



Hi,

Welcome to this weeks Dean Scene!

There's so much happening across the Deans this week that you'll be spoilt for choice! From **Friendship Cafés** and **Youth Clubs** to **Saltdean Jazz Band** looking for new members, there are plenty of ways to get out, meet people and try something new.

And I'm particularly excited to share news of a group at **Rottingdean Whiteway Centre** who play my favourite sport... **table tennis!** Whether you're a seasoned player or just fancy giving it a go, it's always great to discover another local activity.

Tomorrow is a big day on the Undercliff! The **RISE8K Run For Women** is taking place along our beautiful coastline tomorrow morning. If you can, head down and cheer on the runners - I'll be there volunteering and am really looking forward to being part of this fantastic community event.

We're also continuing to shine a light on the important work of **Say Aphasia**, with our reader Monica sharing her personal story and helping us understand more about living with aphasia.

Halloween is creeping up on us! There are lots of spooky events happening across the Deans over the next few weeks, so get those costumes ready and start planning some frightfully good fun!

As always, there's plenty more to explore in this week's **The Dean Scene** - so grab a cuppa, have a read and see what's happening near you!

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

Best Wishes,

Lisa Staples

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

Bubble Church **Holy Cross Church, Woodingdean** **Tomorrow** **Sunday 18th October**



BUBBLE CHURCH

Bubble Church is a free, puppet-packed, Jesus-centred, coffee-and-food-fuelled, 30 minute kids and families adventure.

Here's the deal: you turn up at Holy Cross ten minutes before it starts for refreshments, then you'll be guided to a 'bubble', and you and your little ones will share in 30 mins of song, story, puppets, and prayer.

Bubble Church will be on the first and third Sunday of every month at 9am, starting Sun 6 September
You can find out more and book by scanning this qr code



Holy Cross Church,
Woodingdean, Brighton

The Friendship Café
St Martin's Church, Saltdean
Monday 19th October



Our friendship Café is open 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 as well as a place to chat and make new friends.

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

Nuffield Health, Woodingdean
FREE Patient Information Event
Monday 19th October
6pm



Everything you need to know
about Menopause
and Perimenopause

with Dr Olivia Hum

Join Dr Olivia Hum for an informative and empowering talk to help you understand the changes happening in your body and how to feel your best.

Expert talk with time for your questions

We'll cover:

- What are perimenopause and menopause?
- Common symptoms and what causes them
- Sleep changes, mood, anxiety and brain fog
- Hormone treatment options (HRT) and other treatments
- Bone, heart and long-term health
- Lifestyle, nutrition and wellbeing strategies

Leave feeling informed and supported

- ✓ Evidence-based information you can trust
- ✓ Practical advice you can use straight away
- ✓ Time to ask your questions
- ✓ Support for every stage of your journey

FREE EVENT
6pm
Monday 19th
October

Nuffield Health Brighton
Warren Road
Woodingdean
BN2 6DX

AT OUR BRIGHTON HOSPITAL

BOOK YOUR PLACE NOW

Call 01273 624488

Email brighton.enquiries@nuffieldhealth.com

VERY POPULAR EVENT!

Places are limited – secure your place today!

FREE Patient Information Event – Menopause & Perimenopause

Join us on **Monday 19th October at 6pm** at Nuffield Health Brighton Hospital for a free talk with Dr Olivia Hum, Menopause Specialist.

This session covers everything you need to know about menopause and perimenopause, including symptoms, treatment options, HRT, lifestyle support, and when to seek further advice.

Email To Book Your Place

Saltdean Jazz Band



Fancy making music, meeting new people and having a bit of fun?
Saltdean Jazz Band is looking for new members, particularly keyboard and brass players, but musicians of all instruments and abilities are very welcome!

There are **no auditions, no restrictions and no need to be an expert** - whether you've been playing for years or just fancy getting involved, you'll be made very welcome. Just turn up, pick up your instrument and join in!

The band is also now playing at **The Spanish Lady on the first Thursday of every month**, with several more gigs already lined up for next year.

So, if you live locally and fancy being part of a friendly band that loves making music, why not give it a go?

All instruments, all abilities and new faces welcome!

Email For More Information!

South Coast Taxis - 01273 301111

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[Email Lisa Here](mailto:lisa@deanscene.co.uk)

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](https://www.esfrs.org)

**Nuffield Health, Woodingdean
FREE Patient Information Event
Wednesday 21st October: 6pm**



FREE PATIENT INFORMATION EVENT

Understanding Arthrosamid®: A New Approach to Knee Pain

With
Mr Sebastian Dawson-Bowling
Consultant Orthopaedic Surgeon

 Wednesday
21st October

 6:00 PM

 Nuffield Health
Brighton Hospital
Warren Road,
Woodingdean

 A new, **non-surgical**
treatment option
for knee pain

BOOK NOW >

 Email to reserve your place
brighton.enquiries@nuffieldhealth.com

 Expert
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every day

Join us on Wednesday 21st October at Nuffield Health Brighton for a free patient information event with Mr Sebastian Dawson-Bowling.

He'll be discussing Arthrosamid — a new approach to knee pain and osteoarthritis.

Email Now To Reserve Your Place

'From The Earth'

The Grange Gallery

Until Sunday 25th October



We do hope you'll be able to visit our current stunning exhibition

'From The Earth' which features 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 is open now and runs to 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

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



Email For More Info

**Rottingdean Whiteway Centre
Table Tennis Group
Tuesdays 2pm - 4pm**

Celebrating our User
Groups



**Come along to our
friendly table tennis
group?**



**We're a friendly group who likes to chat and get a bit of
exercise. You don't have to be an expert!**



Weekly on Tuesdays 2-4pm

At Rottingdean Whiteway Centre

Small charge per session

**Have any questions, then contact
Annie on 07790 379284**



Saltdean & Rottingdean Youth Club
Saltdean Lido
Fridays (term time only)
6pm - 7.30pm

 Trust for Developing Communities

Saltdean and Rottingdean Youth Club

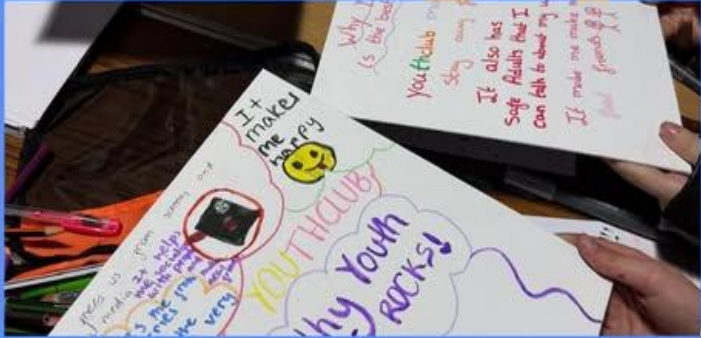
For 11-18 year olds

An open youth space for young people to hang out with activities , tuck shop and youth worker support. Young people decide what the youth club offers each week and there are opportunities for trips out and school holiday activities. Its all free too.

Fridays (term time only)

6 - 7.30pm

Saltdean Lido



Need more info? Contact Caroline Vitta on 07481896892 / carolinevitta@trustdevcom.org.uk

 Follow us on Instagram to stay up to date
|@tdcyouthteam

If you are age 11-18 and would like something to do on Fridays why not come along to the youth club at Saltdean Lido? 6-7.30pm Fridays term time. Make new friends and take part in planning activities - it's FREE!

Email For more Information

Raystede Centre for Animal Welfare Volunteers Needed!



Do you want the chance to meet new people, become part of a vibrant team, learn new skills and support your local animal welfare charity? Then why not join our team of volunteers!

We are currently searching for Welcome Team volunteers to greet our visitors and help them to get the most from their visit.

Full training will be provided. :

[**Read more about the role and apply here**](#)

**Rottingdean Whiteway Centre
Inspirational Talks
Saturday 24th October
10.30am - 12pm**

**“Inspirational Talks from
Inspirational People in Sussex”**

**Newhaven Fort - transformation to a
Heritage Visitor Attraction**

Ian Everest Saturday 24 October 2026 10.30-12.30



Newhaven Fort is a remarkable example of 19th century military engineering and is one of the best preserved Victorian Forts in the country.

Former Fort Manager, Ian Everest, will trace the story of Newhaven Fort, from its origins and construction, its strategic role during both World Wars, its role during peacetime and its subsequent abandonment by the military.

This talk will also cover the fascinating story about the Fort's restoration and its phoenix like re-emergence as a popular visitor attraction. Ian will explain the trials and tribulations of preparing this Scheduled Ancient Monument for opening to the public and what can be enjoyed in a visit to the Fort today.

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

Book Your Place

Charity of the Month - Say Aphasia



As we focus on **Say Aphasia** for the 3rd week , here are a few words from Monica...

I'll be forever grateful to my speech therapist for introducing me to the Hove drop-in group which, at the time, was the nearest to where I live. I was quite nervous the first time I went but I shouldn't have worried as I was made to feel very welcome by everyone in the group. The fact that the group was run by someone who also had aphasia was a real bonus.

*I now run the **Say Aphasia** Woodingdean group, which is a much smaller group with only about 18 members and therefore quite a bit quieter than Hove who has a membership of about 45!*

*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...*



Visit The Say Aphasia 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



Brighton & Hove
City Council



Trust for
Developing
Communities



Sussex
COMMUNITY
FOUNDATION



TCV
The
Conservation
Volunteers

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.

Later In The Deans...

Newhaven Lifeboat Kids Halloween Party Saturday 24th October 4pm - 6pm



**If there's something strange, in the
neighbourhood..
Who you gonna call? !!**

We are holding a Kids Halloween party at the Lifeboat station!

🕒 **Saturday 24th October - 4pm to 6pm**

Halloween crafts, Games and spooky fun!

Limited space.. get your tickets now! £5 per child*

*Children must be accompanied by an adult

Book your tickets here

**FREE Halloween Event
Monday 26th October
10.15am - 12pm
The Grange**



Kick off this October half term with some frightful fun. Join us on 26th October from 10:15am at The Grange. Let's celebrate spooky stories & creepy crafts. Don't forget to dress up in your best spooky attire to win a prize. Extra points for book characters!

Halloween At Saltdean Lido!

Monday 26th October

1.30pm



Get creative this Halloween with our fun-filled Lantern Decorating activity for kids at Saltdean Lido! ✨

Little witches, wizards, ghosts and ghouls can design and decorate their very own spooky lantern to take home. With plenty of colourful decorations and Halloween-inspired creativity, children can let their imaginations run wild and create a lantern that is uniquely theirs.

Perfect for getting into the Halloween spirit, this hands-on activity is a great addition to a fun-filled family day at Saltdean Lido. 🕷️

Come along, get creative and make your own spooky Halloween lantern!

Book Tickets

Tuesday 27th October
11am



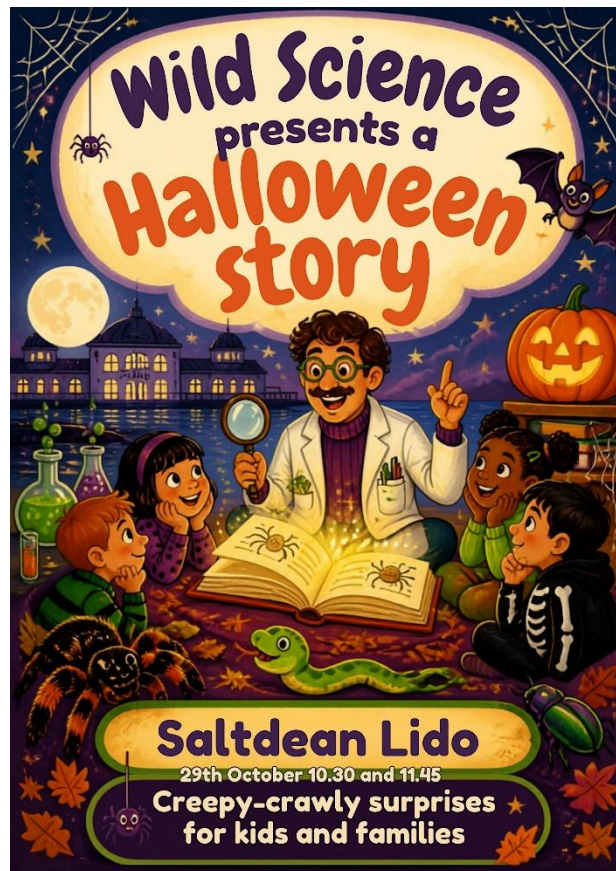
Get ready for some spooky creativity with our Kids Trick or Treat Bag Decorating activity at Saltdean Lido!

Little ones can design and decorate their very own Halloween trick-or-treat bag, adding spooky, silly and magical touches to make it completely unique. From ghosts and pumpkins to bats, witches and monsters, the possibilities are endless! 🕷️ 🍬 🧛

Once their masterpiece is complete, they'll have the perfect bag ready for collecting plenty of Halloween treats! 🕸️ 🍬

Book Tickets

Thursday 29th October
10.30am and 11.45am



Introduce animals through a spooky (but child-friendly!) haunted house story

Our Seasonal Story Shows offer an exciting way to introduce young children to animals through storytelling, interaction, and hands-on experiences. These sessions work perfectly for large groups and combine education with fun, making them ideal for festive celebrations throughout the year.

Each story-led session introduces a wide variety of animals and encourages children to take part from start to finish. Children can see, touch, and learn about the animals in a safe and exciting environment, guided by one of our expert animal presenters.

Our experienced team entertains children from the moment the session begins and keeps their attention right through to the end.

Book Tickets

Saturday 31st October

1.30pm - 3pm

Mexican Alebrijes Family Workshop in Our Haunted Ballroom



Jump into the spirit world of 'Coco' and play with paper and print to create your own Alebrije. This workshop has been designed for children

Alebrijes are brightly coloured, fantastical folk art sculptures that combine elements of different real and mythical animals. Alebrijes are very important in modern Mexican culture. They symbolise creativity, imagination, and the triumph of art over nightmares. Many people also recognise them as the spirit guides in the Disney film 'Coco', which has popularised their association with Día de Muertos celebrations.

You'll leave with your own Alebrijes animal head, made using a pre-cut wooden template and decorated with collage and print. Your spirit animal can adorn your wall all year round, protecting you from the dark and reminding you to have fun! Sam will share tools that you can use to quickly cut paper shapes to add to your Alebrije, including jumbo hole punches, paint pens and stencils.

All materials are provided, so simply bring your imagination and enjoy 1.5 hours of magical making in the beautiful setting of Saltdean Lido. Come along to Saltdean Lido this Halloween and get creative!

Book Tickets

La Catrina Peg Doll Workshop in Our Haunted Ballroom

**Saturday 31st October
10.30am - 12.30pm**



Explore the patterns, textures and colours of Dia de los Muertos, with this fun and imaginative craft workshop in our Haunted Ballroom

Using paint pens, fabric, trims and paper, create your very own 'La Catrina' peg doll, Adult only Craft Session.

All materials are provided, so simply bring your imagination and enjoy two hours of spooky making in the beautiful setting of Saltdean Lido. You'll leave with a finished peg doll inspired by the folk art of Mexico. And, Catrina can adorn your shelves all year round, she's not just for Halloween. The dolls remind people not to fear death, and are a joyful reminder to honor our ancestors.

Sam will share instructions for painting your doll as well as constructing her outfit and accessories. Come along to Saltdean Lido this Halloween and get creative with Catrina!

About the Artist: Sam is an Artist Educator, working across secondary and museum education alongside her studio practice. Having recently completed her Fine Art MA, she exhibits her work in galleries and exhibitions across the UK. Her practice explores traditional textile banners, letterpress printing, collage and photomontage. She is particularly known for transforming old postage stamps, maps and broken clocks into imaginative artworks.

Help yourself to Tea and Coffee from the Hot Drinks Station

Book Tickets

Lido Kids Halloween Party with the Sanderson Sisters
Saturday 31st October
4pm



Join the mischievous Sanderson Sisters for a magical afternoon packed with Halloween fun, laughter and plenty of tricks and treats.

👻 Halloween Party with the Sanderson Sisters! 🧛‍♀️

Get ready for a spooktacular Halloween adventure at **Saltdean Lido!**

Join the mischievous Sanderson Sisters for a magical afternoon packed with Halloween fun, laughter and plenty of tricks and treats. Come dressed in your favourite spooky costume and get ready to dance, play and celebrate Halloween with us!

Expect **spooky games, dancing, music, party fun and magical surprises**, with the Sanderson Sisters bringing their own special brand of Halloween mischief to the Lido.

🕷️ **Costumes encouraged!**

👻 **Tricks, treats & Halloween surprises**

🎵 **Music, dancing & party games**

🧛‍♀️ **Meet the Sanderson Sisters**

👻 **Spooky fun for little witches, wizards, ghosts and ghouls**

Bring your best Halloween spirit and get ready for a fang-tastic party that the whole family will love!

The cauldron is bubbling... the sisters are waiting... and Halloween is calling! 👻 ✨

Book Tickets

Halloween Party
Saturday 31st October
7pm



Get ready for a night of frightful fun as Saltdean Lido transforms for our biggest Halloween party yet!

Dress to impress (or terrify!) and join us for an evening packed with spooky vibes, great music, and hauntingly good cocktails.

👑 Fancy Dress Competition

Bring your A-game because there'll be a prize for the **Best Dressed** on the night! Whether you're spooky, glamorous, creepy or completely outrageous, we can't wait to see your costumes.

🍷 Special Halloween Cocktail

Our bar will be serving a wicked limited-edition Halloween cocktail alongside all your favourite drinks throughout the evening.

🎵 Expect a killer soundtrack, an electric atmosphere, and a night to remember in the iconic surroundings of Saltdean Lido.

Gather your ghouls, witches, vampires and zombies... this is one Halloween party you won't want to miss. 🕷️

Book Tickets

**St Nicholas Church
Light Party
Saturday 31st October
5pm - 6.30pm**



**Open Art Cafe
Rottingdean
Remembrance Sunday 8th November**



Rottingdean Whiteway Centre
Friday 27th November



Rottingdean Whiteway Quiz
Friday 27 November 7pm for a
7.30pm start

Enrol individually or in
a team of up to 6
people

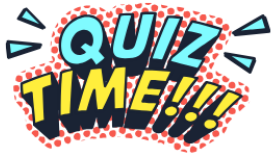
£10 a person



Nibbles and a drink included in price

Paid bar with drinks at reasonable prices

Prize for winning team plus spot prizes



Book at www.rwc.org.uk/specialevents

Book Now!

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