

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



Seaford is Banking on the Climate Hub

Seaford Environmental Alliance (SEA) is a newly formed charity working to raise awareness of the climate and ecological emergency and help people take steps to live more sustainably. On 30th October the Alliance celebrated the opening of their Climate Hub. The hub, located in the old NatWest bank in Clinton Place, represents the culmination of many months of work by SEA. The Team have secured a year-long lease for the building and in the last couple of weeks have been joined by volunteers coming forward to help clean the hub and prepare for the opening to coincide with the start of COP26.

With the impending threat of rising sea levels Seaford is literally on the frontline of the climate crisis. A crisis which is so challenging, it's easy to feel overwhelmed and helpless. However, SEA aims to support people to overcome this paralysis and take positive and practical action. The Alliance wants to build networks between local people and organisations, so that together they can build a stronger and more resilient community. It was only just over a year ago that SEA was formed. Initially due to COVID, and lack of a meeting space, everything was online. As a result, the Alliance has a very informative website www.seafuture.org providing advice and inspiration on a range of environmental topics including travel, energy, food, waste and biodiversity. However, the opening of the Climate Hub represents an important new step, providing a very flexible and accessible space for people to gather together and find out more about environmental issues locally and worldwide.

The hub's first day was very lively with people popping in to see exhibitions of the work being done by local groups, including Trees for Seaford, Friends of the Downs, On the Verge, and Seaford schools. Visitors were treated to a spread of vegan cakes and cookies while they chatted about future plans and how to get involved. In the afternoon the hub hosted its first Repair Cafe offering free fixes on a range of items including clothes, bikes and electrical goods. This was followed in the evening by a showing of the environmental documentary film 2040.

In addition to regular film nights and a monthly Repair Cafe, the hub will provide, talks and workshops, activities for children, a Community Fridge and a Revive store for everyday essentials such school uniform and kitchen equipment. Everyone is welcome to just drop in for a chat and a cuppa, and make free use of the library and children's area. Opening times and details of events will be publicised on the website and the door of the hub.



SCDA Projects



PACE: A project for Young People in Newhaven (12-18 yr olds)

Try new things! Improve your confidence

Make new friends Develop different skills

12 week programme and it's all free!

Thursdays 3-5pm— Term time

@ Newhaven Youth Centre

A project for local young people in the Newhaven area who are struggling with school or would like to improve their confidence

To book your place, find out more or refer a young person, contact:
Shannon@sussexcommunity.org.uk

 Sussex Community Development Association

 SCYP
Innovative • Inspiring • Inclusive

 Interreg
2 Seas Mers Zeeën
VRAC

PACE (Partnership, Activities, Community and Education) is a European Funded pilot project looking into how to best support young people who are at risk of disengaging from education. It is also focused on getting their perspective, lived-experience and families feedback on how local policy could improve education to better engage young people who struggle in the school environment. We run a 12 week community-based programme for young people 12-18 years old focusing on wellbeing, new skills and opportunities, and positive peer relationships through creativity, life skills, movement and connecting to the outdoors. After the 12 weeks (as well as alongside it) we involve these young people in other services that we provide and refer them onto next steps to ensure engagement continues after the 12 weeks.

For young people who have already engaged, they have reported increased confidence, increased positive wellbeing, and a reduction in harmful behaviours.



The logo for 'Making It Happen' features the words in a bold, purple, sans-serif font. The text is set against a background of two overlapping circles, one light purple and one light pink, with a white outline of a person's head and shoulders integrated into the design.

Peacehaven Sparks Event



The Making it Happen Team held it's first Sparks Event in Peacehaven on Wednesday 24th November. Residents came together to celebrate the positive community projects that are taking place in the area and heard ideas for five new projects, all around the theme of food. The proposals range from a community herb garden; a cookery class for local residents; raised beds for growing vegetables and a hot composter; a soup kitchen and containers and a starter kit for residents to growing their own fruit and vegetables. Over the next week, residents in Peacehaven will have the opportunity to decide which proposal will get £2000 for their project by voting for their favourite.

Making it Happen Community Development Workers will be at the **Big Park Cafe on Tuesday 30th November from 10.30-12.30** and at the **Community Market, Meridian Centre on Thursday 2nd December 9-12**. The winning idea will be announced on SCDA's Community Support Facebook at **1pm on Friday 3rd December**.



VOLUNTEERS NEEDED IN THE HAVENS!

If you can spare an hour a week, please consider supporting our telephone befriending project. Your free hour could be life changing for someone!

- * Training is provided
- * DBS check carried out
- * Staff support throughout your journey



Join Together Befriending

Providing a weekly phone call or visit provides a form of comfort, connection & community



Register now to volunteer!

Please help make a difference to someone's life

For full details call 01323 440548 / 07920 526 226
or email: hailsham@sussexcommunity.org.uk

Understanding the Role of a Community Interpreter Level 1

wea.org.uk

Community Interpreting

Would you like to know more
about Community
Interpreting?

Thinking about using your
language skills to help others?

Not sure where to start?

Then join this taster session
with the WEA!

Taster 14th December online

9:30 - 11:30

Free course

Book by phone 0300 303 3464

or online wea.org.uk

quoting ref C3747540

Level 1 Course details

ref. C3747566

When:

Wednesday 9:30 - 12:30

5th January – 23rd February
2022

Free Course

This class is online with a tutor

**For more information or to
register your interest:**

Call: Camille on 07584 506277

Email: cramsden@wea.org.uk



Education & Skills
Funding Agency

matrix

European Union

The WEA is a charity registered in England and Wales
(no. 1112775) and in Scotland (no. SC039239).

WEA
Adult Learning
Within Reach

Community News



On Saturday the 23rd of October the Hillcrest Centre in Newhaven was transformed into the Greenhaven's Super Saturday Seed Swap Event.

Lots of members of the Greenhaven's Network of local organisations came together to promote their work in the community. Supported by local charities and craft stalls the day started with a huge shout out from Newhaven Town's Crier and Greenhaven's Champion Karen Rigby – Faux.

The seed swapping was hugely popular with people young and old coming from far and wide to take part and bring along their seeds, plenty of generously donated seeds were also available to purchase.

The event was really busy with everyone saying how lovely it was to see the venue buzzing again and the café had to restock the popular cakes due to demand half way through. The organisers estimate over 250 people came through the doors of the Hillcrest Centre that afternoon.

Face painting and kids tombola's kept the little ones happy whilst the parents checked out everything on offer, including Peacehaven's Community orchards apple juice.

There was a film show during the event showing the new Wilder Gardens Documentary which was very well received and a grand raffle drawn by the Newhaven Mayor Lesley Boniface.

Over £220 was raised by this very successful event, which was about raising the awareness of the good things that Greenhaven's do and promoting the wilder gardens project work and other local charities. The organisers are already hoping this will now be an annual event in the local calendar.



Community News



The Newhaven Green Centre is a new project, set up with seed funding from the SCDA 'Making It Happen' scheme. Our aim is to help local residents share more, reduce waste & save money.

We run a 'pop-up' stall offering information and advice about recycling and reuse, collecting various difficult to recycle items, and running a 'Sharing Shop' to help people share any usable but unwanted items, like half-used cans of car paint or sheets of bubble wrap.

But now we are looking for premises in Newhaven town centre to act as a home for our activities and so we can set up a Sharing Library. This will be like a 'normal' library, but instead of lending books it will lend things that we all need from time to time but don't necessarily want to own - things like tents, tea urns, extra plates & cutlery for family parties, travel cots and so on.

We are currently running a Crowdfunder campaign (see below for the web-address) to try and raise enough money to pay for rent and insurance on a shop. And we've been accepted onto a fund-matching scheme run by East Sussex County Council, so that the money you donate helps to unlock further funding from ESCC.

Thanks to our wonderful supporters, the campaign has got off to a great start and we've already qualified for the first level of fund-matching. We're so grateful to everyone who has donated so far!

But there's still a little way to go to reach our overall target.

So please consider making a donation. It would be a great resource for the town, helping to protect the environment, build community resilience and save people money. And the centre is entirely run by volunteers, so all of your donation will go towards running the Green Centre.

And if you'd like to know more about us & what we do, join our mailing list, or just say 'Hello', then please get in touch on: info@newhavengreencentre.com

We look forward to hearing from you!

Crowdfunder: <https://www.crowdfunder.co.uk/newhaven-green-centre#start>

Website: <https://www.crowdfunder.co.uk/newhaven-green-centre#start>



By sharing what we have and being clever with our waste, we can reduce the amount we need to buy or throw away. That way, we can reduce our environmental impact and save money at the same time.

Community News



It takes a Village to Raise a Child (VRAC) Update



What is VRAC?

The VRAC pilot-project exists to support young people and their families to improve their well-being, and overcome the barriers they face in engaging in education.

The VRAC project will provide up to 11-months of free support to VRAC participants, (selected young people and their parent/carer). The VRAC project aims to work collaboratively with: young people, (aged 11-18 years) and their families and/or carers; schools and selected services around the young person, to join up approaches, and to produce a sense of belonging, stronger educational engagement, and more enjoyable experiences. East Sussex Community Voice is delivering VRAC in both Newhaven and Hailsham in East Sussex.

VRAC's free support includes:

The Wellbeing Service will support selected young people, and their parents or carers, in a variety of ways, including:

- Create, offer and signpost to appropriate opportunities
- Listen to concerns and experiences
- Provide free counselling sessions, (to young people)
- Suggest, (and signpost to) activities and/or services
- Support solution-finding
- Take a wide view towards supporting families and young people



PACE extended learning time, (delivered by the SCDA)

Smooth Moves school transition support, (delivered by Priority 1-54)

Free Counselling Service launched

In our aim to support wellbeing, we are pleased to announce that VRAC has now commissioned SCDA youth counselling services to offer to young people who are VRAC participants. Please do contact us for further information. Email: donna.lonsdale-o'brien@escv.org.uk / Call: 0739 867 1431

Green Musings

We are not letting the grass grow under our feet! We are currently considering some super options to provide free green/outdoor activities for VRAC participants, (young people and their parent or carer). We hope to have some further details about this in the coming weeks, and we will keep you updated as this emerges.

Reaching Out

We are currently meeting with many services such as: careers services, local colleges, wellbeing services, and employability services, to ensure we are fully up-to-date with the many useful services and providers that could provide free support and services to young people and their families. In our aim to link people with relevant support, these resources will be shared with VRAC participants during tailored Wellbeing Service appointments.

To Belgium

The VRAC East Sussex team recently visited the city of Mechelen in Belgium to meet with our European partners all working on VRAC in: the UK, the Netherlands, France and Belgium. The 8 partners work together and learn from each other, and this energetic interaction really supports our work in East Sussex.

Training for Professionals

The VRAC team have recently enjoyed attendance of The Empowerment Approach training sessions in the new SCDA Youth Centre. Our second round of these sessions, for professionals working with young people in Newhaven and Hailsham, is now in full swing.

If you want to hear more about any aspect of this update, or think that VRAC could help you, or someone you know, please contact the VRAC project
donna.lonsdale-o'brien@escv.org.uk / Call: 0739 867 1431

Just Friends

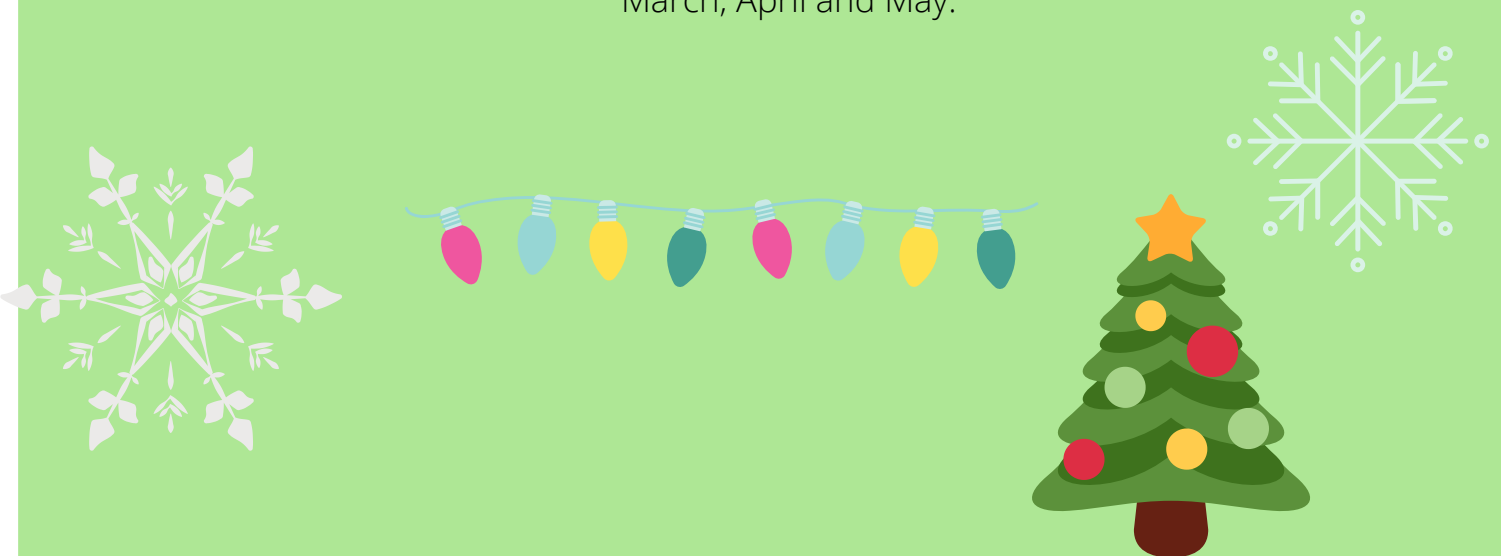
If you live alone, don't be shy - give us a try!

Just Friends Newhaven Branch is going from strength to strength. It is a social group for people who live alone, including carers, who do not want a romance, a partner or a relationship - Just Friends.

They meet at the Elim Hall, Meeching Rise, Newhaven between 10-12 on the first and third Monday of each month. Membership is free, and also allows you to join in with activities at the other branches in Eastbourne and Bexhill.

As well as the regular social meetings, the group also organise subsidised trips and they recently enjoyed a coach trip to Portsmouth.

Their next activity is an afternoon Tea party with food and entertainer on Monday 29th November at Elim Church Hall, Newhaven, between 2.30-4.30 for £10. There are more Tea parties planned for January and February, as well as coach outings in March, April and May.



The Christmas period can be a lonely time for those living on their own, so if you'd like to meet up with others, Just Friends have organised lunches in different areas, that are open to members from all branches.

December 28th Stonehouse Carvery, Peacehaven

December 29th Bexhill

December 30th Eastbourne

**For further information, please contact Frederick 01323 725882
or Zoe 01323 640033**

**email frederick@just-friends.uk or zoe@just-friends.uk or
visit the website www.just-friends.uk**

Wood Creatives

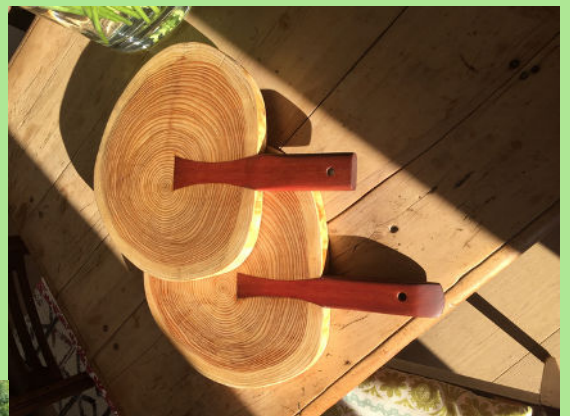
Wood Creatives, formerly known as The Hillcrest Woodcarving Club, has premises in the old woodwork classroom of Newhaven Boys School, in The Hillcrest Centre, Bay Vue Road, Newhaven, BN9 9LH.

We are a merry bunch of some 25 men & women and growing steadily. As our numbers grow we have the capacity to open on other days and we are considering evenings and weekends if demand is high enough.

Our club at present operates on Mondays & Thursdays between about 9.30am & 3.30pm. The current fees are £30 per month, with half price for the unemployed (tea & biscuits are free).

For beginners the club provides a good selection of carving chisels as well as hand & electric tools, for use in the club. We also “provide” a friendly and helpful environment with advice & support from experienced members. We undertake a variety of projects from relief carving to sculpture. Recently we have decided to broaden the range of work and include many other forms of woodworking and creativity with wood.

During lockdown Wood Creatives was forced to close, reopening cautiously when it was judged to be safe. A few people decided against returning and our numbers fell alarmingly. Happily the current management team (Ted Gordon – treasurer, Jeremy Adams – secretary, Joe Boylan – publicity) have built up the membership to pre lockdown levels. We are however very keen to welcome new members to our club, If interested please pop by on a Monday or a Thursday to look us over & have a guided tour. Otherwise please contact Joe 07768 331 038



Community News

Tuesday Friendship Group

A friendship group for those who are retired/semi-retired

A chance to have fun and make new friends



The Tuesday Friendship Group is a new group for independent, retired/semi-retired people. We meet from 10a.m. to 11:30a.m. at Ascension Church Hall, Bramber Avenue, Peacehaven on Tuesday mornings.



Various activities are on offer. Some like to sit and knit and natter, others just natter. Some folk head to the card-making table or get out a jigsaw puzzle. Sometimes there is the opportunity to have a hand massage, which people find restful. The group has a relaxed and friendly atmosphere, and we welcome new people to join us. We aim to help people make new friends. All new members receive a welcome gift of a little fabric heart as a sign of our friendship.



Meetings cost £1 per week and this includes refreshments.



Jigsaw Puzzles



Hand massages



Knit & natter



Refreshments

Further details can be obtained from Lynda Alsford

Tel: 07864 714 019 Email: lalsford@yahoo.co.uk.

Ascension Church Hall, Bramber Ave, Peacehaven BN10 8HR

TIDE MILLS: A Living History

"A project
for everyone"



A beautiful clear, sunny and balmy week in September witnessed Tide Mills come back to life as never before! Did you join us to celebrate our local heritage?

The huge imprint of Mill House and The Tidal Mill (created from scaffold) loomed over the site and could be seen from miles around, creating much interest amongst the local community. During the week, Seahaven Academy, Seaford Head and Northease Manor all participated in artistic workshops connected with Tide Mills, run by volunteer local artists. Young people from Chailey Heritage visited the site during the week with bespoke workshops tailored to their learning needs.



Breadmaking, blacksmithing, young archaeologists at work, a Victorian garden, a water wheel running on the sparse tidal flow and an enormous zoetrope of racing horses were some of the things on offer during the day - and as the light fell each evening, the roaring firepit came into its own and the site transformed into one beautifully lit and multi-sensory installation. Hundreds of community actors, young and old, created the lives from different periods of the history of the site.

Beautiful performances were given by Colin Chapman, Cushion the Blow, The Kites, The Copper Family and the wonderful Sam Lee. It was a week not to be missed, and never forgotten.

Visit the project's website and social media for more photographs and information about the legacy of the project.



www.tidemillsproject.uk



supported by public funding by
ARTS COUNCIL
ENGLAND

SOUTH DOWNS
NATIONAL PARK

Sussex
Community
Foundation



HM Government



European Union
European Structural
and Investment Funds



Upcoming events



TIS THE SEASON TO SHOP LOCAL!

The Newhaven Christmas Extravaganza!

SATURDAY 4TH DECEMBER 2021

12 PM - 6 PM

NEWHAVEN TOWN CENTRE



Support local artisans this Christmas season.
FREE activities included for the whole family



A CHRISTMAS EXTRAVAGANZA

COME CHRISTMAS SHOPPING WITH US!

Doing some last-minute gift shopping?
We have lots of market stalls from a range of local small businesses

Handcrafted items and unique Christmas gifts

Free Santa's grotto!

Face painting and family activities

To find out more about the Christmas market, go to
www.sussexcommunity.org.uk
follow us on Facebook @denton island community centre or
email Michelle.Hocking@sussexcommunity.org.uk

Kindly sponsored by Newhaven Town Council



Upcoming events



Rehearsals are in full swing for the forthcoming production of Wind in the Willows. The Action Emporium have been working with Ignite Theatre on some exciting Fight Choreography scenes.

Online tickets have now sold out but there are a few remaining tickets available from the SCDA shops in Newhaven town, priced £8.



Upcoming events

★ YO-YO ARTS CLUB ★ **FREE** WORKSHOPS & FOOD

10am TO 2pm
Mon, Tue, Wed and Thu
20th-23rd December
7—11 year olds



Creative Art Workshops and a Hot Lunch
FREE for families receiving free school meals.

Booking essential via: info@yoyoarts.club

Get creative. Engage with fun activities. Connect with others and make new friends.

At Meeching Hall, Newhaven, BN9 9QE



Upcoming events



Holiday food and fun!

FREE for families receiving
benefits-related free school meals.

Christmas Code and Craft

Come learn how to make seasonal games in
Scratch, design some Christmas projects and
get to know your local library.

Suitable for ages 7-11

Newhaven Library

29th December

10 – 2pm

Book your place by talking to library staff or
visiting <https://bit.ly/HAFNewhaven>



During school holidays at Easter, summer and Christmas,
our Holiday Food and Fun clubs will be serving up a menu of
activities and food for children and young people aged 5-16.
Activities will vary and not all activities will be available to all ages.



Department
for Education



Holiday food and fun!

East Sussex
County Council



Stay Warm and Well this Winter



As we head further into the winter, we know many residents will find it hard to afford to keep warm and well. This can have a big impact on your physical health and mental wellbeing.

If you, or someone you know, is struggling to stay warm at home, you can reach out for a Warm Home Check. This is especially important for people with pre-existing health issues such as heart and breathing conditions or children who are asthmatic.

The East Sussex Warm Home Check service will provide you with free impartial advice and support and is a service that is available all year round. It also helps you to increase the energy efficiency of your home meaning you can stay warm for less while helping the environment.

Find out more about the Warm Home Check service online or, alternatively, you can text WARM to 80011 or call 0800 464 7307.



keep warm and well
...in East Sussex

www.warmeastsussex.org.uk