



**Local Events, History, Community
News and Special Offers -
Delivered Straight to Your Inbox
Every Saturday...**

Welcome to this week's Dean Scene!

What a wonderfully busy week we have ahead across the Deans!

St Martin's Church in Saltdean has a packed schedule, with its **Friendship Café, Macmillan Coffee Morning** and preparations for the **Harvest Festival** all taking place. They're also collecting food donations on behalf of the **Sussex Community Development Association**. Donations can be dropped into the collection basket in the church foyer, which is open from **9am to 5pm on Mondays and Wednesdays**.

Fancy getting involved in something energetic and community-minded? The **RISE8K Undercliff Run** is looking for volunteers to help with marshalling, supporting runners, water stations, medals, the event village and start-and-finish duties. I've already signed up – why not join me and lend a hand if you can?

There's plenty more happening too, with **choral societies, jazz bands and walking tennis** at Saltdean Tennis Club. If you've never tried it, why not give walking tennis a go? It's a great way to get active, meet people and have some fun!

Something truly special is coming to next week's **Dean Scene!**

We'll be sharing Part Two of **Douglas d'Enno's fascinating series of images of central Rottingdean**, from his wonderful book, "[Rottingdean Through Time](#)". The next collection of images is nothing short of extraordinary, offering another remarkable glimpse into our village's past.

You won't want to miss it!

♥ **And don't forget:** if you'd like to nominate a charity for our **Charity of the Month**, we'd love to hear from you. Simply email lisa@deanscene.co.uk.

Thank you for reading, supporting local and helping make our community so special.

Enjoy this week's Dean Scene! ♥

Best Wishes,

Lisa Staples

Please note: For enquiries, email lisa@deanscene.co.uk. Please don't reply to this newsletter, replies may be missed.

What's Happening In The Deans This Week...

Rockpooling in Ovingdean

Today!

Saturday 19th September, 10am



Family-friendly Rockpooling Events in Ovingdean 19th September 10am

Explore Ovingdean's rock-pools, discover marine life, meet like-minded people, and contribute to vital citizen science. Join us for a free monthly 'bioblitz battle' on Saturday 19th September 10am.

Look out for our gazebo on the beach in front of the cafe.

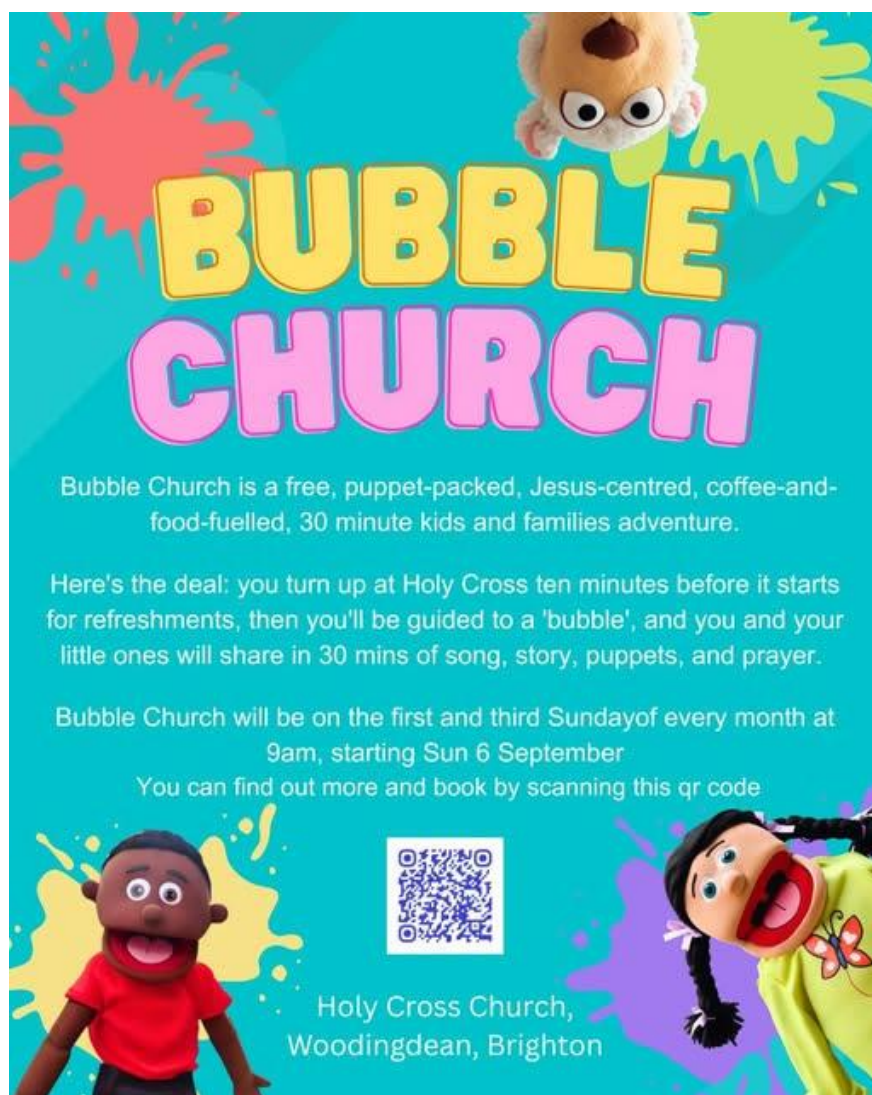
Sophie Crocker, volunteer hub leader, said: "There's something magical about discovering the tiny creatures living in our rock pools. These events are a brilliant way to connect with nature, learn something new, and help protect our coastline. I'm so excited to be leading the Ovingdean hub and can't wait to welcome volunteers and participants to build a community of like-minded people to share the experience with."

Visit our website for more information and to sign up.

You can also find us on Instagram and Facebook.

Visit the Website

**Bubble Church
Holy Cross Church
Sunday 20th September at 9am**



**Friendship Café,
St Martins Church, Saltdean
Monday 21st September
2pm - 3.30pm**



Come and join us at the Friendship Café which operates on the
third Monday of the month from 2pm - 3.30pm

We offer a warm space, a hearty welcome and Refreshments, including home made cakes and a place to chat and make new friends.

We normally have a craft table and a jigsaw on the go most weeks.

We also have a selection of games to play, but if you have a game you enjoy, bring it along to share.

We do not charge for the session but there is a box for donations.

Come and meet us. We look forward to welcoming you.

The Friendship Café Team

South Coast Taxis - 01273 301111

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Scan The QR Code that will take you to our APP

Ovingdean Choral Society
Ovingdean Village Hall
Monday 21st September
7.15pm



Come and try out the **Ovingdean Choral Society** on **Monday 21st September**. Just drop into **Ovingdean Village Hall** at **7.15pm**. We are 40-strong, and the friendliest choir in town. We sing everything from classical favourites to songs from the shows. Anyone who comes gets a *free bottle of wine* - even if you don't join us!

Contact Ewart Woolridge - 07584 496190

Saltdean Lido Quiz Night
Thursday 24 September
7pm - 9.30pm



Hosted by Tom Skinner - winner of 'Best Quizmaster' at the Pub Quiz Awards 2025

Think you've got what it takes to be crowned quiz champion?

Join us for an evening of laughs, friendly competition and brain-teasing fun, hosted by **Tom Skinner**, winner of **Best Quizmaster at the Pub Quiz Awards 2025**.

Expect a fast-paced quiz packed with **classic trivia rounds**, **interactive challenges**, and Tom's signature style that keeps everyone entertained from start to finish.

Take on the **Beat the Gameshow** round, where you'll face exciting twists inspired by your favourite TV game shows, alongside a variety of questions covering everything from music and film to history, sport, general knowledge and more.

Whether you're a seasoned quizzier or just looking for a great night out with friends, there's **something for everyone**.

No obscure trick questions—just **clever, well-crafted rounds that have heads scratching, not shoulders shrugging**.

Gather your team, grab a drink, and get ready for an unforgettable quiz night at Saltdean Lido.

Get Tickets

Macmillan Coffee Morning
St Martin's Church, Saltdean
Friday 25th September
10am - 12pm



Harvest Festival Celebrations

Holy Cross Church
Saturday 26th September
10am - 12pm



St Patrick's Church
Saturday 26th September
6pm



St Nicholas Church
Sunday 27th September
10.30am



St Martin's Church
Sunday 27th September
10.15am



Our Harvest Festival service will be at **10.15am on Sunday 27 September.**

We are collecting food donations for the **Sussex Community Development Association** who run various local community food projects. They are finding it hard to keep stock levels and are particularly asking for tinned veg, tinned fruit, pasta and cereal.

They are also expanding their outreach by giving advice on benefits, housing, social care, and energy. This is to try to help reduce reliance on some of the food services.

We are a collection point at St Martin's Church and the Church is open 9 to 5 on Mondays and Wednesdays if people want to drop off donations in the collection basket in the foyer.

Ovingdean Village Hall
Saturday 3rd October, 6pm



Traditional Harvest Supper and Entertainment

Ovingdean Village Hall - Saturday 3 October 6pm.

Lovely food, local entertainers, live music.

Tickets £10

Ewart Wooldridge (ewart.wooldridge@uwclub.net 07584
496190) and

Pat Couchman (couchmanpatricia6@gmail.com).

Children free!

Walking Tennis
Saltdean Tennis Club
Mondays
10.30am - 12pm



LTA
TENNIS
FOR BRITAIN

WALKING TENNIS

Tennis at your pace

No running, no jumping and you can let the ball bounce twice. Less speed but just as much fun!

When: Mondays, 10.30 - 12 noon
Where: Saltdean Tennis Club, Oval Park, BN2 8SJ
Cost: £3 pay as you go or £25 membership package
Enquiries: Email - saltdeantennis@gmail.com

#LTAOpenCourt #TennisForEveryone

Email For More Info

Business of the Week

YB Aligned



I'm Nush from **YB Aligned**, I'm a **Movement & Alignment Coach** based in **Saltdean**, who helps people feel better in their bodies. I got into this work after living with back pain for over 25 years, and discovering how changing my alignment and movement patterns could really shift that.

Through posture and gait analysis, and exploring injury history and movement patterns, I help people understand what's driving imbalance and pain in the body, then use movement and alignment practices to work towards more ease and effortless daily movement. I know how deeply connected physical and mental wellbeing are, which is why I also love bringing people together with other practitioners through collaborative workshops and events.





What if you gave yourself permission to pause?

Picture this: an afternoon where *nobody needs anything from you*. Where your phone stays in your bag, the to-do list stays at home, and the only thing on your agenda is you!

Six hours to **move your body, soften your mind, and reconnect with yourself** - not just switching off, but stepping into something more. To let your shoulders drop and your jaw release, to feel lighter and more like yourself by the time you leave. This isn't just about rest, it's a chance to actually shift something too, whether that's how you carry yourself, how present you feel, or how much you're holding onto that's ready to be released.

WOWWW (Weekend of Wellness, Women & Woo) is a retreat-style afternoon designed to help you slow down, switch off from the outside world, and reconnect with yourself through **movement, breathwork, relaxation, reflection and connection**. Your chance to step away from the demands of everyday life and explore wellbeing in a welcoming, supportive space.

Whether you're already immersed in wellness and woo or simply curious about some of the practices you've heard people talking about, this is your chance to actually experience them and feel the benefit of what happens when they're brought together in one afternoon. No prior experience needed, no need to know anything in advance - just an openness to immerse yourself in the day and see what unfolds. Book your space now!

Saturday <http://www.ybaligned.co.uk/weekend-of-woo-sign-up>

Sunday <https://www.ybaligned.co.uk/event-details-1/wowww-lets-talk>

Visit The YB Aligned Website

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Ovingdean Village Club Macmillan Coffee Morning Saturday 26th September Donations Needed!



Ovingdean Village Club
We are hosting a
Macmillan Coffee Morning

 Ovingdean Village Hall

 Saturday 26th

 From 10.30am

Tea, coffee & cake

Bar Open 12pm



Bring & Buy Stall
CD's DVD's children's toys, games, jigsaw puzzles & more

COME FOR COFFEE AND CAKE

WE ARE MACMILLAN. CANCER SUPPORT

WORLD'S BIGGEST COFFEE MORNING

Donations needed for our Bring & Buy stall - no clothes/bedding or electrical goods please.

Cake donations also welcome.

You can drop off during our bar sessions Sunday 12.30 to 3pm,

Tues 8.15pm to 10.00pm or Friday 6.30pm to 10pm.

Saltdean Jazz Band



Who we are

Based in Saltdean, we're a group of like-minded people of all ages and skill levels with a passion for playing!

We aim to have fun and bring joy to the community through music!



Get Involved

If you'd like to join the band please contact:
saltdeanjazzband@gmail.com

If you'd like to see us perform make sure you're following us for gig updates!

You can also check out our website for more info:
<http://www.saltdean-jazz-band.co.uk>

Would you like to join our community band? We have space for more players - any instrument (although keyboard and brass players particularly welcome) and no auditions!

Email now to find out more!

Email For More Information

Later In The Deans...

Rottingdean Whiteway Centre Coming Soon..... Inspirational Talks



"Inspirational Talks from Inspirational People in Sussex" - 2026



Ooooh! I remember that! The Evening Argus photographic archive 1930-1993

Andy Garth Saturday 3 October 2026 10.30am



Newhaven Fort - transformation to a Heritage Visitor Attraction

Ian Everest Saturday 24 October 2026 10.30am



The role of predator control in the conservation of red-listed birds on UK farmland

Professor Nick Sotherton Saturday 14 November 2026 10.30am



Our Christmas Celebration: The Moon in Art & Science

Dr Alexandra Loske Saturday 5 December 2026 10.30am



£10 including a tea/coffee & biscuit. To book go to www.rwc.org.uk

As we start September, we are now live with our 2026/27 season of **'Inspirational Talks' at the Whiteway Centre!** We have secured top quality speakers to create an interesting and diverse set of talks, all with a local interest

So, please checkout the link and sign up

We will be sending out reminders before each talk, but expect many to sell out quickly!

And we've held our prices at just £10, which includes a free refreshment and biscuits

Book Now!

RISE 8K Undercliff Run For Women 2026
Volunteers Needed!
Sunday 18th October



We are still in need of LOTS of lovely volunteers to help us at the **#RISE8K Undercliff Run For Women 2026!**

There are a range of roles available including marshalling, supporting runners, water stations, medals, event village and start and finish support.

Its great fun and what's more for any Traitors fans out there, you will get to meet Amanda Collier from season 4!

Sunday 18 October | From 730am to Midday |

Undercliff Path, Saltdean.

If you can spare a few hours, we would love you to join us!

Register to Volunteer Now!

**St Nicholas Church, Saltdean
Tuesday 13th October, 7pm**



**Film show, People's Emergency Briefing -
All about climate change, but not scary,
all about what we need to do!**

Our show date has just been confirmed **Tues October 13th** - this film has been/is being shown thousands of times throughout the UK and there's a petition building to get its message top of the agenda with government. Discussion follows.

Bring your ideas as well as your questions and meet each other so we can make things happen together.

All the best, **Gill (for Saltdean Climate Action Network) 07860515217**

[**Visit The Website**](#)

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