bonfires.

Neighbours and the more vulnerable members of our community who are self-isolating need to get fresh air into their homes.

While there are no laws against having bonfires, there are laws for the nuisance they cause. A more responsible approach would be to compost, or recycle, your garden waste until local recycling centres re-open. These are not only safer options, but are also better for the environment.

HOUSEHOLD WASTE

It is an offence to burn household waste and anyone who does so could face prosecution.

Find out more at:

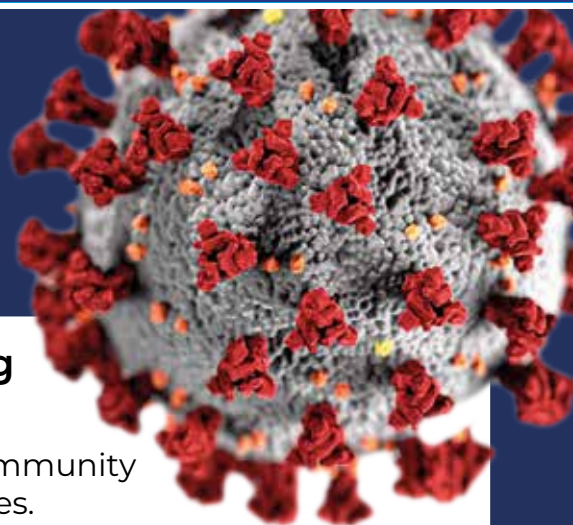
<https://www.gov.uk/garden-bonfires-rules>

FLY-TIPPING

There has been an increase in fly-tipping of waste, which is a chargeable offence.

Report it immediately to your Local

Authority at: <https://clearwaste.com/>



East Sussex
Fire & Rescue Service

www.esfrs.org