

Newhaven *Matters*

Summer 2025 // Issue N° 46



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



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CONTACT YOUR LOCAL MP



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SUMMER 2025

Welcome to the Summer edition of Newhaven Matters!

We would love to hear from you. If you have any ideas for what you'd like to see covered in Newhaven Matters, please email us at newhavenmatters@newhaventowncouncil.gov.uk to let us know.

We hope you enjoy this edition. Wishing you a lovely Summer.

Best wishes, from the team at Newhaven Town Council



If you would like to advertise, or have a story or event that you would like included in future issues of 'Newhaven Matters', email newhavenmatters@newhaventowncouncil.gov.uk or phone on 01273 516100.

Copy deadline for the Autumn issue is 8th August 2025

Contents

Contact your local Town Councillor	02	Volunteering with the NCI	18
Welcome and Contents	03	Lynne Mendelsohn	18
Hello from the Town Mayor and Deputy Town Mayor	04	Newhaven Art Club	19
Town Council Meetings	05	Newhaven Bowling Club	19
Newhaven District Model Railway Club	06	Sussex Yeomanry	20
Amateur Photographic Competition	06	Newhaven Tree Wardens	20
Escape Room	07	Iford and Kingston CE Primary School	20
Royal Visit at Newhaven Fort	07	Newhaven Museum	21
NIPPERS	08	Artwave at Newhaven Museum	21
NEZ Funding	08	The Marine Workshops	22
Greenhavens Network	09	Our Newhaven	23
Lins Café	10	MAD	23
Havens Property Management	10	Summer Wellness	24
Newhaven Port's Sustainability Mission	11	The BN9 Programme	25
Newhaven Swing Bridge	11	Viceroy Restaurant	26
Save Bills with Shirley	12	Havens Connections Café	27
Coast Cremations	12	Newhaven Green Centre	27
The Twits is a Hit	13	Puzzle Page	28
Internal Chinese Martial Arts	13	Artwave Festival	29
Seahaven Business Awards	14-15	Dates for the Diary	29
SCDA News	16-17	Community Directory	30-31
Newhaven & Peacehaven u3a Art Club	17	Free Form	32

Hello from the Mayor



Hello readers, I would like to introduce myself as your newly elected Mayor for the coming year. It makes me immensely proud to be able to represent the town I greatly love.

Having lived in Newhaven for 24 years with my husband

and watched my two children grow up here and now my grandsons, Newhaven is deeply rooted in my heart.

I love the position of the town set between the sea and rolling hills. I never tire of watching the Ferry steam into the port while I walk my dogs along the cliff tops.

Over the past few years Newhaven has started to flourish with many new and exciting businesses moving into the town from new food outlets to construction. The Art Scene is constantly changing with the Marine Workshops being a perfect place to showcase a diverse range of local artists. There definitely is a feeling of optimism in the air!

There are some exciting events planned for the community this Summer for children and adults to enjoy.

With the children of the town in mind I have, as my chosen charity for my Mayoral year, decided that I would like to support "Nippers" on Eastside. Nippers originally formed in 1973 as just a two-week playscheme and now provides clubs for children 5 days a week, 51 weeks of the year. But most importantly during school holidays. Not only does this benefit children with an amazing range of activities but also supports those parents who have to continue to work through the holidays.

I am hoping that with the good weather we have had this Spring, Summer will continue to be a warm one. So, if you do see me out and about, please say hello. Or if I can be of any help to you, please contact me at Newhaven Town Council.

Best wishes,
**Newhaven Town Mayor,
Councillor Kim Bishop**

Hello from the Deputy Town Mayor

I am honoured to introduce myself as your new Deputy Town Mayor. It is a privilege to serve our vibrant community, and I am committed to working collaboratively with Kim, your new Mayor, as well as our fellow councillors and community.

I have lived here on and off for nearly 20 years, and am encouraged by the positivity exhibited by so many who want this town to thrive and be a great place to live in, work in and encourage others to visit.

Newhaven is a town rich in history, culture and community, and I am learning that so many great events and activities are

constantly taking place – and I am excited to get involved and attend many of these. I encourage everyone to seek out these great events, get involved, share ideas and connect with your neighbours. Together we can continue to build a town that we are all proud to call home.

It has felt like a long cold winter, but finally days are getting warmer, and nights getting longer, which means getting out and about more – I love walking and running around the town, whether it be alongside the riverside, through the nature reserve or to the beach, there are so many places to explore and enjoy.

Summer is also the time for fayres and fetes, and there is a busy calendar to look forward to – check out the pages here



or via our notice boards or Facebook page – I hope to say hello to many of you at some of these over this hopefully warm season!

**Deputy Town Mayor,
Councillor Mark Wardle**



**Newhaven Town Council invites
all residents to join us for the
*Dieppe Raid Memorial Service***

**Sunday 10th August 2025
at 3pm
Memorial Green, South Way,
Newhaven**



Newhaven Town Council Meetings

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.

You are welcome to attend Town Council and Committee Meetings, either in person or via MS Teams.

2025		<i>Followed by</i>
29th July	Planning & Development	
26th August	Planning & Development	Regeneration & Strategic Development
16th September	Full Council	
23rd September	Planning & Development	Environment & Amenities
21st October	Planning & Development	Promotion, Partnership & Finance
25th November	Planning & Development	Regeneration & Strategic Development
9th December	Personnel	Promotion, Partnership & Finance
16th December	Planning & Development	Environment & Amenities

A GREAT PLACE OF INTEREST IN NEWHAVEN

Our coastal town of Newhaven has a lot of local treasures. The town is for sure known for its Port and Harbour, the recently refurbished Fort and a strong Community ethos. One vibrant 'jewel in the crown' is the NDMRC (Newhaven & District Model Railway Club).

The theme of our all inclusive, community focussed charity is Model Railways - with all the associated activities such as electrics, layout planning and construction, woodwork, scenery construction, painting, 3-D printing, exhibition preparation, Lego designs and much more, all embedded in a genuinely friendly, helpful, light-hearted atmosphere.



As well as all of this, we also offer friendship, and the chance to learn and practise a range of interesting, established but modern skill sets. All this whilst keeping one of the nation's most popular hobbies alive and kicking.

Our long-established weekly meet is every Wednesday evening from 7.30pm – 10.00pm. For large projects under construction that require more time, we also have a recently added session every Tuesday from 10.30am– 2.00pm.

Please see the 'Community Directory' at the end of this

magazine - under our Club's name and heading, with additional data and contact details. More information can also be found on our website: www.newhavendmrc.com.

You can also look forward to meeting some of our brilliant members at our Annual Exhibition at the Seaford Baptist Church Hall, Belgrave Road, Seaford BN25 2EE, on Saturday 1st November 2025.

We look forward to meeting with you.

Paul Wilson,
Chair of the NDMRC

NEWHAVEN AMATEUR PHOTOGRAPHIC COMPETITION 2025



This year's categories are:

- Newhaven's Art
- Newhaven's Colour
- Newhaven's Nature
- Newhaven's Harbour
- Newhaven's History
- Newhaven's Patterns
- Newhaven's Industry
- The Spirit of Newhaven

DEADLINE FOR ENTRIES: SUNDAY 31ST AUGUST 2025

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

SUBMISSION:

There are 8 themed categories. Adults can submit one photo per category, up to 8 in total. Children aged up to 18 can submit one photo per category and their entries will be submitted in one of two age categories (Under 18s or Under 12s).

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.



ESCAPE ROOM LAUNCHES AT NEWHAVEN FORT



In a first for the town, Newhaven Fort's brand-new escape room has launched, delighting visitors with an immersive story-driven experience set in the heart of the historic site.

Launched in April as part of the Fort's £7.5 million restoration, the escape room is one of several exciting upgrades alongside a new adventure playground and updated interactive exhibitions.

Designed by award-winning Brighton escape room specialists Pier Pressure, The Lucky Escape transports players back to 1979, where they work together to find a missing briefcase full of cash linked to a well-known gambler who has mysteriously disappeared. With the last ferry about to leave, teams follow clues and retrace his final steps before time runs out.

While the storyline takes inspiration from the infamous disappearance of Lord Lucan – whose car was abandoned in Newhaven in the 1970s –

the game weaves a fictional narrative that draws on a range of stories from Sussex's past including a nod to ABBA's famous 1974 Eurovision victory in Brighton.

Lindsay Lawrence, General Manager of Newhaven Fort, said:

"We're absolutely delighted with the response to the escape room. It's not only brought a whole new dimension to Newhaven Fort but it's been a fantastic addition for the town as a whole. Whether you're a seasoned escape room enthusiast or giving it a go for the first time, it's a brilliant way to connect with history in a fun, challenging and memorable way."



The game, located in the Grand Magazine – a historic area once used to store gunpowder – is wheelchair accessible, featuring step-free access.

Recommended for adults and children aged 8 and above (or 16+ when unaccompanied), groups of three to eight players can take part at a time, with each game lasting one hour. Sessions run four times daily from Sunday to Thursday with additional evening slots on Fridays and Saturdays. Tickets must be booked online in advance.

To find out more or to book tickets, visit: www.newhavenfort.org.uk.

Newhaven Fort welcomes royal visit to commemorate £7.5m restoration

His Royal Highness The Duke of Gloucester visited Newhaven Fort in March to unveil a commemorative plaque celebrating the completion of its £7.5 million restoration.

During his visit, The Duke was given a guided tour highlighting key restoration efforts, including the Fort's brand-new adventure playground, restored casemates and enhanced exhibitions.

The Duke, who is a keen architect and Patron of the Fortress Study Group, also visited the newly-restored gun emplacements, which offer panoramic views across the Sussex coastline.



© Victoria Dawe

▲ Pictured L – R: Neil Harrison, Head of Commercial Development at Wave Leisure Trust; Duncan Kerr, Chief Executive of Wave Active (which operates Newhaven Fort); and The Duke of Gloucester



As NIPPERS enters its 52nd year of offering out-of-school activities, we have launched a new Lunch club for everyone in the community. The club takes place on Fridays during term time from 11am to 1pm. It is open to ages 0-99+ and is an opportunity for people to come and chat with their neighbours, play with their children and relax whilst having a cup of tea or coffee and enjoying some nibbles. The cost of the session is £1 per adult, and it would be great to see lots of people attending, across the age groups, to promote a sense of community.

NIPPERS is different to school-based after school clubs as staff have specialised qualifications based around play, including Playwork, Childcare and Forest School to enable us to offer a varied amount of activities on a daily basis. Adult to child ratios are smaller than schools, which means there are more staff to look after each child and their needs. Staff are also qualified in Pediatric First Aid, Safeguarding and Food Hygiene to ensure we meet Ofsted requirements, as all

after-school clubs not based in a school need to be registered and ensure staff have the relevant qualifications.

Children, aged 3-17, can enjoy all types of activities, arts, crafts, play, forest school, trips, picnics in the park, gardening in the community garden, a mud kitchen and just unwind after a long day in school. Snacks and meals are offered at every session. Our main focus is letting children be children for as long as they can be, learning through play and a whole lot of fun.

We pride ourselves on offering reliable and consistent care for all our children that attend, and a variety of activities in a building that we have sole use of, during our opening times, 50-51 weeks of the year.

Currently we offer an After School Club, 3pm to 6pm term time. Children are collected by minibus or cars and brought to East Side Social Centre. This costs £10 per session.

Playschemes are run during every school holiday (except



For details or to arrange a visit please email nippers1973@outlook.com.

NIPPERS is a registered Charity and registered with Ofsted.

the days between Christmas and New Year, so staff can be with their own children) from 7.30am to 6pm.

7.30am-8am £3; 8am-6pm £25; 8am-1pm or 1pm-6pm £15; 9am-4pm £21 per session.

The DfE/ESCC fund Holiday Activities and Food (HAF) playschemes, during the Summer and at Christmas; free places are available from 9am-3pm, 3 days a week, for those on benefit related free school meals or SEN.

Parents may be able to access up to 85% of their childcare costs through Tax Credits, which means a place at the after school club could cost parents as little as £1.50 for 3 hours of fun and knowing that their children will be fed.

ARTS SCENE BOOSTED WITH £100,000 FROM NEWHAVEN ENTERPRISE ZONE

Newhaven Enterprise Zone has provided £100,000 to help fund a programme of creative events in Newhaven which includes interactive art works from Leap Then Look at the Sidings in

August and September, and the Haven Young Creatives' Harbour Lights procession.

Corinne Day, former programme director of Newhaven Enterprise Zone, said:

"The programme of events organised this year is going to build on our success of positioning Newhaven as a hub for grassroots creative events. The funding supports the work of our local artists and makers."

Nick Stockman, Newhaven's creative producer at the Towner Eastbourne, said:

"Newhaven Enterprise Zone has shown unwavering support for the town's creative community over the last six years. With this funding in 2024, the town will continue to be an ever more popular place to visit, live and work in."

To find out more, please visit www.newhavenenterprisezone.com



We've been busy planning and getting out in the community since our last piece in Newhaven Matters.

In April, we held a joint seed and plant swap with Friends of Bishopstone Station which was extremely successful. It was great to see some enthusiastic young growers picking their favourite flower seed packs and asking questions about the best mix for bees and butterflies. Our new packets of mixed wildflowers have been very popular. Our flower seed bank is running low. If anyone has a surplus of seeds please get in touch – donations will always be gratefully received.

In May we ran a "Blossom Walk" with Peacehaven Community Orchard where we heard all the history and latest news on the planting. It was

a glorious sight and we're all looking forward to seeing the apples grow and harvest later in the year. There are a few events planned at the Orchard – please keep an eye on their Facebook page and ours for details. There will be a mixture of volunteering opportunities and training sessions.

In June we visited Peacehaven Horticultural Society to give a talk about the work of Greenhavens and the benefits of a "wilder" garden approach.

Coming up this summer and free to attend but essential to book:

2nd August: Butterfly Identification walks - Castle Hill and Peacehaven Community Orchard

7th September: Medicinal Herb Walk – location to be confirmed

November: date to be fixed for our popular Fungi Walk with Martin Allison at Castle Hill

As always please keep an eye on our Facebook page for other events especially as we share those being held by our member groups.

Getting out in nature is one of the best things we can do for our mental wellbeing, whether it's a walk around a park, through woodlands or even a stroll along the beachfront. It's been well documented that being out in nature can calm the mind and reduce anxiety. Sitting and listening to morning and evening birdsong can be extremely soothing. We have recently had reports of Nightingales in a park in Newhaven!

Please get in touch if you or your group would like training or support with projects or if you would like information about improving your own garden (big or small) for nature. If we can't help we can certainly find someone who can.

Sadly our website is still not up and running – if you need to contact Greenhavens for anything please email lesley_boniface@yahoo.co.uk or contact through our Facebook page.

Best wishes, Lesley and the Greenhavens Team



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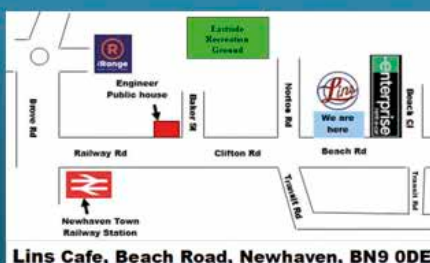
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Newhaven Port and Properties' sustainability mission

At Newhaven Port and Properties, we are committed to sustainability. Recent examples of our commitment include installing solar panels. In 2020, we partnered with Brett Aggregates to re-open the Port's rail link, significantly reducing our environmental footprint. Rail freight cuts carbon emissions by 76% compared to road transport and each train eliminates the need for approximately 90 trucks on local roads.

That same year, we began working with local legend and friend of Newhaven Port, Gaz Winder. He helps us by clearing the river of detritus from his yellow kayak, as well as carrying out regular beach cleans.

Fast forward to 2025 and we've come a long way. As a Port, we rely on international shipping and heavy industries. We're trying to reduce our carbon footprint as quickly as possible, with a long-term ambition of becoming net zero.

Reducing carbon emissions

Since first measuring our carbon footprint in 2022, we've tracked progress annually. Running on a 100% renewable energy tariff and with solar panels on three buildings, our electricity emissions are effectively zero. We've reduced our carbon footprint by 20% in 2024 compared to 2023, mainly by switching vehicles to hydrogenated vegetable oil and replacing some diesel forklifts with electric models. In the future, we plan to move to an all-electric vehicle fleet charged by solar wherever possible. We want to get to net zero carbon emissions. It's become an essential for businesses because we can't let the next generation inherit a planet where climate change impacts their daily lives.

**Stephen Tindale, Harbour Master,
Newhaven Port and Properties**



Newhaven Swing Bridge

Situated on the A259, the Newhaven Swing Bridge is the only crossing in Newhaven over the River Ouse.

The current Swing Bridge opened in 1974, replacing an

older bridge slightly to the south of the current location.

As its name indicates, it is a bridge over the river that swings open to let large pleasure craft and cargo boats and ships through. Traffic is paused to allow the swing bridge to open. Rollers and motors to the side and underneath enable the bridge to open. If you are standing by the bridge when it's opening, you may find it surprising how quiet and smooth the whole operation is. The average time the road is closed for a swing bridge opening is 10 minutes.

The bridge is owned by East Sussex County Council, looked after by Balfour Beatty Living Places, and operated by the Newhaven Port Authority's Harbour Master on the request of vessels using the Port. Vessels are supposed to give advance notice to Newhaven Port Authority's Harbour

Master if they need to be let through but sometimes this may be at short notice. Bridge opening times can, therefore, usually only be posted on the day. The timings are shown on the display at the control tower. The control tower operates 24/7.



▲ James Streeter, Bridge Engineer,
Balfour Beatty Living Places



"Nothing is too big or too small"

CONTACT ME:

- Save Bills Shirley Brooks (Google maps)
- 01273 044960 Mobile: (07989052084)
- savebillswithshirley@gmail.com
- Facebook: SB Save Bills Shirley Brooks

Visit my website for more details and get in touch to see how I can help! Free quote!

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Shirley Brooks

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ABOUT SAVE BILLS:

Save Bills is a Personal Assistant service based in Newhaven, East Sussex. It can be done over the phone, Zoom or in person just to suit your needs!

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The Twits is a Hit!

After watching Ignite's performance of *The Twits* by Roald Dahl at Meeching Hall, I wandered back up the hill leading to Harbour Heights, and I half expected to see, in the dark sky bespangled by constellations and planets, Mrs. Twit floating skyward under her helium star. Like all great children's stories, Dahl's story, *The Twits*, can be dissected for grander themes;

for example, greed, with Mr Twit's obsession with getting rich quick. Siou Hannam, the director, cleverly evoked the naïve innocence of Nature by using a troupe of children as dancing birds. Other great innovations by the director included the employment of a female narrator, functioning a little like one of Shakespeare's Jesters, commenting on the action and at times goading the audience into action with prompts. This was a really wonderful rendition of the

Twits. My only criticism might be that the supposed ugliness of Mrs Twit was betrayed by the perfect teeth of Lisa Fairfield who played her!

This review was written by Tim Cox.

Ignite Theatre thank both the Enjoolata Foundation and of course the attendees for their support and encouragement. Look out for our 5th panto this Christmas at Meeching Hall.

Internal Chinese Martial arts

(aka Nei Gong or Internal Kung Fu), offer a holistic approach to physical and mental wellness. External martial arts focus on muscular strength and speed, whereas internal martial arts concentrate on the development of internal energy, known as "qi or chi," and the connecting of mind and body. This approach fosters awareness of one's internal state, promoting relaxation and mental clarity. Practices like Tai Chi, Qigong and Dragon Style Kung Fu are prominent examples of internal martial arts that are practised worldwide.

Key Health Benefits

- **Enhanced Physical Health:** Internal Kung Fu develops tendon strength and fascia elasticity. It also enhances the natural alignment of the body, focusing on connecting the whole body and moving as one, rather than isolated muscle groups.
- **Stress Reduction:** The meditative aspects of internal martial arts promote relaxation and mental health. By learning to release physical stress in the body we learn to release mind mental stress. Thus, we achieve reduced stress levels and enhanced emotional balance.
- **Cardiovascular Benefits:** Regular practice enhances cardiovascular health by

promoting better circulation and heart function.

- **Mental Clarity and Focus:** Studying an internal martial art stimulates the release of positive hormones.

Who is Internal Martial Arts For?

Anyone wishing to improve their physical health, mental clarity, and overall well-being. Whether you're looking to build strength, improve posture, reduce stress, or develop greater focus and balance, internal martial arts offers profound benefits. It is suitable for all ages and fitness levels.

How to Find a Teacher

For more information, please see www.dmaa.co.uk.

The article above was provided by Jon Younghusband, the Unity Coach (07715 664228).



Seahaven Business Awards

It was the BIG night of the year for local businesses in Newhaven, Seaford and Peacehaven!

On 9th May, the 20th Anniversary of the Seahaven Business Awards Ceremony and Gala Dinner was held at the American Express Stadium—and what a night it was!

Organised by the Newhaven Chamber of Commerce, in particular Vice President Annie Lorys and Julia Johnson, Director of Fine Marketing Consultants, the event was an exceptional evening to remember packed with amazing stories! As our MC, John Young, remarked, it is all about the stories!

Over 160 people were in the room, including sponsors, finalists, local mayors, Chamber Presidents and James MacCleary MP, CEO of Sussex Chamber, Ana Christie, Cllr. Zoe Nicholson, Lewes District Council Leader, and Cllr. Chris Collier, plus special guests Tim Cobb, Deputy Lieutenant of East Sussex, and Mr Do Minh Hung, Vietnam Ambassador to

the UK and Ireland.

Our coastal towns are packed full of incredible business talent, and the opportunity to showcase and reward exceptional effort, innovation, hard work, and the dedication required to running a business is rewarding for all those involved. Successful companies attract further investment, which means more local jobs, more local spending and exciting training opportunities for young people. The event gives businesses an evening to celebrate, promotes community and pride, and even raised £3,000 for SERV Sussex. This volunteer charity provides transport services for blood, blood products and other urgent medical items for NHS out-of-hours.

A Special Thanks to the Sponsors

- Our gold headline sponsor, the Charles Cox Property Group;

- Silver sponsors, Lewes District Council;
- Bronze sponsors, Newhaven Port & Properties, Cleankill Pest Control and Leather4Craft for sponsoring the wine; Seaford's V. R. Flowers and Son for the magnificent balloons; Arlettes Florists for the beautiful flower arrangements; Aurora HR for the delicious chocolates and Seaford's Secret Fairy's Bookshop for reception drinks.

And, of course, a special thanks to our MC for the evening, John Young, without whom the event would not have felt so heartwarming and memorable, and James Kelly, our sound technician for the night and business owner of software company CmdShiftR.

Mike Shorer created a new trophy, the Lifetime Gold Business Award, to celebrate the Awards' 20th Anniversary.

Our winners



LIFETIME GOLD BUSINESS AWARD

This Award was sponsored by Tomsetts Distribution Ltd, which is celebrating its 50th Anniversary.

Winner – V.R. Flowers & Son (Seaford)

2nd place – Pebbles Day Nursery (Newhaven)

3rd place – J.Wagstaff Ltd (Peacehaven)

BEST NEW BUSINESS

Sponsored by the Newhaven Enterprise Centre, this category recognised outstanding new companies that have made significant difference locally.

Winner – Awesome Accountants (Newhaven)

2nd place – Serviced by Jamie (Peacehaven)

3rd place – Mewes Vets (Peacehaven)

BEST HEALTH, FITNESS AND WELLBEING BUSINESS

Experience It Now Travel sponsored the Best Health, Fitness and Wellbeing Business category which was a hotly contested category this year.

Winner – Dancefit Peacehaven (Peacehaven)

2nd place – Zara Yoga & Pilates (Seaford, Newhaven, Saldean, Pliddinghoe, Rodmell, Brighton)

3rd place – Chateau Velo (Peacehaven)

BEST CUSTOMER SERVICE

The Best Customer Service category, sponsored by The Sussex Sign Company, honoured businesses that excel in providing exceptional customer experiences.

Winner – Havens Connections Café (Newhaven)

2nd place – Lily's Florists (Peacehaven)

3rd place – Sussex Staffing Solutions (Newhaven)



BUSINESS OF THE YEAR

The Newhaven Enterprise Zone sponsored Business of the Year, which recognises excellence in business performance, innovation, and community involvement.

Winner – Madison Web Solutions (Peacehaven)

2nd place – J. Kirby Electrical Ltd (Newhaven)

3rd place – Whittfit Training Gym (Seaford)

BEST ENVIRONMENTAL BUSINESS

Sponsored by Fine Marketing, the Best Environmental Business category honoured companies that demonstrate a strong commitment to the environment.

Winner – Take Good Care Ltd (Newhaven)

2nd place – The Long Man Brewery (Litlington)

3rd place – Sussex Dolphin Project (Southwick/Newhaven)

BUSINESS PERSON OF THE YEAR

Sponsored by Swindells Chartered Accountants.

Winner – Megan Mercer (Got Buns Huns, Newhaven)

2nd place – Miranda Bearns-Lowles (Seaford Town Market)

3rd place (Joint) – Brenda Edwards (Teddy Treats Childrens Charity, Peacehaven) and Georgia Sargeant (Sennies Ltd, Newhaven)

PRESIDENT'S AWARD FOR CREATIVE ENTERPRISE

Sponsored by Mike Shorer Fine Jewellery

Winner – Rhapsody Artist Development (Seaford)

2nd place – Julia Dunstan Design (Newhaven)

3rd place – Paula's Photography (Newhaven)

For the full results, photographs and details of the winners, please see www.newhavenchamber.co.uk

MOBILITY BIKE DAY - The Big Park in Peacehaven

A fun day was had at The Big Park in April. The MoveAbility project, which is funded by the Motability Foundation and run in partnership by SCDA and Sustrans, brought several adapted bikes and e-bikes to the park, for local people to try out.

Jamie Lloyd from MoveAbility said, *"The purpose of these days is to allow people who identify as having a disability the opportunity to try out our range of bikes in a safe environment and with trained staff on hand to assist if*

needed. It was great to see the bikes being put to good use and everyone enjoyed themselves, despite the very warm weather."

Several people attended to try an e-bike for the first time to see first-hand how they can be transformative as a way of getting around. One local resident said; *"It was a very worthwhile experience and I realised how convenient the bikes were for allowing me to exercise and at the same time get help for the hills. I'm very grateful for the help I received."*



For anyone interested in the MoveAbility project or would like to talk to the team about mobility walking and cycling please email moveability@sussexcommunity.org.uk.



COMMUNITY FOOD DRIVES

On 11th April, our wonderful SCDA volunteers and our Community Food team helped at a Food Drive in Sainsbury's collecting food for the Community Supermarkets. We received several trolleys full of donated items, which has helped us stock up our store room, so we can continue to support families each week at both our Newhaven and Peacehaven Community Supermarkets.

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

SCDA COMMUNITY SUPERMARKETS

Hilary Schan and Trish Kearns from the SCDA Community Food team attended the Peacehaven Town Council meeting to help raise awareness of the SCDA Community Supermarkets held in Peacehaven and Newhaven. At the event, we raised over £200 from a raffle, with Peacehaven Town Mayor, Deborah Donovan drawing the raffle winner - Councillor Nicola Fabry. Community Supermarkets are held on Tuesdays at Denton Island Community Centre in Newhaven and on Thursdays at the Meridian Centre in Peacehaven.



For more information, call 01273 517250 or email food@sussexcommunity.org.uk or see our website sussexcommunity.org.uk/our-services/community-food/community-supermarkets.

UNPAID CARERS IN EAST SUSSEX GET VITAL FUEL AND FINANCE GUIDANCE AS PART OF A £4M SCHEME

Unpaid Carers in East Sussex are being offered vital free support and guidance with their energy bills and finance. 'Care for the Carers, East Sussex' runs the Carer Money Matters service working in partnership with Sussex Community Development Association (SCDA); this service is available online, over the phone and face-to-face.

Carer Money Matters is being funded by all four of the UK's

Gas Distribution Networks and the national charity 'Carers Trust'. 'Care for the Carers, East Sussex' is one of the 23 local carer organisations, to offer this new service.

The service offers guidance on money matters for carers and their families, including support with managing and reducing debt, accessing grants and benefits and practical tips on keeping energy bills down.

Carer Money Matters can also help people get signed up to the Priority Service Register with their supplier. This allows them to access extra support with things like meter readings and carbon monoxide detectors.

The service will also help build carers financial resilience through:

- Income Maximisation
- Energy Efficiency Support
- Safety and Support in the home
- Work and Career Support
- Parent-Carer Support

The Carer Money Matters is available to all carers registered with 'Care for the Carers, East Sussex' (Care For The Carers – Caring For Carers in Sussex.) Contact 'Care for the Carers' on 01323 738390, email info@cftc.org.uk or visit our website www.cftc.org.uk.



u3a Art Club Annual Exhibition 2025

Newhaven & Peacehaven u3a Art Club will be holding its annual Art Exhibition from Monday 4th August to Monday 29th September at the Café in the Hillcrest Centre, Newhaven. The official opening will be at 10am on Tuesday 5th August.

The Art Club is one of the most successful and popular of the u3a 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.

As the exhibition is in the Hillcrest Café for two months this year, a wider group of people will have the opportunity to view and admire the paintings; and of course, many of the paintings will be for sale.

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.

This u3a organises outings, theatre trips and social events but at the heart of their offer are the Interest Groups. The Art Club is one of more than 30 local interest groups ranging from art to ukulele, bridge and discussion. Interest groups are run by members for members.

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

Newhaven & Peacehaven u3a by visiting their website newhaven-peacehaven.u3asite.uk, their Facebook page www.facebook.com/u3anewhavenpeacehaven, or phone Anne on 07711 512524.



Art Club Exhibition 25



4th August to 29th September

The Café at the Hillcrest Centre
Bay View Road, Newhaven, BN9 9LH
Free admission
Everybody welcome

Volunteering with the National Coastwatch Institution in Newhaven

Up on the cliff to the west of Newhaven Fort, you may have seen the old Coastguard Hut – home since 2004 to the Newhaven station of the National Coastwatch Institution (NCI). Over 70 watchkeepers form the team who keep watch over the coast 365 days a year from 08:00 to 20:00 in the Summer, 17:00 in the Winter (or sunset if earlier). We act as ‘eyes and ears’ for the UK Coastguard: if we spot a problem we plot it and report it, and we respond to any issue that the Coastguard ask us to assist with. How did we get involved in NCI? We come from



▲ Qualifying in 2019. I am pictured with Training Manager, Peter Fox

a variety of backgrounds... many of us are retired but also a good number fit volunteering around jobs.

My story is that I picked up a leaflet in 2019. I'd retired from teaching in 2015 and was looking at volunteering opportunities. Having visited the Lookout, it took me about 30 seconds to decide that I wanted to be part of NCI and I shot an email off to the recruitment team. I sail, and I thought this could be an opportunity to use some of the skills I'd learned from that, and also I fell in love with the view! Not that any of our volunteers need any maritime experience... we provide a thorough training programme over several months to ensure everyone is equipped to take on watchkeeping with the right skills and with confidence. We need applicants to be at least 18 years old and



▲ In 2023 we were awarded the King's Award for Voluntary Service, which is the highest honour given to volunteer groups in the UK, equivalent to an MBE for individuals. Our station manager, Mick Carter, and I were invited to the celebratory garden party at Buckingham Palace!

be mobile enough to get up our stairs! Volunteers are asked to do at least 3 watches per month (3 hour watches in the Winter, 4 hours in Summer).

I'm reminded on a daily basis that retirement is a blessing, as it gives you time to explore opportunities which you wouldn't normally come across... but I frequently have to ask myself – how did I ever have time to go to work??

NCI Volunteer, Janice Dykes

Find us on social media: Facebook: [National Coastwatch Institution-NCI Newhaven KAVS](https://www.facebook.com/NationalCoastwatchInstitution-NCI-Newhaven-KAVS). Our website: www.nci.org.uk/station/newhaven.



Lynne Mendelsohn
Counsellor MBACP (Senior Accredited)

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

NEWHAVEN ART CLUB

Where Creativity Blossoms in East Sussex!

Unleash Your Creativity

Have you ever wanted to explore your artistic side but were not sure where to start?

At Newhaven Art Club, we believe that creativity is for everyone – and we are here to help you find your artistic spark! We meet every Monday at 2:00pm at the Peacehaven Evangelical Church Hall (24 Mayfield Ave, Peacehaven BN10 8RE).

Q. Will I feel out of my depth?

A. We have inspiring weekly meetings for Artists of all levels.

Whether you're an experienced artist or new to picking up a paintbrush, our meetings offer a supportive environment to learn, share ideas, and grow.

Q. Will I feel bored?

A. We have engaging events and workshops

Newhaven Art Club is more than just a place to meet; we offer a calendar filled with creative opportunities. Enjoy inspiring artist demonstrations, workshops, and excursions to enrich your artistic journey.

Q. Will I feel Welcome?

A. We have been making members feel included and comfortable for nearly 70 years.

We believe that everyone has a creative spark to share, regardless of skill level. At Newhaven Art Club, we're here to support and inspire you on your artistic journey. Unleash your personal



creativity, it's not about being a Da Vinci, it's about learning to develop your unique ability, embracing and setting free your inner artist.

Q. Is it expensive?

A. Come and have a free taster session or two.

Ready to give it a go? You can come along for free for a couple of sessions to see how much you like it. For more information, visit our website at newhavenartclub.co.uk, or get in touch with Chris Cook at 07887 520708 or NewhavenArtClub@hotmail.com.

Discover the NEWHAVEN BOWLING CLUB!

Looking for a sport that's fun, social, and easy to pick up?

Welcome to Newhaven Bowling Club! Situated in the beautiful Fort Road recreation ground, our club is the perfect place to enjoy an exciting and engaging sport while making new friends.

Who Can Play?
Everyone

Bowls is for all ages and abilities – whether you're a seasoned player or a total beginner. Our club is dedicated to inclusivity, with accessible and disabled facilities and a welcoming atmosphere for all.

No Equipment?

No Problem!

If you're new to the game, we've got you covered. We provide all the necessary equipment to get you started, and our nationally qualified coaches offer free training to help you improve your skills from day one.

Sports for All Seasons

Our outdoor season runs from April to September, packed with friendly matches, club competitions, and open days. When the temperature drops, we move indoors for short mat bowls three times a week, ensuring the fun never stops.

More Than Just a Game

Newhaven Bowling Club isn't just about sport; it's about community. Whether you're here to compete, stay active, or simply enjoy the social side, our club offers a warm and friendly environment, bar and refreshments. We even offer a reduced-price social membership for just £20 a year, including access to our winter short mat sessions.

Try It for Free!

Curious to see what it's all about? Drop by for a friendly introduction to the game. Our members will be on hand to welcome you and show you the ropes.



Join Us Today!

Ready to roll? Visit NewhavenBowlingClub.weebly.com, email nbowlscsocialmedia@gmail.com, or contact Jose Baker at 07542 608304 to find out more.

Come along, have a go, and experience the joy of bowls at Newhaven Bowling Club – where fun, fitness, and friendship come together!



SUSSEX YEOMANRY

The Sussex Yeomanry was an Army Unit founded in 1794 in response to the threat of a French invasion during the Napoleonic Wars. It was reformed during the Second Boer War and served in both World War I and World War II, participating gallantly in the East African Campaign and the Siege of Tobruk.

Today, its proud legacy is carried on by 1 (Sussex Yeomanry) Field Troop, 579 Field Squadron (EOD) and by No 21 (Newhaven) Detachment, Delta Company, who also proudly carry the title "**Sussex Yeomanry**".

As part of this historic and valuable link, each year Cadets from **No 21 (Newhaven) Detachment** are invited to do the traditional Yeomanry No 1 Dress and parade their standard at the Sussex Yeomanry Spring Service of Remembrance at the Charlton Memorial near Chichester.

Under their Detachment Commander, Sergeant Instructor Martyn Callum Quigley, the Cadets and other



If you or someone you know would like to join us to be part of our Adult Team or if you are between 12-18 years of age, and would like to join our cadets, please go to www.armycadets.com for more information.

Adult instructors performed their duties magnificently in front of the Yeomanry Association Veterans and supporters and looked impressive in their No 1 Dress.

This parade is a significant day for old comrades, and No 21 (Newhaven) Detachment were honoured to support them and keep the name of "Sussex Yeomanry" alive and well!

Iford and Kingston CE Primary School

OfSTED December 2024:

Pupils enjoy attending their warm and nurturing village school.

Pupils work hard and achieve well.

Some places still available for Reception September 2025.



Contact our School Office for more information and an individual tour.

New Nursery opening September 2025

Call 01273 474973 or email ikoffice@skylarkfed.education



Newhaven Tree Wardens

Once again the tree wardens have been busy around Newhaven in 2024/25 and planted a wide variety of bulbs, over 1500, both in existing and a few new spots too! Over 10 larger trees have been planted in various locations as well as

a number of smaller 'whips'. The wardens also helped Bonny's Wood Tree Care with the replanting efforts behind Newhaven Cemetery, and assisted pupils at Seahaven Academy with planting some hedging to provide shelter and increase biodiversity. If you can see a newly planted tree looking droopy, please consider watering it. A bucket or two would be greatly appreciated!





NEWHAVEN MUSEUM RE-OPENS WITH A NEW LOOK

Volunteers have been working hard to make Newhaven Museum an interesting and engaging destination, whether you are a history buff, curious visitor or lifelong resident.

With the help of funding from Arts Council England our volunteers have been working hard to make the museum more open and inviting. The money has enabled us to update our displays and the stories we tell. One of the additions is a large timeline guiding visitors through Newhaven's fascinating history.

None of this would have been possible without the hard

work and dedication of our wonderful team of volunteers whose skills have been put to use repairing cases, decorating, cleaning, restoring, researching and redisplaying our treasured artefacts.

In addition to our permanent displays, the space we have created in the museum will enable us to hold temporary exhibitions bringing artefacts, which would otherwise have remained boxed in our storerooms, into the light. As well as improving accessibility, the space will allow us to hold workshops and welcome school groups eager to learn about the town's important history.



Newhaven Museum is situated next to Paradise Park and is open Tuesdays, Wednesdays, Fridays and Saturdays 11am – 4pm until the 24th of October. Check out our website for more details www.newhavenhistoricalsociety.org.uk.

ARTWAVE AT NEWHAVEN MUSEUM A FILM AND OTHER ARTWORKS BY CAROLINE HASLER

Caroline explains the inspiration for her works on display at Newhaven Museum from 6th September and during Artwave: "I have long been inspired by our chalk coast especially at Newhaven, creating works in a variety of media. I have created a film

which is a very visual depiction of the East Pier capturing what can be seen beneath, through and from its striking geometric structure. Tide and light, objects revealed and concealed, and sightings of the ferry. Look out for other works around the museum too."





THE MARINE WORKSHOPS

Have you ever wondered about the Marine Workshop building on the East Quay, its history and what it's used for now?

This important local landmark has a rich history! It is a Grade II listed building and was constructed in 1882 to house several engineering workshops, which were used to repair train and ship engines. Although the building was damaged during World War Two when a barge laden with munitions struck a mine outside the harbour, ship engines continued to be repaired there until the early 1960s. After being empty for a number of years, it then became a University Technical College (UTC), specialising in marine and environmental engineering, which closed in 2019. In 2023, Lewes District Council took over the building.

Today, the Marine Workshops is a buzzing hive of activity!

In addition to the space occupied by Lewes District Council, East Sussex College is situated on the first floor, offering technical and professional courses for local students. Independent, private companies are dotted around the building. On the ground floor, there is the fabulous Mammoosh Riverside deli, café and takeaway, with additional outdoor seating along the river, overlooking the port.

There is a warm welcome for visitors in the reception area, where there is also a Tourist Information Centre (TIC), providing advice for local people and tourists alike. Tickets for local events are sold here, in addition to a wide range of lovely merchandise from local suppliers.

As well as all this, the Marine Workshops has a year-round programme of art and creativity run by Creative Newhaven. They have organised exhibitions and activities in the incredible BN9 studio on the top floor, which has stunning views to the Downs and the sea, and in the Atrium on the ground floor. They have also arranged entertainment and family-friendly activities at The

Sidings, located between the Marine Workshops and the Railway Club.

The entrance to the building is on the riverside (if you're lucky you may be able to spot oystercatchers, egrets, cormorants and the passing rowing gigs) and the car park is at the front of The Sidings, with two disabled spaces at the back of the building.

If you want to know any more, please visit The Newhaven Tourist Information Centre at the Marine Workshops Reception, Railway Approach BN9 9ER, telephone 01273 085553 or email newhaven@lewes-eastbourne.gov.uk.

This article was provided by Jayne Bates, Information Assistant for Lewes District Council





OurNewhaven

This aerial photo of a busy harbour scene is one of a series taken on 25th May 1931. From left to right, we can see Brighton IV at the Railway Quay, Dieppe in front of the large London & Paris Hotel, then Rouen in the East Quay's night berth near the Customs House and finally Worthing, which was only three years old at the time. The harbour tug Foremost 22 is at No.5 Stage near the old Lifeboat House and Harbour Watch House, and the bucket dredger *Testside* is at the lay-by berth

in Sleepers Hole. She would still be working at the port over 50 years later! Note that there is nothing but empty fields behind Eastside, with its distinctive gasholder.

This photo can be found on the website of 'Our Newhaven' where you can zoom in to see all the detail in the image. It's found at: www.ournewhaven.org.uk/places/photographs-aerial/newhaven_harbour-4

Andrew Gilbert,
Chairman and Administrator
of 'Our Newhaven'

'Our Newhaven' is the town's 'living history' website, with around 3,000 pages and 11,000 images of the town, its people, its stories and history. Why not have a look, and maybe even add your own memories and photos – it's easy to do and there's on-line help to guide you. www.ournewhaven.org.uk



MAD PRESENTS 'ECHOS OF WW2: A MAD MUSIC HALL'

Celebrating the 80th anniversary of the end of World War II, MAD proudly presents another classic from our beloved music hall tradition! Filled with stirring music, lively sketches, heartfelt comedy, and poignant moments, this production will take you on a journey honouring one of the world's most defining events in history.

Meeching Hall
28th - 30th August 7:30pm
31st August 2:30pm

Tickets will become available nearer the time on TicketSource.



Contact Debbie on 07596 709 044 for tickets and information on the event, especially if you want to participate on the day. We will need to know what you would like to do and if you need anything for your act.





"Summer Wellness"

YOUR GUIDE TO STAYING HEALTHY,
ACTIVE, AND BALANCED THIS SEASON



By Zara Mojdeh Mirfakhraee

Summer is a season of sunshine, adventure, and relaxation—but the heat and busy schedules can also challenge our health and well-being. Whether you're planning beach vacations, backyard barbecues, or outdoor workouts, here's some ideas on how to prioritise your health, fitness, and mental balance during the warmer months.



1. Stay Hydrated: Beat the Heat

Dehydration is a top summer risk. High temperatures and increased activity mean your body loses fluids faster.

- Drink smart: Aim for 8–10 glasses of water daily, and add electrolyte-rich drinks (like coconut water) if you're sweating heavily.
- Eat hydrating foods. Watermelon, cucumbers, strawberries, and leafy greens are refreshing and packed with H₂O.
- Avoid excess alcohol and caffeine. Both can dehydrate you. Opt for herbal iced teas or infused water with mint, citrus, or berries.



2. Summer Nutrition: Light, Fresh, and Safe

Take advantage of seasonal produce while keeping meals light and energising.

- Focus on colour. Load your plate with antioxidant-rich fruits (berries, peaches) and veggies (bell peppers, courgette).
- Grill smarter. Choose lean proteins (chicken, fish, tofu) and grill veggies instead of fatty meats. Avoid heavy, greasy meals. Try chilled soups or smoothie bowls for a cooling boost.
- Food safety. Keep perishables chilled to avoid food-borne illnesses. Don't leave salads or dips in the sun for hours!



3. Fitness: Adapt Your Routine

Summer is perfect for outdoor activities, but adjust your workouts to stay safe.

- Timing matters. Exercise early morning or late evening to avoid peak heat.
- Water workouts. Swim laps, try paddle boarding, or join a pool aerobics class for low-impact cardio.
- Explore nature. Hike, bike, or take a beach yoga class. The scenery makes fitness fun!
- Listen to your body. Reduce intensity on extremely hot days. Dizziness or nausea? Stop and cool down immediately.



4. Protect Your Skin and Eyes

Sunburn and UV damage are preventable!

- Sunscreen. Apply SPF 30+ every 4 hours (more if swimming). Don't forget ears, lips, and feet!
- Cover up. Wear wide-brimmed hats, UV-blocking clothing, and seek shade during midday sun.
- Eye care. Sunglasses with 100% UV protection prevent cataracts and macular degeneration.

5. Mental Well-being: Embrace the Slow Lane

Summer's hustle can be overwhelming. Prioritise mental health

- Practice mindfulness. Start the day with 5 minutes of meditation or sunset gazing.
- Unplug. Designate tech-free hours to enjoy nature, read, or connect with loved ones.
- Sleep well. Heat can disrupt sleep. Use breathable bedding, keep your room cool, and stick to a routine.
- Say no guilt-free. It's okay to decline invitations if you need downtime. Balance socialising with rest.



6. Boost Social Connections

Summer fosters community—use it to strengthen relationships:

- Host active gatherings. Organise or join a volleyball game, group hike, or picnic.
- Volunteer outdoors. Join a beach cleanup or community garden.

Final Tip: Set Realistic Summer Goals

Instead of extreme diets or fitness challenges, focus on feeling your best. Enjoy seasonal treats in moderation, move joyfully, and recharge your mind.

Summer is a time to thrive—not just survive. By staying hydrated, eating fresh, adapting your fitness routine, and prioritising mental balance, you'll make the most of the sunny days while nurturing long-term well-being. Cheers to a healthy, happy summer!

**Stay cool, stay energised, and savour the season!*

This article was provided by Zara Mojdeh Mirfakhraee, Pilates and Yoga teacher (07532 418542).



THE BN9 PROGRAMME

A creative summer on the riverside

Visit the Marine Workshops this summer for an exciting season of art, crafts, exhibitions and family-friendly festivals.

The original open-to-all-comers exhibition **Newhaven Open Call** returns (weekends 23rd Aug-7th Sept). Enjoy a mix of paintings and prints by students of the Denton Island-based **Brasspoint School of Visual Arts** (27th Sept-5th Oct).

Enjoy figurative paintings by local artist **Kathleen Dawson** (8th-13th Jul), followed by an exhibition by **Newhaven Photographers Collective** (25th Jul-2nd Aug), then **Peacehaven Art Club** (6th-16th Aug).

The **Artwave** festival arrives from August on the riverside, starting with the **Newhaven Open Call**. There is a real

youth focus at the Marine Workshops for the Artwave festival this year, with a Young People's Makers Market from Talent Accelerator on the 6th and 7th of September. Then from 12th to 20th, 'Totally Surreal' showcases the winners of a Sussex-wide student competition to respond to the collection at Farleys House and Gallery. From 13th to 21st September, a young artist's open call exhibition is co-curated by Hospitable Environment and young people working with Talent Accelerator. Visit www.hospitable-environment.com if you would like to enter an artwork. For all the details of these and other exhibitions and venues, including Chris Lewis Ceramics and The Old Forge Open House in South



Find out more at newhavenenterprisezone.com/marine-workshops and on Instagram and Facebook @[creativenewhaven](https://www.instagram.com/creativenewhaven)

Heighton, please visit www.artwavefestival.org.

Culture Shift return to Newhaven with their inclusive family festival - the Every Sort of People Party - on Saturday 19th July at the Atrium and Sidings. Expect a day full of creative activities, a community marketplace, and live performances into the evening (cultureshift.org.uk).

Leap Then Look

A free interactive installation, perfect for kids and their parents, at the Sidings this summer

Innovative arts organisation Leap Then Look will be bringing their brand-new interactive artwork Free Form to the Sidings on Newhaven's riverside this summer. During August and September, come and enjoy this free, open-to-all and fully accessible 'Playground of the Imagination' for all ages to build, play, and interact with.

Leap Then Look have a track record of creating high-quality, ambitious works of interactive and public art all around the country, including installations at the Towner, Tate, the Victoria and Albert Museum, the Baltic Centre

for Contemporary Art and the National Gallery. Their focus is on working together, inspiring playfulness, inquisitiveness and experimentation. They believe that art should and can be made available and accessible to everyone and that we can all benefit from engaging with new ways of looking, making and thinking.

Bring the whole family, or get in touch if you would like to bring a school, nursery or community group, or to arrange a quieter session. We'd be happy to accommodate you. Email nick.stockman@townereastbourne.org.uk

The artwork at the Sidings this summer will be made in response to community workshops and will be a space of possibility with no strict guidelines or rules. Everyone is invited to come and play!

Open weekends through August and September. Follow us at www.newhavenenterprisezone.com/the-sidings and on Instagram and on Facebook @[creativenewhaven](https://www.facebook.com/creativenewhaven) for all the latest details.

The address for the Sidings is Railway Approach, Newhaven BN9 0DF.



▲ Lucy Cran and Bill Leslie, artists and founders of Leap Then Look



✓ 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

Kids Eat for £1 This Summer at Havens Connections Café, Newhaven

Families across the Havens can enjoy big savings this summer with the “Kids Eat for £1” offer at Havens Connections Café. Running weekdays from 10am to 3pm, the scheme provides children with a hot, nutritious meal or a takeaway lunch box for just £1 and there’s no minimum spend required.

Launched in August 2024 and running throughout the year, the initiative is part of the café’s mission to support families during the cost-of-living crisis.

“We know many families are struggling,” said Café Manager

Julia Dunstan.

“This is about easing some of that pressure. Children can get a healthy, tasty lunch at a price that’s affordable.”

Located in Hillcrest Community Centre, the Café is known for its warm atmosphere and fresh, kid-friendly meals like jacket potatoes, sandwiches, and daily specials.

The café also offers a pay-it-forward scheme, allowing visitors to donate meals for others facing food insecurity.



For more information visit: www.havenscommunityhub.co.uk/ or to donate to the Cafés Pay it Forward Scheme visit: localgiving.org/fundraising/payitforwardcafe.



NEWS FROM



Last summer our Library of Things was kept busy with loans of camping, catering and party equipment being borrowed. Don’t forget to check out our stock and book anything you’d like to

borrow in advance to avoid disappointment. As well as saving yourself money you’ll be protecting the planet’s resources and strengthening a sharing community. And do let us know if you have any suggestions for items you’d like to borrow that we don’t already have. Visit newhavengreencentre.com/library-of-things/ to find out more.

Our next Repair Cafe is on July 13th at Meeching Hall between 2.30-4.30pm. Please check the ‘Dates for your Diary’ section in this issue or the ‘Repair Cafe’ pages on our website for information about Repair Cafe dates after that.

For more information or to get involved please email info@newhavengreencentre.com.



WORDSEARCH



WIN
£30!

HOW TO ENTER

Solve the wordsearch by finding the listed words which are hidden in the grid. The words in the grid can be across (forwards or backwards), or up or down, or diagonally, but always in a straight line.

One of the listed words cannot be found in the grid – that's the word you need for entering the competition. Write the word in the entry form and complete and submit the entry form by 8th August 2025 to enter a draw. (Only one entry per person. Town Council employees and their relatives, and Councillors are not eligible to enter.) The first correct entry picked after the closing date will win a voucher worth £30.

Good Luck!



Barbecue
Beach
Camping
Cruise
Deckchair

Heat
Holiday
Picnic
Sailing
Sand

Seagull
Solstice
Starfish
Summer
Sunflower

Swimming
Travel
Wasp



A	S	T	E	N	I	A	L	C	W	E	S	H	E	R
O	B	A	L	O	M	R	O	A	S	A	N	D	T	O
Y	A	D	I	L	O	H	U	M	E	C	S	H	I	A
T	R	U	A	L	W	R	N	P	A	Y	C	P	U	F
D	B	E	R	H	I	E	F	I	G	U	I	N	O	L
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N	D	E	R	D	U	C	S	L	R	R	T	U	I	S

COMPETITION ENTRY COUPON

Post this coupon to the address below:

Newhaven Matters Competition

Newhaven Town Council
Council Offices
18 Fort Road
Newhaven
East Sussex
BN9 9QE

Or email newhavenmatters@newhaventowncouncil.gov.uk with the solution word, putting 'Wordsearch' in the subject line.

Entries must be received by 17:00pm on 8th August 2025.

SOLUTION WORD:

Mr/Mrs/Ms/Miss:

FIRST NAME:

SURNAME:

ADDRESS:

POSTCODE:

TELEPHONE NO.:

EMAIL:

ART ~ WAVE

ARTWAVE FESTIVAL 6TH - 21ST SEPTEMBER 2025

Now in its 32nd year, Artwave is the annual festival of artists and makers from Newhaven, Lewes, Seaford and surrounding villages. The festival showcases some of the very best creative talent from across the local area, and

takes place this year over three weekends from 6th to 21st September 2025. The festival is open to all – from professionals to hobbyists, providing everyone with a platform to exhibit and sell. Enjoy over 160 open houses and studios, showcasing a diverse range of work from quilt making to digital installations and

everything in between. Support your local artists and makers while exploring this creative part of Sussex.

Artwave is arranged by Visit Lewes for Lewes District Council with the support of many local businesses. For full details see www.artwavefestival.org.

Dates for the diary.

July – September 2025

JULY

Saturday 12 July

MAD's Got Talent
4pm. Meeching Hall, Fort Road. £10 includes Ploughman's lunch and pudding. Contact Debbie on 07596 709044

Sunday 13 July

Newhaven Repair Café.
2.30pm - 4.30pm.
Meeching Hall. Contact:
info@newhavengreencentre.co.uk

Saturday 19 July

Every Sort of People Party, Marine Workshops and the Sidings. An accessible family festival. www.cultureshift.org.uk

Saturday 19 July

Pamper Evening, at the Mencap Centre, 5pm to 10pm. Tickets are sold at £5 with proceeds being donated to the MAD Bonfire Society. Therapies offered such as: massage, beauty therapies, reflexology. Event tickets can be purchased from the MAD Bonfire Society. For more info and/or to book a place, please email: madbonfire@hotmail.com

Sunday 20 July

Cookery Workshop: 'Fermented Drinks: Kefir, Kumbucha and more'
11am to 1pm. The Old Parcel Room, Bishopstone Station, BN25 2RB. Refreshments available. Free Entry. For more info, please email friendsofbishopstonestation@yahoo.com or call 07501 672424

Saturdays

Newhaven Bowling Club Saturday Roll Up
Free for all. 10.00am - 12.30pm
For more info, contact Jose Baker 07542 608304, or email nbowlscsocialmedia@gmail.com

Tuesdays

Newhaven Green Centre. Borrow and return items from our Library of Things. By arrangement, contact: info@newhavengreencentre.co.uk

Thursdays

Newhaven Green Centre. Library of Things. Newhaven Library. 10am to 12 noon. Booking in advance, contact: info@newhavengreencentre.co.uk

AUGUST

Thursday 7 August

Chalkscape Art Workshop - a Creative Kids Art Workshop
11am to 4pm. Newhaven Fort. Entry to Fort is required. The Workshop is FREE for all. For more info email: newhavenartclub@hotmail.com

Thursday 7 August to

Friday 29 August

Chalkscape Museum Exhibition, 11:00 – 16:00. Avis Road (by Paradise Park) BN9 0DH. For more information, email: newhavenartclub@hotmail.com

Sunday 10 August

Dieppe Raid Memorial Service
3pm, Memorial Green, South Way

Saturday 23 August and

Sunday 24 August

Photo Exhibition - 'Trains, Tracks and Station Architecture in and around Bishopstone Station'
11am to 4pm. The Old Parcel Room, Bishopstone Station, BN25 2RB. Refreshments available. Free Entry. For more info, please email friendsofbishopstonestation@yahoo.com or call 07501 672424

Monday 25 August

Open day, featuring restoration of the station and allied organisations: Citizens Advice and Havens Food Co-op, A Touch of Gentleness and Ovesco Energy.
10am to 4pm. The Old Parcel Room, Bishopstone Station, BN25 2RB. Refreshments available. Free Entry. For more info, please email friendsofbishopstonestation@yahoo.com or call 07501 672424

Saturday 30 August

Cookery Workshop 'Ready Steady Cook'
11am to 1pm. The Old Parcel Room, Bishopstone Station, BN25 2RB. Refreshments available. Free Entry. For more info, please email friendsofbishopstonestation@yahoo.com or call 07501 672424

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SEPTEMBER

Monday 1 September

Chalkscape Talk - the Art & Artists of the Chalkscape 6pm to 8pm, Newhaven Fort. For more info, email: newhavenartclub@hotmail.com

Saturday 27 September

Gardening Workshop 'Hedgehogs and your garden'
11am to 12.30pm. The Old Parcel Room, Bishopstone Station, BN25 2RB. Refreshments available. Free Entry. For more info, please email friendsofbishopstonestation@yahoo.com or call 07501 672424

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Community Directory.

ARTS, CRAFTS & IT

Art Techniques with Carol Havard

Pottery, Art, Workshops, and more. For all ages. For more info, contact info@art-techniques.co.uk or 07944 595505

Into Art

Hillcrest Centre. Mondays 10am – 12pm and Fridays 10am – 1pm. £6 an hour. To book, email wildseaarts@gmail.com

Knit & Natter

Newhaven Day Club.
Mondays 1.30pm – 3.30pm

Life Drawing

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

LinoCut Classes

Hillcrest Centre. Every Friday 2pm – 4pm
Contact: jennings.sally@gmail.com

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

Contact - Dawnie Thompson
Email: Phocol.dt@gmail.com or www.facebook.com/groups/803771370735753

U3A Art

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

Wood Creatives

Hillcrest Centre
Mon-Fri 9.30am – 3.30pm
Thurs eve: 6pm – 9pm
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: 07974 972049

Fridays

Beavers (age 6–8)	5pm – 6.20pm
Cubs (age 8–10)	6.20pm – 8pm
Scouts (age 10–14)	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
Dragon Explorer Scouts (14–18) Tuesdays
7.30pm – 9.30pm
Squirrels Tuesdays 5pm – 6pm

21 Detachment Newhaven

Army Cadet Force

Please visit www.armycadets.com
Transit Road, Newhaven, BN9 0BB
www.facebook.com/Sussex ACF

Children's Art Classes

Hillcrest Centre. Every Wednesday:
4.30pm – 5.30pm (Term Time Only)
For more information, please email
juliadunstandesign@gmail.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 07395 307616

Haven Young Creatives

FREE drama sessions for children and young people. The Hillcrest Centre. Tuesdays (term time) 4pm – 5.30pm 8 – 12 years & 5.45pm – 7.45pm 13 – 18 years

Newhaven & Seaford Sea Cadets

Email: admin@tsdefiance.co.uk or visit
www.sea-cadets.org/newhavenseaford

Newhaven Youth for Christ

St Michael's Church Hall
Thursdays (term time only) 6pm to 7.30pm
Nintendo switch, pool table, craft, board games with a free meal
For ages 11 – 18. £1 entry.

NIPPERS

East Side Social Centre
After School Club – Monday to Friday,
collections from local schools to 6pm
- £10 / session.
Summer playscheme from 23rd July to
2nd September.
HAF playschemes: Monday, Wednesday,
Friday throughout the summer
Lunch club for 0-99+ 11am – 1pm,
Fridays, term time
Contact: nippers1973@outlook.com

Norcross Dance Centre

Classes in Ballet, Tap, Contemporary, Acro,
Disco, Musical Theatre, Street, Commercial,
Drama, Group Singing, Baby Music and
Sensory, TINYTOTS Ballet
Please contact Alison on 07789 963560 or
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: 4.15pm - 5.30pm
a free youth led LGBTQ+ and allies'
12-18yrs
Wednesday Youth Club (term time and
summer holidays): 6.30pm - 8pm. 12-18yrs
Friday: Youth Club (term time and summer
holidays): 6.30pm - 8pm. 12-18yrs

Crossfit Chimera

Fun, dynamic fitness classes for kids and
teens (ages 5 – 17), building strength,
confidence and athletic skills for life! Learn
more at www.crossfitchimera.co.uk.

HEALTH & WELLBEING

Meditation

Hillcrest Centre. Every Friday 6pm-7pm
Contact scarletlocooking@gmail.com

Pilates Classes

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

Stay Active Longer

Exercises for healthier ageing
Hillcrest Centre. Every Thursday,
11am – 12pm
And at the Old Parcel Room, Bishopstone
Station, BN25 2RB. Every Tuesday, 10am –
11am. Tel. Mary 07773 022429.
Email: MaryMovesIt@gmail.com.
Website: www.facebook.com/MaryMovesIt

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. Saturdays. 8.30am.
Contact Tina: 07548 892488
Thursdays. 5.30pm and 7pm.
Contact Tracy: 07736 047196

Yoga with Sue

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

Zara Yoga & Pilates

Monday: 11am – Body control Pilates,
Mencap, West Quay
Wednesday: 10am – Body control Pilates,
Piddinghoe Hall; 5.50pm – Hatha Yoga,
Mencap, West Quay; 7pm – Body control
Pilates, Mencap, West Quay
Friday: 9.30am – slow flow Yoga, Mencap
West Quay; 10.45am – Yin Yoga, Mencap
West Quay
Contact Zara on 07532 418542 or email
zarano1@msn.com. Facebook: zara yoga
pilates

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. For more information contact Jim
Skinner brianjimskinner@gmail.com

Guesthouse Storytellers

Hillcrest Centre.
Visit www.guesthousestorytellers.com,
email: xanthe.gresham@gmail.com or
info@guesthousestorytellers.com, or
tel: 07812 181545

Historical Society & Museum

For details of our talks series, and research or general enquiries, please visit www.newhavenhistoricalsociety.org.uk

Newhaven & District Model Railway Club

Heatherside Business Park, Unit 4, Norton Road BN9 0BZ.
Wednesday evenings: 7.30pm – 10pm
Social, craft and skills activities. All ages. Inclusive. Email newhavendmrcclub@gmail.com or tel: 07563 840687
www.newhavendmrc.com

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

Newhaven Library
Thursdays: 10am – 12pm

u3a

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

English Lessons

Organised by the SCDA. Tuesdays. 11am to 12.30pm. Denton Island Community Centre.
Contact: Catheryn.Croft@sussexcommunity.org.uk

MUSIC & DANCE

Ballroom Dancing with Studio Tempo

Hillcrest Centre. Fridays: 6.30pm to 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: 7pm – 9pm.
Please contact Peter on petergn1805@gmail.com
Beginners welcome.

Private Dance with Studio Tempo

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

Singing Mamas

Singing for wellbeing group for all women, not just mums. No singing experience needed. Newhaven Youth Club, Denton Island. Fridays: 10.30am to 12pm. Contact Lizzie to book a free taster session: lizziesingingmamas@gmail.com

Tide Mills Choir

Takes place on the 4th Saturday of each month. 12midday to 3pm at the Marine Studios. Contact: Ellen.muriel6@gmail.com.

SOCIAL

Denton Fellowship

Denton Church Hall. Every 4th Tuesday of the month at 2pm.
Contact: Aileen 07756 035454

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
Contact: info@just-friends.uk

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 www.npslions.co.uk

Rotary Club of Newhaven Coast West

Fund-raising to help others. Tuesday lunchtimes at the Scout Hut, Fort Road,
For more information, please email whiteleyjacquie@gmail.com or telephone Iris on 01273 516018

Friends of Bishopstone Station

Old Parcel Room, Bishopstone Station, Station Road BN25 2RB
Meet Up Mondays – community drop in. 10am to 1pm (closed bank holidays).
Man Space – men's social and wellbeing space. 1st and 3rd Friday of the month 10am to 12 noon. Email: friendsofbishopstonestation@yahoo.com
Tel: 07501 672424

Veterans Breakfast Club

Every 2nd Sunday of the month at the Brewers Fayre next to Sainsburys. For more info, email: edafvbc@yahoo.com

SPORT

Affinity Rowing Club

For details email info@affinityrowingclub.co.uk

Denton Cricket Club

For more information, please visit www.dentonsussex.play-cricket.com or Tel: 07883 097264

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. Wednesday: 7pm – 9pm and Friday: 10am – 12pm
Contact Rosemary on 07999 860333

Hillcrest Boxing

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

Newhaven Archery Club

A friendly outdoor archery club offering archery courses and social activities throughout the year.
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

We host open free for all outdoor roll-ups April – October every Saturday from 10.00am. For more information contact Jose

Baker on 07542 608304 or email nbowlscsocialmedia@gmail.com or www.NewhavenBowlingClub.weebly.com

Newhaven Cricket Club

www.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

Please see the Website www.newhaventennisclub.co.uk for up to date club activities for members and non-members. For all membership and general details contact secretary@newhaventennisclub.co.uk and for coaching details contact coach@newhaventennisclub.co.uk

Newhaven & Seaford Sailing Club

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

Newhaven Yacht Club (NYC)

For more information visit newhavenyc.org.uk

Pétanque with Newhaven Twinning Association

Every Sunday morning, opposite The Hope Inn, Newhaven. Spare Boules available! Weather permitting. Contact: 01273 588193 or norman.hopson@btinternet.com.

Seaford Rugby Club

For more information visit www.seafordrfc.club

SUPPORT GROUPS

AA Meetings

Hillcrest Centre. Thursdays: 7pm – 8.45pm
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 – 3pm.
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/article/1280/Welcomespaces or contact 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: E&OE.

BN9

WEEKENDS
AUG & SEP

FREE FORM

BY LEAP THEN LOOK

A FREE PLAYGROUND OF THE
IMAGINATION, PERFECT FOR
KIDS, AND THEIR PARENTS
AT THE NEWHAVEN SIDINGS

+ ABYSS BREWERY POP-UP BAR

RAILWAY APPROACH, NEWHAVEN, BN9 0DF

@creativenewhaven

TOWNER

Newhaven
Enterprise Zone

Sussex
Community
Development
Association

BOUTIQUE
MODERN

LEAP
THEN LOOK

Lewes District Council

ABYSS
BREWING

