

Another successful 'Lucky Dip'



Thanks to everyone who attended the Lucky Dip Christmas market – it was a fabulous success. Extra thanks to all the volunteers that made it possible! Having the road closed was a huge bonus and meant we had a lovely performance space. The group has already met to start planning the next market which will be in June (date to be confirmed). Email Liz Lee if you would like to reserve a stall, want to perform or just get involved: elizabethlee@trustdevcom.org.uk

Photo Tracey Hill – for more photos of Lucky Dip Dec 2013 go to Flickr at <http://bit.ly/1eiSAMn>

Planting Up Hollingdean

Hollingdean with Brighton Permaculture Trust were successful in their application for extra funding to plant 100 trees in Hollingdean.

So on **Sunday 16th February 11.00am** we will be meeting at St Richards Church, Beal Crescent, to start this exciting project.

Come and join us to plant a tree (and help offset your carbon footprint!). Children welcome; the Community Chef will be providing us with yummy food to keep up our energy levels. This day will be run as part of the 'Roots' movement – this means our partners, a village in Kenya, will also be planting trees.



Brighton Community Acupuncture

Mondays 10am till 8pm at the Hollingdean Community Centre

Treatments from £8 to £25

Are you in pain or suffering from health problems?

If so, acupuncture could help. Used for thousands of years to alleviate pain and restore, promote and maintain health, acupuncture, like all medicine, often requires a course of treatment in order to be effective. However, the high cost of treatments often prevents people from being able to commit to enough treatments to get themselves better, and stay better.

At Brighton Community Acupuncture treatments are offered on a sliding scale from £8 to £25 to make acupuncture affordable and accessible to all. Acupuncture can be used to treat a wide range of illnesses and symptoms.

For more information, or to book an appointment, please call: 07964 291417, or e-mail us:

info@brightoncommunityacupuncture.co.uk, or check out our website: www.brightoncommunityacupuncture.co.uk

Monthly conservation volunteer work sessions - FHBW

Come & join us looking after our local woods. **Sun 2nd March** - Burstead Woods: Butterfly Glade and Gorse Patch clearance.

Sat 5th April - Clear glade in Hollingbury Woods Meet 10am at the flint barn beside the Roedale Cottages in Hollingbury Woods. (see website for map). All welcome! Call Gill 07719 943237 on the day if you can't find us. More details: info@fhw.org.uk or www.fhw.org.uk

Calling local artists...

Now we have planters in the Dip and Crestway the next part of the project is to have some art work. We are looking for local artists to take this part of the project forward. Email if you are interested and/or want more information – and thanks to those who have already contacted us. Liz Lee elizabethlee@trustdevcom.org.uk



The Latin-inspired, easy-to-follow, calorie-burning, dance fitness party.

Feel the music and let loose.

Every Wednesday at 6:30 - 7:30pm

St Richards Church Hall
Beal Crescent
Hollingdean
Brighton BN1 7BU

No need to book
Just drop in
All fitness levels welcome
£6 (£4 concessions)

For more details and
a full class list find me at:

www.matthewblacklock.zumba.com



Brighton & Hove Healthwalks Archaeology of the Hillfort

Following last year's highly successful Archaeological exploration of Hollingbury Hill Fort, we have once again invited Archaeologist Dr Matt Pope back to lead our weekly Health walk on **Wednesday 19th March**.

Dr Pope grew up in Hollingdean and his very friendly style, his enthusiasm, and his easy to comprehend interpretation of the Hill Fort site, generated many requests to invite him back, and he has generously once more made space in his very busy work schedule to return to his old stomping ground



The walk will start from Hollingdean Childrens Centre, Brentwood Road (№ 50 bus stops opposite) at 11.00am, is about two and a half miles over moderate terrain (although probably not buggy friendly). We would ask walkers to arrive about 10.45am to register for the walk. New Healthwalkers will need to complete a simple health questionnaire.

There is no charge to go on the walk but in order to gauge numbers, it would be useful if you could email richardlovett46@gmail.com if you intend coming. For information on this and all other Healthwalks, visit www.brighton-hove.gov.uk/healthwalks or telephone 292574 or 292564

Kellogg's Gives Local School a Helping Hand at Breakfast Time

St Joseph's Catholic School, received a boost in January after food company Kellogg's awarded funding worth £400 to help support the school's breakfast club.

Kellogg's launched its nationwide 'Help Give a Child a Breakfast' campaign last September and will be donating two million breakfasts to school breakfast clubs in the most deprived areas in the UK to ensure that the children who need it the most, get the best start to the day.

The breakfast club at St Joseph's, which has been running for eight years, is a very successful venture run by Mrs. Arnold and Mrs. Cox. When they were told about the funding they said "This grant will really help our club and we are looking forward to spending the money on nutritious breakfast for the children and play equipment. Our pupils say that they enjoy coming along to breakfast club. It is an essential service for working parents and an opportunity for our pupils to get a great start to the day".

Drop in Weaning Session

Children's Centre Mon 3rd March 12.30 – 1.30pm.
Come and get information on weaning, ideas on food to give your baby and a taster session.
Contact Fiona on 295803 for more details.

Movers and Shakers

**Drop-In Pre-school Music & Movement Group
Tuesdays during term-time 9.45am -11.30am
at Hollingdean Community Centre**

We're a friendly group and love to move and make music together. Each week we have about 40 minutes of music-making, singing & dancing followed by a healthy snack for the children and tea/coffee for the adults.

£3 per child/£1.50 each additional sibling or £1.50 conc/50p sibling. **First session free!**
30p tea/coffee

Contact Hilary 07708 052724 for details



Angela Serna – Childminder
Hollingdean Terrace

I am a Latin American mother of 3 now looking after children in my own home. We cook, dance, learn a little Spanish and have fun in a loving and secure family environment.

T: 01273 945768 / 07551 066616

E: vivachildcare@gmail.com

W: www.vivachildcare.com

Planting in the Park

The regular planting days in Hollingdean Park are on the last Sunday of the month – the next two are on **23rd February** and **30th March** when we will be planting trees. Meet in the park at 11.00am – stay for as long as you can.



Registered Osteopath - Matthew Abbott

To Help Relieve Your Pain

Matthew offers a friendly, professional service from his home in Hollingdean. He specialises in the treatment of:

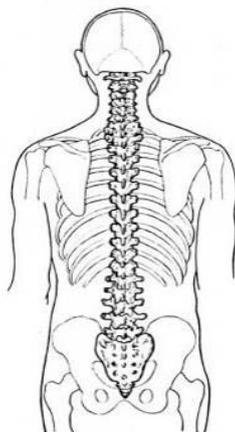
- Back and Neck Pain
- Sports Injuries
- Sciatic Pain
- Muscular and Joint Pain
- Stress Headaches

He also specialises in the treatment of mothers, during and after pregnancy, and newborn babies who may be unsettled after birth, using cranial treatment.

Osteopathy is a gentle way of restoring balance to the body and allows for natural healing.

Reduced treatment cost £35. For an appointment or advice call 0771 2221333 or 01273 540543 (after 8pm)

web: www.brightonosteopath.net



Community Day at Hertford Junior School

The school welcomed families into their amazing garden and grounds for their first Community Day on Saturday 11th January.

More than 85 people, from grandparents to toddlers, came together to work and play in glorious sunshine, as much needed garden maintenance was carried out. The transformation was spectacular! Children also took part in: pond dipping with Sussex Wildlife Trust; games and orienteering with Active for Life; creating clay creatures, and bread-making for a shared lunch. "We found about 30 newts in the pond" said Louis aged 9, "and some dragonfly larvae. They bite!" Joe aged 10 added, "I can't believe how much we got done. It was great fun"

The event, which was part-funded by Hollingdean Neighbourhood Fund, was put on jointly with Project Grow, a new social enterprise started by parents, Kate and Hilary. Project Grow works with the school to encourage greater use of the outside space. "We were overwhelmed by how many people wanted to help" said Hilary, "and it was *really* lovely to see so many enjoying the space – we're so lucky to have this special setting right next to the South Downs National Park." The **next Community Day** is on **February 8th** 10am to 4pm Contact projectgrow@yahoo.co.uk for details.

Eating Awareness

- Do you wonder why you reach for food even when you are not hungry?
- Fed up with yo-yo dieting?
- Do you want to improve your relationship with food and your self-esteem.

Then this new 8 week course is for you.

It starts on February 27th from 10.00-12.00 at Hollingdean Community Centre, and is £12 for the whole course – just £1.50 per session. Open to all.

Call Jan Eaton on 07891 325 819 for more information and/or to book a place



Make sure Hollingdean knows about your events!

Hollingdean News is published every 2 months & 3,200 copies go out to residents & venues. We are a group of residents who volunteer to raise funds, produce & deliver this newsletter. Tell us & we'll get the word out! 07963301570 or hollingdeannews@hotmail.com

Build your own handheld games console

Workshop at **Build Brighton** in Rodhus,
16-30 Hollingdean Road, BN2 3AA

Saturday 22 February 11am–2pm.

Give the X Box a run for its money as you create your very own hand held games console - from scratch! All the bits and pieces are supplied - solder it together and you'll be ready to go - you'll even be able to start programming your own games for your new machine.

This is a basic to medium complexity soldering workshop suitable for adults and older children (under-16s must be accompanied by a parent or guardian). The workshop includes everything you need to build your games console - even the batteries! We'll also supply the tools and guide you through the build.

We welcome all levels, from electronics newbies right up to those who are experienced using Arduino and are interested in designing customised gadgets. Maybe you just want a geeky toy you made yourself – it's all cool.

Workshop details: <http://bit.ly/1edum67> or call Build Brighton on 358263

Book your place: <http://bit.ly/19NBUAE>

This workshop is part of the Brighton Science Festival, Full programme: www.brightonscience.com

DRAPER

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- Bitumous coal:** Twice a year.
- Oil:** Once a year.
- Gas:** Once a year

A swept chimney is a safer chimney
Call Christina on 0771 2583299

Active for Life activities Hollingdean Community Centre, Thompson Road

In Shape for Life

Weekly fun fitness sessions and healthy living advice

Suitable for all levels – work at your own pace!

Friday mornings 9.30 – 10.30am

Only £1 per session

Contact Laura Wood 01273 293458 for more information

Youth Yoga (11 – 18years)

Become more flexible and tone up!

Fun and relaxed classes for all abilities

Thursdays 5.15 - 6.15pm

Only £2 a session

Contact Bryony Radford 07540281211 for more information



HOW TO FIND US ON-LINE

email: hollingdeannews@hotmail.com
web: hollingdeannews.wordpress.com
Fb: www.facebook.com/hollingdeannews
Tw: [@hollingdeannews](https://twitter.com/hollingdeannews)
phone: **07963 301 570**

News From Councillor Jeane Lepper

Over the last few weeks I have received many complaints from Hollingdean residents about missed refuse and recycling collections, with some roads waiting for 3 weeks.

Official Council advice is "if refuse or recycling has been missed leave bins out and we will collect them as soon as we can." But, of course, the longer the delay the more likely it is that, as wheely bins fill up, people will have to use bin bags which become a prey to seagulls and foxes, with recent high winds making matters worse. Although the Christmas backlog has been cleared Cityclean has had continuing problems throughout January.

Last year refuse rounds were altered and collection days changed and, despite local objections, the Council extended the opening hours of the Upper Hollingdean Road recycling and waste transfer station. They claimed all this would improve the service and reduce backlogs. Clearly it has not worked.

If you still have a problem in your road it is vital that every missed collection is reported to Cityclean on 292929 or through the Council's website so that the extent of the problem is clear to those in the Council's administration who make the decisions.

I will continue to monitor the situation.

Labour and Co-operative Party Councillor for Hollingdean and Stanmer

Can you help deliver Hollingdean News?

HN is produced and distributed voluntarily by local residents. We need help to deliver to **Tavistock Down** - could you spare a bit of time for this street? Telephone 07963 301 570 or email hollingdeannews@hotmail.com

Contacting your Hollingdean & Stanmer Councillors:

Jeane Lepper Labour & Cooperative Councillor
jeane.lepper@brighton-hove.gov.uk

Christina Summers Independent Councillor
Tel: 01273 291158 Mob: 07557 197595
christina.summers@brighton-hove.gov.uk
Twitter: @SummersCM

Sven Rufus Green Councillor
sven.rufus@brighton-hove.gov.uk

or you can write to them at:
Brighton and Hove City Council, Kings House,
Grand Avenue, Hove BN3 2LS

The solution to our parking problems?

When I first moved to Brighton I had a car. After a few months I realised that I was using it very little so I sold it and joined a car club. This gives me access to a car when I need one, and saves me money and hassle. No more insurance, MOT, car tax or servicing: all I do is book, show up and drive!



City Car Club, has vehicles in allocated spaces throughout the city. There's one on Preston Drive and Sandgate Road near Ravens. Members can book any car anywhere in the country. I've sometimes

used a car at Brighton station to drive somewhere after getting a train. There are also vans available. You can book online or over the phone. Cars are available 24 hours a day.

To get into any car club car, hold your membership card over the reader on the windscreen and the doors will unlock. The key is in the glove box together with an in-car computer which you use to confirm your booking and extend it if necessary. When you use a car you have to bring it back to the same parking space. If it's low on fuel, you need to fill it up using the fuel card in the car.

The annual membership fee is currently £60 and the hourly rate is around £5-7 depending on the size of the car. There's also a mileage charge which covers fuel, currently 23p. I've used the car club for occasional big supermarket shops, Homebase, the tip, when I have people visiting, picking up furniture I've bought on E-bay, visiting people in remote villages and longer trips. I generally use the same car, but when this is not available there is always another one. I've found the staff on the helpline really helpful when I need a bit of guidance or mess up my booking!

People who use a car less than around 4,000 miles a year would save a lot of money – hundreds of pounds a year - by getting rid of their car and joining a car club. There would be no more worrying about parking permits or spaces. And car clubs could be part of the solution to the ever-increasing pressure on road space: a single car club car can take 20 other cars off the road.

Resident Tracey Hill

Membership Offer

The Personalised Travel Planning (PTP) Team, based at Hollingdean Community Centre, have some free one-year City Car Club Membership Vouchers, plus £10.00 free drive time, to give away to residents who would be interested in giving City Car Club a go. For more details please contact Stephen Kelly, PTP: stephen.kelly@brighton-hove.gcsx.gov.uk, telephone 290561 or pop in to Hollingdean Community Centre, Thompson Road.



February & March 2014

To add, remove or update an event, please email hollingdeannews@hotmail.com

Mondays

Children's Centre (Sure Start)

8am-6pm: Cherry Tree nursery

9.20am-4pm appt only: Midwife antenatal clinic (☎ 295623)

10-11.30 Dad's Stay & Play - art, play, snacks, singing. More info centre reception 295623 or Kieron Buckley 295803

10-11.30am: Healthy child clinic drop-in 3-5pm 1st Mon of every month appt only: Home birth matters

1-2.30pm Child Health programme for new parents 295803 more info

Hollingdean Community Centre

Community Acupuncture 10.00am - 8.00pm (☎ 07964291417)

City Gate @ The Dip 6.30-7.00pm

Contemplative Taizé service

Hertford Junior School

6.30-8pm: Gymnastic Club, girls only, vault, floor & beam (☎ 07795 008772)

Tuesdays

Children's Centre (Sure Start)

8am-6pm: Cherry Tree nursery

9.20am-4pm appt only: Midwife antenatal clinic (☎ 295623)

9.30-11.30am: Mosaic under 5's Stay & play drop-in for black & mixed parentage families

10am-12 noon Information, Advice & Guidance sessions : find out about getting back to work, courses and training opportunities. David Page 01273 294674 to book appt

Hollingdean Community Centre

9.45-11:30am: Movers & Shakers, Pre-school music & movement group £3 (£1.50) ☎ Hilary 07708 052724

12.30-2.15pm: Kiddiwinks playgroup & lunch (☎ Shirley 236160)

3.30-4.30pm: Popdance for ages 5-11, £1 (☎ Laura 07771 389461)

7.00-8pm Pilates booking essential : (01273 293458)

Moulsecomb Forest Garden 10am-3pm: Drop-in work day

St Richard's Church

12.45-2.45pm: Evergreens over 50s club: fortnightly meals, outings & more (☎ Arlene 559996)

Stanford Ave Methodist Church

6.30pm Cubs 7.30pm Scouts

Youth Employability Office (The Dip)

3.30-5pm Hollingdean Youth Forum ☎ Claire 07766132601

Wednesdays

Children's Centre (Sure Start)

8am-6pm: Cherry Tree nursery

9.20am-5pm appt only: Birth stories: midwife support following difficult births, partners welcome (☎ Jane 295268)

10.00-11.30am Stay & Play, Baby & You play with your 0-5 yr olds. Safe space for babies, activities for children, info & chance to meet other parents.

1.30-4.30pm MACS Money advice for Council tenants & leaseholders 664000 to book

11am-12.30pm: 2.5 mile health walk to Hollingbury Hillfort (☎ Darren 292564)

City Gate @ The Dip

6-7.15pm term time Woodcraft Elfin group bchwoodcraftfolk@hotmail.com

Hertford Junior School

6-7pm Hollingdean Joggers (adults) (Laura ☎ 293458)

Hollingdean Community Centre

10am: Yoga, £4.50 (£3.50 conc) if pay for half a term in advance, £5.50 (£4.50) drop-in rate ☎ Laura 07771 389461

3.30-6pm: Little Darlings, free playgroup for ages 3-6 with additional needs (☎ Sharon 676213)

Stanford Ave Methodist Church

12.30pm Lunch Club (Marjorie 508275)

1.45 Parents, carers, toddlers & babies

6.00pm on GB Explorers, Juns, Sen Brigaders - All start again in Sept

St Richards Church

Zumba class 6:30-7:30pm. Drop-in £6 (£4 concessions).

Thursdays

Children's Centre (Sure Start)

8am-6pm: Cherry Tree nursery

9.20-4pm by appointment only: Midwife antenatal clinic (☎ 295623)

City Gate @ The Dip 7.30-9.00pm NCT 'Relax, Breathe & Stretch' class contact Rose Barden on 07769 891135

Hertford Junior School

8.45am: Parents' coffee morning

6.30-8pm: Gymnastic club, girls only, vault, floor & beam (☎ 07795 008772)

Hollingdean Community Centre

9.45-10.45am Pre School Yoga £3.50

4.00-5pm Kidz Yoga £3.50

5.15-6.15pm Youth Yoga (11-18 yrs) £2

6.30-7.30pm Adult Yoga £4

Contact Laura 07771389461

Fridays

Bethesda Healing Centre, URC

Christian Centre, Saunders Park Rise

7-9pm 2nd & 4th Friday of month: Prayer for healing, all welcome of whatever faith or condition (☎ 07999 268261)

Children's Centre (Sure Start)

8am-6pm: Cherry Tree nursery

9.30-11.30am: English classes for speakers of other languages. Crèche provided (☎ Friends Centre 810210)

Hertford Infants School

9-10am: Parent & carer coffee morning pre-schoolers welcome (☎ 552931)

Hollingdean Community Centre 9.30-10.30am In Shape For Life £1 per session (Laura ☎ 293458)

11.30-12.30 Yoga core strengthening £4 per class Bryony 07540281211

Moulsecomb Forest Garden 10am-3pm: Drop-in work day

Saturdays

Hollingdean Community Centre

Children's Dance 9.30-11.30am

(☎ Shirley 236160)

First Sat of month 11am-12.00:

Councillor Jeane Lepper's advice surgery (☎ 291169)

Lower Roedale Allotments

10am-12noon: Store hut open

Roedale Valley Allotments

9am-3pm: Store hut and tea hut open

St Richard's Church

1-2.30pm fortnightly: Lunch club: two-course meal & tea/coffee, £3.50 (☎ Arlene 559996 to book)

Friends of Hollingbury woods

Woodland work sessions 1st weekend of the month (alternating Sats/Suns)

See www.fhbw.org.uk for specific dates

Stanford Ave Methodist Church

First Sat in month: Farmers market 10.am-2pm

Sundays

Hertford Junior School

10.30am: Christ Church Brighton

(CofE), Friends & family meeting

(☎ Carl 553207)

Stanford Ave Methodist church

Services 10.30am & 6.30pm

Locations

Children's Centre (Sure Start)

Brentwood Road. ☎ 295623 Cherry Tree Nursery 296052

CityGate @ The Dip

119d Hollingdean Terrace : info office@citygate.org.uk

Hertford Infants School

Hertford Road. ☎ 552931

Hertford Junior School

Lynchet Close. ☎ 557341

Hollingdean Community Centre

Thompson Road. ☎ 236160

Hollingdean Park Lynchet Close

Lower Roedale Allotments

Off Lynchet Close. ☎ 504977

Moulsecomb Forest Garden & Wildlife Project

Crespin Way, ☎ 07988 837951

Roedale Valley Allotments

Off Golf Drive

St Richard's Church

Beal Crescent

Stanford Avenue Methodist Church

Corner of Stanford Avenue and

Southdown Avenue

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