



Hi,

Welcome to this week's Dean Scene!

Halloween is creeping ever closer, and there's plenty of spooky half term fun to look forward to across the Deans this week, with **Saltdean Lido** especially worth checking out!

But first, what a fantastic day we had at the **RISE8K Undercliff Run For Women** last Sunday! An incredible **500 runners** took part, making it the biggest turnout in the event's history. And there's even more to celebrate, as next year marks the **20th anniversary** of the run! We're delighted that **RISE** will also be our **Charity of the Month in December**, so we'll be sharing more about their brilliant work soon.

Fancy a little inspiration today? There's another fantastic Inspirational Talk at Rottingdean Whiteway Centre this morning, so make it along if you can.

We're also continuing to focus on **Say Aphasia**, October's **Charity of the Month**. Our reader Monica has been sharing more about the charity's valuable work, along with details of how to get in touch if you or someone you know could benefit from its support.

As always, there's plenty more to discover in this week's **The Dean Scene** - from local events and community news to ways to get involved and support the wonderful people around us.

Best Wishes,

Lisa Staples

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

**Rottingdean Whiteway Centre
Inspirational Talks
Saturday 24th October
10.30am - 12.30pm**

“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

Last Sunday's RISE 8K Undercliff Run For Women



A huge well done to everyone who took part in last week's **RISE 8K Undercliff Run for Women**. The atmosphere was brilliant, and it was fantastic to see so much support along the route.

I had a fabulous time volunteering too. Who knew handing out bananas could be such a rewarding job?

I'm also delighted that **RISE** will be The Dean Scene's **Charity of the Month** this December.



Visit The RISE Website For More Information

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

South Coast Taxis - 01273 301111

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New Defibrillator Installed In Saltdean!



A new defibrillator has been installed for everyone local to this top end of Saltdean. Chalk Cliff Rd, Falmer Av, Wivelsfield Rd, Bishopstone and surrounding areas. It's by the path to the Downs. Spread the word!

**Rottingdean Royal British Legion
Monday 26th October
2pm at the Plough Inn**



We are naming the large poppies this year with those men & women remembered on our war memorial.

Please come along and help,

It will be appreciated. Just need some patience and a steady hand.
Thank you in advance!

Halloween

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!

**The Spanish Lady
Kid's Halloween Party
Saturday 31st October: 1pm - 3pm**



Get ready for a spooktacular Halloween at The Spanish Lady!

Games, costume competition, prizes & stalls!

Disco with DJ Maxx

FREE ENTRY - bring the little monsters along for an afternoon of Halloween fun!

Halloween At Saltdean Lido!

Tuesday 27th October: 11am



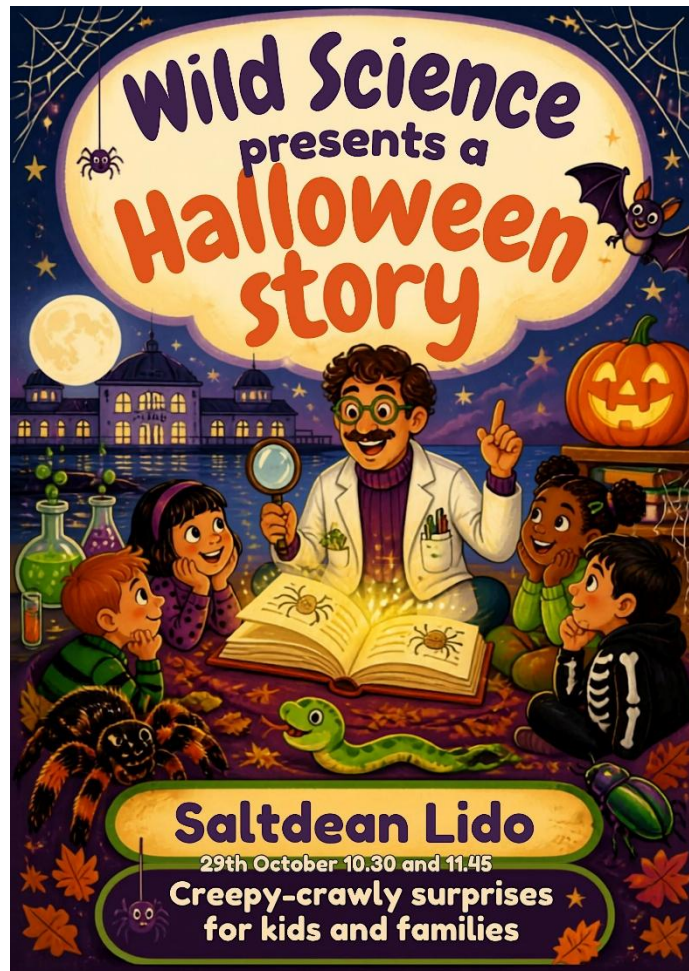
Get ready for some spooky creativity with our Kids Trick or Treat Bag Decorating activity at Saltdean Lido!

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

The Grange Gallery
Wednesday 28th October - Sunday 22nd
November 2026



We are very pleased to welcome **Fiveways Artists** to The Grange Gallery.

We have works by twelve of this very well known group in the Brighton Open House trail and they are exhibiting an eclectic range of works with us at The Grange Gallery.

Artists are Sam Beck, Martin Brown, Linda Church, Jude Clynic, Mark Findlay, Angie Harrison, Hiroko Lewis, Val Mager, Carolyn Nicholls, Jane Palmer, Jing Wang and Eva Wibberley.

The exhibition opens on Wednesday 28th October and is on until Sunday 22nd November. We look forward to welcoming you.

How to Get Here:

The Grange Gallery (Rottingdean Heritage) is located on The Green in Rottingdean. We are opposite the village pond and The Plough Public House. The exhibition is on the 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.

Visit The Rottingdean Heritage Website

Longhill Sports Centre
Adult Badminton
Wednesdays: 6pm - 7pm



The poster is for an adult badminton session at Longhill Sports Centre. It features a bright yellow background with a blue and white illustration of a man and a woman playing badminton. The text is bold and clear, with a large '£8.00 TASTER SESSIONS AVAILABLE!' in a blue circle. The session is for '16 YRS+' and is 'RELAXED • FRIENDLY • ALL ABILITIES WELCOME'. It takes place on 'WEDNESDAYS 6-7PM'. A call to action says 'BOOK PRIOR TO SECURE YOUR PLACE!'. The bottom section provides contact information and a list of benefits: 'ALL ABILITIES WELCOME', 'IMPROVE YOUR SKILLS', 'STAY ACTIVE HAVE FUN', and 'GREAT COMMUNITY'. The Longhill Sports Centre logo is in the top left and bottom left. The bottom of the poster has a blue banner with the text '★ GET ACTIVE. • MEET PEOPLE. • ENJOY BADMINTON! ★'.

LONGHILL SPORTS CENTRE

ADULT BADMINTON

16 YRS+

RELAXED • FRIENDLY • ALL ABILITIES WELCOME

£8.00 TASTER SESSIONS AVAILABLE!

WEDNESDAYS 6-7PM

BOOK PRIOR TO SECURE YOUR PLACE!

A relaxed, all-abilities badminton session where beginners can learn the basics and experienced players can sharpen their skills. Activities are tailored so everyone feels comfortable, challenged, and part of the group.

- ALL ABILITIES WELCOME
- IMPROVE YOUR SKILLS
- STAY ACTIVE HAVE FUN
- GREAT COMMUNITY

COME ALONG, HAVE FUN & HIT YOUR GOALS!

LONGHILL SPORTS CENTRE

longhillsportscentrestaff@longhill.org.uk
www.longhillsportscentre.co.uk
01273 391683
Longhill Sports Centre
Longhill School
Rottingdean
BN2 7FR

BOOK PRIOR TO SECURE YOUR PLACE!

★ GET ACTIVE. • MEET PEOPLE. • ENJOY BADMINTON! ★

Visit The Website

**Rainbow Community Projects
Holy Cross Church, Woodingdean
Friday 30th October
1pm - 2.30pm**



Email For More Information

Charity of the Month - Say Aphasia



As we continue to highlight **Say Aphasia** for the 4th week , Monica tells us about one of the great activities Say Aphasia arrange for the Woodingdean Group ...

This month the Woodingdean group went on an outing to Arundel Wetlands. The weather was very kind considering the day before the outing it hadn't stopped raining all day. A few members decided not to go, for various reasons, and so I stayed at Holy Church with a couple of volunteers, some members and a carer and we were able to have a nice chinwag!!

*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

The Deans Beach & Environment Volunteers
Ovingdean Beach
Sunday 1st November
11am - 12.30pm



As winter approaches, the seas are stepping up - and that means more ocean litter for us to find and remove.

Join us at [#Ovindean](#) on 1st November from 11am-12.30pm for our next organised [#beachclean](#) so we can find and remove as much rubbish as possible. Thanks to the lovely Steve and team [@anglersnlrs](#)

[Anglers National Line Recycling Scheme](#) if we can sort it, then they can recycle it, so please make some time at the end of the clean to help us sort as much of the rubbish we find as we can.

Bring all your friends and family down to [#Ovingdean](#) - we think we could be busy! Especially if these big waves continue to pound the coast.

We look forward to seeing you at the next beach clean
on Sunday 1st November at Ovingdean Beach!

Later In The Deans...

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



Raystede Pop Up Pet Advice
The Mewes Vets, Peacehaven
Thursday 5th November
10am - 3pm

Raystede Pop Up Pet Advice



Join us for:

- Pet wellbeing checks and health advice
- Dog training tips and behaviour advice from our qualified behaviourist
- Weight and microchip checks
- Talk to us about adoption and fostering!

Drop in to our **FREE** pop-up session at

The Mewes Vets

44 Lincoln Avenue, Peacehaven BN10 7JU

Thursday 5 November

Dog Behaviourist available

10am - 3pm

For directions and
future dates, please
scan the QR code



Registered charity no 237696



The Raystede team are working really hard to support families struggling with dogs whose behaviour may not be perfect, to try to reduce the number of dogs handed back to rescue.

The pop-up behavioural advice is free and aims to sign post dog owners who may be struggling towards managing their problem dogs without having to give them up.

Rottingdean Whiteway Centre
New Course from 10th November!

New Autumn course



Everyday Strength - with Julia

Tuesdays - 5 weeks from 10 November (6.30-7.15pm) - £29

Strength or resistance training isn't just for bodybuilders or fitness fanatics, it's for everyone. The evidence for the benefits of strength training keeps growing and includes;

- Improved physical function and a leaner body
- Better weight management
- Lower risk of heart disease, diabetes, and cancers
- Improved mood and body confidence
- Healthy Ageing

stay
health

In this 45-minute class, we'll do a series of exercises targeting arms, leg and core. No previous experience is required and the class is suitable for all fitness levels but will include some floor exercises.

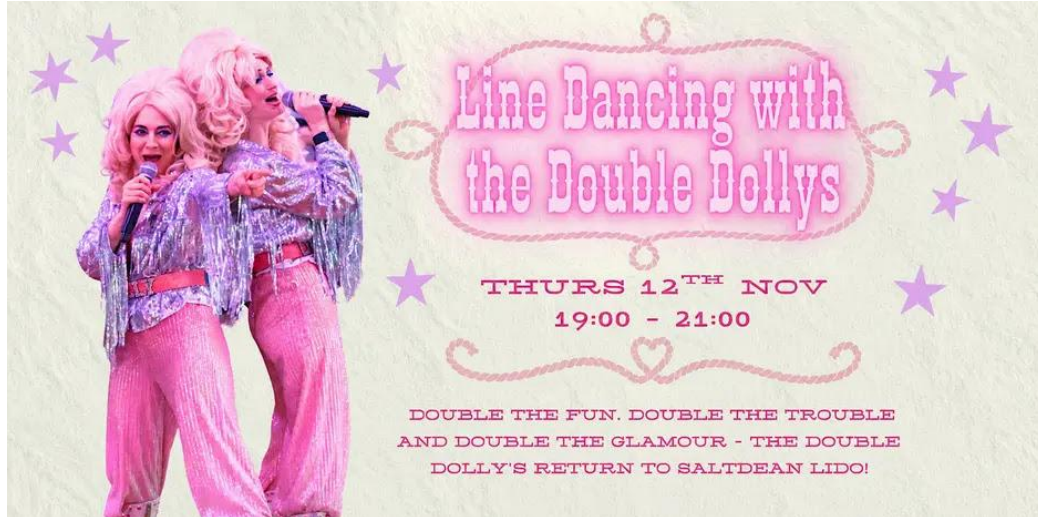
You'll notice the results in just 5 weeks!



Book online at www.rwc.org.uk

Book Online

Line Dancing With The Double Dollys
Saltdean Lido
Thursday 12th November
7pm - 9pm



Howdy there! **The Double Dolly's** return to Saltdean Lido! Dolly Parton has been cloned as the world needs more positivity, love and joy.

Double the fun, double the trouble and double the glamour!

So, join The Double Dolly's for an hilarious hoedown, featuring live Dolly Parton hits, raucous comedy, and extraordinary line dancing.

Bring your mates, or your Nan for a do-si-do at this inclusive, feel good show.

Dressing up as Dolly, or a cowboy is highly encouraged as there will be coveted prizes to be won.

It's the place to be after you've finished your 9 to 5. So shine like a diamond in a rhinestone world and head on down!

Can we get a Yee-Haw!

All seats/tables are unallocated and on a first-come-first-served basis

Book Your Tickets Now!

**The Deans Repair Cafe
St Nicholas Church
Saturday 14th November
10:30 - 12:30**

Reduce waste: share and learn new skills



The Deans Repair Cafe

Sat 14 Nov, Repair Cafe 10:30-12:30

St Nicholas Church Hall, 40 Saltdean Vale, BN2 8HA

FREE community event. Just find your non-working **small home electricals**, eg, lamps, kitchen and garden tools, vacs, mixers, anything with a plug. **PAT testing** available. Also mechanicals (may not have a plug) such as floor sweeper, small rickety table, etc. Also **clothes, crafts, upcycling projects** for our **stitchers** to look at. Come with your **computer queries**, too, for our experts to advise on. Be prepared to stay, soak up knowledge, or just drink tea and chat. New fixers, welcome!

Donations: yes please, to cover insurance (but don't worry if you can't)



Energy advice and update on all things
Saltdean Climate Action Network, also available.



Facebook: Deans Repair Cafe
deansrepaircafe@gmail.com



07860 515217

**Woodingdean Wilderness Group
Holy Cross Church Hall
Saturday 14th November
2pm - 4pm**

**Woodingdean Wilderness Group
Annual General Meeting 2026**

 **The Bees of Sussex: A Talk
by Author James Power**

Saturday 14th November 2-4pm
Holy Cross Church Hall,
Warren Rd, BN2 6BD
Doors open 1.45pm for a 2pm start.
Light refreshments provided after the talk.

 **Discover our wild bees
Meet the expert
229 Species. 1 County.
Protect our Pollinators**

**To book a place please email:
info.woodingdeanwilderness@gmail.com**

Woodingdean Wilderness Group

Join us on Saturday 14th November 2026, 2-4pm, at Holy Cross Church, Woodingdean (BN2 6BD) for the Woodingdean Wilderness Group Annual General Meeting.

We'll be sharing a brief review of the year, holding committee elections, and welcoming special guest speaker James Power, author of The Bees of Sussex, presenting "Ten Bees and the Stories They Tell".



Tea, coffee and homemade cakes provided.



RSVP: info.woodingdeanwilderness@gmail.com



RSVP NOW!

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

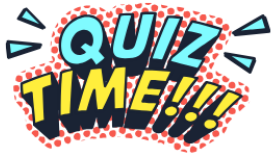
£10 a person



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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