



Newhaven *Matters*

WINTER 2017 // Issue N° 12



Photo by Steve Creffield

Welcome to the Winter 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

Winter 2016

It has been another busy few months in Newhaven and I have represented the town at many events. The highlight for me was our Remembrance Service on November 13th. We were honoured to have the High Sheriff and Deputy Lord Lieutenant attending, along with Chairs of County and District Councils and Maria Caulfield. Hundreds of residents young and old came out to pay their respects and it was a proud moment for me.

The lead up to Christmas was also a busy time with the Mayor's Carol Concert at St. Michael's Church on 7th December and the town's Christmas Extravaganza on 17th. I joined the Santa Bus, which supported CTLA (another dressing up excuse) and a Christmas Dinner for the local old folk from around the Seahaven area, organised by the Rotary Club at Telscombe Cliffs.

Sharon and I are busy putting on more events to raise money for defibrillators and we have a quiz night on 13th January, another tea dance in March and a fund-raising dinner at the Denton Island Bowls Club in April planned so far.



Happy New Year and I look forward to seeing many of you over the coming months.

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

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YOUNG MAYOR *Sophie Lewis*



Elections for a new Young Mayor of Newhaven were held at the end of October. Students at Seahaven Academy and UTC@harbourside voted to choose who they wanted to represent them and their views.

The winning candidate was 15 year old Sophie Lewis from UTC@harbourside and

Sophie was presented with the Young Mayor's badge by grown up Mayor, Councillor Steve Saunders at the Council meeting held on Tuesday 8th November.

Sophie says, "Thank you to everyone that voted for me to be elected as Young Mayor of Newhaven!"

On Remembrance Sunday I was honoured to attend my first event as Young Mayor where I laid a wreath on The Canadian Engineers Memorial on behalf of the town council.

My goals as Young Mayor are to:

- Use social media to create a local app (sharing information between youth, getting people involved in local activities around Newhaven).
- To improve Newhaven's reputation and raise the positive profile of young adults in the area.
- To campaign for better transport links (e.g. trains and buses).
- To increase economic activity (particularly small shops and involving young people)."

**Domestic or sexual
abuse and violence
can happen to anyone.**

You are not alone.

**We understand,
and we believe you.**

The Portal is a new service to help anyone across Brighton, Hove and East Sussex who has been affected by domestic or sexual abuse or violence. If you, or anyone you know, need support you can call the Portal on 0300 323 9985 or go to www.theportal.org.uk.

The Portal provides specialist support for all survivors – men, women, LGBT people and people from Black, Asian and Ethnic Minority backgrounds.

In an emergency call the police on 999.

Newhaven WW2 Veteran is awarded Légion d'Honneur

Ninety-one year old D-Day veteran Alan Baxter of Norman Road, Newhaven, was made a Chevalier de la Légion d'Honneur earlier this year, shortly before he died.



The Légion d'Honneur is France's highest honour and was awarded to Alan as part of France's promise to award the medal to living veterans of the campaign to liberate France in 1944. This promise was announced by French president Francois Hollande on the 70th anniversary of D-Day in 2014.

Alan was born in Offord Cluny in Huntingdonshire. Aged 14

at the outbreak of war he joined the Home Guard in 1940 and was entrusted with a .33 calibre water cooled Browning machine gun! On being called up in 1943 he enlisted in the Corps of Royal Engineers.

On D-Day Alan's company landed on Juno Beach with the 3rd Canadian Division at Bernières-sur-Mer. Later they opened the port at Boulogne before going down to Marseille to move the 2nd Canadian Armoured Division from the Italian to the Western Front.

Alan married Doreen Brooks at St Michael's Church, Newhaven in 1946 and the couple settled down in the town. Doreen originally came from South Shields but was by then living at Elphick Road. Alan joined British Rail as a clerk/interpreter at the East Quay Booking Office; he also joined the Royal Observer Corps and was the

Chief Observer at the 2/C2 Newhaven Post. He retired from Sealink in 1988 and from the Royal Observer Corps in 1989.

The French Ambassador wrote to Alan to say "As we contemplate this Europe of peace, we must never forget the heroes like you, who came from Britain and the Commonwealth to begin the liberation of Europe by liberating France. We owe our freedom and security to your dedication because you were ready to risk your life".





studio tempo

Over 60 years of dancing in Newhaven!

Jean and Margaret Cantell, both born in Newhaven, say that their father and grandfather were disappointed that they were girls and not boys who could carry on boat building and keep the Cantell name going strong in the town. However, they have done the best they can and instead have made the Cantell name well known in the dance world locally and nationally through their teaching, competition and professional lecture work.

In 1952 Jean Cantell gained her first qualifications to teach dancing and started the Meeching School of Dancing, teaching in various local halls. After a successful first year, Jean took over the tenancy of the Marshall Hall in Newhaven and changed the name to 'Studio Tempo'. For over 60 years it was a much loved

centre for dance in Newhaven where Jean and her sister Margaret, both qualified dance teachers, continued to teach and direct Studio Tempo dance classes. Classes were also offered at the Hillcrest Centre.

In 2016, Studio Tempo moved out of Marshall Hall but continues to thrive with classes in the Hillcrest Centre and Meeching Hall.

In 1953 the styles of dance taught were Ballet, Tap, Ballroom and Latin. Over the years Freestyle and Line Dancing have been added, both of which remain very popular. Recent years have seen a growth in alternative Latin Dance such as Salsa, Mambo, many forms of Jive, Swing and Rock 'n' Roll, also Argentine Tango. With so many diverse forms of dance

there really is 'dance for everyone' at Studio Tempo aged from 3 to 93!



Would you like to learn to sew?

A new group of Young Quilters (part of The Quilters' Guild of the British Isles) has started at Denton & Mount Pleasant Social Centre, Denton Road, BN9 0PX and they are looking for more members.

Membership is open to interested young people aged from 5 to 16 and is free for the first year and only £5 per year thereafter.

Sewing sessions cost £5 each which includes all materials.

The group meets from 2.00pm to 4.00pm on the third Saturday of the month. The aim of each workshop is to complete a project in that time that the children can take home.

Volunteers to help with the children are also needed.



Please contact **kathryn.greig@uwclub.net** or 01273 510193 for more information and to book a place.



Play Streets

Lewes District Council is inviting applications from the beginning of January from residents who want to turn their street into a play street, allowing children to play freely with friends for a few hours without fear of traffic.

Parents and neighbours can apply for a single temporary road closure, or several at one time, using a new process. Applications need to be made via www.lewes.gov.uk/PlayStreets by the end

of January for the launch weekend 21st-23rd April 2017.

Applicants have to demonstrate that at least 60% of residents and businesses affected agree to the road being closed for up to three hours at a time during daylight hours. Parents should be available to supervise the play and ensure the road is closed off to vehicles with suitable signs, but allowing access to residents to park in existing bays.

Cllr Tony Nicholson, Lead Member for Customers and Partners at Lewes District Council said: "We want to make it easy for parents and neighbours to apply to close their road and turn it into a play out area. I'm sure people can remember the benefits of playing out in the street many years ago and the strong community spirit it fostered between neighbours and parents."



Newhaven Gig Rowing Club

This exciting new project based in Newhaven marina started last summer. It is a Cornish racing gig (a gig being a long thin boat which 6 people row with 13ft long oars! and 1 coxwain). The club has attracted much attention and interest, so far mainly from adults but they want to drive it towards youths too. It is an entirely charitably self-funded, social benefit club and aims to grow and become a focus for using the River Ouse more.

It was set up by Mark Beaumont, Graham Precey

and Nicola Tweedie, three local residents using their combined experience to work together and do their bit for the social and economic benefit of Newhaven. Recent developments include opening a shop, "The Gig Shed", in the marina and setting up a community shareholding scheme to bring ownership of the boat into the club.

Future plans are to buy more boats, involve the sea cadets, increase membership and start similar clubs for other activities such as mountain biking, wellbeing, hiking and all sorts of adventures in the Ouse Valley. To do this, they have set up an entity called "Ouse Valley Adventures", so watch this space!

Find out more: www.facebook.com/groups/279674732382297 [Newhaven Gig Rowing Club (Sussex)] or call Mark on 07776 140 727, or email him: mark@lanoguard.co.uk.



DENTON ISLAND INDOOR BOWLS CLUB, NEWHAVEN

When Denton Island Indoor Bowls Club was officially opened on 29th January 1997 it was Chairman Brian Stow and Captain Bill Rummery's aim to make it the best.

As the club approaches its 20th anniversary on 29th January 2017, it confidently claims it is the best Six Rink Indoor Bowls Club in Sussex!

The original hope was that the club would become a focal point in the community as a place where members could find friendship and enjoyment together playing a game they love. Over the last 20 years the club has gone from strength to strength, with a thriving bowls membership and social club, a function centre for hire and plenty of free parking.

If you want to try bowls or see the function facilities, there is an Open Evening on Friday 6th January from 7pm to 8.30pm, and Open Mornings on Saturday 4th February and 4th March from 10am to 12 midday. Or just call in and speak to Traci or Pam on reception anytime. Phone 01273 514664, www.dentonislandbowls.co.uk.

Spotlight on... two local authors



BELONGING

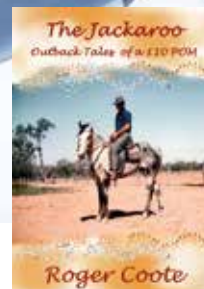
by Umi Sinha

Umi Sinha was born and grew up in India, and has lived in Sussex for the last 26 years. She runs creative writing classes at the Hillcrest Centre in Newhaven, where she is also a trustee, and co-runs an oral storytelling club there.

'Belonging' is the story of Lila Langdon, who is twelve years old when she witnesses a family tragedy after her mother unveils her father's surprise birthday present – a tragedy that ends her childhood in India and precipitates a new life in Sussex with her great-aunt Wilhelmina.

From the darkest days of the British Raj through to the aftermath of the First World War, *Belonging* tells the interwoven story of three generations and their struggles to understand and free themselves from a troubled history steeped in colonial violence. It is a novel of secrets that unwind through Lila's story, through her grandmother's letters home from India and the diaries kept by her father, Henry, as he puzzles over the enigma of his birth and his stormy marriage to the mysterious Rebecca.

Available from Amazon or any major bookseller.
Reviews and more info at: www.umisinha.com.



THE JACKAROO

Outback Tales of a £10 Pom by Roger Coote

Newhaven resident Roger has a background in farming, was a senior flying instructor for over 40 years and a Development Officer for the British Gliding Association. He has always enjoyed writing and in addition to 'The Jackaroo' he wrote 'The Farm Business' whilst a lecturer at Plumpton Agricultural College.

Over 50 years ago, the '£10 Poms' were being paid a subsidy by the Australian Government to help 'populate Australia'. 'The Jackaroo' is the story of a Sussex farmer's son who took up the challenge and left the UK with nothing but a letter of introduction.

The story tells of Roger's experience in a very different kind of farming, and we follow his progress as he works as a jackaroo on a mustering camp to learn the job and later to become an overseer on a million-acre property in West Queensland.

The book contains reminiscences, amusing anecdotes, interesting observations and entertaining short stories. Most of all, it contains a good collection of yarns and is an easy read.

Available from www.lulu.com (ISBN 9781326743291) or from Amazon.

LOOKING FOR TREE LOVERS

Do you care about trees? Would you like to help protect trees in Newhaven, plant new trees and make a real difference to the quality of our environment?

We are looking for volunteers to become tree wardens in our town. The Tree Warden Scheme is a national project set up by The Tree Council in 1990. It gives people who feel that trees matter an opportunity to champion their local trees and woods by carrying out or encouraging practical projects and involving their neighbours wherever possible. Community involvement is a central aim of the scheme.

If you would like to find out more, please contact the town council on admin@newhaventowncouncil.gov.uk or telephone 01273 516100. We will be organising a meeting of everyone who is interested to discuss the scheme and what tree wardens could do in Newhaven and would love you to come along and take part.



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

Has your tax bill
made your
hair stand
on end?



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



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: Les Tasker FFA, FAIA, FFTA & Kevin Osman FFA, FAIA, FFTA



Important Information

For all Newhaven Residents and Businesses



Newhaven's Draft Neighbourhood Plan Consultation is soon to begin.

Since 2014 the Neighbourhood Plan Steering Group, which is made up of residents and councillors, has been working to produce a Neighbourhood Plan.

We have run meetings and workshops with the community and spoken to young people to find out how Newhaven can best grow and change.

You gave us many suggestions as to what the plan should say. You said protect areas of public open space against development and

suggested ways to inject new life into the town centre. You also told us where you thought new development should go.

We have now put these ideas into a draft document and we will soon be sending a leaflet to all households in the town, advising where the document can be viewed and asking you what you think of it.

Please look out for the leaflet and get involved by having your say!



Hillcrest Art Classes

Contact 01273 512376

Do you fancy taking up a new hobby this year? How about something creative – most weekdays there is a different art class at the Hillcrest Centre with something to suit everyone.

Mon 10am-12.00pm

Drawing and Painting

Learn to draw and paint on this course which is run by Sussex Downs College. The next course starts on 9th January.

Tue 2-4pm

U3A Art Class

This is a social art group run through the U3A. There is no tutor but members enjoy a social afternoon painting together and helping each other. Inspiration can come from books, photos or still life and different paints such as watercolour, oils and acrylics are used.

Wed 10.30am-1pm

Life Drawing Class

This class has a mix of experienced and less experienced students, and teacher Julien encourages people to join at the start of a term to gain maximum benefit from the course. Observational drawing, using professional models, is carried out in the unique atmosphere of the Hillcrest Centre. A couple of spaces are left on the course starting January 11th.

Wed 1.30-3.30pm -

Art Class

This is a general art class run by tutor Pauline Jay, covering techniques of drawing and water based painting. There are numerous demonstrations and personal tuition in a friendly atmosphere. All abilities are very welcome. Please phone Pauline on 01273 472794 for more details.

Thur 10am-12.30pm and 1.30-2pm

Sculpture Workshop

Enjoy learning to make life size portrait heads in clay, or figures in clay from a life model with sculptor Silvia MacRae Brown. Work is fired in a kiln afterwards at South Heighton pottery.

The next course, starting 19th January, will be Figures in Clay and all levels of ability are welcome.

For further information and bookings please email silviamacraebrown@btinternet.com or call 01323 422137.

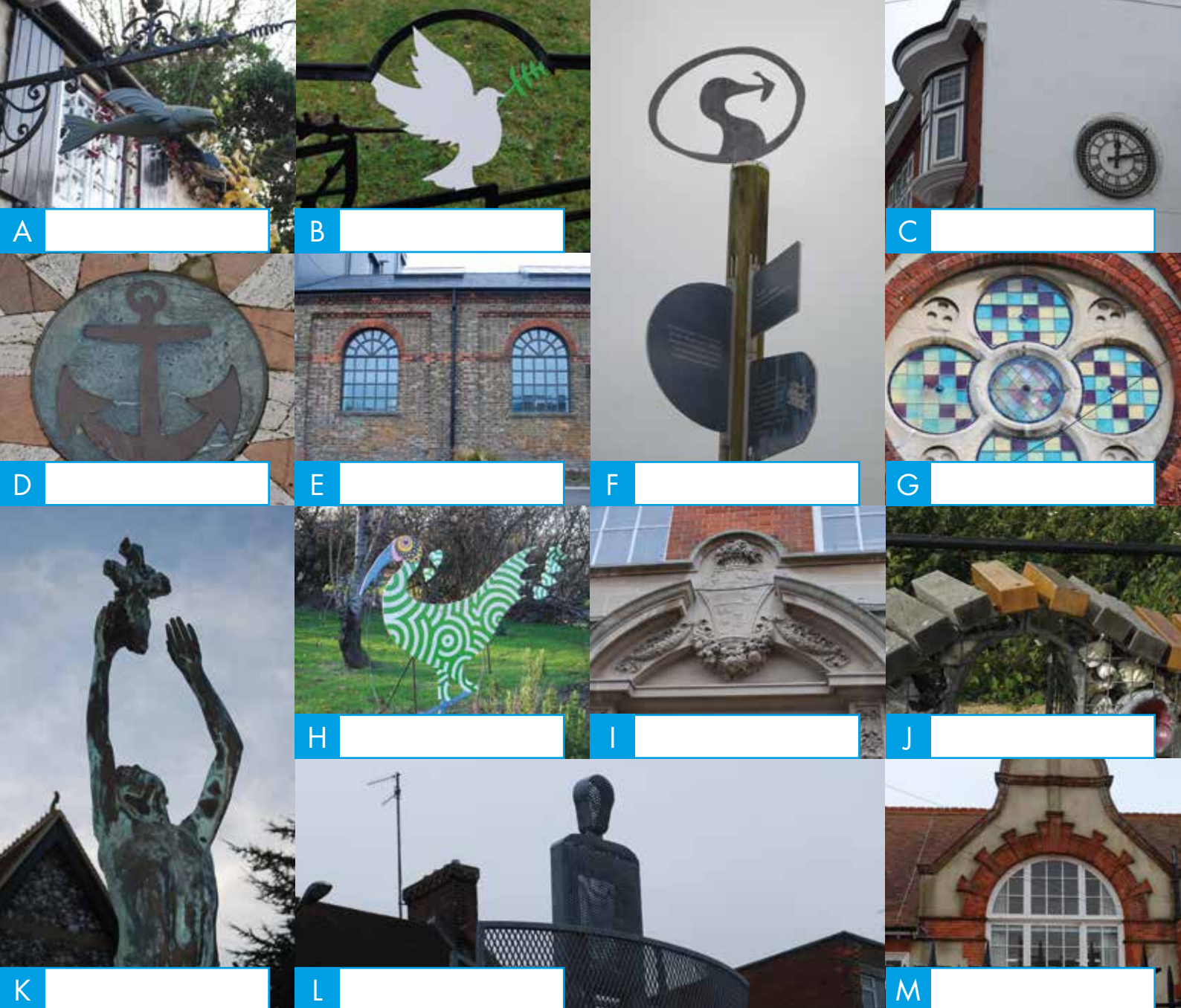


Photo by Alexis Maryon

Thur 4.45-8.45pm

Start Art & Smart Art

Start Art and Smart Art are for children and young people 5 – 16. The autumn term's theme was 'Neon Nights' and a wide range of activities were on offer each evening. A dedicated team of volunteers support Carol Havard to deliver these learning programmes to motivate and inspire.



NEW YEAR COMPETITION

Can you identify where in Newhaven these photos were taken?

If so, you could be in with a chance to win prizes kindly donated by Wave Leisure! The first correct entry to be drawn at random will win a Family Day Pass to Newhaven Fort, a family swimming session and a voucher for a soft play session. Two runners up will each receive a family swim and a soft play voucher.

Name: Email:

Tel: Address:

Post your entries to Newhaven Town Council, 18 Fort Road, Newhaven BN9 9QE, or email your answers to admin@newhaventowncouncil.gov.uk to arrive by Sunday 15th January. All correct entries will go into a draw to win the prizes.

NEWHAVEN'S FIRST WORLD WAR



Unveiling of a War Shrine

A war shrine, with roll of honour, was unveiled in Essex Place on 5th March 1917. It included the names of all the men serving in the Navy or Army, whose homes were situated in Essex Place, Lower Place or St Luke's Lane.

The shrine was made of carved wood and inscribed with the words "The Lord watch between thee and me." On either side of the frame was a vase for flowers. The shrine was made by Peter Laker of 27 Lewes Road, a foreman at the Newhaven Harbour Works.



Essex Place, photo from Newhaven Museum

Newhaven Tribunal *A Very Busy Man*

On Thursday 19th January 1917, the Newhaven Local Tribunal heard the case of Henry Ellis of South Road, who was appealing against army conscription. Henry was 35 years old, married and ran the Volunteer Inn and the two lodging houses there, which averaged 68 lodgers each night. This was not a 'lady's job' as it required somebody with a 'firm hand' and could only be licensed to a responsible person.

In addition to this, he assisted his mother, who ran the New Bridge Inn, and he also did munition work in his spare time. He was up at 5am and often didn't get to bed until 1am the following morning. During the hearing, he said that he would prefer being in the Army, as he would have much less to do than he did now. A conditional exemption was allowed.



South Road, photo from Newhaven Museum

A Tribute to Air Mechanic Rowland Oxley

Air Mechanic Rowland Oxley died in France on 26th December 1916. He was 21 years old.

Rowland was born in Newhaven and lived in Brighton Road. He worked as a clerk at the cement works and later in Brighton. He joined the Royal Flying Corps as a wireless operator in August 1915.

On 19th December 1916 he was wounded in the leg and the decision was taken to amputate. Sadly, Rowland died of shock following the operation. His mother was told that he was operated on by one of London's best surgeons and that the day before the operation Rowland had received a gift from Father Christmas (played by his surgeon) and was brave and cheerful.



Rowland Oxley - East Sussex News, 12th January 1917



Our Newhaven

More photos and memories of old Newhaven

South Highton Cement Works

What is now a peaceful retreat set in an area of trees and calm lakes was once a busy and vibrant factory sending out a product used throughout the country. The small secluded caravan site at South Highton is hidden in what used to be a large chalk quarry.

The quarry and cement works was operated by British Portland Cement and contained a small 2' gauge railway within the works complex on which small wagons were used to transport the quarried chalk around the site. There was also an extensive full size railway system throughout the pit and the works had its own steam engine used for shunting wagons within the factory complex. These railway tracks

left the works, crossed what is now the main A26 road and then continued across the fields to run parallel to, and then join, the main railway tracks just to the north of Newhaven town station. The manufactured cement was transported throughout the country and is even thought to have been used in the railway viaduct over the River Tamar at Calstock in Cornwall. The quarry was used by the

Go to www.ournewhaven.org.uk to see many more photos of old Newhaven. You can upload your own photos and add your own memories too and add to the living history of the town.

Military in WW1 for munitions, while in WW2 it is known that the local Home Guard used the site for training purposes.





The Feel Good Campaign: *New Year's Pledges*

Are you thinking about making a New Year's resolution? Why not get some support to make it stick - and have fun at the same time - by making a Feel Good Pledge?

Feel Good is about saying 'yes' to doing the things that will make you feel happier, healthier and more active in your community; and your local NHS Commissioning Group

would love to help you achieve them. It doesn't always mean making big changes; starting with the little things could help you to feel good too. Whether that's learning a new skill, joining a club, or finding some "me time", they would love you to take part in their campaign and become a part of the Feel Good community.

The Feel Good campaign is

based on feedback from local GPs, businesses, community groups, and members of the public about what can be done to help improve people's health and wellbeing. If you want to talk to them, or find out more about the campaign, please visit the Feel Good website www.highwealdleweshavensccg.nhs.uk/get-involved/feel-good.



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

Quit 51



**Brighton & Lewes
Downs Biosphere**
FOLLOW YOUR BETTER NATURE



Health &
Well-being

Wednesday Feb 8th 2017
7-9pm

Hillcrest Centre, Bay Vue
Road, Newhaven, BN9 9LH

Green Havens in the Biosphere

An evening of sharing, learning and planning for the Green future of the Havens

Are you interested in green spaces in the Havens area?

Are you involved with a community garden or open spaces group?

Are you interested in learning

more about the UNESCO Biosphere programme?

If so, come along and meet greenspace groups in the Havens area of our UNESCO Biosphere Region. This will be an opportunity to

put your work on the map (locally and beyond) and link up with others for mutual support and increased impact. Email healthylifestyles@sussexcommunity.org.uk or call 01273 516032 to find out more or book your place.

Newhaven Flood Alleviation Scheme construction to begin

Work is starting on a scheme to reduce the risk of tidal flooding from the River Ouse which, when complete, will protect approximately 430 homes, 390 businesses and vital infrastructure in Newhaven.

Environment Agency (EA) contractors are starting construction soon. The scheme has been divided into 5 areas and will be designed and built in phases. Works are due to start on the west bank in Area 4 (Swing Bridge to West Quay) and Area 3 (Swing Bridge to Cantell's Boatyard).

The works in these two areas are scheduled to be complete by March 2017.

During the construction phase, you may be affected by the works. Further details on how you might be affected and the mitigation measures the EA has put in place can be found on their webpage at www.gov.uk (search 'Newhaven').

For further information, or to be added to the email distribution list, you can contact the project team by email at newhavenfas@environment-agency.gov.uk, or call 03708 506506.

Detailed designs for the remaining three areas of the project are now underway.



ICY WEATHER MEANS SLIPPERY ROADS AND PAVEMENTS

Every winter when the temperature drops to sub-zero or the snow falls, our roads and pavements become very slippery.

East Sussex County Council, as the Highway Authority, is responsible for gritting (salting) the roads – but they can't treat all roads. They have to prioritise the busiest roads in order to avoid the most serious accidents. You can see a map of roads that will be treated online at www.eastsussex.gov.uk/roadsandtransport/roads/maintenance/saltingandgritting. The gritting lorries follow specified routes and cannot spread grit on other roads near to the roads that have been prioritised as they would not have enough grit to complete their route. If you don't live on a road that has been identified by ESCC as a primary or secondary route your road will not be gritted. ESCC does not grit pavements.

You can, however, help yourselves and help your neighbours by clearing snow

and ice from pavements and public spaces outside your property. It is very unlikely that you would face any legal liability, as long as you are careful to make sure that you do not make the area more dangerous than before. Use a shovel to remove snow. Spread salt on the area you have cleared. Do NOT use hot water, as this may create black ice when the water re-freezes.

There are a number of grit (salt) bins around the town. Some of these belong to ESCC, some to LDC and some to the town council. If you see an empty bin, please report it to the town council – we are quite happy to work out who owns it and get it refilled. If you feel an extra grit bin is needed in your area, please also let us know – we are always willing to consider such requests. We have just arranged for two new grit bins in Upper Valley Road.



RECYCLING CHRISTMAS TREES AND CARDS

Christmas tree recycling

Please bring your trees to Bay Vue car park by 22 January 2017.

Real Christmas trees are usually shredded into chippings which are then used in parks and woodland areas.

Christmas cards

You can put Christmas cards in your kerbside recycling collections. Please place in the box for paper.

For dates of when your kerbside collections take place please refer to your kerbside recycling calendar. If you do not have one you can download from Lewes District Council website: www.lewes.gov.uk/waste or you can request one by calling customer services on 01273 471600.

Wrapping paper

Almost all wrapping paper is recyclable. The only types of wrapping paper that can't go in the recycling bin are the shiny metallic and glitter varieties. If in doubt, try the 'scrunch test' – if you scrunch the paper in your hand and it stays in a ball, it can be put into the recycling.



Dragoons Explorer Scouts

Dragoons Explorers Scouts are 14-18 year old members of the Scout association, based in Newhaven but anyone within the age range is welcome. They are self-sufficient and use subs and fundraising to cover the costs of renting their hall and any activities they take part in.

Explorers are encouraged to take part in a wide range

of activities from traditional activities such as fire and survival skills, camping and hiking to more adventurous activities like Go Ape and Mountain Boarding. Explorers are provided with freedom to try new things and make new friends. Current Explorers see it as an escape from studying or other commitments for a few hours a week whilst being able to experience new things

If you are interested in joining or would like further information please email: dragoonexplorerscouts@gmail.com.

which they don't get to learn anywhere else.

The youth learn to cook on an open fire and how to survive without a dishwasher, washing machine or internet!



Newhaven & Seaford Sea Cadets

celebrate their new windows

In last Spring's issue of Newhaven Matters we reported that TS Defiance, the training ship for sea cadets in Newhaven and Seaford, had launched their fundraising campaign with a target of nearly £19,000 to replace their broken and vandalised windows.

Nine months on, TS Defiance finally sees its HQ becoming ship-shape. Alan Rankin-Thorn,

Chairman of the Management Committee thanked people for their generosity in donating to the cause and said that response to the campaign showed the high esteem the unit is held in. Working directly with a local supplier to bring the project in under budget meant that the old church which was built in the late 19th century could have the work done far sooner than

anticipated.

An opening evening is planned so that everyone can see what has been done and also what the next campaign will entail, along with opportunities to become involved as an instructor, assistant or a member of the management committee. Email volunteer@tsdefiance.co.uk for further information.



GOOD NEWS FOR GREEN FINGERS

To find out more visit www.lewes.gov.uk/GardenWaste
email customer.services@lewes.gov.uk or phone
01273 471600.

The garden waste collection service offered by Lewes District Council begins again in February 2017. The service which operates for ten months a year is currently being used by over 800 homes along the coast and over 150 tonnes of garden waste has been

collected so far. This waste is recycled locally in Newhaven by Tarmar Organics and turned into soil conditioner.

The service costs £70 a year which works out at just £7 per month (there is no collection in December and January). Once

signed-up you will receive a 240 litre bin which is collected from your kerbside every two weeks, saving you the time and effort of taking your garden waste to the tip.

It has been so successful there are plans to expand it in 2017.

Newhaven Library

REVISED OPENING HOURS



Monday: 10am - 1pm

Tuesday: 10am - 4.30pm

Wednesday: Closed

Thursday: 10am - 4.30pm

Friday: 1pm - 4.30pm

Saturday: 10am - 4.30pm

Rhyme time
every Thursday 10.30am - 11am

...

Computer help is available on
Tuesdays

...

Citizens Advice Bureau will be
available on Thursdays

Zara Health & Beauty

(HAVEN HOUSE STUDIO)



*Zara welcomes you to informal and friendly Pilates,
Yoga and Body Balance classes.*

Classes at the Haven House Studio in Newhaven include:

Mixed ability Hatha, Antenatal,
Postnatal and Restorative Yoga

Two levels of Pilates and Body Balance (Les Mills)

Zara also teaches private sessions to individuals as well as
group corporate classes at the Hillcrest Centre!

Come along to try one of our classes.

Zara Mirfakhraee

Level 3 Pilates & Yoga Teacher, REPs, IYN, Les Mills

t: 07532 418542 | e: zarano1@msn.com

www.zarahealthandbeauty.com



Appeal from the Flying Fish

Over the past weeks new Flying Fish managers Caroline and Becky have redecorated the bar area and brightened up the snug with a fresh coat of paint. They intend to dedicate this room to the residents of Denton and their regulars with a wall of frames from floor to ceiling, filled with old pictures of the village and pub creating a montage of life in the area and its changes over the years.

Caroline said, "I know that there are some amazing pictures held in the museum which we shall no doubt use with their agreement, however I believe that there must be lots of pictures and old photographs out there that have been forgotten about in attics and bookcases. Please, if you have any we would love to use them or we are happy to take copies.

The history of the pub is important to us, we love the village, the people and its surrounding area – this is our way of hopefully playing a small part and becoming part of the local community."

If you can help, call into the pub or call Caroline or Becky on 01273 515440.

GRANT AID FOR LOCAL ORGANISATIONS

Did you know that Newhaven Town Council gives grants to voluntary groups and charities working in Newhaven to help them to provide activities and facilities for local people?



Recent recipients include:

- 2nd District Rainbows to help pay for a minibus to take children to Blackberry Farm to celebrate the group's 30th birthday
- Home-Start East Sussex to help support a vulnerable Newhaven family
- Newhaven Mencap to help provide a theatre trip for members who don't often get out
- The Rotary Club of Newhaven to help fund a Christmas tea and concert

for lonely elderly people

- The Sacred Heart Church to help renovate the memorial stone plaque on the church wall commemorating those who died in the First World War

There will be a further round of grants available in the New Year. Application forms will be available from the town council website www.newhaventowncouncil.gov.uk from mid-January, or from our offices at 18 Fort Road, tel: 01273 516100.

What's On.

Every day

Denton Island Indoor Bowls Club open daily at 9am. Free trials anytime or call in and see our facilities and have a coffee. Phone and speak to Traci or Pam at reception on 01273514664 or just call in. We have great function 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 email blossom@growingtogethernewhaven.org or info@growingtogethernewhaven.org. Find out more on our website 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.

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

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 email blossom@growingtogethernewhaven.org or info@growingtogethernewhaven.org. Find out more on our website 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.

Every Tuesday

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

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.

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.

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 07850 987131.

Every Wednesday

Community shiatsu clinic - relax and unwind. 10 am to 1 pm, the Office Suite, Beach Close, Newhaven. For more info contact Eddie 07771 175707.

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

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

Satyananada 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. Visitors/new members welcome. Tel: 01273 517053 for more details.

3rd Thursday every month

Newhaven Gardening Society meet at Age Concern Day Club, West Quay, Newhaven at 7.30pm (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

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

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 for women 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

Walking group 10.00 – 11.00am at Your Way (Summerhayes), Marshall Lane. Followed by quiz 11-12 noon and then Mindfulness for men 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 closed in 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; Samurai Martial Arts 4-7pm; Ladies Boxing Keep Fit 6-7pm; Haven Harmonies Choir 7-9pm. Tel Marian 01273 611068 or email marianstanley43@gmail.com for more details.

Every Tuesday

Writing Class 1.30-4pm; 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.

Every Wednesday

Pilates 9-10am; Life Drawing Class 10.30am-1pm; Art Class 1.30-3.30pm; Disco/freestyle dance class (age 2 upwards) 5-6pm; Boxing Club - Juniors 6-7pm; Ladies Box Keep Fit 7-8pm; Red Cross (every 2 weeks) 7-9pm; Nukehaven Ukelele Group 7-10pm (every 2 weeks).

Every Thursday

Country Market 9.45am - 1.00pm. Locally baked, crafted and seasonal fresh produce. Newhaven Woodcarving Club 10am - 3.30pm; Diddi Dance (children) 10-11am; Novel Group 10am-4pm (once a month) contact Umi Sinha 01273 611490 to book. Sculpture Workshop 10am - 4pm, contact Silvia Macrae Brown 01323 422137. Writing Class 1.30-4pm; 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.

USA Art Class 2-4pm; Disco/freestyle dance class (age 2 upwards) 3.45 - 7.00pm; Ballroom dancing 6.30-9pm.

Every Saturday

Samurai Martial Arts 10-11.30am.

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.lewesmencap@btconnect.com

Website: www.newhavenmencap.org.uk

Telephone: 01273 517345

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

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

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

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

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

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 all 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 Trust Limited

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

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

Also on offer at Shakespeare Hall:

Monday to Friday

NIPPERS After School club from 3pm, 4th January - 10th February and 20th February - 30th March 2017. Contact on 01273 514440 or 07564 452837 - facebook or www.nippers.org.uk Playscheme 13th -17th March 2017.

Monday

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

Tuesday

Take Heart Cardiovascular Exercise class 10 am - 11 am. Keep and stay fit with accredited fitness trainer in a supportive environment. £15 annual membership and £5 per class. Further details Richard Stantiford 07786 001771.

Strength and Balance Class 11 am - 12 pm. Kettlercise and Core Ability 6.30pm. Boxercise Cardio Boxing 7.30pm.

Wednesday

Baby Bounce 10am - 12 noon. Zumba 7.30pm.

Thursday

Multi-Sport Disability Group 5 pm - 6 pm for 8-16-year-olds. Take Heart Cardiovascular Exercise class 10 am - 11 am. Keep and stay fit with accredited fitness trainer in a supportive environment. £15 annual membership and £5 per class. Further details Richard Stantiford 07786 001771.

Newhaven Youth for Christ Youth Club 7 pm - 8.45 pm every week during term time.

Friday

Wave Big Night Out, last Friday of every month 7-9pm.

Saturday

H.I.I.T. 9 am - a full body workout, suitable for all fitness levels. PiYo 10 am - 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:

Confidence Building Course

Free 6 week course starts Wednesday 11th January 2017, 10.00am - 2.00pm at Sussex Downs College, Denton Island, Newhaven.

Low Cost Beginners Exercise Class

Wednesdays for 6 weeks starting 11th January 2017, 10am - 11am at Hillcrest Centre, Newhaven. £3/per session.

To be added to our mailing list, find out more or book a place on the above courses please call 01273 516032 or email: healthylifestyles@sussexcommunity.org.uk.

Youth Services

Youth Group Drop In: please call 01273 517250 or email: familylearning@sussexcommunity.org.uk 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	Cost	Crèche
Language and Play including free lunch	Adults and under 5's	Wednesdays 18th Jan - 8th Feb 2017 (4 weeks)	10am – 1pm	£5 refundable deposit	Yes limited free spaces.
Valentines open morning	The whole family	Wednesday 14th February (1 session)	10am – 1pm	Free - Donations welcome	Family activity
Little Kickers	3-5 years	Thursday 23rd Feb – 25th May (8 weeks term time)	1pm – 2pm	£5 refundable deposit	Family activity
Seed to Table	2-5 years	Tuesdays 7th – 28th March (6 weeks)	10am – 12pm	£5 refundable deposit	Family activity
Numbers and Play	Adults and under 5's	Wednesday 8th – 29th March (4 weeks)	10am – 1pm including lunch	£5 refundable deposit	Yes limited free spaces.
Tantrums and managing behaviour	Adults	Wednesday 22nd Feb and 1st March (2 weeks)	10am – 12pm	£5 refundable deposit	Yes limited free spaces.
Sugar Craft	Adults	Wednesdays 22nd and 29th March (2 weeks)	10am – 12pm	£5 refundable deposit	Yes limited free spaces.
Story Sacks	Adults	Wednesdays 19th April – 17th May (5 weeks)	10am – 12pm	£5 refundable deposit	Yes limited free spaces.
Parent and baby yoga	Parent and baby (not yet mobile)	Fridays 21st April – 26th May (6 weeks)	Morning time TBC	£5 refundable deposit	Family activity

Family Learning – term time only

Course	Day	Dates	Venue
Jitterbugs Under 5's	Fridays	9.30am till 10.30am Term Time Only	Denton Island Community Centre

SEAHAVEN SWIM & FITNESS CENTRE

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

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

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

Water Aerobics 12 noon - 1 pm Monday and Friday.

Deep Water Aqua Sessions now running 8.30 pm – 9.30 pm every Tuesday.

Aqua Zumba 8.30 pm – 9.30 pm every Wednesday.

Aqua Tots Session 10.15am -11.30am on Thursdays with toys in the teaching pool. (Please note: during term time only).

School Holiday Activities for Children and Young People

Running between 2 pm – 3.45pm, Monday – Friday. Please refer to Holiday Programme for session details.

STUDIO TEMPO DANCE CENTRE

Venues around Newhaven.

Please phone Margaret 01273 476565 or Jean 01273 513784

Ballroom and Latin classes every Friday at the Hillcrest Centre

Beginners 6.45pm

Improvers 7.30pm

Everyone welcome

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.

JANUARY

- 5th Newhaven & Peacehaven U3A – a talk by Andy Gilbert on the Newhaven Tug Boat. 10.15am, Mencap Hall, Newhaven. Anyone is most welcome to join, it keeps one from being lonely, so do ring Sharon on 01273 589953.
- 6th Denton Island Indoor Bowls Open Evening, 7pm – 8.30pm. Come and try indoor bowls, free tuition. Start the New Year with a new hobby and get fit and make new friends. Book now on 01273 514664 or call in on the day for a free trial. See us on Facebook or website www.dentonislandbowls.co.uk.
- 8th 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. First visit FREE!
- 10th **The GuestHouse Storytellers – Myth and Magic - All welcome.**
The oldest stories are often the best and carry the most wisdom. This is a chance to dig out your favourite traditional story, whether myth, wonder tale, or fairy tale – tales of journeys into other worlds, of shapeshifting and transformation, of monsters overcome, wishes granted (and maybe regretted), of love fulfilled and frustrated. To book a slot to tell a story please email Kym: kym.herbs@gmail.com. Or just relax, sit back and open your ears, because we need listeners too!
At the Hillcrest Centre, Newhaven BN9 9LH. Café opens 7pm. Stories from 7.30. £5/£4 concessions on the door. Age 12+ www.guesthousestorytellers.com
- 19th Meeching WI - Michela Wynne Jones 'Colour me Healthy' at 9.45 am Meeching Hall, Fort Road. Visitors/new members welcome. Tel: 01273 517053 for more details.
- 27th RNLI Newhaven Souper Slurping Winter Warmer. You are invited to come along to the Lifeboat House, Riverside, West Quay from 11.30am to 2.30pm to enjoy warming soup and a cheese roll for just £3.50 per person. This ever popular fundraising event is just what you need to warm your way through winter whilst enjoying friendly chatter! There will be a raffle and a very warm welcome awaits you. No need to book, just come along. Support your local lifeboat - Respect the water.
- 28th Hillcrest Film Society presents **THE DRESSMAKER**. Cert 12A. 1hr 58mins.
A glamorous woman returns to her small town in rural Australia. With her sewing machine and haute couture style, she transforms the women and exacts sweet revenge on those who did her wrong. Imagine a Sergio Leone remake of Chocolat and you will get some idea of the tone set by this sumptuous, lavishly embroidered tale of Outback revenge – with Kate Winslet's subversive outsider packing a sewing machine rather than a pistol and couture taking the place of confectionary as the agent of seductive change. With the 1950s fashions and the hot Australian sun, this is a glorious subversive feast for the eyes to entertain you on a cold, dark January night.
Tickets £5.00 each only from the Hillcrest Centre. Doors & Café open 6.00pm. Film starts 7.30pm.

FEBRUARY

- 4th–14th Paradise Park Valentine Love Week. Win a beautiful orchid and chocolates to present to your loved one - just match the flower to its traditional message of love (or

otherwise!), and this lovely gift can be yours. Go on! Don't be shy... as a daisy!

- 7th Newhaven Historical Society AGM followed by a presentation of Newhaven Memories films by Tom Bonnor, at the Hillcrest Centre 7.30pm.
- 8th Paradise Park Timely Talk - 'Home for Houseplants' - a tour of your house, discovering a plant for every corner. 11am; free tea or coffee plus a plant offer. Free entry. All welcome!
- 12th 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. First visit FREE!
- 14th **The GuestHouse Storytellers – The Yarnsmith of Norwich, professional storyteller Dave Tonge, with "TAVERN YARD TALES - or a telling of tall tales, lusty lies and foul fabrications in a manner most uncommon for these times, but once enjoyed by all goodwives and honest jacks with no guarantees of satisfaction hereby given." All welcome.**
"The Yarnsmith of Norwich is every inch a mesmeric character: from the tip of his expressive finger-tips to the tilt of tall hat, his stage persona grabs the audience's attention. The stories themselves are irreverent and full of cunning, revel in life and are told with great flair and a real twinkle in the eye. He tells at times with an hypnotic quality, magically drawing you deeper into the tale." Settle Storytelling Festival 2016.
At the Hillcrest Centre, Newhaven BN9 9LH. Café opens 7pm. Stories from 7.30. Tickets £6 in advance, from Hillcrest café or our website. £8 on the door if available. Age 12+ www.guesthousestorytellers.com
- 16th Meeching WI - Susan Magolis 'A Mother's Perspective' at 9.45 am Meeching Hall, Fort Road. Visitors/new members welcome. Tel: 01273 517053 for more details.
- 16th Newhaven Gardening Society AGM, 7.30pm at Age Concern Day Club, West Quay, Newhaven.
- 18th RNLI Newhaven Quiz Night with Fish and Chips Supper from 7pm at the Lifeboat House, Riverside, West Quay. Quiz Mistress Lyn Davies will be ready with the questions (and usually most of the answers!) and always ensures good order. This increasingly popular evening requires teams of 4 and, at only £8.50 per person, to include a delicious fish and chips supper, booking is very much essential - book early to avoid disappointment. You are invited to bring your own bottle, although refreshments will be available for a donation and there will be a raffle - well, it would be rude not to! Enquiries and bookings contact Lyn: 01273 517488 or email: rnlinewhaven.society@hotmail.co.uk Support your local lifeboat - Respect the water.
- 18th Hillcrest Film Society presents **THE MARTIAN**. Cert 12A. 2hr 24mins.
An exciting departure for the Hillcrest Cinema into science fiction, but there are no aliens, no fantasy, just a man with a scientific mind fighting for survival. Astronaut Mark Watney (Matt Damon) becomes stranded on Mars after his team assume him dead, and must rely on his ingenuity to find a way to signal to Earth that he is alive. He is facing up to an existence likely to be lonely and very short. His best chance of rescue is four years away and there are only enough supplies for six months. But when the going gets tough, the tough start farming – a job that's easier said than done, given the red planet's surface is too sterile to grow anything edible. Highly recommended.
Tickets £5.00 each only from the Hillcrest Centre. Doors & Café open 5.45pm. Film starts 7.15pm.

MARCH

- 1st Paradise Park Timely Talk - 'Plants from the East' –just as the ericaceous plants are about to burst forth in their tremendous display, a pilgrimage east in appreciation. 11am; free tea and coffee plus a plant offer. Free entry. All welcome!
- 4th–5th Bonsai Weekend at Paradise Park. Special offer on Bonsai accessories with a Bonsai gift purchase.
- 6th–12th Orchid Week at Paradise Park. Look out for our special offers on orchid care products with our extended display of orchid varieties, with a fabulous highlight of the experts from Mid Sussex Orchid Society, showing their collection and advice on Sunday - not to be missed!
- 7th Quayside Medical Practice Patient Participation Group Meeting 6.30pm at the surgery. New members always welcome. Please ask at reception for more details.
- 12th 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. First visit FREE!
- 12th Mid-Sussex Orchid Society Show at Paradise Park 10am – 4pm.
- 14th **The GuestHouse Storytellers – The Birds and the Bees - All welcome.**
Make what you will of the title: stories of birds, of bees, and indeed any other form of winged life are very welcome, or you could be daring and choose to deal with the whole phrase. Be demure, inventive, playful, risqué, even bawdy. We are keen to see what you come up with! To book a slot to tell a story (ten minutes max) please email Elizabeth: wizzie@uwclub.net Or just relax, sit back and open your ears, because we need listeners too!
At the Hillcrest Centre, Newhaven BN9 9LH. Café opens 7pm. Stories from 7.30.
Tickets £5 /£4 concessions on the door. www.guesthousestorytellers.com.
- 16th Meeching WI - Bunny Mitchell 'An Author's Journey' at 9.45 am Meeching Hall, Fort Road. Visitors/new members welcome. Tel: 01273 517053 for more details.
- 16th Newhaven Gardening Society monthly meeting at 7.30pm, Age Concern Day Club, West Quay, Newhaven. Speaker will be Mark Saunders giving an illustrated talk entitled 'Annuals but not Bedding'. Non members always welcome, £2 including tea and biscuits. Contact Jenny White 01273 516433 or Joyce 01273 515610.
- 17th Garden Relief Day at Paradise Park. Our annual fundraiser for Greenleaf Charity- creating gardens in children's hospices, locally and throughout the country. Events throughout the store.
- 18th–26th Mothering Week at Paradise Park. Don't forget a beautiful lasting plant gift, to say a big 'thanks' to mum.
- 18th Hillcrest Film Society presents **THE SALT OF THE EARTH**. Cert 12. 1hr 50mins.
Very touching and beautiful documentary about life, love, loss, despair, redemption. The film is basically divided into two parts, with Wenders telling us about Salgado's life while Salgado talks about his photographs. The beautiful photos tell a troubling yet touching story and are the absolute highlight of the film. Seeing the images while listening to Salgado explain them, is the heart and soul of the film. By the end you will find yourself believing again and hoping that one day you could change the world. An uplifting and beautiful film.
Tickets £5.00 each only from the Hillcrest Centre. Doors & Café open 6.00pm. Film starts 7.30pm.

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 April/May/June) is 20th February 2017 – please contact us if you are organising an event during those months – email nicky.still@newhaventowncouncil.gov.uk. The information was supplied by the organisers of the events concerned, and you are advised to check details with them. The Town Council cannot accept responsibility for any errors, or for any events which are subsequently cancelled.



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