

Edition 10 - 1st November, 2025



Hi,

Hello and welcome to issue ten of *The Dean Scene*!

It's great to see our community of readers growing each week — thank you for being part of it.

As Remembrance Sunday approaches, please let us know about any local services taking place across the Deans so that we can share them with our readers.

Each weekend, we bring you the best of life across the Deans — from local news and events to inspiring people, history, and community stories.

Thanks, as always, for reading and supporting your local newsletter!

Best wishes,

Lisa Staples

P.S. Local business owner? We're still offering our special early opening advertising rates—email me directly or visit <https://deanscene.co.uk/business>

What's Happening In The Deans...

Ovingdean Beach Clean

Sunday 2nd November, 11am - 12:30pm



Come and join **The Deans Environmental Volunteers** monthly beach clean and help keep local shorelines litter-free and protect the sea from pollution.

All equipment is provided – buckets, bags, gloves and litter pickers – or you can bring your own. Feel free to come alone or with friends or family – all ages welcome too!

The group is incredibly friendly and you'll soon find yourself chatting with regulars as you scour the shoreline for “treasure”. In the past the group has found everything from discarded clothing to a set of false teeth, a tombstone and even a false limb!

So why not join the team and see what you can find – it's addictive! Follow **@thedeansvolunteers** on Instagram or Facebook for updates, and look out for their flag on the beach.

[**Check us out on Facebook**](#)

Saltdean Community Hub

Thursday 6th November, 1pm - 3pm

**SALTDEAN
COMMUNITY
HUB**
SUPPORTING HEALTH
& WELLBEING

JOIN US AT SALTDEAN LIDO
Thursday 4th September
Then running on the first
Thursday of every month
1–3 PM



- A welcoming space to meet others and connect with your community
- Friendly conversations over free tea, coffee, and biscuits
- Support from a Social Prescriber to help you navigate services and find practical advice
- A calm and welcoming environment to access local activities, along with health and wellbeing support

**DROP IN
NO NEED
TO BOOK**
CALL 01273 751515
TO FIND OUT MORE

SALTDEAN LIDO

Saltdean Community Hub is back this week!

We're excited to be continuing our partnership with the Social Prescribing Link Worker at [Together Co](#) to bring you a friendly, welcoming space at Saltdean Lido.

Join us for free tea, coffee, and biscuits, enjoy good conversation, and connect with others in the community.

You'll also have access to a Social Prescriber who can help you find advice, support, and local activities for your health and wellbeing.

The first Thursday of every month

No need to book – just drop in.

Call 01273 751515 to find out more.

Line Dancing With The Double Dolly's!
Thursday 6th November, 7pm - 9pm
Saltdean Lido



Howdy there!

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!

Baby you'll be burnin' after doing the electric slide! So saddle up and ride on out to the party of your life!

Can we get a Yee-Haw!

[Book Tickets](#)

Local Arts & Crafts Extravaganza

Saturday 8th November, 10:30 - 3pm

Saltdean Lido Ballroom



"We are organising a fantastic event at the Saltdean Lido Ballroom where there will be 40 extraordinary stalls from local artists and crafts people.

I genuinely don't think you've seen anything like this before.

Apart from some hints below we will have relovered items, actual floral art, paper art, homemade jams and chutneys, cynatypes, photography, hand knitted items, handmade decorations, recycled art, Saltdean Lido art... but I'll let you come and see.

Please do save the date, it will be popular."

Free entry

The last weekend to visit Sue Jones at The Grange

"Personal Journeys with Textiles"



Dr Sue Jones is an anthropologist and social development adviser who spent 25 years working around the world on development projects. Her PhD was a 25-year study of a rug weaving project with a group of Bedouin women – the Bani Hamida - in Jordan.

In retirement at Rottingdean, Sue Jones is making textiles, researching textile production and culture and organising a series of exhibitions at the Grange Gallery.

There is still time to visit this wonderful exhibition at The Grange Gallery

Saturday 1st Nov 10am - 4pm

Sunday 2nd Nov 1pm-4pm



Cut Your Shopping Bill — Without Cutting Quality!

Why pay full price when you don't have to? At **Approved Food**, you'll find incredible bargains on all your favourite brands — from everyday groceries and snacks to cleaning products, pet food, and household essentials — all at up to **70% off supermarket prices!**

How? Approved Food saves perfectly good products that supermarkets can't sell because they're near or just past their "best before" date (not to be confused with "use by"!).

Everything is perfectly safe, great quality, and helps reduce food waste too — good for your wallet *and* the planet.

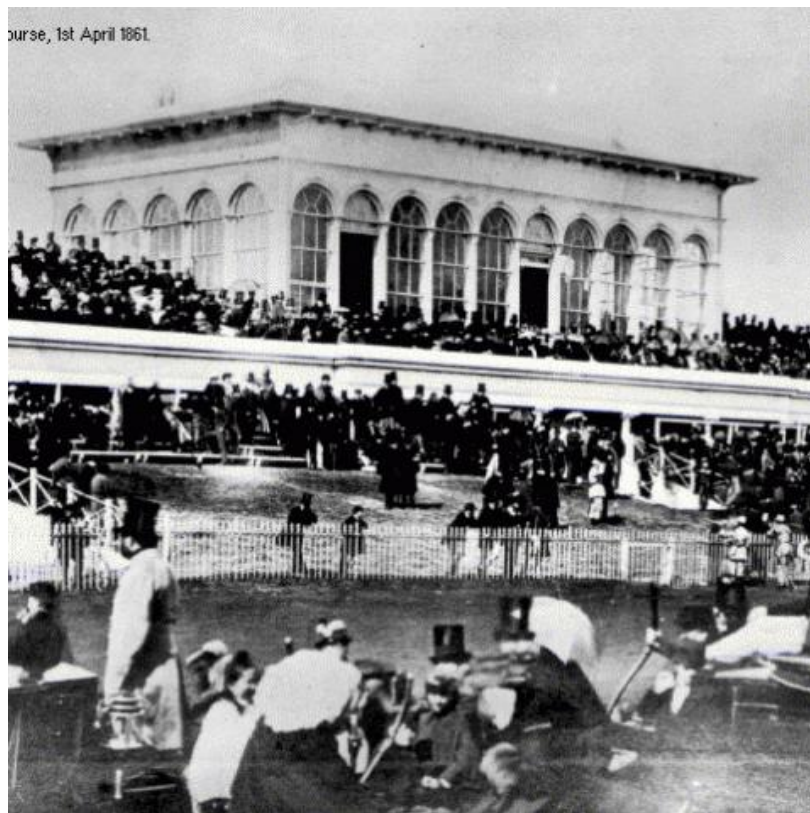
With new deals added every day, you'll never know what gems you'll uncover — it's like an online treasure hunt for smart shoppers!

So, whether you're filling the cupboards, stocking up on snacks, or looking to make your budget stretch further, you'll find unbeatable value waiting for you!

[Visit Approved Food](#)



Brighton Race Course



(Brighton Race Course 1861)

Early Beginnings on the Downs

Racing at Brighton stretches back to the early 18th century, but the first *official* meeting at the current Whitehawk Hill site occurred in 1783.

The site lies about a mile from the coast and perched roughly 400 feet above sea level on chalk downland — so conditions tended to be reliably good for flat racing thanks to that firm chalk base.

One of the more colourful early episodes: in 1805 a massive silver-gilt trophy (the “Brighton Cup”) was commissioned by the then

Prince of Wales (later George IV) for the meeting — a show of royal patronage and local prestige.

▲ Quirks of the Course

The track layout is unusual. Rather than forming a full loop, it's shaped like a horseshoe — starting with a steep descent and finishing with a climb back to the post.

At one time the course extended further across what is now the golf course toward Roedean — meaning four-mile races were once possible!

There's also the windy old chalk-cliff location to add drama: clouds, sea breezes, and even fog drifting in can all make a race feel a bit wild. (One meeting was famously nearly engulfed in thick fog—so thick even commentators struggled to see!)

🎩 High Society & Local Colour

In its early decades, Brighton races were a magnet for aristocracy. The Duke of Cumberland organised the first meeting at the site, and the Prince of Wales was a frequent visitor.

Because of the seaside location, it wasn't just sport — it was an event where society mixed with the seaside holiday crowd. Imagine the fashions of the 1800s, promenading and betting on the Downs with the sea visible in the distance.

There were also amusing little historical headaches: in 1805 the farmer who leased the land for the racecourse demanded payment in **100 guineas or 27 gallons of wine** for the privilege.

Rise, Fall & Revival

Over the years the course had its ups and downs. By the 1990s it was described as needing a major facelift. In 1998 a majority stake was taken by Northern Racing who invested heavily in refurbishing the track and facilities.

Today it is owned by Arena Racing Company, which operates many racecourses across Britain.

Why It Still Matters

- The venue may be one of the smaller-scale courses in terms of prize money, but it retains atmosphere — the backdrop of chalk slopes and sea air gives it character.
- It offers a link between seaside resort life, aristocratic leisure, and sporting tradition — all layered in one place.
- For local residents and visitors alike, a day at Brighton Racecourse can feel like stepping into a slice of history with modern amenities.

“Did You Know?”

- The trophy the Prince of Wales had made for the Brighton Cup in 1805 cost more than £157 — a huge sum for the time.
- The course’s chalk foundation means the surface is “nearly always good” — a very local geological quirk.
- The track’s once extended path meant horses used to race in a reverse direction and loop back via a longer route — something almost unheard of today.



The racecourse in 1860 (top) and the Racecourse today

Coming up in the Deans.....

Nuffield Health - Free Health Talk

Thursday 13th November



Join us on Thursday 13th November at 6pm at Nuffield Health Brighton for an open and honest conversation about men's health with Mr Ruairidh Crawford, Consultant Urologist.

This free event is all about breaking the stigma and encouraging open dialogue around important health topics.

Partners and guests welcome!

Nuffield Health Brighton Hospital

Warren Rd,

BN2 6DX

Call: 01273 627007

Email: brighton.enquiries@nuffieldhealth.com to book your place

Let's talk, learn, and support each other

[Email to Book](#)

National Kindness Day Charity Event

Thursday 13th November



Join us at The White Horses for a special evening this National Kindness Day in support of MacMillan Cancer charity.

Enjoy a delicious three-course menu and smooth vocals with live singer, Henry Green.

Time: Bookings available from 6:30pm to 8:30pm.

**Tickets: ~~£44.50~~ per adult & ~~£24.50~~ per child (under the age of 15)
£10 deposit per person is required upon booking**

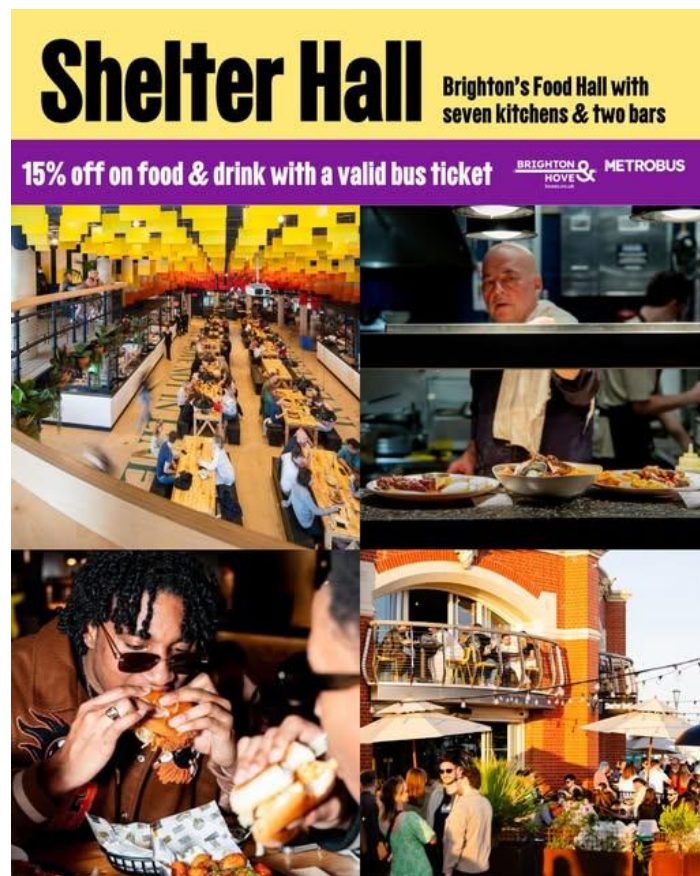
Proceeds supporting MacMillan Cancer Support

Reserve your table today, pre-order is required.

The White Horses, High St, Rottingdean.

[Reserve Your Table](#)

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