




Newhaven *Matters*

Autumn 2023 // Issue N° 39



© Guy Bowes Photography

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



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AUTUMN 2023



Welcome to the Autumn edition of Newhaven Matters



It's certainly been a busy summer in Newhaven and both the Deputy Mayor, Cllr Kim Bishop and I have thoroughly enjoyed getting out and about in our town attending various community

groups, events and activities. It always amazes me just how active and diverse Newhaven is, we really do have something for everyone.

Each year the Town Mayor chooses a local charity or charities to support, this is an extremely difficult decision to make as there are so many worthy causes in our community. However, this year, I have chosen Newhaven & Lewes District Mencap and Newhaven Baptist Church Foodbank. We are in the stages of planning some fundraising events, but in the meantime we will be selling Newhaven Tea Towels (and possible other merchandise) with the iconic Newhaven Festival Lighthouse image on it very soon – so keep an eye out for the details.

Cllr. Julie Carr

Town Mayor of Newhaven

If you would like to advertise, have a story you would like to be included in future issues, or an event you would like included in the What's On section, please email Steph Georgalakis steph.georgalakis@newhaventowncouncil.gov.uk or phone on 01273 516100.

Copy deadline for the Winter Issue is 13th November 2023

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News from your Town Council

Newhaven Town Council Meetings – 2023

As members of the public, you are welcome to attend Town Council and Committee Meetings, either in person or via the MS Teams.

Information on each meeting will be published on our website, including the MS Teams link as we approach each meeting. For further information, please visit www.newhaventowncouncil.gov.uk or email admin@newhaventowncouncil.gov.uk.

Tue 31st Oct
Planning & Development
Promotion, Partnership & Finance

Tue 14th Nov
Full Council

Tue 28th Nov
Planning & Development
Regeneration & Strategic Development

Tue 12th Dec
Promotion, Partnership & Finance

Tue 19th Dec
Planning & Development
Environment & Amenities

The Newhaven Shanty

Did you know that Newhaven Town has its own Shanty? Written by the wonderfully talented Ty Jeffries, this tongue-in-cheek song describes the uniqueness of Newhaven and its quirky offerings.

Newhaven Shanty

Have you heard about Newhaven
Down upon the Sussex coast
Of all the towns around here
You would not say it's the toast
There's flags that flap
There's fish, there's scrap
There used to be a Flea
Where the South Downs
And the river meet the sea

From Denton to The Lighthouse
Is a busy stretch to row
And you could row much further
If to France you wish to go
The Ferry comes in twice a day
And shelters in the lee
Where the South Downs
And the river meet the sea
Where the South Downs
And the river meet the sea
Yo ho eo! yo ho eo!
Where the South Downs
And the river meet the sea

The ghosts of long lost Tide Mills
Haunt that wild deserted reach
We used to all go swimming
Down on sandy old West Beach
But they fenced it off, and locked it up
And threw away the key
Where the South Downs
And the river meet the sea
Where the South Downs
And the river meet the sea
Yo ho eo! yo ho eo!

Where the South Downs
And the river meet the sea

Green fields and woods and marshes
Sandy cliffs and shingle shore
Both artistry and industry
Are just outside your door
And sheep are fast asleep
Beside the tidal estuary
Where the South Downs
And the river meet the sea
Where the South Downs
And the river meet the sea
Yo ho eo! yo ho eo!
Where the South Downs
And the river meet the sea

There are boat yards, there are junk yards
Leading to the harbour arm
It's more gritty than it's pretty
But it's got a certain charm So we'll stay here in Newhaven
For we know we'd rather be
Where the South Downs
And the river meets the sea

Where the South Downs
And the river meets the sea
Yo ho eo! yo ho eo!
Yo ho eo! yo ho eo!
Where the South Downs
And the river meets the sea
EO!

Music and Lyrics Ty Jeffries



Remembering the fallen of Operation Jubilee also known as the Dieppe Raid

On 19th August 1942, the Allies launched their first major assault on mainland Europe. The aim of Operation Jubilee was to gain a foothold in Normandy. The forces were comprised of mainly Canadian Soldiers, that were stationed all along the Sussex Coast, including here at Newhaven. Soldiers from Great Britain and America were also involved.

Newhaven was a major embarkation point for the Dieppe Raid.

Sadly, this Raid failed, with a massive loss of, mainly Canadian lives, but valuable lessons were learned for the future D Day Landings.

In Dieppe, every year, the local Council organises a well-supported Remembrance Service for the Fallen. Where the whole town offer their thanks for the sacrifices made by the Allies, during the attempted liberation of the Port.

Here in Newhaven, we also hold a Remembrance Service, usually on the weekend before Dieppe hold theirs. Wreaths of Poppies are laid at the War Memorial by local organisations, the Royal British Legion and representatives from Dieppe, Canada and America.

A local Councillor from Dieppe made the journey to Newhaven, this year along

with a representative from the Dieppe Mayor, responsible for the Commemoration of Operation Jubilee.

A huge thank you to all of the participants and residents who took part – without you we would not be able to commemorate these brave soldiers in the manner they deserve.

A week later Newhaven Mayor, Cllr Julie Carr and Deputy Mayor, Cllr Kim Bishop, travelled to Dieppe for their Remembrance Service, where they laid wreaths on behalf of Newhaven Town Council at three sites: The Canadian War Cemetery at Les Vertus, the Monument of the Royal Regiment of Canada at Puys Beach (site of one of the landings) and at Canada Square War Memorial on the seafront at Dieppe.

Both Julie and Kim were hugely moved by the Services they attended in Commemoration of the Sacrifice made by these young men, who died on Dieppe's Beaches, so very far from their homes and families, whilst attempting to free Dieppe Citizens from occupation.

The Mayoral Team are keen to foster closer links between the two towns, with a possible exchange program between the young people, sports teams or societies from our respective towns.



FAREWELL AND THANK YOU TO OUR TOWN CRIER

Unfortunately, our resident 'Shouty Man', Newhaven's Town Crier Jason Ede has decided to resign. We would like to say a huge thank you for all the events you have attended over the years and your attention to detail has been second to none. We are extremely sad to see you go. Steph Georgalakis, Communications & Events Officer at NTC said "Jason was fabulous to work alongside. I could always rely on him to keep our events running smoothly and entertaining! Good luck with your future endeavors"

We hope to recruit a new town crier in the New Year, so look out for the details. In the meantime, should you require a Town Crier at your event we have enlisted the help of Lewes & Peacehaven Town Crier Jon Borthwick – please contact the Town Council for further information.

SUSSEX DAY AT THE BANDSTAND

Back on June 17th, Newhaven Town Council celebrated Sussex Day by having an array of entertainment at the Bandstand. The sun shone as acts including The Earthquake Drummers, Nick Pynn & The Dockside Barrel Scrapers, The Tidemills Choir, Norcross Dancers, Sam Jones Magic, Newhaven Ukelele, Pam & De Femmes and Treeanna entertained the crowd. The whole day was hosted by the very talented Jason Ede, our former Town Crier. A huge thank you to everyone who took part, attended, and helped in organising this event.

NEWHAVEN TOWN MAYOR'S CHOSEN CHARITIES



Newhaven & Lewes District Mencap

Newhaven & Lewes District Mencap has been supporting local people with learning disabilities since 1975. Support is provided for over 100 members and their families and volunteers. Their aim is to improve the quality of life of people with learning disabilities. The name Mencap is well established, but it is a little known fact that locally they have to be funded entirely from their own local fundraising activities. Kind donations are made by generous residents of Newhaven, Peacehaven Seaford and Lewes. Also much effort is also put in by their volunteers who give their time

to help the members, and to help organise events to raise much needed funds for them.

Here are some of the activities they are involved in:

- Providing social activities for people of any age with a learning disability
- Supplying information to help people who have a learning difficulty, and their families and carers
- Organising and running events to raise funds for projects that help our community
- Friday evenings is Club Night for our members
- Our hall can be hired by local groups, businesses and organisations - This helps to raise much needed funds to keep these facilities going for our members

If you would like to support Newhaven & Lewes District Mencap, please visit www.newhavenmencap.org.uk.

Email: lewesmencap@hotmail.com
Tel: 01273 517345

Newhaven Baptist Church



Newhaven Baptist Church has been serving the community throughout the church's history. However, in recent years, due to the pandemic and the cost-of-living crisis, sadly they have found the need for their help in the community has dramatically increased.

This increase in demand has led the church to provide a Food Bank for the people of Newhaven and surrounding areas. They provide around 90 bags of food to a mixture of families, couples, and single people. In conjunction with this, they run a tea and coffee morning twice a week, where people can collect food bags and stay for a drink and even a slice of toast!

They provide food for anyone who needs it and do not turn anyone away for any reason and will always do what they can to help those in need. The Food Bank is open on a Wednesday and Friday morning.

During the winter, the church offers a 'Warm Space' to those in need; soup and bread is provided, as well as shower and clothes washing facilities. This service is open to all... and also provides people with a chance to socialise.

In the past year, a monthly 'Lunch Club' has been launched, where a free two-course meal is cooked on the premises. Support has also been given to Harbour Primary School - Uniform Bank. A grant was received for this project which enabled them to buy shoes and PE kits. The church also run a toddler group and a youth club.

For more information on what the church offers, please visit:

www.facebook.com/nbcnewhaven/about or
www.newhavenbaptistchurch.co.uk



It's close to 'that' time of year... The nights will begin to close in and the smell of bonfire will be in the air...

It won't be long... Don't forget to support YOUR local town society!

Meeching and District (MAD) Bonfire Society were blown away by the amazing support they were shown by our Fantastic townsfolk and are planning to hold a FEEE Newhaven community bonfire and fireworks event, subject to continued funding support by Newhaven Town Council on the 14th October 2023 on West beach Promenade.

MAD hopes to have a torchlit procession with a few limited surrounding societies, subject to LDC agreeing to road closures.

However if not? MAD hope to repeat the route used from last year!



WANT TO JOIN US?

- Single membership is £15
- Partner membership is £25
- Under 18s of paid members are free

Or...

WANT TO DONATE?
WANT TO MARSHAL FOR US?
(Subject to suitability)

Are you a business who wants to sponsor us? Or help us out?

Just email us to ask how
madbonfire@hotmail.com.



LOTS TO DO IN NEWHAVEN



The Hospitable Environment
Walkabout, 10 August 2023
© Phoebe Wingrove



Following Ravilious continues in Newhaven until 29 October. Take a crisp Autumn walk around the free public art trail. We'd recommend starting in town, grabbing a coffee from Sidings Bistro and ending up at The Hope Inn for cosy respite and delicious food and drink. Trail brochures are available across town.

Ravilious biographer A.E.Friend is joined by Newhaven Museum trustee Jenny Flood at the Hope Inn on Tuesday 10 October, for an illustrated talk about the time spent by Ravilious in Newhaven. This unique opportunity to hear about the artist's time in the town at the place where he boarded is free, no booking needed, and kicks off at 7.30pm. Arrive early as space is limited.

Dive deeper with Sussex Women's Supper Club as they explore the life of Tirzah Garwood on Thursday 12th October at Hillcrest. Married to

Eric Ravilious and a fantastic artist in her own right, learn more about this inspiring woman with Sara Cooper, Head of Collections and Exhibitions at Towner Eastbourne. Supper and talk and talk only tickets available.

From Thursday 9th November, London and Bexhill based artist Hanna Benihoud's new installation will be unveiled in the window of Newhaven library. Created with young people who attend the Wednesday evening SCDA youth club, the sculpture will be a stunning antidote to the long winter nights.

Haven Young Creatives presents Harbour Lights, a magical lantern procession in Newhaven on Sunday November 26th. There will be all day lantern making sessions at The Hillcrest Centre, together with music & singing workshops, to prepare for the lantern parade in the evening. Nick Pynn and the Dockside Barrel Scrapers band will provide music and Hospitable Environment will be making pizzas in their wood-fired oven. The workshops and activities

will be appropriate for all the family.

Ignite theatre's production of James, their take on James and the Giant Peach by David Wood, is just the ticket for family audiences this Christmas. The adventures of the reluctant hero James and his insect friends as they cross the Atlantic in a giant peach, will be beautifully choreographed with the help of Norcross Dance. Expect the usual stunning artistry, toe-tapping songs, and beautiful lighting from the Ignite team. Meeching Hall, 8th -10th and 15th - 17th December, more info from www.ignite-theatre.com.

More information on all these events and activities can be found online at newhavenenterprisezone.com/creative-newhaven, newhavenfestival.co.uk and on respective promoter websites. Follow us on social, Facebook and Instagram @creativenewhaven and Twitter/X @createnewhaven.

...THIS AUTUMN

Haven Young Creatives

Led by professionals. We play games & build confidence.
A safe space to explore Drama & other art forms.



Every Tuesday during term time
Haven Younger Creatives: 15:30 - 17:00
Haven Young Creatives: 17:30 - 19:00
Location: Hillcrest Community Centre, Newhaven, BN9 9LH
For more information and to sign up email:
havenyoungcreatives@gmail.com

Free to all



Photo: Rosie Powell

HAVEN YOUNG CREATIVES PRESENTS

HARBOUR LIGHTS

- a magical lantern procession, in Newhaven on Sunday November 26th

All day we will be making lanterns at The Hillcrest Centre, together with music & singing workshops, to prepare for the magical lantern parade in the evening.

We will be joined by Nick Pynn and the Dockside Barrel Scrapers band. And Hospitable Environment will be making

pizzas in their wood-fired oven.

The workshops/activities will be appropriate for all the family and friends.

Drama sessions:
Starting Tues Sept 12th at Hillcrest Centre
8-12yrs 3.30-5pm
13-17yrs 5.30-7pm

For more info & to sign up email:
havenyoungcreatives@gmail.com.

MEECHING HALL DECEMBER



JAMES AND THE GIANT PEACH

Roald Dahl knew exactly what entertained, not only the young, but also the young at heart. For a Christmas show, there is one absolute essential, it must be fun! Ignite Theatre's take on James and the Giant Peach by David Wood is just the ticket for family audiences.

The adventures of the reluctant hero James and his insect friends as they cross the Atlantic in a giant peach, will be beautifully choreographed with the help of Norcross Dance. Expect stunning artistry, toe-tapping songs, beautiful lighting and terrific acting from the Ignite team who are sure to keep audiences old and young engaged.

Thanks to the Newhaven Growth Fund for their support

For more info go to www.ignite-theatre.com.

Tickets available through Ticket source, children only £7.



Gardening In Action: Free work experience programme for jobseekers!

Do you want to get into horticulture? We can help!

Gardening In Action currently has spaces on our **free work experience programme**, starting this autumn.

The **Cultivate Work Experience Programme** provides job seekers, career changers, and college students with quality work experience. Training is given in a range of horticulture skills by qualified, experienced horticulturalists.

What skills will I learn?

You'll work alongside industry professionals in a variety of settings, such as community gardens, private gardens, and public spaces, gaining exposure to different facets of the horticulture industry. You'll actively contribute to ongoing projects, gaining real-world experience in areas such as plant selection, garden maintenance, plant care, pruning, mowing and hedge trimming. Additionally, you may have the opportunity to interact with clients, providing insights into customer service and project management.

What happens if I can't do some of the tasks?

We have an opt in system, so you're under no pressure to do a task if you don't feel comfortable. We'll work with you to look at ways to adapt the task, or the method, and

look at different tools and techniques. You can opt out or take rest breaks at any time.

I have additional needs - can I still apply?

Yes! We're committed to fostering inclusivity and providing opportunities whatever your abilities, additional needs or background. Our only requirement is that you're over 16 years old, there is no upper age limit if you are actively seeking work. We'd ideally like a regular commitment of 2 to 16 hours a week but could accommodate a smaller or larger number of hours. We have a positive attitude to overcoming mental and physical challenges and would love to work with you, supporting your journey to the career you seek.

What sort of jobs could I get?

Of the 30 people who've taken part in our programme, 28 have already found work. Most have found work in the horticulture industry. Others used their Cultivate reference and the transferable skills learned on the Programme to find work in other sectors.

How long would I stay on the Programme for?

You can stay on the Programme for as long as you

like. On average, people find work after 13 sessions.

Do I have to pay for the Programme?

The training is completely free and we provide the tools and equipment you need. We may also be able to help with travel expenses.

Any other questions?

If you're interested in joining the programme or finding out more, please get in touch. We'd love to hear from you! Please contact us on:
admin@gardeningin.org or 07375 920863.

About Gardening In Action (GIA CIC)

Gardening In Action (GIA CIC) is a Community Interest Company, based in Seaford and working throughout East Sussex. Our mission is simple: to grow the joy of plants and gardening in everyone. We offer practical support to community gardens, we run friendly and inclusive gardening workshops in community spaces, we operate a successful horticultural work experience programme to help people into employment, and we match volunteers with community groups.

Email: admin@gardeningin.org
Website: www.gardeningin.org
Phone: 07375 920863



Newhaven Tree Wardens

Making Newhaven green and leafy

WHAT A LOVELY TRANSFORMATION...

- *This is how Powell Gardens opposite Paradise Park looked after we planted some trees on 16th May 2018.*



- ▲ *And, this is the same area on 16th August 2023.*

We aim to add some more trees, shrubs and bulbs this Winter.

Feedback from you, the residents of Newhaven, Denton and South Highton is important to us when we are planning our planting.

Please let us know what you think at bn9trees@hotmail.com or if there are any green areas near you which would benefit from trees, shrubs or bulbs, let us know.



Get outside & feel better

Our supportive group is a wonderful way to help improve wellbeing, get outdoors and take time to connect with the local landscape. There is lots of evidence for the benefits of being outside in nature and how it can improve mental & physical health and confidence.

Who is it for? People who've experienced depression, anxiety, stress or another mental health condition. Places will be prioritised for those living in the coastal towns of Rottingdean, Saltdean, Peacehaven, Newhaven, Seaford and Eastbourne.

Venue: Seven Sisters Country Park Visitor's Centre. Free minibus transport from Newhaven/Seaford.

When: Attend a one-off taster session, Friday 13th October, 10.30am-2.30pm

After attending the taster, you can apply to join our 8-week group which runs Friday 20th October – Friday 8th December 2023, 10.30am – 2.30pm.

Typical activities include: guided walks, conservation, mindfulness, foraging, learning natural crafts and traditional skills.



Call 01273 234810, email info@bhfood.org.uk
www.bhfood.org.uk/events



We at Greenhavens have had a fantastic summer where we have been enjoying the wonderful green spaces around us. In May we did two Blossom Walks at the beautiful Peacehaven Community Orchard. Mayor David Seabrook kindly met us there and gave us a great tour explaining all the different varieties and the challenges of running such a large orchard. The blossom was stunning, and the biodiversity here has improved so much in the last few years. It's a beautiful site to walk around at any time and located next to the Big Park so there is chance to wander round enjoying a cuppa from the café.

We returned to The Last Wood and Meadow in Seaford for our Wildflower Walks, another beautiful area rich in biodiversity. We met with locals who didn't know the site existed and enjoyed a herbalist and local experts findings while we were there. If you haven't been yet, do take a walk there, so many species of wildflowers, butterflies, and insects, it really is a treat.

I visited some of the great 'Green Groups' in the area and hear how they have been getting on. Many of these groups are run entirely by volunteers and it's their passion to protect green spaces and the animals within them, that keeps them going.

Recently, I had a lovely chat with the Seaford Swift Group who work hard to try and educate people on the need to protect these endangered birds. Swifts always return to the same nests so educating home owners with existing nests and getting swift boxes up in the right places is crucial to survival. If you're interested in joining the group or having a box fitted, please search Save Seaford's Swifts on Facebook. Alternatively, there is a new swift group started in Newhaven called the Newhaven, Peacehaven & Denton Swift Group who are looking for new members and hoping to get extra boxes at sites for next year's arrival of swifts.

I also got to meet a fantastic group in Saltdean. The Saltdean Climate Action Network meet regularly and are focusing on Energy, Transport, Biodiversity and Food waste. They have great plans coming up in the future so if you wish to get involved, please contact them via their Facebook page.

We held a brilliant Buglife morning at The Peverells Community Garden in Seaford where Alice and I had loads of young people and adults whizzing around the garden catching bugs and enjoying the space. Lots of fun was had by all. Our Moth trap was also lent out to a local family, and we loved looking at the results in the morning. Even in an urban area the results were amazing! This really is great fun for all the family so please do contact me at contact@greenhavens.network if you would like to book the moth trap in for your family.

We have some exciting dates coming up in Autumn!

14th October: The Peverells Community Garden Harvest Festival with Greenhaven's holding a seed swap. Please join their Facebook pages to get up to date information.

17th October: Fungi Walk - with the fantastic Martin Allison at Castle Hill in Newhaven at 10am

3rd November: Fungi Walk - We return again to see what fungi inhabit this beautiful space.

13th December: Network Meeting at Lewes Road Hut, Riverside Park, Newhaven. 7-9pm. Come and hear about how the Denton Community Garden is coming along. Another vital green space supported by the local community, schools and volunteer

From all at Greenhavens, I wish you a great Autumn exploring the beautiful green spaces that surround us and I hope to see you at one of our events this year.

For any more info please email contact@greenhavens.network or visit our website at www.greenhavens.network.



SINGING MAMAS IS COMING TO NEWHAVEN!

Singing Mamas is a national non profit organisation with a mission to improve women's wellbeing by creating song sharing communities. It differs from a choir in that they don't use sheet music or musical terms. Instead, all songs are taught by ear and the focus is on singing for wellbeing rather than creating any particular sound.

Newhaven Town Council have funded Singing Mamas to run a 9 week programme, which will be free for mothers and their children to attend. This will take place at Denton Island Community Centre, starting on Friday 29th September at 10am. Each group will consist of an (optional) check in, singing and tea, coffee and home baked snacks.

The group will be led by Lizzie Baker, who also runs groups in Lewes and Hove. Lizzie promises that you need absolutely no previous musical experience or skills to attend!



For more details, or to book a place, please contact Lizzie at lizziesingingmamas@gmail.com.

NEWHAVEN UKULELE GROUP

We are a group of Ukulele players who meet fortnightly on Wednesdays at the Hillcrest Centre Newhaven from 7pm to 9pm. We welcome players of all abilities. We play a wide range of songs and the emphasis is on playing for fun.

For more information contact Peter, peterandberylneal@gmail.com or call Sue 07745 394220 or just turn up with a ukulele.

DATES OF OUR MEETINGS

18TH OCTOBER

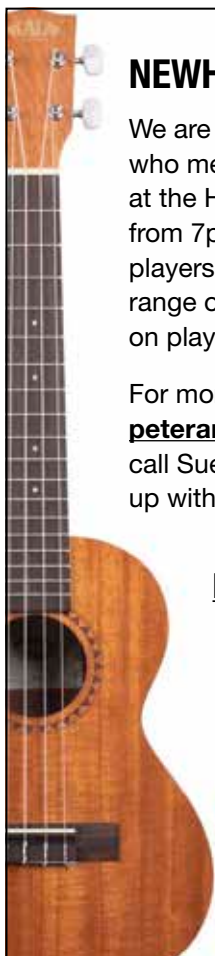
1ST NOVEMBER

15TH NOVEMBER

9TH NOVEMBER

13TH DECEMBER

27TH DECEMBER



DO YOU ENJOY SINGING AND WANT TO BE A PART OF A VERY FRIENDLY CHOIR?

Then why not join Haven Harmonies your local community choir on Monday evenings 7pm – 8.30pm at the Hillcrest Centre Newhaven. No auditions and no requirement to read music. The first session is free and then after that £5 every time you attend. We perform locally to support charity and other community projects. The choir is led by Cara Barseghian, a professional singer and choir leader. Please do come and join us and make music in a very friendly atmosphere.

If you would like to know more then contact Marian Stanley email: marianstanley43@gmail.com or havenharmoniescommunitychoir@gmail.com.

What is storytelling?

The GuestHouse
Storytellers



Storytelling is the art of performing a story to a live audience. Performance storytellers memorise the main “bones” of their stories and then improvise around those bones, using voice and gesture to bring them to life. Because stories are not learnt word for word, they can be adapted to you the audience and the mood in the room, and to incorporate recent events and the teller’s personal connections, creating a rich tapestry of words and images that will be experienced like this only once.

The GuestHouse Storytellers is one of the most successful storytelling clubs in the country. We are a non-profit organisation run by a committee of volunteers.

The club meets on the second Tuesday of every month (except July and August) at The Hillcrest Centre in Newhaven. We have no registered membership; everyone is welcome and you become a member by attending. To find out about upcoming events you can register for our newsletter by emailing guesthousestorytellers@gmail.com.

Most of our evenings are open evenings, where anyone may book a slot to tell a ten minute story on whatever theme has been chosen for that month. Tellers vary from the very well

trained and experienced to people stepping into the water for the first time. Everyone is welcome and every story and teller is different, providing a varied and rich feast of tales to carry away with you and maybe even retell.

Three times a year we have professional tellers. We have hosted some of the top storytellers in the country – Hugh Lupton, Sally Pomme Clayton, June Peters, the Dacres, Ashley Ramsden, Xanthe Gresham, Roi Gal-or, Nick and Emily Hennessey and many others.

An oral story is a living thing and it lives and evolves, not in the words, but in the images you, the listener, create in your imagination and the words that you use to pass it on. It carries the meaning that you take from it. It becomes yours. And just as important as any of the above, storytelling is fun. It makes you laugh and cry, feel angry and joyful and nourished.

These are some of our things people have said after attending their first oral storytelling performance:

It is hard for an adult to remember the childhood experience of being immersed in a well told story. Why not come along and try it?

The GuestHouse
Storytellers present

TUESDAY 10TH OCTOBER

The GuestHouse Storytellers present Jon Mason with
“Merlin in the Wild Wood”

7.30pm to 9.30pm
at the Hillcrest Centre,
Newhaven BN9 9LH.

Tickets £8 in advance through:
www.guesthousestorytellers.com

TUESDAY 14TH NOVEMBER

“Sea Stories”, performed by
the GuestHouse Storytellers

7.30pm to 9.30pm
at the Hillcrest Centre,
Newhaven BN9 9LH.

Tickets: £5 on the door on the night.
www.guesthousestorytellers.com

TUESDAY 12TH DECEMBER

The GuestHouse Storytellers annual **“Winter Tales to warm the Heart”** featuring visiting Canadian storyteller Milbre Burch

7.30pm to 9.30pm
at the Hillcrest Centre, Newhaven
BN9 9LH.

Tickets £8 in advance through:
www.guesthousestorytellers.com

More info at:
www.guesthousestorytellers.com

WOOD CREATIVES CALLING

EVENINGS & SATURDAYS OPENING SOON



“ People love chopping wood. In this activity one immediately sees results. ”

Albert Einstein

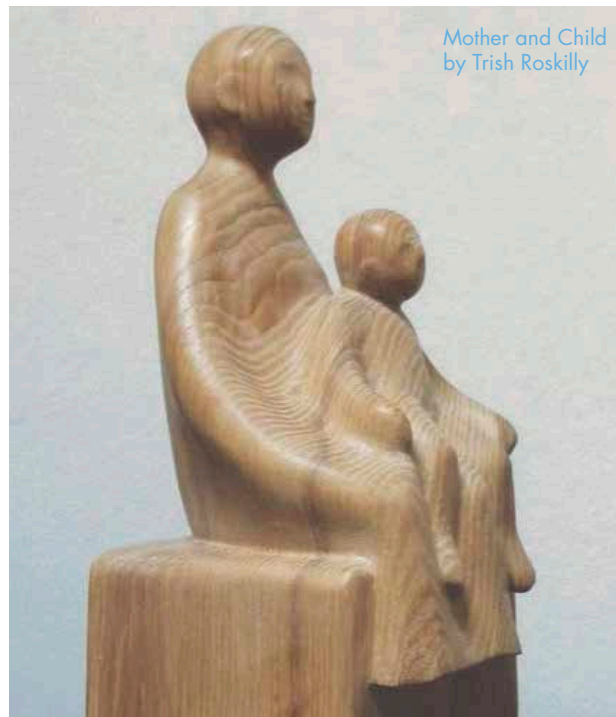
Our Club has been very fortunate to be supported by a Grow Grant from the Sussex Community Development Association (SCDA). Their grant has enabled us to expand our workshop space to provide a new area for our three woodturning lathes and to provide other enhancements like our new kitchen area. These changes are aimed at increasing our membership numbers and broadening our range of woodwork skills.

One of the things we would like try is to open in the evenings and Saturdays for people who are at work or otherwise engaged during daytime hours. We are planning to experiment through this autumn to determine numbers and interest levels for people of all ages who would like to learn woodworking of any sort.

Evenings from 6 - 9pm will be attended by Wood Creatives and those who have teaching and carpentry skills to pass on to all newcomers no matter what level or previous experience you may have. Please contact Joe 07768 331 038 for further details and to register for a place. Your first visit will be free of charge and tea, coffee and biscuits included. Once we have an idea of attendance numbers a modest fee can be agreed for evenings classes in this special and rewarding environment.

Currently we open on Mondays, Tuesdays and Thursdays from 9.30am to 3.30pm. As our numbers have increased we now have the options to open on other weekdays (Wednesday, Friday and Saturday) as interest grows. The current fees are £25 per month, with half price for the unwaged (tea, coffee & biscuits are free). For beginners, the club provides a good selection of carving chisels as well as hand & electric tools, for use in the club. We also “provide” a friendly and helpful environment with tuition, advice & support from experienced members.

We are always very keen to welcome new members to our club, if interested please pop by on a Monday, Tuesday or a Thursday to look us over & have a guided tour. Wood Creatives are at The Hillcrest Centre, Bay Vue Road, Newhaven, BN9 9LH. Otherwise if you need any information contact Joe 07768 331038 See also our website at www.woodcreatives.co.uk and our Facebook page at Wood Creatives Newhaven.



Mother and Child
by Trish Roskilly

Join Us Now!

If you are looking for a sociable and interesting community activity to satisfy your creative needs - then read on.

This Autumn we are planning evenings and Saturdays opening to offer our well equipped workshop to those who cannot attend our usual weekday sessions.

We have skilled and experienced members who can help both beginners and others in developing their woodworking.

Whether it is carving, carpentry, woodturning, furniture repairs or any other wood related skill. Our well equipped workshop is a great place to meet other like minded new friends in a convivial atmosphere.

Your first visit is free of charge and tea, coffee and biscuits included. Once we have an idea of attendance numbers a modest fee can be agreed for evenings classes in this special and rewarding environment.

Contact Joe for further details and to register for a place on

07768 331 038

email: enquiries@woodcreatives.co.uk

www.woodcreatives.co.uk

Wood Creatives Newhaven

Currently we open from 9.30am - 3.30pm on Mondays, Tuesdays and Thursdays. If you are interested please call or pay us a visit when we are open and have a look around and have a chat to help you gather more information.



The Hillcrest Centre, Bay Vue Road, Newhaven. East Sussex. BN9 9LH



Newhaven Chamber is off to Wembley Stadium as finalists for Networking Group of the Year!

We're excited to announce that the Newhaven Chamber of Commerce has been shortlisted for Networking Group of the Year and will be off to Wembley on December 1st for the SME National Business Awards Ceremony.

Business networking is an essential element of business marketing and sales. Running a successful networking group takes a lot of effort and commitment, especially when run by volunteers. The Newhaven Chamber Committee are all volunteers, and its members have had a very successful year.

The Chamber's entry highlighted work with other local networking groups and business organisations, support for each other through Covid and Brexit, unique Vietnamese Trade Links and charitable fundraising.

The SME National Awards celebrate the work of small and medium enterprises (less than 250 employees) and recognise innovation, enterprise and sound management. Mike Shorer, President of Newhaven Chamber, said, 'We have seen how winning awards has had a very beneficial effect on the success of one's business, and we're delighted to be named in the final four for this top award.'

These national awards were launched in 2017 to recognise the importance of SMEs across the country. SMEs (businesses with under 250 employees) drive the UK economy and make up 98% of all businesses, and our Newhaven Chamber is very active promoting local businesses of all sizes, and championing the town of Newhaven.





LE WEEKEND IN DIEPPE

A group of Newhaven Chamber members and their families decided to hop on a ferry to enjoy the delights of a quick getaway in Dieppe. *'We are very lucky to have the ferry on our doorstep whether to use it for a quick weekend hop across La Manche or a starting point for a holiday in the heart of the French countryside'* said Julia from Fine Marketing, *'there is always something to do and the food and wine taste much better when your car in Sussex.'*

On the Friday evening we sampled the culinary delights of La Marmite Dieppoise, famed for its traditional fish

and seafood dishes including the traditional fish stew from Dieppe – La Marmite Dieppoise. The mussels, fish, prawns and scallops stew is cooked in a rich white wine, dry apple cider and cream sauce. Cider, calvados, and cream feature strongly in local dishes including the famous Tarte Normande, served with salted caramel, apple sorbet and fresh cream.

Those who braved the showers that evening visited the huge funfair so popular with visitors to the historic town. After a delicious French breakfast at the Hotel Aguado run by Christine and her family, we shopped at Dieppe's amazing Saturday market. The soft, delicious cheeses, foie gras, nuts, nougat, fruits, breads, local honey, wines, calvados and saucissons came from all corners of Normandy. One wonders if they heard we were in town. Our senses were blown away with a blend of rich cheeses, herbs, and street food, and it's always fun trying to decipher the strong local accents in rural France.



Lunch beckoned and following sunshine drinks on the veranda at La Tour Aux Crabes, a chic modernist hotel overlooking the harbour, we decided to sample their menu. Another gastronomic experience in less than 24 hours which included plates of Les Fruit du Mer.

We heartedly recommend a trip across the Channel to sample some of Normandie's delicious cuisine, fine wines, and local specialities.





NEWHAVEN ENTERPRISE ZONE OFFERS GRANTS TO REGENERATE UNUSED COMMERCIAL SPACES

Businesses in Newhaven are being offered grants of up to £25,000 to inject new life into empty commercial buildings and create much-needed jobs in the town.

The move forms part of a major push to transform Newhaven into a key contributor to the Sussex economy by 2030 and the fund is being delivered in partnership with social enterprise Let's Do Business Group.

Successful projects will need to show they can deliver business growth, job creation and regeneration for the town.

Corinne Day, programme director, Newhaven Enterprise Zone, said: "This initiative represents a pivotal moment in Newhaven's economic landscape, empowering businesses and revitalising underutilised properties to drive growth and create new job opportunities.

"By launching this innovative fund, NEZ is paving the way for a prosperous future and fostering a vibrant and dynamic business environment that will benefit the entire community."

Let's Do Business Group has played a part in helping several key businesses to find commercial space to expand in the town, including Jeavons Toffee, which transformed the vegan home kitchen into

an award-winning vegan toffee manufacturer, with products stocked in hundreds of independent outlets nationwide.

It also helped Hello Flamingo, an award-winning creative design and props manufacturer from Brighton, to move its production facilities to Newhaven, creating jobs in the town, as well as providing support to Paul Cox Sculpture.

Now the Newhaven Sites and Empty Property Fund will drive the development of vacant commercial floorspaces and sites and help small and medium-sized enterprises (SMEs) just like Jeavons Toffee, Hello Flamingo and Paul Cox Sculpture to accelerate their growth – which will ultimately benefit the entire town.

The money can be used for feasibility studies, masterplans, site investigations, pre-planning assessments, business-case development and essential repairs and improvements.

The goal is to provide support and build a compelling case for commercial sites and premises that have remained undeveloped for more than 12 months.

To access the fund, Newhaven SMEs must provide a minimum of 50% match funding.

Private sector owned and public sector sites are eligible and partnership agreements will be considered, too, however retail, hotel and catering and other service sector sites will not be covered by the fund.

The Newhaven Sites and Empty Property Fund forms part of a wider programme of funding and events that have been curated by the NEZ to support growth in the area.

Set up in 2017, the NEZ has established itself as a driving force for investment, unlocking development opportunities, attracting businesses and creating jobs.

Day added: "Our vision is that by 2030 the NEZ will have been a catalyst to support sustainable, good economic growth and business resilience, helping to deliver a new era for Newhaven – a repurposed town centre built on creativity, a thriving business destination driven by our growth sectors and a major contributor to the Sussex regional economy."

Let's Do Business project lead Brett Pearson said: "We are delighted to have been chosen to deliver another regeneration fund that supports employment and business growth.

"Newhaven has been highly successful over recent years and this continued investment from the Enterprise Zone, just reconfirms that this support will continue."

Let's Do Business Group has been appointed to manage the process and support businesses with progressing applications.

To find out more about the Newhaven Sites and Empty Property Fund and to apply, please visit: <https://newhavenenterprisezone.com/newhaven-unleashed>.



Denton and South Heighton Junior Football Club

Our mission is to provide junior football in an enjoyable and supportive environment. We endeavour to develop the confidence, courage and pride in every player and maximise the opportunities for our local talent.

Offering coaching currently for age groups U5, U6, U7, U8, U9, U10 and U11 on Saturday mornings at The Hollow.

Our clubhouse serves hot food and hot & cold drinks during training and fixtures.

VENUE

The Hollow, South Heighton, Newhaven, BN9 0TP

TIME

09:00-12:00- age group training times vary

EVERYONE WELCOME!

Please contact the chairman Luke Martin to enquire, dashchairman@gmail.com.

FIND US AT

Website: dashjfc.com

Facebook: DaSH JFC

Instagram: @dashjuniorfc

Lynne Mendelsohn
Counsellor MBACP (Senior Accred)

www.lynnemendelsohncounselling.co.uk

Embracing change and moving forward

FINDING YOUR BREATH

Unlocking Serenity and Mindfulness

By Zara Mojdeh Mirfakhraee

During our hectic lives, finding moments of tranquillity can be challenging. One simple yet profound practice that can lead us to a state of mindfulness and inner peace is paying attention to the breath.

Noticing your breath is a fundamental practice that lies at the heart of various meditation, yoga, slow movements, and mindfulness techniques.

Your body loves its breath! Breath is an essential life force that constantly sustains us, yet it often goes unnoticed in our busy lives.

When we truly pay attention to our breath, our breath starts to become more expansive and rhythmic. We feel stronger and more alert, but at the same time, calmer and more relaxed. Deep internal breath work invites softness, openness, trust, empowerment so that we can flow with the ups and downs of our lives with greater mindfulness and intelligence.

Mindfulness is the art of being present in the moment, and the breath serves as an anchor to the present. The very first thing that I tell students to do when they come to class is to sit or lie down, close their eyes, turn inwards from

their day and pay attention to the quality of their breath. Our breath serves as a bridge between the past and the future, grounding us firmly in the present moment. By consciously attending to the rhythm of inhalation and exhalation, we can detach ourselves from worries about the past or anxieties about the future, and fully immerse ourselves in the NOW!

Integrating breath awareness into your daily routine doesn't require much time or effort. Finding your breath is a journey of self-discovery, a path that leads to increased mindfulness, enhanced well-being.



NEWHAVEN BOWLING CLUB

Newhaven Bowling Club are a long-standing, fun and friendly bowls club, run by its members for the members.

We have a great clubhouse and one of the best greens in the county, on Newhaven's Fort Rd recreation ground.

Bowls is a great low impact way of getting and keeping fit for all ages and physical abilities who enjoy a fun challenge.

With help from a council grant we have recently installed a defibrillator and disabled toilets and facilities to enable more to enjoy our great game. We also had new shirts and badge designs for the first time in many years (maybe a century).

We had a great outdoor season from April until the end of September and came high in the Meridian League and we won the coveted Phoenix cup which has been contested for over 100 years between Newhaven and Seaford. During the winter we play Short Mat

bowls in the clubhouse three times a week, on Monday afternoons, Wednesday mornings and Saturday mornings.

We have a qualified coach and experienced players who can teach you and bring on your game, whatever your ability.

Check out the club's website www.NewhavenBowlingClub.weebly.com or email us at nbowlscsocialmedia@gmail.com or call Jose Baker for more details on 07542 608304.



Lewes District Council

New Public Reception for Lewes District Council

Lewes District Council has opened a new public reception area at 6 Cliffe High Street in Lewes town centre. Residents can visit the reception with enquiries or drop off documents during office hours, Monday to Friday. In addition, people can also contact an adviser via 'live chat', available on all pages of the council website, lewes-eastbourne.gov.uk.

"We are delighted to have a reception desk in a central location, right at the heart of the district," said Councillor Chris Collier, Cabinet Member for Innovation, Delivery and People.

"We have made really strong advances with our online customer service offering but not everyone is comfortable getting online, so we also wanted to establish a new physical reception point."

The reception is open from 9am to 5pm Monday to Friday.

World-renowned arts charity Charleston has moved into the former council offices in Southover Road.



If you are unable to travel to Lewes, Lewes District Council's Neighbourhood First Team hold a Drop-In Service at Saxon House, Newhaven every second Wednesday of the month from 9.30am to 12pm:
Wednesday 11th October
Wednesday 8th November
Wednesday 13th December

NEWHAVEN FORT TO UNDERGO £5.8 MILLION RESTORATION

A massive programme of repairs and improvements to Newhaven Fort will begin at the end of the current summer season.

The £5.8 million restoration of the iconic Newhaven landmark (pictured) will see new access to gun emplacements, refurbished exhibitions including home front, D-Day and barrack room, redevelopment of the adventure playground, a new visitor experience on the battery observation post and refurbishment of the Romney Hut.

The money is part of the Newhaven Town Deal fund and to meet government deadlines, the work on the fort will go into full swing from the end of 2023 and throughout 2024.

This will mean the closure of the fort next year and an earlier

than initially planned reopening in spring 2025.

Duncan Kerr, Chief Executive of Wave Leisure Trust, said: *"This is a defining moment in the long history of Newhaven Fort and I couldn't be more excited at the tantalising prospect of what this fantastic investment will create for future generations to enjoy."*



NEWHAVEN HERITAGE ROUTES

Our first group has just completed the research and planning for the first Newhaven Heritage Walking Route, celebrating the rich heritage of the West Quay.

During spring and early summer, the group had the opportunity to find out more about local heritage, share their own stories and knowledge of the area as well as developing a range of research skills with the support of local historian, Dr Jenny Flood. Our second group will develop a heritage walk which focuses upon Newhaven's East Quayside.

Our final Newhaven Heritage Routes Group starts on 4th October and Dr Jenny Flood will be leading a walk and subsequently a research group to devise a new walk that celebrates the heritage of Newhaven Town Centre. If you would like to find out more information, get in touch on 07796 869316 or email Newhaven-Heritage-Walks@sussexcommunity.org.uk.

All three routes will be unveiled in a celebratory event on March 2024. Watch this space!



DENTON ISLAND NURSERY – SPACES AVAILABLE!

Are you looking for a nursery space for your child?

We have spaces available in our wonderful nursery from September onwards for children aged 3 months - 5 years old. 15 hour and 30 hour funding options available.

Come and have a look and find out more about our nursery, just give us a call on 01273 515125 to arrange a show round. Or visit our website for more information <https://sussexcommunity.org.uk/our.../denton-island-nursery>.

SUMMER CYCLING FUN!

The team at SCDA had a busy time in the summer, delivering a range of kids cycling activities in Peacehaven and Newhaven.

The multi-use games area in the Big Park in Peacehaven was the setting for a morning of learning to ride for younger children and then bike skills and activities for older children in the afternoon. In collaboration with Sustrans, the team worked with 15 children that day and taught 6 children

to ride for the first time.

Bikeability took place on Denton Island in July for 10 children who had a great time and improved their bikes skills. After Bikeability, a led bike ride for the more confident children included the route along the Egrets Way to Piddinghoe, then a short rest and some snacks before cycling back again. The route was almost entirely traffic free and we were joined by two parents, which made marshalling the ride much easier. Everyone had a great time and it was great to be able to show local children the Egrets Way and how to access it.



For information on future cycling activities please email **Jamie. lloyd@sussexcommunity.org.uk**.



POWERED BY

The GOOD FOOD for EAST SUSSEX network

#GoodFoodEastSussex

In October 2023, organisations and communities across East Sussex will be coming together to hold the first ever Good Food East Sussex Month.

There will be a series of events across the county celebrating everything food in East Sussex, and exploring how we can build a food system that works for our people, our economy and environment.

We've just launched this month-long event and have lots of plans in the pipeline. As and when new events are added, you can see what's on and sign up on our Eventbrite page (Good Food East Sussex), and through your local food partnership: Lewes District Food Partnership (@lewesdistrictfoodpartnership).

Food summits, talks and discussions, volunteering, apple harvesting, picking and preserving workshops! Plus events around Challenge Poverty Week 16th-22nd of October.

What you can do

One of the goals of the month is to promote local food businesses and organisations, so we're asking everyone to get in touch and share with us your favourite local places to eat.

Sign up to one of the events we have on across the county – email goodfoodeastsussex@gmail.com to be added to the mailing list for updates across East Sussex. Or info@lewesdistrictfoodpartnership.org for info about what's happening in the Lewes District.

Share the Good Food East Sussex Month calendar of events, for example putting it up in your shop window, reception, adding it to your newsletter etc.

What's happening in Lewes District during Good Food for East Sussex Month

Lewes District Food Partnership's annual

Food Summit will be at Plumpton College on the 18th of October, the day will feature a number of talks and discussions around the theme of 'Food Sustainability' – get in touch at info@lewesdistrictfoodpartnership.org for more info.

Lewes Climate Hub 'Food Focus Month' - a series of events celebrating local initiatives, from pickling and preserving to apple tasting. Make sure to check their website for more details: <https://lewesclimatehub.org>.

Pop-up exhibitions of the Feeling the Pinch Have Your Say project – amplifying voices of residents through the cost-of-living crisis (www.lewesdistrictfoodpartnership.org.uk).

Plus Workshops on growing fruit trees at Friends of Bishopstone Station, North Indian Cooking Course by the Community Chef, The Sussex Supper Club in Newhaven by Hospitable Environment.

YOUNG PEOPLE – HAVE YOUR SAY!

Newhaven Young People's Forum (NYPF) is recruiting! SCDA's youth team have been supporting NYPF for over 10 years.

Local young people have won awards, been to the House of Commons and most importantly, have helped and supported other young people to commit, help, love, grow and be a voice within their local community.

This is a great way to build confidence, make new friends, have a say in your town, learn new skills and much more!

We would love to hear from you. Email: youth@sussexcommunity.org.uk, call us or text: 07514 667104. We look forward to hearing from you!



NEWHAVEN ART CLUB

Newhaven Art Club are a long-standing fun and creative club run by its members for the members with local meetings and exhibitions.

Our normal weekly meetings are on Mondays at 14.00 at Peacehaven Evangelical church hall 24 Mayfield Ave Peacehaven BN10 8RE.

There are inspirational club visits and demonstrations from other artists to get our creative juices flowing and having fun making new friends among fellow local artists.

Our busy program of events and projects and visits including regular exhibitions and shows in the area where members can exhibit and sell their works.

Throughout the Summer we had garden parties and held talks about Eric Ravilious along with a plein air day and plate painting for kids. The exhibition will run at the fort until it closes at the end of October

During the Autumn we will be continuing our weekly project work during our Monday meetings.

We will be holding an exhibition at Hillcrest café Gallery during December 2023.

We are always keen to welcome new members whatever ability. You don't have to be Picasso or Monet just keen to give art a go surrounded by supportive friends who encourage you to learn and enjoy art.



Check out the club's new website for more details at

www.newhavenartclub.co.uk

or ring Chris Cook on

01273 875928 or email us at

NewhavenArtClub@Hotmail.com.



Volunteering with us

Would you like to support older people in your community? Are you interested in a career in working with older people? Would you like to join our lovely Social Prescribing team and help us make East Sussex smile?

Working directly with older people to support them to maintain independence, attend a walking group to support frail people in their health and wellbeing, or join our befriending service.

- Expenses Paid
- Flexible & Rewarding
- Continued Support
- Training Provided

Call: 01273 476704

Email: volunteers@ageukeastsussex.org.uk

Visit: www.ageuk.org.uk/eastsussex



NEWHAVEN GREEN CENTRE is continuing to add stock to our **Library of Things**.

We're currently creating 'Party Packs' so you can borrow things from us for free when you want to throw a party – whether that's a children's party, a beach party or a barbeque.

If you have any spare non-breakable cups, plates, bowls, cutlery, jugs, along with bunting, candles (for cakes), plastic / wipeable tablecloths or picnic equipment we'd love to hear from you.

We're also compiling a couple of general toolboxes; with everything you might need for basic DIY jobs around the house. We've received some very generous donations to

help us put them together, and they'll be listed on our online catalogue very soon!

<https://newhavengreencentre.com/library-of-things>

In July we were delighted to chat with Len Fisher on his evening show on Seahaven FM. You can still catch the interview here: <https://player.autopod.xyz/377180>.



And we look forward to seeing you at our **Repair Cafe** (2.30pm - 4.30pm at Meeching Hall) which is on:

- Sunday 8th October
- Sunday 26th November



Newhaven Repair Cafés

Bring along your broken stuff and our team of experts will do their best to fix it - for free!

**Sunday October 8th
Sunday November 26th**

2.30 - 4.30pm
Meeching Hall, Fort Road,
Newhaven, BN9 9QQ

For more information please contact:

info@newhavengreencentre.com

or visit us at:
www.newhavengreencentre.com

If you want to find out more about what volunteer opportunities, we offer please email volunteers@newhavengreencentre.com or phone or text 07368 865914.

www.newhavengreencentre.com
info@newhavengreencentre.com
www.facebook.com/newhavengreencentre



NEWHAVEN LIBRARY OF THINGS



Photograph © Mimi Butler

Join for free and borrow things you need:
from tea-urns to tents
from sewing machines to saws

**Save money ~ Save space
Save the environment**

Browse our online catalogue at:
<https://newhavengreencentre.myturn.com/library/>

or write to us at:
info@newhavengreencentre.com

Newhaven Library of Things
is grateful for the support of:



**NEWHAVEN
FLEA
& CARBOOT**
AT THE
HILLCREST
CENTRE

**NEW TIME
9.00AM-2PM**

**AUG 19th
SEPT 16th
OCT 21st
NOV 18th
DEC 16th**

ARTWAVE SPECIAL

TO BOOK A PITCH EMAIL
MICHAELASMARKETPLACE@GMAIL.COM OR SCAN THE QR CODE FOR DETAILS

SPONSORED BY NEWHAVEN TOWN COUNCIL AND SCDA



HAVENS FOOD COOPERATIVE CELEBRATES REMARKABLE ACHIEVEMENTS IN FOOD WASTE PREVENTION AND REDISTRIBUTION

Havens Food Cooperative is a project dedicated to tackling food waste and food insecurity locally. Through a community pantry and pop-up pantries established through partnerships with local groups, the project rescues edible food that would otherwise go to waste and redistributes it, contributing to food security and reducing the negative environmental impact that this surplus food previously had.

The results of Havens Food Cooperative's latest rescued food estimations for 2023 have revealed remarkable progress in their mission. In 2022, Havens estimated to have saved an impressive average of £4,837.15 worth of food on a weekly basis. However, through their continued commitment, Havens Food Cooperative has achieved an even more impressive result

in 2023, saving an average of £6,989.32 worth of food per week. This represents a remarkable 45% increase in monetary value saved over the course of just one year.

To put these numbers into perspective, the estimated quantity of food saved by the project in 2023 equates to an astonishing three tonnes per week, this is equivalent to the weight of two medium-sized cars, or approximately the weight of a killer whale. The project is also preventing the release of harmful greenhouse gas emissions and has estimated that over 500,000kg of CO2 emissions are saved annually as a result of edible food no longer reaching landfill.

Havens Food Cooperative's success can be attributed to its collaborative partnerships with supermarkets, and businesses,

as well as the support and engagement of the community and their team of incredible volunteers. By rescuing perfectly edible food that would otherwise go to waste, Havens Food Cooperative ensures that it reaches those in need, contributing to food security in the area. The project aims to inspire other organisations, businesses, and individuals to join the fight against food waste and implement sustainable practices.

Havens Food Cooperative are also actively seeking dedicated volunteers to join their project and contribute to their mission of food waste prevention. Volunteers play a crucial role in Haven's efforts to rescue and redistribute food. If you are passionate about making a difference and want to be part of this impactful initiative, please contact Havens Food Cooperative at havensfoodcoop@gmail.com or call 01273 918226 for more details on how to get involved.



NEW HOT DESK FACILITY OPENS IN TELSCOMBE CLIFFS

Mayor of Telscombe Town Council, Councillor Laurence O'Connor, was delighted to cut the ribbon to officially open a new local authority-funded resource for local businesses and individuals at Telscombe Civic Centre, 360 South Coast Road this week.

Havens Community Hub CIC now occupies the first floor of the Civic Centre and has four 'hot-desks' and a meeting room

available for residents and businesses situated between Saltdean and Seaford.

Councillor O'Connor said "I'd like to congratulate Havens Community Hub for opening this new free support facility, using the Telscombe Civic Centre, to deliver this excellent community initiative. I know it will be of particular benefit to people who may work from home or who are spending long

hours on the road, just to be able to pop in and use a desk, wi-fi and printer - and enjoy free tea, coffee and biscuits at the same time! Businesses, community groups and charities are already starting to book and create connections as well as talking to the Hub team, who have a wealth of local knowledge."

To book a hot desk or meeting room between the hours of 10am and 4pm, Monday to Friday, please call 01273 458584.



TRIPLE AWARDS SUCCESS FOR FRIENDS OF BISHOPSTONE STATION

Bishopstone Station, located on the Seaford to Brighton line (Sussex Downs Line), is unique in that it is the only railway station in the country to be built with two gun emplacements among other things. Sadly, over the years, it has become run down and a bit unloved.

The FOBS (Friends of Bishopstone Station CIC) was formed to bring about the restoration of this wonderful Art Deco building and to bring it back into use with new facilities, one of which is a Community Hub. We invite you to look through our website and learn about Bishopstone Station, who we are and what we are doing.

Triple awards success for Bishopstone station community volunteers

There was triple success for the community volunteers behind the restoration of Bishopstone station.

The Friends of Bishopstone Station (FoBS) were given three awards at the annual Railfuture Awards.

FoBS chair Barbara Mine was named as joint winner of the Gold Award for Campaigner of the Year. The station group was commended for Best Social Media and given a joint commendation for Best Website.

The awards ceremony was held at the Senate House of the University of London on Saturday (15 July). Barbara

and FoBS member Graham Moore attended the event to represent the station on the Sussex Downs Line running from Seaford to Brighton.

Barbara said: "We were absolutely delighted to be given these awards by Railfuture. We wouldn't be where we are today without the incredible and fantastic team at the Friends of Bishopstone Station."

▲ Pictured above
Friends of Bishopstone chair Barbara Mine and member Graham Moore with the Railfuture Awards certificates

There's lots going on at Bishopstone Station, please visit www.friendsofbishopstonestation.org.uk or call 07501 672424 for a comprehensive list.



Friends of Bishopstone Station

Community Food Project

One Saturday each month




Promotes food equality through opportunities for food and gardening education. Helping our community access healthy, locally sourced food, from the station garden and their own gardens.

Connecting people to better food through monthly events: plant and seed exchanges, talks on growing your own fruit and vegetables, cookery demonstrations. Details of events on our website. Establishing a herb garden at the station tended by local residents, creating a supply of fresh herbs for everyone to use.

Through our projects Friends of Bishopstone Station help residents of Bishopstone, Norton and environs build a stronger community.




Email: friendsofbishopstonestation@yahoo.com • Twitter: @fobs_seaford
Facebook: Friends of Bishopstone station • Tel: 07501 672424
www.friendsofbishopstonestation.org.uk

Friends of Bishopstone Station

Meet Up Mondays

Every Monday from 10am to 1pm at the Old Parcel Room Community Hub (closed bank holidays)

Pop along for hot drinks, light lunch and chat in good company in a warm and welcoming environment.


Monday can be the loneliest day of the week for some, so it's an ideal day to seek some company, helping people to connect, or reconnect, with their local community.

Anyone and everyone's welcome. If you're new to the area and would like to meet your neighbours, it's a great place to start.

With occasional talks on topics including the cost of living, health, environmental and social care issues, as well as local history.

Also, second-hand book exchange available.

Nearest car park at Buckle.



Email: friendsofbishopstonestation@yahoo.com • Twitter: @fobs_seaford
Facebook: Friends of Bishopstone station • Tel: 07501 672424
www.friendsofbishopstonestation.org.uk



COMMUNITY TRANSPORT NEWS

A round-up of what is new and what is happening in the world of local community transport for East Sussex...

Did you know... community transport is YOUR community transport for travelling to meet family and friends, to shop, attend appointments, attend events, visit local places of interest, or just get out with friends and family, if you can't get access to local bus and rail services...registering is free and easy calling 01273 517332 or visiting the CTLA website at www.ctla.org.uk.

Business Managers and Owners Appeal

As mainstream bus services are cut; this places additional demand on community transport and CTLA. This additional workload to replace and provide services has placed exceptional demand on our buses and we urgently need to replace 2 aged buses with newer, greener, more efficient vehicles. If each company could donate just £1000 each – and if we can get

15 companies or more donating £1000 each – this would enable us to buy a replacement bus. If we get 30 local companies each donating £1000, we can replace our 2 aged buses... and in return we will offer an amazing 12-month sponsorship marketing and PR support package for your company.

FlexiBus

A flexible, on-demand rideshare service, operated by East Sussex County Council, for areas with limited or no bus service. Residents can book a FlexiBus journey to their nearest town, train station, hospital etc. Simply download the free Pingo app to your phone, sign up and book your bus journey. Alternatively, there is a ESCC dedicated call centre where you can book your journey by speaking to a person 6 days a week. To book FlexiBus journeys by phone please call 01273 078203 (6.30am to 7.30pm Monday to Saturday). Please note FlexiBus bookings cannot be made by calling the CTLA office.

Christmas Santa Bus

Our annual magical tour of local streets, visiting Telscombe, Peacehaven and

Newhaven with Christmas treats and an opportunity for children to meet Santa Claus, Santa's grotto friends, and have their photo taken. Look out for details closer to Christmas.

Dial-a-Ride

A wide range of demand responsive community bus services covering East Saltdean, Telscombe, Peacehaven, Newhaven, Seaford, Eastbourne, and Lewes. Simply register free of charge to become a member of CTLA (some qualifying criteria apply) using the contact details below and visit our website for services, routes, and fares.

Scheduled Local Bus Services

Fixed route and fixed schedule community bus services, which are available to the general public; no need to register a member to use these.

Non-Emergency Patient Transport (NEPT)

This service helps our registered members to attend medical appointments.

Travel Club

A popular service for our registered members who want to go on great days out, socialising and making new friends with its own membership, monthly newsletters and much more. If you haven't discovered Travel Club, please contact us.

100 Club

Our public lottery for winning monthly cash prizes, at the same time helping CTLA to raise vital funds.

CTLA Driver Training

A service for local schools, not for profit groups and charities, helping train their drivers and passenger assistants to become nationally recognised and fully trained to the MiDAS minibus certification.

Community Group Hire

An affordable hire of bus and driver available for carrying up

to 16 passengers, it is available to non-profit groups.

Did you know... CTLA community transport has 16 minibuses travelling over 360,000 vehicle miles across East Sussex and delivering over 80,000 passenger journeys providing transport for over 5,000 registered members.

What can you do for CTLA and your community

Simply pass on this information about CTLA and our contact details below to those in your family, friends, or neighbours that you feel could most benefit from having the support of CTLA community transport.

CTLA is devoted to respond to the various social, community, transport situations changes around us, ensuring people can travel.



About CTLA community transport

CTLA is an award-winning, independent charity that has been supporting towns and village communities across East Sussex for over 20 years. As a charity we depend solely on local councils, community and business funding, sponsorships and donations to continue providing the community transport bus services people need.

CTLA Community Transport (Newhaven)

Tel: 01273 517332 (office hours: 6.30am to 3.30pm, Mondays to Fridays)

Email: info@ctla.org.uk

Website: www.ctla.org.uk

Dates for the diary.

October – December 2023

Saturday 14th October

Meeching & District Bonfire & Fireworks, West Beach Prom

Tuesday 17th October

Greenhavens Fungi Walk, Castle Hill 10am

Saturday 28th October

Hillcrest Cinema, Lunana

Friday 3rd November

Greenhavens Fungi Walk, Castle Hill 10am

Wednesday 8th November

Lewes District Council & East Sussex Fire & Rescue Community Drop-In. 9.30am – 12pm. Saxon House, Meeching Road

Tuesday 14th November

The GuestHouse Storytellers "Sea Stories" 7.30pm - 9.30pm Hillcrest Centre

Saturday 18th November

Newhaven Flea Market and Carboot, Hillcrest Centre 9am-2pm.

Saturday 25th November

Hillcrest Cinema, Mrs Harris Goes to Paris

Saturday 25th November

Newhaven Town Christmas Lights Switch On

Sunday 26th November

Newhaven Repair Café, 2.30pm – 4.30pm Meeching Hall

Sunday 26th November

Haven Young Creatives Harbour Lights Magic Lantern Procession

Throughout December

- Hillcrest Gallery presents Newhaven Art Club Exhibition
- CTLA Santa Bus

7th -10th and

15th - 17th December

James & the Giant Peach. Meeching Hall

Tuesday 12th December

The GuestHouse Storytellers "Winter Tales to warm the Heart"

7.30pm - 9.30pm Hillcrest Centre

Wednesday 13th December

Lewes District Council & East Sussex Fire & Rescue Community Drop-In. 9.30am – 12pm. Saxon House, Meeching Road

Saturday 16th December

Newhaven Flea Market and Carboot, Hillcrest Centre 9am-2pm.

What's on.

ARTS, CRAFTS & IT

Hayley Art

Hillcrest Centre. Mondays & Fridays:
10am – 12pm £5 an hour.
To book email wildseagarts@gmail.com

Creative Writing Course

Hillcrest Centre. Starts 29th Sept.
To find out more, please contact Umi at
umisinha.writing@gmail.com

Knit & Natter

Newhaven Day Club. Mondays 2pm – 4pm

Life Drawing

Hillcrest Centre.
Wednesdays: 10.30am – 1pm.
To book email julianlebas@yahoo.com

Meridian IT

Hillcrest Centre. Every 1st Monday
of the month: 10am – 12pm

Newhaven Art Club

Peacehaven Evangelical Church Hall.
Mondays: 2pm
Contact Chris Cook on 01273 875928 or
email NewhavenArtClub@hotmail.com

U3A Art

Hillcrest Centre. Tuesdays: 2pm – 4pm.
To book email graham.heids@btinternet.com

Wood Creative

Hillcrest Centre.
Mons, Tues & Thurs 9.30am – 3.30pm
(Wednesday, Friday & Saturday plus
evening opening planned for Autumn 2023)
Tel Joe 07768 331038
enquiries@woodcreatives.co.uk

CHILDREN & YOUNG ADULTS

2nd Denton Scout Group

"Ralph Reader's Own"

St Leonards Church Hall, Denton. Contact
GSL@2ndDenton.org.uk

Fridays

Beavers (age 6–8) 5pm – 6.20pm
Cubs (age 8–11) 6.20pm – 8pm
Scouts (age 11–14) 8pm – 9.30pm

3rd Newhaven Scout Group

Scout Hut, Fort Rd.
Contact: join.3rdnewhaven@seahavenscouts.org.uk

Beavers (age 6–8) Thursdays
5.15pm – 6.15pm
Cubs (age 8–10) Wednesdays 5.30pm –
7pm and Thursdays 6.30pm – 8pm
Scouts (age 10–14) Mondays 7pm –
8.30pm and Wednesdays
7.15pm – 8.45pm
Dagoon Explorer Scouts (14–18) Tuesdays
7.30pm – 9.30pm

21 Newhaven PL Army Cadets

Please visit www.armycadets.com

Denton & South Heighton Junior Football Club

The Hollow, South Heighton, Newhaven,
BN9 0TP. Saturdays 9am – 12pm - age
group training times vary.
Please contact Luke Martin to enquire,
dashchairman@gmail.com

Harbourside Gymnastics Academy

Please call Tel 01273 515525

Haven Young Creatives

FREE drama session for children and young
people

The Hillcrest Centre. Tuesdays (term time)
3.30pm – 5pm
8–12 years & 5.30pm – 7pm 13–18 years

Newhaven & Seaford Sea Cadets

Sea Cadets (12–18yrs): Mondays and
Fridays

Junior Cadets (10–12yrs): Fridays
Tel: 01273 655442 or visit www.sea-cadets.org/newhavenseaford

Newhaven Youth for Christ

St Michael's Church Hall
Monday Sparks Youth Group: Until 4.15pm
for primary school children ages 8–11
Thursday Youth Group: 6.30pm – 8pm
Sunday Youth Group: 6pm – 7.30pm
121 mentoring available. Visit www.newhavenyfc.org or speak to Sara on:
07763 333998

NIPPERS

East Side Social Centre
After school club 3pm – 6pm Monday to
Friday (term time only)
Holiday playschemes & Inset day cover
provided.
For details email nippers1973@outlook.com

Norcross Dance Centre

Please email
norcrossdancecentre@gmail.com

SCDA Clubs & Groups

Newhaven Youth Centre, Denton Island
Please contact: youth@sussexcommunity.org.uk to find out more or enrol on to these
sessions.
Tuesdays: L.A.S.T. Project: 5.15pm –
6.30pm a free youth led LGBTQ+ and
allies' 12–17yrs
Wednesday: Youth Club (term time and
summer holidays):
6.30pm – 8pm. 12–18yrs
Friday: 'Fri-yay' Youth Club: 4pm – 5.30pm.
aged 8–11yrs
(term time and summer holidays)
From 24th July 4 of the 6 week holiday:
Holiday Club: (HAF) aged 7–16yrs.
Operates 4 of the 6 week holiday from. For
more information call us on 01273 517250
or email
families@sussexcommunity.org.uk.
Mondays Jitterbugs: 10am – 12pm toddler
group (Term time).
All families with children aged 0–4yrs

Studio Tempo (Dance)

For details call: 01273 476565

HEALTH & WELLBEING

1-2-1 Yoga, Reiki & Reiki + Sound Healing Therapy Sessions

Available by appointment only.
3-2-1 Small Yoga Groups (4 week course)
Wed/Thurs 10am & Wed/Thurs 6pm
Samtosh Yoga Studio, 80 Court Farm
Road, Newhaven, BN9 9DY
Email: samtosha4u@btinternet.com

Pilates Classes

Hillcrest Centre. Tuesdays: 11.30am –
12.30pm.
Contact Tash: 07831 120600

Tai Chi

Hillcrest Centre. Every Monday at 9.30am
– 11.30am
www.taichieffect.com or 07429 007691

Traditional Yang Tai Chi & Dragon Kung Fu

Lewes Road Hut.
6pm – 7.30pm & 7.30pm – 9pm
Contact Jon 07715 664228
www.DMAA.co.uk

Slimming World

Elim Church. Thursdays: 5.30pm & 7pm
& Saturdays: 7.30am & 9am.
Contact Karen: 07872 388080

Yoga with Sue

Denton and Mount Pleasant Social Hall.
Thursdays at 9.45am – 11.15am.
Contact Sue on 07721 611314

Zara Yoga & Pilates

Meeching Hall
Mondays: 11am - Mat based Pilates
Wednesdays: 5.45pm - Hatha Yoga and
7pm - Mat based Pilates
Friday: 9.30am - Hatha Yoga.
Contact Zara at zarano1@msn.com

INTEREST GROUPS

Castle Hill Group

1st Sunday of every month: 10am. Scrub
management & other tasks. Please email
seahavenpr@aol.com or contact Graham on
01273 514942

Friends of Tidemills

3rd Sunday of every month: 9am – 11am to
litter pick & conservation tasks. December
Meeting includes Winter Picnic.
For more information contact Jim Skinner
brianjimskinner@gmail.com

Guesthouse Storytellers

Hillcrest Centre.
Visit www.guesthousestorytellers.com
for more information

Historical Society

Visit www.newhavenhistoricalsociety.org.uk

Newhaven & District Model Railway Club

Heatherside Business Park, Unit 4, Norton Road BN9 0BZ. Wednesday evenings: 7.30pm – 10pm
Email newhavendmrclub@gmail.com or tel: 07715 993675 or 07831 601940

Newhaven Green Centre: Library of Things

MENCAP Hall. Tuesdays 6.30pm – 7.30pm

Newhaven Green Centre: Reducing Waste, Library of Things & Bring- and-Take Table

Newhaven Library.
Thursdays: 10am – 12pm

U3A

Offers a range of groups and events at various venues. For more information, please visit www.u3asites.org.uk/newhaven-peacehaven

MUSIC & DANCE

Ballroom Dancing with Studio Tempo

Hillcrest Centre. Fridays: 6.30pm – 8pm.
To book phone 01273 476565

Haven Harmonies Community Choir

Hillcrest Centre. Mondays: 7pm – 8.30pm.
Contact marianstanley43@gmail.com or havenharmoniescommunitychoir@gmail.com

Newhaven Ukulele Group

Hillcrest Centre. Wednesdays Fortnightly: 7pm – 9pm. Contact Peter on peterandberylneal@gmail.com or Sue on 07745 394220

Private Dance with Studio Tempo

Hillcrest Centre. Fridays: 10am – 12.30pm.
To book phone 01273 476565

Singing Mamas

Denton Island Community Centre.
Fridays: 10am.
Please contact Lizzie at lizziesingingmamas@gmail.com

Streetfunk

Hillcrest Centre.
Thursdays: 4.30pm – 6.30pm
Book via: www.streetfunk.co.uk/streetfunknewhaven

SOCIAL

Denton Women's Fellowship

Denton Church Hall. Every last Tuesday of the month: 2.30pm.
Contact: Ann 01273 514482

Just Friends

Newhaven Day Club
1st & 3rd Monday of every month: 10am – 12pm
2nd Monday of the month Walking Group
4th Monday of every month Lunch Group

Newhaven Day Club

West Quay (Northeast of Carpark)
Tuesdays, Thursdays & Fridays. Variety of fun activities. Contact Tony on 01273 513189 for further details, including membership prices

Newhaven Peacehaven Lions

For more information visit Facebook @ NPSLions

Rotary Club of Newhaven Coast West

For more information, please email info@newhavenrotary.co.uk or tel: 01273 516018

St Michael's Drop In: Coffee, Tea, Cake & Chat

St Michael's Church. Wednesdays: 10am

SPORT

Affinity Rowing Club

For details visit Facebook @ ARCGraceOMalley or email info@affinityrowingclub.co.uk

Denton Cricket Club

For more information, please visit www.dentonsussex.play-cricket.com or Tel: 07883 097883

Denton Island Indoor Bowls Club

For more information, please visit www.dentonislandbowls.co.uk or Tel: 01273 514664

Denton Table Tennis Club

Denton Church Hall. Wed: 7pm – 9pm and Fri: 10am – 12pm
Contact Rosemary on 07999 860333

Newhaven Gig Rowing

For details visit www.ngrc.co.uk or email admin@ngrc.co.uk

Newhaven Bowling Club

Mondays: 5pm. For more information, visit www.NewhavenBowlingClub.weebly.com, email nbowlscsocialmedia@gmail.com or call Jose on 07542 608304

Newhaven Cricket Club

newhaven.play-cricket.com/Aboutus

Newhaven Football Club

For more information, please visit www.newhavenfc.co.uk or email newhavenfootballclub@gmail.com

Newhaven Tennis Club

Club Members can use courts any day

Sun: Adult & Junior Coaching: 9am – 1pm
Mon: Junior Coaching: 4.30pm & 5.35pm
Tues & Thurs: Adult Club: 1pm – 4.30pm
Sat: Junior Coaching: 9am | 10am | 11am & Adult Club: 12pm – 3.30pm (With view to be a member)

Membership & general details: Contact Bob 01273 512162 email: mailrkjackson@yahoo.co.uk

Coaching Sessions: Contact Clive 07526 267560

Newhaven & Seaford Sailing Club

For more information visit www.sailinginsussex.org or email info@nssc.org.uk

Pétanque with Newhaven Twinning Association

Every Sunday morning, opposite The Hope Inn, Newhaven. Spare Boules available!

Seaford Rugby Club

For more information visit www.seafordrfc.club/contact

SUPPORT GROUPS

AA Meetings

Hillcrest Centre. Thursdays: 7pm – 8.45pm
Meeching Hall. Wednesdays: 9.30am

Bereaved by Suicide: East Sussex

Please contact Kellie at Kellie.leyton@sussexcommunity.org.uk or 07542 305419 for further information or call the Sussex Suicide Bereavement Support Team on 07376 616628.

Childline

Tel: 0800 11 11 www.childline.org.uk

Cruse Bereavement

Support Helpline

Tel: 0808 8081677 www.cruse.org.uk

Nebula

Hillcrest Centre. Mondays: 2pm – 4pm.
Just drop in www.facebook.com/groups/535810757234539/

Samaritans

Tel: 116 123 www.samaritans.org

Warm Spaces Directory

Please visit www.lewes-eastbourne.gov.uk/community/cost-of-living-crisis/warm-spaces-directory or contact the Newhaven Town Council on 01273 516100

This listing is correct at the time of going to press and is not a comprehensive list of all the groups and courses in Newhaven.



✓ FREE DELIVERY ON ORDERS OVER £20.

✓ VEGAN OPTIONS AVAILABLE.

✓ GLUTEN FREE OPTIONS AVAILABLE.

✓ 10% DISCOUNT ON ONLINE ORDERS.



**OPEN CHRISTMAS DAY
12-3PM, BOOKING ONLY!**



☎ 01273 513308

🌐 [HTTPS://VICEROYNEWHAVEN.CO.UK](https://viceroynewhaven.co.uk)

🏠 4 BRIDGE STREET, NEWHAVEN, BN9 9PJ