



Hi Nick,

Welcome to October in The Dean Scene!

Where on earth has this year gone? It doesn't seem five minutes ago that we were welcoming in 2026, and now we're already into October!

This month we're delighted to welcome our **October Charity of the Month – Say Aphasia** 💙. We'll be sharing more about the charity and the important work they do, so keep an eye out over the coming weeks.

Halloween is coming! I'm already starting to receive details of Halloween events happening across the Deans. If you're organising something, please do send me the details and I'll be happy to help spread the word!

Something inspirational is happening today!

Rottingdean Whiteway Centre is hosting the first in a series of **Inspirational Talks**, with fascinating stories and speakers lined up. Head to their website and book your place now!

And tomorrow, why not head down to **Saltdean Beach** and support the **Deans Beach & Environment Volunteers** at this month's Beach Clean? It's a brilliant way to do your bit for our coastline, meet other local people and leave the beach looking a little better than you found it.

As always, there's plenty more to discover in this week's **Dean Scene** — local events, community news and lots of ways to get involved.

And don't forget! For enquiries, email lisa@deanscene.co.uk.
Please do not reply to this newsletter, as replies may be missed.

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

Best Wishes,

Lisa Staples

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

Rottingdean Whiteway Centre Inspirational Talks Saturday 3rd October

“Inspirational Talks from Inspirational People in Sussex”

**Ooooooh! I remember that! The Evening
Argus photographic archive 1930–1993**



Andy Garth Saturday 3 October 2026 10.30–12.30

With his guardianship of the Argus photographic archive, Andy will take us on a journey of the trivial to not so trivial events that have been a part of our local news, going as far back as the 1930's. With press photos, the talk will be centred on Rottingdean and the surrounding areas, but will also include Brighton, Hove, people, places and events that will bring back many memories, and you may even find yourself saying "Ooooooh I remember that"!

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

Visit The Website

**The Deans Beach & Environment Volunteers
Saltdean Beach Clean
Sunday 4th October
11am - 12.30pm**



Come along to the Saltdean Beach Clean!

This Sunday, 4 October, all roads lead to Saltdean for our monthly Beach Clean!

We'll be there from 11am-12.30pm - all equipment provided or feel free to bring your own.

Follow Us On Facebook

Anglers National Line Recycling Team



Don't forget, we need your empty aluminium drinks cans to help Steve and the team **Anglers National Line Recycling Scheme** keep their van on the road.

Crush your empties and bring them along to our next beach clean which is at Saltdean on **4 October from 11am-12.30pm**. The ANLRS, all volunteers, need the van to take all our finds to be recycled, so let's all do our bit to help keep them on the road.

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Email Lisa Here

The Grange Gallery Now Until Sunday 25th October

THE GRANGE
ART GALLERY • MUSEUM • TEA GARDEN
The Green, Rottingdean BN2 7HA

Wed 30 Sept - Sun 25 Oct

FROM THE EARTH



Mark Munroe-Preston Alan Pearce Gareth Hayward

ROTtingDEAN HERITAGE
Conserving & Enhancing the Village

Gallery open:
Wed to Sat 10am - 4pm
Sun 1 - 4pm

www.rottingdeanheritage.org.uk

We're very pleased to announce details of our new exhibition

'From The Earth' featuring three distinctive Sussex artists, each with a unique take on their chosen discipline.

You'll find Mark who blends photography, painting and collage, Alan who translates architectural precision into ceramic art and Gareth who paints landscapes in Acrylic and Oil.

The exhibition opens this Wednesday, 30th September and is on until Sunday 25th October.

The Grange Gallery (Rottingdean Heritage) is located on The Green in the picturesque village-on-the-sea of Rottingdean in East Sussex. We are opposite the village pond and The Plough Public House. The exhibition is on a first floor (above Rottingdean Library) and a chairlift is available. Gallery opening hours are Wednesday to Saturday 10.00 am to 4.00 pm and Sunday 1.00 pm to 4.00 pm. Admission free.

Rottingdean Heritage CIO is a locally run charity. Please do look at our website for information on what Rottingdean Heritage looks after in our beautiful village, and please do sign up if you'd like to receive quarterly newsletters.

Visit Rottingdean Heritage Website

Yen's Kitchen



At Yen's kitchen, a family business based in Saltdean in its second year, our passion is for people to experience the joy of Vietnamese cuisine. Yen's food is made with pride in the flavours and cooking techniques found in her homelands dishes.

Behind every dish is so much attention to details that it is not a surprise we get rave reviews about our exceptional flavoursome dishes which can be enjoyed at the Black Horse Rottingdean on Sunday evenings or delivered to you enjoy at home.

Love Vietnamese food already and want to try what many people are saying is the best and most authentic they have had in the UK ? Maybe you want to relive that holiday to Vietnam, or want to try something new tasty and healthy?

You could be enjoying a fresh, tangy salad bursting with different flavours or a warming, comforting broth. The great things about most Vietnamese dishes is you control the amount of spice you add to your dish - add the side chilli's or not.

All of our dishes have a vegan option, in fact, the vegetable pho is our best seller after the chicken curry.

Check us out today!

discover us at

**The Black Horse
Rottingdean
Sundays 6pm**

**Delivery available every
day**

www.yenskitchen.co.uk

**Visit Yen's Kitchen Website and Place Your
Order!**

Brighton Book & Pudding Club

Monday 5th October



Join the **Book & Pudding Club Brighton!**

We meet on the first Monday of every month at 7:30pm at the amazing Laughing Dog in Brighton Marina - with super easy (and FREE!) parking

It's a fun, relaxed evening where we enjoy a delicious drink and pudding, chat all things books, discuss our latest read and help choose what we'll read next!

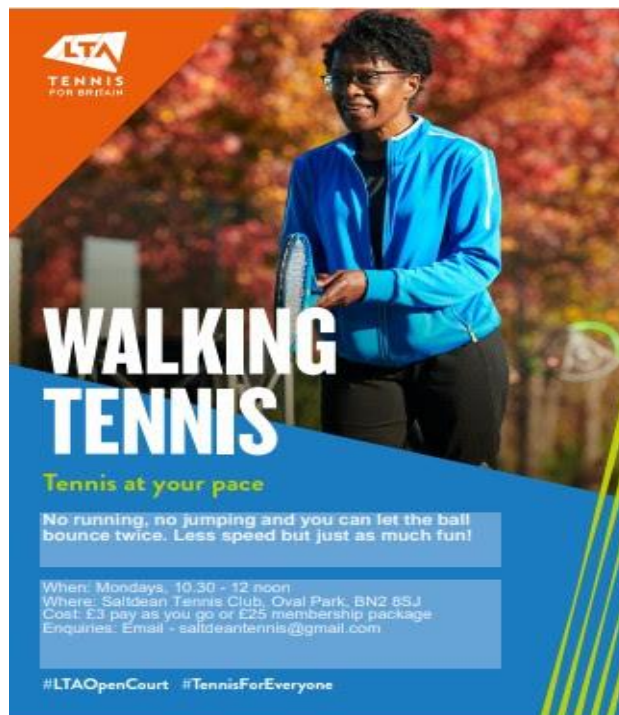
You definitely don't need to be a 'serious' reader - it's just a lovely way to meet people, discover some new books and have something fun to look forward to each month.

There's still time to join us for our October meet!

If you fancy coming along, you can find out more ...:

Join Us Here

Walking Tennis
Saltdean Tennis Club
Mondays - 10.30am to 12pm



Email For More Info

Nuffield Health
Wednesday 7th October, 6pm

A poster for a 'FREE PATIENT INFORMATION EVENT' at Nuffield Health Brighton. The top left has the event title in green. The main text reads 'MEET OUR EXPERT' in large blue and green letters, followed by 'A GUIDE TO HIP AND KNEE SURGERY'. A circular portrait of Mr. Muhammad Imran Chaudary, an Orthopaedics specialist at Nuffield Health Brighton, is shown. The event details are listed: 'WEDS 7TH OCT 6PM' with a calendar icon, 'NUFFIELD HEALTH BRIGHTON' with a location pin icon, and 'CALL 01273 624488' with a phone icon. The bottom features a scenic view of Brighton Pier and the sea. At the very bottom, three icons indicate 'FREE PARKING', 'REFRESHMENTS PROVIDED', and 'TO BOOK YOUR PLACE EMAIL brighton.enquiries@nuffieldhealth.com'.

Join us on Wednesday 7th October at 6pm for a free talk with Mr Muhammad Imran Chaudary, Consultant Orthopaedic Surgeon.

Mr Chaudary will be guiding you through hip and knee surgery, including:



when surgery is recommended



treatment options



what to expect before, during and after your procedure



recovery and rehabilitation

Enjoy free parking and refreshments on arrival.

To book your place,

email brighton.enquiries@nuffieldhealth.com or call 01273 624488.

We'd love to welcome you along.

Charity of the Month - Say Aphasia



A very warm welcome to this month's **Charity of the Month – Say Aphasia!** ❤️

Say Aphasia is a truly worthwhile charity doing some fantastic work to support people living with aphasia and their families. We're delighted to be able to shine a little spotlight on the important work they do in our community.

Say Aphasia was nominated by our reader Monica, who has a wonderful personal story to share about the charity and why it means so much to her.

Here's what Monica has to say... 

My name is Monica Church and I'm a stroke survivor. My first stroke happened 7 years ago and left me with quite severe communication problems. At first the only word I could say was "elephant"! Luckily I had a very good speech therapist and over the years, with lots of hard work, I am now able to hold a reasonable conversation (although my family might raise their eyebrows at that!!) However I still have difficulty with numbers, addition and subtraction are hard, and multiplication and division pretty impossible.

*I now help run the **Woodingdean Say Aphasia** group, which meets every 4 weeks at Holy Cross Church.*

It is a group for people who have had a stroke, brain tumour, accident or brain injury, which has affected their speech, or other forms of communication for example writing and reading, even though everyone's understanding is unimpaired.

*The founder of **Say Aphasia** had a quite severe stroke some 10 years ago and because of this he realised there was a need for a member led support group and the first drop-in group was started in Hove (actually!!).*

There are now 32 groups dotted throughout the country, with each one being led by a person with Aphasia. Our aim is to provide a welcoming, safe space where members can relax with others who understand the limitations of communication. Some of our members have no or little speech.

There are over 370,000 people with Aphasia in the country, but it's still a little known condition because it's a "hidden" disability. Therefore fundraising is very difficult and we rely on our members to try keep the charity going.

*If you know of anyone who has aphasia please contact me and I will happily give you further details of the Woodingdean or Hove Group. Or you may like to visit the **Say Aphasia** website for more information and maybe make a donation?*

Visit the Say Aphasia Website

Later In The Deans...

**Helping Paws
Monthly Fundraising Quiz
Tuesday 13th October**

The Plough Inn
MONTHLY FUNDRAISING
QUIZ NIGHT

SECOND TUESDAY OF THE MONTH

£20 A TEAM | 8:00 PM START | MAX 6 PER TEAM

HELPING PAWS FUN QUIZ & RAFFLE
PROCEEDS TO ANIMALS IN THE UK & OVERSEAS

PRIZE FOR WINNING & LOSING TEAMS

To book please call
07818 402771
Or email
helpingpawsters@gmail.com

HELPING PAWS

Vicarage Lane
Rottingdean
BN2 7HD

Email Now to Book Your Place!

**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!**

Just a reminder about this important film showing and community discussion at St Nicholas' Church Hall on Tuesday 13th October , 6.45pm for a 7pm start.

These showings are taking the country by storm, bonding people together, community by community - it's quite remarkable.

There's also an eventbrite link and it would be very helpful if you could respond to that so we get an idea of numbers.

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

All the best, Gill and the SCAN crew / 07860515217

Visit The Website

Woodingdean Wilderness Group



Woodingdean Wilderness Group
Monthly volunteer sessions 10 am to 1 pm

Sat 17 Oct
Bee bank autumn management
Meet up at the bee bank, South boundary of the lawn memorial park
w3w location /snow.store.penny

Sat 24 Oct
Wildflower planting at the top of Balsdean Rd
Meet up at the corner between Balsdean and Bexhill Road
w3w location /signal.pays.shorthand

Sat 14 Nov, 2:00 - 4:00 pm
AGM featuring a talk by James Power
Author of Bees of Sussex
Advanced booking needed. For further detail, please email us.

Bring your own gloves, covered sturdy footwear, and refreshments
For more info email: info.woodingdeanwilderness@gmail.com
Supported by BHCC city park ranger team: 01273 292929



Woodingdean Wilderness Group Autumn WWG dates for your diary:

- **Sat 17 Oct, 10am-1pm:** Bee Bank maintenance session in Lawn Memorial Park.
- **Sat 24 Oct, 10am–1pm:** Wildflower planting at the top of Balsdean Road, Woodingdean.



Advance notice: You're invited to our Annual General Meeting, 2–4pm, Sat 14 Nov, featuring a talk from local bee expert James Power, author of Bees of Sussex. More details and how to book a place soon.

Autumn here we come



WWG Committee.

The Rockin' Rendezvous
Saltdean Lido
Saturday 17th October



Get ready to **swing, jive, and stroll** to the hottest hits of the 1940s and 1950s at **Saltdean Lido!** 🍷 ✨

Join us for **Rockin' Rendezvous** — an afternoon of non-stop dancing, toe-tapping, and groovin' to the timeless classics that defined an era. From smooth swing and energetic jump jive to soulful doo-wop, R&B, rock 'n' roll, and western swing, there's something to get **every dancer moving!**

Dress to impress in your **finest vintage attire** — think swing dresses, pencil skirts, sharp suits, fedoras, and saddle shoes — and let the rhythm carry you through an unforgettable afternoon. The dance floor is calling, and we're ready to **rock around the clock** with you! 🕺 🕴

Please note: All seats and tables are **unallocated**, so arrive early to grab your spot and make the most of the action.

Book Tickets

FREE Electric Blanket & Heat Pad Testing
Hove Fire Station
Tuesday 20th October
10am - 12pm



**Free Electric Blanket and
Heat Pad Testing 2026**

Tuesday 20th October
10.00 - 12.00

Hove Fire Station

English Close, BN3 7EE

Bring your electric blanket and/or heat pad along for a **FREE** safety check at any of the above events.

If you are unable to attend, please ask a friend or neighbour to bring your blanket for you.

**East Sussex Fire & Rescue Service working
with partners for your safety**

www.esfrs.org



Visit the website

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