

# COMMUNITY WELL-BEING NEWS



To sign up for SCDA activities or get more information call **07920 526224**, email us on [makingithappen@sussexcommunity.org.uk](mailto:makingithappen@sussexcommunity.org.uk) or visit our website: [www.sussexcommunity.org.uk](http://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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# Sussex Community Counselling

Counselling is a time for you to talk things through with someone who is specially trained to listen

We offer general counselling & some specialist services, including:

Young People's counselling

Couples counselling

Counselling for people

affected by domestic abuse

Support for survivors of suicide

Support for people bereaved by suicide

Where funding allows in certain circumstances we may be able to offer low cost or fully funded sessions

01273 519108

[counselling@sussexcommunity.org.uk](mailto:counselling@sussexcommunity.org.uk)

[www.sussexcommunity.org.uk](http://www.sussexcommunity.org.uk)



# SCDA Activities

## NEWHAVEN HERITAGE ROUTES

MARINA / FORT  
DIEPPE

THE NEXT  
HERITAGE WALK?  
YOU DECIDE!

**NEW GROUP STARTING  
1ST AUGUST  
PLEASE CONTACT US FOR  
MORE INFORMATION**

Interested in local history?

Interested in walking?

Interested in working together to develop a  
new heritage walking or cycling route for Newhaven?



*Maritime*



*Industrial*



*Natural*

**Get INVOLVED!**

Please contact Chris

Mobile: 07796 869316

Email:

[Newhaven-Heritage-Walks@sussexcommunity.org.uk](mailto:Newhaven-Heritage-Walks@sussexcommunity.org.uk)



Sussex  
Community  
Development  
Association



## COUNT ME IN



Up to 3 hours one-to-one Money Management & Budgeting Support  
available in Newhaven, Eastbourne and Hastings

Available to anyone unemployed/on a low-income 19+, living in East Sussex who has no Maths qualification GCSE grade C/4 or above. Anyone in low-income employment wishing to change roles.



Receive a voucher up to £30 upon completion, including travel expenses



For more information on how to enrol

Email: [multiply@sussexcommunity.org.uk](mailto:multiply@sussexcommunity.org.uk) Tel: 01273 516347



Funded by

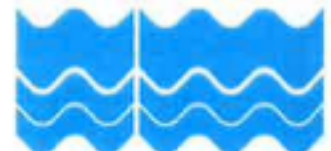


Department  
for Education



Sussex Community  
Development Association

East Sussex  
County Council





# Community News

## Newhaven Green Centre



Newhaven  
Green  
Centre

Newhaven Green Centre is a newly formed organisation aiming to make it easy for people to live more 'green' lifestyles, use less stuff, and save money at the same time.

We will be at the street market in High Street, Newhaven, every Thursday from 10-12am.

Come and say hello, get advice on reuse and recycling, and give us your plastics, corks and textiles to recycle. And you may even be able to pick up something useful on our Freegle table!



**Why buy when you can borrow?**

Join the

**Newhaven Library of Things**

and borrow the things you need about the house and garden, for free!

*Save money -*  
no need to buy costly things that you rarely use

*Save space -*  
no need to find storage for all that stuff

*Save the environment -*  
less stuff bought means less waste and less pollution

**When we all share, we all have more!**

See overleaf, and find out more at  
<https://newhavengreencentre.myturn.com/library/>  
[info@newhavengreencentre.com](mailto:info@newhavengreencentre.com)



### Newhaven Repair Cafés

Bring along your broken stuff and our team of experts will do their best to fix it - for free!

**Sunday July 9th**  
**Sunday September 10th**  
**Sunday October 8th**  
**Sunday November 26th**

2.30 - 4.30pm  
Meeching Hall, 2A Fort Road,  
Newhaven, BN9 9QQ

For more information please contact:

**[info@newhavengreencentre.com](mailto:info@newhavengreencentre.com)**

or visit us at: [www.newhavengreencentre.com](http://www.newhavengreencentre.com)

The Newhaven Green Centre is taking a break over August. We will be back in September with our repair cafes, library of things, bring an take tables and information on how to reuse and recycle items that are not accepted by the Council's kerbside recycling collection.

# Community News

## Do you remember the Newhaven telegram girls?

During WW1 a group of teenage girls worked for the Newhaven Post Office to deliver important telegrams to Newhaven Fort and the Harbour. They wore wide hats and heavy uniforms with long skirts. They rode large, heavy bikes to deliver telegrams quickly. The girls were part of 35,000 women in Britain drafted into the Post Office from 1914 to 1916.

The heritage project **Sussex Blazing Saddles** is trying to find out more about the Newhaven telegram girls, especially Grace Christmas whose name appears in local history research but without much detail. Was Grace your great granny? Do you know of any other Newhaven telegram girls? Do you have First World War telegrams delivered to addresses in Sussex that we could photograph?

This is part of a 2-year Sussex project led by KP Projects CIC, supported by the National Lottery Heritage Fund and local partners, working with archives, community groups, local museums and volunteers to find forgotten stories about pioneering women cyclists from 1890s to 1928 in Worthing, Brighton & Hove, Newhaven and Bexhill.

If you have any information or would like to get involved in the project please get in touch.

Contact: [info@sussexblazingsaddles.co.uk](mailto:info@sussexblazingsaddles.co.uk)

Website: <http://www.sussexblazingsaddles.co.uk/>

(Statistic of 35,000 women from Post Office Museum website)



This is a telegram girl from Staffordshire, but shows the uniform & type of bike Grace Christmas would have worn.



# Community News

What will you be in 2023?



Still have things you want to do?

Want to get your health back one step at a time?

Finding it hard to shift those pounds?

Want to walk upstairs without getting puffed?

Think having just one more drink is becoming a habit?

Want support changing your health in the way that works for you?

ONE YOU EAST SUSSEX

One You East Sussex (OYES) can help you get back to a healthier you and support you to make simple changes towards a longer and happier life. If you want to eat well, move more, drink less, stop smoking, lose weight or have a Health check OYES can help.

We have new offers/programmes to supplement those on the next page including:

- Gloji digital (online) weight loss programme
- Gloji gym exercise platform (online) for those who want to exercise at home.
- Alcohol Support Pathway

Whether you want 1-2-1 support (face to face or via the phone), prefer a face-to-face group setting or want to access things online there are options to suit you.

To start your journey, contact the service by:

Phone: 01323 404600 Email: [hello@oneyoueastsussex.org.uk](mailto:hello@oneyoueastsussex.org.uk)

Website: [www.oneyoueastsussex.org.uk](http://www.oneyoueastsussex.org.uk) Facebook: @OneYouESussex

LinkedIn: @OneYouEastSussex Twitter: @OneYouESussex

ONE YOU EAST SUSSEX IS THE COUNTY'S FREE HEALTHY LIFESTYLE SERVICE FOR RESIDENTS. ALL OF OUR SERVICES ARE FREE AND ACCESSIBLE IN A NUMBER OF LOCATIONS.



#### ADULT WEIGHT MANAGEMENT

Lose Weight with One You East Sussex

Our specialist 12 week group programme aims to help clients lose at least 5% of their body weight. Our tailored sessions are split into nutritional support and guidance alongside a brief physical activity component. Our partnerships with local leisure providers gives clients access to local facilities free of charge.



#### MAN v FAT Football

Our specialist male only weight management programme. Fully endorsed by the FA, MAN v FAT is like no other 6 a side league out there. Combine the love of the game with weight loss! For every two players that lose weight in your team you gain an extra goal. Working in partnership with local football clubs and providers, 95% of our players lose weight. What do you have to lose except weight?



#### BE SMOKE FREE

You are up to four times more likely to be smoke free with the support of one of our specialist advisors. Over a number of sessions with your health coach you will discuss the Nicotine Replacement Therapy available to help you with your quit attempt. You will also receive advice, tips and hints to quit the cigarettes for good.



#### NHS HEALTH CHECKS

A health check-up for people aged 40-74. It's designed to spot early signs of stroke, kidney disease, heart disease or type 2 diabetes. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk. Eligibility criteria does apply.



#### HOLISTIC HEALTH ASSESSMENT

Working one-to-one with our specialist health coach team you will receive an overall holistic health assessment personal to you. We look at various different things such as health and mental health. Our health coach team will then discuss with you the support that is available both within your local area and further afield.



#### HEALTH COACHING

Move More, Drink Less, Eat Well

Working with our specialist Health Coach team, you will receive support to assist your health goals such as moving more, drinking less or eating well. Working one-to-one with your Health Coach we will set smart goals with you in order to achieve your aims.



#### TRAINING

One You East Sussex also provides free training to organisations and people in the community. These range from Mental Health First Aid, Making Every Contact Count and Stop Smoking Advisor Training.

ONE YOU EAST SUSSEX

01323 404600  
[oneyoueastsussex.org.uk](http://oneyoueastsussex.org.uk)  
[hello@oneyoueastsussex.org.uk](mailto:hello@oneyoueastsussex.org.uk)

/OneYouESussex

DO YOU LIVE IN HIGH WEALD, LEWES, HAVENS, BEXHILL OR ROTHER? ARE YOU CONCERNED ABOUT YOUR DRINKING?

GET A FREE 20-30 MINUTE ALCOHOL ASSESSMENT FROM ONE YOU EAST SUSSEX

After your assessment, we can signpost you to other FREE support programmes or even FREE self help materials.

To register for this free assessment please scan the QR code below or call 07825113612.



@OneYouESussex  
[forms.office.com/e/5kq8NbUtEz](https://forms.office.com/e/5kq8NbUtEz)

To Be Eligible For This Programme You Must Be:  
- Over 50  
- Live In High Weald, Lewes, Havens, Bexhill Or Rother

ONE YOU EAST SUSSEX



# Community News



We at Greenhavens have had a fantastic spring where we have been enjoying the wonderful green spaces around us. In May we did two Blossom walks at the beautiful Peacehaven Community Orchard. Mayor David Seabrook kindly met us there and gave us a great tour explaining all the different varieties and the challenges of running such a large orchard. The blossom was stunning and the biodiversity here has improved so much in the last few years, it's a beautiful site to walk around at any time and located next to the Big Park in Peacehaven there is chance to wander round enjoying a cuppa from the café.

We also returned to The Last Wood and Meadow in Seaford for our wildflower walks, a stunning area rich in biodiversity. We met with locals who didn't know the site existed and enjoyed a herbalist and local experts findings while we were there. If you haven't been, do take a walk there, so many species of wildflowers, butterflies and insects, it really is a treat.

I also got to visit some of the great green groups in the area and hear how they have been getting on, many of these groups are run entirely by volunteers and it is their passion to protect green spaces and the animals within them that keeps them going. The fantastic BHASSEXPLORER extreme beach cleans have removed over 25 tonnes of marine debris right underneath our coastline, daring to remove this waste in difficult locations and leaving pristine coastlines behind them. Planksey, our local artist has made huge sculptures underneath the cliffs at Beachy Head, only accessible when its low tide and in response to the huge amount of waste left on our shores. For more information to join them or donate please find their facebook page.

I also got to sit and chat with the Seaford Swift group who work hard to try and educate people on the need to protect these endangered birds, they always return to the same nests so educating home owners with existing nests and getting swift boxes up in the right places is crucial to survival. I love the sound of the swifts, it's a reminder to me that summer is here and I love watching them swoop about feeding. If you are interested in joining or finding out more check our Save Seaford's Swifts on facebook.

I also got to meet a fantastic group in Saltdean. The Saltdean Climate Action Network meet regularly and are focusing on Energy, Transport, Biodiversity and Food waste. They have great plans coming up in the future so if you wish to get involved again please contact them via their facebook page.

We have some exciting dates coming up in Autumn with two dates for a seed swap. Firstly on the 30th September in the Parcel Room at Bishopstone station FOBS and Greenhavens will be running a seed and plant swap from 11-2pm. And then on the 14th October at The Peverells Community Garden there is a Harvest Festival with Greenhaven's holding a seed swap there. Do join their facebook pages to get up to date information.

October also brings the first of two fungi walks with the fantastic Martin Allison at Castle Hill in Newhaven. Starting at ten am join us on the 17.10.23 and then on November 3rd we return again to see what fungi inhabit this beautiful space.

From all at Greenhavens I wish you a great summer exploring the beautiful green spaces that surround us and I hope to see you at one of our events this year. For any more info please email [contact@greenhavens.network](mailto:contact@greenhavens.network).



# Upcoming Events

## WALK THE CHALK

Regular readers will be familiar with Walk The Chalk, a celebration of the newly renamed King Charles III England Coast Path, offering five days of free events, from 20 - 24 September 2023.

Created by LYT Productions in partnership with Lewes District Council, and generously supported by the National Lottery Heritage Fund, Walk The Chalk is an innovative programme of arts and creativity for everyone to enjoy.

Celebrations will centre on South Hill Barn, Seaford Head Nature Reserve, Cuckmere Haven and the Seven Sisters. At the heart of the event will be three free but bookable guided walks, led by community volunteers, through this beautiful and biodiverse area owned by Seaford Town Council and managed by Sussex Wildlife Trust.



Explore the coastal path with a number of guided walks



Learn about local flora and fauna, chalk, fossils, geology, history, folklore and the impact of climate change on this special location



Enjoy workshops, performances, arts activities and debates



View six specially commissioned art installations along the trail

There will also be live music, poetry and an eye-popping 'undersea' virtual reality experience, to appeal to young and old alike. Mobility scooters will make Walk The Chalk accessible to everyone.

Above all, Walk The Chalk will celebrate the joys and immense health benefits of being in nature and enjoying the most stunning coastal panorama in the country.

Stay up to date with all the exciting Walk The Chalk plans by following us:

Twitter: @walkthechalksussex  
Facebook: walkthechalksussex  
Instagram: @walkthechalksussex

[www.walkthechalk.org](http://www.walkthechalk.org)

Visit our website for more details and how to book onto a guided walk..  
Email [hello@walkthechalk.org](mailto:hello@walkthechalk.org) to find out more about volunteering opportunities



SOUTH DOWNS  
NATIONAL PARK



Photo: 'View of Seven Sisters' by Nigel French

# Upcoming Events

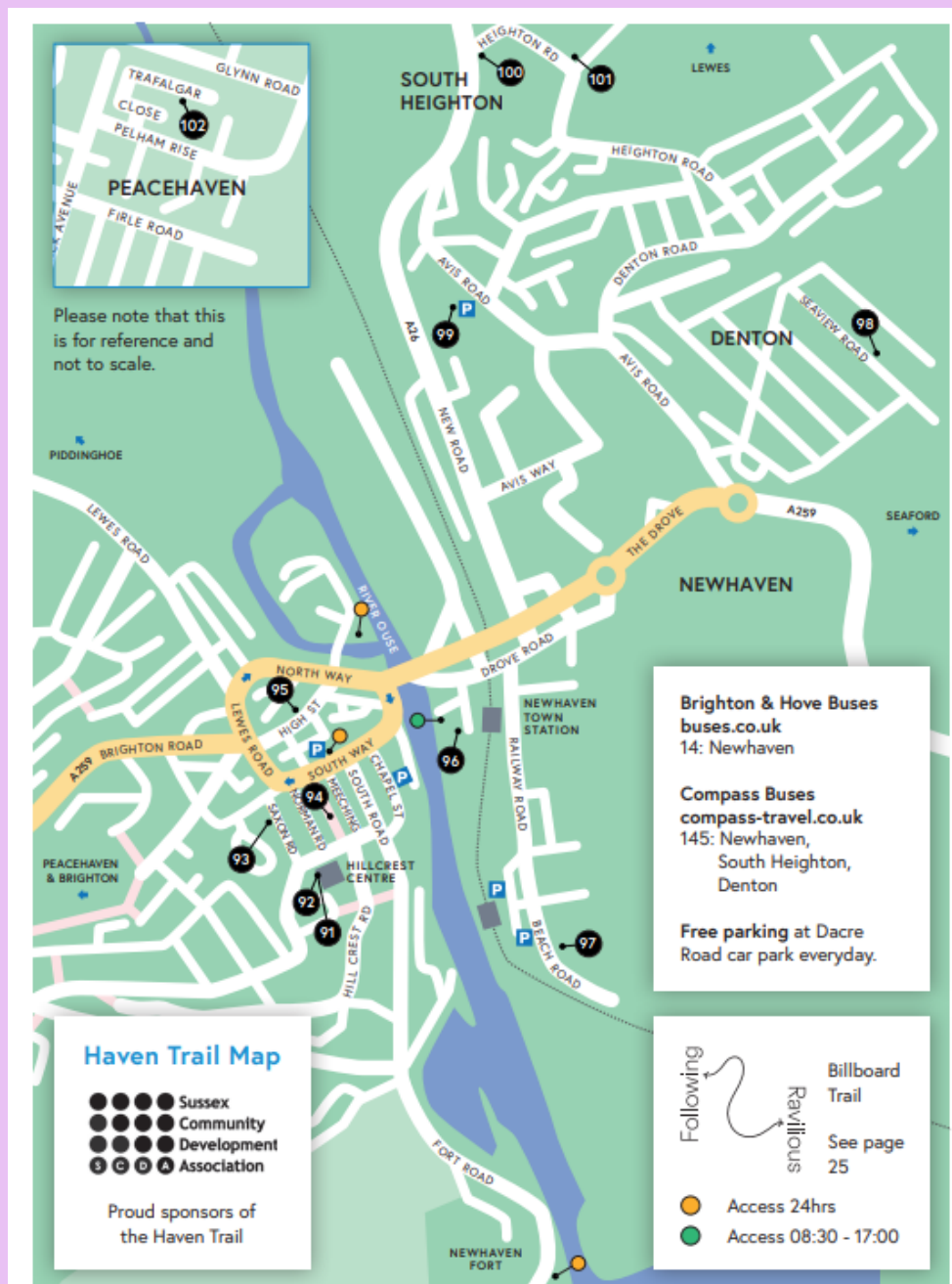
## ART ~ WAVE

### Celebrating artists & makers across the Lewes District for 30 years!

Artwave celebrates its 30th anniversary this year with the biggest festival yet. When Artwave started in 1993 its founding mission was 'to make the arts accessible to all', the festival featured 70 artists across 18 events in and around Lewes. This year you can discover work by more than 1000 creatives, and visit upwards of 180 exhibitions - 12 of which are in Newhaven and Peacehaven.

Shop local and support our brilliant local artistic community this September.

Pick up a copy of the printed guide from early August from Lewes or Seaford Tourist Information Centres or plan your visit online <https://www.artwavefestival.org>





# Upcoming Events



## Hospitable Environment

Studio 9, Hillcrest Community Centre, Bay Vue Road, Newhaven, BN9 9LH  
[hospitable-environment.com](http://hospitable-environment.com)

See how Hospitable Environment CIC bring people together using creativity and food to explore what it takes to build safe, connected and sustainable communities. Stay for dinner with a special Soup and Social.

11:00 - 17:00 • 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17

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## Hillcrest Community Centre

Hillcrest Community Centre, Bay Vue Road, Newhaven, BN9 9LH  
[hillcrestcentre.co.uk](http://hillcrestcentre.co.uk)

Discover Newhaven's creative hub and everything that goes on here. Enjoy the Flea Market, visit artists in their studios, the amazing Wood Creatives workshop, and sign up to try linocut and pen and wash.

09:30 - 16:30 • 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17

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## Hillcrest Linocut Printers

19 Saxon Road, Newhaven, BN9 9LG  
[instagram.com/sallyprinting](https://www.instagram.com/sallyprinting)

I have been making linocut prints using easy to use soft lino, and run classes for beginners at the Hillcrest Centre. Come and see our creations and have a go!

11:00 - 17:00 • 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17

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## The White Rose Workshop

Versaille, between Meeching Road & Norman Road, Newhaven, BN9 9RL  
[instagram.com/thewhiteroseworkshop](https://www.instagram.com/thewhiteroseworkshop) • [/// redouble.eagles.owned](http://redouble.eagles.owned)

A gloriously eclectic mix of arts and crafts, housed in our timberframed garden workshop and house studio. Plus a live music programme every Saturday - see our Instagram listing for details.

11:00 - 17:00 • 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17

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## Newhaven Art Space: House & Home

24 High Street, Newhaven, BN9 9PD • [newhavenprojects.co.uk](http://newhavenprojects.co.uk)

An exhibition of contemporary art, made and curated in Newhaven Art Space, by artists who are following an art programme assisting mental health. Exhibition opening event Friday 1 September 18.00 - 20.00, all welcome.

11:00 - 17:00 • 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17

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## Border: After Ravilious

Top Floor, Marine Workshops, Railway Quay, Newhaven, BN9 0ER  
[edgelandmodern.org](http://edgelandmodern.org)

In this vast industrial space (the former UTC building), Robert Littleford and Rachael Adams explore Newhaven geographies. For organised walks, talks and additional dates see website.

11:00 - 17:00 • 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17

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# Upcoming Events



## Robinson House Studio Furniture School

Eastside Business Park, Unit E1 and E2, Beach Road, Newhaven, BN9 0FB  
[instagram.com/robinsonhousestudio](https://www.instagram.com/robinsonhousestudio)

Opportunity to see this award-winning workshop / furniture school, with contemporary bespoke pieces on display from internationally acclaimed artist Marc Fish, and an exhibition of students' work.

10:00 - 16:00 • 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17

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## Suzanne Claire Taylor: New Paintings

6 Seaview Road, Newhaven, BN9 ONP  
[suzanneclairetaylor.co.uk](https://www.suzanneclairetaylor.co.uk)

Solo artist exhibiting original paintings, still-life, landscapes and portraits. Feel free to stop and relax in the garden and enjoy the beautiful sea views.

11:00 - 17:00 • 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17

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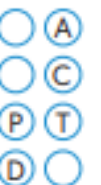
## Emma Carlow: Wunderkammer

Newhaven Museum, Paradise Park, Avis Road, Newhaven, BN9 0DH  
[instagram.com/emmacarlow](https://www.instagram.com/emmacarlow)

Visit a cabinet of curiosities, belonging to a fictional and much-loved teacher who taught in Newhaven, Violet Gladwish, that embellishes stories uncovered in the museum's collection.

11:00 - 16:00 • 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17

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## Chris Lewis at South Heighton Pottery

South Heighton Pottery, Heighton Road, South Heighton, BN9 0HL  
[chrislewisceramics.com](https://www.chrislewisceramics.com)

Chris Lewis: ceramics. Silvia MacRae Brown: sculpture in plaster.  
Jane MacRae Brown (1948 - 2003): paintings and drawings.  
Food and refreshments can be enjoyed in the beautiful garden.

11:00 - 17:00 • 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17

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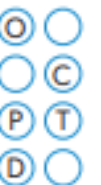
## The Old Forge Open House

The Old Forge, South Heighton, BN9 0JH  
[theoldforgeopenhouse.com](https://www.theoldforgeopenhouse.com)

20 artists and makers in the home and wild garden of sculptor Christian Funnell. New work and artists including Elaine Bolt, Becky Blair and more. Check our website for Annie Slack's spoon carving workshop.

11:00 - 17:30 • 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17

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## The Royal Pavilion features Chinese Art

9 Trafalgar Close, Peacehaven, BN10 8AX  
[/// gems.whistling.thundered](https://www.gems.whistling.thundered)

In Kerry Brennan's artwork, she explores Chinese culture past and present. Due to COVID 19, which created negativity towards China, she wanted to learn the more positive aspects of the Chinese culture.

14:00 - 17:00 • 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17

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# Upcoming Events

Summer Reading Challenge 2023

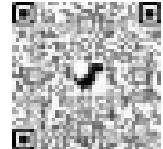
## Ready, Set, Read!

Presented by The Reading Agency,  
Delivered in partnership with Libraries

### Ready, Set Read!

**Starts 8 July 2023 Ends 9 September 2023**

Join this year's Summer Reading Challenge at  
[www.eastsussex.gov.uk/src](http://www.eastsussex.gov.uk/src)



The Summer Reading Challenge is a national scheme produced by the Reading Agency and delivered by public libraries that encourages children to keep reading during the school summer holidays - and to enjoy anything they like to read! Children aged 4-11 are invited to take part and collect rewards for their reading, giving them a positive experience of reading for pleasure.

It's **FREE** to take part, and last year 75% of children taking part nationally improved their reading skills over the holidays.<sup>1</sup>

Sign your child up at [www.eastsussex.gov.uk/src](http://www.eastsussex.gov.uk/src) If you don't have a smartphone, computer or tablet, you can sign up using a computer in the library. You can ask a one of our volunteers or a member of staff for help if you need it.

The Challenge will begin in [East Sussex libraries](#) on Saturday 8th July and end on Saturday 9<sup>th</sup> September.

The Challenge is to read any six books borrowed from the library or downloaded from our [ebook library](#). For children under 4 we have the Pre-school Challenge, where you can collect stickers for each book shared and a special medal sticker at the end.

Children signing up for the Challenge get a character sticker and a Reader Record. Children will be able to collect a prize for each of the six books they have read. When they finish the Challenge they will get a certificate which they can receive in school or at the library. The Challenge is for all children, whatever their reading ability. Children who are not reading independently can share their books with a family member or friend, or they might prefer to listen to audio books.

To take part in Read, Set Read! children need to have their own library card and PIN. It is easy and free to become a member of the library. Take something with your name, address and signature to the library and you can join the whole family, or you can [join online](#) and have your cards posted to you. You can [reset your child's PIN online](#) if you can't remember it, or ask in the library for a new one. You will need the PIN to sign up to the Challenge.

Visit <http://summerreadingchallenge.org.uk/> for fun games, author interviews and book recommendations.

[1] The Reading Agency (2022) [Summer Reading Challenge 2022 Annual Report](#)





# Upcoming Events

## FREE WELLBEING IN NATURE GROUP



### Get outside & feel better

Our supportive group is a wonderful way to help improve wellbeing, get outdoors and take time to connect with the local landscape. There is lots of evidence for the benefits of being outside in nature and how it can improve mental & physical health and confidence.

Who is it for? People who've experienced depression, anxiety, stress or another mental health condition. Places will be prioritised for those living in the coastal towns of Rottingdean, Saltdean, Peacehaven, Newhaven, Seaford and Eastbourne.

Venue: Seven Sisters Country Park Visitor's Centre. Free minibus transport from Newhaven/Seaford.

When: Attend a one-off taster session, Friday 13th October, 10.30am-2.30pm

After attending the taster, you can apply to join our 8-week group which runs Friday 20th October – Friday 8th December 2023, 10.30am – 2.30pm.

Typical activities include: guided walks, conservation, mindfulness, foraging, learning natural crafts and traditional skills.



Call 01273 234810, email [info@bhfood.org.uk](mailto:info@bhfood.org.uk)  
[www.bhfood.org.uk/events](http://www.bhfood.org.uk/events)

# Upcoming Events



EVERY  
SORT OF  
PEOPLE



A FREE family event  
with live music,  
performances, art  
activities &  
refreshments

ESOPCAN



Thursday 17th  
August 2023  
2pm - 7pm

The Sheds  
Unit 14/15  
Phoenix Place  
Lewes  
BN7 1JX



Drop in or pre-book free spaces  
through Eventbrite here:

<https://ESOPCAN.eventbrite.co.uk>



# Upcoming events

## Join a community walkabout following Ravilious in Newhaven.

Hospitable Environment, a local community arts organisation, is inviting everyone to a free evening walk along the 'Following Ravilious' public art trail. This will see giant billboards popping up around Newhaven this summer which celebrate Eric Ravilious's paintings of the town.

The walk will start at 6.30pm on Thursday 10th August at The Sidings, on Newhaven's Railway Approach, and take visitors around the four 'Following Ravilious' billboard locations which feature works by Ravilious alongside responses to the modern Newhaven landscape by contemporary artists Jo Lamb, Charlie Prodger, Mark Titchner, and Emily Allchurch. The project highlights how Newhaven continues to inspire artists living and working today, nearly 100 years on from Ravilious' time. After the walk there will be snacks to share, and the chance to enjoy a sociable game of pétanque on the West Quay and to get a drink at The Hope Inn (a one-time haunt of Ravilious himself!). There is no need to pre book and everyone is invited.

This event is one of many hosted by Hospitable Environment that bring local people together through food and creativity to explore what it takes to build connected, resilient and sustainable communities. Their signature 'Soup & Social' evenings - a shared meal and community conversation, always free to attend and open to all - have been running regularly at Newhaven's Hillcrest Centre for the past 18 months, and they have installed their cob-built bread oven at the centre too. Bring the whole family and join them on the 29th July, 2-6pm, for Lammas - a free summer festival celebrating food, harvest and community. Or come along to their Artwave open studio, followed by a special Soup & Social on the 16th September. Stay up to date with their programme at [hospitable-environment.com](http://hospitable-environment.com)

Their events are made possible by the generosity of funders which this year include grants from the Newhaven Arts Growth Fund, Sussex Community Development Association, and a partnership with Co-Lab at the University of Sussex where the organisation has taken part in an artist residency in creative placemaking.

The Newhaven Arts Growth Fund, which is now in its second year of funding from the Newhaven Enterprise Zone, has awarded grants to five grassroots arts projects this year, demonstrating the commitment to fostering arts and culture in and around the town. Enjoy the free Following Ravilious public art trail anytime from August to October, and discover more about the trail at [newhavenenterprisezone.com/ravilious](http://newhavenenterprisezone.com/ravilious)





# Upcoming events

## Newhaven Festival

NEWHAVEN FESTIVAL WILL HAVE A PRINTED LISTING OF CULTURAL EVENTS IN NEWHAVEN FOR SEPTEMBER AND OCTOBER EVENTS. THESE WILL BE IN THE TOWN CENTRE SHOPS, THE LIBRARY AND THE TOWN COUNCIL. MORE EVENTS WILL BE POSTED IN THE NEXT WEEKS! KEEP CHECKING ON [WWW.NEWHAVENFESTIVAL.CO.UK](http://WWW.NEWHAVENFESTIVAL.CO.UK)

### PICK & MIX WORKSHOP

Experimenting with mixed media in new & exciting ways, to create a unique piece of work inspired by a vibrant still life display.

Patchwork Cat, Newhaven Square, BN9 9QS Thursday 3rd August, 6.30 -9pm

£22 (concessions available). Contact [kali\\_ma@hotmail.com](mailto:kali_ma@hotmail.com) for more details



Newhaven Art Club presents

### ERIC RAVILIOUS TALK AT THE FORT

Tuesday August 8th, 6.30 – 9pm. Eric Ravilious talk at Newhaven Fort to include visit to the locations where he painted and refreshments.

The Fort, Fort Road, Newhaven £10 <http://www.newhavenartclub.co.uk>

### FOTOTHON AT THE FORT

Fotothon photography competition and Plein air art day 15th August all day.

Prizes and exhibition through until September. More details to follow.

<http://www.newhavenartclub.co.uk>

### NEWHAVEN FLEA AND BOOT

The market takes place on the 3rd Saturday of the month at the Hillcrest Centre, The next one is on Saturday August 19th, 9.30am-2pm.

There are around 30 stalls including a car boot sale in the carpark. The market offers a variety of stalls featuring locally produced art, craft, food, clothing, soaps, honey etc, as well as vintage items and car boot pitches.

Pitch fees are kept at a low cost (£8-15) thanks to the generous sponsorship of Newhaven Town Council and SCDA. All stalls, including car boot pitches, must be booked in advance. If you'd like to book a pitch, or have a question about Newhaven Flea, please email [newhavenflea@gmail.com](mailto:newhavenflea@gmail.com)

### NEWHAVEN ANNUAL FESTIVAL OF FUN

A fabulous fun weekend organised by Havens Community Hub & Nik Coppin.

A number of children's shows, comedy shows (including Henning Wehn) and courses over a weekend to kick-off the Festival of Fun in Newhaven, which will hopefully become a permanent fixture in Newhaven and surrounding areas.

September 9th & 10th. Hillcrest Centre, Bay Vue Road, Newhaven. More events being added soon.

All the information you need and tickets too from [www.nikcoppin.com](http://www.nikcoppin.com)

[www.havenscommunityhub.co.uk](http://www.havenscommunityhub.co.uk)

# Upcoming events

## Newhaven Festival

### ONE FINE DAY - IAN MARCHANT

Thursday, September 7th, 7-9pm The Hillcrest Centre, Bay Vue Road Newhaven, BN9 9LH  
Ian Marchant will be talking about his work in publishing and broadcasting, and reading from his new book about Sussex, 'One Fine Day.'

Tickets £2.50 available soon from [www.newhavenfestival.co.uk](http://www.newhavenfestival.co.uk)

### WRITING & ART WORKSHOP

Saturday September 9th, 10am – 4pm, The Hillcrest Centre, Bay Vue Road Newhaven.  
Experienced writing tutor Ian Marchant and artist and facilitator Carole Havard will be your guides for this day long workshop. Places are limited, so please book early.

Tickets (£10) on sale here soon !

Sponsored by Newhaven Festival - [newhavenfestival.sussex@gmail.com](mailto:newhavenfestival.sussex@gmail.com)

### SUSSEX HEARTLANDS STORYTELLING WALK

A circular, five hour Downland walk between Newhaven and Bishopstone with breaks to hear regional folktales. Sunday September 10th. 11am – 4pm

Meet at The Siding Bistro Railway Approach, Newhaven BN9 0DF

Full Price ticket £40. Concessions available. Please contact Jamie if you would like a reduced rate ticket. Supported by Newhaven Festival

Jamie Crawford Storytelling [www.jamiecrawfordstorytelling.com](http://www.jamiecrawfordstorytelling.com)

### NEWHAVEN FLEA ARTWAVE SPECIAL - FREE

#### An Artwave special Flea

Saturday September 16th, 9.30am – 2pm, Hillcrest Centre, Bay Vue Road Newhaven

If you'd like to book a pitch, or have a question about Newhaven Flea, please email [newhavenflea@gmail.com](mailto:newhavenflea@gmail.com)

### ALICE'S ADVENTURES IN AERIALAND

The Dot Collective presents Alice's Adventures in Aerialand - a performance mostly off the ground.

Saturday September 16th. Performances at 2.30pm & 4.30pm, plus a chance to give it a try! Tickets on sale soon (£2.50) The Sidings, Railway Approach, Newhaven.

Alice's Adventures in Aerialand is a family show that has been developed to be accessible for all, including those living with dementia (a dementia friendly show) and PMLD.

The Dot Collective was formed in 2016 to provide innovative theatre of a high, professional standard that's accessible and cognitively stimulating for those living in care, particularly those living with dementia.

<https://www.thedotcollective.com/about-us>

Sponsored by Newhaven Festival



# Upcoming events

## Newhaven Festival



### NEWHAVEN SECRET EDGELANDS WALK

A circular three hour guided walk in and beyond Newhaven with breaks to hear local stories.  
Sunday September 17th , 2pm -5.30pm The walk begins and ends at the Sidings.

Ages 12 and upwards.

Full price ticket £28, Concessions available - please contact Jamie for details.

Supported by Newhaven Festival

Jamie Crawford Storytelling

[www.jamiecrawfordstorytelling.com](http://www.jamiecrawfordstorytelling.com)

### HILLCREST CINEMA

Hillcrest Cinema presents Eric Ravilious - Drawn to War, followed by a Q&A with the film's director Margy Kinmonth, and Sara Cooper, Head of Collections at Towner. September 23rd, 7pm onwards.

Join us for this special screening of this first major feature film about Eric Ravilious (1903-1942), the much loved but hugely underestimated British Official War Artist artist, who captured our Sussex landscape so famously, and who was killed in a plane crash over Iceland in 1942.

Meals will be served at 6.30pm in the Hillcrest Café. (We will email the menu prior to the event. A Vegetarian option will be available.

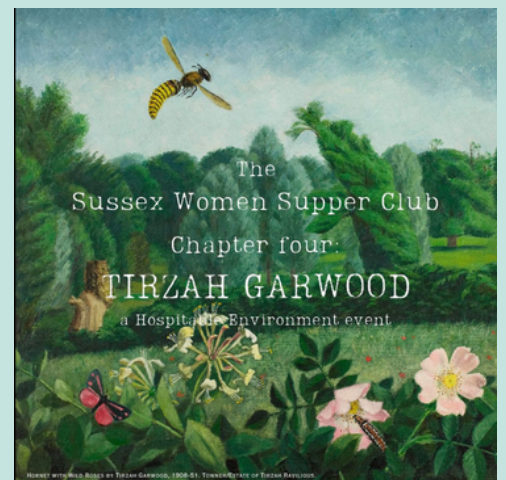
The evening is sponsored by Creative Newhaven and proceeds will support the running of the Hillcrest Centre.

### SUSSEX WOMENS SUPPER CLUB

Join Hospitable Environment for the fourth chapter of the Sussex Women Supper Club; an occasional series of events celebrating the life and times of notable women and non-binary people who have lived and worked in Sussex. Our subject this time is the artist Tirzah Garwood. This chapter of the SWSC is timed to coincide with Towner's centenary celebrations and the 'Following Ravilious' public art trail in Newhaven this summer.

Join us for a vegetarian supper followed by an illustrated talk about this talented artist.

Thursday October 12th, 7.00 - supper clubbers arrive and dinner is served in the Art Room. 7.30 - talk only ticket holders arrive. Bar and refreshments. 8.00 - talk commences in the hall. 8.45 - Q&A with Sara Cooper, Head of Collections at the Towner Art Gallery.





# Upcoming Events



# Free Family Fun Day

**Newhaven Museum**

**Thursday, 10<sup>th</sup> August 2023**  
11am – 4pm

**FREE**

activities including

- **Face Painting**
- **Crafts**
- **Dressing up**
- **Quiz Trails**
- **Object Handling**



**FIND US**

**NEXT TO PARADISE PARK, AVIS ROAD, NEWHAVEN, BN9 0DH**

Children must be accompanied by an adult



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**



MuseumInNewhaven



[Newhavenhistoricalsociety.org.uk](http://Newhavenhistoricalsociety.org.uk)

# Upcoming Events

**Peacehaven Horticultural Society**

Registered Charity No. 1160608

**Founded 1922**

# Annual Show

**Saturday 12th August 2023**

**From 10:30am — 1:30pm**

**at**

**The MERIDIAN CENTRE  
PEACEHAVEN**

**Awards and Auction of Produce**

**1:30pm — 2:00pm**

Society Secretary

**Alison Standing**

**01273 589502**



**Schedule £1.00 - Entry Fee £1.00  
(FREE Entry with Schedule)**