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## 4 WELCOME PAGE

Welcome to the May 2024 edition!

Colette Langton of Colette Langton Photography provides our front cover. Colette wrote that it has to be something Blossom, my favourite time of the year. The image was taken on the walk towards Holcombe Farm at the back of Peacehaven.

There is much information on things to do throughout the magazine as Peacehaven gears up for the Summer months. See the Murder Mystery Event from the Peacehaven Players - page 51. Greenhavens Network has some fun events to help you experience nature - page 61. There is an open day for Peacehaven & Telscombe Bowls Club - page 50. They look forward to welcoming you and introducing new people to the sport. Page 43 introduces Friends of Bishopstone Station events; I am assured that Peacehaven & Telscombe residents will be warmly welcomed as they cover the whole of Seahaven. There is also the Denton Challenge - on page 52, the Martlets open day on page 53 and the town council events on pages 46 & 47. There are now regular sessions at the Community Gardens. See the monthly clubs/activities section on page 48. Don't say this magazine is ever dull.

The Peacehaven Orchard volunteers have been diligently working over the winter months, planting new living shelters and fir trees. Their hard work and dedication have been recognized, as they have been nominated for the prestigious Kings Award. After a thorough process of information gathering and a face-to-face consultation, they have successfully made it to the final stage. I will let you know the outcome.

I hope you all managed the road works and traffic this month. I want to give a special mention to the fantastic bus drivers. They were so patient with us hapless travellers, letting us on the shuttles free of charge and telling us exactly where to go. The mini-bus to where I live was a lifesaver too. I met many interesting and friendly travellers during that week. The conversations were much appreciated.

Here's to a calmer month - Anne - Editor

June's edition deadline is: 15<sup>th</sup> May 2024. The magazine can also be viewed at [www.peacehavendirectory.co.uk](http://www.peacehavendirectory.co.uk). E: [info@peacehavendirectory.co.uk](mailto:info@peacehavendirectory.co.uk) Tel: 01273 586 527

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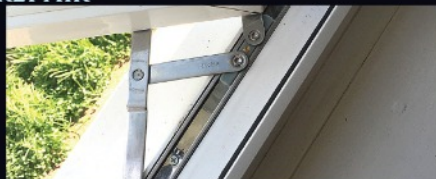
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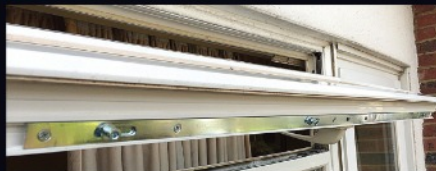
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As a new local resident of Peacehaven, Dr Suzen welcomes the local pet community with a special, local discount for all BN10 residents and new 'neighbours' when sadly faced with this heart-breaking last journey.

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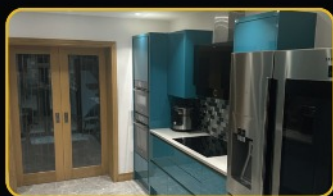


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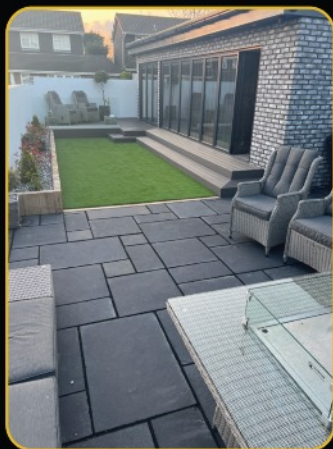
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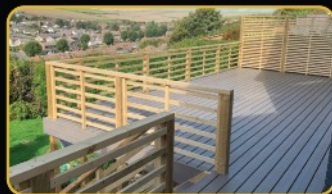
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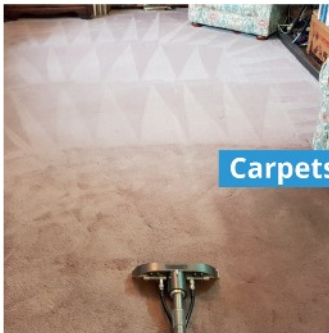


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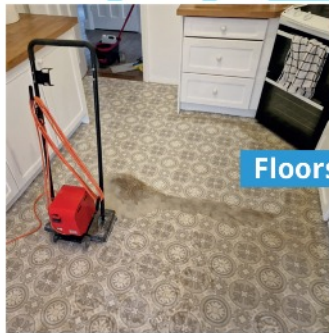
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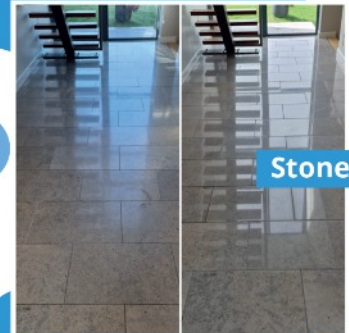
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- \* Quick & Friendly \* Cash Payment & We Collect\*  
Call Tony - 07481 018969
- \* Pioneer \* Tannoy \* Technics \* Sony \* Marantz \* Rogers \* Quad \* Garrard Etc\*



## PEACEHAVEN ELECTRICIAN

A. S. Anderson & Son Ltd

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All electrical work undertaken, including rewires, security lighting, showers and additional power points.

No job too small. Free estimates. Competitive rates. 10% discount for over 65's. Reliable. Fully insured. Will travel.



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

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all roofwork undertaken

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- All leadwork
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LOCAL BUSINESS

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Or Stuart 07894 548501

01273 298201



[Ridgeline\\_roofing@hotmail.co.uk](mailto:Ridgeline_roofing@hotmail.co.uk)  
[www.ridgeline-roofing.co.uk](http://www.ridgeline-roofing.co.uk)

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[info@cleancutgardening.co.uk](mailto:info@cleancutgardening.co.uk)



EST. 1985

# SEA CLIFF GARAGE



VEHICLE SERVICING & REPAIRS  
FOR BOOKINGS CALL  
01273 582129



**FDA  
APPROVED  
FOR FAT  
REDUCTION**



## **ELIMINATE STUBBORN FAT WITHOUT SURGERY OR DOWNTIME**

CoolSculpting is a leading non-invasive fat-reduction treatment which contours your body by freezing unwanted fat

With more than 7 million CoolSculpting® treatment cycles performed worldwide, people everywhere are taking advantage of this transformative treatment. Effective in both men and women, CoolSculpting is specially designed to target stubborn areas of fat that won't go away, no matter how hard you exercise or how healthy your diet.

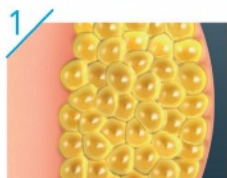


## **HOW DOES COOLSCULPTING WORK?**

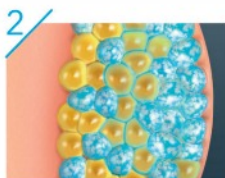
Fat cells freeze at higher temperatures than surrounding tissues. The CoolSculpting device precisely targets these fat cells and delivers a controlled cooling effect that damages them.

The fat cells die, and over time your body naturally eliminates them through its natural metabolic process.

## **THE SCIENCE**



Many of us have stubborn fat despite diet and exercise.



CoolSculpting technology uses controlled cooling to target and kill only these fat cells.



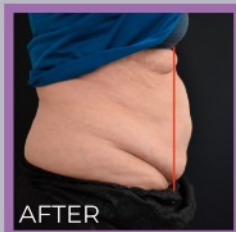
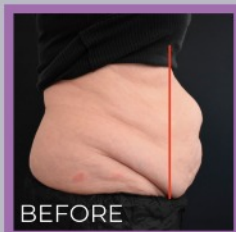
In the weeks to follow, your body naturally processes the fat and removes dead cells.



CoolSculpting results are long term,\* because treated fat cells have been removed.



# THE RESULTS



## READER OFFER!

### FIRST CYCLE FOR £1

When purchased with another cycle

**SAVE  
£599**

The team of beauty & aesthetic professionals at Bodytips Medispa provide state-of-the-art treatments that rejuvenate and enhance your looks. Let our experienced professionals guide you to achieve a fresher, healthier you!

We have the expertise and latest technology to achieve optimum results while always maintaining the highest levels of safety. All of our injectables and laser treatments are performed by our in-house team of experienced practitioners, who will spend the time to devise your very own personal treatment plan for your ever changing needs.

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01273 589516 | [reception@bodytipsmedispa.com](mailto:reception@bodytipsmedispa.com)

164 Southcoast Road, Peacehaven, BN10 8EW

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**VIDEO, DVD, FREEVIEW, FREESAT, SKY,  
DIGITAL RECORDERS, VACUUM CLEANERS,  
MICROWAVES & MORE...**

### We can help!

Have you been to a big name store and bought something you can't use or need installed?

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**JUST CALL US:**  **01323 890328**

 **07969 509253**



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7 Days  
a week

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### GARDEN SERVICES

*Your local Peacehaven Garden Professional*



- Grass Cutting
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**“No Job Too Small”**

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From the ground with high power & reach vacuums

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**01273 758605**

Info@deanhaven.co.uk

www.deanhaven.co.uk



## Friends of Bishopstone Station

**Man Space** is the recently launched 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 and maybe learn something new. If you have a hobby, an interest or specialist knowledge that you’d like to share with others, this is a great opportunity to do so. We also have occasional talks and discussions on men’s health, wellbeing and other subjects of interest.

Man Space was suggested by several of our members as a social space that would be of value to them. We want to reach out to all members of the community and this new project is just one way that we are achieving this. We would love to hear your ideas for this group too.

Man Space is from 10:00 am to 12 noon on the first and third Friday of each month. Friends of Bishopstone Station welcome men of all ages from across the Seahaven area for a chat over tea or coffee. Organised by the men of Friends of Bishopstone Station for men in our community. No need to book, just drop by.

**The Friends of Bishopstone Station Community Food Project** is now in its second year and continues to go from strength to strength with a mix of gardening and food topics being covered. They are all free events, but donations for teas and coffees are always welcome.

On Saturday May 18<sup>th</sup> from 10:30 am to 1:00 pm we have a Spanish Fiesta and Tapas. Join Julia from All Abroad! Bus, for a Spanish Fiesta, enjoy classic Spanish tapas and learn how to make tapas during some short Spanish cookery workshops. This will be a unique immersive experience, for all the senses, including a 360 degrees virtual reality tour.

**On Saturday June 16<sup>th</sup>** from 11:00 am to 1:00 pm join Alex from Organergy, who will give a cookery demonstration and talk about fermented foods.

Alex is keen about good gut health through low sugar foods.

We promote food equality through opportunities for food and gardening education. Helping our community access healthy, locally sourced food.

Friends of Bishopstone Station also runs **Meet up Mondays** which started in November 2022 and is our community drop-in, coffee morning and ‘warm space’, with a wide variety of speakers and several local advice organisations attending. There is also a pop-up pantry, supported by Havens Food Co-op on Monday mornings. Meet up Mondays is very popular, often running at full capacity and is held every Monday from 10:00 am to 1:00 pm (closed bank holidays).

### Community hub available to hire

Friends of Bishopstone Station are local residents involved in the Art Deco station building’s restoration and conversion to a community hub, ‘The Old Parcel Room’, seating up to 25 with kitchen area and disabled access w.c.

The hub can be hired to local groups, organisations and individuals for community events, art exhibitions, meetings and classes.

For more information on hiring the hub or about our community projects. Email: [friendsofbishopstonestation@yahoo.com](mailto:friendsofbishopstonestation@yahoo.com). X:@fobs\_seaford, Facebook: Friends of Bishopstone station

**Tel: 07501 672424**





## The Haven Ironing Services

LOCAL IRONING SERVICE

07933 628480

All ironing services, including free collection & delivery in Peacehaven. We can collect & deliver in other surrounding areas from £3

Mon	9:00 - 5:00
Tues	Closed
Wed	9:00 - 5:00
Thurs	9:00 - 5:00
Fri	9:00 - 5:00
Sat	9:00 - 12:00

Located behind Retro Barbers on the South Coast Rd  
Parking at the rear

## Gold and Silver Wanted

We pay a good fair price for your unworn, damaged, broken and unloved gold and silver jewellery. Friendly and reliable buying service. We come to you



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info@isawaccounting.co.uk





Ascension Church  
Bramber Avenue  
Peacehaven

A Friendly Church Family of all ages  
who meet at 10:00 am for Sunday Worship.

For more information

Email: [ascensionpeacehaven43@gmail.com](mailto:ascensionpeacehaven43@gmail.com)

visit [www.cofeatpeacehaven.org](http://www.cofeatpeacehaven.org)



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TEACHING CHILDREN CRÈCHE COFFEE GOD**

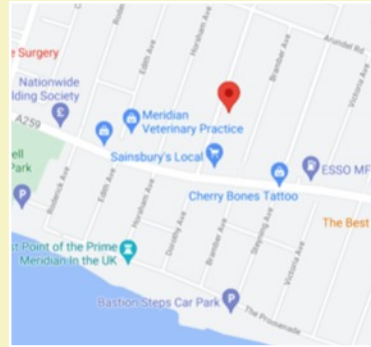


STAYING CONNECTED AT  
[pefc.org.uk](http://pefc.org.uk)

You're Welcome Here

EVERY SUN 10:30AM 132 STH COAST RD

**WEBSITE NEWS SERMONS PODCASTS BLOGS VIDEOS  
CALENDAR GALLERY EVENTS CONNECT**



# The Catholic Church in Peacehaven The Immaculate Conception of Our Lady

Edith Avenue, Peacehaven, BN10 8HX

[www.catholicfaith.one](http://www.catholicfaith.one)

## Mass Times for May 2024

Sunday	5 <sup>th</sup>	at	11:00 am
Saturday	11 <sup>th</sup>	at	6:00 pm
Sunday	19 <sup>th</sup>	at	11:00 am
Saturday	25 <sup>th</sup>	at	6:00 pm

Mass is held every Wednesday at 10:00 am preceded by The Rosary at 9.30. Tea/Coffee is available in the hall after mass on Wednesday and Sunday.



## A VERY WARM WELCOME AWAITS YOU

If you are new to the parish or a visitor, please introduce yourself to a member of our friendly team. We have a thriving community and would warmly welcome you to join us and forge a spiritual relationship together.



PA: Mrs Lyndsey Gravenor - 01273 583046. Office hours: Tuesday 8:00 am - 12 noon,  
Thursday 8:00 am - 1:00 pm, Friday 8:00 am - 12 noon



# Peacehaven Town Council Monthly Events

Meridian Centre, Meridian Way, Peacehaven, BN10 8BB 01273 585 493

**Peacehaven Town Council**  
in aid of the Mayor's Charities  
**8TH MAY 2024**

**BINGO**

**2-4PM**  
**ANZAC ROOM,**  
**COMMUNITY HOUSE,**  
**MERIDIAN CENTRE,**  
**PEACEHAVEN**  
**BN10 8BB**  
**TEL: 01273 585493**

## D Day 80

In commemoration of the  
**80th Anniversary of D Day**  
The Mayor of Peacehaven  
invites all residents to two events on  
**Thursday 6th June 2024**

Our first event will be held at Meridian Park and will be lead by the Royal British Legion, please gather at 10.45am; refreshments will be provided by Kempton House afterwards.

Our evening event will take place at Centenary Park from 6.00pm (on the green by the Gateway cafe) where we will take part in the national  
**LAMP LIGHT OF PEACE at 9.15pm**

**Live music, activities, food & drink available.**

A full itinerary is available via the Peacehaven Town Council website and social media platforms

Peacehaven Town Council presents  
our next Big Cinema showing  
**Wednesday 22nd May 2024**

**Priscilla**

**\*\* Tickets £7 \*\***

Curtain up  
7.30pm

Tea, Coffee and  
Ice Cream  
available

When teenage Priscilla Beaulieu meets Elvis Presley, the man who is already a meteoric rock-and-roll superstar becomes someone entirely unexpected in private moments: a thrilling crush, an ally in loneliness, a vulnerable best friend

Community House, Meridian Centre, Peacehaven, BN10 8BB  
Tickets available from the Information Office  
Tel: 01273 585493

## Lantern making workshops

In preparation for D Day 80

Wednesday 15th May  
Kempton House 2.00pm - 4.00pm  
\*\*\*\*\*

Tuesday 28th May  
Peacehaven Town Council  
2.00pm - 4.00pm Anzac Room  
\*\*\*\*\*

Cats Club will be hosting a session on Wednesday 29th May from 9.00 -12.00 noon  
Check with Vicky Philips at Cats Club for places.  
\*\*\*\*\*

Wednesday 29th May  
Peacehaven Town Council will hold the last session from 1.00pm - 4.00pm in the Main Hall

These are **FREE** events and are open to everyone!

**Get in touch with Telscombe Town Council**

Telscombe Civic Centre, 360 South Coast Road, Telscombe Cliffs, East Sussex, BN10 7ES  
 Tel: 01273 589777, E-mail: enquiries@telscombetowncouncil.gov.uk



**Civic Centre Opening Hours:- Reception:** Every weekday 9:00 am - 4:30 pm, excluding bank holidays.  
**Web:** www.telscombetowncouncil.gov.uk

**REGULAR EVENTS ALL HELD AT TELSCOMBE CIVIC CENTRE**

**Thankful Flow Yoga** on Tuesdays at 7:00 pm. Email elly@thankfulflow.com

**Citizens Advice:** Drop in advice surgery. Advice can also be gained via their website www.citizensadvice.org.uk  
 The last Tuesday of each month, Time: 10:30 am to 12:30 pm, Contact: 0808 278 7892, lines open Tues, Wed, Thurs  
 10:00 am - 2:00 pm.

**Bereavement support Group Coffee Morning** - Second Wednesday of every month, 10:00 - 12:00 pm.  
 Contact Lesley on 08081 691922

**Breast Cancer Support Group Meeting** - First Wednesday of every month, 1:00 - 3:30 pm. Email bcsgroup@btinternet.com

**Deans Senior Tea Club** - Tuesdays from 10:30 am - 12:30 pm.

**Living Light Pilates** - Mondays 10:30 - 11:30 am, Wednesdays 10:30 am - 11:30 am, Fridays 10:00 - 11:00 am.  
 Contact Nicola on 07776 457752

**Peacehaven & Telscombe Flower Club** - Third Wednesday of every month 2:30 - 4:30 pm.  
 Contact Christine Webb on 01273 586191

**Telscombe Residents Association** - First Thursday of every other month 7:00 pm. Contact Alec Horner on 07905 365717

**Telscombe Cliffs WI** - Second Wednesday of every month 2:00 - 4:00 pm. Contact P Winton on 01273 585205

**Yoga with Jane** - Mondays at 7:15 pm, Wednesdays at 9:30 am. Contact Jane on 07703 167895

**Little Stars Pre-School Dancing** - Tuesdays from 9:00 to 10:00 am. Contact Anneli Smith on 07930 490058

**Keep Fit with Newhaven & Peacehaven U3A** - Thursdays 10:45 to 11:45 am. Contact 01273 589953 or 01273 513707

TELSCOMBE TOWN COUNCIL'S  
**BINGO NIGHT**  
**FRIDAY 31ST MAY**  
**CASH PRIZES**  
 Prompt 7pm start  
 Prebooking essential  
 01273 589777  
 enquiries@telscombetowncouncil.gov.uk

All proceeds to the Mayor of Telscombe's Charitv Fund

TELSCOMBE TOWN COUNCIL  
 PRESENT OUR  
**SUMMER FAYRE**  
 ★★★★★★★★★★★★★★★★★★  
**SATURDAY 6TH JULY 2024**  
 ★★★★★★★★★★★★★★★★★★  
**FUN FAIR RIDES ★ STIX DRUMMERS**  
**REPTILE HANDLING ★ ICE CREAM**  
**DANCE DEMOS ★ FACE PAINTING**  
**FUN DOG SHOW ★ RAFFLE**  
 ★ **RISING STARS SINGING** ★  
 ★ **SALTDEAN JAZZ BAND** ★

**6th JULY | 12-4pm**  
**Chatsworth Park**  
 ★ **FREE ENTRY**  
 ★ **FOOD STALLS**  
 ★ **BAR OPEN**  
 ★ **ALL WELCOME**

Raffle in aid of Mayor's charities  
 Stalls available for £15—email enquiries@telscombetowncouncil.gov.uk for further details

### Monthly Clubs/Activities

**Yin Yoga in the Havens** - 07816 154644

Jacqui.johnston@hotmail.co.uk Thurs 9:30 am - 10:45 am. In person or online. Small class, booking essential. St James Trust, Blatchington Road, Seaford.

**Breathe with Movement** - Tuesdays 10:00 am - 11:00 am. Small, in person class, booking essential. Rendezvous, South Coast Road, Peacehaven.

**Hatha Yoga with Doug** - 01273 048 452 Kempton House, Peacehaven, Thurs 10:00 am - 11:15 am. Come along with a mat. £3.50 per session, call to book. (This is a non profit making venture, every penny goes to animal charities)

**Peacehaven Art & Craft Club** - Evangelical Church Hall, Mayfield Ave. Meet Friday morning 9:30 am - 12:00 pm. £12.00 per year, £4.00 weekly sub. Call Ann on 07944 055029.

**Southern Stomp** - Line Dancing Club, various classes, call Joy on 01273 587714 [www.southernstomp.com](http://www.southernstomp.com)

**Saltdean Townswomen's Guild** - Meet 2<sup>nd</sup> Wednesday of the month, 2:00 pm at St Martins Hall, Longridge Avenue, Saltdean. Call Audrey - 01273 303596, Elaine - 01273 302375 or Diane - 01273 640895 for more details.

**Horticultural Society** - Monthly meetings, membership £6.00 per person, £10.00 for couples. £2.50 per meeting to cover refreshments. Contact Alison on 01273 589502 for details.

**"Just Friends"** - Social meetings, Elim Church, Newhaven, BN9 9LB. Meetings or activities take place on Mondays. Call 01323 725885 for details or visit [www.just-friends.uk](http://www.just-friends.uk)

**Peacehaven Netball Club** - Monday 7:30 pm - 8:30 pm All abilities welcome, Ages 16+, £3 a week. Piddinghoe Sports Park (outdoor courts). Find us on Facebook.

**Qi Gong & Tai Chi Class for over 50s** - Classes are every Thursday at 10:00 am - 11:30 am In the Anzac Room, Community House Meridian Centre with Master Leon Chiu. Contact Cherie on 07850 252082 for more information.

**Peacehaven Flower Club** - We meet every third Wednesday afternoon at the Telscombe Civic Centre, South Coast Road. For more information contact Christine Webb on 01273 586191.

**Meridian Evening WI** - Anzac Room, Meridian Centre. Meet 4<sup>th</sup> Wednesday of the month. 7:15 pm for 7:30 pm. Contact: [winsab4gmail.com](mailto:winsab4gmail.com)

**Care for the Carers Wellbeing Group** - We meet the 3<sup>rd</sup> Tuesday of the month 10:30 am - 12:00 pm at the Rendezvous Hall at the back of the House Project Charity shop on the South Coast Rd.

**Tuesday Friendship Group** - For semi-retired/retired people, every Tues, 9:45 am - 11:45 am at Ascension Church Hall, Bramber Ave. £1.00 per meeting. For more details - Call Lynda: 07748 131 381 or email [lalsford@yahoo.co.uk](mailto:lalsford@yahoo.co.uk)

**Downland Quilters** - We meet in the Anzac Room, Peacehaven Town Council from 10:00 am to 4:00 pm and we are open to new members. See page 50 for times. Email: [downlandquilters@outlook.com](mailto:downlandquilters@outlook.com)

**Sat 25<sup>th</sup> May** 10:00 am to 4:00 pm, **Sat 22<sup>nd</sup> June** 10:00 am to 4:00 pm, **Sat 27<sup>th</sup> Jul** 10:00 am to 4:00 pm, **Sat 28<sup>th</sup> Sept** 10:00 am to 4:00 pm, **Sat 26<sup>th</sup> Oct** 10:00 am to 4:00 pm, **Sat 23<sup>rd</sup> Nov** 10:00 am to 4:00 pm.

All meetings except January are in the Anzac Room. There are no meetings in August or December.

**Kempton House Day Centre** - 60 Years Young 1962 - 2022 LUNCH - Monday, Wednesday and Friday - 10:30 am to 2:00 pm. £5.00. BINGO - Friday 2:00 pm - 4:30 pm £3.00. Call Sue on 07821 515118. [www.kemptonhousedaycentre.com](http://www.kemptonhousedaycentre.com)

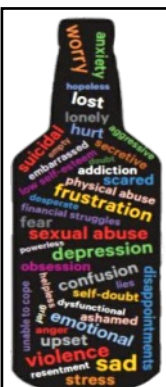
**Fibro, ME, CFS and Long Covid friendship and wellbeing group** We meet on the 4<sup>th</sup> Tuesday of the month 12:00 pm - 2:00 pm in the Anzac Room at the Meridian Centre. Please phone Sue on 07799 170820 or Val on 07747 305666 for information.

**Meridian Afternoon WI** - Meet the first Wednesday of the month at the Meridian Centre in the Anzac room from 2:00 pm - 4:00 pm (No meeting in January, we start back in February).

**Whist Drive** - Every Wednesday 1:45 pm - 4:15 pm. Cost £3.00. Meet at the Peacehaven Friendship Evangelical Centre, Mayfield Avenue. Ring Carol: 01273 586568.

**Substance Recovery Group** - Free cuppa and bacon sarnie. Mondays 2:00 - 5:00 pm and Tuesdays 5:00 - 7:30 pm at Kempton House Peacehaven

**Peacehaven Community Gardens** - Meeting on Tuesdays 10:00 am - 12 midday. Also every 2<sup>nd</sup> and 4<sup>th</sup> Sunday of the month between 2:00 pm - 4:00 pm.



## #TheHiddenEffects - of alcoholism on family and friends

### Are you affected?

Confidential FREE Helpline

# 0800 0086 811

[al-anonuk.org.uk](http://al-anonuk.org.uk)

Al-Anon  
Family  
Groups



*Help and hope for families and friends of alcoholics*



# Join the Chatsworth Park Volunteers

First Sunday of every month

**11-1pm meet in Chatsworth Park, Car Park**

All volunteers receive a free drink from Wander Coffee

**We will be litter picking, sweeping paths and building log pile habitats. Bring brooms, shovels and gloves if you can.**




## BRIGHTON HUMANISTS

A partner of Humanists UK



Humanists make sense of the world through logic, reason, and evidence, rather than through religion.

Brighton Humanists brings non-religious people in the area together, hosting presentations and discussions on the **first Thursday of each month at 7:00 pm at the King and Queen, BN1 1UB.**

Find us on **Facebook** or contact **Brighton@HumanistGroups.org.uk**

Tel: 07586 160778 for further info



To begin a substance recovery group.  
Your choices. Your activities.  
Helping you individually & together, re-discover yourself and aim for a happier future.  
Together we can make that happen.

Free bacon sandwich & a cuppa.

**Kempton House, Peacehaven, BN10 7NJ**

[start2finishseahaven@gmail.com](mailto:start2finishseahaven@gmail.com)

**Date 8th April 2-5pm**




### PEACEHAVEN COMMUNITY ORCHARD ARE LOOKING FOR VOLUNTEERS

The Peacehaven community orchard needs volunteers to help with the following:

**In the orchard**

- Pruning, weeding, litter picking, grass raking, fence mending, watering
- Identifying tree problems.

**General Help**

- Fundraising, Help on the Committee or in organising events

Contact Sue or David on:  
07973 864340 or  
Email: [peacehavenorchard@gmail.com](mailto:peacehavenorchard@gmail.com)

# Peacehaven Orchard News

## *Thank you!*



south east water

We are extending a big thank you to the **House Project Centre**, **Peacehaven** and **East Sussex Water 2024 Community Chest Fund**, who have given us grants so we can undertake our water catchments system. This will allow us to water our trees during the warm weather season. We will bring you updates, when the project gets underway.

# Peacehaven and Telscombe Bowls Club - Open Days:

## Come and try lawn green bowling for free in May

The Bowls Club is situated near the Big Park on Piddinghoe Avenue, we are holding two Open Days, Saturday 25<sup>th</sup> and Monday 27<sup>th</sup> May between 10:30 am and 15:30 pm on both days. Everyone is welcome, please wear casual clothes and training shoes, we will provide the bowls equipment and provide some coaching, come and have a go, have a look round the Club, and meet some of the members.



The Club is actively seeking new members from the local area especially Peacehaven and Telscombe. Take a look at our website for further information and see what we do - the link is <https://www.peacehavenbowlsclub.com/>

Hope to see you soon.

## “Southern Stomp” Line Dance Club - Easter Fundraiser

Our Line Dancers have once again generously supported another charity fundraiser; this time it was our Easter fundraising event for our local Community Supermarket and raised a total of £131.50. With this money we purchased lots of Easter treats for local families and individuals to enjoy over the Easter holidays and hopefully brought a little extra comfort. We would like to personally thank all those who took part in the Raffle for ‘Big Ted & his Easter Egg’, (won by Teresa Strawford).

The Community Supermarkets are just part of the many services organised by the Seahaven Community Development Association and are held weekly in Newhaven and Peacehaven, for more information contact 01273 517250 or visit their website: [www.sussexcommunity.org.uk](http://www.sussexcommunity.org.uk) We would also like to thank all our dancers for their fundraising efforts every Christmas and Easter and their regular weekly food donations, it all makes such a difference.



“Southern Stomp” Line Dance Club  
Celebrating 28 years in Line dance  
Web: [www.southernstomp.com](http://www.southernstomp.com)  
Tel: 01273 587714  
E: [southernstomp@btinternet.com](mailto:southernstomp@btinternet.com)

# *murder mystery event*

## WHO KILLED THE HOLIDAY REP?

By Chris Martin



### Can you spot the murderer?

*featuring hits of the 60s*



Friday	Saturday	Saturday
7th	8th	8th
June	June	June
7.30 pm	2.30 pm	7.30 pm



## COMMUNITY HOUSE - PEACEHAVEN

PEACEHAVEN  
**PLAYERS**  
Theatre Group   
Entertaining Peacehaven & Telscombe

**TICKETS**  
[www.peacehavenplayers.co.uk](http://www.peacehavenplayers.co.uk)  
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Peacehaven Information Office  
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(All attractions/stalls are subject to availability)

Avis Road Recreation Ground  
Denton BN90PN  
Saturday 8th June  
1 - 5pm

# Denton Community Challenge

## Family Fun Day

Join us at Denton Community Challenge - a community event with a sporting theme! For a small fee children can participate in the various challenges set up by local sporting groups and receive a rosette and a burger or hot-dog upon completion.

To take part, just buy a scorecard from the main tent and then complete as many challenges as you want. Return to the main tent to collect your rosette and a voucher for a free burger after 3pm.

(while stocks last)



facebook.com/DentonCommunitychallenge  
dentonchallenge@gmail.com

While Denton Challenge will endeavour to ensure the safety of all visitors, it remains the responsibility of accompanying adults & guardians to supervise the children in their care while visiting. All children must be accompanied by a responsible adult and remain the responsibility of said adult at all times. Not all items listed on this flyer are guaranteed to be provided. Should DCC be unable to host the planned event for any reason, no compensation will be payable



# SAVE the DATE

**Martlets' Open Day  
Saturday 29 June 2024**

Join us for an open day at our new Hospice home in Hove for refreshments, raffles and workshops. There will also be an opportunity to tour the new building and gardens.



Places are limited so please register your interest to attend today.



**Martlets**   
life-changing hospice care

MN0098

Charity Registration No. 802145

# Puzzle Page

## Wordsearch - The Cosmos

I	R	S	P	I	L	Z	V	B	G	T	N	B	R	I
Z	T	N	M	O	O	N	S	B	I	C	R	A	U	P
E	X	O	J	X	U	T	E	O	N	T	T	Z	G	V
S	L	I	B	J	E	Y	E	S	T	S	G	O	A	E
R	O	T	I	N	L	I	O	R	E	N	R	J	L	C
E	E	A	A	T	I	O	I	E	R	Q	K	F	A	A
V	F	L	W	F	Z	T	U	M	S	D	W	G	X	P
I	P	L	V	G	U	R	D	O	T	D	E	T	Y	S
N	F	E	A	N	M	T	G	N	E	E	L	A	J	R
U	O	T	T	Q	A	L	G	O	L	E	A	R	E	B
W	E	S	O	B	T	Y	G	R	L	U	T	R	F	O
B	S	N	M	H	T	W	R	T	A	B	P	D	T	V
C	D	O	R	Y	E	T	W	S	R	W	H	F	D	H
S	Q	C	B	E	R	B	T	A	U	Y	B	G	M	L
T	N	S	J	H	C	V	W	P	V	C	J	O	B	J

Word List: Astronomers Atom Constellations Earth Galaxy Interstellar Matter Moons Planet Space Star Universe

## Sudoku

5		7						3
			7					1 2
2		6	3	5				7
	7	3						9
	5			3			7	
		1		7				3
7				9				4
		2	5		4			
4	3		8				6	1 9

### March puzzle solutions

1	6	5	7	8	3	4	9	2
3	4	2	5	9	1	7	6	8
9	7	8	2	4	6	1	3	5
8	2	4	6	5	9	3	7	1
5	1	6	3	7	2	9	8	4
7	9	3	4	1	8	5	2	6
2	5	7	8	3	4	6	1	9
4	8	9	1	6	7	2	5	3
6	3	1	9	2	5	8	4	7

### April puzzle solutions

W	R	O	M	K	Q	A	H	B	A	Y	C	E	P
A	C	K	C	G	D	R	A	S	E	J	X	G	K
L	U	F	S	H	K	U	H	L	V	L	Z	M	I
T	B	G	I	E	A	C	A	U	S	F	L	X	B
Z	J	O	D	D	A	S	V	B	S	H	D	V	K
R	K	A	O	H	R	Y	N	D	W	J	E	A	W
C	L	Y	C	G	P	V	J	B	A	L	L	E	T
Y	T	A	P	K	I	H	O	X	B	L	V	X	H
Z	E	O	C	R	C	E	E	P	M	Q	H	Q	W
J	S	T	R	E	E	T	B	P	B	Z	X	E	G
J	J	S	O	D	T	M	Y	G	D	Q	W	R	W
P	X	E	Z	H	I	A	C	F	B	H	N	U	J
W	M	J	V	Z	C	S	N	Y	F	T	Y	M	O
D	O	K	E	A	A	B	E	G	L	S	W	B	Z
V	D	A	H	B	E	E	Y	Q	O	M	W	A	H

G	O	H	T	K	O	W	G	O	D	X	H	E	B	F
R	W	Z	Y	I	I	O	O	G	L	I	T	L	R	D
W	E	X	E	P	R	Z	M	W	Y	H	G	E	T	R
M	R	D	O	F	X	J	G	B	I	R	D	R	R	D
E	U	B	I	A	K	I	X	A	Q	B	F	R	R	U
G	O	B	G	P	W	R	Z	K	N	O	Y	I	V	D
I	C	X	E	R	S	Q	G	G	W	T	R	U	E	R
Z	J	B	A	E	Q	Q	N	J	V	W	T	Q	S	I
S	J	E	K	Q	B	G	N	Z	F	P	G	S	U	B
S	N	A	I	L	Z	P	N	V	T	I	W	R	O	Y
D	K	E	M	Q	T	K	G	I	T	P	Y	O	L	D
X	W	C	R	B	U	T	T	E	R	F	L	Y	D	A
Q	V	O	O	K	R	W	K	Q	B	Q	Q	R	O	L
J	V	G	W	X	H	Q	R	R	M	O	B	P	O	A
K	Y	T	K	G	B	I	D	M	W	Z	E	X	W	E

7	8	2	4	9	6	5	1	3
1	9	5	7	2	3	6	4	8
6	3	4	1	8	5	2	9	7
2	4	1	3	7	9	8	6	5
8	6	7	5	4	2	1	3	9
9	5	3	6	1	8	4	7	2
4	2	9	8	3	1	7	5	6
5	1	8	9	6	7	3	2	4
3	7	6	2	5	4	9	8	1

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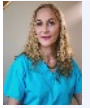
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AETHERBIOS

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### HOW WE HELP YOU FEEL BETTER AT AETHER BIOS CLINIC

I am passionate about helping people feel better in themselves and their bodies. I use a variety of tools to help people regain their abilities as far as possible and to partake in the activities they love. It is less about being perfect, and more about having enough balance and harmony in your system to enable you to live your life to the fullest potential. It is also about understanding how to be with yourself, listen to your body, and know the tools and tricks to help you when you get stuck.

I work holistically to get to the cause of the cause of the cause! The main aim, in the beginning, is to bring relief for your current suffering and symptoms as soon as possible, whether it be pain and limitation, issues with sleep, mental health, digestion, stress, biochemical problems, etc.

Each person and their situation are individual and different at different times. Firstly, I listen to your story, then I listen to your body's story. The body remembers everything that has ever happened to it and knows the best route to recovery – we need to have a way to listen and respond! Being pain-free is not enough, you need to be able to do the things you love.

#### Listening to your story:

I ask you to prepare a concise list of your medical history in advance, to help you answer my questions. I do not read your notes, they are to help you answer quickly and simply rather than using the session as an aide memoir.

I ask you what is troubling you, what you are experiencing, when it started, if it has happened before, and what type of treatment you are having currently, or have had in the past. I will also ask what impact the problem is having on your life.

I also ask about surgeries, accidents, injuries, falls, fractures, illnesses, medication, and family medical history, from day 1. For example, age 6 tonsils, age 15 appendix, age 25 RTA, etc. We will have time for the details later, just need the outline story to make a start towards understanding and recovery.

To complete the health questionnaire and to understand your body and the impact of your life, past and present on your body, I will ask about your systems, i.e. respiratory, digestive, cardiovascular, genito-urinary, reproductive, nervous, musculoskeletal, etc. In other words, how you eat, sleep, feel, excrete, etc. I will ask about pregnancies and deliveries, energy, diet, allergies, and your work and social activities; and also, what you love to do!

At some point during the story, I will explain what I feel may be happening in your body to cause your problem, and how we can work together towards recovery.

#### Listening to your body:

Each step can be adapted and assessed differently when a person is unable to partake, e.g. if they cannot stand, sit, or move well enough for the examination. Osteopathic diagnosis includes neurological, orthopaedic, and movement testing. Using kinesiology muscle testing, where appropriate, fascial loading and listening, and palpation to 'listen' to the body with 'thinking feeling fingers' to determine the cause and extent of the problem and the best course of treatment for the individual. "Listening" continues throughout treatment and bodies often reveal long-forgotten issues (that are held in the tissues). These are often revealed in the posture or tension in the tissues and their release forms part of the longer-lasting healing.

#### Treatment:

Treatment may include stretching, deep soft tissue work, myofascial techniques, adjusting/manipulation, dry needling, home rehabilitation exercises, attention to postural habits, appropriate exercise, and ergonomics. Stress aspects will be considered physically and biochemically, and various relaxation and breathing exercises advised where appropriate.

I will explain my findings to help you understand what is happening to cause and impact your symptoms and problems.

Treatments vary depending on what is needed. I work mostly gently with cranial techniques that can be used on the whole body and reach far into the tissues. Visceral osteopathy is a gentle manipulation of the fascia around the organs, their valves, their connection to each other, and the structure; this can affect structure and function. Kinesiology is a diagnostic tool that can be used to assess structure, function, and biochemistry, i.e. toxicity, how the body chemistry is functioning to impact e.g. hormones, gut function, brain fog, stress, etc.

I have a fantastic library of videos to help support you in feeling better. From pain management, mental health, Kinesiology, Osteopathy, and all your holistic health needs, give me a follow: [Aether Bios YouTube](#)

Lin Bridgeford DO KFRP MICAK MICRA FSCCO Msc Registered Osteopath & Kinesiologist & Senior Yoga Teacher  
Master Hypnosis and NLP Practitioner. Aether Bios Clinic, Saltdean, 01273 309557 07710 227038, [www.osteo-info.co.uk](http://www.osteo-info.co.uk)  
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## Greenhavens Network

It's been lovely to see the swathes of daffodils planted around the coastal towns, along with grass verges beginning to come alive with dandelions which our early pollinators love. Look out for carpets of bluebells this month and hedgehogs which will now be very active. Also look out for a number of birds including swifts which we know like the coastal towns for nesting.

**On Friday 17<sup>th</sup> and Sunday 19<sup>th</sup> May** we will be enjoying the blossom at Peacehaven Community Orchard 10:00 am -12 noon and hear a little about the Orchard and the wildlife that lives there.

**On 23<sup>rd</sup> May** we will be holding our Annual General Meeting. We are currently working on the venue for this and have already secured Weald to Waves who will give us a presentation on their work to improve pollination connections.

**on 1<sup>st</sup> June** Greenhavens Network will be at the Seaford Sustainability Fair at Seaford Head School and on the **13<sup>th</sup> July** at the Peacehaven Town Councils Climate Fair at the Big Park (Centenary Park). Come along to see what local climate action is taking place and how you can make changes to save money and help reduce your footprint.

**On 9<sup>th</sup> June** we will focus on amphibians and reptiles at Peacehaven community garden, details tbc.



**On Saturday 20<sup>th</sup> July** we will be heading to Castle Hill with Dan Danahar for a butterfly walk in the morning and in the afternoon to Peacehaven Community Orchard.

As always please keep an eye on our Facebook and website for other events which are still being planned for the summer to include sessions with wildflower and bat walks and the virtual reality Undersea Experience.

Please get in touch if you or your group would like training or support with projects or if you would like information about improving your own garden (big or small) for nature. If we can't help we can certainly find someone who can.

To sign up for the newsletter at [contact@greenhavens.network](mailto:contact@greenhavens.network) or Facebook 'Greenhavens Network CIO' or check the website [www.greenhavens.network](http://www.greenhavens.network)

*Best wishes Lesley and Greenhavens Team.*

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# Saltdean Townswomen's Guild

## Saltdean Townswomen's Guild A Members Story

### A Members Story of Life in TG

I am delighted to tell you about my history with the Townswomen's Guild Movement.

My family moved briefly from the South of England to Liverpool in 1951 where we stayed for 10 years before moving back to the South. My Mother felt that she had moved back centuries as well as miles. She didn't know a soul in the North of England, so she looked around for a way of meeting like-minded ladies.

She joined the Townswomen's Guild and the rest as they say is history! She was very soon involved in promoting health issues, amateur dramatics, and women's issues of the day. She became part of the many leading strands of the local community. She was President of the Guild before we moved back to the South in 1961 and at that time, Rita Tushingham's mum was also a member.

When I moved to Saltdean in 2014, although my family history here stretches back to 1935, I too found myself not knowing a lot of people outside my circle. Once I settled in, I too joined the TG. and am enjoying every minute of it.

As social Secretary I arrange our monthly luncheon club, and I started a book club which meets at our lovely friendly Salts Café monthly.

The Guild have a monthly meeting with speakers, quizzes and all sorts of activities and outings.

This year we are taking one of the new beach huts once a month for our ladies to meet up, for coffee and fun.

I have met so many interesting and really nice people I am happy to call chums. Do join us, at Martin's Church Hall 2nd Wednesday of month 2 - 4. You will receive a very warm welcome; the picture is a group from our Guild off on an outing.

Written by Sonia Copland on behalf of Saltdean Townswomen's Guild. If you are interested in our Guild, please contact Elaine (01273 302375) Diane (01273 640895) or Pauline (01273 969084) for more details and how to become part of the friendship that goes with being a member.



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# Kempton House Day Centre Success



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We are currently looking for volunteers and someone to do DIY jobs around the property when needed. We are also fundraising for a new kitchen freezer and equipment. If you can make a small donation, head to our Go Fund page, or email Sue at [kemptonhousedaycentre@gmail.com](mailto:kemptonhousedaycentre@gmail.com), or phone 01273 585 984.



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Our reputation speaks for itself with an array of food hygiene Certificates including a current 5 star rating, in addition we have numerous awards of excellence.

**New Chef Specialities Include:** Chicken or Lamb Nashilee, Chicken or King Prawn Nowabi, Sizzler Juliet (Chicken or Lamb), Chicken or Lamb Naga, Paneer Maiai (mild), Paneer Chilli Massalla (Spicy) and Khazana Maloncho•etc.

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**Telephone: (01273) 586595 / 586596**

363 South Coast Road, Telscombe Cliffs, Peacehaven, BN10 7HH

Menu is available at: [www.maloncho-restaurant.co.uk](http://www.maloncho-restaurant.co.uk)

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INDEPENDENT ESTATE AGENTS ESTABLISHED IN 2001