

COMMUNITY WELL-BEING NEWS



To sign up for SCDA activities or get more information email us on makingithappen@sussexcommunity.org.uk or visit our website: www.sussexcommunity.org.uk.

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 2-8 SCDA ACTIVITIES



PAGES 9-15 COURSES AND ACTIVITIES



PAGES 16- 32 COMMUNITY NEWS



PAGE 33 UPCOMING EVENTS



SCDA Activities

Are you, or someone you know, entitled to Pension Credits?



Sussex Community Development Association

PENSION CREDIT
Could you, or someone you know, be missing out?

Don't assume you aren't entitled!

We can check your eligibility!

Contact
Multiply@sussexcommunity.org.uk
07712322972/07712322975

SKILLS FOR LIFE MULTIPLY

Volunteering Opportunities

Gardening Volunteers to support with the regeneration of the community garden. Garden volunteers meet fortnightly on a Thursday from 10am to 12pm. Come and join us for a natter, a cuppa and some gardening of course!

Contact:

catheryn.croft@sussexcommunity.org.uk

VOLUNTEERS NEEDED

Sussex Community Development Association

We have some exciting volunteering opportunities available. Come and work with us to make a difference in our community.

- Community Food Social Media Volunteer
- Positive Activities Volunteer
- SCDA Communications Volunteer

EMAIL FOR FURTHER INFO
enquiries@sussexcommunity.org.uk



FAMILY FOOD

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

Family Food is a free 4 week course that aims to provide families with children (aged 5-11) a comfortable space to learn new recipes and prepare and share a hot meal together.

Monday
10th, 17th, 24th
and 31st March
10:00am - 1:00pm

Any problems please contact us at:
families@sussexcommunity.org.uk

Places are FREE but you must book
through Eventbrite:
Places are limited so book today!



 Sussex
Community
Development
Association

[Book HERE](#)

Lewes District Food Partnership



Project Officer Jay takes us on the journey of the Alliance for Dignified Food Support from past to present.

Back to the start

Looking back to the 2022 Lewes District Food Summit, two panel discussions became an unexpected springboard for the project, with talks by both Carl Walker and his work on Hunger Trauma and Ronald Ranta on the concept of community supermarkets as an alternative to food banks, attendees discovered the impact of centring dignity on those using and running emergency food was striking. From subsequent calls to action by the community and the Emergency Food Network, Lewes District Food Partnership tasked ourselves with putting this idea into action.

We also welcomed Jane Perry to the team, social researcher and co-founder of Fitzjohns community food project in Lewes, joined the team. Additionally, the ADFS was also indebted to the work of Nourish Scotland Dignity In Practice Project.

Growing our learning

The next two years included workshops with academics and community food support providers at Kingston university, roundtable meetings and one to one consultation with a range of stakeholders including the Independent Food Aid Network, Trussell Trust and Brighton and Hove Food Partnership. These talks were crucial for placing how the Alliance could best support community food projects, understanding their challenges and raising awareness of our cause. In 2024 we were pleased to develop and launch our Dignity Toolkit, a document that sets out a detailed self-auditing process to help implement these core values.

We have also grown our network and received expressions of interest from over 140 parties via our website, who have been given access to the Toolkit. We hosted several webinars for national organisations such as Feeding Britain and the Independent Food Aid Network, as well as for local networks in Hastings, Hull and Adur & Worthing.

Launching a Dignity Evaluation pilot

Our team have been working closely with Malling Food Bank in Lewes on our first Dignity Evaluation, using questionnaires, interviews and workshops to inform both the work at Malling Food Bank and our own. By the end, the Alliance team will provide a detailed report that summarises the findings, highlighting key achievements and tailored recommendations for further development and growth.

Next steps for the new year

The coming year we will continue to grow and bring more projects, knowledge and experience to the table. We have a full list of training opportunities on our website, from a free introductory webinar to a full Dignity Evaluation.

We are continuing to seek out opportunities for funding, collaboration and learning as our work progresses. If you would like to talk about how we can work together, please contact us at dignity@sussexcommunity.org.uk.

SCDA Activities

MOVEABILITY

WALKING WHEELING CYCLING

A local project for Newhaven and the surrounding areas which has been set up to provide walking, wheeling and cycling opportunities for people with mental and/or physical health challenges



For more information

Phone: 07768424363

Email: moveability@sussexcommunity.org.uk

Instagram: scan the QR code to follow us



FREE cycling activities

Learn to ride and cycle skills for
Home Educated Children and Young People
at Peacehaven Cycle Hub, Big Park



About the sessions

- Learn new skills and have fun on bicycles.
- Games and practicing cycling skills, in a friendly and safe environment.
- Sessions suitable for different ages and abilities including beginners who can't ride yet.
- Bikes and helmets are available for use, or you can bring your own.

Details

Location: Peacehaven Cycle Hub, Big Park
Session times: Mondays from 10 am until 11:30
Dates: 3rd, 10th, 17th, 24th and 31st March

We especially welcome attendees who have hidden or visible physical or mental health needs.

Sign up via this link: <https://bit.ly/3kz9k9a> or call us on 07768424363

For more info, email or phone:

Ania.Woodgate@sustrans.org.uk

07768424363

Lucy.Dance@sustrans.org.uk



SCDA Activities






WHAT DO WE OFFER?

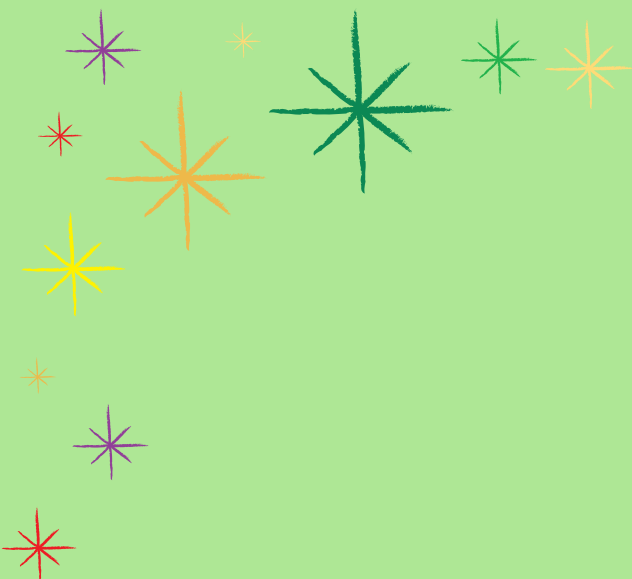
 <p>Wednesday & Friday Youth Clubs</p> <p>A safe space for all young people aged 12-18 engage in youth led activities</p>	<p>LAST Youth led LGBTQIA+ and ally support group</p> <p>For young people who identify as LGBTQIA+ and allies</p> 	 <p>Conversations That Matter</p> <p>A new look wellbeing programme focussing on conversations that matter to young people</p>	<p>Newhaven Young People's Forum</p> <p>A forum dedicated to youth voice and proactively working to support better services in the local community</p> 	 <p>Holidays Activities & Food</p> <p>Supporting families to access food and activities in the school holidays</p>
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PARTNERSHIP WORKING

We listen to our young people and offer a wide range of activities through invested partnerships, enabling new skills and using outside spaces to enhance wellbeing

"The project provides a positive ideology about food, we are not feeling judged by what we choose to eat"

"EXCITING! JOYFUL! NEW FRIENDS! Youth club is a place where I can get away from school stress"



We would like to share our congratulations to the Newhaven Young People's forum, who were guests on last night's radio show for Kathy Harding at Seahaven FM.

They were absolute naturals on the air and were proud to be speaking about Newhaven Youth Centre and what it means to them. They also spoke about the recent cuts to the service due to lack of funding, how important it is that these valuable services continue to support young people in the Seahaven area and their Crowdfunder appeal.

The Listen Again link lasts for 90 days
<https://www.seahavenfm.radio/onair/listen-again/>

If you haven't done so, please share the link below far and wide, every single £1 will go straight to the Young People's Forum bank account!

Add a little bit of body text




NEWHAVEN YOUNG PEOPLES FORUM (NYPF)

CROWDFUNDING PAGE



WE ARE THE NEWHAVEN YOUNG PEOPLE'S FORUM (NYPF) - AN INDEPENDENTLY CONSTITUTED GROUP OF YOUNG PEOPLE AGED 12-18 FROM NEWHAVEN - A PORT TOWN ON THE EAST SUSSEX COAST. WE HELP LOCAL YOUNG PEOPLE TO HAVE A SAY IN LOCAL PROJECTS AND SERVICES FOR YOUNG PEOPLE. WE SPEAK TO AND REPRESENT OUR PEER, HELP PLAN AND RUN ACTIVITIES AND EVENTS FOR YOUNG PEOPLE, AND FUNDRAISE FOR YOUTH PRODUCTS. NYPF MEMBERS HELPED TO DESIGN AND SECURE FUNDING FOR NEWHAVEN HEALTH CENTRE, WHICH OPENED IN 2021 - 100% OF YOUNG PEOPLE ATTENDING NEWHAVEN HEALTH CENTRE IDENTIFY AS A SAFE SPACE.



SCDA Activities

Training from Ouse Valley Climate Action



*Very good and thought
provoking training
relevant to all behaviour
change work*



*Great training and
delivered really well. Lots of
cross over between health
and climate!*

What is MECC?

Making Every Contact Count is a national training programme delivered for FREE by One You East Sussex. It is an approach that aims to improve the health and wellbeing of the local community.

You will be able to;

- Understand the behaviour change cycle
- Identify where someone is in the behaviour change cycle
- Learn how to have short skilful conversations with people about their health and mental health (a valuable transferable skill)
- Learn how to signpost people to the up-to-date local services

Tuesday 28th January 10am – 1pm

Venue: Hillcrest Centre, Bay Vue Road, Newhaven, BN9 9LH. (Approx. 10 min walk from Newhaven Town railway station and 5 min from local bus stops).

Thursday 6th February 10am – 1pm

Venue: Denton Island Community Centre, Denton Island, Newhaven, BN9 9BA. (Approx. 10 min walk from Newhaven Town railway station and 5 min from local bus stops).

To book your place email OVCAtraining@southdowns.gov.uk



[@OVCAtraining@southdowns.gov.uk](mailto:OVCAtraining@southdowns.gov.uk)

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SCDA Activities

Training from Ouse Valley Climate Action



Mental Health First Aid Training

This course is ideal for individuals who would like to become an MHFAider® to gain the knowledge, awareness, and skills to spot signs of people experiencing poor mental health, be confident to start a conversation, and signpost a person to appropriate support.

As an MHFAider you will be able to:

- Recognise those that may be experiencing poor mental health and provide them with first-level support and early intervention
- Encourage a person to identify and access sources of professional help and other supports
- Practise active listening and empathy
- Have a conversation with improved mental health literacy around language and stigma
- Discuss the MHFAider role in depth, including boundaries and confidentiality

9am - 5pm
27th & 28th February 2025

Venue:

Conference Room, Faraday House, 1 Faraday Close, Eastbourne, BN22 9BH
(Approx. 5 minute walk from Hampden Park train station and local bus stops)

To book your place email OVCAtraining@southdowns.gov.uk

[@OVCAtraining@southdowns.gov.uk](mailto:OVCAtraining@southdowns.gov.uk)

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Courses and Activities



The Language of Touch

Having offered gentle touch to people of all ages, from preterm babies to the elderly, in many different settings, I remain constantly amazed and in awe of the effect that pure, simple, gentle touch can have on another person.

For years I have sought to understand why. What is it about touch that can have such a profound impact? What is it 'saying' and how is it 'saying' it?

Why was it that as I gently massaged an elderly lady's hands as she sat rocking in her chair, staring at the floor, did she gradually lift her gaze to meet mine, and then, as if a veil had lifted from her eyes, did she whisper, 'Am I still alive'?

Why was it that the teenage patients at Great Ormond Street Hospital were much more likely to share their hopes, dreams, fears, and worries with me when I was giving them a hand massage.

How is that a recent study showed that 8 out of 12 emotions can be communicated through touch alone? And why is it that holding a dying persons hand can feel like the most important thing to do?

Maybe it's because:.

- Touch is the first language we learn. And, if we're lucky, it'll say: "I see you and you are worthy of gentle touch and care." As Psychologist Barboor Fredericks says: "Somewhere in our brains we carry a map of touch, of sitting on our mothers lap, holding hands, a caring embrace and when we are alone just knowing that these are there to hold if we fall gives us a sense of peace."
- Gentle touch causes brain waves to slow down and a cocktail of messenger signals to be released which positively affect all aspects of our biology and physiology.
- A network of dedicated nerve fibres, called CT afferents, found in the skin, specifically detect and emotionally respond to the touch of another person, affirming our relationships, our social connections, and even our sense of self. Not surprisingly these nerve fibres are particularly attuned to three things: a light touch, gentle movement, and around 32 degrees Celsius, (skin temperature). Once stimulated, these nerves send signals to parts of the brain that deal with who we are socially, reassuring us we have a place in the social world of other people.

As the research continues I am sure we will find many more fascinating facts about why gentle touch has the silent ability to say so much and affect us more than words alone can ever do

Helen Prosper - Founder of [A Touch of Gentleness](#)

To find out more about A Touch of Gentleness and where you can find us in the Havens, take a look at the website www.atouchofgentleness.org .

Note, we are now taking registration for our next free local volunteer training day on Friday 28th of February 9.45- 4.30pm in Rottingdean

We'd love to hear from you, get in touch with Mathilde at mathilde@atouchofgentleness.org



Courses and Activities



Free Community Learning courses at East Sussex College*

*These courses are free if you are in receipt of benefits or earn less than £25,000 per year (this includes pension income). Please select the relevant options when enrolling online. A small fee applies to those who do not meet the above criteria.

Newhaven Campus

Courses take place at East Sussex College, Marine Workshops, Railway Quay, Newhaven, BN9 0ER

Mindful Movement & Meditation

Learn how to move mindfully with awareness and ease. You will be guided through gentle exercises and Qi Gong flowing movements using the breath as your guide.

Mindful movement can support the body's ability to move as freely as possible, lessening tension and increasing well-being. Moving mindfully supports body awareness, noticing and feeling the sensations as we move. This can help us to be more aware of the simple movements of the body throughout the day.

This will be mainly a standing class with some seated movements. You'll be encouraged to go at your own pace and adapt the movements to suit your body and energy levels.

There will also be some guided sitting meditation.

To enrol click the link below or visit our college site at Marine Workshops, Railway Quay, Newhaven, BN9 0ER. For enquiries email community.info@escg.ac.uk or call 030 300 38212

[Mindful Movement and Meditation | East Sussex College](#)

Create a Short Podcast

Thursdays 27th Feb to 3rd April 10.30-1.00pm

Immerse yourself in the world of Podcasting and see how the digital revolution has enabled us with 24/7 access to : Stories, Entertainment and Arts content from any corner of the globe. You'll explore genres, the importance of structure and what makes a compelling story, with the aim of developing your own short episode by the end of the course.

[Create A Short Podcast | East Sussex College](#)

Over 50s Nutrition

10th March (one day workshop) 10am to 4pm

This one day workshop aims to cover: An introduction to nutrition, eating and living well for good mental health. Diet myths & halos, Links between food & disease. Shopping, cooking & eating on a budget.

[Over 50s Nutrition One Day Workshop | East Sussex College](#)

Call 030 300 38212 or email community.info@escg.ac.uk for more information.





Free Community Learning courses at East Sussex College*

***These courses are free if you are in receipt of benefits or earn less than £25,000 per year (this includes pension income). Please select the relevant options when enrolling online. A small fee applies to those who do not meet the above criteria.**

Lewes Campus

Courses take place at East Sussex College, Mountfield Road, Lewes, BN7 2XH

What's in Your Stress Container?

Wednesdays 26th Feb to 26th March 7-9pm

This course is suitable for anyone wanting to improve their wellbeing and learn more about themselves, particularly in relation to stress and how it affects them.

You will learn how to notice and understand your 'stress signature' and what your main stressors are. You will develop coping strategies and techniques to help you lessen your stress levels and move forward positively.

[What's in Your Stress Container? | East Sussex College](#)

Introduction to Mindfulness

Fridays 28th Feb to 28th March 11am to 1pm

Participants will learn some mindfulness skills and meditations that will help to settle and calm the mind. Each week will introduce something new to help you reduce stress and restore well-being.

[Introduction To Mindfulness | East Sussex College](#)

Nutrition to Support Mental Health

Wednesday 19th March (one day workshop) 10am to 4pm

Discover the powerful connection between what you eat and how you feel. Join us for a 5.5-hour workshop where you'll learn: • How what you eat affects your mental health • The key nutrients that support mental well-being • Practical tips for incorporating these nutrients into your diet • Practical tips to reduce stress and increase your wellbeing • Delicious new foods to try and recipes to take away to improve your mental health

[Nutrition to Support Mental Health | East Sussex College](#)

Courses & activities



Create-A-Comic

Join artist and comics enthusiast Jessica Kemp for a workshop on designing and creating your own comic or graphic novel. Booking required.

Suitable for ages 11–18 years old

22 February | 10:30-12:30pm

Newhaven Library

eastsussex.gov.uk/libraryevents



Create-A-Comic

Join artist and comics enthusiast Jessica Kemp for a workshop on designing and creating your own comic or graphic novel. Booking required.

Suitable for ages 11–18 years old

21 February | 10:30-12:30pm

Eastbourne Library

eastsussex.gov.uk/libraryevents



Courses and Activities

SOUTH DOWNS NATIONAL PARK
IT'S ON YOUR DOORSTEP!



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

PEACEHAVEN PLODDERS: Who are we?

We are a free to take part community based walking group – We love fresh air, friendly people, gentle exercise, nature and a cuppa and a chat 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 overleaf] 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.



PEACEHAVEN PLODDERS 2025

22/1/25	Meet long stay carpark in Rottingdean.	Circular walk taking in the Windmill and Roedean Café, depending on weather returning via the undercliff or hopping on a bus back to Rottingdean (challenging due to being off road but not too muddy)
29/1/25	Meet in the carpark bottom of Fairlight Avenue Telcombe Cliffs BN10 7AD	Circular walk taking in the Tye and Saltdean returning via the cliff top, undulating route so challenging and with some muddy areas. (Hilly)
05/2/25	Meet in the car park at Southbarn, Seaford BN25 4JQ	Circular walk taking in the stunning views of Cuckmere Haven (Hilly)
12/2/25	Meet Gateway Café, Centenary Park Peacehaven BN10 8RU	Depending on weather, out and about around the park or out to the seafront, but back to the café for coffee afterwards (easy)
19/2/25	Seven Sisters Country Park, Seaford BN25 4AD	Depending on weather either a circular route through the forest or out and back towards the beach. Definitely some muddy areas so boots/wellies recommended.
26/2/25	Meet at the Castle Hill carpark at the top of Woodingdean BN2 6NT	Out and back route stopping at Dobbies Garden Centre for Lunch before returning to the carpark (easy flat route with some mud)
05/3/25	Meet at the Lower entrance carpark, Stanmer Park BN1 9QA	A lovely circular walk taking in the best of Stanmer Park, stopping at the café before returning to the cars. This is an undulating route along forest tracks and through fields so definitely a moderate activity with some muddy areas.
12/3/25	Meet at Rowe Avenue Surgery, Peacehaven. BN10 7PE	Clifftop walk taking in undercliff either towards THOSE steps or towards the Tye depending on weather, undulating route but easy.
19/3/25	Gateway Café, Big Park Peacehaven bn10 8RU	Out and back towards Piddinghoe (weather permitting) back to the café afterwards. (easy)
26/3/25	Seven Sisters Country Park, Seaford (forest side car park)	Meet in the Visitors centre car park for a walk either through the forest towards Jevington or down to the beach.
02/4/25	Meet at the Tidemills carpark off the A259 BN25 2TW	A lovely circular walk taking in the best of the Tidemills area, head West towards the harbour before turning back East (Easy)
09/4/25	Meet at the Hillcrest Centre Newhaven BN9 5LH	Circular walk along the River Ouse out to Piddinghoe, can be muddy but easy and flat.

- 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 Dawn Paul (Walk Leader) at dawn.paul99@outlook.com or via WhatsApp or text
- On 07966842232 for further details



Courses and Activities

November 2024



Lewes and Havens Family Hub's **NEWSLETTER**

Welcome our Family Hubs Newsletter!

Family Hubs are a free and welcoming service for all families with children aged 0-19 years, or up to 25 years for children with Special Educational Needs and Disabilities (SEND). We offer a range of activities, events, and courses for both children and their parents/carers. Across East Sussex we have 11 Family hubs with 2 of these located within Lewes and Havens - 1 each in Peacehaven and Lewes.

Weekly 0-5 years Drop in groups

Peacehaven Family Hub, Meridian Way, Peacehaven, BN90 8NF

First steps - 1-3 years - Monday 9:15 AM - 10:30 AM
Baby time - 0-1 years - Monday 11:15 AM - 12:15 PM
Just Play - 0-5 years - Wednesday 1PM - 2:30 PM

Lewes Family Hub, Malling Community Centre, Spences Lane, BN72HQ

Baby and Me - 0-1 years - Wednesday 1pm - 2pm
Malling Munchkins - 0-5 years - Friday 10am - 11:30 pm

Baby and Toddler Groups

Come along to our baby and toddler drop in groups. It's a fantastic opportunity for your child to play and interact with others, and for you to meet other parents and carers in a friendly and relaxed environment. Our Baby and Toddler drop-in groups are running weekly until the week beginning 16th December, and will return the week starting 6th January.



Holiday activities for older children - 5-11 year's

A huge thank you to everyone who attended either of our two free activities - Halloween Fruit Fun Event in Lewes or Family Fun and Safety in Newhaven during October half term. At both events the children's enthusiasm, smiles, and participation made it all worthwhile!

A special thank you to our fantastic partners for their support with our Newhaven event - East Sussex Fire and Rescue Service, South East Coast Ambulance Service, Network Rail, Havens Connection Café. It was inspiring to see everyone - partners, children and families come together to learn about safety and have fun.

We'd also like to give a massive shout-out to the incredible Family Hubs Volunteers who helped ensure that both events ran smoothly - your support was invaluable!

JOIN OUR FAMILY HUBS VOLUNTEER TEAM!

We offer a variety of volunteer opportunities within our dynamic team, giving you the flexibility to choose from different groups, activities, and events based on your availability. Whether you're looking to volunteer weekly or in the school holidays, there's a place for you to make a difference while fitting around your schedule.

We are currently looking for volunteers for:

- **Baby and Toddler Groups** on Monday mornings at our Peacehaven Family Hub.
- **Toddler group** on Wednesday Afternoon at our Peacehaven Family Hub
- **Older children (5-11 year olds) activities** within Peacehaven/ Newhaven area in the children's holidays
- **Storytime Volunteers** - within selected Nursery/ Pre-school settings (Newhaven, Peacehaven, Plumpton, Lewes)

Interested?

If you'd like to learn more or sign up, simply fill out our volunteer enquiry form on our website - www.familyhubs.eastsussex.gov.uk/about/volunteer/form-volunteering-enquiry or email me on Ashleigh.barnard@eastsussex.gov.uk

Volunteering with families changes lives. Share your skills, make new connections, and gain invaluable experience while supporting the next generation.

Join us in making a difference in the lives of children within our community!



Join our Facebook to stay connected with everything we have running - Lewes and Havens Family Hubs



Courses and Activities



Understanding autism and neurodiversity: creating welcoming communities

Are you a volunteer or staff member at a community project in East Sussex? Would you like to learn more about autism and neurodiversity, and how to make your project more welcoming for everyone?

Join our free online workshop:

Date: Thursday 20 March

Time: 6:30 pm – 9:00 pm (includes a break)

Book here: https://understanding_neurodiversity.eventbrite.co.uk

What you'll learn:

- What autism and neurodiversity mean.
- The challenges neurodivergent people may face.
- How to better support neurodivergent people in your group or project.

This workshop is for volunteers and staff from community projects in East Sussex, especially those running nature, gardening, or environmental activities. Unfortunately, it's not open to individuals or private groups that don't focus on community engagement.

The workshop is run by trained facilitators in a supportive and confidential setting.

There are only 12 places, so please register soon. If you book a place and can't attend, let us know at least 48 hours before the session so we can offer your spot to someone else.

This event is part of the Mental Health Friendly Communities Project, run by Recovery Partners and the Growing Community Toolkit Project, run Gardening in Action, with funding from Sussex Community Development Association.

Looking Back: Highlights from Previous Workshops

Recent workshops under the Mental Health Friendly Communities Project brought together volunteers and people with experience of severe mental illness. These sessions helped groups learn how to be more inclusive and supportive.

Topics included:

- How nature can support mental health.
- Understanding severe mental illness (SMI).
- Peer support and practical tips for welcoming everyone.
- How trauma affects people and creating safe spaces.

Attendees shared ideas, swapped stories, and enjoyed a friendly chat over food. Many said they now feel more confident about supporting others and making their projects more inclusive.

Looking Ahead

Recovery Partners is working to develop more resources for community groups to create welcoming communities for everyone.

For more information please contact us or visit the Toolkit website:

Email: admin@gardeningin.org

Website: www.growingtoolkit.org

Community News



**Repair Cafe dates:
(Meeching Hall, Newhaven)**

**2.30-4.30pm
(arrive by 4.10pm for last repairs)**

**Sunday 23rd February
Sunday 23rd March
Sunday 27th April
Sunday 8th June
Sunday 13th July**

A poster for a 'SWAP SHARE REPAIR' event. The title is in large, bold, yellow letters. Below it, the date and time are listed: '26th January 2025 11-3pm'. The location is 'Hillcrest Centre, Bay View Road, Newhaven BN9 9LH'. The poster includes several bullet points: 'Swap and exchange presents, toys, clothes & more.', 'Join skills sharing workshops', 'Get something fixed at the Newhaven Repair Cafe.', and 'Enjoy live music & a free shared lunch. Free to attend and open to all.' There is a small inset photo showing hands working on a device. At the bottom, there are logos for 'Surrey Community Development Association', 'OUSE VALLEY CLIMATE ACTION', and 'COMMUNITY FUND'. The Newhaven Green Centre logo is in the top right corner.

Repair Cafes are on Sunday afternoons, 2.30-4.30pm at Meeching Hall (we recommend you arrive by 4pm). Come along and chat, get advice, free tea and cake and browse our free 'bring-and-take' table. Do email in advance if you need to check which specific repairers will be there

News from Newhaven Green Centre

We've been lending out a range of things including party, camping and catering equipment. Visit <https://newhavengreencentre.myturn.com/library/> to join. If you're not sure how to use our Library of Things we've made some video guides. To find them please go to You Tube and search 'Newhaven Green Centre' and you'll see 'LOTjoin' - how to become a member and 'LOTreserve' - how to reserve items. It's really easy to join the growing number of members and save money.

You can pick up & return items from our Library of Things at our stalls, at our Repair Cafes or on Tuesday evenings by appointment. Follow us on YouTube, Facebook or Instagram.

For dates and details of all upcoming events, to join our mailing list and to contact us please visit our website: newhavengreencentre.com or email: info@newhavengreencentre.com

ONE YOU
EAST SUSSEX

SMALL MOMENTS, BIG CHANGES

Improving your health doesn't have to be overwhelming – it starts with small moments. Whether it's swapping a sugary snack for fruit or taking a short walk during your lunch break, these tiny habits add up over time.

Our FREE healthy lifestyle services are here to help you create these "moments of health" in your daily life. From free tools and resources to expert support, we'll guide you toward sustainable changes that fit your routine.

HERE'S HOW WE CAN HELP:



Build healthier eating habits



Move more in ways you enjoy



Cut back on smoking or drinking

Your journey to better health can start today with just one simple action. Get in touch with One You East Sussex for support via

 01323 404600

 hello@oneyoueastsussex.org.uk

 www.oneyoueastsussex.org.uk



SCAN ME
TO VISIT
OUR WEBSITE



South Down National Park Authority's Local Plan Review

Have your say on the National Park's Local Plan Review.

The first public consultation on the revised Local Plan is open from 20th January until 17th March 2025.

[Click here to see the plan video](https://sdnpalocalplanreview.commonplace.is/)

<https://sdnpalocalplanreview.commonplace.is/>

The award-winning South Downs Local Plan is being reviewed to ensure it is up-to-date and addresses important issues such as nature recovery, climate change, affordable housing and helping local communities thrive.

The public consultation of the Local Plan Review starts on 20 January and will run until 17 March. This is the main opportunity for people to help shape the final Plan, so the National Park is encouraging the public to get involved.

Local Plans set out where future development will take place, such as new homes and locations for business growth, as well as key policies, such as protecting nature and heritage, against which future planning applications will be judged.

You can also find out more at one of the Local Plan Review drop-in events for the Lewes District area:

- Lewes – Wednesday, 5 February between 6.30pm and 8.30pm at Lewes Town Hall, High Street, BN7 2QS and
- Lewes –Saturday, 15 February 1.30-4pm at Cliffe Hall, 28 Cliffe High Street, BN7 2AH

Community News

The Living Coast Undersea Experience

Coming to Newhaven in February



We've teamed up with Ouse Valley Climate Action to present The Living Coast Undersea Experience in community, arts and visitor centres across the region.

What is it? It's a unique, interactive virtual reality experience & 360 film that lets users, of all ages, dive in the Marine Conservation Zone, which runs between Brighton Marina and Beachy Head & on to Hastings, without getting wet.



Wearing a VR headset, you can explore a 3.5m square area amidst the area's unique chalk gullies in the chalk reef, lifting rocks & looking around to find marine life such as the Short Snouted Seahorse, Undulate Rays & Moon Jellyfish.

Book [here](#) for Mon, 17 Feb 2025 11:00 - 16:00 Newhaven Youth Centre Denton Island

Book [here](#) for Thu, 20 Feb 2025 11:00 - 16:00. Meeching Hall Fort Road Newhaven

<https://www.kp-projects.co.uk>



1-2-1 or small group sessions to build communication, confidence and help regulate emotions.

Using mindfulness, music, art, drama and play a class helping SEN individuals have some time out of their busy lives for themselves.

For further information contact me at playtimedrama@outlook.com

HARBOUR LIGHTS Spirit Of the Cormorant

On Sunday 19th January the community came together singing and drumming with a magical lantern procession along the harbourside. The event had been rescheduled from November, due to the wild weather of Storm Bert,

HYC created and produced Harbour Lights, now in its 2nd year. This Winter fish lanterns were made in free workshops running up to the event. These were led by artist Patrick Bullock. There were also Drumming and Singing workshops on the day to create a soundtrack that we would walk with. A beautiful moving cormorant was made, which lit up, as it chased the fish lanterns along the parade, to the music and song.

HYC would like to thank BN9 and Newhaven Town Council for funding this event. We hope to run it again next Winter and are seeking funding.



Haven Young Creatives

Free drama sessions

Led by professionals. We play games & build confidence.
A safe space to explore Drama & other art forms.

Every Tuesday during term time
8-12 years old: 16:00 - 17:30
13-18 years old: 17:45 - 19:45

Location: Hillcrest Community Centre, Newhaven, BN9 9LH

Free to all

For more information and to sign up email:
havenyoungcreatives@gmail.com

Photo: Nicola Powell



Community News

"JUST FRIENDS"

REGISTERED CHARITY no 1196623

We are a social group for people who live alone, including Carers, who do not want romance, a partner or a relationship.

JUST FRIENDS

We enjoy activities including lunches, walking, days out, theatre, steam train journeys, weekend breaks and more.



* No membership fee * No age Limit * No expectation

JOIN US on the first and third Monday of the Month at:
The Newhaven Day Club, West Quay, Newhaven, BN9 9BP

Between 10.00 AM and Noon

DON'T BE SHY - GIVE US A TRY

For further information please contact:
Frederick Marilyn (local)
01323 725882 07484362427

frederick@just-friends.uk zoe@just-friends.uk
Visit our website www.just-friends.uk



In 2018 Frederick Smith decided to start a group to help combat the effects of loneliness. Membership in Eastbourne grew quickly with demands for branches in Bexhill and Newhaven. Another branch has opened in Hastings over the summer of 2022.

Frederick's mottoes are "farewell to loneliness" and "Don't be Shy – Give us a Try"

We run a full calendar of events and whilst we have a different group in each area there is no reason why you cannot join in with an activity in any area. Our events include walking groups, lunches, social get togethers, the theatre, the Blue Bell Railway, castles, gardens and anywhere our members would like to go.

We want to reach out to all those living alone and invite them to join us. Just Friends is a Registered Charity no 1196623.

There is No Age Limit, No Membership Fee and No Expectation.

<https://just-friends.uk/wp/>



French not essential



La Chapelle-Saint-Mesmin is a town in the Loiret department in north-central France, situated on the River Loire, about 75 miles south of Paris, close to the city of Orléans. The Loire valley is one of France's popular tourist destinations populated by many chateaux and vineyards.

In 2010 the mayor of La Chapelle-Saint-Mesmin, Monsieur Nicolas Bonneau contacted Newhaven Town Council with a proposition to become twin towns. He had researched towns in the United Kingdom that matched the criteria of similar size of population, local activities, clubs & societies, schools and opportunities for young people.

Newhaven Twinning Association was formed in October 2011, with members representing many of the clubs and societies in the town. The official twinning of the 2 towns took place at a ceremony in November 2011 in Newhaven and January 2012 in La Chapelle St Mesmin. During the past 10 years many visits have taken place between the two towns and between some schools, members of the local tennis club, a walking group and the Maestro Players. Our membership stands at around 45 people.

We wish to actively engage people of all ages in this connection and are also looking for groups who may be interested in joining us. We can help arrange trips; including travel, accommodation, outings and occasionally, funding for these visits, should there be enough interest. 'French is Not Essential', so please do not worry, everyone gets by with a smile and some sign language!

So, if you are interested in visiting La Chapelle Saint Mesmin and would like more information for your group, or as an individual, please contact our Chairperson, Alison Thomas, on alison.thomas54@outlook.com or Secretary, Norman Hopson, on 01273 588193 (norman.hopson@btinternet.com) for more information.

Community News



In 1825, the Stockton to Darlington Railways opened, making this year the 200th anniversary of the English railways. Throughout the year there will be Rail200 celebrations across the country, including at Bishopstone Station. Watch this space for further details.

Meet up Mondays every Monday from 10am to 1pm, community drop-in and pop-up pantry. 'A wonderful social place, a chance to meet new people in a pleasant place with a coffee.' Plus, various speakers and drop-in advice sessions listed below.

Monday 3rd Feb at 11.30am Citizens Advice talk about their services and the organisation. In the Lobby room from 10.30am to 1.30pm, confidential one to one advice sessions from Citizens Advice. The MoveAbility team are offering a Seaford Prom walk after Meet up Mondays at 12.30. Please allow approx. 2 hours for the walk. If you would like to join, please email Chris at moveability@sussexcommunity.org.uk

Monday 10th Feb at 11.30am Mathew Bird talks about 'Getbikery'. In the Lobby room from 10am to 1pm Ovesco Energy advisors offer free advice & support: Help with reducing energy usage in the home.

Monday 17th Feb 11.30am talk from Frederick Smith of Just Friends. From 10.30am in the Lobby Room Jackie Gillespie of Simpsons Solicitors will hold a Legal advice clinic on Wills; Powers of Attorney; Inheritance tax; and care home fees (free initial consultation).

Monday 24th Feb A Touch of Gentleness will be offering hand massages in the hub and Lobby Room from 10.30.

Monday 3rd March at 11.30am Carol from Cycling Without Age. In the Lobby room from 10.30am to 1.30pm, confidential one to one advice sessions from Citizens Advice. The MoveAbility team are offering a Seaford Prom walk after Meet up Mondays at around 12.30. Please allow approx. 2 hours for the walk. If you would like to join, please email Chris at moveability@sussexcommunity.org.uk

Monday 10th March at 11.30am a talk from John Lawrence on The Falklands. In the Lobby room from 10am to 1pm Ovesco Energy advisors offer free advice & support: Help with reducing energy usage in the home.

Monday 17th March 11.30am talk from Gerry Howitt of Beachy Head Chaplaincy Team. From 10.30am in the Lobby Room Jackie Gillespie of Simpsons Solicitors will hold a Legal advice clinic on any questions you may have surrounding Wills; Powers of Attorney; Inheritance tax; and care home fees (free initial consultation).

Monday 24th March A Touch of Gentleness will be offering hand massages in the hub and Lobby Room from 10.30.

Monday 31st March At 11.30am a talk on keeping fit by Pilates specialist Monty of MKFit.

Friends of Bishopstone continued

Gardening Saturday 15th February 10.30am Come for a coffee and chat with the gardening team. Register your interest in assisting with our gardening project. Everyone's invited who would like to join a working party to clear the disused platform undergrowth, in preparation for a dry eco garden. We are still awaiting a key to gain access, so this will be a planning get-together.

The Community Food Project helps promote food equality through opportunities for food and gardening education. Our February event is **Saturday 22nd at 11am**, when Dan Ori of GIA CIC will give expert advice on creating your own raised beds for vegetables, herbs, fruits and other garden planting. And, on **Saturday 29th March from 10.30am to 1pm** a virtual train trip to a German Food and Drink multimedia, multi-sensory extravaganza. Part of the Rail200 celebrations. 190 years of German railways (built and driven by English engineers!) and 200 years of English railways.

All events listed in this article are open to all residents in the Seahaven area and are free of charge unless otherwise stated. No need to book (unless stated), just drop by and drop in to the Old Parcel Room community hub in Bishopstone Station building, Station Road, BN25 2RB. Come by train to Bishopstone, or numbers 12 and 12a buses, using Hill Rise bus stop. There's a cycle rack at the front of the station and if you drive you can park at Buckle carpark.

Email: friendsofbishopstonestation@yahoo.com;

Facebook: Friends of Bishopstone Station

Telephone: 07501 672424

www.friendsofbishopstonestation.org.uk

Fridays 7th & 21st February and 7th & 21st March 10am to 12 noon Man Space, for men of all ages from across the Seahaven area for a chat over tea or coffee.



Man Space

First and Third Friday of Each Month

Man Space is a men's social space at the Old Parcel Room, Bishopstone Station. Whether you're recently retired, looking to meet new people, or just bored sitting at home, it's a chance to make connections, share and find new interests and hobbies. Organised by the men of Friends of Bishopstone Station for men in our community. No need to book, just drop by.

From 10am to 12 noon on the 1st and 3rd Friday of each month.



Friends of Bishopstone Station

Email: friendsofbishopstonestation@yahoo.com • Twitter: @fobs_seaford

Facebook: Friends of Bishopstone station • Tel: 07501 672424

www.friendsofbishopstonestation.org.uk

Neurodiverse FAMILY CAFE

At Denton Island Youth Centre, Newhaven,
BN9 9BA

For families with
neurodiverse children
recommended age 5-11yrs

Every Thursday Evening
4 - 5.30pm

For more info phone Diane 07711964054

Activities for the children
Please feel free to bring your own
Drinks and biscuits provided



Quiet Space
Board Games
Toys
Jenga
Colouring



Parents/Carers to supervise their children

The Neurodiverse Family Cafe

A lovely, welcoming group for the whole family. Drop in and meet new friends, have a cuppa and enjoy some activities such as Giant Jenga, board games, toys, colouring or better still bring what you enjoy to play and we can play it together.

Thursday evenings at the Youth Centre, Denton Island. 4-5.30pm



Understanding your baby

Supporting relationships and wellbeing

What this group includes:

- Understanding your and your baby's feelings
- Baby's brain development, communication and crying
- Baby's rhythms and developing healthy sleep patterns
- Understanding your baby's feeding
- Play and development
- Planning ahead - childcare and things to consider



A 6-week face to face or online group for
Parent/carers with a new baby up to 6 months

BOOK
NOW

To book or find out more information:

FACE TO FACE GROUP: 01323 463204

ONLINE GROUP: 01424 725800



Early Help 0-19

START-LIFE

East Sussex Healthcare NHS



UNLOCK YOUR OPTIONS

Are you thinking of moving into work?

Come along to our drop-in sessions at Family Hubs (no appointment needed). You can talk to specialist advisers about:

- Moving in or out of work
- Information, advice and guidance to help support families with progress into work
- Childcare choices for working parents and how this works with Universal Credit
- Volunteering opportunities
- Training options

Peacehaven, Meridian Way, BN10 8NF

10am - 12:30pm Second Monday of each month

- 11th November 2024
- 9th December 2024
- 13th January 2025
- 10th February 2025
- 10th March 2025

Community News



Pre-loved Seaford School Uniform Exchange

We have pre-loved school uniform for:
Anney, Chyngton, Cradle Hill, Seaford Primary,
Seaford Head

A not-for-profit project to help **prevent waste, save carbon emissions, save resources and help families.**

Buy, sell or donate your uniform.

Visit our website for details or ask at your school:

schooluniform.sharingskills.co.uk

Seaford School Uniform Exchange is a Sharing Skills CIC project.

Good for you, good for the planet!



To request free good quality Newhaven School uniform please visit the website www.newhavenfamilies.com

Visit www.schooluniform.sharingskills.co.uk for more information on the Seaford Schools uniforms.



NEWHAVEN FAMILIES FORUM HELP WANTED

Newhaven family activities & free school uniform project

We are looking for a couple of people to join our team. What do we do? We have a room full of good quality preloved uniform that we give for free to anyone in the community.

To save waste & save money

We would also like to restart our family events, we have experience of setting up activities and would love to see more low cost family entertainment. Would you like to help with this?

nff@sussexcommunity.org.uk

<https://www.newhavenfamilies.com>



The Lawson Trust





FREE training to help you Make Every Contact Count?

Making Every Contact Count is a national training programme delivered for FREE by One You East Sussex.

The aim of the training is to help people to recognise opportunities for, and have skillful conversations with, individuals about their physical and mental health and to provide up-to-date information on how you can find a local or national service that is best placed to help that person.

Who's it for?

MECC is open to anyone! You do not have to be in the healthcare profession to book on to MECC, we have delivered training to:

- local businesses
- Charities
- Town Councils
- University students

Anyone who interacts with individuals and organisations, you don't need to be an expert to

have a simple chat with someone that could make a lasting difference to their wellbeing!

This training utilises the millions of day-to-day interactions that organisations and Individuals have with other people to support them in making positive changes to their physical and mental health and wellbeing.

It's aimed at giving non-specialist staff from a wide range of organisations the skills they need to empower individuals to prevent illness and improve their lifestyle and wellbeing.

There are two options available:

Level 1: (1 hour) bite-sized introductory Session. This can be delivered face- to-face or online. It's perfect for team meetings or break-out sessions on training days.

Level 2: (3 hour) A more in-depth session. Due to the interactive nature, is best delivered face-to-face.

We offer bespoke training to meet the needs of your workplace, business or charity, so please contact us for more information.

MECC Benefits

- FREE training to upskill your team
- Making a difference to people's health locally and nationally
- Signposting people to services
- Making a difference to the lives of individuals

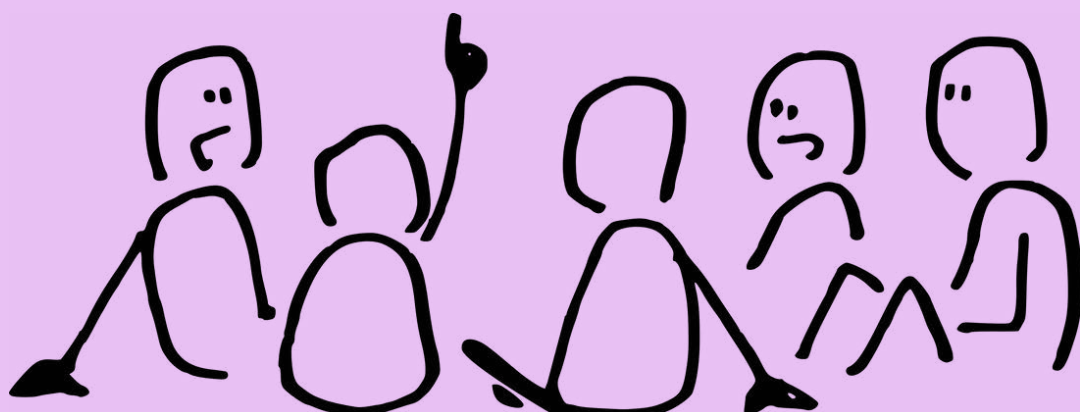
Contact:

Charlotte Stevens, Training Lead

charlotte.stevens@oneyoueastsussex.org.uk

07508276108 / 01323 404600

[Training - OYES \(oneyoueastsussex.org.uk\)](https://www.oneyoueastsussex.org.uk)



Community News



TIDE MILLS CHOIR
meeting monthly, come join us

DROP-IN SATURDAY WORKSHOPS
JANUARY 25TH
FEBRUARY 8TH
MARCH 22ND

12-3PM
MARINE WORKSHOPS
NEWHAVEN
BN9 0ER

SLIDING SCALE
£8-13



NEWHAVEN HISTORICAL SOCIETY TALK

Warship Ashore! New perspectives on the wreck of HMS Brazen

Speaker: Dr Cathryn Pearce

Tuesday, 4th February 2025
Doors open 6:45pm for a 7:30pm start

HILLCREST CENTRE, BAY VUE ROAD, NEWHAVEN BN9 9LH

Members FREE

Guests welcome: Admission £5.00 – or join the society on the evening for £8.00 and get free admission to this and all five talks during 2025

Community News



Seahaven Baby Bank. We are a nonprofit baby and children's bank based in Newhaven. We are run by a very small number of dedicated volunteers who give up their time to help others. We provide clothing and equipment for 0-5 years. We cover from Saltdean to Denton.



Anything you receive from us has been preloved (Unless it is a new item) It has been visually inspected prior to dispatch but not professionally serviced or tested. Please check all items provided to you as only you can decide if they are safe and suitable for you child. Please help us to help others and the environment by recycling and reusing your preloved items.



seahavenbabybank@gmail.com

GuestHouse Storytelling



part of an illustration by Alice Peckham for 'Seductions and Resonance' by Kaitlin Greenlee Knight

Willow Centre
Bay View Road, Newhaven,
BN9 9LH
www.guesthousestorytellers.com

THE CHALK CLIFF TRUST

INCLUSIVE
Price & Grouped

18 Hours

Sat 1st Feb 7.30	Bride's Day 3 - 9.30pm  Bride in Flames 3-Open Family activities, 5-7pm Book and Social 'Bride in Flames' Kate Jackson M.	Sun 2nd Feb 7.30	Bride's Day 2  Bride's Day 2 Andrew George Baker Robbie & Catherine M.
Tues 11th Mar 7.30	A.E. POE  Master of the short story Tom Van Marston M.	Tues 8th Apr 7.30	Lilith  The Other Side of the Story Sally Crawford M.
Tues 13th May 7.30	Tistou  of the Green Thumb Ashley Harrison M.	Tues 10th June 7.30	Tales from Iran  Liam McLaughlin M.
Tues 8th July 7.30	Queens of Albion  Debbie Kemp M.		Residence  Kate Kelly Grant & Rob Pyke



Magical Soundbath



Kempton House Peacehaven

Alternate Tuesdays 6:30pm arrival for a 7pm start

Immerse yourself into a truly relaxing experience.
Donations Welcome



COASTAL ROUTES RECOVERY

Discover, Plan, Create: Filmmaking Taster Day

Join our action-packed taster session full of genuine, practical tips

Just £5.00

Limited Spots!
Book Now



Film Sussex
at Depot

Saturday 1 Feb - 10:30 - 13:30
Saturday 8 Feb - 10:30 - 13:30

When: Feb 1st or Feb 8th, 2025
Where: Depot Cinema, Pinwell Rd, Lewes, BN7 2JS
Price: Just £5!
What to Expect:
Film Sussex's - Script to Screen Taster
Hands-on workshop: Directing Actors with Confidence
Leave with a 12-month filmmaking plan tailored to YOU!
<https://store.filmsussex.org/product/filmmaking-taster-day>



The Seaview Project's **Peer Navigation Service** is aimed at supporting people with substance misuse issues to access various activities & groups of their choice, helping to promote wellbeing & recovery.

All adults who are experiencing substance misuse issues are eligible to use the service.

The team aim to be inclusive and so if you are experiencing other needs as well as substance misuse, that's no problem. Our focus is on you and how we can support you in those other areas of your life to achieve your full potential.

"Your Recovery, Your Journey, Our Support"

If you are working with someone in a professional capacity, please email

admin@seaviewproject.org.uk

Or call us on

01424 717 981 and select option 3 to make a referral.

It is also possible to self-refer.

Recipe for the Season

Asparagus pasta

This recipe can be found on the BBC good food website, this recipe is by By [Rosie Reynolds](#)

Ingredients

- 350g/12oz [asparagus](#), woody ends removed:
- 2 tbsp [olive oil](#):
- 1 [onion](#), finely chopped:
- 2 [garlic](#) cloves, finely chopped:
- 1 tbsp fresh [thyme](#) leaves:
- 350g/12oz short pasta, such as [fusilli](#) or penne:
- 100g/3½oz [peas](#), fresh or frozen and defrosted:
- 1 [lemon](#), zested, plus juice of half:
- 50g/1¾oz [Parmesan](#) (or similar vegetarian hard cheese), grated, plus extra to serve:
- salt and freshly ground [black pepper](#)



Method

1. Remove the tips of the asparagus and set aside. Finely chop the remaining stems. Heat the oil in a large frying pan over a medium heat. Fry the onion, garlic, thyme and chopped asparagus stems for 10 minutes, or until tender.
2. Meanwhile, cook the pasta in a saucepan of boiling water for 8–10 minutes, adding the asparagus tips and peas for the final 3 minutes of cooking. Drain and reserve 150ml/5fl oz cooking water.
3. Transfer the asparagus stems mixture to a blender. Add the lemon zest, lemon juice and Parmesan and season with salt and pepper. Add a splash of the pasta water and blend until smooth.
4. Return to the frying pan and gently fold in the pasta, asparagus tips and peas. Pour in enough of the reserved cooking water to make a rich sauce.
5. Divide between four plates and serve with extra Parmesan.

Upcoming Events

SWF AND KAPOW WRESTLING
HILLCREST CAFE WILL ALSO BE OPEN SERVING
FOOD AND DRINKS

NEWHAVEN
SATURDAY 8TH FEBRUARY

HILLCREST COMMUNITY CENTRE BN9 9LH
DOORS OPEN 6:30PM FIRST BELL 7PM
FRONT ROW £16 ADULTS £12 KIDS £5

VISIT WWW.KAPOWRESTLING.CO.UK FOR TICKETS

QR CODE

W KAPOW! WRESTLING

PP

CHILLI SUBJECT TO CHANGE