

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 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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SCDA Youth Activities



Attend conferences
and develop new
skills!



Develop projects to benefit
the
community!



Represent young
people at local events!

Newhaven Young People's Forum

Young people aged 11-18 years old that
create youth-led projects and provide
thoughts and feedback on local youth
services and activities.

Forum Aims:

- To provide feedback from young people on local youth services
- To work in partnership with local and national organisations to ensure young people's voices are listened to
- To empower young people to develop and deliver their own projects to benefit their local community

What members say:

- Have your voice heard on the things that matter to you and be able to take action
- Spend time with other young people
- Develop leadership skills and increase confidence
- Looks good on C.V and university applications



Newhaven Young
People's Forum are
looking to recruit new
members. Please phone
01273 511039 or email
nypf@sussexcommunity.org.uk if you're
interested in getting
involved.



What does being a
forum member
involve?

Previous projects:

- Getting a youth centre built in Newhaven
- Support of the annual skate competition
- The Period Project: providing free access to sanitary products
- Youth to Youth: online peer support service
- LAST: LGBTQ+ and Ally Support Team providing weekly youth led sessions and activities for young people in the LGBTQ+ community



Duties

- Attend Forum meetings
- Attend local events to represent young people and promote the youth forum and other youth services
- Fundraising
- Speaking with local council on issues that affect young people

Contact details

Tel: 01273 511039

Email: NYPF@sussexcommunity.org.uk

SCDA Youth activities



SCDA youth team provides opportunity for young people in Newhaven and surrounding areas to focus on personal development, mental, emotional and physical wellbeing, increasing life skills, and youth voice activities. **Newhaven Youth Centre** provides a safe space and comfortable environment.

YOUTH CLUBS

Mondays, 5-7pm: 8-11 year olds

Wednesdays, 6.30-8pm: 12-18 year olds

Fridays, 6-7.30pm: 12-18 year olds

A safe-space at Newhaven Youth Centre for fun, youth-led activities. £1 subs per session requested. Refreshment provided.

YOUTH WELL-BEING

For 11-18 year olds. FREE.

Wellbeing Groups: A 6-week group programme focussing on themes that impact wellbeing through a range of fun and relaxed activities.

We can also provide this support on an individual basis.



Newhaven Young People's Forum is a group of young people aged 11-18 years old that create youth-led projects and provide thoughts and feedback on local youth services and activities.

Contact: nypf@sussexcommunity.org.uk

YOUTH COUNSELLING

We have trained counsellors providing FREE support for 11-18 year olds through weekly sessions for up to 12 weeks. Contact: counselling@sussexcommunity.org.uk or 01273 519108 to speak to our counselling team,

CONTACT SCDA YOUTH TEAM:

E: youth@sussexcommunity.org.uk
W: www.sussexcommunity.org.uk

T: 01273 511039



Newhaven Youth Centre



M: 07796 869421



LGBTQ+ Ally Support Team

LGBTQ+ and ally peer support group, led by young people, for 12-17 year olds.

Interested in joining? Contact:
NYPF@sussexcommunity.org.uk

Open, safe space to take part in fun activities

Newhaven
Youth Centre,
Denton Island,
BN9 9BA

5:15-6:30pm
every Tuesday
from 7th
September

NYPF have been leading on a new peer led project for LGBTQ+ young people and supporters of this community. This project is called LGBTQ+ and Allies Support Team (L.A.S.T) and is aimed at any young person aged 12-17 years old who is looking for a safe space, to learn more about LGBTQ+ rights, history, language and more, and to participate in fun no pressure activities. This is a FREE session every week, Tuesdays 5.15-6.30pm. This project has been running since September 2021 and has worked with 35 individual young people so far.



FOOD Security

In the run up to Christmas Seahaven Community Food delivered Christmas hampers, presents and delicious 'ready to reheat' Christmas dinners with all the trimmings to over 200 people across Newhaven and Peacehaven. It was an astounding effort from staff and volunteers, so a huge thank you to everyone who participated.

In 2022 we are kicking off the new year with a free Plant Based Eating On A Budget course in Denton Island Community Kitchen. You can find out more on Facebook and Instagram @seahavenfood



Seahaven Community Food have been looking for a way to transport food between their two 'pay as you feel' community supermarkets without increasing their impact on the planet. Now they have a solution! Thanks to funding from Bupa, Sainsbury's, Newhaven Town Council and Peacehaven Town Council the SCDA project has been able to lease a state of the art electric van to transport supplies, collect donations and deliver food parcels - while keeping emissions low

Over 120 people a week access food through Seahaven Community Food projects each week - at Newhaven and Peacehaven Community Supermarkets or via emergency food parcels.



Share your surplus food!

Denton Island Community Fridge is open Monday - Friday. You can share any unwanted food or help yourself for FREE. Help us to beat food waste by helping yourself.



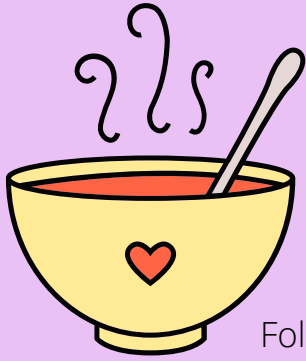
SMALL GRANTS AVAILABLE

Lewes District Food Partnership are launching a small grants programme to award up to £2,000 to projects within Lewes District that tackle food poverty.

The grants, which are funded by East Sussex County Council and Public Health England as part of the Winter Household Support Fund, should provide a welcome boost to services that have experienced an increased demand this Winter.

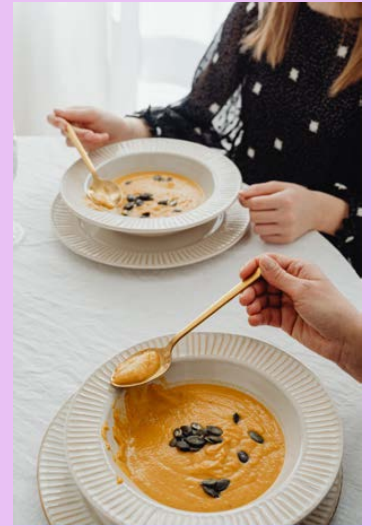
For more information or to request an application pack email food@sussexcommunity.org.uk

Community News



"Souper" new project for Peacehaven!

Following the Making it Happen Spark's Event held in Peacehaven in November, we are pleased to announce that the project which received the most amount of votes from local residents came from the Peace Community Centre and Mosque.



They have now received £2000 to start their project which will see young people who use the centre, with support of adult volunteers, serving soup to the Peacehaven community! The funding will enable the volunteers to access Food Hygiene training, buy equipment, hire a venue and buy ingredients.

The aim of their project is to help young people from the Peace Community Centre and Mosque feel part of the community and understand the value of connecting with the community, whilst at the same time providing local residents with a lovely bowl of freshly made soup! The group are working with existing groups in the community, using local suppliers and using surplus food where possible to help reduce food waste.

Bushra, one of the volunteers from the group says, *"We feel that there is a need for building the bridge between the young generation and older generation. This will allow young people to learn about the experiences and memories the older generation had when they were younger. Our soup kitchen will serve just the purpose we are trying to bring the young and old together"*.

The group are hoping to start running their project twice a month on a Saturday at the Meridian Centre, Peacehaven. Keep an eye out for further details to come! For more information please contact Bushra Yousuf from the Peace Community Centre and Mosque on 07398215255



NEWHAVEN ADDITIONAL NEEDS PEER SUPPORT GROUP for Parents/Carers

To make your and your child's additional needs journey easier.

Fortnightly on a Tuesday 10 -12 pm
at Denton Island Community Centre.
Starts 1st February.

The Additional Needs life can feel overwhelming, isolating, confusing, emotional, and scary. This Peer support group offers a safe space with others who understand.

**The Peer support group offers the space to talk, listen and share and training to empower you and give you the knowledge and strength to make your additional needs journey easier.
Free refreshments. Donations accepted.**

Find out more call: 07716900128 or just turn up

Reading Friends with East Sussex Libraries



East Sussex Libraries are delighted to be launching Reading Friends this January. In collaboration with The Reading Agency, Reading Friends aims to tackle loneliness and isolation through reading and stories. Adults can sign up as part of our Home Library Service and request visits from a Reading Befriender in their home. The Befriender will bring along some reading material with them that interests you, these will be for you to read together and/or chat about.

There will also be Reading Friends Groups at Eastbourne, Seaford and Hastings Libraries to share stories and meet new people.

For more information about Reading Friends please contact us on library.enquiries@eastsussex.gov.uk.

Volunteers are a valued and central part of East Sussex Libraries. Volunteering allows you to meet new people, learn new skills and give something back to your community. There are lots of different volunteering roles in our local libraries. Please visit our volunteering page for more information

Our roles | East Sussex County Council



Courses and activities



Supporting
18-25 year olds
in the
community

Our next online low cost workshop on
Saturday 26th February 11am - 5pm is
now open for application

Contact - routesforchange@gmail.com

Routes for Change is a 'not for profit' Community Interest Company that believes in a world where young adults are in control of their minds and their future potential. We run workshops that help 18 - 25 year olds cope with stress and anxiety, change limiting beliefs and habits, and help envisage a more positive future. Our focus is on re-programming unhelpful thoughts and behaviour, so that individuals can reach their optimum potential.

www.routesforchange.co.uk

Courses & activities



SOUTH DOWNS NATIONAL PARK

IT'S ON YOUR DOORSTEP!



<https://www.facebook.com/peacehavenplodders>



PEACEHAVEN PLODDERS:

Who are we?

We are a free community based walking group – who love fresh air, friendly people, gentle exercise, nature and a cuppa whenever possible.

The group meets 10.30am every Wednesday morning and hopes to show you how easy it is for you to access and appreciate the beautiful countryside around us.

All activities are provided FREE – but please wear appropriate clothing & footwear for the conditions on the day.

Please get in touch. (Details overlaid) to find out more, alternatively, just turn up on the day, you will be made to feel very welcome.

Friendly dogs are also welcome and we have several 4 legged regulars.

SCDA Ltd, 31A High Street, Newhaven, BN9 9PD

Phone: 01273 516032 Fax: 01273 611603 Email: enquiries@sussexcommunity.org.uk



SOUTH DOWNS NATIONAL PARK

PEACEHAVEN PLODDERS 2021

02/02/22	Meet in the carpark bottom of Fairlight Avenue Telscombe Cliffs BN10 7AD	Circular walk taking in the Tye and Saltdean returning via the cliff top. (Hilly)
09/02/22	Seven Sisters Country Park, Seaford (forest side car park) BN25 4AD	Meet in the car park for a walk either towards the beach or into the forest, depending on weather. (Forest hilly /Beach flat)
16/02/22	Meet in the car park at Southbarn, Seaford BN25 4JQ	Circular walk taking in the stunning views of Cuckmere Haven (Hilly)
23/02/22	Meet at Tidemills Car Park of the A259 BN25 2TW	Circular walk taking in the hamlet of Norton and Bishopstone (Hilly)
02/03/22	Meet at Buckle carpark Seaford BN25 2QR	A lovely walk along Seaford prom out towards Splash Point and back. (Flat)
09/03/22	Gateway Café, Big Park, Peacehaven BN10 8RJ	Circular walk towards Piddinghoe coming back via Halcombe farm (Hilly) or clifftop walk (weather dependant)
16/03/22	Seven Sisters Country Park, Seaford (forest side car park) BN25 4AD	Meet in the car park for a walk through the forest towards Jevington. DEPENDENT ON WEATHER THIS WILL BE LONGER THAN NORMAL WALK APPROX 9KM but worth it for the views (Challenging)
23/03/22	Meet Castle Hill carpark, Fort Road Newhaven BN9 9DL	Clifftop walk through Castle Hill nature reserve out towards Peacehaven and back (Hilly)
30/03/22	Meet at Rowe Avenue Surgery, Peacehaven. BN10 7PE	Clifftop walk with glorious views returning via the undercliffe. (Flat but with steps and ramp)

- Most walks take around 2 hours and are around 3 miles/5km in length and start at 10.30am and are suitable for most levels of fitness.
- In the event of bad weather, please get in touch via text, Whats App (07966842232) or see our facebook page to see if the session is running. (<https://www.facebook.com/peacehavenplodders>) we only usually cancel if weather is severe.
- All walks are accessible by public transport. No 14,12, 12A & 12X buses (except Southbarn)
- Please contact Walk Leader Dawn Paul at dawn.paul99@outlook.com, Whats App or on 07966842232 for further details.

SCDA Ltd, 31A High Street, Newhaven, BN9 9PD

Phone: 01273 516032 Fax: 01273 611603 Email: enquiries@sussexcommunity.org.uk

Courses and Activities



COOKERY COURSES FOR MEN - SPRING 2022
LEARN TO COOK - LOOK AFTER YOUR HEALTH - HAVE FUN
EAT DELICIOUS FOOD - MEET NEW PEOPLE - BUILD YOUR CONFIDENCE



FREE 5 WEEK COURSES IN EAST SUSSEX 2022
22 FEBRUARY - NEWHAVEN
24 FEBRUARY - LEWES
19 APRIL - NEWHAVEN
21 APRIL - LEWES

COURSES RUN AT THE LEWES OR NEWHAVEN COMMUNITY KITCHENS, 11AM - 2PM
PLACES ARE LIMITED AND PRE-BOOKING IS ESSENTIAL.
FOR INFORMATION OR TO BOOK CONTACT:
OFFICE@COMMUNITYCHEF.ORG.UK
07766526217



Cookery Leader Training

12 & 13 April 22

Lewes Community Kitchen

Two days of training and mentoring for people wanting to teach cookery, set up community food activities and social enterprises. Our aim is to empower and motivate you to create projects that promote health and wellbeing, build community and sustainable food systems.

This training will help you to:

- plan a cookery course, club or community food project
- be a better cook
- understand more about the food we eat
- support others in improving their cookery and everyday nutrition skills
- work effectively with groups and share your enthusiasm for good food
- develop a social enterprise
- make healthy cohesive communities
- create sustainable food systems

In addition to the two days of training, participants receive ongoing mentoring and support.

Includes a recipe book, training manual, lunch, refreshments and food to go.

You can book a place please contact office@communitychef.org.uk for more information

We have some bursary places available. Please get in touch with us directly if you would like to be considered for one.

Courses and activities



Kitchen Project- Healthy Eating on a Budget



Do you want to learn to cook tasty, home-made meals from scratch?
Get involved in the local community?
Explore training and qualifications?
Develop your skills?
Improve your CV?
Help with finding and applying for work?
Careers and Development guidance?
Volunteer and pass on skills to others?

Project support free to those who are unemployed or not in paid work
Volunteers from all backgrounds welcome to apply

Contact Rachel on 01273-516347 or Nick on 07514 666613

Or email Rachel.halsey@sussexcommunity.org.uk or

Nick@sussexcommunity.org.uk

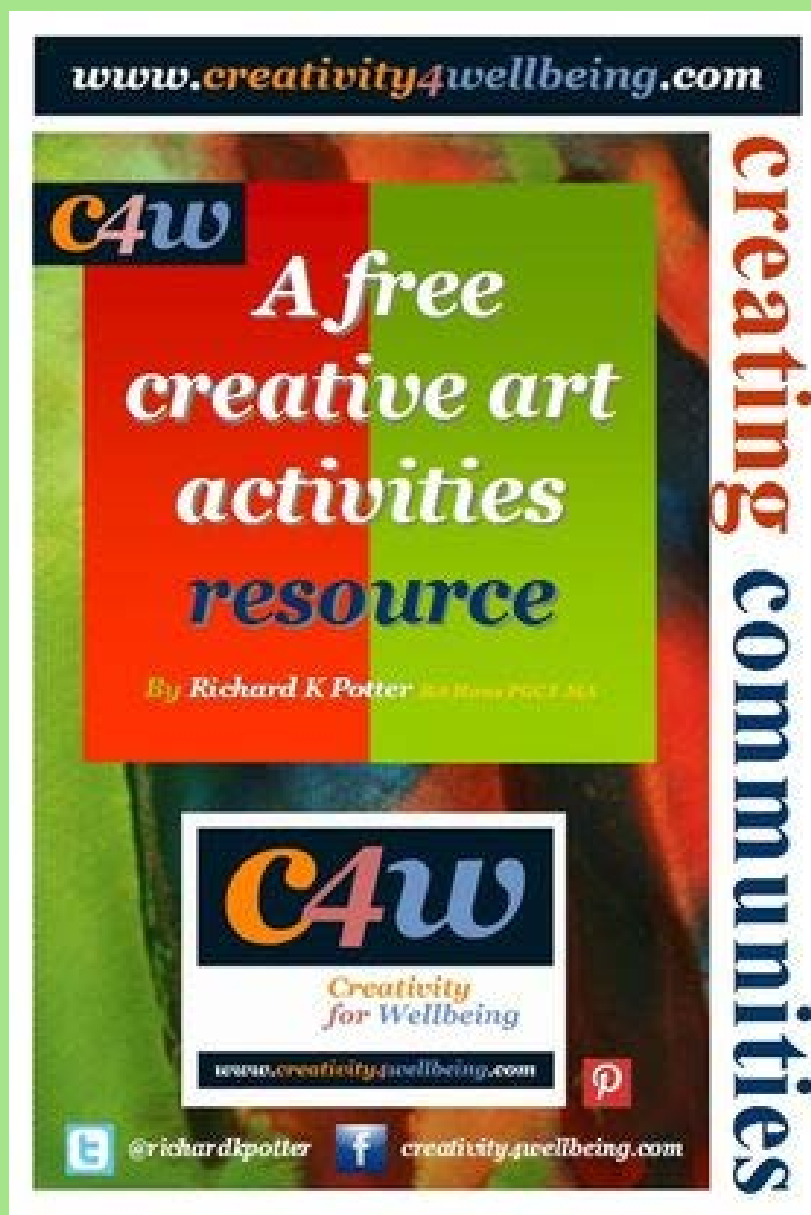
To find out more and check if you are eligible to join.

Courses and activities



Time for a fresh Art Start?

There are so many creative avenues to explore, so click on www.creativity4wellbeing.com It's fun and free!



Creativity for Wellbeing Courses are also available. Visit www.richardpotter.com for more information.

AUDIOACTIVE **FREE HALF TERM** **MUSIC & FOOD ACTIVITIES**

For ages **14 – 16** who are entitled to free school meals

PRODUCE, WRITE & RECORD MUSIC

15th – 16th – 17th February

10am – 2pm @ Hillcrest Centre, Newhaven

Free lunch provided by BAGELMAN

Register at www.audioactive.org.uk/HAF



Department
for Education



BAGELMAN

East Sussex
County Council



Upcoming events

**HOSPITABLE ENVIRONMENT
INVITES YOU TO OUR FIRST**

SOUP & SOCIAL

LOCATION:

HILLCREST CENTRE

BAY VUE RD

NEWHAVEN

BN9 9LH

THURSDAY 03/02/22

6:30PM - 8:00PM

**JOIN US IN MEETING NEW PEOPLE &
SHARING IDEAS ABOUT THE COMMUNITY
THAT WE LIVE IN.**

WE WILL

**DISCUSS 'WHAT MAKES A HOSPITABLE
ENVIRONMENT?', EAT TOGETHER, BE
CREATIVE & DEVELOP IDEAS**

FREE

This is a free event open to people of all ages and backgrounds. We look forward to seeing you and hope that this will become a regular meeting space.

Hosptiable Enviornment is a community arts group based in Newhaven, East Sussex



Upcoming events

SAVE THE DATE! 9th – 22nd May at 8pm **Inroads Productions: Two Pairs of Eyes**

Project update

Our planning has now started in earnest for our immersive ghost story show, *Two Pairs of Eyes*, at atmospheric Newhaven Fort.

Like our previous shows there, *Home Fires* and *The Port, the Beast and the Traveller*, this will be a promenade production by Sara Clifford/ Inroads.

40 % of the population say they have seen a ghost – does that include you?
What are ghosts – and what does it mean to be haunted?

Over the next few weeks, Inroads will be inviting local residents to take part in creative workshops, both stand-alone and leading towards community participation in the production itself.

Featuring live theatre, music, song and dance and rooted in Newhaven's local stories, this show will be a shiver up the spine and a celebration of life...

Will you dare to join us in summoning the ghosts? Will the Drummer Boy come if we call him?

Supported by Arts Council England, Farnham Maltings, Newhaven Fort, the Chalk Cliff Trust and East Sussex Arts Partnership.

Tickets will be free but will need to be booked

More information in the next newsletter – in the meantime, if you have any questions please contact Sara on inroadsproductions@mac.com.



Upcoming events

JAZZ music from the sofa

Country Rock Band
Featuring Andy Panayi -
star saxophonist

CUSHION THE BLOW

Saturday 19th February
Hillcrest Community Centre
Newhaven, BN9 9LH
8pm. Doors open 7:30pm
£5 on the door

In support of National Coastwatch

www.nci.org.uk/newhaven



THE HEALTHY START SCHEME IS GOING DIGITAL!

The NHS Healthy Start scheme provides pregnant women and parents/carers of children up to 4 years on a low-income access to free fruit, vegetables, pulses, milk, and vitamins.

Do you currently receive Healthy Start vouchers?

If you're currently in receipt of Healthy Start vouchers, you may have already heard that the scheme is going digital! Not only does this include a simpler [online application process](#) (replacing the paper application); but instead of receiving paper vouchers in the post each month (to help purchase healthy foods), families will receive a pre-paid card which is topped up once a month with their Healthy Start allowance and can be used in any shops/markets/food outlets accepting Mastercard. The prepaid card can also be used to prove entitlement for free Healthy Start vitamins.

If you currently receive Healthy Start vouchers, please keep an eye out for a letter or email from NHS Healthy Start inviting you to apply online for your new Healthy Start pre-paid card. Once you complete the online application form you will stop receiving paper vouchers and will be sent a new pre-paid card within approximately 5-10 working days with your first payment on it (and instructions on how to activate). You will still be able to use your existing Healthy Start paper vouchers until their expiry date.

Could you be eligible for Healthy Start?

NHS Healthy Start can help give children the very best start in life. If you're receiving a qualifying benefit and are pregnant or have parental responsibility for at least one child under the age of 4 years, you could receive £4.25 a week (or over £220 a year) towards the cost of healthy fruit, vegetables, pulses, and milk.

Despite the positive impact that the scheme can have on a household's budget and access to a healthy diet; almost half of eligible families in East Sussex are currently not benefitting from the scheme. To find out more about NHS Healthy Start, including eligibility and how to apply, visit the [Healthy Start website](#) or follow Healthy Start on [Facebook](#) or [Twitter](#).



It's never too late to get your COVID-19 vaccine!



IF YOU ARE...	YOU CAN GET...
<ul style="list-style-type: none"> • Aged 18 and over • You are a frontline health or social care worker • You live or work in a care home • You are aged 16 or over and are a main carer for someone at high risk from COVID-19 • You are aged 16 or over and live with someone who has a weakened immune system (such as someone who has HIV, has had a transplant or is having certain treatments for cancer, lupus or rheumatoid arthritis) • Aged 16 and 17 with a health condition that puts you at high risk of getting seriously ill from COVID-19 	<ul style="list-style-type: none"> • Two doses, at least 3 months apart • Booster from three months (91 days) after second dose
<ul style="list-style-type: none"> • Aged 12 and over and have been severely immunosuppressed 	<ul style="list-style-type: none"> • Two doses, at least 3 months apart • Third dose at least 8 weeks after second dose • Booster from three months (91 days) after third dose
<ul style="list-style-type: none"> • Aged 12-15 with a health condition that puts you at higher risk from Covid-19, or you are a household contact of someone who is immunosuppressed 	<ul style="list-style-type: none"> • Two doses, at least 3 months apart • Third dose at least 8 weeks after second dose • Booster from three months (91 days) after third dose
<ul style="list-style-type: none"> • Aged 12-17 and not in any of the above groups 	<ul style="list-style-type: none"> • Two doses, at least 3 months apart

The National Booking System is open to everyone over the age of 18.

The NHS is prioritising bookings for boosters and is urging people to book a slot to guarantee their vital jab. The best way to get your booster quickly is by booking online or by calling 119 but if walk in centres have capacity to do so, they can vaccinate adults aged 18 and over immediately.

If you've had a positive COVID-19 test you need to wait before getting any dose of the vaccine. You need to:

- **Wait 4 weeks (28 days)** if you're aged 18 years old or over
- **Wait 12 weeks (84 days)** if you're aged 12 to 17 years old
- **Wait 4 weeks (28 days)** if you're aged 12 to 17 years old and at high risk from COVID-19

Find out what you can get at www.nhs.uk/covid-vaccination

