

# Lewes District

# GROW COOK EAT

NETWORK



*Discover local community projects in  
Seaford, Lewes, Newhaven,  
Peacehaven & beyond*



[www.sussexcommunity.org.uk](http://www.sussexcommunity.org.uk) [www.lewesdistrictfoodpartnership.org](http://www.lewesdistrictfoodpartnership.org)

# GROW COOK EAT

Connecting volunteers, activists, teachers, chefs, gardeners, nutritionists and everyone passionate about community growing, cooking & eating together



Lewes District Annual Food Summit in October '23

Hearing from projects in the Grow Cook Eat network

FREE pickling and preserving workshops hosted by Lewes Climate Hub



Apple Picking at Ringmer Community Orchard

Projects across Newhaven, Seaford and Lewes ran 'Harvest Celebrations' - pressing fresh apple juice!



supported by Lewes District Food Partnership

*volunteer*



*learn + share skills*



*meet people + make friends*



*everyone welcome!*



*keep active*



*grow, cook + eat together!*

# upcoming events

find out about FREE and  
LOW-COST community  
events, workshops &  
activities



discover more about  
local projects that are  
passionate about  
Growing, Cooking &  
Eating together

[www.lewesdistrictfood  
partnership.org/get-  
involved/upcomingevents](http://www.lewesdistrictfoodpartnership.org/get-involved/upcomingevents)

or email  
[growcookeat@lewesdistrictfood  
partnership.org](mailto:growcookeat@lewesdistrictfoodpartnership.org)



# Volunteering Opportunities

## Lewes

### **Lovebrook Farm, Kingston- Monday + Tuesday Volunteer Days**

Contact: [rich@lovebrook.org](mailto:rich@lovebrook.org) or [www.lovebrook.org](http://www.lovebrook.org) for more info

### **Lewes FC Community Kitchen Garden**

Fridays

Contact Tony at [info@diversitylewes.org.uk](mailto:info@diversitylewes.org.uk)

### **Lewes House Garden Project**

Tuesdays and Fridays

Contact: [leweshousegarden@gmail.com](mailto:leweshousegarden@gmail.com), [www.commoncause.org.uk](http://www.commoncause.org.uk)

### **Ringmer Community Orchard**

Contact: [commoncauselewes1@gmail.com](mailto:commoncauselewes1@gmail.com), [www.commoncause.org.uk](http://www.commoncause.org.uk)

## Newhaven & Peacehaven

### **Newhaven & Peacehaven Community Supermarkets**

Email: [food@sussexcommunity.org.uk](mailto:food@sussexcommunity.org.uk)

### **Peacehaven Community Garden and Orchard**

Every Monday Morning at 10am in the Orchard

Contact David at [peacehavenorchard@gmail.com](mailto:peacehavenorchard@gmail.com)



## Seaford

### **Seaford Community Garden, Seaford**

Open Wednesdays all year round, and on Saturday mornings in the summer.

Visit: [renaturingseaford.org/seaford-community-garden/](http://renaturingseaford.org/seaford-community-garden/)

### **Peverells Community Garden - Seaford**

Tuesday and Friday from 10am

Facebook: [Peverells Community Garden](https://www.facebook.com/peverellscommunitygarden)

### **The Growing Project - Seaford Leisure Centre**

Contact Karen [friendsofsuttodowns@gmail.com](mailto:friendsofsuttodowns@gmail.com)

### **Incredible Edible Seaford**

Flowerbeds by Morrisons - 2nd Sunday of the Month

Visit: [www.sharingskills.co.uk/incredible-edible-seaford/](http://www.sharingskills.co.uk/incredible-edible-seaford/)

### **Seaford Repair Café & Community Lunch**

4th Saturday of the month.

Visit: [www.sharingskills.co.uk](http://www.sharingskills.co.uk)



Spotlight on

# Friends of Bishopstone Station



In November '22 Friends of Bishopstone Station (FOBs) brought an Art Deco listed station building into use as a community hub.

Every Monday FOBs run 'Meet up Mondays', addressing social isolation and building community resilience. They host a variety of speakers, such as Care for the Carers, SCDA, LDFP, and Greenhavens.

They received funding from Lewes District Food Partnership via a small grant to develop their Community Food Project.

Connecting people to better food through monthly events: plant and seed exchanges, talks on growing your own fruit and vegetables, cookery demonstrations. Establishing a herb garden at the station tended by local residents, creating a supply of fresh herbs for everyone to use.

Contact them directly to get involved @ [friendsofbishopstonestation.org.uk](http://friendsofbishopstonestation.org.uk)

Spotlight on

# Seaford Head School




The Food and Nutrition department invited some year 7 students and parents to prepare and cook a two-course festive meal together. The menu consisted of a festive vegetarian pie and a lemon and raspberry fool. The students showed off their excellent chopping skills and the parents enjoyed making homemade shortcrust pastry.

Thank you to the Lewes District Food Partnership who helped support the event. Please look out for other cook along events to take place throughout the year.



Use the QR code to visit the Grow Cook Eat page on the website. Scroll to the bottom to subscribe to our newsletter and be the first to hear what's going on and other food news in the Lewes District

Do you work with a COMMUNITY GROWING COOKING OR EATING PROJECT in Lewes District or have an idea for one?

A stylized illustration of a person with short, curly pink hair and a yellow turtleneck sweater. The person is shown in profile, facing right, with a large speech bubble coming from their mouth.

"I'm pleased to be a part of the Grow, Cook, Eat Network. It's a great way to meet people involved in these projects, learn more about what they do and share knowledge and experience."

GET IN CONTACT  
we'd love to hear  
from you!

growcookeat@lewesdistrictfood  
partnership.org

# Warm & Welcoming Spaces

## open to the community

### Lewes

**Trinity St Johns** - Wednesdays

**Lewes Repair Cafe** - monthly

**Kings Church Community Space** - Mondays

**Lewes House of Friendship** - Mon-Fri Over 55s

**Christ Church** - Wed 10 - 3pm

### Peacehaven

**Peacehaven Community Supermarket** - Thursdays  
(membership required)

**Kempton House Day Centre** - Wed and Fridays

Ascension Church - Tues, Thur - 12 - 2pm

### Newhaven

**Newhaven Community Supermarket** - Mondays (membership required)

**Newhaven Baptist Church Lunch Club and Tea & Chat** - Wed, Friday

**Hillcrest Community Centre** - Mon-Fri

**Jitterbugs Toddler group** - Denton Island - Monday 10-12

### Seaford

**St Thomas Moore** - Thurs from 1:00

**St Peter's Church** - Last Fri of month from 12:30

**Seaford Baptist Church** - Tues, Wed from 9am

**Life Church** - Saturdays 10 - 12

**Friends of Bishopstone Station** - Mon - 10 - 1pm

**Ringmer Library** - Open Tues - Saturday, various times

**Chailey Free Church** - Wed - 11 - 3pm

**More information about warm spaces and community spaces is available on the Lewes District Council website or google: Lewes District Community Spaces (Warm Spaces)**



GROWING COMMUNITIES  
THROUGH THE POWER OF  
FOOD.

LETTUCE GROW COOK & EAT  
TOGETHER

## GET INVOLVED

[www.lewesdistrictfoodpartnership.org/grow-cook-eat-network](http://www.lewesdistrictfoodpartnership.org/grow-cook-eat-network)



@Lewesdistrictfoodpartnership

If you have an event, project or volunteering opportunity that you would like to share please email us at [growcookeat@lewesdistrictfoodpartnership.org](mailto:growcookeat@lewesdistrictfoodpartnership.org)

or to find out more about Lewes District Food Partnership email us at



[info@lewesdistrictfoodpartnership.org](mailto:info@lewesdistrictfoodpartnership.org)



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