



Newhaven *Matters*

Autumn 2020 // Issue N° 27



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





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Autumn 2020



At the “virtual” Town Council Annual Meeting held in August my fellow councillors voted me in for Mayor for a fifth term of office. I would like to thank them and will endeavour to work hard for our wonderful town and its people.

Despite Coronavirus the community spirit has not diminished in our town and volunteers are still running

errands, doing odd jobs, picking up food and prescriptions and organising foodbanks.

Although certain regulations have been relaxed and children are going back to school I urge residents not to forget that the pandemic is still with us and we cannot relax. Once again can I thank those NHS workers, those working in the care industry and those key workers who have risked their lives providing services we often take for granted.

Please continue to support our local shops, and try to support our local charities who have struggled through lack of fundraising events during this difficult time.

On a positive note it looks like the town will hopefully receive

several million pounds in grants which could see the UTC building, the Railway Quay and other sites regenerated. Our vision is clean, green and maritime jobs for local people and we will continue to work hard to achieve that.

This year we had scaled down versions of VE/VJ Day and also the Dieppe Raid Commemorations. It was sad that we were unable to have the normal resident numbers but we will never forget those that gave their lives for us. I know they will always be remembered in the hearts of the people of Newhaven.

Stay safe.

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

Seahaven Responders	04	Newhaven Gig Rowing Club	14
Councillor James MacCleary	05	Newhaven Historical Society	15
The Dockers are back on the pitch	05	News from The Hillcrest Writers	16
Poetry competition winner	06	Hillcrest Centre News	17
Young Mayor's term extended	06	Port Access Road	18
Town Council meetings	06	Newhaven Twinning Association	18
Newhaven Art Club	07	Havens Community Hub	19
A Cry for the NHS	08	Haven Harmonies	19
Regeneration in Newhaven	09	Newhaven Remembers	20
Newhaven Festival	10	Pilates	20
Artwave	10	Grants Available for Local Organisations	21
Bandstand Events	11	Face Masks	21
St Michael's Church	12	Newhaven's secret sandy beach	21
The Tide Mills Project	13	What's on	22
Newhaven Tree Wardens	13	Keeping safe from coronavirus	24
Lewes District Citizens Advice	14	SCDA	24



SEAHAVEN RESPONDERS

OUR LOCAL LIFESAVERS

Seahaven Responders are a team of volunteers living in the local community who work alongside South East Coast Ambulance Service (SECAmb) responding to emergency 999 calls. Team members respond in their spare time or whilst at work and are despatched by the SECAmb control centre at the same time as an ambulance; living locally they can provide a much quicker response in an emergency situation. Each year the team volunteers in excess of 2000 hours and responds to over 600 emergencies. Team members use their own vehicles to respond to all calls.

Resuscitation Council data shows that each year in the United Kingdom there are approximately 60,000 cases of suspected cardiac arrest; currently less than one in ten of these patients makes a full recovery. The early initiation of Cardiopulmonary Resuscitation (CPR) can increase the chances of survival significantly and defibrillation within 3 to 5 minutes of collapse can produce survival rates of over 50%. Each minute of delay to defibrillation reduces the probability of survival by 10%.

All responders are thoroughly trained and undertake regular assessment to ensure their competence is maintained. Each responder is issued with a comprehensive medical kit including a defibrillator allowing them to undertake potentially life-saving treatment often before an ambulance arrives.

Even though SECAmb provide training and support to all responders the funds for equipment, uniform and the team vehicle (a 4x4 vehicle used to transport personnel and equipment) all have to be raised through local fundraising events and initiatives. It costs approximately £3000 to fully equip each team member; this includes a defibrillator, kit bag, medical observation equipment, vehicle signs and uniform.

Automatic External Defibrillators (AED) can be used by anybody without any specialist training; as soon as the defibrillator is turned on it will provide instructions to the user and guide them through the whole process.

There are a number of Public Access Defibrillators located throughout Newhaven and the location of these defibrillators can be found on the responders website seahavenresponders.org Seahaven Responders can also offer training in CPR and the use of AEDs to community groups.

Would you like to become a community first responder?

You must be able to volunteer for a minimum of 20 hours each month, attend monthly training sessions, have your own vehicle, pass a DBS check and be willing to attend a 5-day training course. Additionally you will be expected to support the team in undertaking public education and fundraising events. If you wish to join Seahaven Responders you will need to apply through the NHS recruitment page at www.jobs.nhs.uk.

To find out more about Seahaven Responders please contact the team at info@seahavenresponders.org.

Councillor James MacCleary

Lewes District Council's first Leader from Newhaven!

People are often surprised when I say that I'm the first Leader of our District Council in its history to live in Newhaven. When I was elected to the council last year I wanted to bring a renewed spotlight on our town and its priorities. I think Newhaven is a brilliant place to live and work, but the town has been treated badly over the years and it is time to change that.

There are lots of reasons to be positive. A few weeks ago I was able to announce that the District Council had secured

£1.3 million of funding to bring the former UTC building back into use over the next 18 months. Occupation of shop space in the town centre has increased substantially, we are working with partners to put together a bid to government for up to £25 million from the 'Towns Fund' and people are really focusing on Newhaven's future.

Some people seem keen to talk our town down, but, in my view, that doesn't help anyone. There are bags of potential in Newhaven and, as Leader



of the council, I am excited to work with residents to build a fairer, brighter future for our town.



THE DOCKERS ARE BACK ON THE PITCH

Newhaven Football Club welcomes the community to its headquarters in Fort Road

The club hopes everyone in the community is well in these strange times. It's been a busy summer for the football club as we prepare for the season ahead. Improvements have been made to the Trafalgar Ground at Fort Road, there is a new stand opposite the main stand, new toilet facilities, and the car park has been cleared and is now usable (meaning less traffic on Court Farm Road). Our youth section has its own changing rooms and

a youth cafe has now been opened in the old clubhouse, open on match days for tea/coffee and food.

The club now has 21 teams affiliated; 5 senior teams and 16 youth teams covering football for men, women, boys and girls, something we are very proud of. The men's first team play on Saturdays at 3pm, the ladies first team on Sundays at 2pm, the men's under 23 team on Mondays

at 7.45pm, the under 18's on Sunday at 11am and the ladies development squad on Sundays at 2pm. The youth games take place on Sundays. Why not come along to a game? You'll be supporting a local club and will be made very welcome.

Take a look at our website: www.newhavenfc.co.uk for further information on the club and fixtures.



POETRY COMPETITION WINNER

The winner of the competition in the summer issue of Newhaven Matters was Vanessa Lear.

Vanessa was delighted to receive her prize of a £25 book voucher, presented to her by the Mayor.

Here's her poem:

The start of 2020
Began as a wonderful year
Then along came a virus
Which filled us with fear

Many months of lockdown
With people that care
Shopping and clapping
Showed that someone was there

Now with some freedom
Please be aware
Don't take any risks
And we will get there.

YOUNG MAYOR'S TERM EXTENDED

Being elected at the end of 2019, Newhaven's Young Mayor Ted Packham had great plans for his year in office; in particular wanting to raise money in support of young people's mental health. Unfortunately, as in so many cases, Coronavirus put a stop to his plans, and therefore the Town Council decided to extend his term in office so that he could actually achieve what he set out to do.

With the Coronavirus restrictions gradually being relaxed across the UK, Ted will now have another chance

to fulfil his plans, and here he is receiving his official badge of office from Town Mayor Councillor Graham Amy. Let's hope the year ahead has better things in store for Ted and for all of us!



Town Council meetings

Normally, members of the public are welcome to attend town council meetings. And they still are – but during the pandemic meetings are being held online. The following meetings are planned for this quarter. Keep an eye on our website for news of each meeting coming up, with the date and time and a link to join via MS Teams.

Tuesday 6th October

Planning & Development Committee

Tuesday 13th October

Full Council

Tuesday 27th October

Planning & Development Committee

Tuesday 3rd November

Regeneration & Strategic Development Committee

Tuesday 10th November

Promotion, Partnership & Finance Committee

Tuesday 17th November

Planning & Development Committee

Tuesday 24th November

Environment & Amenities Committee

Tuesday 8th December

Planning & Development Committee

Tuesday 15th December

Promotion, Partnership & Finance Committee



NEWHAVEN ART CLUB

Newhaven Art Club have continued to be busy throughout 2020. Although their live annual exhibition at the Crypt in Seaford was cancelled, they transferred to an online exhibition with over 100 artworks. Club members also ran a stall at Newhaven's "Bar at the Bandstand" to showcase some of their work.

The club programme of Monday afternoon fun live painting meetings recommenced at Peacehaven Evangelical Church in September with a full schedule of socially distanced meetings for autumn/winter.

Members work in different media – watercolour, oils, acrylics, pencils, pastels etc. and come from all over the surrounding area. You don't have to be a Davinci or a Hockney – you'll find everyone very encouraging, giving you confidence to express yourself in art.

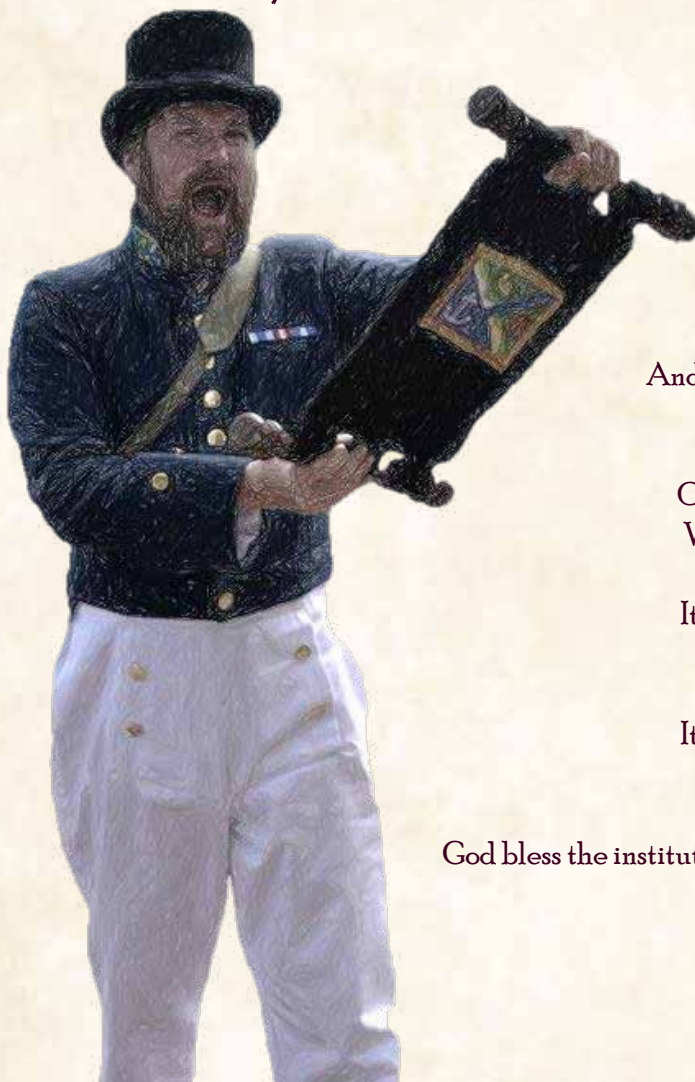
Many members have found that art is a great comfort and pastime for them over the past year.

Why not think about joining; new members are very welcome. See the club's website for more details at nartclub.webs.com or ring Dawn Wells (chairperson) on 01273 516792.



A cry for the National Health Service

Hear ye! Hear ye!
/



Town Criers, wherever you may be
Shout for brave workers in our country.
Who, in our darkest peace-time hour,
Never stop, and never cower.
The tireless heroes of our N.H.S.
Who, in vicious times, are humanity's best.

Let's raise our voices here, all gather round,
To give thanks to these heroes in every town.
That caring army, never faulting,
Never failing, never halting.

Since nineteen hundred and forty eight
Our N.H.S. has been a jewel in this State.
And when the virus arrived here on these shores,
Our N.H.S. stepped bravely up to the cause.

Our health system, which was born out of war,
Works hard in this battle, and fights for us all.

Its clinicians and cleaners and carers and staff
From cradle-to-grave, remain in our hearts.

Its clinicians and cleaners and carers and staff
From cradle-to-grave, remain in our hearts.

God bless the institution and staff of the National Health Service.

God Save the Queen.

Jason Ede, Newhaven Town Crier.

Newhaven Town Crier

Here's our Town Crier's Cry for the NHS that went out during lockdown on Facebook. We thought we would publish it here as many people will not have seen it.

Don't forget that the Town Crier is available for events in the town. Just call the town council on 01273 516100 or email admin@newhaventowncouncil.gov.uk to enquire about booking him.



Indicative sketch
©Scott J Currie @ Architecture of Calm

ACCELERATING REGENERATION IN NEWHAVEN

Newhaven is in line for exciting new developments, after Lewes District Council successfully bid for new Government funding.

As part of the Towns Fund initiative which includes representatives from Newhaven Town Council, Maria Caulfield MP, Lewes District Council, East Sussex County Council and a wide range of business and community groups, Newhaven has been awarded £500k to develop a new café, cycle hub

and information point on land at Railway Quay, adjacent to the former UTC building. LDC is currently awaiting receipt of the funding, but is working to prepare a planning application and anticipates project completion for Easter 2021. It is intended that the scheme will be a 'meanwhile use' for up to five years, with the success of measures being reviewed regularly to ensure that the facilities serve the community – as well as visitors – effectively.

Lewes District Council has also secured funding from the Government's Getting Building Fund to bring the former UTC back into active use. Works will commence next year to convert the building to offer a range of training, commercial space and public services to ensure a sustainable future for such an iconic landmark in Newhaven.

More information will be provided on the detailed plans for the former UTC in a future edition of Newhaven Matters.

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

Are you hiding from your tax & accountancy problems?



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
Phone: 01273 512749
Email: 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



NEWHAVEN FESTIVAL 2020

As you read this Newhaven Festival and Artwave will have started. This year the Festival event offerings are fewer as the Town Council must adhere to event restrictions that are in place, to keep the community safe and healthy.

Visit the www.newhavenfestival.co.uk to find out what is on and book your place

ART
WAVE

5TH - 20TH SEPTEMBER

ARTWAVE

Enjoy art in studios and gardens this year while supporting the wonderful work of our creative community.

The following venues are open locally:



Chris Lewis
South Heighton Pottery



Nick Bush
Shepherds Hut, South Heighton



The Old Forge,
South Heighton



Architecture of Calm,
Hampden Arms, South Heighton



Susan Ashworth
Open Studio, Denton



Familiar Faces Around
Newhaven, High Street



The White Rose Workshop,
Meeching Road

For more
information visit
[www.
artwavefestival.org](http://www.artwavefestival.org)

THE MUSEUM OF ORDINARY PEOPLE

The award-winning Museum of Ordinary People (MOOP) is coming to town! MOOP is a Brighton-based pop-up museum that works with people who have collections of objects - things like diaries, photos, documents, belongings - that they have an emotional connection to and that tell a story. They plan to come to Newhaven in October.

A display has been sitting in the window of 35 Meeching Road, home of artist Victor

Stuart Graham, telling the story of how a discovered treasure trove in a Brighton flat prompted Jolie Booth, Director of MOOP to create the pop-up museum.

With your help they will create an art walk in Newhaven where the audience will follow a trail in participants' windows.

Do you have an object or a collection of anything that tells a story about a person's life? Through a short series of free online workshops, you will learn about museums, curating, and how to make a mini-museum in your window.



If you would like to be involved please email museumofordinarypeople@gmail.com or visit the website www.museumofordinarypeople.com.



1ST AUGUST

THE BAR AT THE BANDSTAND

On 1st August, the first Newhaven Gin and Fizz Market took place on Denton Island, in glorious summer weather.

There were a range of local food and drink producers as well as a makers' market, while background music was

provided by a DJ and guest bands which help set the scene for a laid back (and social distanced) event.

Feedback from those attending was very positive, so we hope to do it again next year and the market will form one of many events that will take place at the bandstand in the warmer months of the year (and as event restrictions are relaxed and allow!).



19TH DECEMBER

CHRISTMAS AND THE RETURNING OF THE LIGHT

For the third year running there will be the opportunity on the last Saturday before Christmas to stroll over to the bandstand on Denton Island, sing carols and get to feel all Christmassy! To remind us that the light will soon start to return, bring a lantern. We also hope to arrange some opportunities for lantern making and details of these will be on the Festival website in the autumn.

This year we will have a new Christmas tree on the Island.

Sussex Volunteer Crafters have reminded us that this year has been especially challenging and poignant and that Christmas is a time to reflect on those we think of and love. They will be making crafted tree decorations on which you can write a message for a loved one, with the message if wished being included in a book of remembrance.

The suggested donation for each decoration is £1.50 with money raised going to local charities.

If you would like to purchase a decoration or require further information please email: esscharitycrafters@gmail.com or www.facebook.com/Sussex-Volunteer-Crafters-request-page-103015601496930.

5TH DECEMBER

THE SNOW QUEEN IS COMING TO NEWHAVEN!

Local professional theatre company 'Frankly Speaking Productions' are bringing their adaptation of Hans Christian Andersen's 'The Snow Queen' to Newhaven, on 5th December.

There will be three outdoor performances at the Bandstand of this fairytale, which has been condensed into a 30 minutes show of contemporary dance, the spoken word and music to tell the original story. It will happen in rain or shine... though a sprinkling of snow will increase the magic!

Look out nearer the time for notice board posters and details on the Council's website for timings of the three performances.

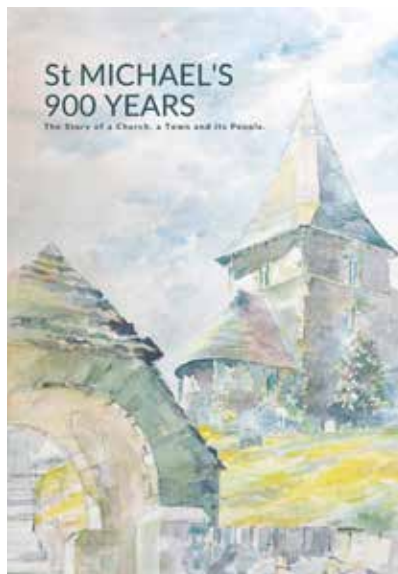


ST MICHAEL'S 900TH ANNIVERSARY

ST MICHAEL'S, NEWHAVEN

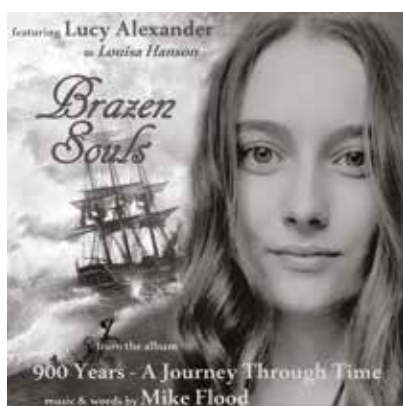
BEAUTIFUL, ILLUSTRATED BOOK

The 'Familiar Faces' exhibition in the town centre with a trail and quiz ends on 20th September. A book - St Michael's 900 Years - is currently on sale at various shops - including the Newhaven Coffee House, Newhaven Pharmacy and the second-hand bookshop, 32 Seconds. Any profits from sales will go to St Michael's Church and Newhaven Foodbank. The book also includes photographs and interviews with many of those featured in the 'Familiar Faces' exhibition.



FILM PROJECT

A short film telling the story of one of Newhaven's greatest tragedies will be premiered on YouTube at the end of November.



In January 1800, Britain was at war with France and HMS Brazen was patrolling the coast between the Isle of Wight and Beachy Head. In the early hours of 26th a storm began to rage and the Brazen was forced onto rocks just west of Newhaven. Despite valiant efforts to rescue

the men all but one, a non-swimmer named Jeremiah Hill, were lost. The town's shock at the scale of the tragedy led to money being raised for a lifeboat, some 20 years before the creation of the RNLI.

A memorial to the 105 men lost still stands in the churchyard of St Michael's Church and a service takes place there on the last Sunday of every January.

The film is funded by an Arts Council National Lottery Project Grant and is based around a piece of music and narration written by Mike Flood especially for the church's 900th anniversary this year. It will tell the story from the perspective of the captain's young wife, Louisa Hanson, and reimagines the events of that fateful night through a combination of live action and shadow puppetry. The role of Louisa is being played by local actress, Lucy Alexander, who reprises her role for the film, and the



NEXT EVENT: OPEN CALL ART EXHIBITION!

Also going ahead during this anniversary year is an open call art exhibition to be held at St Michael's Church and hall in November. Artists and craftspeople are invited to create a piece inspired by St Michael's inside or out, past or present, from any angle in any medium! If you would like to participate please contact carolebuchan20@gmail.com or hilaryamusk@gmail.com, they can arrange for you to go inside the church if you would like to.

puppets will be designed and made by Newhaven artist Liza Stevens. Details of the date and time of the premiere will be published on the project's Facebook page www.facebook.com/Newhaven900Years or you can email Mike on newhaven900years@gmail.com for details. The premiere will be preceded by a live Q&A session with Mike and Lucy.



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



TIDE MILLS – A LIVING HISTORY

The Tide Mills Project is a creative heritage project from LYT Productions backed by the National Lottery Heritage Fund and the South Downs National Park. The project is focused on sharing the unique and diverse history of Tide Mills with new audiences through a variety of creative and artistic disciplines.

The Tide Mills project is a project for everyone – with lots of different ways to get involved!

We are commissioning local artists, designers, sculptors, poets, musicians, writers and other creatives to work alongside the local community.

The work will culminate in a celebratory week in **September 2021** that literally brings Tide Mills back to life in unique, ground-breaking LYT Productions style.

The week-long event will be open and free for all to participate in and experience and will celebrate and display all the work and discoveries from everyone that has participated in the project.

From learning more about the story of Tide Mills via new digital learning resources to

working with artists and designers to create installations for our Heritage Celebration Week, we're currently working on plans to involve the local community at every stage – please come forward and join us.

Better still, participation will be **totally free!**

TIDE MILLS IS COMING BACK TO LIFE!
Want to find out more or get involved?

HERITAGE FUND LYT SOUTH DOWNS NATIONAL PARK

Visit our website: tidemillsproject.uk

Visit our website www.tidemillsproject.uk to find out more, join our mailing list and to get involved.

GROWING OUR OWN

Newhaven Tree Wardens have been growing our own trees from seed, and now's the time to collect nuts, berries, pips and seeds to try and hatch a tree seedling. The rules are simple, put your seed or nut etc into a pot of soil, keep it moist and outside if possible (on a windowsill if not) and wait till the Spring! Don't forget to chat to them, and be aware not all will hatch, it took

the author 3 years of trying!

From the left back row... two oaks and two rowans which are 4 years old, and in the front row from the left there's apple, cherry, oak, holly and another cherry all one year old.

The older trees will soon be ready to plant out along with the millennium elms, which are DED (Dutch Elm Disease) resistant, and other saplings being brought on by the team.

For more photos and news find us on Facebook @BN9TreesNewhavenTreeWardens.



Lewes District Citizens Advice

Everyone is preoccupied. And scammers prey on this.

Coronavirus (COVID-19) has had an unprecedented impact on the world and how we interact with each other. We're spending more time online than ever before.

This means it's extra important to know how to avoid scams so you can keep yourself and your family safe online.

Read our top tips to avoid online scams during this pandemic.

1. Do your research
2. Don't click on unknown links
3. Be suspicious
4. Never give out personal information or money to anyone you don't trust
5. Report it

If you've been the victim of an online scam contact the Citizens Advice Scams Action service online at www.citizensadvice.org.uk/consumer/scams/get-help-

[with-online-scams/](#) or over the phone 0808 2505050. If you've been scammed out of money, report it to your bank first.

It's important we work together to keep our family and friends safe online. Share our top tips with your community to help protect them from frauds and scams.

Examples of online coronavirus scams

- Companies offering fake holiday refunds
- Virus testing kits or vaccines
- Overpriced or fake goods such as facemasks, hand sanitiser and hard-to-get goods
- Fake online resources such as sensationalist articles or false coronavirus maps
- Emails using voluntary action as a hook for people to share their personal details.



Citizens Advice Helplines

- Adviceline call 03444 111 444. Monday- Friday 9am - 5pm.
- Email advice www.eastsussexcab.co.uk
- Chat online to an advisor on our website citizensadvice.org.uk/contact-us.
- Consumer Helpline on 0808 223 1133
- Universal Credit Help to Claim line 0800 1448444.



GET OUT ON THE WATER WITH NEWHAVEN GIG ROWING CLUB

Are you interested in learning to row? Newhaven Gig Rowing Club (NGRC) are opening up their waiting list for those that would like to get involved and learn to row efficiently.

British Rowing and the Cornish Pilot Gig Association confirmed that all rowing could recommence (with strict safety guidelines in place, of course) at the end of August. Your safety is always the club's priority, and with this in mind they ask that a health questionnaire is completed and returned in advance.

Once this has been passed you can then book onto your maiden voyage where you will

be taught the basics by the side of the pontoon, then go off for your first row. This session is approximately 90 minutes. All this for only £5! Each row after this is then just £3.

If you have any questions please do contact the club on membership@ngrc.co.uk and someone will get back to you as soon as possible. Visit website: ngrc.co.uk for more information.



NEWHAVEN HISTORICAL SOCIETY

Munitions barge explodes under cliffs – Newhaven 22nd November 1944

What is thought to be the biggest explosion in our county during WW2 happened at about 5am on 22nd November 1944. The tug, HMS St. Mellows, was towing a barge carrying many tons of explosives up the Channel when the barge broke free of

the tug in very rough seas. The barge drifted inshore, under the cliffs, to the west of the breakwater hitting a land mine. It was first thought that the explosion was caused by enemy action, possibly that of a v2 rocket.

Almost all properties in Newhaven were damaged and many properties in the surrounding neighbourhood, as far afield as Lewes and Seaford, were also damaged. The explosion was so great that it was felt in Eastbourne and heard many miles further on.

Casualties were surprisingly light considering the size of the explosion; this was mainly due to the time of the incident

and the protection afforded to Newhaven by the west beach cliffs. Nevertheless there were hundreds of minor casualties, most injuries caused by flying glass, furniture blown around and ceilings collapsing on sleeping residents. There were some serious injuries and there was one fatality, a naval rating.

There are still local people who would have been in Newhaven, as children, when the barge exploded. If so, the Historical Society would love to hear about your memories. Please contact Will Pilfold: email willpilfold@hotmail.co.uk or write to him at 11 Cantercrow Hill, Denton, Newhaven BN9 0RP.

News Chronicle

Monday May. 7. 1945

Explosion wrecked coast town

NEWS CHRONICLE
CORRESPONDENT

The story can now be told of a shattering explosion which blasted Newhaven, Sussex, from end to end in the early hours of November 22 last year. It was caused by an ammunition barge – loaded with 500 tons of explosives – going ashore just outside the breakwater and blowing up.

There was no trace of the crew, but on shore the casualty list was extraordinary light. In the docks one naval rating was killed, with two others missing; in the town 90 civilians were injured; scores had first-aid.



Damage caused by the explosion to the Newhaven continental platform and the harbour station.

There was scarcely an undamaged house within two miles of the explosion, and property was damaged three miles away at Seaford, and Eastbourne, even farther along the coast. Shop windows were broken in Lewes, eight miles inland.

About 500 people were rendered homeless. Special arrangements had

to be made by the Ministry of Food – practically all the food in the shops was condemned because of the danger of glass splinters. Squads of builders were hurried to Newhaven in motor coaches to cope with first-aid repairs to property.

Except for one coastal branch line, normal rail services were working within a few hours. The real work of the harbour was uninterrupted, and ships were able to leave regularly with supplies for overseas.



*Photographs Newhaven Museum
A025P035 & A025P036*

(Note: This story was published several months after the incident – presumably due to wartime information restrictions)

NEWS FROM THE HILLCREST WRITERS

In March this year, for the first time in 22 years, the coronavirus forced us to reluctantly transfer our creative writing class from our lovely home in the Hillcrest Centre onto Zoom. To our surprise, it has been a real boon, providing both social contact and creative stimulation during

lockdown, so much so that we decided to keep going over both Easter and Summer holidays. For some lockdown has been a positive experience, giving time for reflection and family, for others it's been more frightening, or lonely, but staying in touch and writing about it has been a support to

everyone. The group seems closer than ever and we are all looking forward to meeting in person again as soon as everyone is able. Umi Sinha – tutor.

One group member shares her personal experience of the pandemic with us here.

HOW MANY METAPHORS DOES A PANDEMIC MAKE?



I wonder how long it will take us to unlearn all the terminology. Did we really need to have a whole vocabulary for the pandemic while we stayed home, protected the NHS, stayed alert and pulled together, clapped for carers, and thought of others while all these waves and peaks battered our shores.

We might have all been watching the same daily coronavirus briefing, but far from facing the same problem, we are differentiated by age, ethnicity, gender and underlying health conditions. Some of us could work from home, some had priority for food delivery and collection, “key workers” had dedicated shopping times.

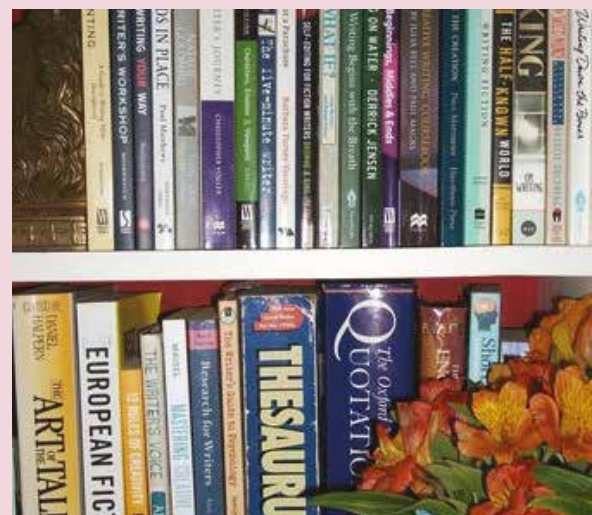
During the pandemic we have all been in the same global storm, but - let's be really clear on this point – no one has been in the same boat. Some boats are bigger and more seaworthy than others. I am a fortunate person, but that didn't make me feel better as my little boat began to sink with the weight of all the fear I let in. Before this kicked off, I'd already had my leaky moments in life.

Humans harbour an illusion of immortality even while the clock ticks and years slide away. We fill our life with activities and other people, yet now there was all this warning noise about coronavirus and distractions were unavailable. At the time of the complete lockdown I hid with my dog in the bushes to avoid meeting others on my daily walk. I became expert on my potential survival as if I were a life insurance underwriter and those unacceptable parts of me just got right out of the box. I had always hoped to fool everyone with a thoroughly smiley can-do attitude, but here I was putting up a no entry sign so delivery drivers wouldn't come close. Rather than talking

to people, I actively avoided them, literally turned my face, or held my breath. I failed to respond to emails, texts and phone messages from friends. Ashamed of my fear while totally paralyzed by it, I pulled up the drawbridge to avoid exposure, and emotional as well as physical risk.

Finally, still here in the middle of the wood, from behind another tree, I'm looking for the much-touted silver lining in this whole experience. It's probably at the end of one of the rainbows I see in all those windows.

Ruth Figgist, author of
'Magnetism' (Link: [https://
amzn.to/3l0N63J](https://amzn.to/3l0N63J)).



HILLCREST CENTRE NEWS

After more than 5 months of being closed, the Hillcrest reopened on 1st September. During lockdown there were two organisations, hosted in the building, that continued

to serve the community: the Hillcrest Café, an independent business run by Anita Jones and Diets Verschuren, and CTLA (Community Transport) hosted in the basement.

NEWS FROM THE HILLCREST CAFÉ

While the café was closed, Anita and Diets decided to fill a need and have been providing home-cooked, fresh food to the over-70s three days a week. They spend each morning chopping vegetables and cooking, so the food is as fresh as possible, and by 11.45 they are out in their cars delivering meals, with the help of generous volunteers Jo, Rowena, Sharon, Sarah, Pam, Phyllis, Jimmy and Brian. Delivering meals also allows them to check on people and make sure they are okay. If someone doesn't answer, they check with a neighbour to ensure the person is being looked after. The service

reduced to two days a week, Tuesdays and Fridays, from 1st September.

From 1st September, the café also reopened 'in a small way', with social distancing in place. Food is not on display but stored in the fridge, heated and brought to the table. All servers are masked and gloved. The toy corner is closed for hygiene reasons but will be back in operation as soon as it's safe. Anita and Diets will be continuing food deliveries for those still isolating and plan to open for evening functions when practicable.



You can follow the café on the Hillcrest Community Café Facebook page or visit the Hillcrest website www.hillcrestcentre.co.uk. To join the food delivery service, please ring 07812 739147.

NEWS FROM



CTLA has been very busy throughout lockdown. With many clients shielding, the charity has continued serving them and new members, adapting operations to changing needs. A new home delivery prescription medicine and food shopping service was introduced. Please get in touch if you could volunteer on this service or if you or someone you know could benefit from it. Transport has also been provided for a local

foodbank and home meal deliveries undertaken for other community groups.

Demand responsive Dial-a-Ride services have operated throughout the crisis with many key workers being transported when other companies' bus services were suspended. Travel Club outings are beginning to reappear and most of CTLA's own bus services are now operating normally - but wearing masks is mandatory.

All services run with reduced numbers to ensure social distancing is met and vehicles continue to be deep cleaned and wiped down with alcohol

gel frequently to keep everyone safe.



Visit www.ctla.org.uk, check out CTLa (Facebook) or follow @CTLaAbuses (Twitter). You can also call the office for information and to make any bookings on 01273 517332 (Mondays to Fridays 9am to 3.30pm).



AN UPDATE FROM THE PORT ACCESS ROAD TEAM

Firstly from everyone here at the project team we hope you continue to stay safe and well.

As the saying goes "Make hay while the sun shines" and we have done exactly that. Work has progressed extremely well over the summer months and we continue to maintain our programme and finish date.

The road is now fully constructed along with the footpaths and cycleways. We are carrying out the final stages of the bridge construction which will be completed in the next few weeks. Following this we will be into the finishing touches and snagging work.

The planting and landscaping will follow in the autumn to complete the scheme.

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.

NEWHAVEN TWINNING ASSOCIATION

The Twinning Association tell us how they have looked for new ways to work in these difficult times.

We have been using virtual platforms such as Zoom and Microsoft Teams to keep in touch, to organise committee meetings and to run virtual quizzes with our members here and with friends from our twin town of La Chapelle Saint Mesmin.

The petanque terrain by Newhaven harbour is available every day for anyone who wishes to use it. The Twinning Association meet there to play petanque (or boules) every Sunday morning from 10.30am, weather permitting. We would be happy to welcome anybody interested in playing the game or just finding out about it. It's a great way to socialise while social distancing and a chance to enjoy some fresh air. You can always bring a portable chair and a drink to relax afterwards.

It would be better to bring your own set of boules, but The Hope Inn will keep a set that can be borrowed, although you would need to sanitise these before and after playing.

Our AGM will be held on Friday 30th October. At the

moment we are not sure if we will be able to hold this in a venue, or if it will be a virtual meeting. More information will be available nearer the date. If you are not already a member and would be interested in attending the AGM please contact Norman Hopson by email at norman.hopson@btinternet.com.





FIGHTING FOOD WASTE - FEEDING FAMILIES

During the lockdown period, Havens Community Hub volunteers were asked to partner with FareShare, the biggest national organisation that redistributes excess supermarket produce and also to support the work of the Co-op Food Share scheme.

Thousands of kilos of food are being binned by stores at the end of the day due to being too short-dated for food banks to be able to collect and redistribute immediately.

The Hub has formed a network of volunteers to redistribute these goods within two hours of collection and has so far prevented over two tonnes of edible surplus food from entering landfill - which would have created over 7,000kg of harmful greenhouse gasses.

Recipients of the food have included isolated, shielded or lonely residents, families who have had children off school since April, people suffering financial instability due to job

losses or furlough and people interested in supporting the environment by feeding bellies, not bins!

Any part of the donation that could be used by local food banks is delivered to them by Hub volunteers, however, the majority of donations are unsuitable due to the short dates. The Hub has supported food banks in other ways by providing them with tinned and packet goods and lending volunteer drivers from their newly formed 'Havens Community Cars' scheme.

The Hub would like to thank the staff of the local Co-op, Tesco and Asda stores for being part of this amazing new initiative.

For more details please see www.havenscommunityhub.co.uk or email havenscommunityhub@gmail.com - you can also call the office on 01273 918226.



A MESSAGE FROM HAVEN HARMONIES

Having determined that Coronavirus is not going to defeat us our contributions to our Virtual Choir have continued to be a great success. However we now have a new and very successful method of keeping

in touch and making music together - we have Singalong-a-Zoom-a- Rosie. Led by Rosie Brown and her husband from the music studio in their house we get together on a Monday evening 18.45 – 20.00 to sing and meet each other via the internet. It has been very successful and enjoyable. So if you would like to join us you will be very welcome. There is a small charge of £3 to cover Rosie's fee.

The Denton & South Highton Community Support phone line which was mobilised during lockdown changed its format from September 7th.

The Community Support line was successful in aiding residents with their shopping needs and prescription collections thanks to a team of over 30 volunteers who gave up their time to help others.

As the need has decreased and villagers are venturing out again the phone will be handed back to the Havens Community Hub Team, who will be on hand to respond to any new enquiries on 07515 054209.

Should anyone across the Havens (Seaford to Saltdean) require transport support, Havens Community Car Scheme are launching their new and exciting volunteer driver charity in September.

Details of the scheme can be found at www.havenscommunityhub.co.uk/community-carshare-scheme or call 01273 918226 for more details. The office is located at 2a Thompson Road, Denton, BN9 0RP.



If you would like to know more please contact our secretary via our choir email address havenharmoniescommunitychoir@gmail.com Hope to see you on Monday evenings!



Newhaven remembers

It's been a strange and challenging year for all of us; events have been cancelled and among other things this has affected VE Day, VJ Day and our Dieppe Raid commemoration services. Normally we take for granted getting together with the

many service and uniformed organisations for a parade, wreath laying on the Memorial Green and perhaps some food afterwards. Instead, this year, we marked VJ Day and remembered the 4000 men killed and wounded in the Dieppe Raid with simple, socially distanced wreath laying ceremonies and prayers on the Memorial Green on 15th and 19th August.

Subject to Covid-19, we plan to mark Remembrance Sunday on 8th November in the same way. Councillors will lay wreaths on the town's three memorials and hold a short private ceremony. Whilst we would like to invite you all to attend, the current COVID-19 restrictions prevent us from doing so; however, you are welcome to pay your respects at the Memorial Green from 11.30am onwards or at any other time.



PILATES – STRENGTH AND FITNESS FOR ALL

Whether you are a senior just starting to exercise, an elite athlete, or somewhere in between, the foundations of Pilates movement apply to you. Building from core strength, focusing on proper alignment, and a body/mind integrative approach make Pilates accessible to all.

With thousands of possible exercises and modifications, Pilates workouts can be tailored to individual needs.

Good posture is a reflection of good alignment that is supported by a strong core. It is a position from which one can move freely. Starting with Pilates movement fundamentals and progressing through mat exercises, Pilates trains the body to express itself with strength and harmony.

If you practice Pilates regularly, it will change your body. Known for creating long, strong muscles and a

leaner look, Pilates improves your muscle tone, balances musculature, supports beautiful posture, and teaches you to move with ease and grace. All these things will make you look and feel very fit.

For more information about classes nearby contact Zara at Zarano1@msn.com or 07532 418542.



GRANTS AVAILABLE FOR LOCAL ORGANISATIONS

Funding will shortly be available from the town council's annual small grants scheme. Local voluntary organisations are invited to apply for funding for any project or scheme which will benefit Newhaven people. There are now two tiers: £0-£500 and £501-£3,000.

Some of the grants given in the last round of funding include:

- £500 to Affinity Rowing Club to purchase safety equipment;
- £275 to C'TLA to purchase tie-down kits for wheelchair users;
- £100 to Denton Women's Fellowship to help towards an outing;
- £150 to Newhaven Cricket Club to purchase fire extinguishers for their clubhouse;
- £240 to Our Newhaven for hosting and maintaining their website.

Application forms and further details about the scheme are posted on the news page of the Town Council's website www.newhaventowncouncil.gov.uk. Alternatively, you can email us at admin@newhaventowncouncil.gov.uk or call 01273 516100. The deadline for applications is Sunday 25th October 2020.

Pictured: Meeching Amateur Dramatics who received a grant last year towards their production 'Act Naturally.'



FACE MASKS

Newhaven Chamber of Commerce has been busy this summer collecting and distributing face masks on behalf of the Chamber and the town council. The masks were donated by the Vietnamese Embassy - sponsored by VietAir - who requested that they were given to the 'People of Newhaven'. Chamber President Mike Shorer and Secretary Cllr Paul Boswell visited shops and organisations in the High Street and beyond to distribute the masks. Pictured are just two of the many places they stopped at.



NEWHAVEN'S SECRET SANDY BEACH!

Local resident Annie Lorys sent us these photos taken on

the west beach in Newhaven back in July - note the SANDY beach! The sea and wind had washed large quantities of pebbles high up onto the beach leaving a lovely long sandy stretch. Annie said, "I have never seen that before in

the 23 years that we have lived here." Has anyone else?

We don't know how long it lasted, but it's good to see proof that it can happen!

What's On.

1st Oct – 31st Dec 2020... subject to Covid-19

FRIENDS OF TIDE MILLS

Friends of Tide Mills are aiming to recommence meetings from the third Sunday in September. If you would like to join for some conservation work and litter clearance, 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.

THE HILLCREST CENTRE

The Hillcrest Centre re-opened on 1st September. Please call them on 01273 512376 to check which activities are running. For Hillcrest Boxing Club email hillcrestboxingclub@gmail.com or find on Facebook and Instagram.

The Hillcrest Woodcarving Club has reopened and is running as usual on Mondays and Thursdays, 10am – 3.30pm. New members very welcome, with the possibility of opening on a third day if necessary and if there is enough interest.

NEWHAVEN COUNTRY MARKET



Newhaven Country Market re-opens at the Hillcrest on Thursday 1st October, 10am-1pm. Sweet and savoury foods - Indian dishes, spices and pickles. Preserves, eggs, seasonal produce. Crafts, cards, children's clothes, jewellery and much more. Locally made and where possible locally sourced. Café, parking and easy access. Orders taken for foods or bespoke crafts.

NEWHAVEN TENNIS CLUB



Newhaven Tennis Club are now in a 'managed' stage, with all elements of tennis now operating, but with some restrictions and still keeping to government & LTA health and safety guidelines. The Club offers the following sessions and activities throughout the autumn & winter to its members and non-members (who are considering becoming members); guest fees £5.00. Please contact Bob: 01273 512162 or Clive: 07526 267560 for all membership and coaching details, or email: mailrkjackson@yahoo.co.uk.

Every Saturday

Junior group coaching sessions 9.00am - 12.00pm.

Every Saturday

Adult sessions 1.00 - 5.00pm.

Every Sunday

Mix of adult and junior coaching: 10.00am – 12.00pm.

Every Tuesday

Adult club sessions 1.00pm-4.00pm.

For all coaching lessons, please check on availability. All ages welcome.

Club members can use the courts any day of the week during daylight hours. New members welcome; very competitive adult fees and very low children's fees (annual costs £2.00-£5.00 depending on age) extended into autumn/winter.

THERAPEUTIC SOUND BATHS

Monthly Sunday Afternoon Therapeutic Sound Baths to resume on 25th October (2pm for 2.30 start). Healing Sound Bath session 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 samotosha4u@btinternet.com for dates/details. www.samotosha4u.com.

YOGA



Progressing in Yoga Tuesdays & Thursdays at 10 am plus Wednesdays 7.30pm from 15th September, in a beautiful warm, clean yoga studio for a maximum of 10 participants. 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 samotosha4u@btinternet.com. www.samotosha4u.com.

NIPPERS AFTER SCHOOL CLUB

Nippers After School Club resumes 1pm – 6pm Monday to Friday from 7th September to 23rd October. Half term playscheme 26th to 30th October. After School Club 2nd November to 20th December. Christmas playscheme 21st – 23rd December.

NEWHAVEN & PEACEHAVEN U3A

Newhaven & Peacehaven U3A is keeping in touch with members via newsletter. AGM is deferred to a later date. The art class resumes at the Hillcrest in September. For more info call Sharon Ahearn on 01273 589953.

NEWHAVEN YOUTH FOR CHRIST

Newhaven Youth for Christ runs a programme of youth work in the town. Details were not finalised at the time of going to press. Please check newhavenyfc.org for the latest information on youth work.

MEECHING WI

theWI
INSPIRING WOMEN

Meeching WI are considering holding their AGM on 19th November and Christmas lunch on 9th December, venue to be arranged. Members will be contacted about these events if they are able to take place. Please phone 01273 514246 for any enquiries.

DENTON WOMEN'S FELLOWSHIP

Denton Women's Fellowship meet in Denton Church Hall at 2.30pm on the fourth Tuesday of each month. New members very welcome (small entrance fee applies). Contact: Ann Saunders 01273 514482, email pip39pip@gmail.com Coming up:

27th October

Tax, Care and Toyboys: a talk by the Co-Op

24th November

The Ouse Valley: a talk by Ian Everest

DENTON PARISH CHURCH



Denton Parish Church welcome you to Carols and Services this Christmas. Please see website for details: www.dentonchurch.co.uk.

Keeping safe from coronavirus

– a job for East Sussex together



*By Darrell Gale,
Director of Public
Health for East Sussex*

It's my job to try and ensure as few of us as possible in East Sussex get infected with Covid-19 – but I need your help.

The good news is that, at the moment, East Sussex has low rates of the virus compared to some other parts of England.

But of course the virus is still there in our communities.

If there were a local outbreak, I or other public health leaders might ask you to avoid certain places or even to stay at home, as the situation is controlled.

We'd let you know about this very swiftly, for example on local television, radio and online. You can also sign up now for email updates which we'd send if anything new happens. (You'll find a link on the homepage of the East Sussex County Council website).

Of course, I hope this will never be necessary and we can all work together to avoid outbreaks.

Above all, please:

- Keep 2 metres apart from other people wherever you can
- regularly wash your hands
- wear a facemask in shops and other enclosed public places
- if you feel at all unwell (a new persistent cough, a change in smell or taste, or a raised temperature) immediately book a test and stay at home for at least 10 days. Book a test online at nhs.uk or call 119 if you have trouble using the internet.
- If you are asked to self-isolate by the NHS test and trace team, please do.

On the county council website you'll also find latest details about the number of cases where you live, our plan for how we'd handle any outbreak in the county and lots of practical help and support.

Our communities have already done amazing work to support each other through these tough times. We can keep the virus at bay in East Sussex if we continue working together.



All current youth activities are running virtually on our Facebook pages:

- Denton Island Community and Youth Centre
- The Hut Youth Club (8-11 year olds)
- Newhaven Youth Club (12-18 year olds)
- Denton Youth Club (11-18 year olds)
- Newhaven Youth Information and Activities

Newhaven Youth Centre on Denton Island has just been built! We look forward to welcoming young people to the centre as a safe space and social space once restrictions and guidance eases. We will be running youth club 'bubbles' of limited numbers to comply with social distancing guidance.

Contact Shannon Payne, Youth Team Lead:
Shannon@sussexcommunity.org.uk or 07796 869421
or youth@sussexcommunity.org.uk.

SEA'S THE DAY

JOIN US FOR A CREATIVITY* ADVENTURE

Did you know that natural spaces like the OCEAN & FORESTS help you feel MORE RELAXED, peaceful AND HELP WITH YOUR GENERAL sense OF well-being and MENTAL HEALTH?

OUR 'SEA'S THE DAY' project is for local YOUNG PEOPLE IN NEWHAVEN who are looking for a (socially distanced) creative adventure post lockdown.

You will discover NEW CREATIVE SKILLS & learn the SCIENCE behind the healing powers of NATURE.

11-18 yr olds Newhaven

GET in touch to find out more and book your place:
TEL: 01273 511039
Email: Youth@sussexcommunity.org.uk
Newhaven Youth Centre, Denton Island BN9 9BA

*NO PREVIOUS CREATIVE SKILLS NEEDED

