

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!

PAGES 2-6 SCDA ACTIVITIES



PAGES 7-11 COMMUNITY NEWS



PAGES 12-16 COURSES & ACTIVITIES



PAGES 17-20 UPCOMING EVENTS





Have you got a good idea to make a positive change in your neighbourhood?

Making it Happen Community Development Workers can support you to turn your good idea into reality.

One example of a project we have supported is the "Little Bag of Hope" project. Suzy, who had lost a close family member through suicide, came up with an idea to support people who are struggling with their mental health. An individual who is suffering could be given a Bag of Hope filled with items to help stop their thoughts running out of control. This could include personal items, such as photos and letters, as well as more generic items, such as fidget devices, bookmarks with inspirational messages, and contact details of support organisations.

Making it Happen Community Development Workers connected Suzy with SCDA's Bereaved by Suicide Outreach Worker and the Sussex Volunteer Crafters who were keen to support the project.

Suzy put in a Small Sparks Application to the Making it Happen Team for £500 to cover the costs of the material and for items to be included in the bags and now her idea is about to turn into reality!

If you have an idea that you'd like to discuss with a Community Development Worker, then please get in touch . Email makingithappen@sussexcommunity.org.uk or phone 07920 526224

For more information on the Bereaved by Suicide Project, please contact Kellie.leyton@sussexcommunity.org.uk



Interested in joining Newhaven Young People's Forum?



Join current members on the 11th April
from 5-6pm to hear what the forum do,
share your ideas about Newhaven and
make them happen!

Newhaven Youth Centre,
Denton Island, Newhaven, BN9 9BA



NYPF@sussexcommunity.org.uk





Family learning at Sussex Community Development Association

PAEDIATRIC FIRST AID COURSE FOR PARENTS/CARERS

**You will need to attend both sessions of this
free course**



Wednesday 20th April 9:30 - 12:30
Wednesday 27th April 9:30 - 12:30
Denton Island Community Centre

In the interests of Health and Safety children will not be able to attend this course

FREE

Booking is essential. For more information, please contact
families@sussexcommunity.org.uk

Phone: 01273 517250

Visit www.sussexcommunity.org.uk



Education & Skills
Funding Agency



FOOD Security



Peacehaven Community Supermarket Celebrates 1st Birthday



It has been a whole year since Peacehaven Community Supermarket opened its doors for the very first time. Since then the team have welcomed 238 members, who have visited over 1,700 times!

Peacehaven Community Supermarket is open every Thursday from 11 – 3 at Kempton House Day Centre. Anyone can join and members are able to access food and other household items on a pay-as-you-feel basis. The community supermarket also serves tea, coffee, cakes and biscuits, and community navigators are on hand to offer extra support to those who need it. The dedicated team of volunteers provide a friendly welcome and members enjoy staying to chat to each other over a cuppa.

The food security team recently received a lovely email from a Peacehaven resident, who said, "My grandmother told me about the community supermarket that Kempton House Day Centre... I think what you do is just fantastic and has given my Nanny a chance to get out of her flat once a week, and choose some food for herself that she otherwise wouldn't be able to do, as she has no transport since giving up her car."

Community Kitchen Rated 5*

This month Denton Island Community Kitchen secured its five star hygiene rating. The community kitchen team, headed up by Chef Leigh Higgins produces an incredible range of healthy and nutritious food, which is distributed via two community supermarkets on a pay as you feel basis.

In the last four months the kitchen team have produced over 2000 portions of frozen meals, 300 portions of soup, 50 portions of cooking sauces, 500 healthy salad boxes, 50 portions of dessert and a whopping 900 baked goods. What an incredible effort! Thank you to Leigh, Sally, Annie, Brian, Jemma, Kate, Lynn, Mike, Nancy, Sasha, Stephanie and Teresa for all of your hard work.



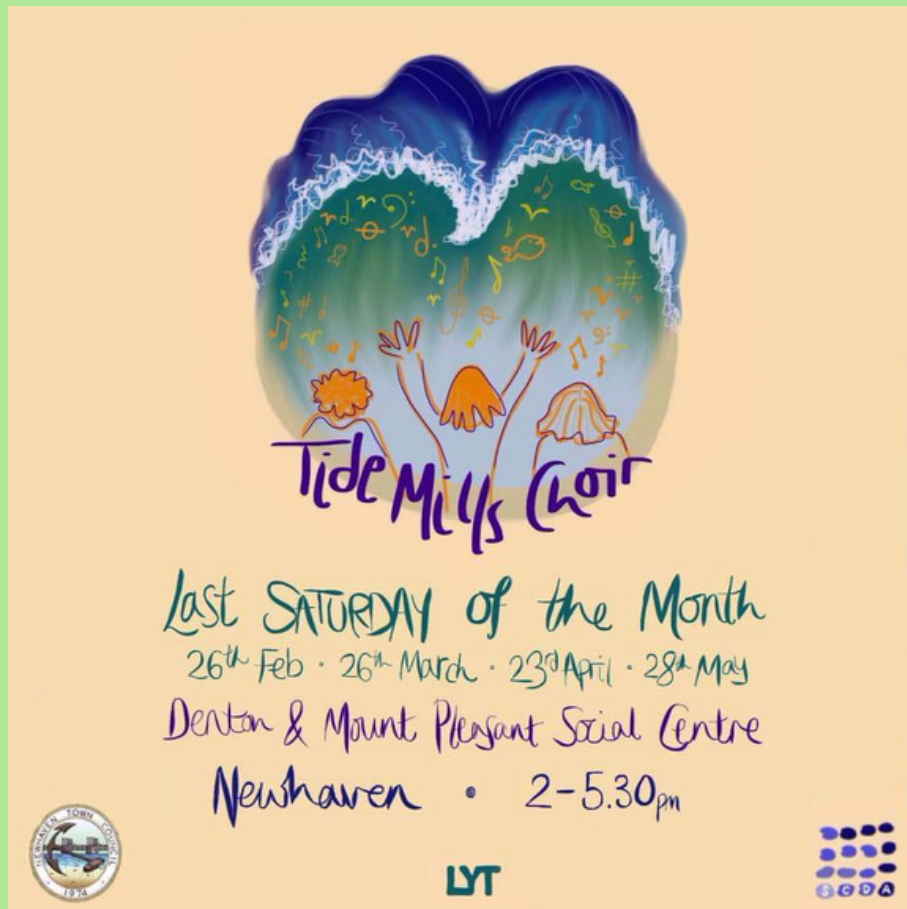
We have now set up the nursery and community centre book library in the main reception area of the Community centre, Denton Island.

Please feel free to pop in and help yourself to books for your children to take home to share together.

We are not expecting you to return the books but if you have some at home that you would like to bring in and swap with ones we have that would be amazing.

There are also adult fiction books and cookery books to chose from. Happy reading!!!

Tidemills Choir



The Tide Mills Choir is an open community choir, singing a repertoire of A cappella songs in multiple harmony. All ages and abilities are welcome, and no previous singing experience or musical knowledge is necessary. Monthly sessions are led by free-lance choir and theatre director Ellen Muriel, using a simple call-and-response technique to teach songs inspired by the histories, landscapes and peoples of our local area.

Participation is free of charge, thanks to the previous support of LYT Productions and SCDA, and the current support of the Newhaven Town Council.

The choir formed in September 2021 and has performed at the Tide Mills Project Heritage Celebration Week, Lewes Late Night Shopping and Newhaven Christmas Extravaganza.

We are always open to new members - so come along and check it out! It's a great opportunity to meet new people, learn new songs, and experience the energy and joy that singing in multiple harmony brings. Contact ellen.muriel6@gmail.com for more information.

Community News



Get Wild for your Wellbeing by Miriam, Greenhavens Co-ordinator

As Spring finally returns and our weather warms up it's the perfect time to get out and about and see what our beautiful coastline has to offer. Ever since I was a small child I loved being outdoors and today know how much better my mental and physical health is when I have been outside and in nature.

So how about this summer you get a little wilder for your wellbeing...? Walking for your wellbeing, it helps you physically, preventing heart disease, lowers blood pressure, healthy bones, keeps your weight down, boosts your immune system and also helps you sleep better. But for me the biggest benefit and one that links with your physical, is how it makes my mind feel. It's my therapy, it makes me feel good, helps me soothe any problems and is my valued "me" time. As a busy working single mum I know how much better I feel after a walk, it enables me to be a better mum and resets me to face whatever challenge arises in the day.

Research shows that regular walking actually calms your nervous system so much that you will feel less angry and more peaceful. And combining that with walking in a park or any of the beautiful surrounding countryside we have in Sussex will only add to you feeling better and recharged. At the Walking for health website they have many walks/groups you can add to and our Wave Leisure Centres offer local regular walking meetings. The Peacehaven Plodders regularly walk and can be found on facebook as with the Rambling Association, find the group that suits you. If you can't find a group then maybe organise one or enjoy the walking time on your own.

The connection that nature brings to our wellbeing and mental health is so important and best of all it is FREE! Before work, after work or in your lunch break give you body and mind a treat and find a nice place to walk and sit and soak in all that nature offers you. We at Greenhavens Network are passionate about our Green spaces, protecting them and getting community involved in all we do.



EASTBOURNE & LEWES AREA

 <p>Pevensey Bay Mondays 10.30am from car park on Richmond Rd</p>	 <p>Hampden Park Tuesdays 10.30am meet at Lakeside Tea Chalet</p>	 <p>Polegate Tuesdays 10.30am meet by Station</p>	 <p>Seaford Tuesdays 10am meet at Salts Cafe</p>
 <p>Willingdon Wednesdays 10am meet Community Hub Library</p>	 <p>Eastbourne Seafront Wednesdays 10.30am meet The Perch, Princes Park</p>	 <p>Eastbourne Shinewater Fridays 10.30am meet at Co-op, Millfold Drive</p>	 <p>Lewes Fridays 10am meet outside Needlemakers</p>

DETAILS: MAR 2022

www.tcv.org.uk/southeast
& scroll down to Health Walks

Free weekly one hour health walks.
No need to book, just pop along shortly before the start time!

Community News



This year we have many events that are FREE and will get you closer to nature, our Wilder Gardens scheme to help you wild your garden/windowsill/green area, increasing the bees and adding biodiversity to your garden. So get these dates in your diary (The Alice Parfitt and Dan Danahar days will need to be booked) and join us in our love of nature and learning what we can do to look after our biodiversity and green spaces.

09.04.22 "Towards Zero Carbon Peachaven". An all day eco event at Community House, Meridian Centre, 10-3pm.

30.04.22 "Haiku Walk". Japanese Mindfulness Walk with Steven Teale, Riverside Park, 1-3pm

14.05.22 "Wildflower Walk" with Jessie Rodriguez, Riverside Park 1-3pm

21.05.22 "Wildflower Walk" with Jessie Rodriguez, Last wood and Meadow, Seaford, 1-3pm

28.05.22 "Bat walk" with Steven Teale. Place and Time tbc.

31.05.22 Alice Parfitt from BUGLIFE! Pollinator training. Booking Needed.

09.07.22 Dan Danahar and the BIG BUTTERFLY COUNT. Booking Needed.

11.10.22 Funghi Walk with Martin Allison. Times and Place tbc.

**For any enquiries please email contact@greenhavens.network
So get wild for your wellbeing and join us on one of these dates.**



Community News

More arts and events in Newhaven in 2022



An inspiring new programme of creative activities will take place in Newhaven this year spanning performance, visual arts and events. The activities, steered by the Creative Newhaven Working Group, will include several strands, providing support for new projects as well as assisting with existing work and plans.

An exciting new competition will launch that everyone in Newhaven can get involved in. There will be support for Newhaven Art Projects (@Newhavenopencall) to build on the fantastic work they do with the annual Open Call exhibition, and a brand-new temporary venue will pop-up at the Sidings during the brilliant Newhaven Festival (@newhavenfestival) in September.

On the evening of Thursday 28 April Hospitable Environment will host a special Soup and Social event at the Hillcrest Centre, 6.30-8.30pm. Everyone is welcome to come and join in discussions and activities focused on the theme of culture, place and exploring the creative landscape.

For more information and to get involved, whether you are an individual, community organisation or local business, contact Nick Stockman at creative@newhavenenterprisezone.com, follow @creativenewhaven on Instagram and Facebook, and @createnewhaven on Twitter and check out the webpage, newhavenenterprisezone.com/creative-newhaven



The Hillcrest Centre, Newhaven, where a Hospitable Environment event will take place in April. © The Hillcrest Centre



The Newhaven Open Call, 2021. © Newhaven Art Projects

Donations
urgently needed
for refugees

FROM
SUSSEX
AID



You can help make a difference...

Drop off to: **SUSSEX REMOVALS & STORAGE**
TRAFALGAR HOUSE | QUARRY RD
NEWHAVEN | BN9 9DD

01273 978 278 | www.sussexremovals.com

AUDIOACTIVE **FREE HALF TERM** **MUSIC & FOOD ACTIVITIES** **12th – 13th – 14th April**

For young people aged **14 – 16**

PRODUCE, WRITE & RECORD MUSIC

10am – 2pm @ Hillcrest Centre, Newhaven

Free lunch provided by BAGELMAN

Register at www.audioactive.org.uk/HAFO



Department
for Education



BAGELMAN



East Sussex
County Council



Community News

The Futsal Stars Foundation (registered charity no. 1194598) is holding a healthy-lifestyle workshop at Newhaven Youth Centre for young people aged 5-16 years. This will be a fun and interactive workshop where young people can learn more about a range of issues such as:

- Tackling Anxiety**
- Diet and Nutrition**
- Bullying**
- The importance of exercise**
- Screen-time hygiene**

To sign up your children, please email Dr Miriam Bouchiba at futsalstarsfoundation@gmail.com



Healthy Lifestyle Workshop

*with The Futsal
Stars Foundation*

**Start date: April 12th
4:30-5:30pm
Denton Island Community Centre,
Newhaven, BN9 9BA**

Courses and activities

Man With a Pan

We have a few places going on our next Man with a Pan cookery course for men taking place in Newhaven from the 19th of April

The course is five weeks and open to any man who wants to learn to cook, meet new people and take part in a fun and nourishing activity.

Bookings can be made here:

<https://www.eventbrite.co.uk/e/247095678827>



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

FIRST STEPS TO FUNCTIONAL SKILLS



Need help
with **reading**
& **writing**?



Want to be
better at
maths?

Come and join our small, friendly, free classes!

Contact Jenny
03030039100 | adultME@escg.ac.uk

Minding The Gaps



What's on offer?

- Support from an Occupational Therapist to help you move forward
- Intensive job search support
- Funding for courses whilst in work
- Bursaries for courses and qualifications
- Access to industry standard 'tickets' in a range of sectors
- 1:1 Literacy support
- Benefits advice
- 'Pathways to volunteering' 3 hour workshop
- Support to engage and participate in other services in East Sussex



Contact us for more information:
mindingthegaps@sussexcommunity.org.uk
07712 322972



Upcoming events

Towards Zero Carbon Peacehaven



- Energy
- Transport
- Housing
- Wildlife
- Waste
- Water

Saturday April 9th 10am to 3pm at
Community House, Meridian Centre, Peacehaven
Free **ELECTRIC** bus around the town on the day
Find out what you can do about Climate Change
YOUR PLANET NEEDS YOU, THERE IS NO PLANET B

Tel 01273 585493 for more information



The Big Lemon



Upcoming events

**Hospitable Environment & the
Creative Newhaven Working Group
invite you to the next**

SOUP & SOCIAL

**THURSDAY
28TH APRIL**

6:30 - 8:30PM

**HILLCREST CENTRE
BAY VUE RD
NEWHAVEN
BN9 9LH**



**JOIN US AS WE MEET AS A COMMUNITY,
EAT TOGETHER, SHARE IDEAS AND
EXPLORE THE PAST, PRESENT AND FUTURE
OF CREATIVITY IN NEWHAVEN.**

This is a free event open to people of all ages and backgrounds. Everyone is warmly welcomed.

Please be covid conscious.

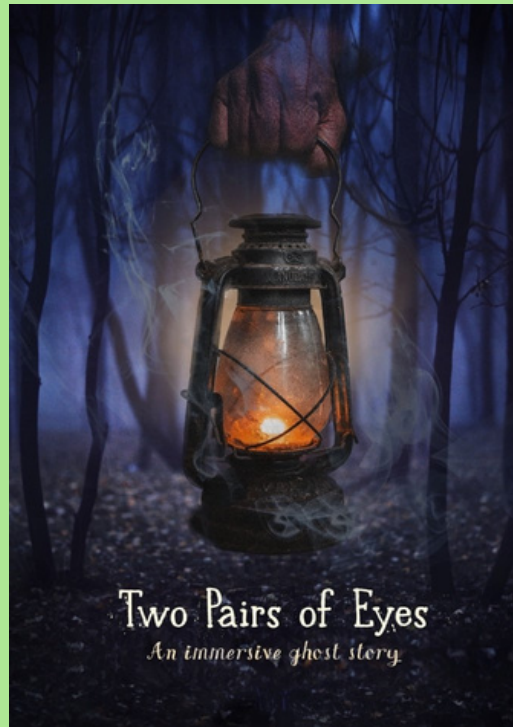
Hospitable Environment is a community arts group
based in Newhaven, East Sussex

Upcoming Events

TWO PAIRS OF EYES

TICKETS NOW AVAILABLE!

**Tickets are free but must be booked
With priority for Newhaven residents**



**Two Pairs of Eyes is an immersive ghost story show, taking place on May 19th – 22nd
at 8pm,
at atmospheric Newhaven Fort. 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...**

**Supported by Arts Council England, Farnham Maltings, Newhaven Town Council,
Newhaven Fort, Chalk Cliff Trust, Sussex Community Foundation, Lewes District
Council and East Sussex Arts Partnership**

MORE INFO AND BOOKING TICKETS FOR THE SHOW

Eventbrite link

**Go to the Inroads website www.inroads.org.uk
or Newhaven Fort www.newhavenfort.org.uk**

****We are still open to people wishing to participate as ensemble performers****

Please email Sara on inroadsproductions@mac.com for more info

Or see details at www.inroads.org.uk

Upcoming Events

 Sussex
Community
Development
Association

FREE ENTRY

**NEWHAVEN
FISH FESTIVAL
AND JUBILEE
CELEBRATION PARADE
2022**

**Saturday 25th June
2022**

10am – 3pm

West Quay, Newhaven

**MUSIC, FOOD, MARKET STALLS, GAMES,
INFLATABLES, FACE PAINTING AND
MORE!**

www.sussexcommunity.org.uk
01273 517250

enquiries@sussexcommunity.org.uk

