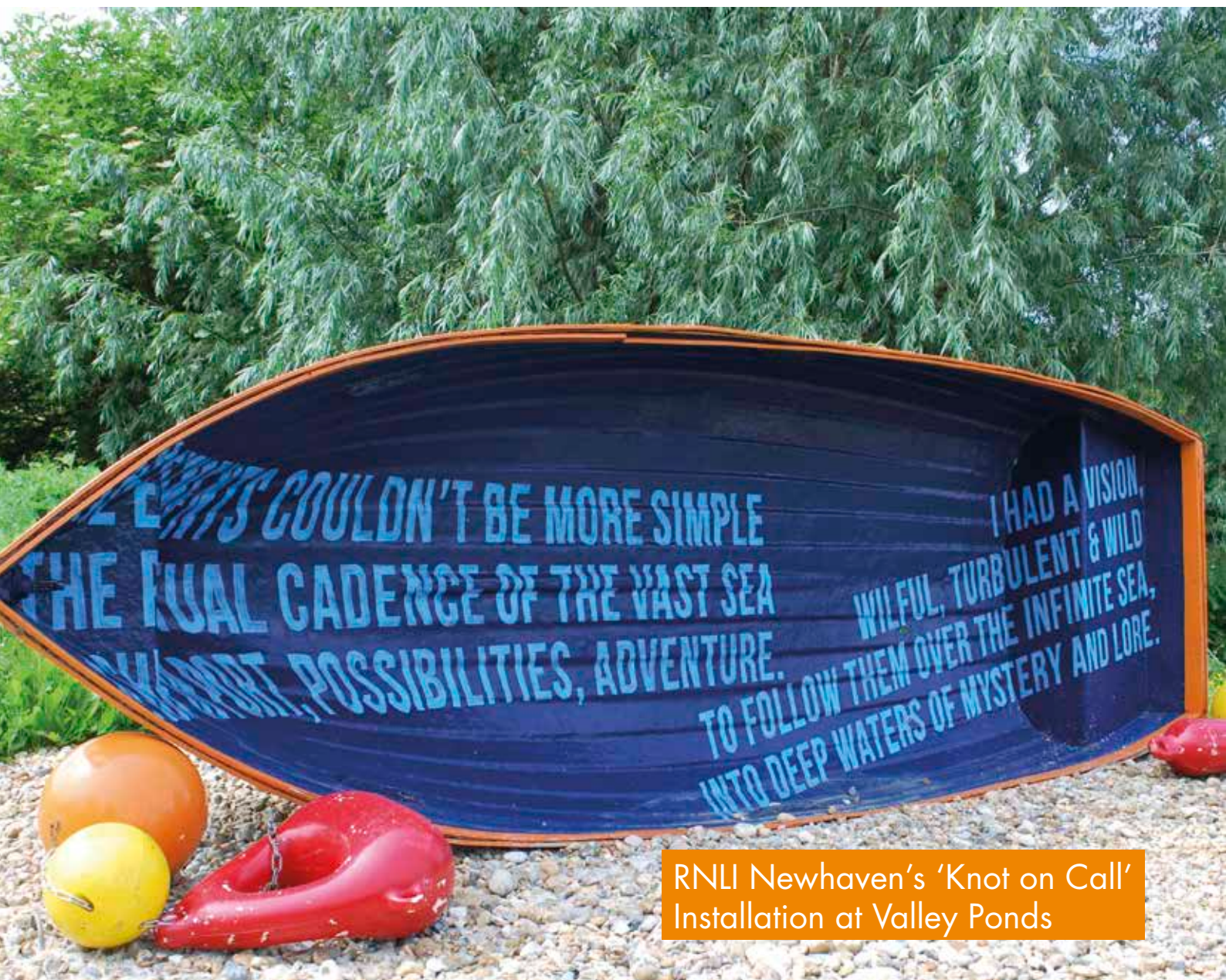


Newhaven *Matters*

Summer 2024 // Issue N° 42

© Newhaven Town Council



RNLI Newhaven's 'Knot on Call'
Installation at Valley Ponds

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



Contact your local Town Councillor



NEWHAVEN CENTRAL WARD



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



Christoph Von Kurthy
(& District Councillor South)
t: c/o 01273 516100
e: cllr.christoph.von.kurthy@newhaventowncouncil.gov.uk

NEWHAVEN DENTON WARD



Lindsey Macleod
t: 07751 527211
e: cllr.lindsey.macleod@newhaventowncouncil.gov.uk



Corina Watts
t: 07586 573238
e: cllr.corina.watts@newhaventowncouncil.gov.uk



Sean Macleod, Deputy Town Mayor of
Newhaven (& District Councillor North)
t: 07780 944934
e: cllr.sean.macleod@newhaventowncouncil.gov.uk

NEWHAVEN NORTH WARD



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



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



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

NEWHAVEN SOUTH WARD



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



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



Kim Bishop
t: c/o 01273 516100
e: cllr.kim.bishop@newhaventowncouncil.gov.uk



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



Julie Carr (& District Councillor North)
t: 07757 722927
e: cllr.julie.carr@newhaventowncouncil.gov.uk



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



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



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

SUMMER 2024

Welcome to the Summer edition of Newhaven Matters



Mayor of Newhaven Cllr. Pinky McLean-Knight & Deputy Mayor Cllr. Sean Macleod

It is a huge honour to be chosen to represent the town I love as its Mayor.

As a newly elected Independent Councillor in 2019, I said I wanted to be Newhaven's first punk Mayor... 5 years later, and here I am!

I love working hard for Newhaven. As the Chairman of Newhaven Town Council, I look forward to working together with all Councillors for the betterment of the Town.

I am not special. I'm just an ordinary person trying to make a difference.

I learned long ago that if something really needs to change, we can make that change... Together.

As well as being a fulltime working mum and a grandmother, I try to support local Newhaven charities, groups, and events in my spare time. Until recently, I was chairman of Hillcrest Community Centre where I was a trustee for 5 years and I am the current chairman of the much beloved 3rd Newhaven Scouts. I am also the Founder and financial Sponsor for Nebula Mental Health (this is our 6th year!) and Co-founder and Chief of the Meeching and District Bonfire Society.

Many of you may even know

me from the infamous Sandy Beach Landings!

I am usually spotted riding around on my bike as I don't drive a car, and during my mayoral year I aim to travel to official events as carbon neutrally as possible.

I'm very pleased to announce that my Deputy this year is Cllr. Sean Macleod, and I look forward to working alongside him.

I love chatting to people when I'm out and about in Newhaven, so if you see me, please do come and have a chat. I am usually pretty easy to spot... 6ft punks usually are!

If you want to book me for your event, please email the office.

Cllr. Pinky McLean-Knight
Mayor of Newhaven 2024/25

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 Community Directory section, please email newhavenmatters@newhaventowncouncil.gov.uk or phone on 01273 516100.

Copy Deadline for the Autumn Edition is 5th August 2024

Contents

Town Council Meetings	04	BN9 Trees	20
News from your Town Council	04	The Growing Community Toolkit	21
Newhaven Town Mayor's chosen charities ...	05	Newhaven Photographers Collective	22
Newhaven Fort Renovation progress	06	Art Techniques with Carol Havard	22
Amateur Photographic Competition 2024	07	Newhaven Art Club	23
Seahaven Business Awards	08-09	POP Call for actors, writers, designers and production	23
Lifeboats RNLI	10-11	N.I.P.P.E.R.S	24
National Coastwatch	12	Bells Project and Artwave in Piddinghoe	25
Don't Forget to Recharge	13	Friends of Bishopstone Station	26
News from Newhaven Green Centre	14	CTLA Community Transport	27
Climate Conversations	15	SCDA News	28-29
Flying Officer McKinlay Remembered	16-18	Dates for your Diary	29
Newhaven Bowling Club	19	Community Directory	30-31
Newhaven Cricket Club	19		
Greenhaven Network	20		



News from your Town Council



June was a busy month in Newhaven, with the Denton Community Challenge, The Look Again Super Graphics Festival, and its associated events, Haven Young Creatives; How to be a Teenager, Newhaven Art Club D-Day Memorial Exhibition, Newhaven Fort D-Day80 Walking Tour, Newhaven Museum's D-Day80 Exhibition, the Hillcrest's Beetle Drive, and not forgetting Newhaven Town Council's own events: D-Day80 Beacon Lighting & International Tribute and Sussex Day at the Bandstand.

On behalf of the Town Mayor of Newhaven and all of the Town Councillors, a huge thank you to all of the residents who have supported these events and continue to support future community events.



EASTSIDE ALLOTMENTS (TOWNS DEAL) PROJECTS

Work continues with the renovation of the allotments though it has suffered a number of small delays resultant of building supplies at the Easter break, application for a formal license following the documented discovery of Great Crested Newts as well as the great 'British Weather'. We now have a 'practical completion' date of June 27th 2024.

Newhaven Town Council Meetings

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.

2024		Followed by
Tue 30th Jul	Planning & Development	
Tue 27th Aug	Planning & Development	Regeneration & Strategic Development
Tue 17th Sep	Full Council	Full Council
Tue 24th Sep	Planning & Development	Environment & Amenities

NEWHAVEN TOWN MAYOR'S CHOSEN CHARITIES



Mayor of Newhaven chooses Havens Food Cooperative as their Charity of the Year!

Havens Food Cooperative are delighted to announce that incoming Mayor of Newhaven, Pinky McLean-Knight, has selected Haven's Food Cooperative to be her charity of the year, during her Mayoral tenure.

Pinky said "My chosen Charity this year is Havens Food Cooperative. It is a food waste charity that saves food from being tossed into landfill and redistributes it to people who need it. Over 3 tonnes a week!

My family has, in the past, been hard up enough to be referred to a food charity.

It was, thankfully, a temporary measure but one that I was truly grateful to have been able to access at the time.

I was lucky, when my kids were younger, that I had parents who could often help us, but there were times when I was too ashamed to even ask them for help.

The thing I love most about Havens Food Cooperative is that no one goes without if they ask for help. They'll find a way or they'll make a way. Everyone who needs help, gets help.

There is no stigma or shame.

Of course, food charities like Havens Food Cooperative should absolutely NOT need to exist. But, I'm very glad they do.

They have to exist, because

they, and amazing charities like them, are forced to pick up the slack of struggling, underfunded authorities who simply cannot support people who are not able to eat.

So, I'd humbly like to offer them my Mayoral year as their patron."

Havens Food Cooperative said "We are incredibly honoured to be chosen, and wish Pinky all the best in her Mayoral Year".

If you would like to help by donating, please scan the QR code or visit www.havenscommunityhub.co.uk/food.

Just a few pounds can help feed a local family. And reduce food waste.

Mayor Julie Carr's Charity of the Year 2023/24 – Brief update

It is our great pleasure to forward our latest news/events in this Newhaven Matters edition from Newhaven Lewes and District Mencap.

First of all we would like to thank the outgoing Mayor of Newhaven, Cllr. Julie Carr for supporting us and having us as one of her chosen charities this year.

We now have an updated website which can be found by going to newhavenmencap.org.uk which has lots of information.

The sensory room has been a great success since it opened last year. We are getting quite

a number of participants taking advantage of this worthwhile facility on a fairly regular basis.

No age restriction to come over and use the room and we have had quite young babies through to adults here. Comment has been made by a lot of people that they find it therapeutic and very relaxing. Sessions currently cost £5 per hour per person, with a maximum of 4 persons in there at any one time. To book the 'Sensory Room' in advance please ring 01273 517345, giving as much notice as possible.

On the 6th April this year we had a very successful



'Fashion Show' in conjunction with the Newhaven Rotary Club. As in previous years, 'Travelling Trends' provided all the clothes, and we provided the models to strut their stuff along the catwalk. A fun time was had by all and much needed funds were raised for both charities.

Thank you so much for your support.

Newhaven Lewes and District Mencap, Riverside North,
Newhaven BN9 9BP. newhaven.lewesmencap@hotmail.com



newhaven
FORT

NEWHAVEN FORT RENOVATION PROGRESS!

It has now been five months since our exciting renovation works began, and things are really beginning to take shape. The enabling works began back in March with the erecting of scaffolding across the casemate fronts. Initially this was done from casemates 1-13, but as of the end of April the entire front was covered! This enabled work to begin on re-pointing the historic fascia's of the casemates from top to bottom. The front of casemate 2 was carefully removed to allow for a new entrance and exit for the shop.

While this was going on, works began in the emptied casemates on removing paint from the walls. This was in conjunction with soil removal above the casemates that some of you might have seen from Fort Road. Drainage and a waterproof membrane are being installed to prevent water from seeping in. Some of the casemates will remain painted,

but as many as possible will be brought back to brick, including the entrance tunnel.

Meanwhile, Gun Position A's WWII concrete cover has been scaffolded, as works begin on securing this historic structure and allowing visitors back onto the gun positions. The two big guns on the cliff top have also been wrapped and are awaiting maintenance.

The Romney Hut in the parade ground has been media blasted to remove rust and old paint and will be re-cladded and insulated. This area will be perfect for larger scale events such as weddings, parties, and corporate hire!

Designs for the new Adventure Playground are ongoing and works will begin later in the summer on its installation. The Fort team are all fighting each other for who gets to use the playground first!

The team have been very busy preparing the site for its grand re-opening. Jason, the Property Custodian, has been working tirelessly on clearing some of the embankments of brambles and weeding pathways. Lindsay (General Manager) has been busy planning for re-opening next year and helping

Frankie (Collections Custodian) to research and sort through artifacts in preparation for the new exhibits. Neil (Head of Commercial Development) is keeping busy overseeing the restoration project!



So what's next?

The enabling works are due to conclude in October 2024. Once this is done, the exhibition fit out begins. Every single existing exhibit is being worked on, along with a plethora of new exhibits being installed. New spaces such as the Battery Observation Post and the shell lifting rooms are going to contain engaging exhibits and activities for the whole family to enjoy.

We can't wait to share even more about what's going on as it happens. The grand re-opening is closer than ever before, and we look forward to seeing all of you when we re-open in 2025!

NEWHAVEN AMATEUR PHOTOGRAPHIC COMPETITION 2024

This year's categories are:

- Under 12
- Under 18
- Where the Time Goes
- Naturally Vibrant
- In Action
- Harbour
- Light and Dark
- Sea Treasures
- Hidden Corners
- Long Shutter Speeds



DEADLINE FOR ENTRIES
SUNDAY 1ST SEPTEMBER
2024

PRIZES

Cash prizes for the winner and runners up in each category. Winning photos in each category will be displayed on a lamp post banner on West Quay.

SPECIFICATIONS

- Photos should be in portrait format
- Photos must be in jpg format and at least 1680 x 1200 pixels
- Mobile photos should be submitted in high resolution

SUBMISSION

You can submit up to 8 photos in total. Adults can enter multiple categories, while children are limited to one category.

Please email your entries to photocomp@newhaventowncouncil.gov.uk together with your name, address, phone number, age (if under 18) and the category you are entering.

Amateur photographers only please. If you have entered in a previous year you must not re-submit any previous photo. By submitting entries, you are deemed to be giving Newhaven Town Council permission to use your photo(s) on a banner and for any promotional purpose.





Winning factors in Seahaven's Business Awards were - Passion, determination and the will to succeed

The Seahaven Business Awards, held on Friday, 17th May 2024, was a glamorous, anticipation-filled evening. Over 100 businesspeople gathered for the annual award ceremony and dinner at Peacehaven's Jerrom Hall, an event organised by the Newhaven Chamber of Commerce in association with Seaford and Peacehaven Chambers. VIPs included our local MPs, Maria Caulfield and Lloyd Russell Moyle, all three Chamber presidents and our town mayors.

The event was certainly a night to remember, showcasing the incredible talent and dedication of local businesses and individuals. It is so important to support and nurture our local economy and to recognise these local companies, their dedicated and inspiring owners and hard-working staff.

We have incredible talent within the Newhaven, Seaford and Peacehaven areas, and this special awards evening gives us an opportunity to celebrate just that! It's great to foster a strong sense of community and pride, and many congratulations to all the winners.

Giving Back to the Community

In addition to celebrating the achievements of local businesses, the event has also raised money for the Rotary Club Coastal West through a silent auction and raffle.

A Special Thanks to the Sponsors

Finally, a thank you to our gold sponsors, Charles Cox Property Group; our silver sponsors, Lewes District Council, Cleankill Pest Control and Meeching Estate agents for sponsoring the wine; Seaford's V. R. Flowers and Son for the magnificent balloons; Arlettes Florists for the beautiful flower arrangements, 2nd Cup of Tea for the delicious chocolates and of course our MC for the evening John Young without whom the event would not have been as heartwarming and memorable.

Entries will open in January for the 20th Annual Seahaven Business Awards!

Visit www.newhavenchamber.co.uk for all the photos and more details on the winning businesses.

Our winners



BUSINESS OF THE YEAR

The most prestigious category, Business of the Year, sponsored by The Newhaven Enterprise Zone, recognises overall excellence in business performance, innovation, and community involvement. Harbourside Gymnastics Academy, an independent family-owned business, were worthy winners. Two other independents came second and third: Maverick Boat Adventures and the Yemeni Coffee Company.



Maverick Boat Adventures, Harbourside Gymnastics Academy, Yemeni Coffee Company

PRESIDENT'S AWARD FOR CREATIVE ENTERPRISE

Sponsored by Mike Shorer Fine Jewellery, the President's Award for Creative Enterprise celebrated businesses that excelled in creativity and innovation. In 1st place was Paul Cox Sculpture, 2nd Julie's Art of Noise and 3rd Paula Jackson Photography.

BEST NEW BUSINESS

The Best New Business category, sponsored by the Newhaven Enterprise Centre, recognized outstanding new companies that have made a significant difference locally. In 1st place Seafront Vet Clinic, 2nd Elite Muscle Welfare and 3rd SWAPPI Technologies.

BEST ENVIRONMENTAL BUSINESS

Sponsored by Fine Marketing, the Best Environmental Business category honoured companies that demonstrate a strong commitment to environmental sustainability. For the third year, Havens Community Hub took first place, with Sussex Air Conditioning and Heat Pumps from Peacehaven in second and Take Good Care in third.

BEST HEALTH, FITNESS AND WELLBEING BUSINESS

The Best Health, Fitness and Wellbeing Business is sponsored by Experience It Now Travel and was a popular new category this year. The winners were Whittfit Training Gym 1st place, Jane Evans Hypnotherapy in 2nd, and Be Well with Shell in third.

BUSINESS PERSON OF THE YEAR

Sponsored by Swindells Chartered Accountants, the Business Person of the Year category recognised exceptional individuals who make a significant impact with their businesses and the local community. The winner was Rachel Ayres of the Secret Fairy's Bookshop, 2nd was Miranda Bearns-Lowles from Seaford Town Market and 3rd was Teresa Simmons from Be Creative in Seaford.

BEST CUSTOMER SERVICE

The Best Customer Service category, sponsored by The Sussex Sign Company, honoured businesses that excelled in providing exceptional customer experiences. Winners were the Viceroy Indian Restaurant, Newhaven, 2nd Bonnies News and Peacehaven Post Office and in joint third, Havens Community Cars.



At Newhaven Lifeboat we have been looking back, remembering our remarkable history, and looking forward, to inspiring and welcoming a new generation of lifesavers and supporters.

THE RNLI IS CELEBRATING 200 YEARS OF SAVING LIVES AT SEA

Newhaven RNLI is currently recruiting new volunteer crew. This is an exciting and fulfilling opportunity to be a part of an inclusive and diverse organisation, gain experience and learn new skills, whilst making a real difference in our local community.

Volunteer crew will live or work within 8-minutes of Newhaven lifeboat. They will be provided with first class training, equipment, guidance

and support to help people in need on the water.

Newhaven is home to one of the oldest stations in the country, where lifeboats have been in service since 1803.

A local committee were spurred to action after the wrecking of HMS Brazen and loss of all but one of her 105 crew to the cliff west of Newhaven Harbour.

Their legacy continues. Newhaven RNLI's patch runs from Brighton Marina to Beachy Head.

We are a modern afloat station, home to Severn class all-weather 'David and Elizabeth Acland', the largest lifeboat in the charity's fleet and a D-class inshore lifeboat, soon to begin a two-year trial in Newhaven.

BEING A VOLUNTEER CREW TAKES DEDICATION AND COMMITMENT BY ORDINARY PEOPLE WHO DO EXTRAORDINARY THINGS

Whether giving a little (or a lot) of your time, from joining the crew to working in our shop, becoming a water safety volunteer or joining a fundraising group, there are so many ways you can get involved and support the charity that saves lives at sea.

GET IN TOUCH

If you would like to find out more volunteering with us email newhaven@rnli.org.uk today.



Photos by Akex Franklin

If you're struggling in the water ...

Relax and move your hands
to help you stay afloat

Tilt your head back
with ears submerged

Remember it. Share it.
FLOAT TO LIVE


#RESPECTTHEWATER

Newhaven RNLI's Water Safety Team helps people find out how to stay safe on or near the water.

We run workshops at local schools and with community groups such as Scouts, Cubs and Brownies.

We work with local water-based leisure members in swimming, sailing, SUP, yachting and rowing clubs

on our patch. We talk to local businesses about the RNLI's Ambassador scheme. We encourage them to promote water safety messages to their customers, including information about local tides and weather.

THE RNLI IS THE
CHARITY THAT SAVES
LIVES AT SEA

Would you like to be involved?

As a Water Safety Adviser or as a local group or school. Find out how you can get involved if you have an interest in promoting water safety for your members or students.

Contact us by emailing Jane Masey, Volunteer Water Safety Officer.

jane.masey@rnli.org.uk

HOW CAN YOU HELP TO STAY SAFE ON THE WATER?

Sailing and motor boat activities

Find out how to raise the alarm if you are in trouble or see another vessel in trouble.

Check the daily weather report before you go out – via radio, TV or weather apps.

Be aware of local hazards, tides, wind direction and sea state.

Coastal walking, dog walking, exploring

Check local tide times and weather forecast to ensure you don't get caught out by the conditions.

Remember Float to Live if you end up in the water unexpectedly.

Don't go into the water after your dog – call 999 or 112 in an emergency.

Youth Education

Are you a local school or community youth group?

Get in touch with us to find out how you can promote water safety messages to your students and members: jane.masey@rnli.org.uk

Stand Up Paddleboarding, kayaking and canoeing

Carry a means of calling for help and wear a personal flotation device.

Wear a leash and hold on to your craft if you get into trouble.

Paddle with someone else. Let someone know where you're going and when you will be back.

Sea and river swimming

Choose a lifeguarded beach. Keep an eye on family and friends in the water. Swim with a buddy.

Consider using a tow float and wear a brightly coloured swim hat to make you more visible in the water.

Eyes Along the Coast

THE WORK OF NATIONAL COASTWATCH INSTITUTION, NEWHAVEN KAVS

NCI watchkeepers provide HM Coastguard's local eyes and ears along the coast. When life is endangered, we are there to alert the Coastguard who can then deploy the appropriate rescue services.

NCI Newhaven lookout is built on the cliff top on Castle Hill, 175' above sea level. It provides a panoramic view of Seaford Bay from Newhaven Harbour entrance to Seaford Head eastwards and to the ocean off Brighton westwards as well as seaward into the shipping lanes of the English Channel. On a clear day, over 400 square miles can be observed.

High technology and sophisticated systems such as radar and CCTV have vastly improved safety at sea, but there is no substitute for a watchful pair of eyes. Accidents do happen and technology cannot spot a distress flare, an overturned small boat, a yacht with problems, a water sports enthusiast in difficulty, children or adults in trouble, animals in distress or pollution incidents. That is why our lookout and

watchkeepers are an important service provider to all those who use our coastal waters, footpaths and coastline.

NCI Newhaven station is staffed by a team of fully trained and dedicated volunteers who keep a daylight watch 365 days a year. After 20 years of service, the station was recently awarded the Kings Award for Voluntary Service (KAVS) which is the MBE for volunteer groups.

Our volunteers come from all walks of life and embrace a wide range of skills and experience. Full training ensures that our watchkeepers reach, and maintain, the high standard required by the NCI and HM Coastguard.

Watchkeepers are kept busy maintaining a visual watch, monitoring radio channels and providing a technology watch in poor visibility. Observation work is mainly routine but watchkeepers are trained to act in an emergency, report accurately to HM Coastguard and, if required, co-ordinate rescues with our search and rescue partners.

A record of all water-based activities is kept during each watch and, when requested, local weather conditions can be passed to yachtsmen and fishermen before they put to sea. We can be contacted as 'Newhaven NCI' on VHF channel 65.

We are always looking for people to volunteer to help keep the public safe along our coast. We welcome applicants wherever they fit in the rainbow of gender, race, culture, religion, socio-economic background or any other characteristic... but you do need to be over 18 and able to climb our stairs! Training is given by experienced watchkeepers while on watch, with an assessment to demonstrate knowledge of the required skills once you're ready.

For more information on volunteering as a watchkeeper, contact our Station Manager at mick.carter@nci.org.uk or visit www.nci.org.uk/station/newhaven.



DON'T FORGET TO RECHARGE

to Avoid Burnout

By Zara Mojdeh Mirfakhraee

Have you ever worked too long without taking a break? or spent all your time going from one task to another? or dedicated most of your time to serve others such as family and friends?

Picture yourself sitting at your desk, staring at your computer screen. Your eyes and brain are tired, and despite your best efforts, it is hard to string together a cohesive thought, let alone focus on the task at hand. Picture yourself getting up, sorting out the family, house and by the time you can sit down, you are so tired that you fall asleep on sofa. We've all been there before. Imagine doing this to yourself day after day and the toll this would take on your physical and mental health, your feelings about work, family and your ability to perform.

Burnout can have severe impacts on your physical and mental health. The increase in stress can cause high blood pressure, increase your risk of heart attack and stroke, and has been shown to weaken your immune system. Many overworked people are sedentary, and too much spent time sitting behind a desk is not only bad for your body, but it can get in the way of your ability to be active, increasing the risk of obesity and slowing your metabolism. Prolonged work-related stress also increases the risk of anxiety, depression, and suicide.

A common misconception is that you need to relax to recharge. Recharging to prevent burnout means creating some space between you and your routine work, regardless of how that space looks. Taking

a nap or watching an entertaining show are great options to recharge. Focusing on a hobby, exercising, practicing mindfulness, meditation or calling a friend are likewise effective ways to restore energy. When trying to revive your energy, try not to compare yourself to others. As long as you do something that works for you and makes you feel good, you are taking a step in the right direction, doing something good for yourself, and investing in yourself.

Take Responsibility for Recharging!

The thing is you are the only person who can force you to take a break. If you remember that recharging will make you feel better your work more efficient; that boundaries are something to be embraced, not feared; and that your health and well-being must come first; finding time to recharge might seem much more valuable.

Investing time in recharging comes down to changing your perception. Some suggest thinking about recharging yourself just as you would your phone. If you see that your phone battery is low, you plug it in to charge because otherwise, your phone will die.

As the Summer begins, I invite you to bring a little self-care and kindness in your life and regularly take a pause and note how you feel.

NEWS FROM NEWHAVEN GREEN CENTRE



Our **Library of Things** is continuing to grow. To see what you can borrow or to become a member please visit newhavengreencentre.com/library-of-things/.

We're going to be at various events over the Summer including Sussex Day and the RNLI fayre. Come along and say hello, learn more about us and browse our free table - we'll have lots of things to give away.

We are always on the look out for more volunteers. If you're interested in joining our growing team do get in touch by emailing volunteers@newhavengreencentre.com.

Some of you may know we've been collecting blister packs for recycling – pictured is our full box – we've helped to save thousands of blister packs

from landfill. The great news is that now Boots in Newhaven is taking your old pill packets – please make sure they're empty, clean and dry.

Our team of repairers is continuing to grow. Our regular repairers recently had training in clock repairs from a horologist, we have someone who can help with picture and art restoration and we've started to offer bike repairs.

Our July Repair Cafe is 21st July, 2.30-4.30 at Meeching Hall (we recommend you arrive by 4pm). Come along and chat, get advice, free tea and cake and browse our free 'bring-and-take' table. Do email in advance if you need to check which specific repairers will be there. We're breaking for August and keep your eyes peeled for our Autumn dates.



For dates and details of all upcoming events and to contact us please visit our website: newhavengreencentre.com or email: info@newhavengreencentre.com.

Lynne Mendelsohn Counsellor MBACP (Senior Accred)

Have you been through a change or loss
of any kind?

I can help you find a way forward

Face-to-face; online or
telephone sessions

lynnemendelsohn.co.uk
07866-960396



CLIMATE CONVERSATIONS: Guy Gladstone

There have always been topics for which a sustained conversation has been difficult. Famously in 50s Britain it was “no sex please we’re British”. The 60s rather eroded that and it was sometimes remarked, linking it to consumerism, that the tabooed subject had become death as the disruptor of happiness.

Today, however the real party pooper, the new social no go area, is likely to be the Climate and Ecological Emergency (CEE). So why would that be? In 2022, the CEE was driven home in Britain by a 40°C heatwave, drought and the impact on crops; not to forget that it had already crept closer to the horizon of consciousness through spectacular floods in Europe. Why then a need to change the subject? The new subliminal horror is the consequent approaching end of “our way of life”. Not through the hype of ‘invasion’ by immigrants, - that certainly gets talked about, but the end of Western consumer society as most of us have known it. This is the truly awful ‘death’, the prospect we are afraid to face.

Enter the spread of Climate Cafes, with Seaford’s now running for a year, where the thoughts and feelings thereby triggered can be freely aired and discussed. Aptly enough, the already mentioned taboo on death as a subject of sustained conversation and reflection gave rise in the early 2000s to the meetings known as Death Cafes. Climate Cafes draw on the acknowledged need from that practice of a safe, nourishing and hospitable setting.

The argument for the provision of such a social space hinges on the fact, to quote the black American novelist James Baldwin (referring to racism): “*Not everything that is faced can be changed, but until something is faced, nothing can be changed*”. To be able to speak and address the feelings that arise with a given subject is the essential prerequisite for effective action. Climate Cafes have that specific brief, no more than that. So please note, there is no pressure from the facilitator or participants to follow up with any particular action. A Climate Café is therefore emphatically not

a recruitment space for any organisation concerned with the CEE or other related political concerns. Nor is it a debating room for arguing about the science.

We have our work cut out just to stay with that elephant in the room. We need to stop hovering in disavowal, that state of mind when we know something to be truly the case, yet we persistently pretend to ourselves and others that it is not so.

Dates for the Climate Café in Newhaven

LOCATION:

Marine Workshops, Railway Approach, Newhaven BN9 0ER

DATES:

Monday 1st July
Tuesday 3rd September
Tuesday 1st October

TIME:

5.30pm - 7pm

Free but booking advisable, places limited to 10, email facilitator Guy Gladstone groupwork@bodyspace.co.uk.

Sponsored by Towner Eastbourne



FLYING OFFICER MCKINLAY REMEMBERED

80th Anniversary Special Article

By Ed Tyhurst



▲ Flying Officer GM McKinlay.
Courtesy of the 610 Sqn Assn.

My interest in the life and RAF service of George M McKinlay began in 2018 whilst researching for a slide presentation to be given in Hailsham, January 2019. The subject, Allied & German aircraft incidents & crash sites in the local Sussex area during the Second World War. This is the story of Flying Officer McKinlay and how his name came to be etched into our town's history.

On June 13th, 1944, only one week after the successful D-Day landings in Normandy established an Allied foothold on German-occupied Europe, a terrifying new German weapon approached the Kent coast. Smaller than a Spitfire & travelling at great speed, this unidentified aircraft was described by men of the Royal Observer Corps who first reported it being powered by an engine sounding like "*a model T Ford going uphill!*". This was the first of Adolf Hitler's much vaulted Vengeance Weapons (Vergeltungswaffe) – a reprisal for the RAF & USAAF systematic bombing of German cities by night & day. Codenamed 'Divers' by the RAF, the V1 soon became known as either 'Buzz Bombs', Flying Bombs or Doodlebugs'. Between June 1944 & March 1945 more than ten thousand were unleashed against England from launch sites

hidden in the French & Dutch countryside & farmlands. As the Allied forces advanced and overran the launch sites, the final V1 attacks were made using modified Luftwaffe bombers. It was on the afternoon of Wednesday 12th July, 1944, that the courageous actions of F/O G M McKinlay took place in the skies over Newhaven- a date we should remember with solemn gratitude.

As dockworkers & Royal Navy personnel went about their work loading ammunition, supplies, troops & vehicles for their voyage to the Normandy beach head, around 16:15pm the people of Newhaven looked to the skies as the unmistakable sound of a Flying Bomb was heard approaching the town from the sea. Then, in hot pursuit, a Spitfire MkXIV came full throttle after the approaching bomb.

George Mercer McKinlay was born on the 24th April, 1921. One of eight siblings, he had a strong, working-class background. His father, William, was an iron moulder at the Dumbarton shipyards on the banks of the Clyde. During Georges' childhood the McKinlay family relocated to Gateshead, Newcastle, where William had taken work in the shipyards of the Tyne. Living in Norwood Gardens, it was here that George, with his father, mother Bessie & seven siblings (including a brother, Leslie White McKinlay) would grow up. At the outbreak of the Second World War in September 1939, George, a young man not long turned 18, was working for an insurance company across the Tyne in Newcastle. It was probably around this time he chose to sign up for the Royal Air Force Volunteer Reserve (RAFVR). Georges' call to service wouldn't come until 1941.

In the meantime, his brother Leslie was already serving King & Country as a Fitter 2nd Class with 404 Squadron Royal Canadian Airforce, based at Wick. Tragically, on the 2nd September 1941, the Blenheim bomber he was flying passenger in crashed during a routine test flight. Leslie W McKinlay & the three-man crew were all killed.

Having attained the rank of Flying Officer upon completion of his training, George McKinlay was posted to 610 Sqn RAF, based at Bolt Head, on the 4th December 1943. It was around this time that 610 Sqn became the first operational Sqn to receive the new Spitfire MkXIV fighter. Powered by the mighty Rolls Royce Griffon engine developing 2050hp, the new Spitfires had a top speed

approaching 400mph! After familiarisation training, George re-joined the Sqn on May 13th 1944, at West Malling, Kent. Later, as the momentous events of Operation Overlord were taking place across the Channel, 610 Sqn prepared for another move, this time to RAF Friston – a windswept, grass runway airfield near East Dean where planes took off over the Seven Sisters. It was from here that McKinlay & the other pilots of 610 Sqn would find themselves on the front-line of a new battle – a battle against the V1 Flying Bombs.

By the morning of the 12th July, F/O McKinlay was the 2nd top scoring pilot of the Sqn against V1s with two and a half under his belt (his first being a shared kill with another pilot). At 06:50am he took off on a 'Diver' patrol. By 08:00am, upon his return, he'd downed another of Hitler's vengeance weapons. At 16:05pm, F/O McKinlay in his Spitfire MkXIV, serial no. RB142, fuselage code DW-B, thundered down the grass runway of Friston for a final time. At 16:15, as the people of Newhaven watched the approaching Flying Bomb head over the packed harbour, a

Spitfire at full throttle came hurtling after the German vengeance weapon. Above the Drove, the Spitfire opened fire with machine guns & cannons causing the V1 to explode in a tremendous fireball. Eyewitnesses on the ground all concurred that the Spitfire was seen emerging from the other side of the explosion, evidently in some form of trouble. Rather than bail out straight away (possibly leaving the stricken fighter to crash into the town), the pilot was seen circling the Spitfire in a wide loop away from the town. Before he had a chance to escape, the fighter stalled, crashing into the fields opposite where Sainsburys is today.

The Spitfire was F/O McKinlay's - he died with his plane aged 23.

Amazingly, the spirit of Spitfire MkXIV DW-B, RB142 flies on to this day. Whilst researching F/O McKinlay and the events of 12/07/1944, photos would appear of a replica Spitfire gracing the skies over the Solent, bearing the same markings of McKinlay's of 1944. The '*Spitfire*' in question, which flies under the civil registration G-CEFC, belongs



▲ Flying Bomb being manhandled to its launch ramp somewhere in France, 1944

to a Mr David R Bishop and is often flown by pilot Chris Thompson. When I asked about how he came into possession of the Spitfire, Mr Bishop admitted that it all began with an interest in aviation he'd inherited from his father. Mr D W Bishop, David's late father, had worked as an aircraft engineer pre-war with Foster & Wickner on the 'Wicko' light monoplane. Subsequently, post-war he spent 38 years working for the Folland aircraft company at Hamble. D W Bishop passed away in 1976. Having grown up with his father working in the aircraft industry, David had a keen interest to follow in those footsteps.

Having built a plane of his own between the years of 1994-1999, David was keen for another project. Then, in 2005, he read an article about a company in Australia producing replica Spitfires as 80% 'actual size' kits. A UK based agent had just been appointed by the company for import and selling. In David's words, upon broaching the subject of building another plane to his wife Isabel; *"Wouldn't it be lovely to make one of these?"* her immediate response was *"I am not living in an aircraft factory for another five years. You do it if you want to, but you will have to find somewhere else to build it!"* "Crickey" thought David, *"That's a yes!"* Having ordered the Spitfire kit, David swiftly set about finding somewhere where he could store and build his new plane. Eventually he

struck lucky, obtaining a small industrial unit in Basingstoke complete with office & kitchen! The kit arrived in August 2005 and construction began. Construction of G-CEFC took nine years to complete with around 5500-man hours spent on all aspects of the build from the engine, fuel systems, electricals, painting & finishing.

When choosing a historical livery for his Spitfire, David had hoped to get a fuselage code of DR-B, representing his initials. No wartime Squadron used the DR code so this could not be authorised. After asking around and getting friends to research Spitfire Squadrons of WWII, someone found Spitfire RB142 DW-B. It was a sign as far as David was concerned. A historic Spitfire livery that was also the initials of his father. The approval for use of historic RAF code DW-B, serial no. RB142 was granted to David by the RAF in 2006 once it had been proven that the original plane was no longer in existence and no other plane, wartime or replica, had already applied for these markings.

A little after 70 years since F/O McKinlay's fateful flight over Newhaven, on 8th September 2014 David Bishop's Spitfire made her maiden flight under the control of Davids' trusted test pilot, Chris Thompson. Since 2014, the legacy of McKinlay in the form of Bishop's Spitfire has appeared at several historical, memorial flypasts in the Southern Counties. Most notably, on the afternoon of Friday 12th July, 2019, when at 16:15, with Thompson at the controls, G-CEFC made a low and speedy flypast over Newhaven Harbour where she then circled over the Drove, returning out over the sea – exactly 75 years after F/O McKinlay had flown that final route, giving his life in destruction of a Flying Bomb and saving the town from what could have been a far greater tragedy.

In 2005, Newhaven Historical Society put in a request that the new Port Access Road be named after FO McKinlay, as it is close to the crash site. In 2008, this was approved. The road is now named McKinlay Way.



▼ Spitfire MkXIV serial no. RB142 - McKinlay's steed



NEWHAVEN BOWLING CLUB:

Where Tradition Meets Community

Are you looking for a new sport or hobby that combines relaxation, camaraderie, and a hint of friendly competition? Look no further than Newhaven Bowling Club, a welcoming and well-established bowls club nestled in the heart of Newhaven's Fort Road recreation ground.

A Bowls Experience Like No Other

Newhaven Bowling Club boasts a welcoming clubhouse and one of the finest greens in the county. Whether you're a seasoned player or completely new to the sport, our club offers a fun and low-impact way to stay active and engaged. Lawn bowls is a sport for all ages and abilities, and we take pride in creating an inclusive environment

where everyone can thrive.

From April through September, our members enjoy a lively calendar of friendly and competitive matches. We host matches both within the club and against other clubs, providing opportunities for friendly rivalry and a chance to improve your skills.

Exciting Opportunities

Our weekly roll-ups and coaching sessions are held on Monday evenings from 5:30 p.m. and Wednesday and Saturday mornings from 10:00 a.m. This is a perfect opportunity for beginners to learn the basics, and for experienced players to hone their skills. Our qualified coach and seasoned players are always on hand to offer guidance and support.

Join Our Friendly Community

Newhaven Bowling Club is not just about the game; it's about the people and the community. Our members form lifelong friendships and enjoy a welcoming, social atmosphere both on and off the green.

Ready to try lawn bowls or want to learn more? Visit our website NewhavenBowlingClub.weebly.com or email us at nbowlscsocialmedia@gmail.com. You can also reach out to Jose Baker at 07542 608304 for further details.

Come discover why Newhaven Bowling Club is the perfect place to start your journey into the wonderful world of lawn bowls!



Newhaven Cricket Club are running mixed Junior Cricket sessions at Fort Road Recreation Ground every Tuesday.

School Years 1 to 5 sessions run from 4.30pm to 5.15pm (45 mins)

School Years 6 to 9 run from 5.30pm to 6.30pm (60 mins)

The first session is free & then there will be a small charge of £2 per session thereafter.

For more information send Gary Dove a message on 07761 786794 (WhatsApp) or email garydove27@gmail.com.



Reflexology and Massage

Aromatherapy Massage ~~~ Reflexology ~~~ Thai Body/Foot Massage ~~~ Sports/Deep Tissue Massage ~~~ Pregnancy Massage ~~~ Seated Massage ~~~ Indian Head Massage ~~~ Menopausal Massage ~~~ SleepWell Massage ~~~ Holistic/Swedish Massage ~~~ Mind Focus Massage

We carry out calming and restoring massages in our tranquil therapy room. We are highly trained, fully insured and FHT accredited. We offer pamper packages and gift vouchers too.

Call or message Jody or Doris on
07847657960 / 07510755577

Where we are:
Unit 31
Newhaven Enterprise Centre
Denton Island

The treatments can improve conditions such as:
Fibromyalgia, Migraine, High blood pressure, Insomnia, Muscle pain, Anxiety, Digestive problems, Hormone imbalance, Stiff joints, and many more.



Summer is a great time to be out in the local Community, there are a lot of events where we can get out and speak to residents about helping nature in whatever small amount of garden they have.

It has been lovely to see the healthy areas of cowslips in Newhaven, especially Valley Ponds.

Over the next couple of months look out for locally sown wildflower patches on verges and in woodland areas and hedgerows foxgloves, poppies and orchids. Honeysuckle is a lovely addition to your hedge and will attract bees, butterflies and moths. Summer evenings are a great time to see bats hunting for insects to feed their family.

Greenhavens Network will be at some of the local fairs in Seaford, Newhaven, Peacehaven and Saltdean over the summer, come and see us to find out how to help nature in your garden. We're also

looking for donations to our seed bank for future swapping events. If you have any seeds you wish to donate please get in touch.

Please follow us on Facebook or go to our website where you'll find out what workshops we're running in the next few months, booking is essential. Below is a list of our events going forward.

13th July – Peacehaven Eco Fair

20th July – Butterfly Walks at Castle Hill and Peacehaven Community Orchard with Dan Danahar.

8th September – Froglife family workshop at Valley Road, Newhaven.

14th September – Harvest Festival event at Peverells Community Garden in Seaford.

29th October – Fungi walk at Castle Hill with Martin Allison & a free family event at Meeching Hall with Undersea Experience

There's also plenty of training on offer through Ouse Valley Climate Action project – if you're interested in anything from first aid to setting up a community group, or nature identification to funding bid writing, please get in touch.



contact@greenhavens.network

www.greenhavens.network

Facebook & Instagram:
[Greenhavens Network](#)



BN9 Trees



Summer is coming and Newhaven Tree Wardens are preparing for drier weather. Hard to imagine as we go to press, but soon we will be needing to water all the young trees we've planted around the town since we came into being. A recent count makes it 97 of them! Any help is always gratefully received and if you'd like to volunteer, please talk to Newhaven Town Council in the first instance or contact us on BN9trees@hotmail.com.





THE GROWING COMMUNITY TOOLKIT

– a helping hand for volunteers in the Havens

With most of us leading busy lives, the idea of volunteering might seem impossible! How can we fit in anything else? But as well as helping out in a good cause, there are many surprising benefits to volunteering.

Physical and mental health

In a recent survey by the National Council for Voluntary Organisations, over three quarters of volunteers said volunteering improved their mental health, and over half felt that their physical health had improved. An hour's session working in a community garden can be just as effective in exercising different muscle groups than the same time spent in the gym.

Meeting people and making friends

In the same survey, almost 90% of people said they'd met new people through volunteering. Young people were the most likely to say that volunteering made them feel less isolated.

Employment prospects

Amongst young people, almost 70% felt that volunteering would improve their job prospects.

Volunteering outdoors

In community gardens or

in the countryside – brings other benefits: connecting with nature, helping the environment... and even growing your own food! We're incredibly lucky to have many wonderful community groups in our local area, which welcome volunteers of all ages and abilities.

The Growing Community Toolkit: supporting volunteers and community groups in the Havens area

The Growing Community Toolkit is a new project in the Havens area, offering a helping hand to volunteers and community groups. Whether you're part of an established community group, a volunteer, just thinking about volunteering, or considering setting up a new group, we hope the 'Growing Community Toolkit' will have something for you.

The Toolkit is aimed at community gardens and volunteering outdoors and in green spaces, but will have something for everyone.

What is the Growing Community Toolkit?

The Growing Community Toolkit is a "one stop shop" resource, delivered as a series of live and online workshops,

and backed up by a website with online resources.

The Toolkit will include subjects such as: how to set up a community garden or community group; finding a piece of land; encouraging wildlife; where to get support; food growing; how to collect and save water... and much, much more!

The Toolkit is being delivered by GIA (Gardening In Action), in partnership with a host of local community groups and local organisations. We'll be including real, practical examples and case studies, relevant to local people and local community groups.

We're really keen that everything in the Toolkit is practical and relevant and we'd love to hear your questions, thoughts or ideas. To find out more or get in touch, please visit

Website: www.gardeningin.org
Email: admin@gardeningin



The Toolkit is funded by the Sussex Community Development Association's Making It Happen Programme.

NEWHAVEN PHOTOGRAPHERS COLLECTIVE

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

What sets us apart, you ask?

As a Collective our intent is to creatively grow together, by building social relationships with fellow photographers in a focused, interactive, and welcoming environment.

A space where we can inspire one another & improve technical development skills with the knowledge from Professionals guiding us through photography demonstration's & taking us on a journey with their expertise.

By joining us you will also gain access to exclusive events & exhibitions.

But hey! It's not all serious business at Phocol, We like to have a good time too, from Photography Walkabouts to Fun filled Workshops and the

occasional photography theme Pub Quiz! Who doesn't love a bit of friendly competition.

For up to date info on joining our supportive network of like minded individuals who share your passion.

Contact - Dawnie Thompson
Phocol.dt@gmail.com

And/Or join us on Facebook
[@Newhaven Photographers Collective](https://www.facebook.com/NewhavenPhotographersCollective)

We look forward to seeing the world through your eyes.



Art Techniques
With Carol Havard



A unique community art service

Children's Art:

Prices £15pw or £150 for 12 sessions.

Start Art:

Mon 4.30pm – 6pm for 8 to 13 yrs (currently full) & Thurs 4.30pm – 6pm & Tues 7pm – 9pm for 14 to 25 yrs.

School Holidays Start Art & Pottery:

£65 for 4 places.

Tues, Wed & Sat 11am – 1pm or 2pm – 4pm for 5 -12 yrs.

DOVE Pottery for Adults:

£35pp Materials and firing included. Pottery 1-1 sessions £55pp.

Mon 10.30am –12.30pm, Fri 2pm – 4pm & Thurs 7pm – 9pm.

40 years' experience & DBS checked Held at Studio 25, Hillcrest Road, Newhaven BN9 9EE

Find us on Facebook

Email: carolhavard@gmail.com

Tel: 01273 510022 or 07944 595505

www.art-techniques.co.uk



Newhaven Art Club

Where Creativity Thrives



Looking for a place to nurture your artistic talents or simply explore your creativity in a friendly and welcoming environment? Newhaven Art Club offers just that!

Our longstanding club is run by passionate members who share a love for art and community, providing an inspiring space for artists of all levels.

Weekly Meetings: Join us every Monday at 2:00 p.m. at the Peacehaven Evangelical Church Hall (24 Mayfield Ave, Peacehaven BN10 8RE) for our regular meetings.

Whether you're an experienced artist or just starting your journey, you'll find likeminded individuals ready to support and inspire you.

Exciting Events and Projects: Our calendar is packed with inspirational club visits, artist demonstrations, and projects that spark creativity. We organize exhibitions and

shows where members can display and sell their works, providing valuable exposure and recognition.

UPCOMING EXHIBITIONS

This summer, we're thrilled to present a D-Day memorial project at Newhaven Museum in June. Additionally, our annual exhibition at The Crypt Gallery will run from 24th to 30th July (10am to 4pm daily) and is free to attend. Enjoy stunning works from local artists across various media, all available for purchase.

This year we will also be at the beautiful Newhaven Marine Workshops for ARTWAVE.

OUTDOOR ACTIVITIES

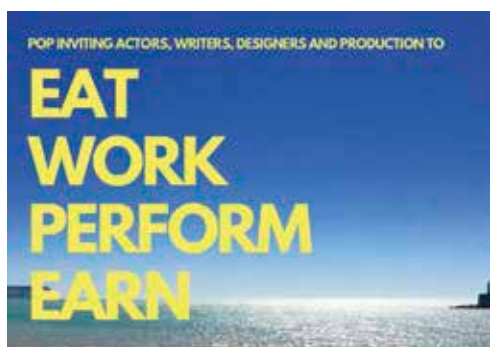
Throughout the summer, we host plein air events and outings, offering opportunities to capture the beauty of nature and connect with fellow artists in picturesque settings. Our summer garden parties add a touch of festivity to our creative journey.

All Abilities Welcome: At Newhaven Art Club, we embrace artists of all skill levels. You don't have to be Picasso or Monet - just bring your enthusiasm and willingness to explore art in a supportive community. Many beginners have blossomed into accomplished artists with us!



Ready to embark on your artistic adventure? Visit our website newhavenartclub.co.uk for more details, or get in touch with Chris Cook at 07887 520708 or NewhavenArtClub@Hotmail.com.

Discover the joy of artistic expression and become a part of Newhaven Art Club - where creativity thrives!



POP CALL FOR ACTORS, WRITERS, DESIGNERS AND PRODUCTION

Following our stunning production of Romeo and Juliet at The Fort last year we are delighted to announce that we will be at The Sidings, Newhaven between the 20-22nd September as part of BN9's fantastic creative programme. We are currently recruiting actors, writers, designers and a production team to create their responses to some of Shakespeare's most famous characters and speeches. As Artists in Residence with Sussex Community Development Association we'll be rehearsing on Thursdays between 6.00

– 8.00pm. Company members will have the opportunity to cook and eat a hot meal for their peers before rehearsals along with being financially supported over the production weekend. This has been made possible with support from BN9 Growth Fund, Chalk Cliff Trust, Lewes District Food Partnership, Sussex Community Foundation and our generous hosts on Denton Island - SCDA! If you are between 16 and 25 years old and interested, please go to go to www.playonshakespeare.com to register.



NIPPERS

Newhaven Intergrated Play Project Educational and Recreational Services

East Side Social Centre, Norton
Terrace, East Sussex, BN9 0BT

Telephone 07564 452837
Email nippers1973@outlook.com

Charity number 1087572
Ofsted 2564131

N.I.P.P.E.R.S. was established in 1973 and will be running it's 51st Summer playscheme from 24th July until the end of the school summer holidays. Over the years, N.I.P.P.E.R.S. has provided activities from a variety of community buildings in Newhaven, but currently, all activities are based at East Side Social centre in Newhaven, with activities taking place around the local area. The main setting will be open from 7.30am till 6pm every weekday for children aged 3-17. During these hours a number of sessions can be booked in advance. N.I.P.P.E.R.S. promotes inclusive play for all children and children with SEND are welcome to attend.

HAF (Healthy Activity Food) Scheme has nearly come to an end and the last funded scheme will be over the Christmas period. N.I.P.P.E.R.S. have been able to successfully secure funding for the Summer and Christmas period to provide play experiences for the local community.

Places for the HAF scheme will be available to book from

3rd June for those of Benefit Related Free School Meals and from the 5th for SEND, looked after and home-schooled children. The scheme is aimed at children aged 5-16 and will run from 0900-1500 each day. The session can be booked by logging on to <https://eequ.org/experience/1652>.

N.I.P.P.E.R.S. is now accepting bookings for sessions that are not funded by the HAF scheme.

Children will have the opportunity to take part in a large variety of activities with play being at the heart of everything that N.I.P.P.E.R.S. does, arts and crafts, cooking, forest school, gardening, imaginative, fantasy and outdoor play, trips to local nature trails and much more. Children just need to bring along a water bottle and sensible clothes and shoes, as we will be out and about – there is a chance that play may get just a little bit messy! All snacks and meals are provided.

N.I.P.P.E.R.S. also runs an after-school club from East Side Social Centre, where children

can relax and play after a busy day at school and parents can continue their working day in the knowledge that their children are being looked after in a play centred environment by qualified DBS checked members of staff. Snacks and meals are also provided, and children are collected from their relevant schools by us.

N.I.P.P.E.R.S. is registered with Ofsted and is a registered Charity run by the same management team since 1978.



For further details and prices please email nippers1973@outlook.com and check out the Facebook page to see the play that takes place every day.



SAINT JOHN THE EVANGELIST
PIDDINGHOE



THE PIDDINGHOE BELLS PROJECT

On film, in print
and recording

The Piddinghoe Bells Project, which 'Newhaven Matters' has reported on several times, is now complete and available in other media. The film of the restoration is on the St John's Piddinghoe website:

www.piddinghoechurch.org

The booklet, 'Ring in the New' is now published. Everyone who was interviewed for the oral history project (carried out by students from Seahaven Academy) received a copy for free.

Anyone wishing to buy a copy can contact Brigid Simmonds at Brigid.simmonds@btinternet.com.

The price is £5.00 and all proceeds will be going towards Church funds.

Two more things have happened; In April, the music from the wonderful concert 'Songs from Piddinghoe' was recorded in a London studio with the support of the VOCES 8 Foundation. Tides Mills Choir and the children from Harbour Primary School playing handbells joined the VOCES 8 singers (who performed in St

John's in April 2023), and the music so evocative for those present, so privileged to hear, will then be available to all.

The Bells Project gives thanks to all its supporters, but in particular, this project would never have been possible without financial donations from the National Lottery Heritage Fund, BN9 Growth Fund, and Chalk Cliff Trust as well as a range of individual funders.

ART ~ WAVE

ARTWAVE IN PIDDINGHOE

Over 2 weekends 7th - 8th & 24th - 15th September, Piddinghoe will be holding its annual Artwave in our beautiful church St Johns the

Evangelist, Village Green BN9 9AP We will open 10-4.

There will be 9 artists showing paintings, ceramics, illustrations, stone work, textiles, wood turning, needle felting paper mache and local flowers and wreaths, including, two Royal Collage

of Art alumni Lucy Loveheart, an illustrator and Kent Eardly, a ceramicist and textile artist Helen Ott. Helen lived for many years in Japan and has just written a book about her life there and it also includes step by step guides on how to make some of her pieces influenced by Japanese culture.



Friends of Bishopstone Station

Man Space

Man Space is the men's social space at the Old Parcel Room, Bishopstone Station. Whether you're recently retired, looking to meet new people, or just bored sitting at home, it's a chance to make connections, share and find new interests and maybe learn something new. We have occasional talks and discussions on men's health, wellbeing and other subjects of interest. Man Space, from 10am to 12 noon on the first and third Friday of each month. Friends of Bishopstone Station Man Space welcomes men of all ages from across the Seahaven area for a chat over tea or coffee. No need to book, just drop by.

Community Food Project

Saturday July 27th 11am to 1pm. Join Jim from Fobs, who will give a cookery

demonstration and talk about jam making. Raspberries or Loganberries will be the local seasonal fruit being used. 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.

Bishopstone Station August History weekend

Friday 23rd August 7pm (doors open 6.30pm) in The Old Parcel Room, Talk by Charlie Grimble on 'The changing geography of the Ouse Estuary, Hawth

Hill and Tidemills'. Tickets in advance from Seaford Tourist Information £8.

Saturday 24th August 10.30am and 2.30pm, guided history tours of Bishopstone Station led by Jim Stanford. Suggested donation on the day £2. Refreshments available.

Saturday 24th August 7pm (doors open 6.30pm) in The Old Parcel Room, Talk by Kevin Gordon on 'The Lost Village of Tidemills'. Tickets in advance from Seaford Tourist Information £8.

Limited on street parking. Nearest car park at Buckle. 12 or 12a bus, use Hill Rise bus stop. Bicycle rack in front of the station building, or take the train to Bishopstone Station (half hourly service).

Email: friendsofbishopstonestation@yahoo.com

Facebook: Friends of Bishopstone Station

Mobile: 07501 672424

www.friendsofbishopstonestation.org.uk



The Importance of Getting Out-Out

by Gary Weston, Marketing Manager with CTLA Community Transport

Never before has the importance of getting out and going out, been so important for our wellbeing, inner happiness, stability and mental health. To escape the confines of our accommodation. To escape any feelings of loneliness and isolation. To combat any feelings of depression.

Just getting out to embrace the 'great outdoors', appreciate mother nature, listening to the bird song, and getting some of that lovely fresh air. Especially where we are close to the sea, close to the countryside, up on the cliffs, or up in the South Downs.

We're surrounded by sad news and events. Just 'getting out' can make us feel good inside and out. Getting out is proven with medical studies to make us quickly feel good all over, inside and out. Getting out is free, simple and an immediate antidote or quick relief to feeling sad. Just try it, the next time you feel sad about anything.

Don't let bad weather stop you either. Just don a jacket, shoes or boots, hat and take perhaps bottle of drink. Your phone has a camera to capture any

interesting things along the way. Perhaps invite a friend to join you. Get them out too.

Going out is also much more than just the physical act of getting out. It's about going out-out. Proper out. Going 'out-out' is about being with family and friends, socialising, meeting new people, shopping, going to work, education, exercising, attending appointments and local events, a swift half down your local, or just going out for a walk... and getting out can be so much more.

If you haven't access to personal transport, or haven't the money for transport, this doesn't have to stop you traveling to get out. Check out your local community transport and travel services such as CTLA community transport with services across East Sussex.

CTLA community transport is a local charity that's been running for over 20 years. Based in Newhaven, CTLA offers various bus services from East Saltdean, Telscombe and Peacehaven to Eastbourne, Uckfield and Lewes to Seaford, Bishopstone and Newhaven. Passenger registration is free

and enables you to access other travel and transport services such as the CTLA Patient Transport, Group Hire and Travel Club.

The CTLA Travel Club is especially worth noting because joining the CTLA Travel Club gives you access to monthly days out to local places of interest, lunches and teas, events, shopping centres and garden centres, local events and much more. You get to meet new people, make new friends, chat along the way and make new social circles. Just what you need for 'going out-out'. More information can be found at the CTLA website at www.ctla.org.uk.

*So, no 'dilly-dallying'.
Get out and about.*

*Get going 'out-out' to feel
better inside and out.*



Contact us on Tel:
01273 517332 (Main)
Office: Mon – Fri: 6:30am – 3:00pm

MOVEABILITY LAUNCHES IN NEWHAVEN!

An exciting new project - MoveAbility - has launched in Newhaven to help local people with disabilities to travel more actively. The three year project has been funded by the Motability Foundation, a charity who fund, support, research and innovate so that all disabled people can make the journeys they choose.

Sussex Community Development Association (SCDA) and Sustrans will be working in partnership to deliver a programme of events and activities to support people with visible and hidden disabilities, who want to travel actively for their health and independence.

Jamie Lloyd from SCDA: "I've seen the freedom that walking, wheeling and cycling can bring to people. It's a great way of getting fit and getting out and saving money. A cycle can be a

mobility aid for a person with limited mobility and a great way of travelling to local shops, the National Park or getting to the train station or work. The aim of this project is to offer this freedom and independence to as many people as possible who identify as having a disability."

Lucy Dance from Sustrans: "I have been working with the more vulnerable members of the community for many years, especially in the field of active travel and cycling and I am looking forward to working with local people on this project. Walking, wheeling and cycling are a fun and affordable way to increase people's confidence and improve physical and mental health."



For more information, please contact the MoveAbility Team:
moveability@sussexcommunity.org.uk.



NEWHAVEN YOUNG PEOPLE'S FORUM

The Young People's team at SCDA, based at Newhaven Youth Centre on Denton Island, have organised a young people's forum for over 10 years and are now looking to reform the project. The aim is for local young people to meet, discuss and deliver topics and projects in the local community and also help other young people find a voice within the local community.

The forum is a safe and supportive environment, we will always listen to your thoughts and ideas without judgement. There are no silly ideas or questions! We welcome the support of new members in order for the forum to be more representative of the voice of all young people.

For more information, please get in touch youth@sussexcommunity.org.uk.

CELEBRATING PEACEHAVEN COMMUNITY SUPERMARKET'S 3RD BIRTHDAY!

When we first opened, we supported roughly 30 households per week; that figure now is at 100. We are similar to a Food Bank, but our supermarket style setting means people can choose from what we've got on offer. We also don't require a referral, members sign up with us and attend weekly for as long as they want and lastly, we

operate on a 'pay-as-you-feel' basis, so members can give something back. We love being able to provide a well needed service to our local community - we currently have over 30 volunteers and we wouldn't be able to run the service without them. We are always in need of cereal, nappies and tins of fruit but any donations are very warmly accepted.



For more information, please contact us at food@sussexcommunity.org.uk

NEWHAVEN HERITAGE ROUTES - THE VOLUNTEER WORK CONTINUES

Building on from the fantastic work of the Newhaven Heritage Routes Research volunteers, we are delighted to announce that we have a group of volunteer walk leaders who will be leading

Newhaven Heritage Routes on the last Saturday of the month from May until September. Make sure you check out our Instagram page [@newhavenheritage](#) for the latest updates regarding routes and starting points. All walks will start at 10.00am.

If you are interested in becoming a Newhaven Heritage Routes volunteer

walk leader, please contact Chris on Newhaven-Heritage-Walks@sussexcommunity.org.uk.

If you would like to explore the routes independently, you can access the maps and supporting research information via <https://tinyurl.com/7c3jcysw>.

Dates for the diary.

JULY

Every Monday

Meet Up Mondays, Bishopstone Station. 10am

Every Tuesday BY APPOINTMENT

Library of Things, Mencap Hall. 6.30pm – 7.30pm

Every Thursday

Library of Things, Newhaven Library. 10am – 12pm

Every 1st & 3rd Friday

Man Space, Bishopstone Station. 10am – 12pm

Thursday 4th July

General Election. See your Polling Card for details

Friday 5th July

Newhaven Twinning Association Quiz Night, 3rd Newhaven Scout HQ Fort Road. 7.30pm. £5 per person, and tables of up to six people, although people on their own or couples are equally welcome. Bring your own drinks, glasses and nibbles. To reserve your place, please contact Norman Hopson on 01273 588193 or email norman.hopson@btinternet.com

Saturday 6th July

RNLI Summer Spectacular. 10am Carnival Parade, Denton Island. 11am – 4pm Summer Fayre, Fort Road Rec 6pm – 10pm Music Fest, Fort Road Rec

Sunday 7th July

Lewes to Newhaven Raft Race

Tuesday 9th July

GuestHouse Story Tellers TuuP - Tiger's Whisker - Tales for Grown-ups, Hillcrest Centre. 7.30pm

Wednesday 17th July

Jam Making, Bishopstone Station. 11am

Saturday 20th July

Greenhavens Butterfly Walks with Dan Danahar 10am at Castle Hill, Newhaven

& 1.30pm Peacehaven Community Orchard

Sunday 21st July

Newhaven Repair Café, Meeching Hall. 2.30pm – 4.30pm

Saturday 27th July

RNLI Summer Ball, Summer Ball, EBM Centre, Peacehaven
Enjoy a 3 Course meal, Tea/Coffee and Music from Mary Grace to dance the night away! £40 per person, plus there will be a Raffle and Licensed Bar. Bookings: www.ticketsource.co.uk/newhavenlifeboatevents

AUGUST

Every Monday

Meet Up Mondays, Bishopstone Station. 10am

Every Tuesday BY APPOINTMENT

Library of Things, Mencap Hall. 6.30pm – 7.30pm

Every Thursday

Library of Things, Newhaven Library. 10am – 12pm

Every 1st & 3rd Friday

Man Space, Bishopstone Station. 10am – 12pm

Sunday 11th August

Dieppe Raid Commemorations, Memorial Green, 3pm

Tuesday 13th August

GuestHouse Story Tellers Morgan Le Fey - Xanthe Gresham Knight Hillcrest Centre. 7.30pm

Saturday 17th August

Cooking with Beans, Bishopstone Station. 11am

Friday 23rd August

Bishopstone Station History Weekend - Talk by Charlie Grimble on 'The changing geography of the Ouse Estuary, Hawth Hill and Tidemills'. Tickets in advance from Seaford Tourist Information, Bishopstone Station. Doors open at 6.30pm

July – September 2024

Saturday 24th August

Bishopstone Station History Weekend - Guided history tours of Bishopstone Station led by Jim Stanford. Suggested donation on the day £2. Bishopstone Station. 10:30am

Sunday 25th August

Bishopstone Station History Weekend - Talk by Kevin Gordon on 'The Lost Village of Tidemills'. Bishopstone Station. Tickets in advance from Seaford Tourist Information. Doors open at 6.30pm

SEPTEMBER

Every Monday

Meet Up Mondays, Bishopstone Station. 10am

Every Tuesday BY APPOINTMENT

Library of Things, Mencap Hall. 6.30pm – 7.30pm

Every Thursday

Library of Things, Newhaven Library. 10am – 12pm

Every 1st & 3rd Friday

Man Space, Bishopstone Station. 10am – 12pm

7th – 22nd September

Art Wave 2024, Hillcrest Centre and throughout Newhaven, Seaford and Lewes

Friday 20th September

Newhaven Twinning Association Quiz Night, 3rd Newhaven Scout HQ Fort Road. 7.30pm. £5 per person, and tables of up to six people, although people on their own or couples are equally welcome. Bring your own drinks, glasses and nibbles. To reserve your place, please contact Norman Hopson on 01273 588193 or email norman.hopson@btinternet.com

Saturday 14th September

Peverells Community Garden, Seaford Seed & plant swap

Community Directory.

ARTS, CRAFTS & IT

Art Techniques with Carol Havard

See advert on page 22

Into Art

Hillcrest Centre. Mondays & Fridays:

10am – 12pm £5 an hour.

To book email wildseaarts@gmail.com

Creative Writing Course

Hillcrest Centre. 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

For more information visit

www.newhavenartclub.co.uk or ring

Chris Cook on 07887 520708 or email

NewhavenArtClub@Hotmail.com

Newhaven Photographers

Collective

See advert on p22

Software Solutions

Hillcrest Centre. Tuesdays 4.30pm – 6pm

U3A Art

Hillcrest Centre. Tuesdays: 2pm – 4pm.

To book email graham.heids@btinternet.com

Wood Creative

Hillcrest Centre

Mon, Tues Wed & Thu 9.30am – 3.30pm

Friday & Weekend Planned

Beginners Welcome

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 Highton Junior Football Club

The Hollow, South Highton, 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 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)

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

Invest in your Health = Joint Freeing Session for 70+ yrs

4 week course, every Wednesday: 10am.

Max of 4 participants. Delivered in the

beautiful private Samtosh Yoga Studio, 80

Court Farm Road, Newhaven, BN9 9DY

with Janet Bond,

Tel: 07899 419242/01273 512306

Email: samtosha4u@gmail.com

Mary Moves It

Hillcrest Centre. Thursdays: 11am – 1pm

marymovesit@gmail.com

Pilates Classes

Hillcrest Centre

Tuesdays: 11.30am – 12.30pm

Contact Tash: 07831 120600

Tai Chi

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

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. September meeting includes Summer

Picnic. For more information contact Jim

Skinner brianjimskinner@gmail.com

Guesthouse Storytellers

Hillcrest Centre.

Visit www.guesthousestorytellers.com

for more information

Historical Society & Museum

Museum is open 11 – 4.00 on Tuesday,

Wednesday, Friday and Saturday until the

end of October

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 newhavendmclub@gmail.com or tel:
07563 840687 www.newhavendmrc.com

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

Royal Literary Fund Reading Round

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

U3A

Offers a range of groups and events at various venues. For more information, please visit newhaven-peacehaven.u3asite.uk

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

Ukulele

Hillcrest Centre. Wednesday: 7pm – 9pm. Every 2 weeks. To book email peterandberylneal@gmail.com

SOCIAL

Denton 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

Hillcrest Boxing

For more information, please visit www.hillcrestboxinggym.co.uk

Newhaven Archery Club

For more information, please visit www.newhavenarcheryclub.co.uk or email newhaven_archery@yahoo.co.uk

Newhaven Gig Rowing

For details visit www.ngrc.co.uk 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@gmail.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
Mon: Junior Coaching 4.30pm & 5.35pm
Tues: Adult Club: 1pm – 4.30pm
Tues: Adult Members Beginners & Improvers: 6pm – 7pm
Thurs: Adult Beginners & Improvers only: 5.30pm – to dusk
Fri: Group Coaching for all ages Afternoons
Sat: Junior Coaching: 9am | 10am | 11am & Adult Club: 1pm – 4.30pm
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: 7.15pm – 8.30pm
Meeching Hall. Wednesdays: 9.30am

Bereaved by Suicide: East Sussex

Please contact the Sussex Suicide Bereavement Support Team on 07376 616628 or email sussexbereavedbysuicide@cruse.org.uk

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.



☎ 01273 513308

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

🏠 4 BRIDGE STREET, NEWHAVEN, BN9 9PJ