Sussex Community Development Association

From February 2018

Courses, Activities and Events

To book a place or for further information on any of the below courses, activities and events, please contact us on 01273 516032 or Email: healthylifestyles@sussexcommunity.org.uk

Sussex Community Development Association (SCDA)

Hello! Our newsletter has a slightly new look as we've added a table of contents to help you navigate. Hope you can join us for an activity or two, or more!

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The Health & Wellbeing team at SCDA have a great selection of courses, activities and events for you.

Free Cooking Skills Classes

Learn basic cooking skills through the making of delicious meals in our Community Kitchen!
Every session 10.30am – 1.00pm.
Tuesday 20th February
Tuesday 20th March
Tuesday 17th April
Tuesday 15th May
Tuesday 19th June
Denton Island Community Centre, Denton Island, Newhaven, BN9 9BA

You can attend all the sessions or just a few, please call us on 01273 516032 or email: healthylifestyles@sussexcommunity.org.uk to book a place.

SCDA Ltd, 31A High Street, Newhaven, BN9 9PD
Phone: 01273 516032 Fax: 01273 611603 Email: enquiries@sussexcommunity.org.uk

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FREE Creative Writing Course - FULL

Thursday 22nd February – Thursday 22nd March (5 Weeks)
10.00am – 12.00pm
Sussex Downs College Newhaven Campus, Denton Island, Newhaven, BN9 9BA

- Open to all, no experience needed.
- Develop your writing in a no pressure environment with a sense of support and shared laughter.
- Have fun with word games and inspirations such as music, objects and anecdotes.
- Please bring a notebook and pen.

Arts and Crafts for Wellbeing

Sussex Downs College, Newhaven Campus, Denton Island, Newhaven
Fridays, 27th April to 18th May (Free 4 week course) 10.00am - 12.30pm
Bringing the outside in!
Take inspiration from the great outdoors to create mixed media pieces using painting and drawing techniques, collages and print- making.
This course takes an experimental approach to allow learners to explore their creativity in a friendly and supportive environment.

Pizza and Bread Making

Come along and learn the basics of making bread and pizzas in this fun and friendly group. Over the three week course you will learn to make bread rolls, focaccia bread and pizzas. All welcome.
Please bring an apron, notepad and pen and a container to take your food home with you.
All materials provided. Free course.

Free to adults aged 19+ - no experience needed!
Newhaven Community Kitchen, Denton Island Community Centre, Newhaven
(Brought to you by partnership with Sussex Downs College.)
Wednesdays, 9th May to 23rd May (3 weeks), 10:00 to 12:00pm
Denton Island Community Centre, Denton Island, Newhaven, BN9 9BA

Yoga – Spaces still available!

Gentle yoga to suit all levels and abilities. Wear comfortable clothes. If you have your own mat please bring it with you.
Ongoing class - Fridays – 1.30pm – 3.00pm
Drop-in - £4 per session
Rendezvous Room (upstairs room), The House Project, South Coast Road, Peacehaven
For more information, please contact SCDA Health & Wellbeing team 01273 516032

Walking Football

If you can walk, you can play
Age 50+, All Genders Welcome
Every Saturday 1.30pm – 2.30pm (Just £1 per week) (until end of Feb then back to Monday evenings)
Newhaven FC, Fort Road, Newhaven, BN9 9DA
Please bring suitable footwear (astro-turf trainers or football boots)
FREE tea, coffee and biscuits after each session

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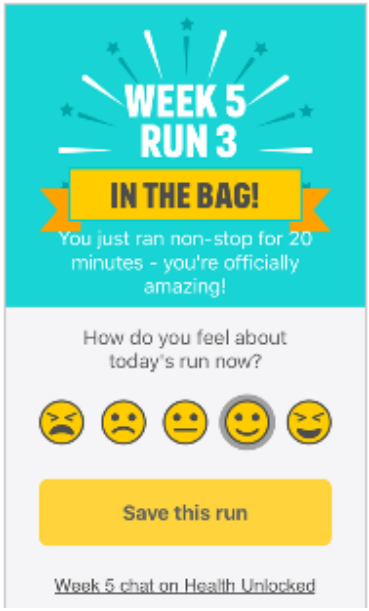
FREE Chair-based exercise for all!

Come along to an enjoyable chair-based exercise class run by the lovely Tara.
Fridays 11.00am – 12.00pm
Meridian Court, 38 Cavell Avenue, Peacehaven, BN10 7NJ
No need to book, please just come along!

Walk – Jog – run with Couch to 5K

Want to achieve something amazing?
If you've never run before or just want to get more active, Couch to 5k running programme is a free, fun, friendly way to get fitter and healthier. We use the "One You" Couch to 5K app which is very gentle, encouraging and user-friendly.



Friday mornings 9am – ongoing – join any time
Newhaven - Please contact us for meeting location as subject to change due to weather.
When runners are ready we will 'graduate' by doing the parkrun in Peacehaven!

If you are a more experienced runner but looking for a social jog on a Friday morning you are welcome to join us!

Please RSVP by emailing: healthylifestyles@sussexcommunity.org.uk or calling 01273 516032.







World Kitchen 2018



Come to make new friends, practice English and cook delicious food.
Third Wednesday of the month 12:15pm - 2:30 pm, Denton Island Community Centre, Denton Island, Newhaven, BN9 9BA
Email healthylifestyles@sussexcommunity.org.uk, ring 01273 516032 or text Louise on 07796 869 470 to let us know you can come.
This group is ***just for women***. You can bring your children if you need to. ☺ Please bring £1 for ingredients. You can also show us how to cook your favourite dish.

February 21st 2018	March 21st 2018

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SOCIAL WALKS

GOSH in the Havens

The group meets every **Wednesday** morning.
Starting at 10.00am. All walks are around 90 minutes.
A free programme of outdoor group activities – fresh air, friendly people, gentle exercise, nature and a cuppa!

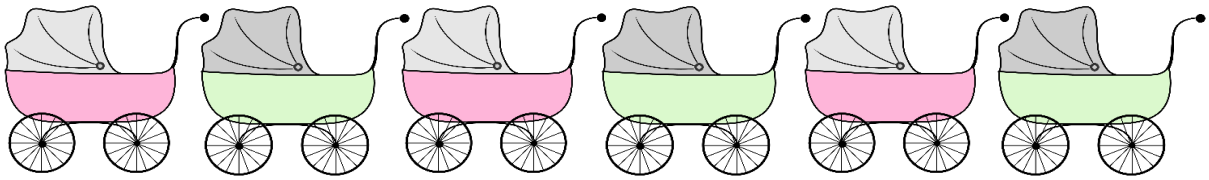
Please contact out Health Champion Volunteer Leader - Dawn Paul on 07966 842232 or email: dawn.paul99@btopenworld.com for further details

Peacehaven Plodders

A friendly walking group that meets every two weeks on a **Sunday** at different locations.
A free, social and accessible walk on and around the South Downs.
Please contact the Health Champion Volunteer Leader for details of meeting times and places as these vary week to week. Please contact Dawn Paul on 07966 842232 or email: dawn.paul99@btopenworld.com for further details

Big Park Buggy Walk

Meet at the Café and take a stroll with buggies and toddlers through the park.
Bring water and change for the café.
Wednesdays at 10.00 a.m.
Meet at the Gateway Café, Big Park, Piddinghoe Avenue, Peacehaven, BN10 8RH
No need to book – just turn up



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The Big Dog Walk

Every 3rd Monday of the month
10.00am – 12.00pm running until June

Date	Where	Meeting Place
Monday 19th February	Tidemills, A259 (nr Newhaven)	Meet by railway. Park by road or down concrete track
Monday 19th March	Friston Forest, West Dean Village	Meet in West Dean Village
Monday 16th April	Telscombe Village	Meeting place TBC
Monday 21st May	Alfriston	Meet at the Tye, by the Church
Monday 18th June	Cuckmere Walk	Meet at the Cuckmere Inn Car Park

NB: You do not need to have a dog to join in!
Please call or email for more directions/public transport options
Everyone is responsible for their own dog
01273 516032 or
healthylifestyles@sussexcommunity.org.uk



GARDENING

Conversation Garden, Peacehaven

The easy access garden in the Centenary/Big Park. We are meeting to water, plant and weed followed by a short walk approximately 25 minutes around the park and a cup of tea.
1st Thursday of the month – 10.00am – 12.00pm till March
Then 1st and 3rd Thursday of the month from March onwards - 10.00am – 12.00pm.
Meet at the Gateway Café, Piddinghoe Avenue, Peacehaven, BN10 8RH

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EASTER HOLIDAY EVENTS FOR FAMILIES

Easter Holiday Walk

Monday 9th April, time location to be confirmed
We will walk, do a 'treasure hunt' for various wonders of nature and more activities to be confirmed. Please contact us.

Easter Holiday Newhaven Bake-Off

Tues 10th April
10.00am – 1.00pm
Newhaven Community Kitchen, Denton Island Community Centre, Denton Island, Newhaven

- We need 4 teams of 3 people (minimum one adult in each group, final numbers and sizes of teams to be determined as people sign up, so there will be some flexibility.)
- We will have a selection of straightforward recipes and all the ingredients… you can choose which one to bake with your team…
- We will need two volunteer judges (unrelated to teams!) to give friendly encouragement… and award a special prize to each team.

Please ring us on 01273 516032 to register.

Easter Holiday Family Fun

Due to popularity we are running another Five Ways Challenge! Teach the kids in your life about wellbeing while having fun during half term. We'll plant seeds, do crafts, eat snacks, play games and go for a nature walk. Children will be encouraged to do five special things during the event that fit into the Five Ways to Wellbeing and will get to use stickers to show what they've done.

Thursday 12th April
2:00 – 4:00pm
Lewes Road Hut, Robinson Road, Newhaven (At corner of Lewes Road, Elphick Rd & Robinson Rd)



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VOLUNTEER OPPORTUNITIES

Grub Club

Enjoy being part of a team?
Want to do something nice for your community?
Like to cook or want to learn?
Friendly, rewarding and delicious.
Fully accessible – English learners welcome!

Thursday 8th February, Thursday 22nd February (continues fortnightly – contact us for future dates)

9.00am-12pm – You can do a two hour slot from either 9-11 or 10-12 or come for the whole time. *Most of the cooking is done in the earlier slot*. Second slot: may be some food prep but mostly help serving out, packaging meals and clean up. Both slots: Good company and good team work! ☺

Denton Island Community Centre, Community Kitchen, Denton Island, Newhaven, BN9 9BA
To sign up or get more info: healthylifestyles@sussexcommunity.org.uk or 01273 516032

New Volunteer Role Available



There IS such a thing as a FREE lunch!

Do you enjoy cooking?
Are you available one morning a month?
Do you enjoy engaging with older people?

We are hoping to set up a monthly cooking session with residents of a sheltered housing scheme in Peacehaven and are looking for volunteers to:
Lead and guide a group of very friendly older people in cooking a healthy, budget-friendly hot meal that they can later replicate on their own.
Meet, greet, have a chat and assist with cooking/chopping tasks where necessary.
Help with set-up and clean-up of the kitchen at the sheltered housing scheme.

What we are looking for from a Volunteer:
Be able to get to sheltered housing scheme in Peacehaven
Be able to work within Health & Safety and Food Hygiene standards (guidance provided)
Be reasonably confident in reading recipes, cooking and food preparation
Be sensitive and empathetic to the needs of older people and other volunteers
After training, be able to work independently on a team of two or three volunteers

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In this really valuable volunteer role you would:
Get access to training
Never be out of pocket
Obtain a DBS check with SCDA
Be able to get involved in the local community
Spend time with friendly people in a rewarding environment
Have a FREE lunch!

To enquire about this volunteer role please contact Louise on 01273 516032 or Email: healthylifestyles@sussexcommunity.org.uk

FREE NHS Health Checks

FREE NHS Health Checks

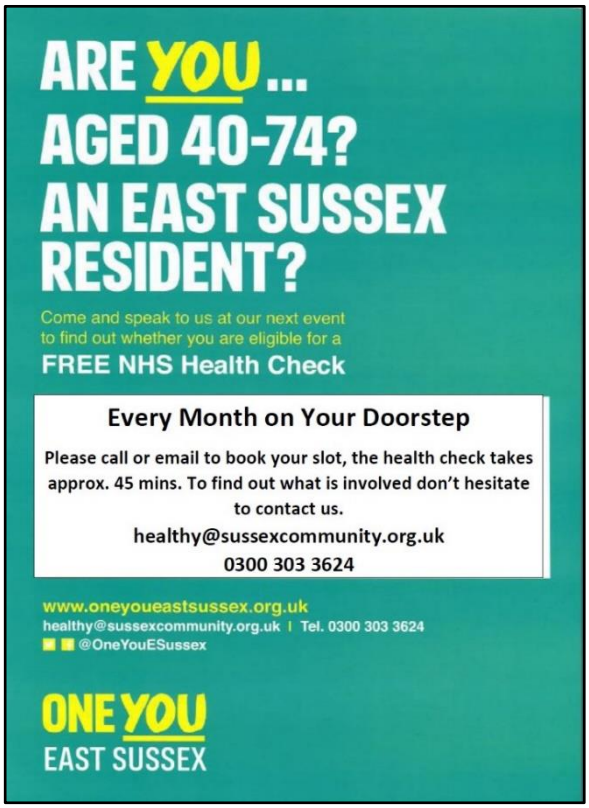
We run Health Check clinics in every town in East Sussex throughout the year, there is always a clinic running near you, to find out where call 0300 303 3624 or email: healthy@sussexcommunity.org.uk.

We have evenings and Saturday appointments available.

Please call to book your 45 minute slot to get your health checked.

During the check we will find out your cholesterol, blood pressure, BMI and explain the best ways to maintain a healthy lifestyle.

See poster with dates of upcoming checks below.



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TRAINING FOR VOLUNTEERS & PROFESSIONALS

Behaviour Change for Health Training Course

MECC training is **FREE** to anyone working or volunteering within East Sussex, is recommended as essential training by Supporting People and mandatory training for NHS staff. Don't miss this opportunity to train in key behaviour change techniques including brief advice, understanding prevention in health improvement, goal setting, support assets, active communication, understanding motivation and the COM-B wheel.

Date	Venue	Time
Wednesday 7th March 2018	HVA, Jackson Hall, Portland Place, Hastings, TN34 1QN	9.30 a.m. – 4.00 p.m.
Wednesday 14th March 2018	Eastbourne Town Hall, Grove Road, Eastbourne, BN21 4UG	9.30 a.m. – 4.00 p.m.
Wednesday 18th April 2018	Hillcrest Centre, Bay Vue Road, Newhaven, BN9 9LH	9.30 a.m. – 4.00 p.m.
Tuesday 24th April 2018	HVA, Jackson Hall, Portland Place, Hastings, TN34 1QN	9.30 a.m. – 4.00 p.m.
Tuesday 15th May 2018	Denton Island Community Centre, Denton Island, Newhaven, BN9 9BA	9.30 a.m. – 4.00 p.m.
Tuesday 22nd May 2018	Eastbourne Town Hall, Grove Road, Eastbourne, BN21 4UG	9.30 a.m. – 4.00 p.m.
Wednesday 20th June 2018	HVA, Jackson Hall, Portland Place, Hastings, TN34 1QN	9.30 a.m. – 4.00 p.m.

Who is this for?

This training covers MECC Competency Levels 1&2 and is aimed at frontline staff and experienced volunteers providing support provision in East Sussex. Over 900 frontline staff and volunteers in East Sussex have received training in MECC with us since 2012. This course is mandatory training for NHS staff and Home Works and is recommended by Supporting People and Public Health England as the leading tool for prevention work and support provision in the community.

What does the training teach participants?

Participants will practice key behaviour change techniques and learn how lifestyle impacts on health; specifically smoking, alcohol, healthy eating and physical activity. Participants will develop the skills, knowledge and confidence to provide opportunistic brief advice through health chats, understanding motivation, active communication, SMART, goal setting, support assets and live case studies. Participants will also receive healthy living factsheets and a healthy lifestyles resource pack detailing services available throughout East Sussex. This course is 85% practice-based and uses techniques that have the highest recorded success rate in helping people change unhealthy behaviours

To book your **free** place on one of our open courses, please email SCDA at healthylifestyles@sussexcommunity.org.uk for a booking form.
Refreshments will be provided, please bring your own lunch.

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SCDA COUNSELLING SERVICES

Sussex Community Counselling

Confidential Low-Cost Counselling
Short-term counselling – up to 12 sessions. We ask for a contribution per session of £12-25 this will be discussed at the introductory meeting.
How to make an appointment: This service is available by self or GP referral. An introductory meeting will be offered to discuss needs and available services. We ask for a contribution of £10 towards the cost of this meeting. This service is available by self or GP referral. Please call 01273 519108 or email counselling@sussexcommunity.org.uk for a referral form.

Counselling Partnership – Support for Survivors of Suicide

We provide a confidential service for individuals affected by suicide. If you are currently suicidal, have attempted suicide recently or have been bereaved by suicide, we can support you. We deliver individual or group support depending on your needs. If you would like to use the service simply ring us on 01273 519108 or email: counselling@sussexcommunity.org.uk and we can have an initial chat with you to discuss your needs. The service is free.

Foodbank Donations

NEWHAVEN FOOD BANK NEEDS YOUR HELP!

We are currently short of the following items:
Coffee
Tea Bags
Squash
Dried Pasta
Tinned Fruit & Veg
Tinned Cold Meat
Breakfast Cereal
Long life Milk
Biscuits



Please bring donations to SCDA - 31a High Street, Newhaven, BN9 9PD or Denton Island Community Centre, Denton Island, Newhaven, BN9 9BA - your support is much appreciated.

www.sussexcommunity.org.uk

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EASTBOURNE ACTIVITIES

Larks in Eastbourne

The Larks are a friendly walking group that meets every Thursday morning in Eastbourne for a free, social and accessible walk on the beautiful South Downs. A gentle walk of just over an hour, on flat or gently sloping terrain around Whitbread Hollow, with stunning views of this famous section of coastline. All Welcome!

Meeting Place: The Kiosk, Upper Duke's Drive, Eastbourne, near Bedes Prep School, located at the western end of the Eastbourne seafront, where Duke's Drive (B2103) meets King Edward's Parade. Stagecoach bus route 3a.
Meeting time: 10.00am

Weekly Walks around Gildredge Park

Watch this space…… Gildredge Park walks planned for Thursday mornings.
Please call 01273 516032 for more information

Spring Cookery

Tuesday 13th, 20th, 27th March
12.30pm – 2.30pm
Prospects House, 7-9 George Street, Hailsham, BN27 1AD
To book a place, please call 01273 516032 or email: healthylifestyles@sussexcommunity.org.uk

ACTIVITIES OF EXTERNAL ORGANISATIONS

We are promoting these activities on behalf of other organisations in the community. Please use the contact details on the advertisements as they are not run by SCDA.

Gentle Exercise & Tea

An ongoing course of gentle exercise for the over 60s or anyone with physical difficulties, followed by tea and biscuits.
Every Friday morning
10.30 a.m. – 12.00 p.m.
Saltdean Community Centre, Saltdean Lido
£3.50 per session
Contact Emma Thompson on emma@spiritualhealingandyoga.com

Get Fit with Baby!

Want to get back into exercise but find it difficult with childcare?
Come to a class where you can bring baby with you!
Big Park, Piddinghoe Avenue, Peacehaven, BN10 8RH
Thursdays – 10.30am – 11.30am
For more information or to book zuz_fitness@yahoo.co.uk or call 07861 639382

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New Youth Basketball League:

www.seahavenforce.com New Youth Basketball for Peacehaven, Newhaven and Seaford

English classes at Sussex Downs College - Free

Beginners English

Start: Thursday 22nd February
End: until end of June
When: 10:00—1:00



Preparation for Entry Level 1

Tuesdays and Thursdays
20th February—5th July
When: 09:45—1:00



WHERE:

Sussex Downs College
Denton Island
Newhaven

Contact Sussex Downs College Community & Engagement Team
030 300 38212
community.info@sussexdowns.ac.uk





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Young Parents Enrichment courses Nov 2017 – March 2018 @ Sussex Downs College, Newhaven

Course	Dates	Time	Content
Mindfulness 3 session course	November 15th, 22nd, 29th	10.00 – 12.00	Learn calming and relaxation techniques to help you with challenging and stressful moments.
Christmas Crafts 2 session course	December 6th, 13th	10.30 – 12.30	Join in the Christmas and make festive crafts with your baby.
Raising Baby and Me 3 session course	January 10th, 17th, 24th	10.00 – 12.00	Build on your self-esteem, whilst explore how your opinions of your self may have changed since becoming a parent.
Hand Reflexology 1 session course	Febuary 2nd	10.30 – 12.30	Learn how to calm your child and ease health problems through hand reflexology.
Pat-a-cake Play 2 session course	Febuary 7th, 14th	10.30 – 12.30	Sing, paint and play, whilst having lots of fun and bonding further with your baby.
Parent and Baby Yoga 4 session course	March 2nd 9th 16th 23rd	11.00 – 12.00	Learn some gentle yoga with your baby as a way of easing back into exercise

TO BOOK YOUR PLACE ON ONE OF THESE COURSES, PLEASE CONTACT;
COMMUNITY.INFO@SUSSEXDOWNS.AC.UK
030 300 38212
SUSSEX DOWNS COLLEGE

FREE 6 WEEK COURSE!

Copy Paste

I.T. for Beginners

- This is a friendly, informal course suitable for people with very little or no I.T. experience
- Learn the basics of how to use a computer including how to set up and send an e-mail, copy and pasting and using basic functions of Word
- Learners should be able to attend all six sessions

Wednesdays 21st, 28th February & 7th, 14th, 21st & 28th March
10.00am – 1.00pm
at Sussex Downs College, Denton Island, Newhaven, BN9 9BN

To find out more or to book: Call 030 300 38212 or e-mail community.info@sussexdowns.ac.uk

SUSSEX DOWNS COLLEGE

FACEBOOK: https://www.facebook.com/SCDAHealthandWellbeing

To find out more or to book a place on the above activities please call 01273 516032 or Email: healthylifestyles@sussexcommunity.org.uk

Please contact us if you would like to be added to or removed from our mailing list.

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Sussex Community
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Newhaven Wellbeing Centre
Groups + courses

Coastal wellbeing – Wrap (Wellness Recovery Action Plan) courses - 6 week courses

- Monday 08/01/18 to 12/02/18 10am to 1pm(6 weeks) (Mental health recovery)
- Monday 08/01/18 to 12/02/18 2pm to 4.30pm (6 week) Carers course (For carers)

Health in Mind - Stress control course - 5 week courses

- Monday 08/01/18 to 12/02/18- 5.30pm to 8.15pm
- Monday 26/02/18 to 09/04/18 – 5.30pm to 8.15pm

SummerHayes Newhaven Wellbeing Centre run groups/drop-ins

- Monday Drop-in 11am to 14pm
- Monday Shiatsu 11am to 14pm (privately run by Eddie within the hub at a discounted rate)
- Tuesday Bi-Polar support group 10am to 12pm (Managing-Bipolar)
- Tuesday Drop-in 11am to 14pm
- Tuesday Knit and Natter group 13.30pm to 15.30pm
- Wednesday Drop-in 11am to 14pm
- Wednesday Beginners Craft Group 13.30pm to 15.30pm
- Thursday Munchkins (toddlers group) 10am to 12pm
- Thursday Drop-in 12pm to 15pm
- Thursday YOGA 6pm to 7pm
- Thursday AA (Run by STAR) 8pm to 9pm
- Friday Health Walk (then returning to the hub for a quiz)
- Friday Quiz 11am to 12pm
- Friday Drop in 11am to 14pm
- Friday Craft Group 13.30pm to 15.30pm
- Friday NA (Run by STAR) 8pm to 9pm

*Please note that the groups/courses run by other organisations are booked directly through the organisations themselves or by referral

Southdown, Summerhayes, Marshall Lane, Newhaven, BN9 9RB
01273 516342 or 01273 517641

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