Newhaven Matters

Winter 2024 // Issue N° 40

Happy New Year! **BEST OF NEWHAVEN Photographic Competition 2023** Winners photographs

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



© Isla Eaves - Winner of the Under 18's Category

on page 6 & 7

Contact your local Town Councillor

NEWHAVEN CENTRAL WARD



Christoph Von Kurthy
(& District Councillor South)
t: 01273 514540
e: cllr.christoph.vonkurthy@



Shaun Boniface
t: c/o 01273 516100
e: cllr.shaun.boniface@
newhaventowncouncil.gov.u

NEWHAVEN DENTON WARD



Brian Noon
e: cllr.brian.noon@
newbayentowncouncil gov uk



t: 07751 527211 e: cllr.lindsey.macleod@

Lindsey Macleod





Sean Macleod (& District Councillor North) t: 07780 944934 e: cllr.sean.macleod@



Jane Lucas
t: c/o 01273 516100
e: cllr.jane.lucas@
newhaventowncouncil.gov.uk

NEWHAVEN NORTH WARD



Lesley Boniface
t: 07979 763281
e: cllr.lesley.boniface@



t: 07976 371116
e: cllr.steve.saunders@
newhaventowncouncil gov uk



t: c/o 01273 516100 e: cllr.mark.wardle@ newhaventowncouncil.gov.uk

NEWHAVEN SOUTH WARD

Mark Wardle



Graham Amy (& District Councillor South) t: 01273 514942 e: cllr.graham.amy@



t: c/o 01273 516100 e: cllr.jan.woodling@ newhaventowncouncil.gov.uk



Julie Carr, Town Mayor of Newhaven (& District Councillor North)

t: 07757 722927 e: cllr.julie.carr@

Jan Woodling

newhaventowncouncil.gov.uk



t: 07793 358790 e: cllr.kim.bishop

e: cllr.kim.bishop @newhaventowncouncil.gov.uk



Krissy Taylor
t: c/o 01273 516100
e: cllr.krissy.taylor@



Linda Thomas t: c/o 01273 516100 e: cllr.linda.thomas@ newhaventowncouncil.gov.uk



t: c/o 01273 516100 e: cllr.madeleine.cook@ newhaventowncouncil.gov.uk



Pinky McLean-Knight t: c/o 01273 516100 e: cllr.pinky.mclean@ newhaventowncouncil.gov.uk

CONTACT YOUR LOCAL MP



Maria Caulfield MP
Unit 6 Villandry, West Quay, Newhaven BN9 9GE
t: 01273 513509
e: maria.caulfield.mp@parliament.uk

WINTER 2024



Welcome to the Winter edition of Newhaven Matters



Cllr Julie Carr with Mrs Juliet Smith DL JP

I am delighted to report that the two charities I am supporting and fund raising for during my year as mayor,

are the local Mencap Centre in Newhaven and the food bank run by the local Baptist Church in Newhaven. I had the great pleasure of opening the newly refurbished sensory room in the Mencap Centre recently. this is a much-needed facility and is available to book by the hour. It really is a very special space; I am looking to raise funds to add to the equipment already there.

I have also had a couple of planning meetings with the Baptist Church, as to how we can work together in organising some fundraising events to support the food bank they run.

I have met quite a few local groups, but if you run a local group please do get in touch and invite me along to meet with you and your group, I would enjoy hearing about your activities and chat to you over a cup of coffee. It's best to send an invitation to the Newhaven Town Council offices, the email address to use is admin@ newhaventowncouncil.gov.uk.

I would like to take this opportunity to send you all good wishes for 2024.

Very best wishes!

Cllr. Julie Carr Town Mayor of Newhaven

If you would like to advertise, have a story that you would like 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 Spring Issue is 12th February 2024

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Newhaven Town Council Meetings – 2024

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

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 16th Jan

Tue 30th Jan
Planning & Development
Regeneration & Strategic
Development

Tue 27th Feb Planning & Development Regeneration & Strategic Development

Tue 12th Mar Promotion, Partnership & Finance

Tue 26th Mar Planning & Development Environment & Amenities

Tue 16th Apr
TOWN MEETING

Tue 30th Apr Planning & Development Regeneration & Strategic Development

Grant Aid & Community Partnership Grants: Available for Local Organisations

Our second and final window for applications to the councils' discretionary grants scheme for the year 2023/24 will be open from **Monday 8th January until midnight on 18th February**.

If your organisation can address one or more of the criteria then you will be able to apply for either a Small Grant (£1-500), Large Grant (£501-3000) or a Community Partnership Grant (£3001-10,000).

Application forms can be downloaded from the town council website or by emailing admin@newhaventowncouncil.gov.uk.

The council also has a budget for Events Grants each financial year for groups and organisations wishing to run an event in Newhaven for the benefit and opportunity of Newhaven residents, and an application can be made anytime during the year. Contact the council offices on 01273 516100 for an Events Grant Application Form.



saw Newhaven lit for the festive period. The lights were switched on by Town Mayor Cllr. Julie Carr as part of Michaela's Market Place

Christmas Festival, a 4-day event that comprised of music, crafts, food and drink! Thank you to everyone who attended.

THE MAYOR'S COMMUNITY CAROL CONCERT

Choirs from our Denton Primary School, Breakwater Academy, Harbour Primary School and High Cliffe
Academy joined together
on December 5th at St
Michaels Church to sing
their hearts out in aid of the
Town Mayor's Charities,
Newhaven Baptist Church
Food Bank and Mencap.
Thank you to all those pupils
who took part – you were all
amazing.



Remembrance Sunday 2023

Over 45 poppy wreaths were laid at Newhaven's three memorials on Sunday 12th November to remember all those who lost their lives in World War I, World War 2 and other conflicts since then.

The service, conducted by Rev. Mike Milmine at St Michaels Church was followed by a parade down to Memorial Green for two minutes silence and wreath laying, led by the Deputy Lieutenant Mrs Juliet Smith DL JP.

We were so pleased with the number of attendees and the sheer volume of wreaths laid is a true testament on how important this event is to the community of Newhaven.

We would like to thank everyone who took part to remember the fallen and those who helped support this significant event.

Huge recognition needs to go to the local RBL Poppy Appeal Organiser, Dave Seal, who worked tirelessly throughout the proceeding weeks, ensuring poppies were made available across Newhaven and the surrounding areas.

U30 learn, laugh Newhaven

and Peacehaven

Newhaven Deputy Mayor Cllr. Kim Bishop opened the Annual Art Exhibition of Newhaven & Peacehaven u3a on Friday 22nd September. The event was part of the national u3a Week celebrating the work of the organisation in supporting older people to continue to live full lives once they retire.

The u3a was started in the UK in 1982. Today Newhaven & Peacehaven u3a is one of more than 1000 local branches.

The u3a is a self-help organisation for people no longer in full-time employment. It aims to keep older people active: Learning, Laughing and Living. Older people who



continue to be active and engage with others tend to live longer.

This u3a organises outings, theatre trips and social event but at the heart of their offer are the Interest Groups. The Art Club is one of more than 25 local interest groups ranging for art to ukulele via bridge and discussion. Interest groups are run by members for members.

The Art Club is one of the most successful and popular of their groups. Members help each other to improve their skills and techniques. It also has a vibrant social side. The group is very ably lead by Graham Heys.

The work on display at the exhibition had been produced

by members of the Club.



You can find out more about Newhaven & Peacehaven u3a by visiting their website newhaven-peacehaven home, their Facebook page www.facebook.com/ u3anewhavenpeacehaven or to speak to a real person phone Sally on 01273 513707 (but only between 9 and 5 please).



aire Cross - Overall Winner and Winner of Night Sky Category

Over 186 photographs were entered into the town council's Best of Newhaven **Photographic Competition** back in the Summer of 2023. Judging took place on 28th September anonymously by a panel of seven judges: Town Mayor Cllr Julie Carr, Deputy Town Mayor Cllr Kim Bishop, Martin Sinnock, Carol Havard, Mike Shorer, Iris Donaldson and Paula Jackson.

The competition culminated in the presentation of prizes to the category winners and runnersup including the Overall Winner of the competition Claire Cross. Congratulations Claire.

The standard of entries this year was very high, giving our judges a lot to consider in their deliberations.

A special mention goes out to Gus Miller who won the Children Under 12 category and Isla Eaves winner of the under 18 category – Isla's image is on the front cover of this edition of Newhaven Matters

Well Done Gus & Isla!

All winners and runners up have the privilege of seeing their photos on the lamppost banners on the West Quay.

If you would like to take part in this year's competition, please keep an eye out on social media for further details.



▲ Gus Miller Under 12's winner

▲ Isla Eaves Under 18's winner

OVERALL WINNER

Claire Cross

UNDER 12'S

Winner Runners up

Gus Miller Gus Miller Maya Trunfull Charlie Beer

FURRY FRIENDS

Winner **Martin Brewer** Runners up Simon Watkins

David Whitchurch Helen Hubbard

TOOLS WINNER

Winner **Christopher Cook** Runners up Beverley Chumbley

Kerry McHardy Alison Eaves

INSECTS

Winner **Beverley Chumbley** Runners up Helen Hubbard Stephen Day Ashley Swayne

ARCHITECTURE

Winner Runners up Izabela Migalska David Payne Martin Brewer Christopher Cook



▲ Furry Friends winner - Martin Brewer



▲ Tools winner - Christopher Cook



▲ Under 12's winner - Gus Miller



▲ Insects winner - Beverley Chumbley



▲ Architecture winner - Izabela Migalska



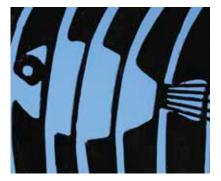
▲ Public Service winner - Ruth Farber-Nathan



▲ Food winner - Stephen Day



▲ Wildlife winner - Claire Cross



▲ Under 18's winner - Isla Eaves

PUBLIC SERVICE

Winner **Ruth Farber-Nathan** Runners up Martin Brewer

> Mark Glassman Christopher Cook

NIGHT SKY

Winner **Claire Cross**

Runners up Frances Valdes **Beverley Chumbley**

Alison Eaves

FOOD

Winner Stephen Day

Martin Brewer Runners up

> John Exley David Payne

WILDLIFE

Winner

Runners up

Claire Cross Martin Brewer Steve Mackins

Julie Harding

UNDER 18'S

Winner Runners up Isla Eaves

Freya Cocks Grace Dedman

MAYOR'S CHARITIES



Thanks to everyone who attended our hall for cakes and refreshments on Sunday November 12th it was lovely to see so many of you. We raised £120, which is fabulous!



We now have a completed sensory room which was opened by Newhaven Town Mayor Cllr. Julie Carr, back in October. A lovely evening was had by all with lots to eat and drink.

The Sensory Room is available to hire out to everyone at £5.00 an hour. If you are interested, please contact us on 01273 517345.

By the time you read this we will have had our Christmas party with a disco which our members always enjoy.

We are always on the lookout for new members and volunteers to join us on a Friday evening from 7pm until 9pm...We are also looking for someone who is able to volunteer up to 2 hours a week to do a bit of admin work, for example check and respond to emails, write letters etc. if you have the time and are interested, please call us 01273 517345.

Thank you to everyone for their support during 2023, it is hugely appreciated.



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



Bags... bags... bags!

We are in constant need of shopping bags to make up our food parcels, if you have any spare, they can be dropped off at the church on Wednesday and Friday's between 9.30am and 12.45pm or on Sunday mornings.

Food donations

Sadly, the demand for Food Banks is ever-increasing and therefore we are always in need of food donations. If you would like to donate, we need non-perishable foods such as:

- Tinned meat, vegetables, fruit & beans
- Pasta
- Rice
- Soup
- T-bags
- Coffee
- Nappies
- Toiletries
- Sanitary goods

However anything that is long life would be very much appreciated.

Donations of food can be dropped off at the church on Wednesday and Friday's between 9.30am and 12.45pm, on Sunday mornings, or at the Town Council Offices at 18 Fort Road (Mon - Fri 8.30am to

3.30pm). Alternatively, there is a food donation bin in Lidl's. Thank you for your support.

Planning an Event?

We have a medium-sized hall which we like to make available to the community for events such as meetings, quizzes, barn dances and parties (especially for children). We do have children's toys & play equipment available for use with prior agreement. The facility can be used during the day and up until 10.30pm.

You can book or make enquiries by calling Rev Jac Parson, tel: 07825 446711 or 01273 933205.

For more information on what the church offers, please visit: www.facebook.com/nbcnewhaven/about or www.newhavenbaptistchurch.co.uk



NEWHAVEN GREEN CENTRE



STOP PRESS

On Sunday January 28th we're hosting a joint event - Swaps, Sharing & Repairing with the Hospitable Environment and other groups at the Hillcrest Centre. There will be a chance to come and swap clothes, toys, unwanted Christmas presents, seeds, learn some skills AND get household items repaired all for free. There will be workshops for children including some baking, the cafe will be open and there will be the usual delicious lunch provided by the Hospitable Environment.

We're excited to tell you about the expansion of our Library of Things – we now have even more items you can borrow for free including tool boxes, a cordless drill as well as lots of camping and catering equipment. On our website you can watch our short video to find out how you can join - it's

pretty simple and we can talk you through it if you drop into our Thursday morning stalls and our Repair Cafes. Joining The Library of Things will save you money, save space and helps to save the planet's resources.

In other news we're delighted to be working with OVESCO - the Ouse Valley Energy Savings Cooperative as we share our stalls with them at Newhaven library on a Thursday morning (10-12). OVESCO Energy advisors are here to offer free advice & support, helping you to reduce energy.

They can give away free energy reducing kits and insulation materials, check your eligibility for warm home discount & energy related support and give advice on eco heating upgrades, renewables & retrofitting. There's no need

to book – you can just turn up and there are private pods if you'd prefer to speak with someone in confidence. We're there every Thursday and OVESCO will be on site with us every two weeks, starting from 11th January.

Our carbon calculator estimates that our Repair Cafes have so far saved over 3,000 kg of CO2 emissions. Future dates are February 11th, March 17th, all 2.30pm - 4.30pm at Meeching Hall.

Come along and chat, get advice, free tea and cake and browse our free 'bring-andtake' table.

For dates and details of all upcoming events and to contact us please visit our website: <u>newhavengreencentre.com.</u>

A SPACE FOR PHOTOGRAPHERS OF ALL KINDS "NEWHAVEN PHOTOGRAPHERS COLLECTIVE"

"Pho-col" meets once a fortnight on a Monday 7.30pm - 9.30pm at Newhaven Bowls Club, Fort Road, BN9 9EJ.

Our aim is to bring together a collective with every kind of photographer in mind, from beginners keen to learn the basics & beyond, intermediates wanting to explore further or professionals ambitious to share their knowledge.

As a collective our intent is to creatively grow together by building social relationships with fellow photographers in a focused, interactive and welcoming environment, where we can inspire one another & improve technical development skills with the knowledge from the professionals guiding us through photography workshops, taking us on their journeys with their expertise, walks & talks, competitions & exhibitions.



For more info go to our Facebook page Newhaven Photographers Collective PhoCol.

Contact - Dawnie Thompson **Phocol.dt@gmail.com**











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 Avenue, 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.

We were pleased to give Jean Hall a Life Achievement and Honorary Membership Award on her many years with the club.

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. Many absolute beginners turn into wonderful artists. You just have to give it a go.



Check out the club's new website for more details at www.newhavenartclub.co.uk or ring Chris Cook on 07887 520708 or email us at Newhavenartclub@Hotmail.com.



DOCKERS FIRING ON ALL FRONTS

The 2023/2024 season has started magnificently for the Dockers Men's and Ladies First teams at Newhaven Football Club. At the date of writing, the Men's First team sit 2nd in the Southern Combination Football League Premier Division whilst the Ladies First team sit top of the London and South East Regional Football League. The impressive 3G Artificial pitch at the Trafalgar Ground on Fort Road has played its part in the improving form of the teams. It has also provided an outlet for another 4 senior teams, boys/ girls youth teams, and men's/

women's Vets teams.

The men's team started the season back at the end of July, drawing their first game away vs Horsham YMCA 1 - 1. The team have played some wonderful football this season with some notable performances: a gritty and determined victory at home vs Haywards Heath 3 - 2, beating Spellthorne 7 - 1 in the FA Cup, fine form in the Peter Bentley Cup winning 3 – 0 vs Eastbourne Town and Pagham 6 - 0. Attendances for home games have been improving too making for a great atmosphere on matchdays.

The ladies' team played their first fixture on 20.08.23 away vs Hastings. Hastings have consistently been towards

the promotion places in the last few seasons, the Dockers showed their class and won 1 -4. This was to be the beginning of a fine run of results in the league. At the beginning of November, the ladies have won all their 10 league fixtures. They face tough opponents in the coming months, most notably Bromley who are themselves unbeaten. The ladies play their fixtures at Fort Road on Sunday afternoons. Let's hope they can continue their fine form and do the town proud.

With the club continually growing your support is always welcomed. Please keep an eye out on social media for any upcoming fixture details.



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 had a great outdoor year from April until the end of September and came high in The Meridian League also winning 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.



SCDA NEWS

www.sussexcommunity.org.uk

PRIMARY SCHOOL TO SECONDARY SCHOOL? LEAP CAN HELP!

LEAP is a youth club provision with a targeted focus on providing support for young people through the transition between primary to secondary school. Provided by qualified and experienced youth workers.

With the aims of

- increasing young people's confidence and self-esteem
- building resilience and independence
- increase life skills, time management, organisational skills
- provide a strong sense of self and belonging
- provide a positive and nurturing environment with peers who have similar experiences

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



For more information contact youth@sussexcommunity.org.uk or call us on 01273 511039www.sussexcommunity.org.uk.



offering a series of Family
Learning courses such as,
'Family Food', 'First Aid', 'Plant
and Play', 'Sensory Play', 'Music
Makers' and a 'Forest School'.
These are all free courses that
will run across the academic
year suitable for a range
of ages. We aim to provide
courses that introduce new
ways to explore new subjects
for every member of the family!
We will be also continuing our
Jitterbugs baby group, join
us on Monday mornings for a
chance to meet other families
whilst your young ones can
play with a variety of different
toys and crafts.

For more information, contact families@sussexcommunity.org.uk.













Celebrate Business Success and enter Seahaven's 19th **Annual Business Awards**

Do you have a business in Seaford, Newhaven or Peacehaven? The annual SBA's, as they are known, are an excellent opportunity to gain recognition for your business across the county and are open to all local businesses. The Seahaven Business Awards celebrate professionalism, creativity, innovation and business excellence and are an important feature in the local business calendar. Winners include businesses from every sector and provide business owners, small and large, the chance to shine and tell people about their company's success story.

We are thrilled that John Young, presenter and reporter with the BBC for over 30 years has agreed to be our compere for the evening. John's professionalism and audience engagement made the evening an unforgettable experience for the winners, guests, and VIPs last year.

There are seven award categories, and three businesses are shortlisted in each category, with finalists invited to the Awards Ceremony and Dinner on 17 May 2024.

Visit www.newhavenchamber. co.uk for more details.

Mike Shorer, President of Newhaven Chamber of Commerce, said, 'Last year's event was incredible, our best yet. We have some brilliant businesses, traders and organisations in the area, and we were delighted to celebrate their success on the night. Newhaven, Seaford and Peacehaven Chambers of Commerce are working together and discovering new and innovative businesses that deserve recognition.' Visit www.newhavenchamber

for entry details, the March deadline and tips on how to enter to make you stand out from the competition.

Categories include Business of the Year, Business Person of the Year, Best Environmental Business, Best Health and Wellbeing Business, Best Customer Service, Best New Business and the President's Award for Artistic Enterprise. The independent judges will include our two local MPs and we hope to welcome the Lord Lieutenant of East Sussex and the Vietnamese Ambassador at the awards evening.

Many thanks to these successful local companies who continue to proudly support the awards each year without whom we would be unable to run the awards: The Charles

Cox Group, The Sussex Sign Company, Swindell's Chartered Accountants, CleanKill, Fine Marketing, V R Flowers & Son, Experience It Now Travel, SeahavenFM, 2nd Cup of Tea, Arlette's Florists, Newhaven Enterprise Centre, Newhaven Enterprise Zone, Veolia and Meeching Estate Agents.



A Trip to Number 10

Newhaven Chamber members have been busy this year both locally and further afield. After a trip up to London for the Anniversary of Viet Nam National Day at the British Museum, President Mike Shorer and Vice President Annie Lorys were fortunate enough to visit No 10 & 11 Downing Street. They were shown around the state rooms and posed for photos outside of the famous door, and even met Larry the cat!

Further details from: Julia@finemarketing.co.uk Love your Lidneys

By Zara Mojdeh Mirfakhraee

Taking care of your kidneys is important for your overall health and well-being. To look after your kidneys and maintain kidney health, you can follow these important guidelines:

01 Stay Hydrated

Drink an adequate amount of water daily to ensure proper kidney function. The amount of water you need varies based on factors like your age, activity level, and climate, but generally, aim for 8-10 cups (about 2-2.5 litres) of water per day.

02 Maintain a Healthy Diet

- Consume a balanced diet with plenty of fruits and vegetables.
- Limit salt intake to help control blood pressure.
- Monitor your protein consumption, especially if you have kidney disease.
- Limit foods high in sugar and processed foods, which can contribute to obesity and diabetes, both risk factors for kidney disease.

03 Control Blood Pressure

High blood pressure can damage your kidneys over time. Regularly monitor your blood pressure and take steps to keep it in a healthy range. This includes a healthy diet, exercise, and, if necessary, medication.

04 Manage Diabetes

If you have diabetes, manage your blood sugar levels carefully, as uncontrolled diabetes can lead to kidney damage. Follow your healthcare provider's advice for managing your condition.

05 Maintain a Healthy Weight

Obesity is a risk factor for kidney disease. Achieving and maintaining a healthy weight through diet and exercise can help protect your kidneys.

06 Avoid Excessive Alcohol

Excessive alcohol consumption can harm the kidneys. Drink alcohol in moderation and consider limiting your intake.

07 Don't Smoke

Smoking can damage blood vessels, including those in the kidneys. Quitting smoking is beneficial for overall health and kidney function.

08 Exercise Regularly

Staying physically active can help control blood pressure, manage weight, and improve overall health. Aim for at least 150 minutes of moderate-intensity exercise per week.

09 Avoid Overuse of Over-the-Counter Pain Medications

Some pain relievers, like non-steroidal anti-inflammatory drugs (NSAIDs), can harm the kidneys if used excessively. Follow the recommended dosages and consult your doctor if you require long-term pain management.

10 Manage Stress

Chronic stress can impact overall health, including kidney function. Practice stress-reduction techniques like meditation, yoga, or deep breathing exercises.

11 Limit Caffeine

Excessive caffeine intake can raise blood pressure. Moderation is key.

12 Avoid Excessive Salt

High salt intake can increase blood pressure and strain your kidneys. Be mindful of the salt content in your diet.

By following these guidelines, you can promote kidney health and reduce the risk of kidney-related issues. If you have specific concerns or a family history of kidney disease, consult a healthcare professional for personalized advice.



Managing the January blues

Between the packed away sparkly lights, empty bank account, less sunshine and abandoned resolutions, January can feel a lot longer than 31 days. Our mental health can really suffer through the winter months and there are things we can do to help replenish good feelings.

Here are some ideas we have been thinking about...

Think about boosting feel good chemicals such as serotonin by getting outside every day and if possible in the morning. Even if it's grey and raining it works! This helps you connect to nature and focus on the bigger picture. It also regulates our bodies circadian (sleep) rhythm, promoting alertness during the day and rest at night. Make sure you're getting a vitamin D supplement through the winter months as

What small steps can you take to feeling better? It doesn't have to be a big change to make a difference to our mental health, intentional time on small habits can really add up. Examples could be a five minute meditation, eating your 5-a-day, having a hug with someone or even making some spicy food can stimulate our endorphins.

Living in the moment and making time for a hobby can prevent us overthinking and catastrophising. The practice of focusing on your breathing for a couple of minutes connects us with our bodies and the present moment.

Spending time with people

you enjoy hanging out with stimulates oxytocin, our bodies love drug. A chat with a friend either on the phone or in person can really boost mood, especially if it's someone you can have a good laugh with. Social interactions provide emotional support and reduce feelings of loneliness.

Remember to go easy on yourself, be aware of your feelings and try to talk gently to yourself.

We at Seahaven therapy offer counselling for a wide range of issues such as depression, anxiety, relationship issues and more. Developing a kinder relationship with yourself can help build resilience to what life throws at us. Please reach out to our team if you would like to.

Contact

Audrey Hodgkins 07879 417753 audreyhodgkins@gmail.com

Julie Shepherd 07743 505549 jbmc2929@gmail.com

Hulya Hooker 077840 65790 hulya@ senseofselfcounselling.com

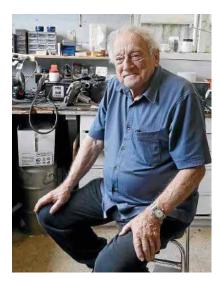




THE NEWHAVEN SYSTEM

RAF Bomber Command Veteran & Centenarian **John Beeching** Reminisces

By Ed Tyhurst



On Thursday 19th October, my thoughts turned toward Nelson, New Zealand, home of RAF Bomber Command veteran (former) Flight Sergeant John 'Curly' Beeching. An electronic penpal of mine since 2020, the 19th Oct saw John celebrating his centennial birthday with

family & friends, even receiving a birthday card from King Charles III.

I was originally put in touch with John while researching the crash of DeHavilland Mosquito MM637 into the Downs north of Brighton on May 6th, 1945- two days before VE-Day. This was the last Bomber Command loss of the war & tragically killed the crew, F/Sgts D P Williams & K Rhoden of 169 Squadron. As it happens, John was also a pilot in that very Sqn from December 1944.

Born within the sound of Bow Bells, London, in 1923, John & his family (later joined by a younger brother) were "removed by the Luftwaffe"finishing his education in Hornchurch, Essex. Upon call up & joining the RAF, his flight training was completed in Canada. Returning to England, he first flew in a Sqn operating Bristol Beaufighter night fighters, then transferred to 169 Sqn operating Mosquito MkXIX night fighters out of Great Massingham, Norfolk. With the motto 'Hunt and Destroy', the job of 169 Sqn was to fly top-cover to the RAF bombers making their way to target, keeping watch for any Luftwaffe 'Nachtjagers' (night fighters) and intercepting them. After the bomb run. the 'Mossies' would then dive to lower altitudes, seeking targets of opportunity on the homeward journey. When I asked John if he & his navigator/radar operator F/ Sgt Fred Herbert ever shot down any of their Luftwaffe adversaries, he said "No, we didn't shoot down any Huns, only things up-from buildings to people on bicycles! Mainly

we kept the night flying Luftwaffe on the ground, as they were scared of us. Not that we did a marvellous job of that, either, when you look at the dreadful chop-rate of our bomber crews...but we did our best. At least we gave the local pubs a fair bit of trade." Aged just 21 at the time, John described Fred "coming back from long trips over the Fatherland he used to nod off with his face resting on the big rubber eye-piece of our MkX radar. I used to lean over & switch off his intercom mic when he started to snore".

After the German surrender, F/Sqts John & Fred were transferred to RAF Woodhall Spa to train for 'Path Finder' flights in the Pacific against Japan with 627 Sqn. It was while training with 627, John & Fred became well acquainted with the 'Newhaven System' of target indicating (TI). By using the 'Newhaven System', an RAF path finder, guided by

OBOE, would fly to the target area ahead of the bomber force then dive from a couple thousand feet, dropping a TI flare with accuracy within 50 yds of the intended target. John says of this training "Our live practice range was at Wainfleet Sands, just out of Skegness. Not quite far enough in my case as I accidentally dropped a 250lb marker on Skegness one night, which caused some consternation among the sleeping residents. Touchy, some people!" Fortunately for John & Fred. the war was brought to a swifter conclusion when the US dropped the atomic bombs on Hiroshima & Nagasaki-the 'Newhaven System' never need being used against mainland Japan.

After the war, John & Fred left the RAF, John finishing with the rank of Warrant Officer. Fred moved to Canada with John following suit. Not finding what he was looking

for there and North American winters too harsh, in 1956, John was again on the move, this time to New Zealand -"the best place in the world". Settling in Christchurch, with his wife. Wendy, they raised three adopted children before moving to Nelson, where they reside to this day. Until 2020, when John was 96, he could still be found working as a handyman at Nelsons' Cawthron Institute.

I end this article with thanks to the late Janine Harrington of the RAF 100 Group Association for putting John & I in contact during my research. I also thank John Beeching for his help, his recollections & of course his service-ending by once again wishing him a very happy centennial year.

▼ Aircrew & Ground Personnel of 169 Sqn 1944-45. Courtesy of the RAF 100 Group Assn.





GREENHAVENS NETWORK

Greenhavens has had a fantastic year getting out meeting community and delivering Wilder Garden training and getting to know local groups.

We have had three Network Meetings where we heard from Wilder Gardens, FOBS and The Peverells community garden and caught up on all their news and plans for the future. Locally it is an exciting time with all the fantastic Green Groups in the area working hard to deliver vital services for the community and to preserve our green spaces. And with the huge grant from the National Lottery, delivered by Ouse Valley Climate Action local groups can now offer resilience and give the local community

viable ways of connecting with community whilst combating food poverty and biodiversity.

This year we lead wildflower walks, did moth traps in peoples gardens, visited the Peacehaven Community Orchard for blossom walks, fungi walks and held two seed and plant swaps at FOBS and The Peverells Community Garden where we also held a fantastic Buglife session that was a hit with the kids!

It really has been a fantastic year and getting to know local groups essential and at the heart of all we do. It's always heartwarming to see local groups volunteer their time and energy often for free to provide fantastic support within their community.

There really are incredible groups locally that need support and time so if you have any spare connect with one that speaks to you and be part

of this amazing community.

We at Greenhavens would like to thank everyone who has come and joined us at any point throughout the year and all the amazing local groups who work incredibly hard to connect with community and all the beautiful green spaces around us.

I hope to see you at some point. *Miriam*



If you would like to get on our emailing list and join us next year please email <u>contact@</u> <u>greenhavens.network</u>.



Newhaven Tree Wardens

Even though it was a drab old October day, we BN9
Newhaven Tree Wardens were out planting Spring bulbs. In our efforts to brighten up the Newhaven area with trees, shrubs and bulbs, we've planted over a 1000 bulbs this Autumn with thanks to the support of Tates Paradise Park. Here we are with Darren and Vanessa from Paradise Park at

Powell Gardens and a couple of photos of last year's display which we hope will cheer you up.

Happy tree planting new year everyone!





If you'd like to join and help us, please contact us at bn9trees@hotmail.com.



GARDENING IN ACTION

Why we all need community gardening!

With spring not too far away, many of us are starting to think about getting outside in the garden again. But not everyone has their own garden or outside space – and this is where community gardening comes in. Being part of a community gardening group can mean learning new skills, making new friends and having a lot of fun!

GIA (Gardening In Action) aims to grow the joy of gardening, by supporting community gardening projects with advice and practical support. We also offer a free horticultural intowork scheme for job seekers.

What benefits are there for individuals in doing community gardening?

Community gardening feeds your soul, your senses, social calendar, and your belly while burning calories! Community gardening can help you with issues relating to weight, stress, anxiety, depression, social isolation, and you get carrots!

What advice is there for anyone looking to join or start a community garden scheme?

Listen to those who have proven experience. Be generous with advice but open to other people's ideas.

Embrace your differences, and forgive others if they let you down. Community gardening can be like a student houseshare where two housemates have a very different political view to you. Another always neglects to wash up, and someone always forgets to flush the toilet after use. However, like a student houseshare, community gardening can also be great fun.

You will make friends with people you never would have without it. So be tolerant, be open to new ideas, and listen to experience when they tell you things like "don't manure your carrots unless you want them wonky".

What are some ways that community gardening can benefit society?

As well as creating beautiful biodiverse spaces that can positively impact people's health while helping to feed us, the reduction in antisocial behaviour and creation of community that grows beyond the garden gate is a constant in all our projects.

There are endless stories of neighbours living in a street for years but never speaking until a garden created a connection between them.

When a fridge was flytipped outside the Peverells Community Garden in Seaford and the council would not remove it, residents acted with a newfound pride for the area by wrestling it into a car and taking it to be disposed of correctly.

The community that can be created beyond the community garden is often like a great oak tree that has grown from a humble acorn.



You can find out more about local community gardens and some of the projects we support on our website: www.gardeningin.org

If you are interested in joining a community garden or are thinking of setting up a new community garden please get in touch – we might be able to help! GIA also runs a free horticultural into-work scheme for job seekers. If you'd like to get into horticulture and want to find out more, please contact us.

Email: admin@gardeningin.org Phone: 01323 406945



HIS ROYAL HIGHNESS THE DUKE OF GLOUCESTER VISITS PIDDINGHOE

Newhaven Matters has featured several stories about the Bells Project based at St John the Evangelist Church, Piddinghoe. It is now reaching its conclusion. It involved the renovation of the Bells that had been there since 1713, to which three other Bells were added. Ambitious in its scope, the project linked arms with two Newhaven Schools - Harbour Primary and Seahaven Academy. Pupils at Harbour Primary were taught to ring hand bells. Students at Seahaven Academy were trained to do Oral History, and they used their new skills to interview dozens of Villagers at Piddinghoe - skills they can now use in future with family, friends, and neighbours. In a concert held in the Church in July, Harbour Primary pupils played their bells, beautifully, to huge applause from everyone there. The interviews, skilfully done by the Seahaven students, are now recorded on a film and in a booklet.

On October 30, 2023, Piddinghoe was honoured to receive a visit from His Royal Highness The Duke of Gloucester. He came to St John's to hear all about the Bells Project and was accompanied by Mr Andrew Blackman, His Majesty's Lord-Lieutenant of East Sussex. As soon as His Royal Highness emerged from his car, the Bells of St John's rang out to salute him. He was also greeted by a number of Villagers. Inside the Church, he watched the Bells being rung and then was introduced to some of the Bell Ringers. He viewed the special exhibition set up in the Church, which illustrates various stages in the restoration of the

His Royal Highness then listened to the pupils of Harbour Primary playing their hand bells and was also introduced to the Seahaven students who had worked on the Oral History Project. He chatted to all of them. This was

an exciting day for them, and as before, they were a credit to themselves, their Schools and to Newhaven. All the pupils are featured in a film that has been produced to create a visual record, which they can watch, taking them back to a time when they did something different, and which they really enjoyed.

Eventually, His Royal Highness left to continue his busy day in our part of East Sussex, carrying a booklet that has been produced to record and celebrate the entire Bells Project. That Project would not have been possible without the generosity of The National Lottery Heritage Fund, The Chalk Cliff Trust, The BN9 Growth Fund of Creative Newhaven, a number of private donors, the fundraising efforts of St John the Evangelist, and the Villagers of Piddinghoe.

The photos are reproduced by kind permission of Iris Visuals Media Productions.



NCI Newhaven receives The King's Award for Voluntary Service



National Coastwatch
Institution Newhaven (NCI
Newhaven), a group of
volunteers based in Newhaven,
East Sussex, has been awarded
The King's Award for Voluntary
Service (KAVS). This is the
highest award a local voluntary
group can receive in the UK
and is equivalent to an MBE.

The KAVS recognises outstanding work by local volunteer groups to benefit their communities. It was created as the OAVS in 2002 to celebrate Queen Elizabeth II's Golden Jubilee and, following his accession, His Majesty The King confirmed his desire to continue the Award.

NCI is an asset of HM Coastguard and keeps a visual and listening watch for those in peril on our inshore waters and coastline. NCI Newhaven is on watch 365 days a year and currently has seventy trained volunteer watchkeepers sharing duties.

NCI Newhaven was established in 2004 at the lookout on Castle Hill, Newhaven so 2024 will be their 20th birthday. Although NCI Newhaven is the only lookout in East Sussex, NCI is a national organisation with 58 lookouts along the coast of England and Wales.

Representatives of NCI
Newhaven will receive the
KAVS crystal and certificate
from Mr Andrew Blackman
CStJ, Lord-Lieutenant of East
Sussex, in early Spring 2024. In
addition, two volunteers from
NCI Newhaven will attend a
garden party at Buckingham
Palace in May and June 2024,
along with other recipients of
this year's Award.

David Crozier, NCI CEO and Trustee for the SE, says: 'NCI Newhaven volunteers are richly deserving of this award for their almost twenty-year contribution to public safety. I am delighted that the work of this tireless and dedicated group has been recognised by HM The King.'

Further information please contact David Crozier 07774 218900 david.crozier@nci.org.uk.



Anyone wishing to volunteer and train as an NCI Newhaven Watchkeeper, can find out more by contacting the Station Manager, Mick Carter, at <u>mick.carter@nci.org.uk</u> or by visiting www.nci.org.uk/newhaven.





White Cloud

MASSAGE THERAPIES

Local massage therapist in BN9 9XS Fully qualified & insured 60 mins £40 / 90 mins £60



- Natural lift facial massage
- Therapeutic massage
- Aromatherapy massage
- Lymphatic drainage massage
- Reflexology



whitecloudmassagetherapies www.whitecloudmassagetherapies.com 07311 629824

Take some time for you



West Quay Newhaven BN9 9BP Tel: 01273 512708 Email: newhavendayclub@gmail.com Reg Charity No. 257301

We Are Looking for New Members

If you are 50+ and would like to meet some new friends or maybe reconnect with some old friends, why not pop in on a Tuesday morning, on your own or with a friend, from 10am until 12pm...have a chat and get to know us and find out what else we do!

Membership is £15 per year... but if you join now, it's only £7.50 until April!

On Fridays we serve dinner at 12.30pm, price £6

We also have snooker table, and some very keen players!

So, if you have the time, why not pop in and see us! Or phone the club on 01273 512708 or Tony on 01273 513189

> Mug of Tea or Coffee Only £1 Mug of Hot Chocolate or Cup-a-Soup Only 70p Glass of Oxo Only 60p

Into Art

'Into Art' is a weekly art group that meets at the Hillcrest centre, in its spectacular art room on Friday mornings. The class is run by Hayley Cox. The group has been running successfully for many years now.

Bring your own materials and inspiration to paint or draw and get creative amidst this friendly group of artists. Complete beginners are very welcome alongside more experienced artists. If you don't have any materials to start with there are plenty of art supplies for you to try until you get to know what medium, you would like to work with. You will be guided and taught as you work in a friendly and encouraging class.



Session times are 10am - 12pm or stay until 1pm. The cost is £6 per hour on a 'drop in' basis weekly term time.

What better time to join us than in the winter months to settle into enjoying art together within a supportive group.

It's great therapy, enjoyable and good to meet new fellow artists. Come along... you'll be welcome. Call the Hillcrest to enquire further or email wildseaarts@gmail.com or 07751 742127.

FRIENDS OF **MEECHING** HALL CELEBRATE **SUCCESS**

Friends of Meeching Hall, (FOMH), is a community group formed early in 2023, to support, develop and protect Meeching Hall, in Fort Road, Newhaven. The FOMH group knows that the hall is well-loved by its many users and holds much potential for further development and usage. The hall currently provides a space for: drama groups and events, council meetings, dance and exercise groups, well-being support and repair cafes. Meeching Hall also provides space for other unique events, parties

and celebrations. There are so many cherished historical buildings in Newhaven, and the FOMH group have demonstrated solidarity in championing the beauty and charm of Meeching Hall. As the only purpose-built stage in Newhaven, it holds a special place for all the theatrical players in the town.

Back in August, Friends of Meeching Hall submitted an application to Lewes District Council to register the hall as an Asset of Community Value. The FOMH group is delighted to announce that this application was successful! Meeching Hall is now registered as an asset of community value and the group looks forward to discussing how best to take this success forward.



If you are interested in hearing more, or would like to join Friends of Meeching Hall, please email us: friends. of.meechinghall@gmail.com.

We look forward to hearing from you.



Birthday celebrations for Bishopstone's Meet-up-Mondays

Special celebrations were held on Monday 20th November to mark one year of Meet-up-Monday events at Bishopstone community hub.

The dedicated volunteers from the Friends of Bishopstone Station (FoBS) had a full house of guests as they provided a hot drink and a chance to chat for people living nearby.

The community hub in the Old Parcel Room at the station opened last November and has hosted regular Meetup-Mondays ever since. The project aims to tackle loneliness and provide a community space to bring people together.

FoBS chair Barbara Mine said: "We have now got amazing Meet-up-Mondays. It's been really well received and a great joy to see all the different events that happen here now – not just Meet-up-Mondays."

FoBS vice-chair Jim Stanford added: "We've managed to keep this lovely warm space for Meet-up-Mondays going for the last year and we know we will into the future. The events we have run this year have given us a good reputation which means that funders see that we can deliver good quality

work and are happy to fund us further."

Funding has been provided by Lewes District Council and the Sussex Community Foundation.

▲ (Pictured above) Members of the Friends of Bishopstone Station celebrate one year of hosting Meet-up-Monday events at the community hub in the Old Parcel Room at the station. © Southeast Communities Rail Partnership

Meet-Up-Mondays

Every Monday 10am to 1pm (closed bank holidays). Community drop-in, with hot drinks healthy snacks and good company. Featuring advice sessions, pop-up pantry and occasional talks.

Saturday 13th January - 11am to 1pm

Nutrition Made Simple

Friends of Bishopstone Station Community Food Project.

Join Laura Peerless who will give a cookery demonstration and talk on Nutrition Made Simple: Showing how feeding yourself for health doesn't have to be complicated. Including a hearty winter soup packed with vegetables.

Limited seating, first come first served. Doors open 10.45am, event starts at 11am. This is a free event.

Saturday 17th February - 11am to 1pm

Soft Fruit

Join Dan Ori of GIA CIC, who will give expert advice on growing soft fruit, the best time to prune and recommendations of the best varieties.

Limited seating, first come first served. Doors open 10.45am, event starts at 11am. This is a free event.

We promote food equality through opportunities for food and gardening education. Helping our community access healthy, locally sourced food



New Curator at GuestHouse Storytelling

GuestHouse, one of the most successful Storytelling Clubs in the country, is handing over the programming and running of the Club to new curator and storyteller Xanthe Gresham Knight. The Artistic Elders of the Club will continue to support this transition into 2024 with a brand-new season of world-class performers at the Hillcrest Centre.

TUESDAY 13TH FEBRUARY

'The Baa of Wonders' with Xanthe Gresham **Knight**

Storytelling as sharp as a lemon and sweet as a nut.

Accept it or not, we're all hooked on our baggage system, whether it's a clutch bag or a holdall, but forget what's in yours, and come and rummage around in Xanthe's bottomless bag. Between the kitchen sink and the old tube tickets lies a pick and mix of marvels, fibs and fables. See what you can pull from this lucky dip!

An audible feast!

Gulf News, Waiheke Island New Zealand

Gresham is a truly great storyteller who unwraps each story like the petals of a lotus.

British Theatre Review

7.15pm to 9.30pm at the Hillcrest Centre, Newhaven BN9 9LH.

Tickets

£10 / £8 concession on the night and in advance through:

www.eventbrite.co.uk/e/ the-bag-of-wonders-xanthe-gresham-knight-tickets-759604897697?aff=oddtdtcreator

TUESDAY 12TH MARCH

How to Spin Enchantment -Tim Ralphs

In 1691 Reverend Robert Kirk, Minister of the Parish of Aberfoyle, dipped a quill-pen into ink and began to write about his life with the Other Crowd. The Good People. The Fairies.

Join Tim Ralphs (British Award for Storytelling Excellence winner 2012, **** Fringe Guru, Edinburgh Fringe 2014) on a tour of stories from all over the British Isles that explore the strange relationship between the Us and Them. Often dark, twisted, and superbly strange, Tim asks what it means that we have fallen out of relationship with our nearest neighbours. He invites you, for one night, to Believe in Fairies.

7.15pm to 9.30pm at the Hillcrest Centre, Newhaven BN9 9LH.

Tickets

£10 / £8 concession on the night and in advance through:

www.eventbrite.co.uk/e/ secret-commonwealth-timralphs-shines-light-on-darktales-of-the-fairies-tickets-759625098117?aff=oddtdtcre-

Find out more at: www.guesthousestorytellers.com



OurNewhaven

Our photo this time is one of Our Newhaven's earliest images, courtesy of the late Peter Bailey MBE and Newhaven Museum. Taken in the mid 1980s, it shows the Drove Garage, Newhaven's Ford dealership at the time, though the garage had actually been there for many years. Situated at the junction of The Drove and Railway Road, the building once housed an ice rink (or perhaps a roller skating rink) and was also a popular dance hall venue during World War II.

As you can see from the flags, the Newhaven branch of MFI was originally located to the left of the buildings, and the Vacco factory was there long before that. All demolished to make way for new buildings, of course. This particular spot housed Do It All's DIY

superstore, then a warehouse and now The Range.

Comments on the Our Newhaven page where this photo is to be found include references to a well-known burger bar located on the opposite side of the building. This was The Harbour Takeaway and was especially popular with those working night shifts at the harbour! Prior to that, it was the Harbour Bar Café and the Green Parrot Café, opening early in the morning to provide sandwiches for the staff of Parker Pen and the dock workers.

The building on the left was divided into two flats. There used to be a wall and neat, lawned gardens to the front, where the cars are seen parked but apparently the land at the back of the buildings was not so neat, mainly overgrown with a filled in pond.

Our Newhaven is an easy to use 'living history' website, with hundreds of pages of memories and well over a thousand images, many exclusive to the site. You can add your own images, stories and memories to the site by creating your own page at www.ournewhaven.org.uk - there's an online tutorial for new users - or you can email them into us at info@ ournewhaven.org.uk and we'll create the page for you. Alternatively, you can drop them off at the Town Council Offices in Fort Road. We'll collect them, create the page and return the items to you.



NEWHAVEN TWINING ASSOCIATION

Newhaven Twinning Association are holding one of their quizzes on 23rd February starting at 7.30pm.

It takes place at the 3rd Newhaven Scout HQ in Fort Road.

£5 per person, and teams of up to six people. There are prizes for the winning team, and a consolation prize for the team that comes last.

Bring your own drinks, glasses and nibbles.

If you would like to come, please contact Norman Hopson on 01273 588193, or email him at <u>norman.hopson@btinternat.com</u>.

You can also find us on Facebook, Newhaven Twinning Association.

SEAHAVEN HARD OF HEARING CLUB



The Seahaven Hard of Hearing Club meet on the first Friday of each month at St James' Clubhouse, Blatchington Road, Seaford at 2pm. Our meetings include a speaker, raffle, tea/biscuits, a quiz or a game. We have the use of the Lions minibus to collect members and take them home, for a small fee of £3.00 per meeting.

We also hold lip reading classes at Sutton Barn Community Centre, Sutton Road, Seaford on Tuesday mornings at 10am. These are 6 weekly terms and cost is £5 per week.

People can just turn up at either meeting and the first one is free!

My contact number is 07765 141972 or email white 744EUF@outlook.com.

Can You Help?

The Town Council would like to erect a memorial plaque naming our townspeople who gave their lives during WW2 whilst serving in the Armed Forces. We do have a list but we are anxious that no one is omitted. Therefore, We are asking people to contact the council if they know of anyone else who should be included, in addition to those names listed below. Please contact us by email admin@newhaventowncouncil.gov.uk or pop into the offices on Fort Road.

David Aldridge Sydney Alexander Abram Arbour Harry Avis Leslie Breden Ronald Breeds Charles Brown Albert Butler Jack Challen William Clasen Victor Cockle Miles Crosthwaite William Croucher Reginald Dean **Edward Denver** Ronald Ditch Victor Dunk George Dunstall Sydney Eager Horace Walter Jack Evans

Charles Grevett

Maurice Hardy

Harry Hoad Donald Humphrey Peter Humphries George Ince Henry Ince James Ireland Christopher Jetty Charles Johns Robert Kerr James Kingshott Fred Keyes Jack Lambert Frederick Langridge Maurice Langridge John Laughlin Keith Lawrence Leonard Lipscombe John Lower Lionel Lyons Robert McCormick William Moore

William Hill

Clara Hills

Charles Nash Jack Payne Peter Penfold **Ernest Priest** Henry Richardson James Rookley George Rowe **Percy Saunders** Albert Slater Alan Standen **Ernest Stevens** Owen Stevens Robert Stonehouse James Vaughan Kenneth Wallace Frederick Watling Desmond Wells Alfred White George White Leslie Wilkes Douglas Willard William Willard Clifford Winder



COMMUNITY TRANSPORT NEWS

Retirement and the Gentle Art of Vegetating



So, you finally retire from work or you're fast approaching retirement... but you're just not ready to spend your days 'vegetating' watching daytime television. You feel (you know) you still have more to offer, and you want to stay active. You want to do something worthwhile with your spare time... but just not commit to anything full time.

In my role with CTLA and out at community events across the county, this is the growing thoughts of men and women that approach us at CTLA enquiring about joining the team looking for a part time role with a worthwhile cause.

There's this thought in the back of your mind with the constant media reminders, that a retired inactive mind is a step closer to the cliff edge of dementia, Alzheimer's and memory loss. Retirement equals loss of activity... equals growing old fast... equals a fast-track path to an unhealthy mind and body. But it doesn't have to be that way.

The British Psychological Society website says, "Loss of work-related stress may be a great relief and good for your health, but losing the daily structure and your work relationships can also be stressful and harmful to your health."

The Mental Health Foundation, Mind, NHS, and other health and wellbeing websites offer helpful advice on their websites for coping in retirement.

Volunteering... or donating your spare time you could think of it... could be your perfect

antidote to retirement and any feeling of 'your life suddenly coming to a standstill'. People need to feel wanted, still need to feel valued, and still need a constructive routine. More than ever, you need to keep fit and want to remain active to fight the aging process.

Becoming a CTLA minibus driver or passenger assistant,



can provide you with a fresh start in an active outdoor role making a valuable contribution. It's a win-win for you, for CTLA, volunteering, and for your community. In your new role vou will meet interesting people, make new friends, enjoy the banter, and opening new social circles as you find yourself part of a new team. What's not to like?

Another great thing about working part-time in a volunteer role such as CTLA, is that this can often mean an early start with an early finish leaving you plenty of daytime for other activities and family matters.

Another interesting matter our drivers and team mention, is how much better they sleep at

night having had a productive day and self- knowing they have made a positive contribution.

Then there's the preservation of self-esteem in retirement working with a high-profile charity. Everybody in East Sussex knows CTLA, has seen their buses or knows someone who uses the service.

As you can see, there is good reason why people in retirement, or approaching retirement, consider joining CTLA and volunteering (donating) their spare time doing something worthwhile. They have new training, a MiDAS drivers' licence, new friends and a new routine that works for them.



More information and a contact enquiry form can be found at the CTLA website:

www.ctla.org.uk/ourservices/bus-drivertraining

For more information regarding this article and images, please contact:

Gary Weston, Marketing Manager, CTLA Community Transport, 07720 262642 (direct) gary@ctla.org.uk.

Dates for the diary.

JANUARY

January until 31st March

Radiant Introvert by artist Hanna Benihoud - Newhaven Library

Every Tuesday BY APPOINTMENT

Library of Things – Mencap Hall 6.30pm – 7.30pm

Every Thursday

Library of Things - Newhaven Library 10 – 12pm

Thursday 11th January

OVESCO Energy Advice - Newhaven Library 10am - 12pm

Saturday 13th January

Nutrition Made Simple – Bishopstone Station 11am - 1pm

Saturday 20th January

The Newhaven Flea - Hillcrest Centre 9am - 2pm

Wednesday 24th January

Hillcrest Cinema, Phantom of the Open -Hillcrest Centre 6pm

Thursday 25th January

OVESCO Energy Advice - Newhaven Library 10am - 12pm

Sunday 28th January

Swap, Share & Repair – Hillcrest Centre 11am - 3pm

FEBRUARY

Every Tuesday BY APPOINTMENT

Library of Things - Mencap Hall 6.30 pm - 7.30 pm

Every Thursday

Library of Things – Newhaven Library 10 – 12pm

Thursday 8th February

OVESCO Energy Advice – Newhaven Library 10am - 12pm

Sunday 11th February

Repair Ćafé – Meeching Hall 2.30pm - 4.30pm

Tuesday 13th February

GuestHouse Story Tellers 'The Bag of Wonders' - Hillcrest Centre 7.15pm - 9.30pm

Saturday 17th February

Soft Fruit – Bishopstone Station 11am - 1pm

Saturday 17th February

The Newhaven Flea - Hillcrest Centre 9am - 2pm

Thursday 22nd February

OVESCO Energy Advice - Newhaven Library 10am - 12pm

January - March 2024

Friday 23rd February

Newhaven Twinning Association Quiz -Scout Hut, Fort Road 7.30pm

Saturday 24th February

Hillcrest Cinema, Edie - Hillcrest Centre 6pm

MARCH

Every Tuesday BY APPOINTMENT

Library of Things – Mencap Hall 6.30 pm - 7.30 pm

Every Thursday

Library of Things – Newhaven Library 10 - 12pm

Tuesday 12th March

GuestHouse Story Tellers How to Spin Enchantment – Hillcrest Centre 7.15pm - 9.30pm

Saturday 16th March

The Newhaven Flea – Hillcrest Centre 9am - 2pm

Sunday 24th March

Hillcrest Cinema, Living - Hillcrest Centre 6pm

Sunday 17th March

Repair Čafé – Meeching Hall 2.30pm - 4.30pm

What's on.

ARTS, CRAFTS & IT

Into Art

Hillcrest Centre. Mondays & Fridays: 10am – 12pm £5 an hour. To book email <u>wildseaarts@gmail.com</u>

Creative Writing Course

Hillcrest Centre. To find out more, please contact Umi at umisinha.writing@gmil.com

Knit & Natter

Newhaven Day Club. Mondays 2pm - 4pm

Life Drawing

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

Meridian IT

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

Newhaven Art Club

Peacehaven Evangelical Church Hall.
Every Monday 2pm.
For more information visit
www.newhavenartclub.co.uk or ring
Chris Cook on 07887 520708 or email us
at NewhavenArtClub@Hotmail.com

U3A Art

Hillcrest Centre. Tuesdays: 2pm – 4pm. To book email <u>graham.heys@btinternet.com</u>

Wood Creative

Hillcrest Centre Mons, Tues & Thurs 9.30am – 3.30pm (Wednesday, Friday & Saturday) 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
Dragoon 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 OTP. 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 & 5.30 pm - 7 pm 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)

Mondays Jitterbugs: 10am – 12pm toddler group (Term time). All families with children aged 0-4yrs

Titan Fitness

Functional Fitness classes for young people aged 5-19. For more information, visit www.titanfitness.uk

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
Samtosha 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 Ch

Hillcrest Centre. Mondays: 9.30am – 11.30am www.taichieffect.com or 07429 007691

Traditional Yang Tai Chi & Dragon Kung Fu

Lewes Road Hut.
Thursdays 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: 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. February meeting includes Winter Picnic. For more information contact Jim Skinner brianjimskinner@gmail.com

Guesthouse Storytellers

Hillcrest Centre.

Visit <u>www.guesthousestorytellers.com</u> for more information

Historical Society

Visit www.newhavenhistoricalsociety.org.uk

Newhaven & District Model Railway Club

Heatherside Business Park, Unit 4, Norton Road BN9 OBZ. Wednesday evenings: 7.30 pm - 10 pm

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 & Bringand-Take Table

Newhaven Library. Thursdays: 10am - 12pm

Royal Literary Fund Reading Round

Hillcrest Centre: Tuesdays. Open to new members. Find out more by emailing Umi Sinha umisinha.writing@gmail.com

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

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 - 12pm2nd 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

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 <u>www.ngrc.co.uk</u> or email admin@ngrc.co.uk

Newhaven Bowling Club

Short Mat every Monday from 1pm and Wednesday and Saturday from 10am. For more information contact Jose Baker on 07542 608304 email nbowlscsocialmedia@amail.com or www.NewhavenBowlingClub.weebly.com

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 Tues & Thurs: Adult Club: 12pm - 3.30pm 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 <u>info@nssc.org.uk</u>

Pétangue with Newhaven **Twinning Association**

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

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

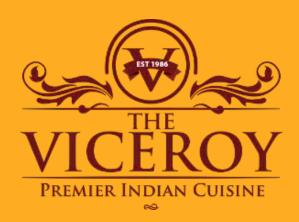
Samaritans

Tel: 116 123 www.samaritans.org

Warm Spaces Directory

Please visit <u>www.lewes-eastbourne.gov.uk/</u> community/cost-of-living-crisis/warm-spacesdirectory 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.



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