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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Making it Happen's Big Sparks Event



BIG SPARKS was an event to uncover, celebrate, inspire, showcase and learn about the amazing things that communities are doing in East Sussex. There was a fabulous array of community groups showcasing the brilliant work they do to improve the areas they live in. The event provided an opportunity for residents from across the county to hear inspiring stories, try new things and plan their own projects. It was also an opportunity for decision makers, policy makers and commissioners to come and hear first-hand about the extraordinary things that community groups are doing for themselves.

Making it Happen - What we do

It is known that where you live and things that exist locally – like green spaces, services, independent business and transport – alongside family, social, community and cultural connections, all play a role in supporting good health and wellbeing. The Making it Happen Team work alongside local residents to build on these assets to create stronger, more connected and more resilient communities.

If you have a good idea for a project, get in touch with us. Projects in certain neighbourhoods may also be eligible for funding. Check details on the website Home Page - Making It Happen (making-it-happen.org.uk)

Contact: makingithappen@sussexcommunity.org.uk



Photos thanks to Clive Jarman, Compass Arts @jarmanimages

SCDA activities



Community Supermarket Change of Opening Hours

Newhaven and Peacehaven Community Supermarkets are now open from 11am-1.30pm

From 1.30pm-3pm we will be open as a **Pay-As-You-Feel Community Cafe** - pop along for a cuppa, some soup and a chitchat. (feel free to charge your phone, use the Wifi, ask for info about local services)

Newhaven Community Cafe 1.30pm-3pm

Denton Island Community Centre Newhaven BN9 9BA Peacehaven Community Cafe 1.30pm-3pm

> Kempton House Cavell Avenue Peacehaven BN10 7NJ

SCDA activities

Want to donate to our Food Projects this Christmas?

Take part in our Reverse Advent Calendar this Christmas



Each day of December we have suggested an item you can donate. Put a box in your office, at home, by your Christmas tree, or somewhere people can see. Then print off the list of items people can donate throughout December. Don't worry about doing every day - whatever you can do is amazing!

Donations can be dropped to Denton Island Community Centre before 12pm Christmas Eve.

email us at food@sussexcommunity.org.uk for the posters to print for your Reverse Advent Calendar donation point

Reverse Advent Calendar donation box at Brightwell's in Newhaven with a lovely decorated box!

SCDA Activities



Free toddler group opens in Denton Island, Community Centre

We now have a school uniform and coat rack in the Denton Island Community Centre please take what you need and donate when you can!





SCDA Activities



Want to learn more digital skills? Lacking confidence to use the internet? Interested in learning more about online health care tools?

UPCOMING DATES:

Thursday 27th October 2022 Wednesday 23rd November 2022 Tuesday 13th December 2022 Tuesday 24th January 2023 Thursday 23rd February 2023 Thursday 9th March 2023



10 AM - 1 PM

NHS

Denton Island Community Centre, Denton Island, Newhaven BN9 9BA FOR MORE INFORMATION & TO BOOK A PLACE

01273 516032 enquiries.info@sussexcommunity.org.uk





Lewes Men's Shed Open Day

Where?—Landport Community Hub

Landport Road, Lewes BN7 2SU

When?—Wednesday 30th November 1-3pm

Why?- come along and help form our Lewes

Men's Shed, let us know what you want.

Come and have a cuppa, cake and meet everyone

Any questions call 07401 844 341

Men's Sheds (or Sheds) are similar to garden sheds – a place to pursue practical interests at leisure, to practice skills and enjoy making and mending. The difference is that garden sheds and their activities are often solitary in nature while Men's Sheds are the opposite. They're about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter.



Lewes Men's Shed will be meeting every Wednesday afternoon 1-3pm at Landport Community Hub.



Are you interested in a new challenge and looking for a volunteer opportunity that is fulfilling? Sussex Pathways is a charity that works with people leaving prison and we are currently recruiting for keen and proactive volunteers to support our work.

Sussex Pathways works within prisons and communities with the aim of reducing offending behaviours and empowering ex-offenders to make positive life choices. We work with offenders and victims of crime within Sussex and have started an exciting new project to support female offenders leaving custody.

We aim to provide avenues of support and opportunity for prison leavers to better their lives.

We aim to support victims of crime by providing an opportunity for them 'to have a voice' and move towards closure of crimes they have experienced.

We aim to better the communities we live in by working alongside partner agencies to reduce reoffending rates.

We have a number of volunteer opportunities that can be found on our website. If you would like to find out more about Sussex Pathways, please see our website or contact us.

www.sussexpathways.org.uk | admin@sussexpathways.org.uk

Our social media: Facebook https://www.facebook.com/LewesSussexPathways Twitter @Sussexpathways1 Instagram @sussex_pathways



Kempton House extends opening times & opens a drop-off point for hygiene products



Kempton House Day Centre, Cavell Avenue., Peacehaven is extending its opening times due to funding from Lewes District Council. In addition to their lunch club on Mondays, Wednesdays and Fridays they will now be open on Mondays and Wednesday mornings, 9-11.30am for tea and coffee and a warm place to meet others.

For more information phone 01273 585984 or email kemptonhousedaycentre@gmail.com



As the winter months are upon us Greenhavens has much to be excited about. We were delighted to hear that we have been successful in obtaining funding from the Ouse Valley Climate Action lottery funding. This will mean Jessie and I can continue to support the Network with our trainings, meetings and events for the next three years. This has a huge beneficial impact on the environment locally and the community, allowing us to organise even more events to get the community out in our green spaces and encourage people to go a little wilder to help preserve our biodiversity. This will also enable me to be able to engage with our member groups even more and assist them in planning for the future, thank you to all involved in the hard work that has led to the generous funding coming from the lottery.

October saw us do our Seed/Plant day at Meeching Hall in Newhaven. It was fantastic to have so many local green groups all together in one building and many connections were made and plans for the future. Lots of seeds and plants were swapped and I am looking forward to getting my plants into the ground come spring, many thanks to all who came along. It was great to be around so many inspiring people all passionate about community and protecting our green spaces. Our Chair and Secretary enjoyed the Big Sparks event in Eastbourne, with over 500 people attending, Lesley and Julie enjoyed catching up with old friends and making new ones and managed to network with many groups. It was a great event bringing community groups together.

On December 7th we have a Network Meeting at 7pm at the Anzac Room, Meridian Centre in Peacehaven. Here David Seabrook will be talking us through the amazing creation that is Peacehaven Orchard. From wasteland to an Orchard with over 100 fruit trees, David and Sue have transformed this land. Come and join us to hear of the joys and challenges they have faced, and chat to the Greenhaven's team about how we can help you with your project.

As the winter nights draw in we must look to this time as one of rest, where we can look back at our year and preserve the energy needed for when spring comes. Greenhaven's have some new exciting projects coming and will be organising some great events for 2023. If you would like to be added to our mailing list then please email me at contact@greenhavens.network. Wishing you all a warm and happy Christmas and I hope to see you at one of our events next year.

Miriam Thundercliffe (Coordinator)









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It Takes a Village to Raise a Child (VRAC)

What is VRAC?

A cross-border project delivered in the UK, (East Sussex and Norfolk) Belgium, France, and the Netherlands. The VRAC project existed to support young people and their families to improve their wellbeing and overcome barriers in engaging in education. VRAC East Sussex was a free-to-use service for selected participants in the Havens and Hailsham areas.

VRAC's Final Phase

The VRAC project was a timed project now nearing completion. The Wellbeing Service, PACE activity sessions and the School-Transition Workshops have all completed their work, and the final counselling sessions are underway.

The VRAC Final Conference is being held in Mechelen in Belgium, which will include a range of workshops designed to highlight VRAC project learnings.

VRAC Findings

It has been clear that the VRAC project services met real need. The project's impacts and feedback have been very positive. VRAC data has been compiled into a cross-border VRAC Project Final Publication to include key learnings and recommendations.

Farewell!

VRAC East Sussex says a fond farewell, and thanks all those who have participated in the VRAC Project.

If you would like to receive the VRAC Final Publication or hear more about any aspect of this update please contact:

Email: donna.lonsdale-o'brien@escv.org.uk / Call: 0739 867 1431



ONE YOU EAST SUSSEX



Our friends at Man V Fat Challenge have now helped guys across the country shed over 7,000lbs worth of excess weight. That's definitely worth celebrating and shouting from the rooftops.

That's why, this month we're promoting the successful digital weight loss programme, designed specifically for men. The programme offers a home-based healthy living and competitive digital weight loss programme for men who want to improve their physical and mental health.

If you sign up, you receive the following exclusive benefits:

- Weekly challenges based on the core areas of nutrition, exercise and building healthy habits
- Weekly progress reports showing how you're doing and regular newsletters to inspire you
- $\boldsymbol{\cdot}$ Weight loss support, routine and accountability from your teammates and an experienced coach

• Exclusive resources including recipes, case studies, interactive webinars and the MAN v FAT Community Facebook group.

• Your own member's area, with progress tracking tools, exclusive member offers and access to a virtual gym full of workouts you can do at home

Are you up for the challenge?

- If you're a man in East Sussex
- Have a BMI of 25 (or over)
- Short on time and want to shift a few pounds

MAN v FAT Challenge has free funded spaces!!!

Join the challenge and sign up here https://www.manvfatchallenge.com/







Community Space, Cafe & Bar

The Story so far - The plan - Have your say

The Jolly Boatman Pub



Hi there!

We're Jack and Flo, the new owners of The Jolly Boatman. We moved in four months ago with dreams of opening a cafe, but it didn't take long to realise this building can be so much more.

After hearing lots of polar opinions of the pub and it's future, we did a survey. Turns out this place was pretty political. Most respondents either came here every day or completely avoided it. Those same people would either call it "their front room" or "a bit scary and rough".

We've taken some key themes people found important and translated them as best we can.

Serve more of the community

Welcome new, young families

milles community Positive change

Envigorate

Our plan is for a Community Space, Cafe & Bar.

In order to serve more of the community, we want to switch the main use to daytime, with a schedule of workshops and events managed by committee. Evening events & bar will be gradually brought in with the jazz nights & quizzes etc.

We'll manage the Cafe & Bar with a priority on sustainability and local produce in mind.

Before we can get to that, we've got a lot of renovation work to do to meet modern hygiene, health & safety standards. Plus, a couple of fun changes while we're there..

Would you like to have your say?

Do you think you could bring something to the table? Are you brimming with ideas for Jolly's programme?

We want Jolly's offering to be chosen democratically. We're gradually building up a diverse committee with a mix of expertise to oversee the schedule once Jolly's open.

If you're interested, we'd love to hear from you! Visit our website for info on how to apply.



Flo@jollynewhaven.com Jack@jollynewhaven.com



Connection to

surrounding

nature









Newhaven & Peacehaven u3a hold a general meeting each month with a guest speaker. These Monthly Meetings are an opportunity for members to socialise after listening to a speaker. At each meeting, information is given out about groups, outings, theatre visits and other events. There is always a raffle and free refreshments. They are held at The Meridian Centre in Peacehaven or The Hillcrest Centre in Newhaven. The u3a is happy to welcome potential members to these meetings to try them out before joining.

In January (5th) at Newhaven, members will hear an amusing talk from Neil Sadler entitled "A Policeman Man's Lot is Quite an Interesting One"; while Ian Everest will inform with "Newhaven Uncovered (A history of Newhaven)" for the February (2nd) meeting in Peacehaven. In March (2nd) its back to Newhaven for Tony Flood (ex Sky TV), "My Life with the Stars" and in April at Peacehaven it's Melanie Gibson-Barton with "Three Woman, One Man – glamour, wealth and heart break".

The Theatre Group will be off to see "Cinderella" in December, "Swan Lake" in February, "Wish You Were Dead" in March and, "Madama Butterfly" in April. Members are also looking forward to an outing to Leonardslee Gardens to see the Christmas lights and a murder mystery dinner at the Old Ship Hotel. One of the highlights of the spring will be the holiday to a Warners hotel on the Isle of Wight.

Newhaven & Peacehaven u3a has much to offer "young at heart" retired people. They host more than 30 interest groups ranging from senior keep fit to playing the ukulele via discussion, Mah-jong, gardening, and walking. They are keen to support members wishing to start groups for even more interests. Research shows that older people who continue to learn new skills and engage socially live longer healthy lives.

Founded in 1982, u3a is a UK-wide collection of locally run groups that provide a wide range of opportunities to come together to learn for fun. People enjoy exploring new ideas, skills and activities together. There are 1,039 u3as with over 430,000 members including many across East and West Sussex.

Members are kept informed with emailed updates, a monthly emailed Bulletin and a printed Newsletter three times a year. The Phone Buddies help to keep those without emails informed. You can also visit their Facebook page, website

https://u3asites.org.uk/newhaven-peacehaven/home and YouTube channel. N&P u3a are an inclusive organisation working to ensure that all members are able to take up the many opportunities on offer. The annual subscription is just £15. You can contact the u3a by email at u3anp@outlook.com or phone Sharon 01273 589953 or Sally 01273 513707 (9am to 5pm please).



Cookery sessions for Newhaven residents





Bite Size cookery classes

Saturdays 11-1 pm Jan 14th Jan 21st Jan 28th

Free

Learn how to make popular international dishes from scratch in practical classroom sessions .

At SCDA Denton Island

One session per person. Booking essential please email juliavintage@aol.co.uk or on eventbrite

For more info please contact juliavintage@aol.co.uk



Hospitable Environment invite you to the last Soup & Social of 2022 A shared meal and

community celebration, free to attend and open to all.

Thursday, 1st December

7-9pm Hillcrest Centre Bay Vue Road, Newhaven, BN9 9LH

Hospitable Environment is a community arts and events group based in Newhaven, East Sussex. We are a Community Interest Company.

Sponsored by (NF 22) NEWHAVEN FESTIVAL

Shop Christmas, Shop Local, Shop Newhaven



Collect your card from Morrisons Daily, 46 High Street, from Monday 14th November, and receive a stamp each time you make a purchase from any participating shops. When you've collected 5, return your card to Morrisons by noon on Tuesday 20th December to be entered into the prize draw.

Brought to you by Visit Lewes and proudly supported by headline sponsor Morrisons Daily, a family run independent franchise in Newhaven High Street. Also supported by Newhaven Town Council and Newhaven Chamber of Commerce.



For a list of all participating businesses please visit the website.

Shop Christmas, Shop Local, Shop Newhaven – Christmas Event in Lewes – Visit Lewes





Castle Hill Conservation Day

Wed 30th November 10am—3pm



Help look after Castle Hill nature reserve,

Newhaven.

Discover the wonderful wildlife at Castle Hill. Help look after this area by cutting back scrub to help biodiversity.



Meet at the top carpark . Contact Jenny for information or directions -jennyl@railwaylandproject.org, 0752 922 4179

News from Peacehaven Town Council



Wishing a safe and Merry Christmas to all who live, work and visit Peacehaven from the Councillors & Officers at Peacehaven Town Council.

Our Christmas opening times during the festive period will be: 23/12/22 – Open 9am-4pm 24/12/22 to 03/-1/23 – Closed 3 January – Office re-opens

We wish you all a prosperous and happy 2023

Community







Centenary Park, Piddinghoe Ave, Peacehaven



Cost of Living Crisis Response

Need somewhere warm to go? We provide a Warm Havens

We provide a Warm Haven at Community House

> From 30th November 2022: Monday - 09.00am - 12.30pm Wednesday - 09.00am - 12.30pm

Given the increasing impact of the current cost of living risis on our residents, there is a need to come together a a community and provide a warm & safe place to sit, study, work or be in Company.

PTC Warm Havens is safe, non-judgemental warm space where all are welcome, free of charge,

for whatever reason you need Hot Drink, Squash or Cup of Soup

Free Wi-Fi Child Friendly Disabled Access Be with Company Access to toilets Sit and be warm

Peacehaven Town Council Community House, Meridian Centre, Meridian Way, Peacehaven BN10 8BB Tel: 01273 585493 Email: Info@peacehaventowncouncil.gov.uk



HE GOOD COMPANIONS PUB, PEACEHAVEN

ND RAFFLE - AMAZING PRIZES



abcfund

E250 CASH 4 ALL DAY UNLIMITED RIDES ON BRIGHTON PIER, AFTERNOON TEA FOR TWO, CHRISTMAS FOOD HAMPERS, BEAUTY & RESTAURANT VOUCHERS, FAMILY DAYS OUT & MUCH MORE!

FATHER CHRISTMAS WILL BE IN HIS GROTTO SO BOOK YOUR VISIT IN ADVANCE CALL: 07702 809276 EMAIL: INFO@ABCFUND.ORG £3 PER CHILD (INC. GIFT)

Ignite Theatre brings "A Grandma's Grimm" to Newhaven this Festive season.

Tickets £5-£10 are available from the SCDA shop in Newhaven High Street or from TicketSource.co.uk or www.ignitetheatre.com





Ignite Theatre present 'A Grandma's Grimm' a musical, story-theatre extravaganza. Expect golden apples, frog princesses and spinning wheels all in praise of the Grandmother's who gave their stories to the Brother's Grimm. Written and directed by Xanthe Gresham-Knight with music from Kate Daisy Grant. Also including 'The Breman Town Musicians' from Haven Young Creatives directed by Siou Hannam and the Norcross dancers choreographed by Alison Norcross.

> Tickets via ignite website, ticket source, SCDA shop,Newhaven high street or contact hello.ignite.theatreagmail.com

GNITE

www.ignite-theatre.com
ignitefringe
ignitetheatre.company





A Grandma's

Upcoming events PEACEHAVEN PLAYERS Theatre Group View

Entertaining Peacehaven & Telscombe

"It is such a joy to be bringing this magical version of Cinderella to Peacehaven at last. It's going to brighten all our lives at what is a turning out to be a worrying time." Commented Georgie Bancroft (Chair Peacehaven Players) to the cast as they began rehearsals at the end of August.

After the disappointment of cancellation last Christmas, the Peacehaven Panto is firmly back this year. Last year, in the aftermath of COVID, the Players were forced to cancel their planned panto due to a shortage of technicians to run sound and lighting. This year audiences will be able to see and hear the performances. Cast and crew are excited to finally be bringing this script to life.

Cinderella, the world's favourite pantomime is given a magical new lease of life in this version by David Maun. The Peacehaven Players present their 21st family panto at The Meridian Centre in Peacehaven this Christmas. The dates are Friday 2nd December at 7pm, Saturday 3rd December 2:30pm and 7pm, Friday 9th December at 7pm and Saturday 10th December at 6pm.

• This timeless tale of Cinderella who goes from rags to riches will delight audiences of all ages. With mirth, magic and mayhem it has all the right ingredients for a joyful start to Christmas.

The story follows the traditional tale. The ugly stepsisters mistreat Cinderella just to be nasty. The faithful Buttons is in love with her. Cinderella's kindness to the old woman who turns out to be her Fairy Godmother. A magical transformation. A Grand Ball and the handsome Prince looking for love. A dramatic exit as the clock strikes midnight. The hunt for the slipper's owner and a glorious happy ending.

Interwoven throughout are the comedy antics of Sergeant Letsby-Avenue and his inept son PC99 while they search for the infamous villain Burglar Bill.

Along the way there are heaps of songs and plenty of dancing to go with the jokes.

Peacehaven Players will present Cinderella at Christmas this December 2022 in The Meridian Centre. Peacehaven Players' Cinderella by David Maun, is an amateur production by arrangement with stagescripts Ltd.

More information on the website www.peacehavenplayers.co.uk and Facebook www.facebook.com/peacehavenplayers

Tickets are: Adult: £11 Seniors: £10.50 Children: £10 Students £10.50 Family of 3 £30 Family of 4 £41 Groups (10+) £10 a head. Carer: £5.50 (must be booked with at least 1 Adult, Senior or Child ticket.) Tickets available online www.peacehavenplayers.co.uk and in person from Peacehaven Information Office and Telscombe

Civic Centre. Or Tel: 0333 666 3366





Free Christmas Holiday Activities & Food for children

Christmas HAF

Telscombe Parish Hall Peacehaven and Denton Island Community Centre

Christmas Holiday, Activities and Food project aims to provide festive fun activities with delicious food. Days filled with craft, play, days out, snacks and lunch! Monday 19th December to Thursday 22nd December 10am to 2pm

To book a place today log on to EEQ website: www.eequ.org.u Any problems please contact us in any of th following way Email - families@sussexcommunity.org.u Text or ring 07796 869 40 or 01273 517 25 Places limited book today





Christmas Stories and Crafts

This event is free but booking is essential. Suitable for 6 + years

Saturday 17 December 10,30am - 12.00pm

Peacehaven Library

eastsussex.gov.uk/libraryevents



Library and Information Service

Come and listen to some Christmas stories and enjoy simple festive craft activites.





*

Christmas



SATURDAY 10TH DECEMBER 2022 12 PM - 5 PM NEWHAVEN TOWN CENTRE

