

E-NEWS

No 87 February 2022



Feel Good February



**MENTAL HEALTH &
WELLBEING - SEE PAGE 5**

Making Peacehaven a better place to live, work and visit

From the desk of the Town Clerk



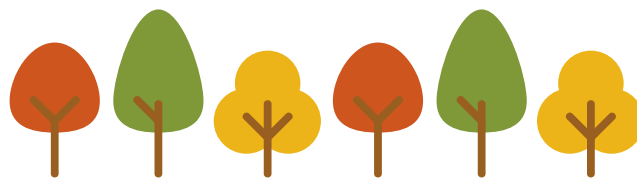
With January behind us and now well into the new year, we can hopefully look forward to a busier and more social year ahead with some stability.

This year we are planning to revive all of our traditional events; bingo, cinema, wrestling, summer fair, just to name a few. We are also looking forward to the return of our regular hirers in Community House. We have a great community facility here, so please have a look at the numerous and varied events that take place.

The Council is currently finalising its new budget for 2022/23. Like everyone else, we are affected by high rises in energy costs and other inflation factors, but we aim to deliver a balanced budget whilst minimising any increases in the Council's Income Tax element.

Also, the Draft Neighbourhood Development Plan is now open for comments. Please take the time to let us have your comments on this extremely important matter for the Town.
See page 8 for further details.

This month we will be taking part in the Queen's Green Canopy, a number of trees will be planted to mark the Queen's Platinum Jubilee. Our Deputy Mayor will plant a tree at Centenary Park on 7th February at 10.15am, Peacehaven schools will also take part along with local organisations. We thank our sponsor Nicola Papanicolaou for donating the saplings for the school children to plant.



Cllr Gloria Hill - Deputy Mayor



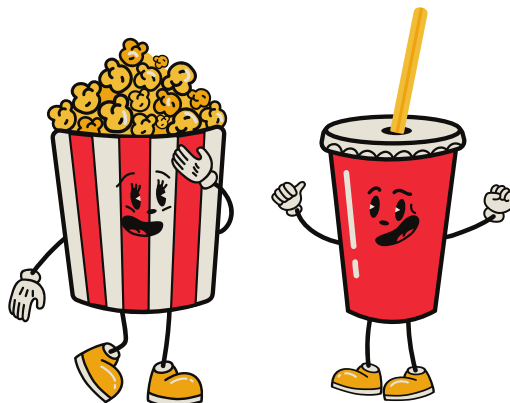
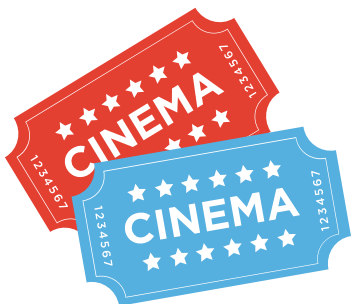
Covid unfortunately is still with us and like the flu we must all be vaccinated and learn to live with it. Let's go forward in 2022 and be positive with our actions.

We all have much to look forward to this year as we celebrate the Queen's Platinum Jubilee. For us it starts on Monday 7th February in the Big Park. We are planting a tree to celebrate 70 years of the Queen's reign. This will be near the Gateway cafe at at 10.15am. Local school children will be present to plant saplings sponsored by Nicola Papanicolaou the owner of The Gateway Cafe`. I would be pleased to see you there on the first of our celebrations, do come along and enjoy the morning. Various plans are in place for street parties in June, I will keep you up-dated.

It is good to see that the cinema is back after a long break. The film showing is West Side Story on Wednesday 23rd February at 7.30pm, in the Main Hall, Community House. Tickets are available from the Information Office priced at £7.

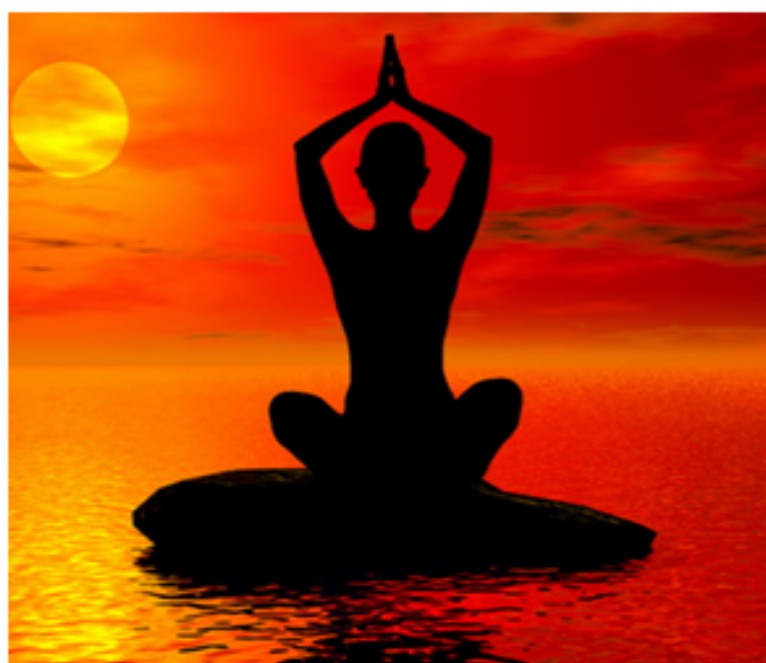
I was pleased to be invited to the launch of SCDA's electric van, which already is proving to be very useful.

Our thoughts and prayers, as always remain with our Mayor Isobel Sharkey who is having treatment for lung cancer I am sure we all wish her well.
Thank you, Cllr. Gloria Hill Deputy Mayor.



Y O G A

Friendly Gentle Classes



**STRENGTHEN & ENERGISE YOUR BODY
CALM YOUR MIND**

PEACEHAVEN MERIDIAN CENTRE

WEDNESDAY'S 10.30am to 11.45am

All levels welcome

Classes combine postures, breathing and relaxation

£10.00 drop-in

For more details contact Savoulla

01273 556327

Email: savoulla@yahoo.co.uk

Website: <http://savoullacyoga.wordpress.com/>

Mental Health & Wellbeing

Looking after yourself in 2022

Tips to Keep your MIND healthy

- Yoga - Proven to increase vitality and energy. Plenty of local classes and YouTube tutorials for beginners!
- Socialise - Take your eyes away from your phone. Play a game with the family or stick some music on and chat about your day / future plans!
- Get outside - Peacehaven is blessed with many well kept outdoor green spaces. It is proven to boost your positivity surrounding yourself with nature, so make sure you get out there and move!

For more information on our outdoor spaces, visit: www.peacehaventowncouncil.gov.uk

Tips to Keep your BODY healthy

- Diet - Limit the amount treats you give yourself, especially after the winter, try to keep yourself occupied to prevent eating through boredom!
- Fitness - Whether outdoors or indoors, beginner or expert, visit <https://www.nhs.uk/conditions/nhs-fitness-studio/> for access to routines. Also, use YouTube for home workouts or find a friend to join you as motivation!
- Lifestyle - Sometimes, it's the small things. Quitting smoking helps your heart, more sleep helps your appearance and less fat increases agility.

If you or someone you know needs help, visit <https://new.eastsussex.gov.uk/contactus/our-contact-centres>

Sussex Mental Healthline
Telephone service offering listening support, advice, information and signposting to anyone experiencing difficulties with their mental health.
0800 0309 500 / Free / 24 Hours

Adult Social Care
Report abuse or neglect, apply for care and support or to get support for a carer.

0345 608 0191 / Local Rate / 8am - 8am / (Out of Hours, press 2)

Children's Welfare Services
If you are worried about a child or teenager who might be at risk or in danger.

01323 464222 / Local Rate / 8:30 - 5pm

(Out of Hours 01273 335 905)

Samaritans
You talk, they listen. To all your worries, concerns, and troubles, focusing on your thoughts and feelings without telling you what to do.

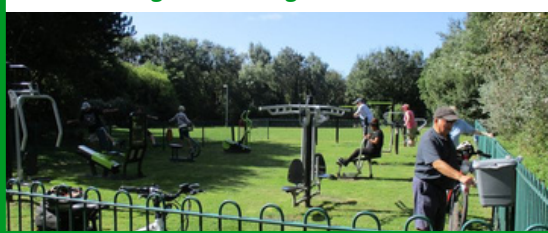
116 123 / Free / 24 Hours



REMEMBER!
We have all been through a lot and made sacrifices recently. You never know what someone has been through. Be kind to those in our community.



If you don't have access to equipment, Peacehaven has its own outdoor gym in Jubilee Park to burn off those winter calories! Please ensure you sanitise and stay safe when using the gym, following government guidelines.



WRESTLING SPECTACULAR



THE countdown has begun!

Wrestling fans can get ready to rumble again at the Meridian Centre next month.

The big show, on Saturday 26th March, will see Peacehaven's first grappling action for two years, and top UK matchmakers Premier Promotions have lined up a star-studded bill to mark the occasion, including the first-ever Meridian appearance of the Bombay Bad Boys.

The fans are well-acquainted with one half of the Bad Boys tag team, Rishi Ghosh, but this will be the first time the self-styled "Prince of Mumbai" has linked up with his brother, "Tiger" Rajah Ghosh, to bring a new brand of mayhem to the Peacehaven stage.

With wrestling now beginning to emerge from an enforced two-year period in which it has been cocooned because of the coronavirus epidemic, the Bombay Bad Boys are determined to make up for lost time and lay down a challenge for the Premier Wrestling Federation tag-team championship, kicking off with next month's Meridian date.

Another colourful international star the fans can look forward to seeing is the high-flying Lion Kid, who has thrilled ringsiders around the globe, including a stint in Japan, while popular Sussex title-holder Barry Cooper will also be among the wrestlers fighting it out in the all-in, over the top rope American rumble, with the last man standing being declared the evening's king of the ring.

To book tickets, contact the Information Office at the Meridian Centre on 01273 585493.

CITIZENS ADVICE WARNS OF THE PERFECT STORM OF ENERGY BILL RISES AND UNIVERSAL CREDIT CUT

citizens
advice

Many households are struggling this winter, particularly those receiving means-tested benefits. Extra help may be available from Lewes District Council or through Citizens Advice.

Sadly, Lewes DC is no longer accepting applications for Household Support Grants. But you might be able to apply for help with rent and/or council tax.

If Housing Benefit or Universal Credit doesn't cover your rent, you might get a discretionary housing payment. Apply online at lewes-eastbourne.gov.uk.

Lewes DC has an exceptional hardship fund providing short term council tax relief to vulnerable clients who get council tax reduction (or who are self-employed and do not qualify). Contact Citizens Advice for more information.

You might be able to pay less council tax or not pay it at all. A member of your household may be discounted, for example, if they have a severe mental impairment. You may be eligible for Council Tax Reduction (CTR) if you have low income.

Free school meal vouchers are available for children in qualifying families for February half-term and the Easter holiday. Talk to your school or contact East Sussex County Council.

Citizens Advice can do a benefits check, to make sure you are getting what you are entitled to. For households in severe need, this winter we may be able to offer cash vouchers for necessities, including food and fuel. We can refer to local charities, like Lions and Rotary.

Contact Citizens Advice on 0808 278 7892 or go to www.citizensadvice.org.uk

Anyone requiring support or assistance should contact us on

- Universal Credit Help to Claim line 0800 1448444
- Adviceline 0808 278 7892 Monday - Friday 9am to 5pm.
- Email advice www.lewesdistrictcab.org.uk
- Chat online to an advisor citizensadvice.org.uk/contact-us

All Council meetings are open for public to attend and watch.

If you would like to find out more about our meetings please email: admin@peacehaventowncouncil.gov.uk

COUNCIL MEETINGS THIS MONTH



TUESDAY 1 Planning & Highways 7.30

TUESDAY 8 Civic and Community Events 7.30

TUESDAY 15 Business Development Committee 7.30

TUESDAY 22 Leisure, Amenities & Environment 7.30

Peacehaven & Telscombe Neighbourhood Development Plan Consultation Opens

The draft Peacehaven & Telscombe Neighbourhood Development Plan (NP) is now ready for consultation with local residents and groups from the 1st February to 14th March.

The NP is a planning document for the local area, that once adopted through a formal process can be used by communities and planning departments to help shape neighbourhoods for the future.

The document will be used to determine future planning applications up to 2030, can encourage greater investment in the area and will entitle local Town Councils to receive 25% of the Community Infrastructure Levy created in the NP area.

The overarching vision is: "Peacehaven and Telscombe Towns aim to be sustainable, with clean air and an environment providing a good quality of life for all inhabitants and neighbourhoods."

Underpinning the vision is the concept of 20-minute neighbourhoods – a compact and connected place where residents and workers can easily access services that meet most of their daily needs by foot, by bike (e-bike and e-scooters) or buggy. Additional services can easily be accessed by public transport, taxi or car.

The neighbourhood plan also sets out the important Local Green Spaces and Views that residents would like to see protected, and areas where development that meets local needs for affordable homes, jobs and leisure can be met.

The two town councils would like resident's views on the Neighbourhood Plan Vision, Objectives, Policies and Projects set out in summary in a leaflet and in full online at: www.peacehaven-and-telscombe-neighbourhood-plan-steering-group.co.uk. There are paper response forms available to collect from Peacehaven Information Office and the Civic Centre, Telscombe complete online (with links from Facebook and the website).

There will be an online presentation and Question and Answer session online at 7pm on 10th February (which will be posted on the website afterwards) and drop-in sessions at Peacehaven Town Council on Wednesday 16th February 2pm to 7pm and at Telscombe Civic Centre on 21st February 1pm to 4.30pm.

All the comments that are received from the residents are collated, the NP amended if needed, and then this is submitted to the Lewes District Council for them to consult formally with neighbouring Councils and landowners. Comments received and a final copy of the NP will be sent to an Examiner appointed by Lewes and the two town councils who will test the robustness of the policies against the evidence and will report back.

If the Examiner is happy that the NP is sound, the Town Councils with the District Council will take the final copy to a local referendum where people can vote on whether to adopt the plan formally.

If adopted, the plan will continue to be reviewed and updated until 2030 when a new plan will be needed. This is start of an on-going living document that will help Peacehaven and Telscombe manage future growth in the area.

Cathy Gallagher, Chair of Steering Group

www.peacehaven-and-telscombe-neighbourhood-plan-steering-group.co.uk

Facebook: Peacehaven & Telscombe Neighbourhood Plan

Twitter: @TelscombePlan

Email: ptsteergroup@yahoo.co.uk

The Dell



The logo for Possability People consists of the word 'Possability' in a green sans-serif font above the word 'People' in a blue sans-serif font, all contained within a white rectangular box.

Possability
People



**Possability
People and
The MS Society
provide a
specialist service
for people with
MS.**

Peacehaven

**Talk to us about
benefits, housing,
money, work and
discrimination.**

Call the team on: 07934 297195 or email ms@possabilitypeople.org.uk



GARDENING TIPS FOR FEBRUARY



Gardening Tips for February

Now is the time to prune winter flowering shrubs that have finished flowering including wisteria, buddleias and evergreen hedges. If you would like to have sweet peas later in the year now is the time to sow them under cover.

Plug plants are available to purchase from most garden centres.

Prepare vegetable seed beds, and you can start to sow early vegetables under cover.

It's important with early potatoes to 'chit' the seed potatoes before planting. This means allowing them to start sprouting shoots. Early varieties are ready to harvest much sooner than main ones and are what is called 'new potatoes'. Main crop varieties are in the ground a lot longer.

Hardy annuals can now be sown in pots to provide colour.

Cut back deciduous ornamental grasses.

Continue to deadhead winter pansies, and they should carry on flowering into spring.

If you have hellebores don't forget to cut off the old leaves.

Prepare the ground for new roses.

If you have been storing dahlia tubers over the winter now is the time to start growing them, place them in a light, warm place to sprout before planting. Do not let them dry out.

Check tree ties and stakes, replace them where necessary.

Happy Gardening!



Alison Standing
Peacehaven Horticultural Society





THE MAIN HALL

Meridian Centre, Meridian Way, Peacehaven, BN10 8BB

FACILITIES

- Stage
- Kitchen
- PA System
- Loop Induction System
- Projector
- 5 Metre Screen
- Tables & Chairs
- Theatre Seating

The Main Hall is an adaptable room for a variety of uses including parties, wedding receptions, conferences, markets, exhibitions, sporting activities, dancing and much more. It has a maximum capacity of 200 people, and has competitive prices.

To enquire about booking and prices, please visit:
<https://www.peacehaventowncouncil.gov.uk/parks-and-recreation/the-hall/> or
ring 01273 585493.

FROM THE MP- LLOYD RUSSELL-MOYLE



It is now clear that with how transmissible the Omicron variant is, that two doses of vaccinations such as Pfizer and AstraZeneca are not enough. Our NHS has been remarkable in rolling the vaccine out as quickly as possible and I pay tribute to all those involved in that effort. But the threat of Covid-19 variants reminds us that we need to continue to work hard to protect those most at risk from the virus.

When we get booster vaccinations, the antibodies we get are better quality and more numerous. The protection we have afterwards is superior to what we had before, because our immune system has learnt to protect us even better than before.

While being vaccinated does not stop anyone from becoming infected, it greatly reduces the severity of the illness, and also the chances of becoming infected. This is especially important when there are more easily transmissible variants, like Omicron.

We now know the effects of Omicron are much milder, but we need to work on getting back to normal and to do so as many people need to get boosted as possible. After being vaccinated there is little difference to how much the virus spreads once someone is infected, but it does reduce the chances of being infected in the first place, and reduces very highly the chances of getting severely ill. It is therefore essential that as many people as possible book their booster jab, to protect themselves and others. None of us want the NHS to be burdened again, nor do we want further lockdowns and restrictions on our day-to-day lives.

I am very grateful to all those on the frontline working so hard to keep us safe. The NHS has walk-in centres across the country, including at the Meridian Centre, and I encourage all of you to get boosted if you can.

You don't need an appointment for a drop in, you can just show up. You don't need to have your NHS number or ID to get vaccinated, but it does make things quicker if you have your NHS number.

It is advisable to bring warm clothing and a drink of water, just in case there is a wait.

Your second Covid-19 vaccinations need to be 8+ weeks since the first dose and the same vaccine type. For Booster Clinics, you will need to be 3+ months from the date of the second dose.

Drop in booster sessions and bookable booster sessions are available and you can see where the drop in sessions are here: <https://www.sussexhealthandcare.uk/keepsussexsafe/covid-19-vaccinations/where-can-i-get-my-covid-19-vaccination/walk-in-vaccination-sessions/>



**IN AID OF THE MAYOR'S
CHARITIES**

**Wednesday
9th February**

BINGO

**Main Hall, Meridian
Centre, Peacehaven
8 games for £4
CASH prizes**



2.00PM START



CINEMA IS BACK!



CINEMA SHOWING: WEST SIDE STORY

AN ADAPTATION OF THE 1957 AMERICAN ROMANTIC MUSICAL

£7 PER TICKET / 7:30PM / WEDS 23RD FEBRUARY

MAIN HALL, COMMUNITY HOUSE, PEACEHAVEN, BN10 8BB

TICKETS AVAILABLE FROM THE INFORMATION OFFICE OR RING 01273 585493





Town Councillors

NORTH WARD

Cllr. Dawn Paul

Cllr.DawnPaul@peacehaventowncouncil.gov.uk

Cllr. Emilia Simmons

Cllr.EmiliaSimmons@peacehaventowncouncil.gov.uk

Cllr. Sue Griffiths

Cllr.SueGriffiths@peacehaventowncouncil.gov.uk

Cllr. Lucy Symonds

Cllr.LucyJoSymonds@peacehaventowncouncil.gov.uk

Cllr. Wendy Veck

Cllr.WendyVeck@peacehaventowncouncil.gov.uk

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Cllr. Catherine Gallagher

Cllr.CathyGallagher@peacehaventowncouncil.gov.uk

Cllr. Christopher Collier

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Cllr. Claude Cheta

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Cllr. Isobel Sharkey

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Cllr. Lynda Duhigg

Cllr.lyndaduhigg@peacehaventowncouncil.gov.uk

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Designed and edited by Deborah Donovan **PTC**
E-News email service by **Madison Solutions**

www.peacehaventowncouncil.gov.uk

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Cllr. David Seabrook

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Peacehaven Town Council



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