

COMMUNITY WELL-BEING NEWS



Find out more or contact us:

To sign up for SCDA activities or get more information call **01273 519 149**, email us on lucy.rayner@sussexcommunity.org.uk or vicki.ashley@sussexcommunity.org.uk or visit our website: www.sussexcommunity.org.uk.
Like our new Facebook page **SCDA Community Support**.

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SCDA projects



The team have been busy getting out and about to promote the project with the aim of getting to know more of the wonderful people that live in Peacehaven and Newhaven. We have been flyering, hosting pop-up stalls and even appeared on the radio! If you, or someone you know live in Newhaven or Peacehaven, and have a bright idea for a community project or just want to tell us more about your community we are here to listen and support you to Make it Happen!



Contact us:

Makingithappen@sussexcommunity.org.uk

www.making-it-happen.org.uk

07920526224

Got a problem but don't know what to do?

Need help with benefits, debt and housing issues?



The Information and Advice Hub is currently closed for face to face drop in sessions but you can still access our Community Navigators on:

Phone 01273 516032

Email enquiries.info@sussexcommunity.org.uk

We can:



- Help you to access information
- Refer you to generalist and specialist advisors about benefits, debt and housing
- Link you in with local services to resolve any problems you may face or improve your health and wellbeing
- Refer you on to our foodbank

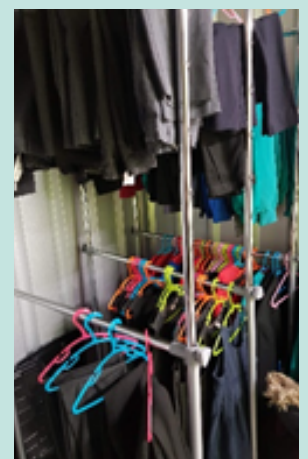
A member of our team will discuss your circumstances with you and there will also be an opportunity to discuss further services and support should you need them.

Newhaven Uniform Bank



Newhaven Families Forum (NFF) have been busy helping local families access pre-loved good quality schoolwear. If you need uniform for a local school or if you have items to donate, please contact

nff@sussexcommunity.org.uk



Community Profile

Sussex Volunteer Crafters

Sussex Volunteer Crafters is a new group that supports groups and charities by making various items - face coverings, dresses, Christmas decorations, poppies, glass cases and notebooks to name a few. Recently, they have supplied schools with tabards and fidget muffs/blankets and made bags for the food bank. Read on for more details of their latest projects...



Fabric poppies for sale; red, white, purple, black and multi-coloured. Great for displaying on your windows, in your cars or as a brooch. All profits will go to the Royal British Legion.

<https://www.facebook.com/Sussex-Volunteer-Crafters-request-page-103015601496930>

Peacehaven Town Council are working with the Co-op Funeral Care (Caring Lady) who have donated material for the Sussex Volunteer Crafters to make "poppy" facemasks. These are on sale in the Information Office priced at £2.50 with all funds to be donated to the Royal British Legion.



Rainbow Memory Tree

This year has been especially challenging and many people have been affected by loss. Sussex Volunteer Crafters have been creating a lovely selection of decorations ready for you to put a rainbow of colours on the tree near the bandstand in Denton Island, Newhaven in memory of your loved ones. There is the option for you to personally place it on the tree on December 19th and join in with the singing or someone will be able to do it for you.

If you would like to honour someone please contact <https://www.facebook.com/Sussex-Volunteer-Crafters-request-page-103015601496930> or email esscharitycrafters@gmail.com to choose one of the lovely crafted angels, stars, hearts, gingerbread men and more to personalise with the name of your loved one for a small donation.



Community News



The Seedy Savers is a new community group for exchanging ideas about saving seeds and cuttings. They are currently in the process of organising a community seed exchange to take place during Spring 2021 in the Newhaven/Seaford area.

If you would like to get involved in organising the seed exchange or would like to find out more information about the group, visit their facebook page, The Seedy Savers.

<https://www.facebook.com/groups/3385121784897512/>



Greenhavens is an umbrella group supporting over 100 community groups that are bringing green spaces to life. The Greenhavens Network is about supporting the brilliant things that already are going on and in working in partnership to ensure we all have a green future. We want to make a difference to our communities, our open spaces, to wildlife. Our vision is to not only protect but also to enhance biodiversity, enabling our green spaces to teem with wildlife and to encourage as many people as we can to get out and enjoy the fantastic spaces within their own communities. For information please visit our Facebook page, Greenhavens Network <https://www.facebook.com/groups/430224887418049/about/>



1-2-3- Walks from TCV

TCV have produced simple maps for short self-led walks around East Sussex green spaces, particularly accessible for people who are not already regular walkers. The routes are one, two or three miles, all walked and checked, risk assessed and measured. The maps are designed to look friendly, and they are home printer friendly, requiring minimum ink and perfectly legible in B&W. Click here for more info: <https://www.facebook.com/123Walks/>

The aim of the project is to encourage people to connect with nature to strengthen their mental health. It is funded by Mind as part of their Coronavirus Mental Health Response Fund. There are more than 50 maps so far on our new Facebook page (1-2-3 Walks East Sussex), all with an accompanying set of pretty photos to give people an idea of what to expect. We are adding more every week, so please like the page to see new walks.

Have Fun, Get Fit, Get Cycling

Get active and healthy with our free cycling programme.
Includes a **FREE** bike loan

Register your place on Active Steps by
calling Jamie Lloyd
On 07818 529 714 email:
jamie.lloyd@sustrans.org.uk



What is Active Steps?

- Active Steps is a fun and **FREE** ten-week programme supporting you to increase your everyday physical activity.
- Our rides are fun, inclusive and gentle. We cater to all fitness levels and can provide one to one lessons, to help build confidence
- Cycling is good for your health and saves you time and money, so why not join us and enjoy all the benefits of cycling?

What's on offer?

- Loan of a bike and safety equipment for you to use
- Enjoyable, safe group led rides for all levels supervised by our trained ride leaders.
- Regular online meet-ups to check in, support and encourage each other
- The chance to learn useful bike maintenance skills
- Motivational support to help you achieve your goals
- Fun weekly challenges, some of which come with prize rewards
- Advice and tips for continuing after the programme

Active Steps is delivered by Sustrans through East Sussex County Council's Active Access for Growth Programme



Active Access for Growth is funded by the Department for Transport through East Sussex County Council.



TIDE MILLS: A Living History

"A project
for everyone"



This fantastic project is bringing Tide Mills back to life, through the work of LYT Productions together with the local community.

The Tide Mills project is a creative heritage enterprise from **LYT Productions**, an energetic, hard-working and reliable production team of over 30 dedicated members, aged 18 - 28 who all share a common passion for event production. Industry professionals mentor the members, who learn skills in real life production environments.

Through the project local artists, designers, sculptors, poets, musicians and writers are working with the local community to bring Tide Mills back to life - culminating in a Heritage Celebration week next September.

Funded by the **National Lottery Heritage Fund**, **Arts Council England** and **South Downs National Park**, all aspects of the project will be **free**.

The team are looking forward to sharing more news about the project as it develops, including ways in which you can take part.

A QUIET WILDLIFE SANCTUARY NOW, TIDE MILLS WAS ONCE A HIVE OF INDUSTRY.

Did you know that the first mill here was built for the Prime Minister?



It was built for Thomas Pelham, Duke of Newcastle and then-Prime Minister.

Construction began in 1761 and was completed in 1774. It was then developed by various owners.



The site reached its heyday under William Catt in the early 1800s.

He built a village for his workers, a carpenters, blacksmiths and a school.

Did you know an early radio station and seaplanes were once on the site?



Learn about all the different aspects of the history of Tide Mills by getting involved in the project!



Want to get involved or find out more?

www.tidemillsproject.uk



LYT
PRODUCTIONS

 **HERITAGE
FUND**

ARTS COUNCIL
ENGLAND

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

**SOUTH DOWNS
NATIONAL PARK**



Two Pairs Of Eyes - a ghost story for Newhaven - FREE ART WORKSHOP



Update- as we have now collected over 40 stories from people in and around Newhaven, ranging from the drummer boy heard at the Fort and a ghostly nun on the site of the old Convent, we are now starting to offer creative workshops exploring some of these.

The first is an art workshop with Carol Havard of ArtStart and Sara Clifford, writer/producer ONLINE, on Thursday November 12th, online, 7 - 8.30pm. You will need to have access to Zoom and materials for drawing with you at home to take part.

Please email Sara at inroadsproductions@mac.com by Friday 6th November if you would like to take part and I can send you the Zoom invite - or with any queries.

We hope you will join us in this exciting next stage.

Deans Senior Tea Club



THE DEANS SENIOR TEA CLUB

Befriending Service

Sadly our tea clubs are currently unable to run - but we are always here at the end of the phone.

Do get in touch if you need any help or a chat with a volunteer providing our befriending service

01273 582333

The Deans Senior Tea Club
Social clubs for seniors in Peacehaven, Telscombe
and Saltdean, East Sussex.

www.thedeansseniorteclub.org

Donations large or small will help make a huge difference, be it helping with running costs, or towards creating a food hamper for a vulnerable elderly person. You can make contributions by donating through our website:

<https://www.thedeansseniorteclub.org/support-us>

Newhaven Champion programme launched following the town's new place brand

At the end of September more than 60 people joined Newhaven's first 'Champion Meeting' to hear plans for the town's future.

Newhaven Enterprise Zone hosted the online event with three guest speakers including, Councillor James MacCleary, Leader of Lewes District Council, Carl Turner, Co-Founder of Pop Brixton, and Suzi Winstanley, Director at Turner Works.

Attendees included residents, business owners, national organisations and potential investors. Cllr MacCleary shared his passion for the town and its future whilst Carl Turner shared his experiences from setting up Pop Brixton and how it changed the previously disused area. Guests also heard more about the town's bid for Future High Street Funding from Suzi Winstanley.

Corinne Day, Programme Director at Newhaven Enterprise Zone, said: "Newhaven is a fantastic juxtaposition of marine, coastline, countryside and industry, and we want to celebrate what this town has to offer to visitors, residents and the town's workforce. "I am delighted to be working with the community, our partners and external bodies to help Newhaven reach its potential as a thriving port town."

The first champion meeting followed the launch of Newhaven's place brand – the new collaborative and compelling story that is set to shape Newhaven's future. As part of the new place brand, a new visual identity has been launched which can be seen across this newsletter and on the Newhaven Enterprise Zone website as well as on bus stops and hoardings around the town.

For more information about the Champions Meeting, the new place brand or Newhaven's story, please visit the Newhaven Enterprise Zone website and click on News.

The next Champion Meeting is to be held on 19 November and those interested in the town, upcoming developments and how to get involved are welcome to sign up via the Enterprise Zone website.



Courses and activities

How about a little bit of light relief to all the gloom...?

The WEA is running new courses with something for everyone from the comfort of your living room! All courses Free if in receipt of benefits

Trip Around the World: A Musical Exploration 2

The History of Drag - Course code C3745668

6 Classics of British Cinema - Course code C3745821

Art for Wellbeing Course code C3745674

There is also a range of personal development courses

Recognise your potential - Course code C3745949

Coaching for positive change - Course code C3745946

Anger management - Course code C2421798

Counselling - Course code C3746011

Dealing with low mood, stress and anxiety - Course code C2421799

Job search, Application and Interviews - Course code C3745949

Get that Job (50+) - Course code C3745852

Enrol online or over the telephone with the course code on 0300 3033464

www.wea.org.uk



A FIVE WEEK ONLINE COOKERY COURSE FOR MEN

LEARN TO PREPARE DELICIOUS, AFFORDABLE AND HEALTHY DISHES USING EVERYDAY INGREDIENTS

AN OPPORTUNITY TO BE ACTIVE AND MEET PEOPLE

THE COURSE COMBINES DEMONSTRATIONS & COOK ALONG ACTIVITIES

RECIPES ARE SHARED IN ADVANCE TO GIVING YOU TIME TO SOURCE THE INGREDIENTS

WE CAN SUPPORT YOU WITH USING THE ONLINE TECHNOLOGY



19 NOVEMBER - 17 DECEMBER 2020

FOR MORE INFORMATION CONTACT:

OFFICE@COMMUNITYCHEF.ORG.UK OR TEL. 07766526217

TO BOOK ONLINE GO TO: [EVENTBRITE](https://www.eventbrite.co.uk)

PRIORITY PLACES ARE FOR OLDER GENERATION MEN WHO ARE CARERS, LIVE ON THEIR OWN OR MEN WHO ARE IN OTHER WAYS IN NEED
THIS PROGRAMME IS RUN BY [COMMUNITY CHEF CIC](http://communitychef.org.uk) AND FUNDED BY THE NATIONAL LOTTERY COMMUNITY FUND & SUSSEX COMMUNITY FOUNDATION

Green Homes Grant Voucher

If you're a homeowner or residential landlord you can apply for a Green Homes Grant voucher towards the cost of installing energy efficient improvements to your home. Improvements could include insulating your home to reduce your energy use or installing low-carbon heating to lower the amount of carbon dioxide your home produces.

- Insulation: Solid wall, cavity wall, under-floor, loft, flat roof, room in roof, park home.
- Low carbon heat: Air source heat pump, ground source heat pump, solar thermal
- Draught proofing
- Windows and doors: Double/triple glazing (where replacing single glazing), secondary glazing (in addition to single glazing), upgrading to energy efficient doors (where replacing doors installed prior to 2002).
- Heating controls and insulation: appliance thermostats, hot water tank thermostats, hot water tank insulation, smart heating controls, zone controls, delayed start thermostat, thermostatic radiator valves

You must redeem the voucher and ensure improvements are completed by 31 March 2021. Vouchers will cover two-thirds of the cost of eligible improvements, up to a maximum government contribution of £5,000.

If you, or someone in your household, receive certain benefits you may be eligible for a voucher covering 100% of the cost of the improvements. The maximum value of the voucher is £10,000. Check if you're eligible for the low income support scheme.

<https://www.gov.uk/guidance/apply-for-the-green-homes-grant-scheme>



FREE SMOKE ALARM & FREE FIRE SAFETY IN THE HOME TELEPHONE ASSESSMENTS

**Are you sure you are safe from fire?
Do you know what to do in the event of a fire?**

As a result of COVID-19 Coronavirus, we are temporarily changing how we deliver our Home Safety Visits to the community in East Sussex and Brighton & Hove.

To reduce the risk to you and your family, we are carrying out special virtual visits over the phone where we can talk to you about the fire risk in your home, after which we can: Post you further information. Post you smoke alarms to fit yourself or if the fire risk is high and no one in your home is able to fit a smoke alarm we will take protective precautions and fit smoke alarms for you.



Smoke Alarms save lives but only if they're working. If you don't have a working smoke alarm on every level of your home please call us ASAP.

You should test your smoke alarms regularly, at least once a month.



Do you use heaters to dry clothes?

Do you keep them switched on over night?



Do you overload plugs?



Are your wires damaged or frayed?

We are still here to help...
To book a *FREE* telephone assessment please call 0800 177 7069



East Sussex
Fire & Rescue Service

REMEMBER, IN THE EVENT OF A FIRE, GET OUT, STAY OUT AND CALL 999.

Join the Big Debate on Health and Care



The NHS and local authorities in Sussex would like to know about your experiences of health and care during the COVID-19 pandemic so that they can improve the way services are provided in the future.

Delayed care: Have you been affected by delays to your care, either because your appointment or treatment was delayed or postponed or because you decided to wait until the pandemic had eased before having your treatment or appointment? Click here to tell us about your experiences and any decisions or changes you have made as a result. (link: bit.ly/BDdelayedcare)

Wellbeing: Since the lockdown period due to Covid-19 began, people have made many changes to their lives and what they saw as “normal”. We would like to know more about the changes you made due to Covid-19, whether you think they are good for your wellbeing, or not.

- What have you STOPPED doing since the start of lockdown? (for example, you might have stopped travelling to work, smoking, or stopped eating healthily due to changing your routine)
- What have you STARTED doing since the start of lockdown? (For example, you might have started taking daily exercise, reading more, or eating more chocolate!)

What do you feel about these changes? Will there be things you will carry on? How has the easing of lockdown rules affected you?

Click here to share your experiences. (link: <http://bit.ly/BDwellbeing>)

