

COMMUNITY WELL-BEING NEWS



To sign up for SCDA activities or get more information call **07920 526224**, email us on **makingithappen@sussexcommunity.org.uk** or visit our website: **www.sussexcommunity.org.uk**.
Like our new Facebook page **SCDA Community Support**.

This newsletter is put together by the Making it Happen Team who are working primarily in Newhaven and Peacehaven, so naturally much of our news comes from this area. If you have news from other areas across the Havens or Lewes District, please get in touch!

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Community Profile

Futsal Stars Foundation

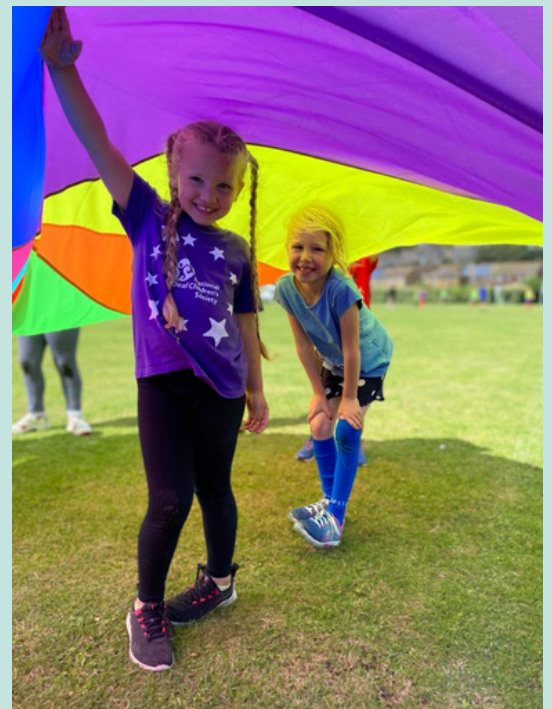
Futsal Stars Foundation, a registered charity was founded by Miriam Bouchiba to help improve the mental and physical health of young people. They collaborate and sub-grant to the London Futsal Stars, a team of London FA affiliated coaches.



Thanks to funding from Active Sussex, 38 children from Newhaven were able to take part in a free summer camp at Fort Road Recreation ground between July and August. The feedback from children and their parents has been very positive and coaches noted improvements in children's motor skills, fitness and speech and communication skills in the younger group.

One parent commented, "My son loves the camps and gives it five stars! He loves the outdoor fitness and always comes home full of excitement and energy after and likes to tell me all he's been doing. It's good for the kids and parents as it keeps them entertained as finding things for the kids to do can be costly so it takes pressure off parents - great work guys!"

For more information please visit their website londonfutsalstars.com or email futsalstarsfoundation@gmail.com



Seahaven community food



We've had a really fantastic response to our Community Food Stories project and have loved inviting people to Denton Island Community Kitchen to share their favourite recipe and the story behind it. What has come through in all of the stories is how food has the power to connect people to their families, their culture and their sense of place. Below are just a few of the photos and you can watch the full videos on our Facebook Page @seahavenfood



We have volunteering opportunities in our store room, in Denton Island Community Kitchen and at Peacehaven Community Supermarket. To find out more or to request an application form just email: food@sussexcommunity.org.uk

From Mon 27 Sept to Fri 1 Oct we are hosting a series of events around the theme of **Planet Friendly Plates** - exploring how small changes can have a positive impact in the run up to COP26. Post a picture of your planet friendly lunch using the hashtag #food4planet



SCDA Projects

Family activities at Denton Island Community Centre, Newhaven

NEW! Weekly Walks for any self-identifying women. All ages, all fitness levels, children in buggies welcome too! We are starting a community led walking group and want you to get involved. If you enjoy getting out in the fresh air and want to help us start the group do get in touch. Or perhaps you want to increase your fitness and make some new friends to do things outdoors with? Each week a short local walk exploring hidden pockets of green space and natural environments spotting wildlife as we go and ending back at the community centre for a cuppa.

Plant and Play sessions are running each Wednesday from 3rd November – 8th December 1030-1230 at Denton Island Community Centre, get in touch to book your place now! Suitable for parents/carers and under 5s. We play out whatever the weather, join us for natural crafts, planting, gardening, wildlife spotting and lots, lots more! Sign up now for 6 weeks of fresh air and fun!



Crafty Numbers is back!

Tuesday afternoons 1-3pm from 9th November- 14th December
Bring your toddler along to cut craft, stick and colour activities to develop their early creative skills and learn some top tips for helping them get a head start for learning numbers.

Toddle and Talk

These new sessions are running each Tuesday from 9th November – 14th December 10.30-12.30 at Denton Island Community Centre, get in touch to book your place now!

Suitable for parents/carers and under 5s. Sessions are aimed at developing toddlers language skills and how to encourage them to speak and listen to you and others. We'll give you some great techniques for developing their sentences and how to encourage them to ask for what they want. Places are limited so get in touch NOW!



For more info about any of these activities please contact families@sussexcommunity.org.uk or call 01273 101511 and leave your details for us to get back to you.



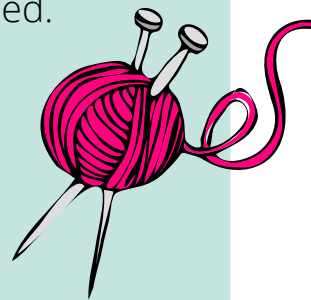
Free 4 week course! Introduction to Yarn Crafts

Over four weeks you will complete four mini projects which will include: Tassels and Pompoms, Crochet Daisy Squares, Decorative Yarn Ball and Macramé Plant Holder.

These courses are free to adults aged 19+. All materials are provided.

These fun yarn craft projects will make you completely rethink your favourite or ignored ball of yarn. Few materials are cosier or more versatile than yarn when it comes to crafting.

In this short course you will explore clever ideas and have fun making and sharing different yarn craft items. All levels welcome.



This is a 4 week course taking place as follows:

East Sussex College Eastbourne
Mondays 27th September to 18th October
10am to 12.30pm

East Sussex College Newhaven
Tuesdays 28th September to 19th October
1.30pm – 4.00pm



To find out more or to book:

call: 030 300 38212

email: community.info@escg.ac.uk

If you wish to book please include your full name, phone number and state whether you wish to do the course in Eastbourne or Newhaven – thanks!



Creative Inspirations

wea.org.uk

All courses FREE if in receipt of benefits

Art for Wellbeing Course code C3747341

Recent research has highlighted the contribution that arts and crafts can make to wellbeing in groups of older adults. This session will combine an analysis of wellbeing and wellness with a practical art-based workshop. This introductory class also offers a chance to explore self-expression, connect with others and learn new skills in a fun and supportive environment.

23/09/21 Thursday, 1 week, 2.30-4.30pm, Cost £7.20

Age UK, 29-31 Prestonville Road, Brighton, BN1 3TJ

Enrol online [Craft, Craft - General: Art for Wellbeing \(C3747341\) \(wea.org.uk\)](#)



NHS Health Engagement Team Stall will also be in reception at Age UK 23/09/21
2pm - 4:30pm

*The NHS team works with GP practices in Brighton & will be available on the day to provide you with a **snack**, take your **blood pressure** and to speak with you about **heart health***

Clothes Repair Workshop Course Code C3747340

Have you got any clothes that need a little fix? It could be a hem that's come down or a button that's fallen off. Or maybe you'd like to adjust a garment to make it fit better? Come along to this workshop and learn some of the skills necessary to repair, mend and adjust your clothes. Bring along any garment you like and any other bits and bobs that you think you might like to use in your project, i.e. zips, buttons, extra fabric, trims, and any other old garments that you'd like to reuse and upcycle. **22/09/21, Wednesday, 10-12pm, £7.20 at Whitehawk Inn, Whitehawk Road, Brighton, BN2 5NS**

Enrol online [Craft, Sewing: Clothes Repair Workshop \(C3747340\) \(wea.org.uk\)](#)



Also check out our Free tasters in the Take Part Festival

Amble Around Brighton – 24th Sept

[Geography: Amble Around Brighton \(C3747342\) \(wea.org.uk\)](#)

Tai Chi at the Brighthelm Gardens 21st Sept

[Fitness & Exercise, Tai Chi: Tai Chi Taster \(C3747347\) \(wea.org.uk\)](#)

Yoga at the Brighthelm Gardens 21st Sept

[Fitness & Exercise, Yoga: Yoga Taster \(C3747346\) \(wea.org.uk\)](#)

Dancing for Joy – Online 24th September

[Performing Arts & Dance: Dancing for Joy \(C3747343\) \(wea.org.uk\)](#)

Fun with Dance and Drama – for adults with learning difficulties online 21st Sept

[Performing Arts & Dance: Fun with Drama and Dance \(C3747344\) \(wea.org.uk\)](#)



WEA
Adult Learning
Within Reach

To Enrol: Call 0300 303 3464 or enrol online www.wea.org.uk

Creative Inspirations

Courses and Activities

EAT WELL • FOR LESS



**HANDS ON COOKERY COURSES FOR
ANYONE WANTING TO PREPARE
DELICIOUS AND HEALTHY FOOD
ON A BUDGET.**

COURSES ARE FREE!

EXPERT TUITION

NUTRITION AND BUDGETING ADVICE

COOK & EAT LUNCH TOGETHER

TAKE ANOTHER MEAL & INGREDIENTS HOME

NEXT 5-WEEK COURSES:

HASTINGS - 8 SEPTEMBER

LEWES - 4 OCTOBER

NEWHAVEN - 3 NOVEMBER

11.00 - 14.00

**NUMBERS ARE LIMITED & PRE BOOKING ESSENTIAL
GROUPS ARE SMALL AND VENUES ARE C-19 SECURE**

**THANKS TO FUNDING FROM THE
SUSSEX COMMUNITY FOUNDATION
WE ARE ABLE TO OFFER FREE PLACES**

FOR INFORMATION OR TO BOOK CONTACT:

OFFICE@COMMUNITYCHEF.ORG.UK

WWW.COMMUNITYCHEF.ORG.UK



Community News



25th September: Celebrating Peacehaven Green Spaces 10am to 1230pm with lunch after

We will take a gentle wander around the green spaces of Peacehaven, starting at the incredible Peacehaven Community Garden and ending up at Peacehaven Community Orchard. Our wonderful guide will tell us all about the community efforts to date and plans for the future and how you can get involved.

There will be an opportunity at the end to kick back and have refreshments from us and have a good chinwag!

Please note this route is linear route and does not take you back to your starting point.

There will be a minibus available to book onto that will leave Newhaven Train Station at 09:30 am and return you to the station leaving the park at 13:30, giving an hour for lunch at the Gateway Café. Minibus spaces from Newhaven Train Station are limited, please email greenhavens@yahoo.com to book a place.

**Booking Essential: Greenhavens@yahoo.com
Donations welcome**



16th October: Greenhavens Network Workshop, looking towards the future 10am to 1300

Come along to Lewes Hut in Newhaven and have your chance to influence how Greenhavens works in the future. What do you want in your communities? What should we be focusing on? Do you want to get involved? What green spaces matter to you?

Community News



A fantastic Saturday morning was had recently by the community, learning all about insects, thanks to the wonderful Alice Parfitt from the National Charity Buglife. Greenhavens Network Wilder Garden initiative aims to train residents in the community to enthuse and engage others to join in wilding our neighbourhoods. Together we can create ecological corridors across our urban areas giving homes to nature. Greenhavens would like to thank also goes to Newhaven town council for their continued long term support and the lend of the hall and equipment. Also massive thank you to Lewes Fund and Enjoolata for the funding to help create magic in the communities We have been lucky enough to have been awarded a little more funding and hope to put more training sessions on for our community groups, do let us know what it is you think you could benefit from and we can see what we can do. In the meantime if you are inspired to become one of our wilder garden champions please email info@wildergardens.com #wildergardens #urbanwilding #greenhavensnetwork #pollinators #bugs #healthandwellbeing



6th October: Wilder Gardens Q&A session with National Insect Expert, Professor Dave Goulson

1900 to 2030

We are delighted to have Dave Goulson, Founder of Bumble Bee Conservation Society to answer your questions about Wilder Gardens in the Greenhavens.

Dave Goulson is a British biologist, conservationist, and Professor of Biology (Evolution, Behaviour and Environment) at the University of Sussex, specializing in the ecology and conservation of bumblebees.

ALL Bookings to be done via Greenhavens Network eventbrite - <https://www.eventbrite.com/e/professor-dave-goulson-qa-session-wilder-gardens-tickets-165036650063>



Greenhavens Network | Facebook who together have been making a difference to wildlife across the Havens and Lewes for the last 4 years.



Wombles litter pick

Those of a certain age will remember the Wombles on TV, those sweet creatures who bumbled around Wimbledon Green picking up litter and keeping it clean. Last month, feeling dismayed at the rubbish and glass left around town, in bushes and on the path, ready to cause an accident, Ash and I decided to set up a litter picking group and with the help of SCDA and Neighbourhood First, Lewes District Council we equipped ourselves with the equipment and visors to actually stop moaning and do something about it. Our children had fun, listening to Bob Marley as we went and anyone is welcome to join us. **The next two litter picking sessions are booked for Saturday 25th Sept at 11am and Sunday October 24th, meeting outside SCDA shop, please join us, for as long or as little as you like.... for a bit of wombling.**



Do you have a good idea to make a positive change in your area?

Have you ever had a good idea that you think could really help your local area or community, but haven't known where to start? Fortunately help is now at hand from the Making it Happen Team. Get in touch through their online form and a Community Development Worker could help you turn your idea into reality. For more information visit **[www. making-it-happen.org.uk](http://www.making-it-happen.org.uk)** or email **hannah.sherman@sussexcommunity.org.uk**



TIDE MILLS: A Living History

"A project
for everyone"



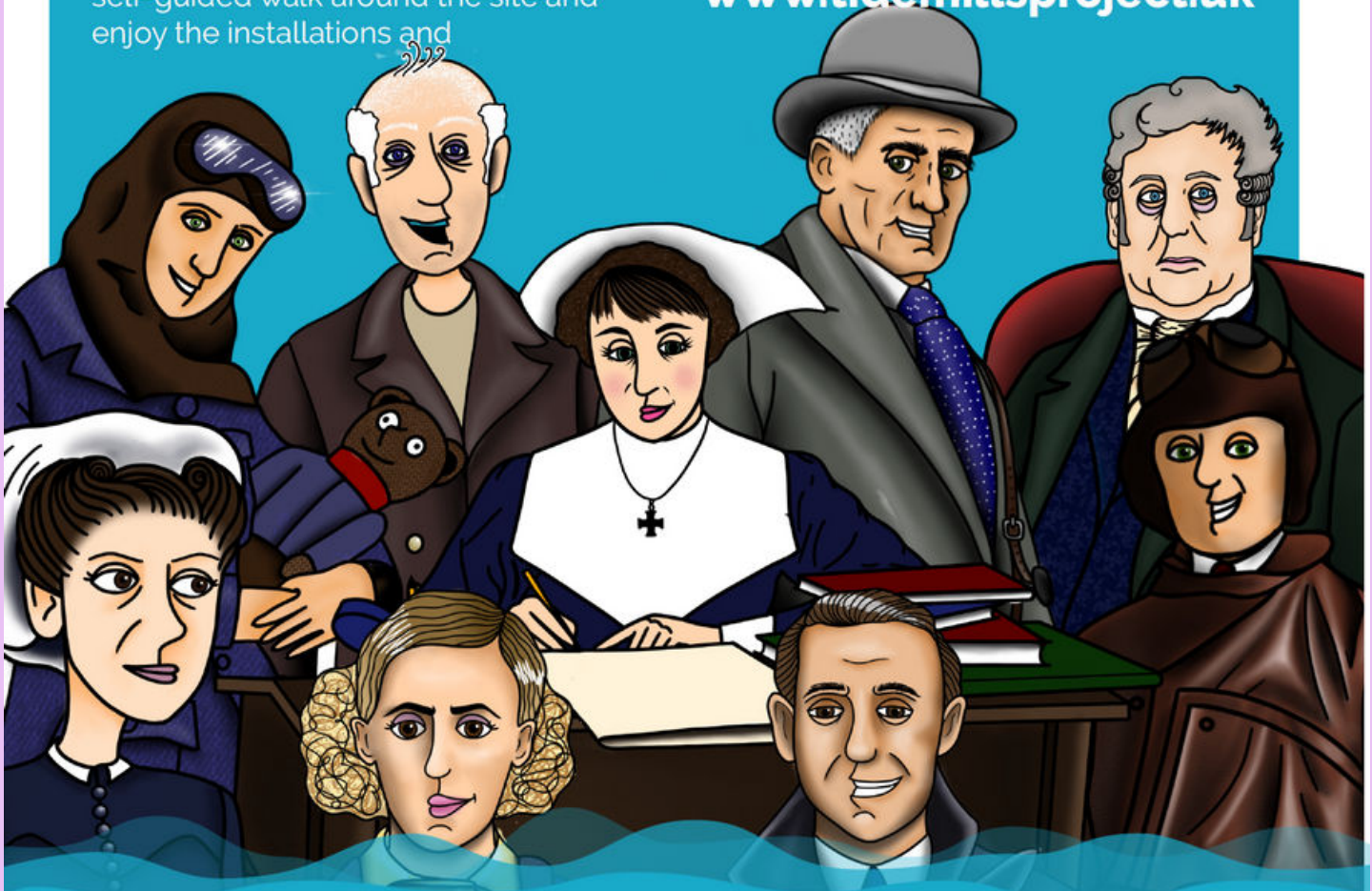
The Tide Mills Celebration Week kicks off this Wednesday 22 September, and runs until Sunday 26, open 5 - 10pm each day. LYT Productions, the artists and community groups involved in the project are looking forward to bringing the history of this site back to life.

The project organisers have worked hard to ensure the project is fully accessible, and it is completely free to attend.

Visitors can simply walk up and enjoy a self-guided walk around the site and enjoy the installations and

unique atmosphere - or you can visit the Tide Mills website and book onto a free guided tour. Want to get involved and find out more?

www.tidemillsproject.uk



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PRODUCTIONS

HERITAGE
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Supported using public funding by
ARTS COUNCIL
ENGLAND

SOUTH DOWNS
NATIONAL PARK

Sussex
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Foundation

cheesmur
BUILDING CONTRACTORS
Traditional values in a changing world since 1934

HM Government

European Union
European Structural
and Investment Funds



Community News



LOSRAS (Lewes Refugee Support) is a local charity that provides practical help and support to people in the Lewes district who have had to seek safety away from their homeland. We also advocate, and lobby to improve the rights of people who seek safety. For more information, please visit our website. LOSRAS has been working with the local Council for five years now in supporting and welcoming Syrian families into our community and will continue this work with Afghan and other refugees.

Volunteering:

LOSRAS co-ordinates and supports volunteers to work with refugee families and asylum seekers in the Lewes District. We especially welcome volunteers with previous relevant experience, or appropriate language skills, though neither is essential. If you would like to apply to become a volunteer, please contact us via the Details below.

Crisis in Afghanistan

Many people have asked how they can help by responding to the crisis in Afghanistan and supporting refugees in the Lewes area. Limited numbers of Afghans who have worked with UK military and other organisations are currently being allowed into the UK under new resettlement schemes. The Government has also committed to a further 20,000 over the next five years but has not yet released details of the resettlement scheme or how it will work. Others have and will continue to arrive under their own efforts. They will need to apply for asylum in the UK.

Locally:

Lewes\Eastbourne Council, together with the other East Sussex Local Authorities are participating in these programmes and some families may be housed locally if suitable privately rented accommodation is found. It is incredibly difficult to find suitable and reasonably priced privately rented housing for refugee families. Council or Social Housing is never used. Under the resettlement schemes only self-contained accommodation is used; therefore larger (preferably 3-4) bed-roomed self-contained long-term privately rented accommodation at a reasonable rent is what is needed. If you have or know of any accommodation, please contact us immediately on the email address below.

Donating:

Money is desperately needed for the relief effort. There are a number of national and international organisations working in Afghanistan, such as the International Rescue Committee, the UNHCR etc. to whom you can donate money. Those of you who particularly want to support children in war zones, may be interested in the organisation War Child. There are many options. We are not recommending any particular group.

More information

We have a much more detailed guide on how to help with the Afghan crisis if you would like a copy of this, please email us via the web-site or email address.

www.losras.org
info@losras.org

Registered Charity No. 1191298



THE DEANS SENIOR TEA CLUB

WE'RE BACK!

We cannot wait to see you all back & enjoying yourselves!

Our clubs are back weekly from...

Peacehaven (Meridian Centre)
Monday 13th September - 2 - 4pm

Telscombe (Civic Centre)
Tuesday 14th Sept - 10.30 - 12.30pm

Saltdean (St. Nicholas Church) -
Friday 10th Sept - 2 - 4pm

01273 582333

www.thedeansseniorteclub.org

Community News

Time for Dementia

Local families affected by dementia are being invited to take part in an award-winning programme, to help train the healthcare professionals of tomorrow and improve dementia care.

The Time for Dementia project, supported by Alzheimer's Society, pairs families affected by dementia with undergraduate students, helping to better educate them about life with dementia and the challenges that come with it.

From September, Brighton and Sussex Medical School medical students will be taking part and Alzheimer's Society are now seeking families in the area who want to make a difference to training health professionals.

Time for Dementia is a fantastic way for the next generation of healthcare professionals to gain first-hand knowledge of what it's like living with dementia.

If you would like to know more about the project, or you know someone with dementia and a family carer who would like to take part, please get in touch with us at timefordementia@alzheimers.org.uk or call 07483 137539. More information can also be found at alzheimers.org.uk/timefordementia



Could you help healthcare professionals of tomorrow learn about dementia?

Share your own experiences, meet new people and help contribute towards a better future for people with dementia. Join Time for Dementia – an innovative, award winning, educational programme designed to give students ongoing contact with a family living with dementia.

Available across Devon Surrey and Sussex



For more information call **07713 779582**

Email **timefordementia@alzheimers.org.uk**

Twitter **@Time4Dementia**



Upcoming events

Tickets now on sale for Ignite Fringe's charming, artistic and fun production of *Wind in the Willows*. This is a family friendly show (but not just for children!) with animated projections and soundscaped by our special guest Xanthe Gresham-Knight with her beautiful accordion and other magical instruments, this classic story will be the talk of the town! Hot snacks, cakes and icecream will be served and tickets at £8 each can be purchased via eventbrite, the website or at the SCDA shops in Newhaven Town.



Upcoming events

NATIONAL FITNESS DAY

NATIONAL FITNESS DAY TAKES PLACE ON WEDNESDAY THE 22ND OF SEPTEMBER AND IS A CHANCE FOR PEOPLE TO SAMPLE SOME KIND OF HEALTH AND FITNESS ACTIVITY AND UNDERSTAND THE IMPORTANCE OF LEADING A HEALTHY LIFESTYLE.

HERE AT WHITTFIT TRAINING WE WILL BE RUNNING VARIOUS SESSIONS ALL WEEK FROM MONDAY THE 20TH UNTIL FRIDAY THE 24TH. SESSIONS WILL BE FREE TO ATTEND FOR BOTH MEMBERS AND NON MEMBERS SO IF YOU WISH TO POP DOWN THE WEEK OF THE 20TH AND SEE WHAT WE HAVE RUNNING, PLEASE GET IN TOUCH (CONTACT DETAILS BELOW)

OUR MAIN CHALLENGE ON THE WEDNESDAY WILL BE TO TRY AND KEEP A SPIN BIKE GOING THE WHOLE DAY WE ARE OPEN (6:15-9:00). WE HOPE AS MANY PEOPLE CAN SPARE JUST 15 MINUTES OF THEIR TIME (OR MORE IF YOU WISH) TO HELP US CLOCK UP AS MANY MILES AS WE CAN AND SEE HOW FAR WE CAN GO IN 15 HOURS.

WE ARE KEEN TO WELCOME ANYONE IN THE FOLLOWING FIELD'S TO RUN SESSIONS THAT WEEK

- PERSONAL TRAINERS/CLASS INSTRUCTORS
- PHYSIO'S
- OSTEOPATH'S
- NUTRITIONISTS
- MENTAL HEALTH
- SPORTS MASSAGE

WE HOPE TO SEE YOU ON THE WEEK OF MONDAY THE 20TH.



FOR MORE DETAILS
PLEASE GET IN TOUCH

01323 304473

INFO@WHITTFITTRAINING.CO.UK

WWW.WHITTFITTRAINING.CO.UK

WHITTFIT TRAINING, LTD

@WHITTFIT

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