

Newhaven Matters

AUTUMN 2016 // Issue N° 11



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



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If you would like to advertise in future issues of Newhaven *Matters* please contact Nicky Still on 01273 516100 or email nicky.still@newhaventowncouncil.gov.uk

Autumn 2016

Another busy few months began with the news that last year's fund raising raised an astounding £7600 pounds, thanks to the generosity of Newhaven residents and businesses. At the Lifeboat Fete in July, Sharon and I were able to present cheques to both the Newhaven Lifeboat and the Seahaven Responders for £3800 each. The Responders have bought defibrillators and put money towards the purchase of a new emergency vehicle. The Lifeboats have purchased GoPro cameras to accurately record their operations

and are looking to purchase more hi tech monitoring equipment for their station.

We are now starting to organise this year's events to raise money for more defibrillators to site around our town. We have already presented one to The Ark and are looking to present further units to Paradise Park and the Lifeboat Station. A quiz and a tea dance are already planned, along with the annual carol concert at St. Michael's Church.

We have all enjoyed our glorious Fish Festival, Mencap Summer Fair and the Raft Race and Sharon and I have attended many events on behalf of the town. We had a great turn out for our Dieppe Raid Commemoration event in August and I was accompanied to Dieppe by my deputy June Dyer, for their events. June has attended a number of engagements for me including Nippers Fun Day, at which she took part in the mud slide. As a working Councillor, it is sometimes difficult to get to every event that I am invited to and I am very grateful for her support.

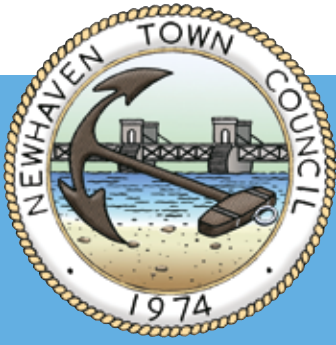
Councillor Steve Saunders
Town Mayor of Newhaven

If you have a story you would like included in the next edition, or an event you would like included in the What's On section, please email Nicky Still nicky.still@newhaventowncouncil.gov.uk or phone her on 01273 516100

Contents

Town Council meetings coming up	04
Recognition for Heidi	04
What would you like to see	04
Grants available for local organisations	05
Nukehaven has arrived	05
Hillcrest amateur boxing club	06
Our Newhaven	07
Age UK need volunteers	08
Newhaven Flood Alleviation Scheme moves into construction phase	08
Take the Feel Good challenge!	09
Calling local artists	10
Something to sing and dance about	10
Community transport goes the extra mile	11

How to report a highways fault	11
Newhaven's First World War	12
Happy Christmas from Meeching Amateur Dramatics (MAD)	14
Remembrance Sunday	15
Older people's day events	16
SCDA (Sussex Community Development Association)	16
Friends of Riverside Park	17
Newhaven's Neighbourhood Plan safeguards our wildlife	18
New monthly car boot sales	20
Hillcrest Christmas family fun	21
What's on	22



TOWN COUNCIL MEETINGS COMING UP

Did you know that members of the public are welcome to attend any of the town council's meetings? They are normally held every 3 weeks in Meeching Hall, Fort Road and agendas are published in advance on our website and noticeboards around the town.

Meetings coming up this quarter are as follows:

- **Tuesday 18th October**
7.15pm Planning & Development Committee followed by Policy & Resources Committee
- **Tuesday 8th November**
7.15pm Planning & Development Committee followed by a full Council meeting
- **Tuesday 29th November**
7.15pm Planning & Development Committee followed by Community Engagement & Promotion Committee
- **Tuesday 20th December**
7.15pm Planning & Development Committee followed by Policy & Resources Committee

Recognition for Heidi

Newhaven resident Heidi Watkins was presented with a WW1 era silver bugle at the Canadian Armed Forces Day reception this summer in recognition and gratitude for her excellent service to Canadian related commemoration services over a number of years. The event theme was Past, Present and Future, and reflected on the ties that bind Canada and the UK.

Heidi made an emotional impromptu speech following the presentation, thanking the Embassy for their gift and then proceeded to play the vintage instrument. Jim Still

was similarly thanked and received a gift of chocolates for his service as Military Batman to Heidi.



Photo: Brigadier-General Matthew Overton with Heidi.



This magazine is for the people of Newhaven – it is YOUR magazine!

WHAT WOULD YOU LIKE TO SEE IN NEWHAVEN MATTERS?

What would you like to see in future editions? What sort of things do you like to read about? What sort of fun things would you like to be included?

If you have any stories to tell, or things you would like the

town council to let everyone know about, please get in touch.

Send your ideas to nicky.still@newhaventowncouncil.gov.uk, or give her a ring on 01273 516100.

GRANTS AVAILABLE FOR LOCAL ORGANISATIONS

Funding is now 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. Typically sums awarded under the scheme range from about £50 to about £300.

Application forms and further

details about the scheme can be found on the Town Council's website www.newhaventowncouncil.gov.uk or by emailing the Town Council at admin@newhaventowncouncil.gov.uk or by telephoning 01273 516100. The deadline for applications is Friday 28th October 2016.



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

- £300 to Earthquake Drummers to purchase new drums and sticks;
- £300 to the Air Training Corps to buy a new banner;
- £300 to Denton Women's Fellowship to help them provide social events for the elderly and lonely;
- £300 to the Hillcrest Film Society to allow them to purchase more comfortable chairs for audiences;
- £250 to Scoutex to enable them to buy 100 memory sticks
- £300 to the Sea Cadets to enable them to train new adult volunteers

Nukehaven has arrived!



Every town should have a large, fun, ukulele group...and Nukehaven has arrived. George Harrison wrote "Everybody should have and play a 'uke'...

it is one instrument you can't play and not laugh...everyone I know who is into the ukulele is 'crackers'."

The creation of Newhaven's ukulele band started on 12th September in The Hope Inn. They meet every 2nd and 4th Monday of the month from 7pm – 9.30pm. New members are very welcome. No previous experience is necessary, and there is no need to be able to read music – founder members Jason and Abi will get you strumming. Bring a ukulele if you have one, but there are some to borrow. There is no charge and you will practice a wide range of songs.

The group exists simply to strum and sing together, and

learn how to play this great little instrument. In time they may become a community band to support local causes, but first things first....let's get up-and-strumming.

For more details please email ede.jason@gmail.com or call on 07521 655235.





Hillcrest Amateur Boxing Club

Hillcrest ABC was born from the ashes of the closed Seaford ABC in 2005. A purpose built boxing gym was created in the derelict basement of the Hillcrest Centre, designed by ex-amateur champions and professional boxers George Danahar and Terry Parkinson. Since then the club has grown and evolved over the past eleven years to be a highly regarded boxing club across the entire South of England and as far north as the Midlands. The club fighters are regularly competing in county, regional and national competitions.

The club is fully licensed and part of the Amateur Boxing Association (ABA), the national governing body. A true community club, its members are involved in local charity fundraising and working with local charities and voluntary groups.

Groups at the club consist of:

- ABA seniors, mostly consisting of competing boxers and those that may wish to compete.
- ABA juniors, young people who like boxing training, who may compete if they wish.
- Female only sessions, for those who wish to compete and those just seeking a good level of fitness (female competitors also train within ABA seniors).
- Veterans and keep fit males, of all ages from 20 -70.

Whilst a very serious boxing club, and all groups training very hard, fun in the gym and club functions are a huge part of the Hillcrest ABC ethos, taught by serious minded coaches with a sense that sports should be fun. The Hillcrest is

a happy club open to all members to work and train.

Interested? Come and find out more. The gym is open 6/7 days a week. More info on opening times and groups is available on the club website at hillcrestboxinggym.co.uk and Facebook page www.facebook.com/Hillcrestabc.

OurNewhaven

Your Memories, your photos, your comments, your town

OurNewhaven is a website project that positively encourages you to remember, record and become a part of the living history of our town. The project is run by a small team of local volunteer editors but the content is led by you and your photographs and memories. These can be of recent times or of years ago.

So, what could you add?

- Memories and photos about life in Newhaven and the surrounding area
- Your family photos and history
- An old photo of Newhaven (this must be your own, or one you have permission to use)
- A new photo recording some aspect of the town today
- Your comments to the photos you see on the site

If you need any help with the material you are thinking of adding, contact us at info@ournewhaven.org.uk.

www.ournewhaven.org.uk

OUR NEWHAVEN

More photos and memories of old Newhaven

DENTON

The Manor of Denton was held in Saxon times by Earl Godwin, father of King Harold. There is no mention of Denton in the Domesday book of 1068 so it is probable that the original village was destroyed during the Saxon rebellion of that year.

St Leonard's church was

built around 1288 and was later extended and carefully restored during the Decorated Period. The walls are of flint and stone. The Vestry was added during the 20th Century and the remains of what is thought to have been a Priest's House dating from about 1280, have recently been partly restored.



The road into Denton – taken around 1928

FLYING FISH

Originally called the Kicking Donkey, the pub dates back to the 18th Century. Its current name probably comes from

seaplanes using Newhaven Harbour during the first World War. It is probably the only pub with this name in the country.



The Flying Fish (1960s)

DENTON MANOR HOUSE

The manor house was built in 1724, and was believed to have been a prosperous farmhouse of fourteen rooms. Owing to its proximity to the church it has been, on more than one occasion, the parish rectory.

During the war the manor was the headquarters of the 521 Coastal Regiment Royal Artillery which controlled all of the army artillery gun sites and observation posts along this part of the Sussex shoreline. It is believed that, prior to D-Day, many RA Coastal Regiments had their officers replaced with Canadian Officers under a scheme called 'CanLoan' to release the more-experienced British Officers to Field Artillery Units for D-Day. However, no evidence has yet been discovered to support this belief (probably because of the wartime secrecy).



RALPH READER'S HOUSE

Ralph Reader who created the Gang Show for the Boy Scout movement was from Denton and lived in this house.

AGE UK NEED VOLUNTEERS

Can you spare a few hours a week to do something rewarding and enjoyable helping older, local people?

Age UK East Sussex is looking for volunteers to work in our day clubs where we provide a warm caring welcome to people aged 65+ who need a little extra help to enjoy

their day. You will have a friendly and caring attitude, an enthusiastic and positive approach and enjoy working with older people.

Hours: Tuesday am/pm in Kempton House, Peacehaven; Wednesday at Newhaven Age Concern Club House.

For full information about this role and to see if you meet the skill requirements please contact:

Volunteer Administrator,
Age UK East Sussex, 54
Cliffe High St, Lewes BN7
2AN, Tel: 01273 476704

Email: volunteers@ageukeastsussex.org.uk

Newhaven Flood Alleviation Scheme moves into construction phase

The Environment Agency (EA) and partners are working together to build a scheme to reduce the risk of tidal flooding from the River Ouse. When complete, the scheme will protect over 800 homes and businesses and vital infrastructure within Newhaven.

In July 2016, planning permission was granted by Lewes District Council. Contractors carried out ground investigation works on the 'West Bank' in August for 2 weeks. This involved drilling boreholes and trial pits to check ground conditions.

Construction of the improved defences starts in November 2016 (subject to planning), which will be done in phases. The first phase will include works from the swing bridge to West Quay and from Riverside Park to the swing bridge.

The EA will continue to consult residents and businesses that will be directly affected by the construction work and update the local community about the project throughout the autumn.



For further information on the project please contact the Newhaven Flood Alleviation Scheme team by email at newhavenfas@environment-agency.gov.uk or call 03708 506506.



VOLUNTEER ADVISERS

Lewes District Citizens Advice is currently recruiting volunteer advisers for our Seaford bureau. If you enjoy helping people, have good communication skills and would like to make a difference to your community we would love to hear from you.

You would benefit from a very thorough training, gain broad experience across a number of areas, from consumer rights to welfare benefits and would work alongside a great team of other people who come from all walks of life. Furthermore, many of our advisers go on to obtain paid work with the experience they've gained.

We ask that you are able to commit at least 6 hours a week to the bureau, with some flexibility in hours, and that you possess good computer skills. We are keen to recruit from all sections of the community, whatever your background or experience.

For further information, please
email training@lewescab.cabnet.org.uk
or call 01273 477924 for an informal chat



Take the Feel Good challenge!



*Have the Rio Olympics inspired you to be healthier?
Why not sign up for the Feel Good challenge?*

Local organisations and voluntary groups in Newhaven and the Seahaven area are working together to start a Feel Good campaign. Feel Good is about saying 'yes' to doing the things that will make you feel happier, healthier and more active in your community.

The campaign will provide ideas of local activities to give you that "feel good factor". The Feel Good logo will be used as a marker to show some of the fun and healthy choices you could make for yourself, your friends and your family.

We can all Feel Good! And it doesn't always mean making big changes. Sometimes just choosing to do something new can make us start to feel happier, healthier and part of our community. Local people

are being invited to take part in a Feel Good Pledge by making a (big or small!) change in their day-to-day life in order to improve health or wellbeing.

Following consultation, local people said that good health is important, and that the three key motivators for staying healthy are to feel good, to look good and for medical reasons. Lack of motivation and cost are the main obstacles to staying healthy, with many thinking healthy food and the gym and similar activities are expensive.

Feeling good is more than simply the absence of ill health, the Feel Good campaign is about people feeling as well as possible, regardless of their age, their income or where they live. So, what will you do? Let's Feel Good and pass it on!

If you want to talk to someone or find out more about the campaign, please visit the Feel Good website www.highwealdleweshavensccg.nhs.uk/get-involved/feel-good. They are also looking for your top tips on how to feel good on a daily basis, so please do get in touch!



CALLING LOCAL ARTISTS

Could you turn an external wall into a work of art for a local community centre?

The Hillcrest Community Partnership has applied for funding to employ an artist or artists to turn the wall along the side of the car park into something that symbolises the beauty and spirit of the Hillcrest Centre. The inspiration for the art work would come from a poem by Jellaludin Rumi called The Guesthouse.

The wall is approximately 12 metres long and divided into sections of 3 metres by 3.8 metres. You are encouraged to see the space before you submit your proposal, detailing your ideas with a visual representation, a proposed time frame and your detailed fee, which would include all the paints and any costs required for surface preparation.

All proposals will be assessed by the trustees, and those shortlisted may be required to present their work to other Centre users before a commission would be confirmed.

This is a fantastic opportunity to create something permanent and valued in Newhaven and proposals from all local artists are welcome. If you think you have the flair and vision to design and paint the Hillcrest Centre wall and would like more information, please contact the office on 01273 512376 or email info@hillcrestcentre.co.uk.

co.uk. The deadline for completed proposals is 30th November. Please note that this art project will only go ahead if the funding bid is approved.



SOMETHING TO SING AND DANCE ABOUT

You may have heard that the town council has received funding towards a bandstand in the town centre, which we like to think could be used for singing, dancing and much more!

We still need to raise some money to meet the costs of providing it, although we are already over half way there.

Let us know if you or an organisation would like to be

a sponsor and help us realise this dream.

Supporters will be mentioned on a plaque at the bandstand site.



Community transport goes the extra mile!

Award winners



CTLA, the community transport charity based at the Hillcrest Centre were delighted to be named as winners of the

Best Customer Service award at the Lewes District Business Awards 2016.

Derek Barnett, CTLA Business Development Manager, said; "We always strive to go the 'extra mile' in customer service. The admin staff never rush calls and our drivers and passenger assistants act as a further level of support and reassurance for families and carers – providing an 'extra eye' on vulnerable or elderly clients. This award recognises the vital input and dedication of all our staff and volunteers and I was delighted to accept it on their behalf."

More information on the services of CTLA can be found at www.ctla.org.uk or by calling 01273 517332.



New minibus

CTLA welcomed Mr Peter Field, Lord Lieutenant of East Sussex, to officially launch the new accessible minibus that has been awarded to them by the Department of Transport Minibus Fund.

The new vehicle will help elderly residents, people with learning and physical additional needs and those who do not have access to commercial bus services, by providing a vital link to medical services, shops, and social events.



HOW TO REPORT A HIGHWAYS FAULT

Did you know that East Sussex County Council has a new system for reporting problems online?

1. Visit www.eastsussexhighways.com and click 'Report a Problem' at the top of the screen.
2. You will be taken to the 'Knowledge' area. This area will provide you with information regarding the problem you want to report. You can use the search box or the menu on the right to choose the subject. For example, potholes.
3. Click on the topic that you think would best answer your question. If the article doesn't help and you need to report a pothole then click the purple report button. This will take you to the Highways map where you can search by road name or town.
4. Once selected, click on the area where there is an issue. Click the 'Log a report in this area' button. You will then be taken to a form where you can fill out your details, information on your report and upload any photos of the issue that you may have.

That's all there is to it!

For more information or help, get in touch with the Customer Contact Centre at East Sussex Highways.

Tel: 0345 60 80 193
Email: customer@eastsussexhighways.com
Website: www.eastsussexhighways.com

NEWHAVEN'S FIRST WORLD WAR



RUNAWAY HORSES

Just after midday on Wednesday 4th October 1916 a pair of horses pulling a large military transport wagon took fright in Church Hill. The wagon mounted the pavement, knocked down part of the wall by the Baptist Chapel and flattened two road signs at the junction with Brighton Road before one of the horses fell opposite the Conservative Club. The horse got back up

and both horses continued their mad rush down the High Street where they collided with a milk pram, spilling all

the milk and overturning the wagon. Luckily the driver had managed to jump off the wagon and wasn't hurt.

This postcard, from Newhaven Museum's collection (A034-032), shows Brighton Road c.1920. The corner on the left is at the bottom of Church Hill and shows the wall of the Baptist Church, which the runaway horses hit before continuing down the High Street.



SCHOOL CHILDREN RUNNING THE STREETS

Because the Boy's School (now the Hillcrest Centre) had been taken over as a Military hospital, Newhaven's boys had to share the girls' school, alternating mornings and afternoons. At the monthly meeting held on 4th October 1916, the School Manager Mr Corbett thought the time had come to review the situation. He complained about a lack of discipline which resulted

from girls and boys only attending school for half a day and running the streets the other half. When the next day came they had forgotten what they had been taught the previous day. Schoolboys were going about the town smoking cigarettes. Mr Corbett concluded that this should be brought to the attention of H.M. Inspector to see what he suggested.



This photograph, from Newhaven Museum's collection (A029-047), is of Group 4 boys from the Boys' School shortly before the First World War.



GOVERNMENT STORES STOLEN AT NEWHAVEN

The aerial photograph, from Newhaven Museum's collection (A319-015), shows the houses on Denton Island during the First World War.

On 21st December 1916 Charles Richmond, a store-keeper employed by the Army at Newhaven was stopped on the bridge by Sergeant Braine, who noticed that his coat looked bulky. Hidden under his coat was a bag of tea and

a piece of canvas. When his lodgings at 20 Denton Island were searched, 2lb 14oz of butter, 8 tins of Army rations, 25 packets of cigarettes, 7 cakes of tobacco, 5 pints of rum, 2lb 14oz of sugar and 50 candles were found.

Mr Richmond had replaced the tea in the store room with newspaper and pieces of wood. He pleaded guilty to stealing Government stores and was sentenced to two months hard labour.

La Baguette Shop

For freshly baked genuine French Bread, continental and traditional sweet and savoury pastries, delicious home-made soup and snacks

...

Hot and cold drinks

...

All to eat in or take away

...

Open Monday to Saturday

31 High Street Newhaven,
01273 516129

Don't run away from your tax & accountancy problems....

Why not come and see your local Accountants
Tasker Osman & Co.

Please call us on 01273 512749
to arrange a **FREE** no obligation meeting
at your convenience with one of our team
to see how we can help.

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



Happy Christmas from Meeching Amateur Dramatics (MAD)

It's very festive, it has the longest title of any previous MAD production and newspapers have said of it - "hilarious moments of delightful inventive silliness" and "it's the funniest thing I've seen this year and if I see anything as funny in the next twelve months I'll be lucky".

So that sets the scene for MAD's next production, **The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society's Production of A Christmas Carol**, a comedy by David McGillivray & Walter Zerlin Jnr, which was first performed at the Edinburgh Festival Fringe. But you won't have to go that far, only to Meeching Hall, Fort Road, Newhaven, from Friday 25th to Sunday 27th November and the following week Thursday 1st to Saturday 3rd December 2016.

In festive mood, the Farndale ladies mount yet another assault on the classics for their stage version of A Christmas Carol. Enthusiasm their middle name, and with the virile support of stage-manager Gordon, cast present a dizzy array of characters from the Dickensian favourite (and a few which aren't), under the ever battling leadership of Thelma and Mrs Reece. Of course, no

Farndale evening would be quite complete without those wayward touches of ingenuity for which the ladies are so justly famed.

Tickets will be available from late October, as usual from Meeching Estate Agents, High Street, Newhaven (tel: 01273 515566), or Tony Gibbs (07912 965507).

MAD's August production was a tense murder mystery called

"And Evermore Shall Be So" by Norman Robbins. Mention was made from most who saw it that it was the group's best production! Richard Honeyman said in his review, "the well casted production was acted to a high standard and amongst the best I have seen them do. Credit also to the backstage crew as well." This is heartening for MAD as they approach their 20th year in 2017 with 46 productions under their belt.





REMEMBRANCE SUNDAY 13th NOVEMBER 2016

The annual service and parade for Remembrance Day takes place this year on Sunday 13th November. As usual there will be a service at St Michael's Church starting at 9.45am. As last year, to commemorate the 100th anniversary of the First World War, school children will

read the names of Newhaven casualties who died in 1916 during the service and will lay crosses in their memory at the green.

Following the service, the parade will form up in Neill's Close, before marching

down Meeching Rise, across and down the one-way into Meeching Road, down the High Street and finally along Bridge Street to the Memorial Green. At 11am there will be a two minute silence followed by prayers and wreath laying.

The Royal British Legion *Newhaven Branch founded in 1921*



The Branch currently meets at Newhaven Social Club in Bridge Street on the first Thursday of every month at 7.30/8pm. The social club is

a very pleasant venue and meetings are held in a quiet corner.

At various times of the year they hold stalls selling crafts, dvds, cds and bric-a-brac to raise funds - this year's Fish Festival was a particular success for them.

Sadly, a couple of valued members have recently passed away, leaving the branch with a vacancy for a Poppy Appeal Organiser. If that sounds a bit daunting, don't worry, there are courses for anyone wishing to take up any of the positions that become available. Newhaven Branch is

affiliated with the three Cadet Forces in the town and they regularly help out at Poppy time, Remembrance and when and where they are needed.

Do you fancy becoming a Standard Bearer or a welfare worker? The branch would love to have new members come and join them; they would receive a very warm welcome. Meetings are not long and there is plenty of time for socializing once the meeting is over!

Contact: Ann King, Branch Chairman, Newhaven RBL 01273 514258, annking2009@hotmail.co.uk.



Older People's Day Events happening in the Meridian area



Celebrations begin in the Meridian area on Tuesday 4th October with the Annual Information and Networking Fair at the Hillcrest Centre (10.30am-12.30pm). The Taster Room will have relaxing massages available – hand massage with Valerie and Shiatsu neck and shoulders with Ed. There will be a small charge for these. The fair in the main hall will have some important health information for everyone.

On Friday 7th the Lady in the Van will be behaving disgracefully in the film of the same name at the Hillcrest Centre (2.00-5.00pm) with tea and cake provided in the interval. Admission fee £3.00.

The Older People's Day booklet is available in all libraries. There are other events across the county and in the Meridian area to go to. If you are not a member of the Meridian Forum

please take this opportunity to sign up. There is no charge, but through the newsletter and the website you will learn about important changes that are taking place in Health and Adult Social Care.

Contact: Kate Davies, Chair of the Meridian Forum, 01273 516207 info@meridian-sf.org.uk.



Advice Services in Newhaven

SCDA (Sussex Community Development Association) has recently secured funding from the Big Lottery for a new partnership project with Lewes CAB. The new service is open to the public from 10am-1.30pm Monday to Friday from 12th September.

The service offers:

- Help to access information
- Referrals to advice about benefits, debt and housing
- Community Navigators to help link you in with the right local services to solve any problems you may face, get involved in the

community or improve your health and wellbeing



The Information and Advice Hub, Unit 9, the Hub, 3 Drove Road, Newhaven. BN9 0AD.

For appointments: phone 01273 517375 or email enquiries.info@sussexcommunity.org.uk.



SCDA Newhaven Charity Shop makeover!

There are plans afoot to give the SCDA charity shop in the High Street a 'make over' in September so keep your eyes open for its new look! They welcome your help – donations are needed to sell in the shop - clean clothes, unwanted gifts, toys, books, puzzles and household items.

There are also vacancies for volunteers so why not pop in and find out more, or call 01273 514139 or email eve.collins@sussexcommunity.org.uk.



Friends of Riverside Park

Since introducing the group in Newhaven Matters last year a lot has happened on the park. Working in partnership with East Sussex County Council, Lewes District Council and the Town Council, a 5 year Management Plan has been put in place to continue with habitat improvements.

All improvements have been paid for from the Veolia Section 106 funds and Friends of Riverside Park have been working closely with the three Councils to ensure that any work on the park fits with their vision of "access for all" and makes it somewhere that will be a real health asset to the town; a place to walk, run, cycle and improve mental wellbeing.

In the spring the contractors constructed a bird hide on the north east corner which overlooks the marsh area together with an owl box. Friends of Riverside Park will be seeking advice from

wildlife groups to see what improvements can easily be made to attract more wildlife.

Five seats have been dotted around the park to enable users to rest and take in the natural surroundings and views of the Downs. It is hoped in future there will be funds to provide more seating, picnic benches and litter bins. Regular litter picking sessions help to keep the park clean but everyone can help by binning their own rubbish and clearing up after their dogs.

The circular path will mean that everyone in the community and beyond will be

able to access the whole park throughout the year.

If you are interested in finding out more about the group or wish to join Friends of Riverside Park, please email the address below. You can also keep up to date with what's happening by 'liking' the Facebook page 'Riverside Park Community Voice – Newhaven'.

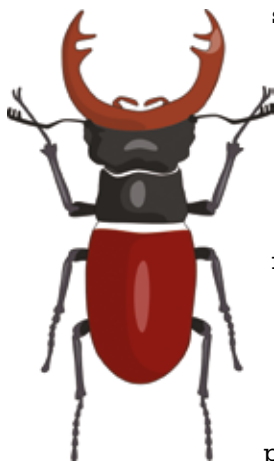
Contact: Lesley Boniface,
Chair of Friends of Riverside
Park. Email: [mrsboniface@
hotmail.co.uk](mailto:mrsboniface@hotmail.co.uk).



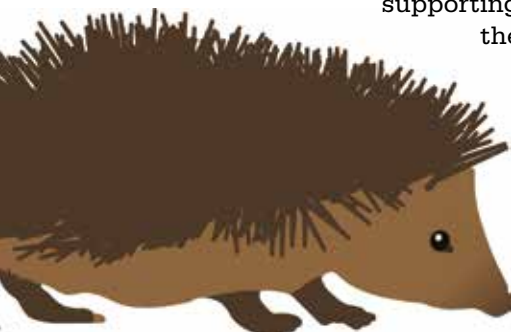
Newhaven's Neighbourhood Plan Safeguards our Wildlife

Residents will be aware from exhibitions and meetings held in the town over the last eighteen months, that the town council is working hard to find sites in the town where 425 new homes can go.

We have no choice about this housing number and the requirement to build is set out in a document published by Lewes District Council called Local Plan Part 1. Suggestions as to where the homes will go will be in the Newhaven Neighbourhood Plan to be published this autumn.



Other issues will be written about too, such as how the town centre can improve, how we can protect and create open spaces, how to reduce impacts of traffic, how to support employment opportunities and supporting the



future of our wildlife and natural habitats. Thank you for your views on preferred sites and these other issues that you have given us so far.

In respect of natural habitats, information has been gathered over the last few months to help us understand how we can protect and enhance the environment for wildlife. We have been looking at the availability of natural ponds, woodland and grasslands and have been collecting information on flora and fauna.

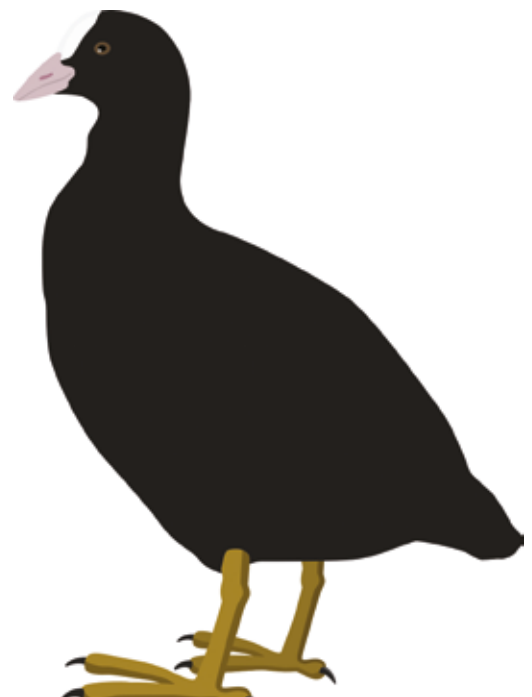
We have also been looking at the directions in which wildlife move around the built up area and countryside, so we can protect these 'corridors' of movement.

If you would like to learn more about the work we are doing for the Neighbourhood Plan, please get in touch with Susie Mullins at the town council offices: susie.mullins@newhaventowncouncil.gov.uk.

Councillor Keith Corbett is collecting information on different species



and would like to hear from anyone who has had sightings of hedgehogs or tawny owls. He can be contacted on the2corbett@extra.co.nz or a message can be left for him at the town council offices.



READ ALL ABOUT IT!

Before the winter edition of Newhaven Matters is published, we will be getting in touch with you to ask your opinion on the Draft Neighbourhood Plan that the

town council is producing. How Newhaven will grow and change over the coming years is a subject that affects us all and we want to make sure you agree with the proposals that we are putting forward, following consulting with you.

In order for the Neighbourhood Plan to be adopted, the plan has to be approved at a referendum which will take place next year. All people who live in Newhaven and are entitled to vote in an election will be invited to a polling station and asked if they would like the Neighbourhood Plan to be used by Lewes District Council to help it decide planning applications.



You will be asked to tick a ballot paper to say either 'YES' or 'NO'.

If the majority of you say no then Lewes District Council will decide how Newhaven will grow and change over the coming years. Let us know what you think of the Neighbourhood Plan when it is published, as we want to get a resounding YES from you all at the referendum, to make sure YOUR views play a part in Newhaven's future.



Looking for group support in your fight to quit smoking?

Join our Quit Club where you have the best chance to quit smoking.



0800 622 6968
(Mon-Fri 9.00am-7.00pm Sat 10.00am-2.00pm)



contact.quit51@nhs.net



'smoke free' to 66777



www.quit51.co.uk



NEW MONTHLY CAR BOOT SALES IN NEWHAVEN TOWN CENTRE

An exciting new monthly event is coming to the town centre.

A car boot sale will take place on the last Sunday of every month, beginning in September, on the top deck of the multi-storey car park in Dacre Road (next to the old Co-op building).

Sellers should come to the car park at 7am to set up. The charge to sellers is £5.

The car boot sale will be open to buyers from 8am.

This event has been jointly organised by the Newhaven Chamber of Commerce and Newhaven Town Council.

For further information please contact the Chamber of Commerce on 01273 517544; email office@newhavenchamber.co.uk.



Activities include:

- Santa's Grotto
- Christmas arts and crafts
- Storytelling
- Face painting
- Christmas quiz
- Carol singing
- Christmas decorations
- Letters to Santa
- Christmas nail art
- Jewellery making
- Snowman biscuits and fruit Santa's
- Plus many more....

Hillcrest Christmas Family Fun

Sunday 18th December 12-4pm at the Hillcrest Community Centre, Bay Vue Road, Newhaven

Back for its second year, the Hillcrest Centre is once again holding a Christmas family fun day!

Costing just 50p entry, all activities are completely FREE once inside. No booking is needed, just come along on the day and join in with the Christmas fun!

And of course, the Hillcrest Café will be open serving delicious refreshments.

Last year's event was a huge success so don't miss out on the fun! For further information, see the Hillcrest's Facebook page.



**NEWHAVEN
FORT**

Santa EXPERIENCE

Saturday 10th & Sunday 11th December

Saturday 17th & Sunday 18th December

10:00am - 4:00pm

£9.50 PER CHILD*



Santa is travelling all the way from the North Pole to Newhaven Fort to meet you all!

**NEWHAVEN
FORT**

Treat the kids to a magical experience and let them enjoy Santa's Workshop where they can:

- Make Reindeer Food
- Write a letter to Santa and give it to him in person



- Decorate a Gingerbread Man
- Enjoy storytime with Mrs Claus

Then meet Santa himself in his Festive Grotto and receive a special Christmas gift!

— FORT ROAD, NEWHAVEN, BN9 9DS —

For further information email: info@newhavenfort.org.uk or call: 01273 517622.

www.newhavenfort.org.uk

*(Each child to be accompanied by no more than two adults)

What's On.

Every day

Denton Island Indoor Bowls Club open daily between 9am – 7pm. Phone 01273514664 or call in anytime for a cup of tea/coffee and to see the club and arrange a free trial of bowls on our fantastic six rinks. We have great facilities with bar available for weddings, parties etc. with plenty of free parking. See us on Facebook or website www.dentonislandbowls.co.uk.

1st Sunday every month

Castle Hill Group meet at top car park next to the Fort 10am – 12noon. All ages welcome. Volunteers are invited to carry out practical conservation tasks which vary throughout the year. Tel Graham Amy 01273 514942 for details.

2nd Sunday every month

Newhaven Growing Together Community Garden. Come and join this thriving Community Garden situated on the cliff tops overlooking the lighthouse and the sea. You are welcome anytime but we meet from 11am to 1pm on the 2nd Sunday of every month. To contact us ring Patricia Barnett on 01273 512396 or 07753429470. Find out more on our website <http://growingtogethernewhaven.org/>.

3rd Sunday every month

Friends of Tide Mills/Newhaven East Side litter clearance and conservation morning – extra volunteers very welcome – meet 10am at beach end of the old Tidemills village road. Tel Jim Skinner 01273 517291. Christmas picnic takes place after December meeting.

Every Sunday

Newhaven Sunday Lunch Club – Sunday roast, dessert, coffee £6.50. All welcome. Free parking, easy access, and disabled toilet. Newhaven Day Club 12.30 – 2.30pm. Further details and booking, contact Tony 01273 513189.

Every Monday

Lewes District Citizens Advice at Newhaven Library 9.45am – 12.30pm. Drop-in service, no appointment necessary.

Every Monday

Mindfulness group (men only) 1pm-2.30pm at Your Way (Summerhayes), Marshall Lane. Tel 01273 514753 for more details.

Every Monday

Community Shiatsu Clinic – a great way to relax and de-stress. Drop in clinic so no need to book. 11am-2pm Summerhayes, Marshall Lane. Tel Eddie 07771 175707 for more details.

Every Monday

Denton Island Indoor Bowls Club. Gentle exercise class with teacher Territa. 12.00 midday to 1pm. £3.50 per session, just turn up and pay.

Every Monday

Yoga with Karen 7.30-8.45 at Harbour Primary (Church Hill); 07776 203528 karen@evolve-now.co.uk.

Every Monday

Lewes Road Hut Youth Club. Free youth activities for 8-12 year olds; 5-7pm. Lewes Road Hut, Lewes Road Recreation Ground. Parent/carer must complete consent form - tel SCDA Youth Team 01273 517250 or email: youth@sussexcommunity.org.uk.

Every Monday (term time)

3rd Newhaven Scouts 7-8.30pm. Meet for Exploring – Collecting – Visits – Hiking – Camping and Achievement Badges. Tel Robert Martin 01323 890354.

Every Monday & Thursday

Air Cadets – 1218 Squadron Air Training Corps, Transit Road, Newhaven. Meet 7.00pm - 9.30pm. Aged 13 to 17 years and interested in aviation? Come along either evening. Tel 01273 513218 for more details.

Every Tuesday

Newhaven Growing Together Community Garden. Come and join this thriving Community Garden situated on the cliff tops overlooking the lighthouse and the sea. You are welcome anytime but we meet from 10am to 12 noon every Tuesday. To contact us ring Patricia Barnett on 01273 512396 or 07753429470. Find out more on our website <http://growingtogethernewhaven.org/>.

Every Tuesday

Bi-polar Group 10.00am-12noon at Your Way (Summerhayes), Marshall Lane. Tel 01273 514753 for more details.

Every Tuesday

Play with Clay group 12.30pm-2.00pm at Your Way (Summerhayes), Marshall Lane. Tel 01273 514753 for more details.

Every Tuesday

Knit & Natter 2.00pm-4.00pm at Your Way (Summerhayes), Marshall Lane. Tel 01273 514753 for more details.

Tuesday & Thursday

Seahaven Yoga - Vajrasati yoga with Rosie Waters. Gentle, traditional yoga suitable for all levels of experience including beginners. Also trained to teach students with ME, CFS, and similar conditions. Summerhayes Centre, Marshall Lane, Newhaven, 6.15pm - 7.30pm.

Ask about private groups and individual tuition. Tel: 01323 892638 07983 622840. Email: seahavenyoga@btinternet.com www.seahavenyoga.co.uk.

2nd Tuesday every month

Free basic Hearing Aid Maintenance for people wearing NHS hearing aids, including free batteries and re-tubing. 10am to 12 noon at Age Concern Newhaven Day Club, West Quay. Drop in sessions, no appointment required.

Tuesday & Thursday

MAD (Meeching Amateur Dramatics) is in Meeching Hall 7.45pm to 10 pm. New members always welcome. Contact Tony on 01323 896813 for more info.

Tuesday (term time) & Friday

Computer Buddies at Newhaven Library for help using computers. 10.00am – 12.00pm. By appointment only Tel 0345 60 80 196 eastsussex.gov.uk/libraries.

Every Wednesday

Newhaven Chamber of Commerce weekly breakfast meeting, 7.00am at Woody's, Peacehaven Golf Course. An ideal opportunity for businesses to network with other local business people. Phone 01273 517544 for more details.

Every Wednesday

The Havens Day Centre, Age UK East Sussex in Newhaven Age Concern Club, West Quay. 10.00-3.00pm or half days. A warm supportive social environment for older people who need a little help to enjoy their day. Clients with dementia welcomed. Please contact Nicola for details, tel 07850987131.

Every Wednesday

Community shiatsu clinic - relax and unwind. 10 am to 1 pm, the Office Suite, Beach Close, Newhaven. For more info contact Eddie 07771175707.

Every Wednesday

Extend Exercise for Seniors. We welcome new members to try this fun-to-do class for older people and those with disability or injuries. Helps improve suppleness, strength, stamina and balance. Seated options, friendly chat and nice music. St Leonard's Church Hall, Denton 2.15- 3.15pm. Contact Sandria Reese 01273 514152.

Every Wednesday

Denton Island Indoor Bowls Club Line Dance lessons with teacher Territa. 7pm to 8.30pm, £3.50 per session, just turn up and pay.

Every Wednesday

Play with Clay group 12 – 2.00pm at Your Way (Summerhayes), Marshall Lane. Tel 01273 514753 for more details.

Every Wednesday

Craft group 2.00pm-4.00pm at Your Way (Summerhayes), Marshall Lane. Tel 01273 514753 for more details.

Every Wednesday

Lewes Road Hut Youth Club (free) for 13+ year olds; 7-9pm. Lewes Road Hut, Lewes Road Recreation Ground. Tel: SCDA Youth Team 01273 517250 or email: youth@sussexcommunity.org.uk.

Every Wednesday

New Bowlers sessions at Denton Island Indoor Bowls Club 5-7pm. Please phone 01273 514664 for more information or to book your free trial.

Every Wednesday (term time)

Satyananda Therapeutic Yoga - 7-8.30pm. Bespoke/tailor made 6 week courses for a maximum of 10 participants. In a private fully equipped studio with Senior British Wheel Teacher Trainer. Contact: Janet on 01273 512306 (or) Email: samtosh4u@btinternet.com

1st Thursday every month

Maestro Big Band are at the Hope Inn, West Pier 7.00pm – 9.00pm.

1st Thursday every month

Royal British Legion – Newhaven Social Club – 7.30pm for 8pm. All welcome. Tel 01273 514258.

3rd Thursday every month

Meeching WI meets at Meeching Hall at 9.45am, apart from the Christmas event which is on the second Thursday of the month and is at a different time.

3rd Thursday every month

Newhaven Gardening Society meet at Age Concern Day Club, West Quay, Newhaven at 7.30pm (except January and August). Non members always welcome. £2 including tea and biscuits. Contact Jenny on 01273 516433 or Joyce on 01273 515610.

Every Thursday (term time)

Mixed Abilities Yoga 10.00-11.30am. 6 week courses, bespoke/tailor made sessions for a maximum of 10 participants in beautiful equipped studio with Senior British Wheel Teacher Trainer. Contact: Janet on 01273 512306 (or) Email: samtosh4u@btinternet.com.

Every Thursday (term time)

Rock Solid Youth Club for 11-16 year olds – football, tuck shop, craft, team games and cooking, 50p per session. 7-9pm. Shakespeare Hall, Fort Road Rec. Tel Sara Alexander 07763 333998 for details.

Every Thursday

Denton Island Indoor Bowls Club. New Yoga class 10am to 11.30am. £3 per session, just turn up and pay.

Every Thursday

Free rhyme time at Newhaven Library for babies, toddlers and their parents or carers. 10.30 - 11am. No need to book, just turn up and enjoy singing stories and playing musical instruments. 0345 60 80 196 eastsussex.gov.uk/libraries.

Every Thursday

Mindfulness group 1pm-2.30pm at Your Way (Summerhayes), Marshall Lane. Tel 01273 514753 for more details.

Every Thursday

Football Therapy – contact Josh at Your Way (Summerhayes), Marshall Lane. Tel 01273 514753 for more details.

Every Thursday

Country Market 9.45am – 1.00pm at the Hillcrest Centre. Locally made cakes & savouries, confectionery, preserves, fish, cheese, eggs, wholefoods, honey, Indian pickles & spices, plants, cards &

crafts and seasonal fresh produce.

Every Thursday

Yoga with Karen 7.30-8.45pm Harbour Primary (Church Hill); 07776 203528 karen@evolve-now.co.uk.

Every Thursday

Munchkins Parent and Toddler Group. Weekly activity (art, craft or cookery) £1 adult, 20p child. Free refreshments. 10am – 12noon. Summerhayes, Marshall Lane. Tel Janet 01273 515301 for more details.

Every Thursday (term time)

3rd Newhaven Beaver Scout Group, 6-8yrs meet 5.00 - 6.15pm & Cub Scout Group 8-11 yrs meet 6.30-8pm. Meet for Exploring – Collecting – Visits – Camping and Achievement Badges. Scout Hut, Fort Road Recreation Ground. Tel Robert Martin 01323 890354.

Every Thursday

AA Meeting 7.30pm-9.00pm at Your Way (Summerhayes), Marshall Lane. Tel 01273 514753 for more details.

Every Thursday & Saturday

Newhaven Market, High Street, Newhaven 9am – 2pm (weather permitting).

Every Friday

Lewes District Citizens Advice at Newhaven Library 9.45am – 12.30pm. Drop-in service, no appointment necessary.

Every Friday

Walking group 10.00 – 11.00am at Your Way (Summerhayes), Marshall Lane. Followed by quiz 11-12 noon and then Mindfulness 1-2.30pm. Craft group 2.00 – 4.00pm. Narcotics Anonymous 8.00 – 9.30pm. Tel 01273 514753 for more details.

Every Friday

Denton & South Heighton Youth Club for 11-16 year olds, preferably living in the Denton & South Heighton area – 7-9pm. Denton & Mount Pleasant Social Centre, Denton Road, Denton. 50p to attend (fee supports monthly outings/activities) Tel: SCDA Youth Team 01273 517250 or email: youth@sussexcommunity.org.uk.

Weekdays

Newhaven Ramblers – a friendly group who meet weekdays on a rotating different day each week. Walks are of varying lengths and difficulty usually between 5 and 8 miles with a pub lunch/picnic stop half way. A reasonable amount of fitness is required. If interested please tel 01323 891820 for more details.

1st Saturday every month

Denton Island Indoor Bowls Club open 10am to 12 midday for free bowls tuition. Call in for a free trial or phone 01273514664 for more information.

NEWHAVEN MUSEUM

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

The Museum is open in October from 11.00am to 4.00pm on Tuesdays, Wednesdays and Fridays. Please check the number below for possible openings on other days. The museum will close on 29th October for extensive refitting. We are due to open again on Tuesday 4th April 2017.

Admission £2, free to members, accompanied children under 16 and Paradise Park badge wearers. Contact 01273 515404 for group bookings, other possible opening times and further information.

THE HILLCREST COMMUNITY CENTRE

(Tel 01273 512376) offers the following activities and short courses. Many short courses run throughout the year, so please see the noticeboard in reception or our Facebook page for more details.

Every Monday

Newhaven Woodcarving Club 10am – 3.30pm; Line Dancing 10am – 11.30am; Drawing and painting workshop 10am – 12 noon; Knit 'n' Natter 2-4pm Room 4 – needlecraft, resources and

support, all levels welcome; Ladies Boxing Keep Fit 6-7pm; Haven Harmonies Choir 7-9pm. Tel Marian 01273 611068 or email marianstanley43@gmail.com for more details. Hillcrest Boxing Club Seniors Men 7-8.15pm.

Every Tuesday

U3A Art Class 2-4pm; Weight Watchers 5.45 – 7.45pm; Guesthouse Storytellers (2nd Tuesday of month) 7.30-9.30pm; Master Boxing Keep Fit 6-7pm.

Tuesdays, fortnightly

Families for autism support group. £1 contribution per adult. Contact Nicki Day 07723805444 for more details.

Every Wednesday

Life Drawing Class 10.30am–1pm; Sewing Group (term time only) 12.30-2.30pm, (contact Gill 07792673161); Art Class 1.30-3.30pm; Disco/freestyle dance class (age 2 upwards) 5-6pm; Red Cross (every 2 weeks) 7-9pm; Boxing Club – Juniors 6-7pm; Ladies Box Keep Fit 7-8pm.

Every Thursday

Country Market 9.45am – 1.00pm. Locally baked, crafted and seasonal fresh produce. Newhaven Woodcarving Club 10am – 3.30pm; Novel Group 10am-4pm contact Umi Sinha 01273 611490 to book. Sculpture Workshop 10am – 4pm, contact Silvia Macrae Brown 01323 422137. Start Art & Smart Art (children & young adults) 4.45-8.45pm; Masters boxing keep fit 6-7pm; Hillcrest Boxing Club Seniors Men 7-8.30pm; Line dancing 7.30 – 9.00pm.

Every Friday

Creative Writing Class. An informal and friendly prose writing class that covers everything you need to know about how to write short stories, autobiography or memoir, structured around weekly writing assignments that allow you to practice different fictional techniques. Suitable for all levels. 10am to 12.30pm. Cost £110. For more information and to register ring Umi Sinha on 01273 611490 or email umi@writingclinic.co.uk.

Disco/freestyle dance class (age 2 upwards) 3.45 – 7.00pm; Ballroom dancing 6.30-9pm.

3rd Saturday every month

Hillcrest Cinema. Phone for details or check listings.

Sunday Monthly

Tea Dances 2pm – 4.30pm. £5 per person including tea and biscuits. For more info, call Fred Weston on 01323 898813.

NEWHAVEN, LEWES & DISTRICT MENCAP

Registered Charity No. 270064

e-mail: newhaven.lewesmenicap@btconnect.com

Website: www.newhavenmenicap.org.uk

Telephone: 01273 517345

Riverside Hall, Riverside, West Quay, Newhaven, BN9 9BP

Our society is run for the benefit of Children and Adults with Learning Disabilities or Difficulties, including those with physical disabilities.

We use our hall for our Social Club on Friday evenings solely for our members.

Our hall is primarily used for functions to benefit members of our club, but is also available as a valuable venue for other local groups to use. (Please phone the above number for more information).

The hall can be booked for private functions at a very reasonable rate. Please phone 01273 517345 for availability (preferably giving one month's notice of booking date).

Our Sensory Room is available to hire at £5.00 per person per hour. Booking in advance is essential. Phone Ann on 01273 517345 to book the room.

NEWHAVEN TENNIS CLUB

The Club offers the following sessions and activities to its members and non-members (with view to becoming members). Please contact Bob 01273 512162 for details or email: mailrkjackson@yahoo.co.uk.

Every Saturday

9.00am Junior coaching sessions. 10.00am Mini-tennis coaching sessions. 10.45am Junior coaching.

Every Saturday

1.00-5.00pm Adult Club sessions. Open to non-members (with view to becoming members).

Every Sunday

Mix of Adult and Junior Coaching: ask about coaching lessons.

Every day

Club members can use the courts anytime during daylight hours.

SHAKESPEARE HALL

Run by Wave Leisure.

We offer a range of exercise classes and hall hire at competitive rates, as well as children's birthday parties and function hire.

Please contact 01273 510784 or visit www.waveleisure.co.uk.

Also on offer at Shakespeare Hall:

Monday to Friday

NIPPERS After School club from 3pm. Contact on 01273 514440 or 07564 452837 - facebook or www.nippers.org.uk.

Monday

Kettlercise - 6pm; Boxercise circuits and bootcamp - 7pm

Tuesday

Take Heart cardiovascular exercise class 10am – 11am. Keep and stay fit with accredited fitness trainer in a supportive environment. £15 annual membership and £5 per class. Further details Richard Stantford 07786 001771. Strength and balance class 11.00am – 12.00. Kettlercise and Core Ability - 6.30pm. Boxercise Cardio Boxing - 7.30pm.

Wednesday

Baby Bounce 10am – 12 noon. Multisport disability group 4.30 -6pm for 8-16 year olds. Tap dancing 6.30pm. Zumba 7.30pm.

Thursday

Take Heart cardiovascular exercise class 11am -12noon. Keep and stay fit with accredited fitness trainer in a supportive environment. £15 annual membership and £5 per class. Further details Richard Stantford 07786 001771.

Friday

Wave Big Night Out, last Friday of every month.

Saturday

.I.I.T 9am suitable for all fitness levels. A full body workout. PiYo 10am combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.

DENTON ISLAND COMMUNITY CENTRE

Offers the following free courses and information sessions:

Free Fitness Courses

Yoga, tai chi, walks, outdoor gym and many more. Call 01273 516032 for dates and further details.

SCDA – Free Outdoor Walks and Activities

We have weekly walks in Eastbourne and walks around Newhaven.

Call 01273 516032 for an up to date list of planned group walks and gardening/outdoor activities.

Youth Services

Youth Group Drop In: please call 01273 517250 to find out the dates and venues of our youth group sessions.

Family Activities

Call 01273 517250 to book a place on the following courses:

Course	Age	Dates	Time
Halloween fun morning	The whole family	28th October	10am-1pm
Getting ready for Christmas	Preschool aged children 3-5years	11th, 18th, 25th Nov, 2nd, 9th, 16th Dec.	10am-12pm
Sewing (making a child's costume)	Adults	30th Nov, 7th and 14th Dec	10am-12pm
A visit to Santa's Grotto	Under 16's	15th, 16th, 22nd and 23rd Dec	TBC
Family first aid	Adults	16th, 23rd and 30th November	10am-12pm
Zumba	16 – 25 year olds	7th Sept – 2nd Nov (excluding 26th Oct)	Morning time TBC
Language and Play	Adults	TBC	10am-1pm inc lunch
Numbers and Play	Adults	TBC	10am-1pm inc lunch
Sensory Play for under 2's	Adults	TBC	10am-1pm inc lunch

Family Learning – term time only

Course	Day	Dates	Venue
Foodies	Wednesdays	4.00-5.30pm	Denton Island Community Centre
Jitterbugs Under 5's (£1 per family)	Fridays	9.30-10.30am Term Time	Denton Island Community Centre

Become a Community Health Champion

Help us to improve the local health by participating in various activities and volunteering to promote healthy eating and fitness. To find out more call 01273 516032 or email: healthylifestyles@sussexcommunity.org.uk.

Course	Date	Venue	Time
Key Skills for Volunteers and Health Champions	Friday 7th October	Denton Island Community Centre	9.30am-12.30pm
Healthy Communities	Tuesday 11th October	Hillcrest Centre, Newhaven	9.30am-12.30pm
Cooking Skills	Thursday 15th October	Denton Island Community Centre	1.30pm-3.30pm

SEAHAVEN SWIM & FITNESS CENTRE

Tel 01273 512498 or www.waveleisure.co.uk.

Swimming Lessons available, Monday to Sunday. Tel for more details.

Seniors Class in the Gym (includes a swim after class) 9.30am – 10.30am every Monday and Thursday.

Water Aerobics 12noon - 1pm Monday & Friday and Deep Water Aqua sessions now running 8.30 – 9.30pm every Tuesday and Aqua Zumba 8.30 – 9.30pm every Wednesday.

Aqua Tots session 10.15am -11.30am on Thursdays with toys in the teaching pool.

School Holiday Activities for Children and Young People

Running between 2pm – 3.45pm. Mon & Fri – Big Floats, Tues & Thur – Big Inflatable.

STUDIO TEMPO DANCE CENTRE

Venues around Newhaven.

Please phone teachers and check for information regarding the summer and autumn class programme for present and future individual class venues and dance events in Newhaven.

Studio Tempo: Ballroom, Latin, Sequence, Argentine Tango and also tea dances etc. with Jean and Margaret Cantell 01273 513784/476565.

Studio in Line: line dance classes and events for adults with Territa 07931 930770.

Up the Tempo: freestyle, street dance for all ages and pre-school dance with Melody Bear with Stefanie 07852 323990.

HEALTH TRAINER SERVICE

Free to adults 18 years of age and over who want to improve their mental and physical health and wellbeing.

The focus is on motivation and support for individuals who wish to make a behaviour lifestyle change.

We can help you with healthy eating and weight watching, becoming more physically active, stopping smoking and sensible drinking.

The intervention is time limited: One to one sessions (approx. 6 over a 3 month period) held at the Rehabilitation Centre, Church Hill 9am-2pm every Tuesday.

9am-1pm every Wednesday Children's Centre, Denton Island 1pm-4pm every Thursday.

Other times available with prior arrangement Tel 0800 917 8896 or 01323 723966 for more details.

OCTOBER

- 1st-2nd Paradise Park celebrates National Conifer Week with a wonderful display of these evergreen shrubs. In-store offers.
- 1st-2nd Open Weekend at Denton Island Indoor Bowls Club. Open mornings for all to try indoor bowls from 10am to 1pm. Try the game, see the club; bowls and coaching supplied. Book now on 01273514664 or call in on the day for a free trial.
- 4th Newhaven Historical Society: "Newhaven's First World War Memorial: The Men behind the Names" illustrated talk by Society member Jenny Flood. Meeting commences at 7.30pm in the Hillcrest Community Centre, Hillcrest Road, Newhaven. Doors open 7.00pm. Entrance free to members, visitors £2. Enquiries 01273 515404.
- 5th Paradise Park Timely Talk: Bulbs of Promise. Starts at 11am in the coffee shop (Free refreshments).
- 7th Charity Coffee Morning at Paradise Park, 9am – 1pm. All profits from hot drink sales going to St Wilfrid's Hospice.
- 7th Mayor's Charity Quiz Night, 7.30pm at Meeching Hall, Fort Road. £3 per head, teams of up to 6 people.
- 9th 9am – 4pm Newhaven, Peacehaven & Seaford Lions charity book sale in the foyer at Paradise Park.
- 9th Tea dance at the Hillcrest Community Centre: popular sequence, ballroom and Latin. 2.00 – 4.30pm. Admission £5 including tea and biscuits. Good company, great music, good dance floor and free parking! Call Fred Weston 01323 898813 for more info.
- 10th South Highton WI Annual General Meeting will be held in South Highton Village Hall at 2.15pm. All welcome, please contact Diane on 01273 516354 for further details.
- 11th The GuestHouse Storytellers – Journeys: an evening in aid of refugees – all welcome. "We cannot know what our steps want, or where they lead us. We do not truly know where the adventure begins and where it ends." (Anonymous refugee poet). Our lives are full of journeys.

Join us for an evening of stories about journeys in all shapes and guises from The GuestHouse Storytellers and friends. All proceeds will go to a refugee charity/charities chosen by the audience on the night. If you've never seen a storytelling performance, why not come and try it? At the Hillcrest Centre, Newhaven BN9 9LH. Café opens 7pm. Stories from 7.30. Donations on the door. www.guesthousestorytellers.com.

- 15th Seahaven Crafters Fair at Newhaven Fort 10.30am – 4.00pm. Handmade crafts and homemade foods from local makers, bakers and crafters. In association with the Seahaven Crafters community. Free event entry, free parking, tea room available. Contact Sara Humphries for further info on 07906 373466 or email sarapaulcharlie@icloud.com
- 15th Hillcrest Film Society presents an unusual and intriguing French film LA FAMILLE BÉLIER (12). The Béliers are a farming family and Mum, Dad and younger brother are deaf, daughter Paula being their ears and mouth to the outside world. They rely on her too much and, for any parent whose children are on the cusp of flying the nest, you feel for both Paula who wants to leave, and her family who are afraid to let her go and to face the world without her. The whole idea behind the film is deep and original and it's also a profound insight into the world of the deaf. Tickets £5.00 each only from the Hillcrest Centre. Doors & Café open 6.00pm. Film starts 7.30pm.
- 16th Mayor's Charity Tea Dance, 2-5pm at the Hillcrest Centre. £6.00 including tea and cakes, tickets in advance available from Hillcrest Centre or Studio Tempo.
- 20th Meeching WI - Mr. Richard Masefield - Sussex Historical Novels. WI meets every 3rd Thursday of the month at Meeching Hall, Fort Road, Newhaven at 9.45am. Visitors and new members are always welcome. Please phone 01273 517053 for further details.
- 20th Newhaven Gardening Society monthly meeting at Age Concern Day Club, West Quay, Newhaven at 7.30pm. Our speaker Peter Hill will give an illustrated talk entitled 'Sussex Windmills. Non members always welcome, £2 including tea and biscuits. Contact Jenny on 01273516433 or Joyce on 01273515610.
- 22nd-30th Halloween week at Paradise Park. Fun free activities with a spooky theme for half term.
- 24th-28th NIPPERS Spookathon Playscheme 8am-6pm. Contact: 07564 452837 www.nippers.org.uk Facebook - nippers.
- 29th Cartoon Corner at Paradise Park, 11am – 1pm. Local artist Lesley Harvey will be holding a free drawing workshop in the coffee shop.
- 31st Bingo at South Highton Village Hall. Last Monday of each month. 8.00pm start. Doors open at 7.30pm. Cash prizes and raffle. Tea/coffee/soft drinks on sale. £5 entry.

NOVEMBER

- 1st Joint Patient Participation Group Meeting for Quayside Medical Practice and Chapel Street Medical Practice at Quayside Surgery, 6.30pm.
- 2nd Timely Talk at Paradise Park: Winter Prunes. Starts at 11am in the coffee shop (Free refreshments).
- 8th The GuestHouse Storytellers - Orpheus and Eurydice told by Andreas Kornevall with Geoff Robb on classical guitar (with open floor in the first half) - all welcome. Join us for an odyssey where we will catch a glimpse of the mythology of ancient Greece. We will behold, through music (flutes and guitar) and words, the trials of the old Gods, and hear a story with sharp thorns of the moon: a story of love, loss, and longing. Geoff Robb will also offer stand-alone songs from his repertoire to inspire and kindle our mythical imagination. All words, poetry and

music will be a valiant and spirited attempt to court the Muses, especially Aoele - the Muse of voice and song. If you would like to tell a story on any theme in the first half please email Wendy: wendy.atkinson@btinternet.com. At the Hillcrest Centre, Newhaven BN9 9LH. Café opens 7pm. Stories from 7.30. Tickets £6 in advance from Hillcrest café, our website or on the door. www.guesthousestorytellers.com.

- 12th Newhaven Air Cadets Charity Car Wash at Paradise Park, 10.30am – 3pm. Raising money for the 'Poppy Appeal.'
- 12th South Highton Bonfire Society's Bonfire Night. Torchlit procession leaves the Flying Fish in Denton at around 6.30pm and makes its way (via Denton Road, Thompson Road, Wellington Road, Highton Road) to the bonfire site at South Highton Recreation Ground. The firework display will start around 8pm. Admission is £3 for adults, free entry for accompanied children. For further information please call 01273 513106.
- 13th Tea dance at the Hillcrest Community Centre: popular sequence, ballroom and Latin. 2.00 – 4.30pm. Admission £5 including tea and biscuits. Good company, great music, good dance floor and free parking! Call Fred Weston 01323 898813 for more info.
- 14th South Highton WI - Richard Atkins will be giving a talk with slides on "Barbara Cartland" in South Highton Village Hall at 2.15pm. For further details please contact Diane on 01273 516354.
- 17th Meeching WI - AGM. WI meets every 3rd Thursday of the month at Meeching Hall, Fort Road, Newhaven at 9.45am. Visitors and new members are always welcome. Please phone 01273 517053 for further details.
- 17th Newhaven Gardening Society meeting at Age Concern Day Club, West Quay, Newhaven at 7.30pm. Speaker will be Colin Bell from Seaford Photographic Society who will give an audio visual presentation. Non members always welcome, £2 including tea and biscuits. Contact Jenny on 01273516433 or Joyce on 01273515610.
- 19th Autumn Fayre 10am - 1pm at Newhaven Day Club, West Quay. Nearly new clothes, kitchen items, bric-a-brac, puzzles, books, teas, coffee & cakes. All welcome.
- 19th Hillcrest Film Society presents the wonderful BROOKLYN (12A). Set in the early 1950s, Eilis Lacey, a young Irish girl, emigrates to Brooklyn to find a full-time job. Feeling homesick, she manages to find her footing by adapting to her job as a salesgirl with a little help from both Father Flood (Jim Broadbent), and Mrs Kehoe (Julie Walters), the owner of the boarding house she now lives in. She falls in love with Tony, an Italian-American plumber, until the past catches up with her, and she must choose between two countries and the lives that exist within. The film has depth and humour and is a total delight to watch. Tickets £5.00 each only from the Hillcrest Centre. Doors & Café open 6.00pm. Film starts 7.30pm.

- 19th- 30th Santa's Winter Wonderland at Paradise Park. Come and visit Santa in his Grotto (see website for prices & times) www.paradisepark.co.uk.
- 23rd Late Night Extravaganza at Paradise Park, 6.00 – 9.00pm. Three hours of unbelievable offers and seasonal food and drink tastings.
- 25th-27th Meeching Amateur Dramatic performance: The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society's Production of A Christmas Carol. 7.30pm at Meeching Hall, Fort Road. Tickets from Meeching Estate Agents, High Street, Newhaven, (Tel: 01273 515566), or Tony Gibbs (07912 965507).
- 26th RNLI Newhaven Christmas Fayre. Taking place in the Hillcrest Centre, Hillcrest Road, Newhaven BN9 9EA

from 10am to 12.30pm. Now is the time to start to enjoy the festive spirit whilst supporting your local lifeboat. Father Christmas will be visiting and there will be a variety of stalls for the enjoyment of all the family, as well as a Winter Raffle. Entry fee of 25p with all profits to be used for the benefit of RNLI Newhaven. Support your local lifeboat - Respect the Water.

- 26th Newhaven, Lewes & District Mencap Christmas Fair at Riverside Hall, Riverside, Newhaven BN9 9BP. 10.00 am to 2.00 pm. Admission 50p, children free. All the usual great stalls and bargains – including a visit from Father Christmas! (He has already contacted us to say he will be there!). Come along for a fun time, and chances to win wonderful prizes. We will also have mince pies and mulled wine for sale along with our usual delicious refreshments (and homemade cakes). Tell your friends about our popular fair – we look forward to seeing you there.
- 26th Cartoon Corner at Paradise Park. Local artist Lesley Harvey will be holding a free drawing workshop in the coffee shop.
- 28th Bingo at South Heighton Village Hall. Last Monday of each month. 8.00pm start. Doors open at 7.30pm. Cash prizes and raffle. Tea/coffee/soft drinks on sale. £5 entry.

DECEMBER

- 1st Newhaven Country Market - special Christmas market at the Hillcrest Centre from 9.45am until 2pm. All the usual quality locally produced goods plus special Christmas fare and gifts. Free parking, disabled access, toilets and cafe.
- 1st-3rd Meeching Amateur Dramatic performance: The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society's Production of A Christmas Carol. 7.30pm at Meeching Hall, Fort Road. Tickets from Meeching Estate Agents, High Street, Newhaven, (Tel: 01273 515566), or Tony Gibbs (07912 965507).
- 1st-24th Santa's Winter Wonderland at Paradise Park. Come and visit Santa in his Grotto (see website for prices & times) www.paradisepark.co.uk.
- 4th St Leonards Church, Denton - Christingle Family Service 10.00am
- 6th Quayside Medical Practice Patient Participation Group Meeting 6.30pm at the surgery. New members always welcome. Please ask at reception for more details.
- 7th Timely Talk at Paradise Park: Jingle Plants. Starts at 11am in the coffee shop (free refreshments).
- 8th Meeching WI - Christmas Lunch at Meeching Hall, Fort Road. This event takes place on the 2nd Thursday of the month and at a different time of 12.00 noon. Please phone 01273 517053 for further details.
- 8th Newhaven Historical Society: "The Bloomsbury Group in Sussex" illustrated talk by Chris Cook. Meeting commences at 7.30pm in the Hillcrest Community Centre, Hillcrest Road, Newhaven. Doors open 7.00pm. Entrance free to members, visitors £2. Enquiries 01273 515404.
- 10th Santa's Grotto, South Heighton Village Hall. Father Christmas will be resident in his grotto at South Heighton Village Hall from 4pm. Children are welcome to say hello to him and receive a gift. Mulled wine and mince pies to enjoy! This event is free.
- 11th Tea dance at the Hillcrest Community Centre: popular sequence, ballroom and Latin. 2.00 – 4.30pm. Admission £5 including tea and biscuits. Good company, great music, good dance floor and free parking! Call Fred Weston 01323 898813 for more info.
- 11th Newhaven Elim Church Carol Service at 5.00pm.

- 12th South Heighton WI - Geoffrey James will entertain members with "Musical Delights" at South Heighton Village Hall at 2.15pm. All welcome, for further information please contact Diane 01273 516354.
- 12th Christmas Bingo at South Heighton Village Hall. 8.00pm start. Doors open at 7.30pm. Cash prizes and raffle. Tea/coffee/soft drinks on sale. £5 entry.
- 13th The GuestHouse Storytellers – Winter Tales to Warm the Heart – all welcome. Our annual winter celebration, where we gather round to share stories to bring us light and hope through the long dark nights of winter. This is a community evening and we invite you come and share your favourite heart-warming stories. To thank you for your support over the past year, and welcome new attendees, we will be serving complimentary seasonal goodies: mulled wine, gingerbread biscuits and mince pies. To book a slot to tell a story (ten minutes max) please email Elizabeth: wizzie@uwclub.net. At the Hillcrest Centre, Newhaven BN9 9LH. Café opens 7pm. Stories from 7.30. Tickets £5 /£4 concessions on the door. www.guesthousestorytellers.com
- 17th Hillcrest Film Society presents GEMMA BOVERY (15) a glorious French romp for the month of December. Martin, an ex-Parisian, passionate about Gustave Flaubert, has settled into a Normandy village after inheriting his father's bakery. An English couple move into a small farm nearby. Not only are the names of the new arrivals Gemma and Charles Bovary, but their behaviour also seems to be inspired by Flaubert's heroes. He immediately becomes intrigued with the lovely Gemma, seeing parallels to his favourite novel. Based on Posy Simmonds' 1990 graphic novel, it's altogether a fabulous film to watch and a great pre-Christmas movie. Tickets £5.00 each only from the Hillcrest Centre. Doors & Café open 6.00pm. Film starts 7.30pm.
- 18th St Leonards Church, Denton Candlelit Carol Service with Silver Band 4.00pm
- 22nd-23rd NIPPERS Christmas Playscheme 8am-6pm. Contact: 07564 452837 www.nippers.org.uk Facebook - nippers
- 24th St Leonards Church, Denton: 4.00pm Crib Service; 11.15pm Midnight Communion
- 24th Cartoon Corner at Paradise Park. Local artist Lesley Harvey will be holding a free drawing workshop in the coffee shop.
- 25th St Leonards Church, Denton - Family Communion 10.00am
- 25th Newhaven Elim Church – short family service at 10.00am.

This events listing has been published by Newhaven Town Council, 18 Fort Road, Newhaven, BN9 9QE, 01273 516100. www.newhaventowncouncil.gov.uk. The deadline for the next edition (events in January/February/March) is 21st November 2016 – please contact us if you are organising an event during those months – email nicky_still@newhaventowncouncil.gov.uk. The information was supplied by the organisers of the events concerned, and you are advised to check details with them. The Town Council cannot accept responsibility for any errors, or for any events which are subsequently cancelled.

Christmas & Santa

MARKET EXPERIENCE

— AT NEWHAVEN FORT —

Sat 10th & Sun 11th December 10:00am - 4:00pm

Sat 17th & Sun 18th December 10:00am - 4:00pm

MARKET PITCHES ONLY £10.00 FOR ALL 4 DAYS

Food

Gifts

Crafts

Festivities



Mulled Wine

& delicious
Mince Pies

1940s
Sea Room

open from
10:00am

— FORT ROAD, NEWHAVEN, BN9 9DS —

For further information and market pitch enquiries email:
info@waveleisure.co.uk or call 01323 493061.

Free bus service each Saturday from Newhaven Town to the Fort.
Contact CTLA for timetable, email: www.ctla.org.uk or call 01273 517332.

www.newhavenfort.org.uk