

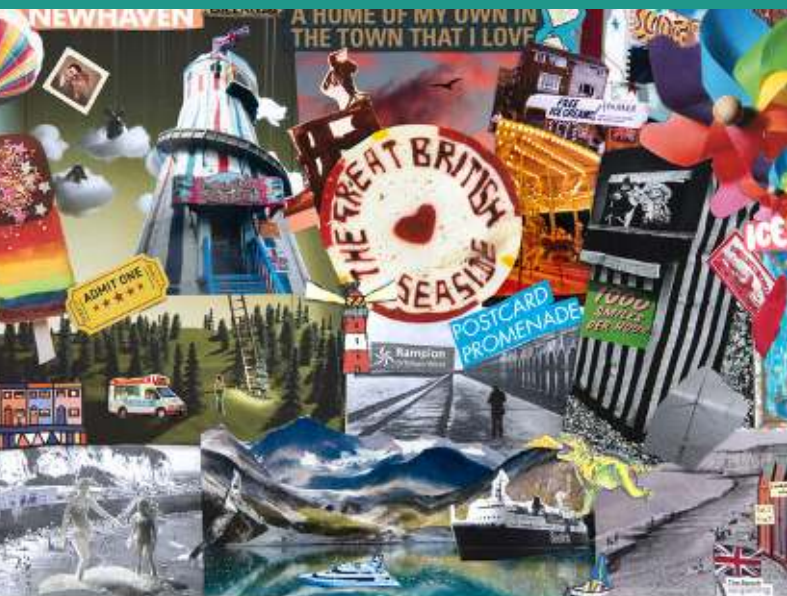
COMMUNITY WELL-BEING NEWS



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 2-5 SCDA ACTIVITIES



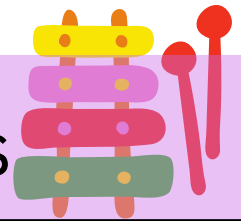
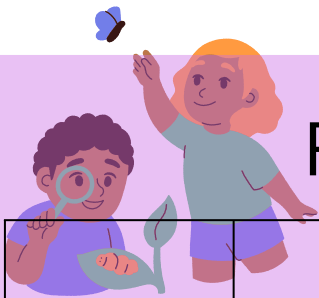
PAGES 6-10 COMMUNITY NEWS



PAGES 11-18 UPCOMING EVENTS



SCDA activities



Family Learning Courses

Town	Course	Day	Date	Duration/times	Age group aimed at
Newhaven	Sensory Play	Friday	4/11-9/12	6 weeks 10am-12pm	Family Learning adults and children aged 2-4 years
Newhaven	Family Food	Friday	11/11-17/12	6 weeks 3.30-5.30pm	Family Learning adults and children aged 5 - 10 years
Virtual	Mindfulness	Monday	17/10-5/12	8 weeks 7.30pm-9pm	Family Learning adults only
Eastbourne	Plant & Play	Monday	10/10-14/11	6 weeks 10am-12pm	Family Learning adults and children aged 2- 4years
Eastbourne	1st Aid	tbc	Nov 22	2hrs	Family Learning adults only
Hailsham	Music Makers	Wednesday	9/11-14/12	6 weeks	Family Learning adults and children aged 2- 4years

For more information or to book a place please
contact family.learning@sussexcommunity.org.uk



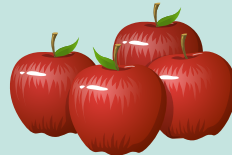
FOOD Security Community Fridges

bring a bag
and help
yourself!



"A Community Fridge is a space that brings people together to eat, connect, learn new skills and reduce food waste. It is a site where local people can share food, this includes surplus from supermarkets, local food businesses, producers, households and gardens." - Hubbub

The Community Fridge at Denton Island Community Centre is open 9am-4.30pm Monday-Friday.



What's in the fridge/freezer?

It's always different, so just take a look and see!

**Sometimes the food is past it's Best Before Date but Gov. advice is that this is not about safety - and food is still OK to eat after it's Best Before Date.*

Donations

We are grateful of all donations of food and essential items as the number of households we are supporting increases.

You can drop donations to Denton Island Community Centre in Newhaven between 9-5 Mon-Fri.

Or you can email food@sussexcommunity.org.uk for more info.



Windfall apples left in the community fridge made in to a delicious apple cake by the Community Kitchen Volunteers
#communityfood



SCDA Activities



LGBTQ+ Ally Support Team

A group for young people aged 12-17, open to all whether you're a member of the LGBTQ+ community, questioning, or an ally. LAST is an open, safe space to take part in fun activities, spend time with your peers, and explore your identity

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

Newhaven Youth Centre,
Denton Island,
Newhaven BN9 9BA

5:15-6:30pm
every
Tuesday



LEAP club

A youth club
focused on school
transitions &
engagement



Wednesdays - 3.45-5.15pm
Newhaven Youth Centre, Denton Island



A space for young people
at the end of year 5 up to
end of year 7 to build
confidence, independence,
resilience, life skills and
support each other!

Contact:
youth@sussexcommunity.org.uk



£1 donation per
session suggested



Newhaven Community Market

Run by local young people from Newhaven
Young People's Forum fundraising for youth
led sessions.

25TH OCTOBER 2022

1PM-4PM

**NEWHAVEN YOUTH CENTRE,
DENTON ISLAND, NEWHAVEN
ALL WELCOME!**

Some items for sale:
Handmade jewellery
Handmade art
Baked goods
Secondhand items
Refreshments

Cash Only

contact: nypf@sussexcommunity.org.uk



For more information
about youth projects at
SCDA please contact
youth@sussexcommunity.org.uk



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 is looking for young people who want to create community projects and have their voices listened to on the issues that matter to them

Contact

nypf@sussexcommunity.org.uk if you're a young person who wants a say in the decisions that affect them, provide feedback on local youth services, and develop your own projects for young people and the wider community. Take action on the things that are important to you!



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

GET READY FOR CHRISTMAS...

TOY SWAP

SATURDAY 22ND OCTOBER
1PM - 3PM

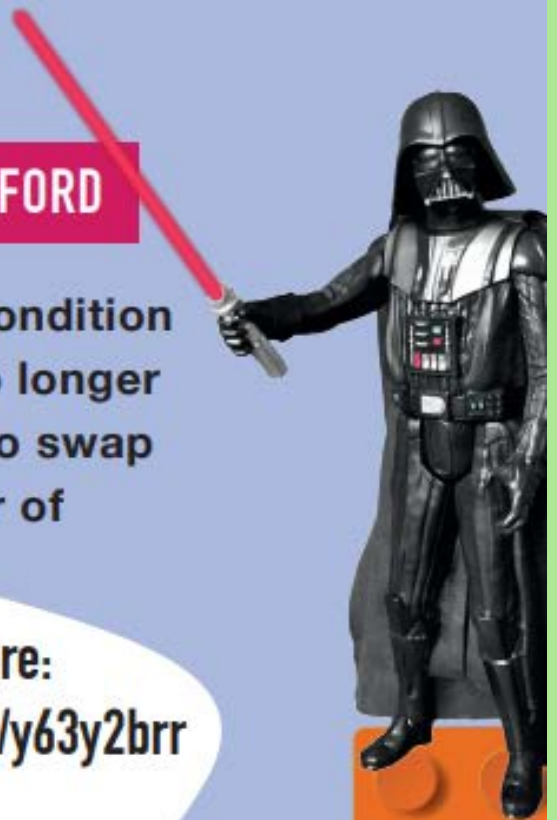
THE MERCREAD YOUTH CENTRE, SEAFORD

Swap up to 5 used toys in good condition from your house that your kids no longer play with. In addition, you can also swap DVDs or books. Unlimited number of stocking fillers.

Find out more:

<https://tinyurl.com/y63y2brr>

...or use the QR code





Join the One You East Sussex Stoptober challenge!

DID you know you are four times more likely to quit smoking for good with the help of the dedicated stop smoking service One You East Sussex?

Join the millions of people across the county taking on the Stoptober challenge. For those of you who don't know about the challenge we are asking you to stop smoking for the whole month of October. We can support you with the challenge a number of ways:

- **you can either see one of our specialist advisors face to face in one of our community locations across East Sussex**
 - **Or you can speak to one of our advisors over the phone who will provide you with hints, tops and maybe medication to support your quit attempt.**

Medication may be Nicotine Replacement Therapy such as Patches, Gum and Lozenges or we are also able to support clients who would like to quit with an E-Cigarette.

Call us on 01323 404600 or visit www.oneyoueastsussex.org.uk



Community News



In the last two years I have had the privilege of working and volunteering in green spaces around Seaford, Newhaven and Peacehaven. I see the results of people's commitment to community and preserving the natural habitats around us. It warms my heart to see the passion, care and time people take in looking after each other and the green spaces around them.

In Seaford we have a dedicated Climate Hub with Seaford Environmental Alliance committed to reducing climate change, offering community educational events and being a point to collect and distribute food waste and school uniform. From here springboards the fantastic group On the Verge who have ensured many areas of Seaford have been left to rewild, allowing important habitats to remain and nourish our ever-declining insect population. I have loved walking through the Martello Fields, Salts recreation Ground and Crouch to name a few, all with dedicated wild areas, such a joy to watch the butterflies and hear the crickets happily enjoying the wild space.

We are blessed in Seaford to have so many people committed to preserving our green spaces, from the Rotary, Trees for Seaford, Seaford Repair Café, edible beds outside Morrisons, Seaford's Swifts, the committed members of Seaford Natural History Society, the surveyors of The Last Wood and Meadow, to Community Growing Projects at The Downs, Peverells Community Garden, Seaford Community Garden and schools getting involved. With Renaturing Seaford committed to getting all local groups connecting with each other, Seaford's green spaces will have people champions for years to come all protecting and enhancing the biodiversity of Seaford.

In the Havens, there is a wealth of community projects all supporting the need to preserve our green spaces and get the community growing. Fantastic projects like the Denton Community Garden, the Havens Community hub reducing food waste, preventing it from going to landfill and helping address community need. The group Riverside Park and its planting on land, once wasteland, has seen a huge increase of wildlife in an area that now sees new species and offers a beautiful walking route for all of the family. Next to this the beautiful Valley Ponds, a haven for all things amphibians. All over Newhaven BN9 Trees have been planting fruit trees in people's gardens. Newhaven Green Centre offers a repair café, a sharing library and ingenious ways to reduce and recycle waste, all working towards fighting climate change. We at Greenhavens are committed to working with the community in educating adults and families in the need to get your garden/green space wilder. The past 6 months have seen Jessie and I engaging with community on wildflower walks, batwalks, Buglife and Froglife events. All learning and teaching each other on ways in which to make our gardens wilder and doing crucial surveys on what our green spaces contain and ways in which we can increase biodiversity. Fantastic to then see the community go out and use their new knowledge in their green spaces and helping others to go a little wilder.

All of these groups/organisations work from the heart, responding to community and our Earth's needs. Armed with the knowledge we all must do what we can to preserve the natural world. As climate change increases, we must all look to see what we can do to become green community advocates. Our insect loss and lack of wild spaces in England has meant we must look to alternative ways of living in our urban spaces to avoid the catastrophe that will come if our bees and insects become extinct. Our community green champions are all heroes many working voluntarily to preserve and make resilient systems that will support the community and the planet in years to come. To all the Green Heroes out there thank you for providing hope for all our futures.

By Miriam Thundercliffe, Co-ordinator of Greenhavens



Consumer
Rights

Consumer Rights

FOR IMMEDIATE RELEASE

Email : eco@consumer-rights.org

| Website : www.consumer-rights.org



A new online portal by Consumer Rights allows anyone in the UK to check if they qualify for government-funded upgrades. It's simple to use and takes less than 2 minutes with a simple step-by-step process.

Due to the number of complaints about scams and cold callers approaching vulnerable homes, we have built this tool to allow people to check if they qualify using a trustworthy source. It allows use by carers, friends, or relatives on behalf of the vulnerable so they don't miss out on funding. We are happy to work with a caregiver on an applicant's behalf where required.

Check if you qualify - Apply for funding now at www.consumer-rights.org

Some of these measures may include;

1. Internal & external & cavity insulation
2. Loft insulation
3. Boilers
4. Storage heaters
5. Solar PV
6. Window upgrades & replacement
7. Underfloor insulations
8. First-time central heating

A full list can be
found here on the
'Ofgem' website

press release

#helpingpeople

copyrighted to consumer rights (c)

Community News

An autumn of cultural activity in BN9

It's been a summer of activities and events in Newhaven, and the action is set to continue through the autumn with photography, contemporary art, and events at the Hillcrest.

Newtopias, an exhibition of collage photography work created by local residents, will be displayed in the windows of the old Peacocks building in the town square from Saturday 8 October. Upstairs in the same building Brighton's (re)structure group will stage an exhibition of their work, alongside talks and a two-hour local photo walk, on 15 October. All this is part of the internationally acclaimed Photo Fringe festival.

Newhaven Art Space opened its doors in the high street in September, and now it is about to host exhibitions numbers two and three. 'From The Studio' (29 September – 15 October) brings together established, regional artists from coastal Sussex, and 'The Waste Makers of Cornucopia Street' (3 November – 19 November) hosts the experimental art lab Compound 13, asking, how do we arrive at waste? Is it matter out of place? And what is the difference between dirt and waste?

On the evening of Thursday 6 October, 7pm – 9pm, Hospitable Environment will return for a special Soup and Social event at the Hillcrest Centre. Everyone is welcome to come and join in discussions and activities focused on the theme of culture, posing questions such as, what creative things have you joined in with this summer and what three words describe Newhaven?

The new Sussex Women Supper Club kicks off at the Hilcrest on 27 October, with a talk about the phenomenal Peggy Angus. Find out more on Instagram [#SussexWomenSupperClub](#)

For more information and to get involved in creative activity in Newhaven, 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



Community News

Newhaven project forms part of Photo Fringe photography festival



Photo Fringe 2022: Real Utopias - the tenth edition of the biennial open-platform photography festival runs 6–30 October 2022 with exhibitions and events taking place online and in venues across Brighton & Hove and Sussex. The festival will present a vibrant mix of self-curated shows and work selected from open calls online and in galleries, cafés, pop-up venues, outdoor installations and other extraordinary spaces.

As part of the festival, an exhibition resulting from Photo Fringe workshops at The Hillcrest Centre and Newhaven Youth Centre will show as a town-centre outdoor exhibition in Newhaven Square.

The **Newtopias** project asked, 'How can we give shape and colour to our hopes and dreams?' Through a series of workshops led by artist **Kathryn Martin** this summer at The Hillcrest Centre and Newhaven Youth Centre, participants collaged together photographic material from the Newhaven Museum archive, personal photographs and found images to reimagine life in Newhaven and beyond, connecting the past, present and potential futures of the town and its community.

Resulting photo collages are installed in an outdoor exhibition launching 2-5pm Saturday, 8 October where visitors can find out more about the project, meet participants and enjoy some tea and cake.

During the launch event, at the former Peacocks building, artist James Bellorini will be running a free **pop-up portrait studio** and you will also be able to view another photography exhibition by artist group **re(structure)**.

The Newtopias project was funded by Newhaven Enterprise Zone, The Chalk Cliff Trust and Arts Council England.

Find out more, plan your festival visits and enjoy online exhibitions at **photofringe.org**

Courses and activities

Futsal Stars Foundation Half-term activities



Running alongside this half-term's Futsal camp will be a Self-defence, anti-bullying and healthy lifestyle workshop led by a martial arts practitioner for 6-13 year olds.



Upcoming events

East Sussex Libraries Week



East Sussex Libraries
eastsussex.gov.uk/libraryevents



Mama G Libraries Week Tour

Mama G is a panto dame and she tells stories, to children and their families, about being who you want and loving who you are.

Newhaven Library
08/10/22 | 2 - 2.30 pm

FREE event must be booked
QR code or ask a member of staff

**This
is your
library**



East Sussex Libraries
eastsussex.gov.uk/libraryevents



Wendy Shearer Storyteller

Traditional folktales, myths and legends
for children and adults.

Saturday Newhaven Library
15 Oct 2 - 2.30 pm

FREE event must be booked

**This
is your
library**

Also, at
Peacehaven
library 15th
October, 3.30-
4pm

Upcoming events



Lewes and District
Dementia Action Alliance

Live well now, plan your future

Friday 14th October, 1pm-4pm.

St Leonards Church, 18A Church Street, Seaford BN25 1HG



FREE EVENT FOR ALL
No booking necessary



An opportunity to **meet local experts** including community groups, solicitors, care givers, exercise and movement specialists, funeral directors and many more. For **free advice** and information on **living well** and **planning for the future**.

Refreshments available on the day.

www.dementiafriendlylewes.org.uk



Upcoming events

MAKING IT HAPPEN



Big Sparks!

An event to uncover, celebrate, inspire, showcase and learn about the amazing things that communities are doing in East Sussex.

**2 – 6pm on Thursday 10th November,
The Floral Hall at the Winter Garden Centre, Eastbourne BN21 4BP**

For communities

To share stories, skills, passions and priorities, and to connect with others with similar or perhaps completely different ideas.

For organisations, funders and decision makers

To hear first hand what communities are doing to make positive change and to explore what might be achieved together.



To Book

Visit: [Eventbrite](https://www.eventbrite.co.uk)



There will be stories, showcases, skills swap, videos, performances, open space conversations and more!

Book your free place on Eventbrite by typing in Making it Happen or use the QR code. For more info please email makingithappen@sussexcommunity.org.uk or phone 01273 519149

Making it Happen are holding their Big Sparks event on Thursday 10th November at the Winter Garden Centre, Eastbourne. It is an opportunity to find out about all the wonderful community projects taking place across East Sussex.



Making it Happen

Making it Happen is about building on the wonderful things that people are already doing. It's about building relationships and making new connections to create positive change for everyone.



Come along to meet people - bring your ideas, your curiosity and get involved!

If you have a project or activity you would like to share get in touch:

Email: makingithappen@sussexcommunity.org.uk

Phone: 01273 519149

Please note: if you will need help to cover the cost of transport to the event, we may be able to help. Do get in touch.

Visit: www.making-it-happen.org.uk

Upcoming events



NEW DATE!

BARN DANCE

Saturday, 29th October 2022

Doors open: 6.00pm for 6.30pm dancing

**BYO
Drinks**

Join Peacehaven Town Council, in aid of the Mayor's Charities, and in conjunction with local community groups, at this heel-kicking event!

LIVE MUSIC
from
The Aqueduct
Ceilidh
Band

Family tickets £20 (2+2)
Adults £7.50
Children £5

Tickets available from:

info@peacehaventowncouncil.gov.uk, PTC Information Office

or

<https://www.ticketsource.co.uk/peacehaven-tc/t-avvvggz>

(booking fees may apply)

**Ticket Incl
Food**

Raffle



Community House, Meridian Centre, Meridian Way
Peacehaven, BN10 8BB
www.peacehaventowncouncil.gov.uk Tel: 01273 585493

Upcoming events

Peacehaven Town Council
presents our next
Big Cinema Showing



Wednesday 19th October 2022



The life of the unforgettable American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker.

Stars: Tom Hanks * Austin Butler * Olivia DeJonge

Curtain Up at 7:30 p.m.

Tickets £7

Tea, Coffee and Ice Cream Available

Community House, Meridian Centre, Peacehaven, BN10 8BB

Tickets available from The Information Office or via email:
info@peacehaventowncouncil.gov.uk via www.cinemobile.co.uk
Tel: 01273 585493



Peacehaven Town Council,
in aid of the Mayor's Charities,
presents



Wednesday 19th October 2022
2-4pm



Main Hall, Community House, Meridian
Centre, Peacehaven, BN10 8BB
Refreshments

Snowball
&
Flyer
Games



Cash prizes

£4
8
Games

BOO!

YOU'RE INVITED TO
A

**SPOOKTACULAR
TRICKY TRAIL**

SATURDAY 29TH OCTOBER 2022
11.00AM
THE OVAL, PEACEHAVEN

CAN YOU FOLLOW THE CREEPY CLUES AND CLAIM YOUR PRIZE!

ARE YOU BRAVE ENOUGH TO SAMPLE A BLOOD BAG PUNCH!

**TRICK
OR
TREAT**

AN EERIE ADVENTURE FOR ALL THE FAMILY!

ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT




Peacehaven Town Council,
in aid of the Mayor's Charities,
presents



8th October 2022
7.30pm

Community House, Meridian Centre,
Meridian Way, Peacehaven, BN10 8BB
www.peacehaventowncouncil.gov.uk
Tel: 01273 585493

Tickets available from:
info@peacehaventowncouncil.gov.uk
or
www.ticketsource.co.uk/peacehaven-tc/t-
avvvero

www.premier-promotions.co.uk

Upcoming events

Seed/ Plant Swap in Newhaven

SEED/ PLANT SWAP



30th October 10-4pm
Meeching Hall Newhaven

FREE ENTRY



GREEN COMMUNITY EVENT