

Newhaven Matters

Spring 2026 // Issue N° 49



What's
new this
Spring?

France
by ferry

Tips for
better
health

Competition
time

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



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Remembering Rhoda Funnell

We share the sad news that Rhoda Funnell, a much-loved member of the local community, passed away at home on 21st January, surrounded by her family. Rhoda brought warmth, generosity, and enthusiasm to everything she did.

As a champion of the arts, Rhoda was instrumental in setting up the Newhaven Festival for Newhaven Town Council, bringing many cultural events to the town. Together

with her husband, the sculptor Christian Funnell, Rhoda created the inspirational Old Forge open house, which was enjoyed by thousands of Artwave visitors over the years, and, as a fearless and capable coxswain, she helped introduce dozens of people to gig rowing in Newhaven.

She will be remembered with great affection by all who knew her. Her energy, spirit, and dedication leave a legacy that will not be forgotten.

▶ Rhoda and Christian Funnell, photographed at The Old Forge by Alun Callender



SPRING 2026

Turn the page to see a new version of your local magazine, read all about your town and what's going on in and around your area, plus news, articles, puzzles, tips and advice from gardening to budgeting.

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Message from the Mayor



Thank you and it has been a privilege!

Serving as Mayor of Newhaven has been one of the great privileges of my life. When I first took on the role, I knew it would be busy, meaningful, and full of responsibility — but I could never have anticipated just how rewarding it would be to stand at the heart of the community with such spirit, resilience, and kindness. What I have enjoyed most is simple: the people. Newhaven is full of individuals who care deeply



about their neighbours, their heritage, and their future.

Whether I've been cutting a ribbon, attending a school performance, opening an exhibition, or sharing a quiet conversation with someone at a community event, I've been reminded again and again that our town's greatest strength is the generosity and determination of its residents.

And then there are the moments that stay with you: the smiles of children at NIPPERS Christmas Party, the quiet gratitude of families at Remembrance Sunday, visiting our neighbours in Dieppe, the conversations that start with a handshake and end with a shared sense of purpose.

Being Mayor has allowed me to see Newhaven from every angle — its challenges, its

hopes, its humour, and its heart. It has deepened my love for this town. Not always pretty but always very real.

As my time in office comes to an end, I remain grateful for every invitation, every conversation, and every opportunity to represent the people of Newhaven. It has been an honour — and a joy — to serve you. Thank you!



Message from the Deputy Mayor

As the darker months finally begin to loosen their grip, it is a pleasure to welcome the arrival of lighter mornings and evenings across Newhaven — a welcome reminder that spring is a season of renewal, energy, and community spirit. With the weather gradually warming, our local calendar

is beginning to blossom too. Preparations are already underway, and I'm very much looking forward to the events and activities that will bring families and friends together over the coming months.

I'm particularly excited for the annual Mayoral Quiz on 24 April. It promises to be a fun and lively evening, and I hope to see many of you there supporting the mayor's chosen cause while enjoying a bit of

friendly competition.

As my year as Deputy Mayor draws ends, I would like to express my sincere thanks to everyone who has supported me, worked alongside me, or simply stopped for a chat at one of our many community events. It has been an honour to represent Newhaven, and I am deeply grateful for the warmth, kindness, and enthusiasm I have encountered throughout the year.

Newhaven News



BIG

Changes Coming to Newhaven this year

Exciting improvements are set for Newhaven Square, with the regeneration scheme ready to transform local healthcare, fitness and creative spaces. The redevelopment brings together two modern GP practices, a new pharmacy, all with upgraded facilities—right in the heart of the town. The scheme will create a new health and wellbeing hub, making it easier for residents to access services, enjoy improved leisure facilities, and



support Newhaven's growing community.

The new medical premises will offer more consultation rooms, improved staff facilities, welcoming new reception and waiting areas. Together, these improvements will help create a more connected, accessible and vibrant town centre for the whole of Newhaven.



Fort Road Recreation Ground

Work is almost complete at Fort Road Recreation Ground, with the £3.4 million transformation of this much-loved Newhaven green space. The project is set to be completed in summer 2026 and will deliver a range of new facilities for residents of all ages to enjoy, including a modern play area, an outdoor gym, and an artificial cricket wicket. Once finished, the upgraded park will provide a welcoming place for the whole community to come together, be active, and enjoy the outdoors.



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.

31st March	Planning & Development	Promotion, Partnership & Finance
14th April	Full Council	
28th April	Planning & Development	Regeneration & Strategic Development
5th May	Town Meeting 25/26	
19th May	Annual Full Council Meeting	



Proposed image of how it may look

Avis Way Park: Landscaping and Re-naturing Plans

We're pleased to share early plans for improving Avis Way Park —The proposed landscaping and re-naturing project aims to enhance the park.

The plans would potentially include improved paths to allow year-round access for walkers, wheelchairs, pushchairs and cyclists plus new seating areas, creating places to rest, meet friends and enjoy the surroundings.

The project would also bring increased biodiversity, with planting designed to support birds, bees and other wildlife. Creating better water management, helping the park cope with heavy rainfall and reducing flooding in the area too!

Lewes District Council are keen to involve residents in shaping the final design, so please look out for opportunities to share your views and help shape the future of Avis Way Park.



Shakespeare Hall

The former Shakespeare Hall, is being repurposed to create a more welcoming space with the addition of a café and a new terraced outdoor area, providing a great place for people to enjoy and relax in the sunnier months ahead.

Local groups continue to be involved, with a new Friends of Fort Road Recreation Ground group is being formed to support the park's future. For more information visit: fortroadnewhaven.org.

OURNEWHAVEN: The Ship That Restarted the Route

As we recently marked the 200th anniversary of the Newhaven–Dieppe ferry service, it felt fitting that Our Newhaven's first article of 2026 should look back at a ship many will remember fondly — one that helped revive the route at a crucial moment in time and for tourism. P&O Ferries withdrew in 1998, with Stena Cambria making the final sailing, Newhaven was left without a conventional car ferry service for the first time since the arrival of Falaise in 1964. For a port town with such strong cross-Channel links, it was a significant loss.

That changed on 11 April 2001, when Transmanche Ferries introduced Sardinia Vera as the first of their vessels on the route. The photograph accompanying this article shows Sardinia Vera on her final day of service at Newhaven, 31 March 2006. By then she had been replaced by the brand-new Côte d'Albâtre. Shortly afterwards, she sailed back to the Mediterranean, arriving in Genoa on 6 April. She continued working on a variety of routes until 2024, when she was finally sold for breaking.

Readers often ask about the ship's distinctive yellow hull. The answer is simple — it was the original livery of Sardinia Ferries, from whom the vessel was chartered. Keeping it made economic sense, with just the addition of the familiar "T" logo.



Full story at www.ournewhaven.org.uk

WIN
CAKE &
COFFEE
FOR 2!

PUZZLES AND COMPETITION TIME

1. What gets wetter the more it dries?
2. What can be broken but never held?
3. What word is spelled incorrectly in every single dictionary?

Send your answers to our 3 quiz questions to: newhavenmatters@newhaventowncouncil.gov.uk

And be in with a chance of winning coffee and cake for 2 at the The Bridge Inn.

Spring Word Search

BLOSSOM
BLOOM
FLOWERS
RAIN
SHOWERS
EASTER
SPRING BREAK
GRASS
HATCH
BIRDS
SUNSHINE
SEASON
MARCH
APRIL
MAY

N	L	M	O	R	D	Y	S	M	B	M	O	O	L	B
N	I	A	R	M	E	L	E	S	E	E	A	W	O	G
U	O	Y	E	L	O	S	E	A	S	O	N	M	S	S
L	M	L	I	O	D	N	E	K	L	A	Y	R	P	H
H	C	T	A	H	I	N	G	Q	L	D	B	R	K	U
U	T	P	E	H	O	O	D	I	O	O	I	F	C	L
Y	T	I	S	R	E	T	R	M	D	N	T	R	E	U
V	W	N	A	O	E	P	J	T	G	N	E	D	X	V
E	U	G	R	N	A	D	M	B	R	A	Y	A	T	E
S	L	M	E	U	B	G	R	T	A	S	O	U	P	A
R	E	F	G	L	C	E	B	T	S	I	R	G	A	S
B	A	L	Y	B	A	E	N	O	S	R	E	H	R	T
Y	A	O	I	K	D	O	O	H	R	E	H	O	H	E
U	Y	W	E	M	S	H	O	W	E	R	S	E	D	R
C	H	E	F	A	M	C	L	Y	O	G	D	R	E	S
X	L	R	O	V	Z	R	C	O	J	B	R	I	N	O
F	I	S	E	A	R	A	K	S	L	E	I	O	E	L
B	L	O	S	S	O	M	C	B	J	W	B	M	O	B

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

BRAIN POWER READY?

Fill in all the squares so that each row, each column and each of the 3 x 3 squares contains all the digits from one to nine, with no repeated numbers in each line, horizontally or vertically.



Covering our green spaces and greener community through Newhaven

Spring is the perfect time to come together and start the garden.

TOP TIPS IN SPRING FOR YOUR GARDEN!

- Clear away dead foliage and debris to keep pests at bay and make room for fresh new growth to thrive.
- Top up garden beds with compost or well-rotted manure to nourish the soil and give plants a healthy, happy start.
- Sow seeds indoors or in a greenhouse, then share the excitement as they're planted outdoors once the risk of frost has passed.
- Repot container plants with fresh compost and have fun planting hanging baskets with colourful summer bedding.

Art Project Brings Messages of Kindness to Coastal Towns

Look Again, launched a new public-realm art project across the coastline between Brighton and Eastbourne, bringing bold, joyful artworks to Seaford, Newhaven, Peacehaven and Telscombe.



Delivered in collaboration with artist Supermundane and arts educator Dawn East, the billboard, banner and poster campaign feature new work by Supermundane alongside more than 100 original designs created by local primary and secondary school pupils. Thousands of young people from the area have taken part. Centred on shared values of warmth and kindness, the project offers a visible response to division and celebrates the strength of community.

Lewes District Council said:

"Seeing these vibrant posters is genuinely uplifting. Their messages of respect, consideration and kindness shine brightly at a time when communities can feel divided."



"This is our largest participatory art project to date," said Charlotte Parsons from Look Again. *"It's about bringing people, place and creativity together in the public realm."*

The Lewes District Council-supported project runs throughout the spring.

More information and downloadable poster packs are available at www.lookagainnewhaven.co.uk/community-of-kindness



Spring has arrived, with snowdrops, crocuses, and daffodils brightening our green spaces.

The Greenhaven team have been very busy with recent events including:

A herbal remedy workshop at Hillcrest Centre in January led by Jessie and Karine Knox-Humbert plus a community meet up, at Gateway Café in Peacehaven, where network members shared updates and

challenges over a cup of tea and slice of cake.

The annual Newhaven Green Centre Swap, Share and Repair event at Hillcrest Centre, where Lesley met gardeners interested in pollinator plants and home-growing vegetables. There was also the family spring walk at Riverside Park, in February, exploring local trees, flowers, and local wildlife. The team even managed an evening network meeting at Bishopstone Station with a talk from Save Seaford Swifts.

Now, looking forward to the Town Council's Easter Fun

Day in April, where they'll have a seed and plant swap. Bring your excess seeds and plants to swap or donate. There will also be activities, and advice on how to improve your outside space to support nature. Check Facebook (Greenhavens Network CIO) and website for upcoming events like pond dipping, poetry walks, blossom walks, seed swaps, and bat walks.

To receive their newsletter or have questions, check visit www.greenhavens.network OR email at contact@greenhavens.network.

Want to know who's keeping your community safe, or how you can meet the team?

Find out more about your local neighbourhood policing team, who is on the team, and what roles they play in keeping you safe. Check out upcoming 'meet the team' events being held across the Lewes and Seahaven districts and learn about our local priorities and what actions we are taking to



tackle anti-social behaviour and crime in your town.

Access crime prevention advice, local news, and resources to help you and those around you safe.

Visit the website www.sussex.police.uk/area/your-area and enter your postcode.



NIPPERS in Newhaven is a local after school and holiday club for primary aged children living in Newhaven and East Sussex. They have been running since 1973 by Pam and her qualified team of amazing staff and volunteers. They offer affordable and flexible childcare for parents and local families.

For more information call: 07564 452837 OR Email: nippers1973@outlook.com.

MAKE A DONATION OF UNWANTED ARTS AND CRAFTS

The club are currently collecting; any unwanted items can be dropped off at the Town Council offices – 18 FORT ROAD. All donations will be gratefully received.

Healthier You

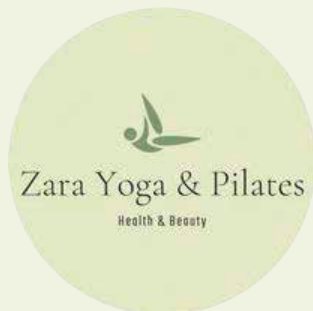
Keeping you healthy and happy with some easy tips and advice for all



Mental health and wellbeing affects how we feel, what we think and the things we do. So, to keep ourselves in the best position it's important to take good care of ourselves.

Here are some top tips to improve your general health and wellbeing daily:

1. Get better sleep by reducing caffeine, sugar and alcohol around 2 hours before sleep.
2. Get exercise and movement, that could be just a simple daily walk or going to a gym or local park
3. Be social – Catch up with friends or family and have a good chat to talk and connect!
4. Reduce time on tech such as phones and computers and try to get outside and get some fresh air.
5. Drink plenty of water (approx. 2 litres daily) it helps keeps you and your brain awake and hydrated and eat fresh natural foods to feel better.



Women's health after 40

STAYING STRONG AND WELL

Zara x

Life after 40 brings important changes to women's health — and a powerful opportunity to prioritise long-term wellbeing. While ageing involves natural physical and hormonal shifts, this stage of life can be healthy, balanced, and empowering with the right support.

Many women begin perimenopause in their 40s, as oestrogen and progesterone levels fluctuate. This can lead to symptoms such as disrupted sleep, hot flushes, mood changes, and lower energy. While common, these changes are manageable through lifestyle adjustments, medical guidance, and consistent self-care.

Metabolism also slows with age, and muscle mass gradually declines, increasing the risk of weight gain and

bone loss. Strength training, regular movement, adequate protein, and weight-bearing exercise help maintain muscle, support metabolism, and protect bone health. Calcium and vitamin D also play an important role in preventing osteoporosis.

Heart health becomes increasingly important as hormonal protection decreases. Regular physical activity, balanced nutrition, stress management, and routine health checks can

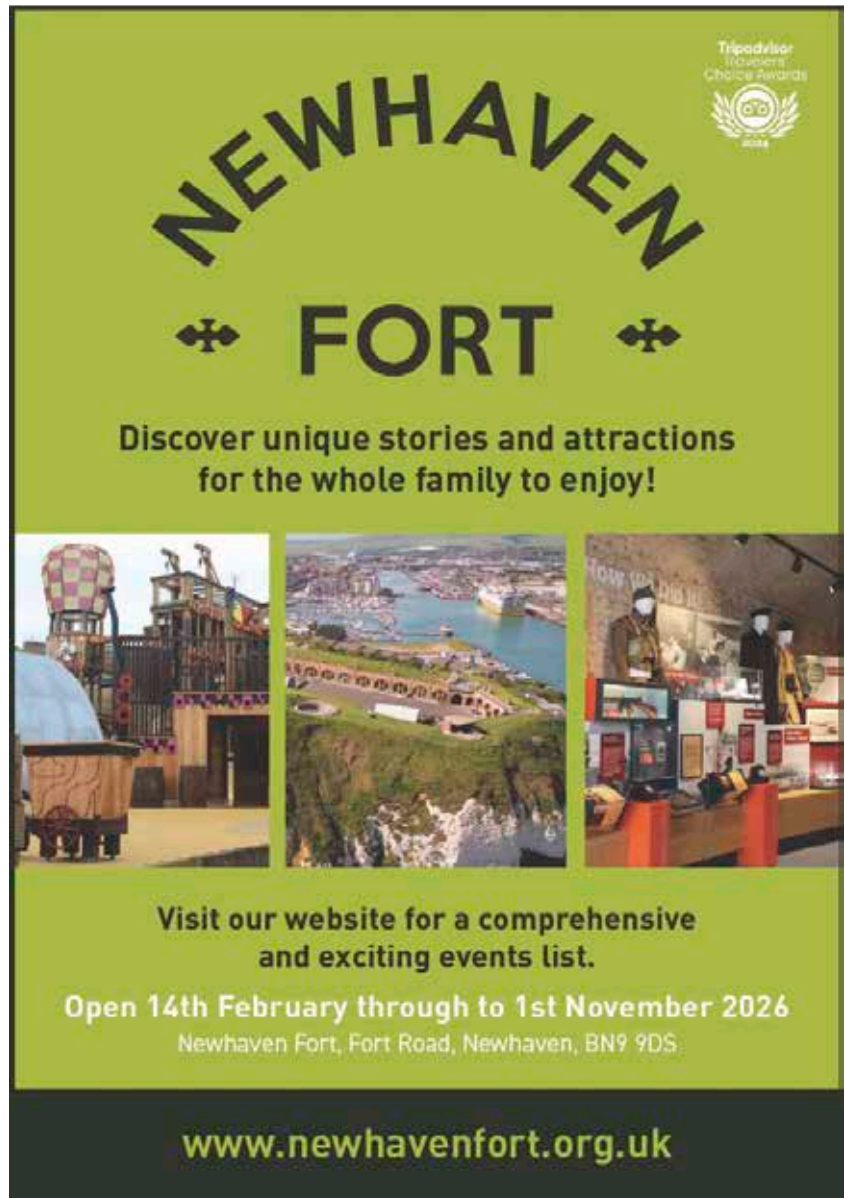
significantly reduce the risk of cardiovascular disease. Mental and emotional wellbeing matter just as much. Managing stress, setting boundaries, and prioritising rest and recovery are essential during this phase of life.

Ultimately, women's health after 40 is about shifting focus — from appearance to strength, and from perfection to balance — creating a foundation for a healthier, more fulfilling future.

Newhaven Fort ready for another BIG season

Newhaven Fort is now open for another busy season after its big restoration last year. Visitors and locals can enjoy even more attractions, including its fantastic kids adventure playground, interactive rooms and exhibitions plus a cool 1970s-themed escape room. With stunning clifftop views and a large café, there's plenty to enjoy for families and kids alike this season for the community. Along the way, you'll uncover hidden gems in the showcase space and explore guest collections, including the Royal Observer Corps and Sussex Yeomanry. They will have plenty of extra events going on through the seasons so, well worth checking their website for more details.

To find out more and book at: www.newhavenfort.org.uk.



The poster features a green background with the text 'NEWHAVEN FORT' in a large, arched font. Below it, the text reads 'Discover unique stories and attractions for the whole family to enjoy!'. Three small images are shown: a hot air balloon, a panoramic view of the fort, and an interior exhibition. At the bottom, it says 'Visit our website for a comprehensive and exciting events list. Open 14th February through to 1st November 2026. Newhaven Fort, Fort Road, Newhaven, BN9 9DS. www.newhavenfort.org.uk'. A TripAdvisor award logo is in the top right corner.

Goodbye Loneliness with Just Friends

A Sussex-based charity helping people who live alone to overcome loneliness and reconnect with their community. They run friendly social meetups, walking groups, lunches, days out, and

wellbeing activities across East Sussex. With groups in Newhaven, Brighton, Hastings, Bexhill, and Eastbourne, Just Friends offers a safe and welcoming space where members can make friends, build confidence, and enjoy life again. Many members say the companionship and laughter have made a real difference to their wellbeing.

"There's always something to look forward to, and the company is lovely," said one member.

No age limit, no membership fee, and no expectation—just a warm welcome. Find out more: www.just-friends.uk
Email: info@just-friends.uk
Tel: 07585 694156.



1st and 3rd Monday of each month, 10am–12pm, Newhaven Day Club, West Quay, BN9 9BP

Community Help & Support

Here to help

NHS: QUIT SMOKING AND BEAT THE BUTT

Healthy lifestyle provider **One You East Sussex** has started the new year by giving its support to 'Stop Smoking, Feel Happier', the **South East**

Smokefree Alliance's launch campaign. Healthy changes start with little changes," continues Playford. "Whether you want to lose weight, drink less alcohol, get active or quit smoking, there are plenty of free tools and support available."

For more information on the One You East Sussex quit smoking services, go to oneyoueastsussex.org.uk/programmes/stop-smoking.

Better Health Let's do this **ONE YOU EAST SUSSEX** **NHS**

No wrong answers, just the right start.

Search **Healthy Choices Quiz**

The Healthy Choices Quiz is free, quick, and designed to help you take small steps towards lasting changes.

It can help you eat well, move more, sleep better, and feel more in control of your health.

If you've taken the quiz and now want help to make healthy changes, scan below for FREE support in East Sussex.

Your Healthy Choices Score
6/10



NEED HELP OR ADVICE AND NOT SURE WHO TO ASK?

Lewes District Citizens Advice in Newhaven, is a local charity that provides free, confidential and impartial advice to anyone living, studying or working within Lewes District.

They provide a variety of helpful information and advice which will help people resolve problems such as:

- **Work** – Redundancy, unfair dismissal, grievances, flexible working and more

- **Housing** – homelessness, eviction and tenancy problems
- **Cost-of-living crisis** – food bank referrals, emergency fuel vouchers, tailored household support grant advice

Prior appointments only following consultation at a drop-in session or by telephone Call 0808 278 7892 or request a call back lewesdistrictca.org.uk/contact-us



Opening times

Tuesday/Wednesday/
Thursday - Newhaven 15-19
Chapel Street BN9 9PN Lewes.



New Not-for-Profit Aims to Provide Accessible Therapy in Newhaven

The **Rainy Day Foundation** is a new not-for-profit organisation operating in the Havens area, with a key focus on Newhaven, dedicated to

providing quick and affordable access to therapy for those in need.

The foundation was created following the loss of beloved family member **Richard David Fox** in February 2025, who had struggled silently with mental health challenges that went unnoticed until it was too late.

Research by **East Sussex County Council** shows that the local area experiences an average of 65–70 deaths per year from suicide, significantly above the national average

of 11.4 deaths per 100,000 people. With this in mind, the founders sought to address the long NHS waitlists and the high costs of private therapy, providing accessible mental health support for the community.

They are currently raising vital funds to launch its services and welcomes support from residents and organisations. More information can be found on their website: rainydayfoundation.org.uk and on social media at **Rainy Day Foundation**.

Newhaven's Fishing Community: A Brighter Future Ahead



A year on and Newhaven's fishing community which received a financial boost last year for a new fish processing plant is doing very well indeed. The facility allows local fishers to process, prepare, and store their catch using equipment such as chillers, freezers, ice machines, and forklifts.

The project was part of a wider investment in the local fishing

industry, with the government providing £12.8 million and Lewes District Council contributing over £1 million.

As part of the government-backed initiative to support Newhaven's local fishing industry, work is close to completion of the new fishing stage along the river. This investment recognises the long-standing importance of fishing to Newhaven's identity, economy, and community, and aims to ensure the industry can continue to thrive for generations to come.

Alongside the new fishing stage, vital ground improvement works were carried out to stabilise the riverbank. These works included sensors to provide real-time monitoring of ground movement, helping to identify and manage any potential

issues early. In addition, riverbed dredging has taken place to improve water depth and protect moored vessels, particularly during low tide, making the area safer and more accessible for boats.

The new fishing stage represents a significant step forward for Newhaven. Most importantly, it will provide a safer and more reliable way for local fishers to access the river, supporting their day-to-day work while strengthening the town's fishing infrastructure.



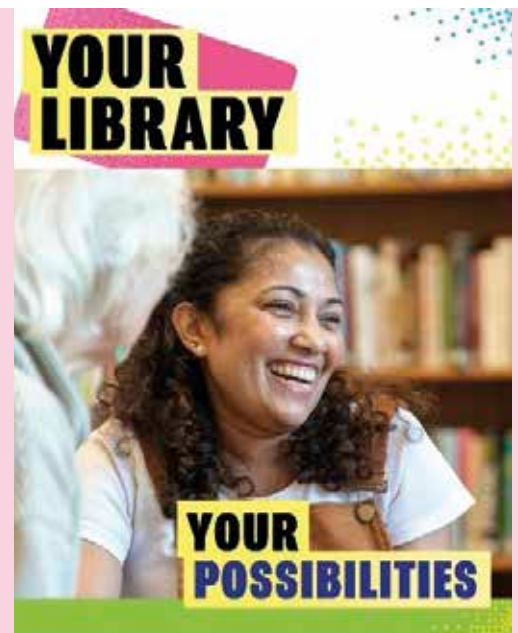
Support your Newhaven Library

The local library is open most days, closed only on **Wednesdays and Sundays**, and hosts a variety of events throughout the year — from after-school reading hubs to community meet-and-greets. Membership is free, so it's well worth dropping in and seeing what's on offer.

Rhymetime at Newhaven Library: Every Thursday 11.00 -11.30

'Babies, toddlers and their parents or carers can have fun singing, playing musical instruments and learning rhymes in our library. These events are free of charge, and you can just turn up'.

The library provides a wide range of facilities for the whole community, including baby changing facilities, a drop box for item returns, disabled access, display facilities, free computers with internet access, free Wi-Fi, local history materials, photocopying and printing services, and a quiet study area.



For more information go to:
eastsussex.spydus.co.uk



Newhaven museum reopens for the season

The Newhaven Museum and Historical Society is an entirely volunteer-run Charitable Incorporated Organisation dedicated to preserving and sharing the town's rich heritage. Proud custodians of Newhaven's history and run Newhaven Museum — a true treasure trove of stories that bring the past to life. The museum is open four days a week (Tue-Wed and Fri-Sat) from April to October, with research visits and group bookings available by appointment outside normal opening hours.

Throughout the year, they host a programme of five engaging heritage talks at the Hillcrest Centre, open to both members and visitors.

Their large collections reflect Newhaven's social, industrial, creative, military and maritime heritage. They also care for a growing digital archive of over 20,000 photographs — some dating back to 1860 — which can be explored on the museum's touch screen. For more information go to www.newhavenhistoricalsociety.org.uk.

The Harvest Hub

The Harvest Hub is a community garden in the heart of Newhaven where neighbours and friends come together to grow vegetables, plants, and flowers. A shared space to garden, learn, socialise, and enjoy the benefits of growing sustainable food.

Members can grow and share produce while learning about gardening, healthy eating, and sustainable practices. Gardening is a great way to stay active, reduce stress, and connect with others.

Some plants and seeds will also be available for sale.

If you'd like to get involved, join them on Saturday mornings at 11am, or on Facebook. Email: Theharvesthubnewhaven@gmail.com Phone no: 07563 566107.

Young Mayor Wanted!

Are you aged 13-17 and want to make a difference in Newhaven?
This is your chance to have your voice heard!

As Young Mayor, you will:

- Represent young people at Council meetings
- Help improve Newhaven for young people
- Attend exciting local events
- Learn new skills and build confidence





What you'll get:

- £500 to run a project for young people
- Support from the Town Council
- A trip to the Houses of Parliament
- Help with clothes and travel if needed
- Contact: Admin@newhaventowncouncil.org.uk





Newhaven Information and tourist Centre

It's the One-year anniversary for the Newhaven Information and tourist Centre. Located in the Marine Workshops, just a short walk from the train station and the town centre.

They advertise local events and act as a box office, selling tickets for shows including- Meeching hall, Meeching Amateur Dramatics, Seaford Little Theatre, Seaford Cinema,

Musical Society, the Corelli Ensemble and Splash Point Jazz. Tickets are also available for the Love Supreme Jazz Festival in Glynde (with no booking fee) and programmes for the Eastbourne Air Show too!

They also offer advice on what's on in the area, help with planning walks and visits, sell stamps, theatre tokens and locally made gifts, and stock the BN9 brochure with details of free exhibitions at the Atrium and BN9 Studio.

Free food waste caddy liners are also available. Say hello and discover what's happening in Newhaven!



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

Then why not join Haven Harmonies your local community choir on Monday evenings.

7pm – 8.30pm at the Hillcrest Centre Newhaven. No auditions and no requirement to read music. The first session is free and then £5 after that every time you attend. We perform locally to support charities and other community projects. The choir is led by Cara Barseghian, a professional singer and choir leader.

Please come and join us and make music in a fun and friendly atmosphere. If you would like to know more contact Marian Stanley email: marianstanley43@gmail.com or havenharmoniescommunitychoir@gmail.com.

Community Transport Lewes Area (CTLA)

Need a lift?

What do they do? Can I use them? Don't they just take kids to School?

As a charity, we offer several forms of transport, all of which helps to get people out and about; this aligns with our vision to reduce loneliness and social isolation.

We offer a door-to-door service for shopping or Doctors appointments or even just to meet with friends.

If you cannot access public transport or there is not a bus stop that you can get to, give us a ring. There is not an age restriction; we are community transport, that means everyone in the community. We have Minibuses with good access and wheelchair access for those that need it.

From the staff in the office through to our drivers, everyone is thoughtful and will do their utmost to ensure we can get you out and about. We offer a shopping bus to Asda, Brighton Marina and Tesco, Lewes, as well as local buses that will take you to Sainsburys. Give the ladies in the office a call to discuss your needs to see if we can help. If we can help... we will.

We also offer a Travel Club which offers days out with friendly like-minded people who like to get out and meet up with others. That may be for a meal or a stroll round the local shops.

Again, ask the ladies when you call for further details. We look forward to speaking to you soon. If you would like to meet people by volunteering to drive one of our buses, we would also like to speak to you.

Call us on 01273 517332, or visit our website – www.ctla.org.uk



CTLA
TRANSPORT FOR YOUR COMMUNITY





FOOD FOR THOUGHT

Spring is here and brings a fresh selection of seasonal veggies and eating seasonally supports local farmers and is better for the environment. Look for spring favourites such as spring greens, new potatoes, carrots and spring onions. These ingredients are easy to cook with and add fresh flavours to salads, soups, and everyday dishes.



BUDGET MEAL

One-Pan Chicken & Spring Veggie Skillet:

Serve with potatoes or rice, for a simple, healthy meal.

Serves: 2-3 • **Time:** Only 30 minutes

Ingredients

- 2 chicken breasts, diced
- 2 carrots, sliced
- 1 onion, chopped
- 1 cup peas (fresh or frozen)
- 2 handfuls of spinach
- 1 tbsp oil
- 1 tsp mixed herbs or dried thyme
- Salt and pepper to taste
- Optional: garlic or a squeeze of lemon

Method

1. Heat the oil in a large pan over medium heat. Add the onion and carrots and cook for 5 minutes until softened.
2. Add the chicken, season with salt, pepper, and herbs, and cook until browned and cooked through.
3. Stir in the peas and cook for 2-3 minutes.
4. Add the spinach and cook until just wilted.
5. Taste and adjust seasoning. Add a squeeze of lemon if using.



to help your food shop on a budget £££



1. Create a weekly menu

Planning your weekly meals in advance is another way to help save money and you can create a shopping list that can provide 5-7 meals.

2. Use a shopping list

Shopping lists aren't just ways to remember, they can act as a guide to help you avoid impulse buys.

3. Try own brand products

Brands are usually the first to raise prices as soon as inflation hits new highs. You can get almost as good food for a lot less by trying supermarket own brands.

4. Get yellow-sticker deals at supermarkets

Many supermarkets reduce items in the early evening, but it can vary by store. Ask staff what time it happens and only buy items you can freeze or use immediately to avoid waste.

5. Cook in bulk and freeze

Another good way to save money is to buy ingredients you can make different meals with then batch cook, make a large pot of that meal and freeze it in portion - Curry/Bolognese/Chilli.

TEENAGERS TIME: YOUTH & SOCIAL CAFÉ

Check out the new Youth Café, a youth led project by Newhaven Young People's Forum, offering a social space over on Denton Island, launched for young people under 18, it delivers a friendly and safe place to spend time, meet new friends and even enjoy a hot meal. The café offers snacks and drinks along with a fun and relaxed space to socialise in. Each session also includes games, fun activities and visits from friendly guests

who focus on wellbeing and positive support

The Youth Café is open to young people aged 12 + over.

It runs every Monday during term time, from 5:30pm to 7:00pm, at Newhaven Youth Centre on Denton island.

The Youth Café aims to give young people somewhere to go after school, helping them feel connected, supported and part of the local community.



If you would like to support us or become more involved, please contact youth@sussexcommunity.org.uk.



Lewes District CAN!

Are you part of a committee for a community group? Looking for support with funding ideas, training, day to day operations, or building connections? That's exactly what we're here for.

LD CAN works across the district to support all SCDA groups and organisations.

You're warmly invited to get in touch at LDCAN@sussexcommunity.org.uk.

We're always happy to set aside half an hour for a conversation—whether you'd like help with something specific or simply want to share what your group does so we can help promote it.

All Aboard: A Community Club with a Difference

The Newhaven and District Model Railway Club, based in Norton Road, has been part of the local community for over 65 years. Over that time, the club has continued to evolve, most recently marking a milestone with the appointment of its first female Chairperson.

Proudly community-focused, the club offers a warm and

friendly, inclusive and safe environment for people of all ages and abilities. Members can learn new skills, share experience, use the club's excellent test track, or simply enjoy the social side of this rewarding hobby.

The club will be hosting a Model Railway Exhibition on **Saturday 30th May 2026, from 10am to 5pm, at Seaford Baptist Church Hall, Belgrave Road, BN25 2EE**. Entry is **£7 for adults, with children under 16 free**. Visitors can enjoy a variety of layouts, exhibitors, shops and refreshments, and meet club members along the way.



For more information, email newhavendmrc@gmail.com or visit www.newhavendmrc.com.



Havens Community Hub: Finding a Way for the Havens Community

The Havens Community:

Supporting local needs across the area since 2018, developing a network of impactful projects, which are fully supported by local volunteers with shared commitment to helping the community. One of these successful examples is the Havens Food Cooperative:

A project that works to prevent food waste while supporting

local people who need it most, by collecting surplus food and redistributing it in the community. Lead by a dedicated team of over 40 volunteers, up to three tonnes of food is shared each week with individuals, families, and community groups. Since it launched, it has redistributed approximately £2 million worth of food back into the community, Amazing!



Open 365 days a year and free to access, with donations welcomed too. The pantry is based at 2A Thompson Road, Denton, Newhaven, and is stocked daily from 9am until supplies run out.



The **Haven Community Cars** project is a vital transport charity helping residents reach medical appointments and essential services as well as social connections. In 2025, they celebrated a huge milestone, with volunteer drivers collectively reaching over 100,000 miles travelled, supporting those struggling

to access services. In 2024 they were awarded the Kings Award for Voluntary Service, a true testament to their amazing efforts.



The team is always looking for volunteer drivers. If you can spare a few hours and have access to a car, get in touch via havenscommcar@gmail.com or 01273 918226 to find out more.

SUPPORTING THOSE EXPERIENCING HOMELESSNESS: COMMUNITY HUB



Most recently, Havens Community Hub has begun addressing another growing local need: support for people experiencing homelessness and those who are rough sleeping. The Hub is appealing to the community to help with this new mission, either through donations or by purchasing essential items through its amazon wish list.

You can support the Hub by donating via Local Giving or contributing items through the Amazon wish list:

Amazon Wish List:
<https://bit.ly/HavensHomelessSupport>

Donations:
<https://bit.ly/DonateHavensHub>



Newhaven to Dieppe Ferry: A weekend away in France?

Have you ever been on the ferry? This easy cross-Channel route is a great alternative to the busy Dover–Calais crossing or the hassle of the airport! Whether you're heading to **Dieppe, Normandy** or travelling onwards to **Paris**, even making your way to **Disneyland Paris**.

Why the Ferry?

- Shorter driving distance to Paris and southern France from Dieppe
- Excellent base for exploring the Normandy coast
- Reliable service with great onboard facilities
- Suitable for cars, bicycles, foot passengers, and pets

How Long Is the Crossing?

The crossing usually takes around **4 hours**, though times can vary slightly depending on weather and sea conditions. Some sailings take as little as **3 hours 30 minutes**, while others may take up to **4 hours 20 minutes**. Ferry Prices vary depending on the season, demand, and how early you book: **Top tip:** Book early and travel off-peak (October to April) to secure the best deals. The local ferry is one of only a few that welcomes **Dogs and small pets** on board but check requirements in advance.

Dieppe Town: Neighbours across the sea

A town connected to Newhaven for over 200 years full of history and known to have the 'Most Beautiful Market in France' Dieppe market has a character all its own. A weekly ritual that visitors shouldn't miss! Every Saturday morning, the streets come alive as locals exchange warm greetings, catch up and enjoy a good old-fashioned chat.

Once the shopping is done, the day is far from over. Many head straight to one of the nearby cafés — the Café des Tribunaux, Café Suisse, La Potinière or the aptly named Tout Va Bien — to sit and put the world to rights over a coffee or a glass of wine.

Calling all Sea lovers: Mid-summer Festival of the Sea

20 June 2026
From 10am | Seaford Bay

Join the RNLI and Newhaven & Seaford Sailing Club for a free, family-friendly celebration of life on and around the sea. With events on the promenade and beach with a full day of activities, stalls, taster sessions and live entertainment.



SEA MORE WITH THE CADETS:

Discover Your Potential with Newhaven & Seaford Sea Cadets

Newhaven and Seaford Sea Cadets offer local young people aged **10–18** the chance to swap screen time for adventure. Based in Newhaven for over **70 years**, this community-run charity helps young people build confidence, resilience and life skills through a wide range of activities.

Cadets take part in **sailing, rowing, powerboating and paddle sports**, as well as **camping, hiking, Duke of Edinburgh awards, shooting and marine engineering**, with opportunities to gain **nationally recognised qualifications** such as RYA and BTEC. The programme encourages teamwork, leadership and discipline, and many former cadets go on to successful careers in both military and civilian roles.

The unit meets **Monday and Thursday evenings, 6.45–9.00pm** in Newhaven. **Adult**

volunteers are also needed — no military or nautical experience required — with full training and DBS checks provided.



To find out more about becoming a cadet or volunteer, email admin@tsdefiance.

Local Artist Wins Award: Echoes of the Chalklands

Local photographer and Newhaven Art Club secretary **Dawnie Thompson** has enjoyed a landmark year, continuing to explore the landscapes and quiet histories of East Sussex through their photography.

Alongside co-founder **Chris Cook**, Thompson established **Phocol: Newhaven Photographers Collective**, a growing group working with Newhaven Art Club to bring fresh creative energy to the region. Recent exhibitions have showcased work inspired by the South Downs, the white cliffs of Newhaven, and the Seven Sisters.

Thompson was awarded the **Townie Fox Prize 2025** at **The Sussex Contemporary 25 Exhibition** at the Marine Workshops BN9 studio. The winning photograph, “**Journey**



through Time,” pays homage to Ravilious’s iconic Train Landscape. In the image, the ancient chalk figure of the **Long Man of Wilmington** is briefly framed through the window of a moving third-class Metropolitan train. Reflections from the carriage interior merge with the passing landscape, creating a layered moment where myth and modernity meet, inviting viewers to reflect on how

history and everyday routine intersect in the blur of modern travel. The prize includes a solo exhibition in **May 2026** as part of the **Artists Open Houses Art Festival in Hove**.

With a major exhibition ahead and a strong creative community around them, Dawnie Thompson remains a vibrant and thoughtful presence in the local arts scene.



Keep it clean and Plastic free

It has been uplifting to see the community come together for beach cleans throughout the storms in late winter and the recent shipping container incident. The strong turnout and enthusiasm from residents have made a real difference to the health of our coastline.

These efforts will continue throughout the year, with future dates shared on the Newhaven community Facebook pages. Volunteering is a simple but powerful way to protect local wildlife, care for our environment, and build pride and connection within the community.

Details of upcoming events will also be shared online, including the nationwide **Paddle Out on 16 May**, organised by Surfers Against Sewage, as well as activities for Plastic Free July. We'll be working closely with Plastic Free Seaford to coordinate efforts and maximise impact. Facebook: **Plastic free Newhaven**

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Business Is Better Together in Newhaven

Running a business is challenging — especially in a world that's constantly changing. From new technology and AI to economic pressures and increasing compliance demands, it can all feel overwhelming at times. But in Newhaven, you don't have to navigate it alone. At the Newhaven Chamber of Commerce, we believe local businesses are stronger when they connect, share knowledge and move forward together.

We bring local businesses — from sole traders to established companies — into one supportive, proactive network where ideas are shared, collaborations happen, and referrals flow naturally. Membership helps raise your profile through our directory and promotions, keeps you informed about local grants and opportunities, and ensures Newhaven businesses are represented in conversations that shape our town's future.

Our weekly 7am Networking Breakfast is proof that early starts pay off. In just one

hour, members connect, share updates and actively look for ways to support one another. It's focused, friendly and surprisingly energising — and it regularly leads to real business opportunities.

We're also proud to be one of the main organisers of the **Seahaven Business Awards**, working closely with our neighbouring Chambers to deliver one of the biggest nights in the local business calendar. The Awards shine a spotlight on the incredible talent across the Seahaven area and provide fantastic marketing exposure for finalists, winners and sponsors.

We're hugely grateful to the businesses who sponsor and champion this special event each year, Quintessence Fragrances, Newhaven Port & Properties, Newhaven Chamber, Newhaven Enterprise Zone, Swindells Accountants, Cleankill Pest Control, Tomsetts Distribution, Leather4Craft Ltd., Mike Shorer Fine Jewellery, Newhaven Enterprise Centre, VR Flowers

& Son., Fine Marketing Consultants, Experience It Now Travel, 2nd Cup of Tea, We Are Cleaners, Laforte Property Maintenance, Enchanted Princess Parties, Arlette's Florists and SeahavenFM.

Above all, the Chamber is about community, we arrange socials, and fun events and create lasting friendships alongside professional connections.

Membership is just **£99 per year**, and you're welcome to try a breakfast or two before joining.



If you run a business locally, come and be part of it, whether you are a sole trader, a partnership, a limited company or are a director of one of the national companies that are based in Newhaven. Visit www.newhavenchamber.co.uk.

In one: Local business hits the bull's eye

Local businessman and jewellery maker Mike Shorer was recently commissioned to create a full-size replica of the Professional Darts Corporation (PDC) World Darts Championship Trophy for the current world number one champion, Luke Littler. Mike designed, created, and personally delivered the trophy by hand.

"It's always quite a buzz to meet the sports or music stars I create trophies or awards for," said Mike.

We look forward to following his work and seeing who might be next in 2026. www.mikeshorerjewellery.com.



Giving Newhaven's Young People a Voice Through the Arts

The Haven Young Creatives is a local-based charity helping children and teenagers build confidence and express themselves through the arts.

Founded in 2021 by Siou Hannam, it began with an Arts Council-funded film and has grown into regular drama sessions for ages 8–18, plus the annual Harbour Lights lantern procession. With affordable and free places available, the charity ensures all young people can take part. Haven Young Creatives is now fundraising for a major 2027 production and welcoming new children and teenagers to get involved.



© Rosie Powell

Find out more at www.havenyoungcreatives.com



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A Tasty Slice of News



There's a new reason to get excited about Newhaven High Street this spring, as a new pizzeria will be opening in town!

What began as a passion project at festivals and local events has grown into a much-loved successful Sussex story. Pat's Pizza started in 2021, serving pizza at events around the country, including the Brighton Spiegel tent and Love Supreme Festival. By 2023, Pat's had found a home

in Lewes — and now, in March, the journey continues with the opening of a brand-new pizza shop and takeaway right in the heart of Newhaven high street. Supported by the Transforming Newhaven Investment Fund from NEZ. Their goal is simple: To give people more reason to head back to the high street, building a community-focused, family-friendly space where the dough is fresh, the vibes are good, and the pizza is made with love.



Check online and sign up for more details: patswoodfiredpizza.co.uk



The recent Jungle book show at Meeching Hall proved to be a big hit with local audiences: Bursting with colour, confidence and plenty of pantomime sparkle. With sold out shows, it was Ignite Theatre's fifth production, with sing-a-long to classic tunes and the traditional hissing and booing to the villainous Shere Khan.

At the heart of the show was a great performance from local, Evanna Golder as Mowgli. In her first acting role, she delighted with comic timing,

particularly alongside Panos Christofi's lovable Baloo, as The Bare Necessities had the crowd joining in full voice. The versatile Norcross Dancers dazzled as everything from bees and elephants to monkeys, with Lewis Reid's Elvis-inspired King of the Apes providing a standout comic moment. Kiri Harmer's sultry Bagheera impressed, while writer-director Andrew Carn relished as Shere Khan, teasing the audience with delicious menace throughout. We look forward to the next production guys!

BN9 - WHAT'S ON AT THE MARINE WORKSHOPS THIS SPRING?

The Marine Workshops come alive this spring with a varied programme of exhibitions and creative projects celebrating artists, students, and communities.

In the BN9 Studio, the season opens with the **Newhaven Open Call (12–29 March)**, a free and democratic exhibition bringing together contemporary artists, residents, professionals, and amateurs. This is followed

in April by **Cement Studios and Art School (4–26 April)**, showcasing work by their mentees and resident artists, with Sunday demonstrations and taster workshops.

May, sees Newhaven-based artists **Abigail Norris and Isobel Smith present Shh... (2–31 May)**, a paired exhibition exploring silence and autonomy as part of the **Brighton Festival**. The spring programme concludes with **50 Years of Print (4–29 June)**, featuring work by leading UK graphic artists from the Harvey Lloyd Screens archive, including Anthony Burrill, Mr Doodle, Orla Kiely,

Supermundane, and Mr Bingo.

Meanwhile, the ground-floor Atrium hosts **Hospitable Environment's** ongoing community enquiry with East Sussex Public Health and Brighton University, alongside exhibitions by East Sussex College design students, the **70th Anniversary Newhaven Art Club**, and KS3 students from Seahaven Academy.

All events take place at The Marine Workshops, Railway Approach, Newhaven, for details and updates, visit newhavenenterprisezone.com/marine-workshops and follow [@creativenewhaven](https://twitter.com/creativenewhaven).



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

EVENTS: Spring 2026

EASTER FAMILY FUN DAY

Saturday 4th April

Free event at the sidings with Easter egg hunt, facepainting, live music, bouncy castle, food and drink, stalls, entertainment.

BINGO

**At South Highton Village Hall,
last working Monday of each
month.**

8pm start, doors open at 7.30pm.
Cash prizes and raffle, tea/
coffee/soft drinks on sale.
£6 entry.

ABIGAIL NORRIS AND ISOBEL SMITH PRESENT SHH...

2-31 May

A paired exhibition exploring
silence and autonomy as part of
the Brighton Festival.

THEATRE: FOR ALWAYS

**Seahaven Academy: 9 & 10 April
- 7:30pm, 11 April - 2:30pm**

Follows two people who seem
destined to be together or are
they?

Tickets: www.ticketsource.co.uk/curtaincallproductions or
Newhaven info centre, Curtain
Call Productions are seeking
aspiring writers, actors, directors,
and backstage/front-of-house
volunteers. Follow on Facebook
for future opportunities and
updates.

MIDSUMMER FESTIVAL OF THE SEA

**20th June at the Newhaven and
Seaford sailing club**

NEWHAVEN FOOTBALL CLUB - MINI DOCKERS CLUB

All players aged 2 to 6 are
invited to Saturday morning Mini
Dockers session. Just turn up and
join in with our fun, free football
themed session. The session starts
at 8:30 a.m. on the 3G pitch.
Contact Michaela Robinson for
more details - 07894 054853.

MARINE WORKSHOPS

Work from Newhaven's Cement
studios and art school. Cement
studio tour, talk and drinks on
Friday 24th April 6-8pm at Unit
10 Quarry Road, Newhaven,
BN9 9DD cementarts.co.uk

What's On

ARTS, CRAFTS & IT

Art Techniques with Carol Havard

Pottery, Art, Workshops, and more. 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 wildseearts@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

Newhaven Art Club

Peacehaven Evangelical Church Hall. Mondays: 2pm – 4pm. 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/SussexACF

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 Heighton

Junior Football Club
The Hollow, South Heighton, Newhaven, BN9 0TP. Saturdays 9am – 12pm. Age group training times vary. Please contact Jamie Frampton 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@seafordsea.org.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. £10 per session. Lunch club for 0-99+ on Friday, 11 to 1pm, term time only. Contact - nippers1973@outlook.com for more information

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

Yoga with Janet Bond

Senior Dual Qualified Teacher Trainer, Saturday Morning at 10.30am in the Beautiful New Piddinghoe, Village Hall, Newhaven, BN9 9AX. Email: samtosha4u@gmail.com (or) Mobile: 07899 419242

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 newhavendmrc@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

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

Social group for those living alone.
Newhaven Day Club, West Quay, BN9 9BP
1st & 3rd Monday of every month:
10am – 12pm. Contact: info@just-friends.uk
Tel: 07585 694156

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 Hillcrest Centre.
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

Blue Van Veterans Breakfast Club

Every 2nd Sunday of the month, 09.00 – 11.00 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 indoor roll ups October – April every Monday from 2pm every Wednesday and Saturday from 10am. For more information contact Jose Baker on 07542 608304, Chris Cook on

07887 520708 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

All offers of Club sessions and activities to its members are available to view on the club's website: www.newhaventennisclub.co.uk. Please contact Bob 07783 234894 for all membership queries and general details or email: secretary@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/Welcome-spaces 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

Newhaven Town Council
present

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More Info: www.facebook.com/NewhavenTC

