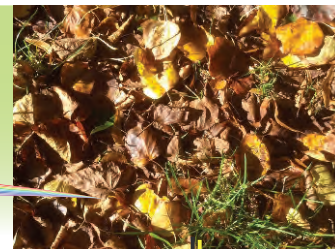


Landport Residents' Association

Autumn 2022 Newsletter



The Landport Residents Association Summer BBQ



Thanks to fine summer weather, there was great turn-out for the BBQ on Wednesday 24 August.

Hundreds of local residents enjoyed karaoke, various prize draws, games for all the family and the best dog show this side of Crufts.

The police car was a big attraction for the children and many also took advantage of NHS Health Checks provided by Foundry Healthcare Lewes. Wendy Older (Practice Nurse) who attended for the first time described the BBQ as a 'joyful community event' where information about services and feedback could be shared. 20 Blood pressures were recorded at the BBQ and four individuals required further monitoring and one further investigation with a GP.

The event, which was co-sponsored by the Landport Residents Association and Landport Food Stores, was thought by many to have been the best yet.



Help and support available

As the cost-of-living crisis starts to bite, it's worth knowing that the Council has put together information on all the support currently available on the website:

www.lewes-eastbourne.gov.uk

Simply type 'help if you are on a low income' into the enter search text box and then press return. There's also a benefits and grants calculator which gives you an idea of what you might be entitled to. You can find this in the same way by typing 'how much am I entitled to?' into the enter search text box.

If you don't have access to the internet, you can also call us on: T: **01273 471600** or write to us at:

Income Maximization and Welfare,
Lewes District Council,
Southover House, Southover
Road, Lewes, BN7 1AB



This Affects YOU!

The Landport Residents Association are holding a public event at the Community Hub (Landport Road, BN7 2SU).

The meeting will take place between 2pm and 4pm on 22 October and

everyone living on the estate is welcome. We want to hear how the cost-of-living crisis is affecting you and explore ideas about what we can do to support each other.

There will be refreshments and food provided, along with helpful information available for you to take away on the day.

We look forward to seeing you!



Wave Community Bank opens help point

To support residents through the cost-of-living crisis, Wave Community Bank are providing a help point drop-in at the Tenants Resource Centre, 2A Horsfield Road every Wednesday between 10 and 12 noon with no appointment necessary.

Wave, formerly known as the East Sussex Credit Union, is well established and now has a membership of over 9,000 people with savings of £4.4million and lending of £2.5 million, much of which is to people most in need. There are a great range of savings accounts on offer including PrizeSaver where you can win £5000 from a monthly draw simply by saving, and Wave Save which helps you reach your savings goals for holidays, Christmas, a new car or anything else, and for peace of mind, all accounts are protected by

the Financial Services Compensation Scheme (www.fscs.org.uk).

Wave also offer flexible and affordable loans from £500 to £35,000 which



wave
community
bank

Serving East Sussex, Brighton & Hove, Kent & Medway

have a savings element, so borrowers build a savings pot too. Applying for a loan is quick and easy through the website or via the mobile app.

Wave Membership offers great benefits including 20% off Brighton & Hove Buses annual tickets, 15% off Freedom Leisure annual membership in Brighton & East Sussex, free use of the Quo Money app to help you take control of your money, webinars on money management and access to lots of money management advice. Membership has a one-off fee of £5 and you need to deposit £1 to open your savings account.

The Wave team look forward to meeting you on Wednesdays, so please drop in and get the financial advice you need with no obligation.

E: www.wavecb.org.uk

T: 300 303 3188 (weekdays 9.30am – 1pm)

E: info@wavecb.org.uk

Community bus outings consultation update

Councillor Shirley Sains ran a consultation in the June newsletter to see who was interested in community bus outings to garden centres, beauty spots, shopping centres and lunch venues.

Regrettably due to the lack of interest, Shirley has reluctantly decided to give up trying to arrange any trips this year but will try again next year so watch this space!



Landport Table Tennis

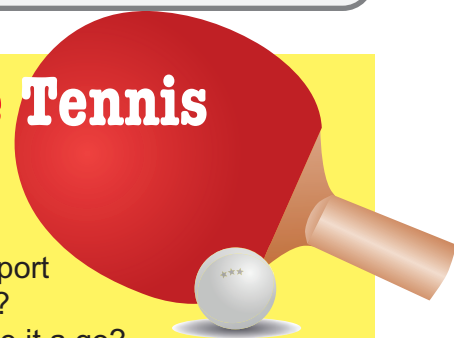
Do you play table tennis?

If the answer is yes, would you be interested in playing at Landport Community Hub during the day?

Or would you come along to give it a go?

The idea is to have a 'Bat and Chat' morning or afternoon once a week to start, but this could be increased if there's interest. You'd come along for a game of table tennis with refreshments provided so you can chat and relax with other players after a game. Bats and balls will be provided but if you have your own bat then bring it along.

If you're interested in 'Bat and Chat' please call **Tony** on **07536 177608** to let him know.



The Landport Foodbank

Delivering the Foodbank has become increasingly difficult due to growing numbers and the logistics involved in running the service, but thanks to a fantastic team of volunteers, many of whom live on the estate, a great job continues to be done in challenging circumstances. Currently 38 families, 28 singles / couples are using the Foodbank. 66 households comprising 88 adults and 94 children - a total of 182 people. Many of the clients are working people, which is a worry, but no surprise as the cost-of-living crisis begins to bite.

You can help the foodbank and your community by donating fresh food or other supplies at 2a Horsfield Road on Mondays between 10am and 1pm. Please note, the foodbank is also happy to accept good quality adult clothing, bedding, pots, and pans – basically anything that's still in good condition to pass on. If you need more information or support from the Foodbank, email: debbietwitchen@gmail.com



Community Garden Update...

The Community garden continues to take shape nicely thanks to the support and hard work of local residents. On Saturday 03 September, 9 people came along to the first working group session which was a great success. These working groups will continue on the first Saturday of every month between 10 and 1pm, except for Saturday 22 October

which will replace the Bonfire Night session on Saturday 05 November. An extra session has also been added on Thursday 27 October between 10 and 1pm – everyone is welcome! Drinks and snacks are also available so please come along to join in a range of tasks suitable for beginners or experienced gardeners.



The Landport Community FRIDGE

A Community Fridge is a space where local people can share food, including surplus from supermarkets, local food businesses, producers, households, and gardens. The Landport Community Fridge is an expansion of the award winning Landport Community café, which was set up by Emily Clarke in 2017, and is supported by the Landport Residents Association and the Landport Community Hub.



The fridge has been set up for the community and is being run by the community, with local volunteers opening, closing, and cleaning the space on a rota basis.

The fridge is located next to the Landport Community Hub and will be open Monday to Saturday from 8am to 8pm. Anyone who needs

food can access the fridge as long as some simple rules around food hygiene and labelling are followed.

If you have any questions about the project email: landportcommunitycafe@gmail.com

Pippa's Group Family Support

Pippa's Group will soon be offering free use of its sensory room and nursery facilities at the Landport Community Hub during school holidays for families with pre-school children with special needs.



If this is of interest to you, contact Claire for further info:

T: **01273 483992**

E: **manager@pippasgroup.org**

Councillor Surgeries

Throughout the year, local Councillors have been running drop-in surgeries at the Tenant Resource Centre (2a Horsfield Road) on Tuesday evenings.

The sessions are informal and provide the opportunity to discuss any issues over a cup of tea and hopefully find solutions.

The initiative has been well received by local residents and it's hoped the drop-ins will start again soon so watch this space.

Dates for your diary

Landport Residents Association meeting – Wednesday 26 October from 6.30pm - 8pm at the Tenant Resource Centre (2a Horsfield Road).

27 October – extra working community garden group between 10 and 1pm (Hayward Road)

Litter Pick – Sunday 30 October. Meet at 2a Horsfield Road at 11am.

Regular events

- **Wave Community Bank** – every Wednesday between 10 and 12.30pm at the Tenant Resource Centre (2a Horsfield Road)
- **Litter Pick** – last Sunday of every month

- **Library of Things** – 10.30am - 12.30pm every Tuesday, Thursday & Saturday at the Tenant Resource Centre (2a Horsfield Road)

- **Book Club** – Third Wednesday of every month

- **Move It Wednesday** exercise class from 11am – 12 noon at the Landport Community Hub

- **The Repair Café** - the third Saturday of every month from 2-5PM at the Landport Community Hub (last repairs are booked in at 4.30 pm)

- **Working community garden group** – meets on the first Saturday of every month between 10 and 1pm at the garden (Hayward Road to the right of the Landport Farmhouse)



October
2022