



70 Years of the Saltdean Residents' Association 1934 - 2004

The history of the Saltdean Residents' Association (SRA) is closely linked to the growth of Saltdean. The SRA was founded in 1934 to represent residents of the developing area in establishing and preserving local facilities and amenities, a role it maintains today.

In the early days the SRA campaigned for many of the amenities that are now taken for granted; such as street lighting, fire hydrants, bus services, sewage disposal, rubbish collection, sea defences, provision of shopping facilities, and roads. The campaign for a school began in 1946, but took until the 1960s for it to be built. Many subjects have arisen time and again as the area has evolved.

In more recent years the SRA has been involved with, the saving of the Lido, the beach protection works, the Portobello sewage works, the Looes Barn site, the South Downs National Park and retention of a Community Centre, to name but a few. The SRA has financially contributed to the multi-sports area in the Oval, provided the Coast Road 'village signs', the Peace Stone, and commemorative seats in various locations in Saltdean. The most recent addition is in Longridge Avenue opposite the Grand Ocean Hotel, in remembrance of past SRA President Mr Joseph Stokes. A current campaign is the provision of a zebra crossing in the Longridge Avenue shopping area. We have also donated £1000 to the West Saltdean Local Action Team.

It became apparent early on, that the community of Saltdean which is split between two local authority administrations and remains so to this day, that there were some disparities between East and West Saltdean. One of those was the timing of the street lights going out. On the east side lights went out at 11.00pm and it took many years of campaigning to alter this. The unification of the area remains a topical issue. In 2001, of those who voted in the SRA referendum of the area, 80% wanted a United Saltdean with the majority wanting Brighton & Hove as the local authority.

Without the work of the Saltdean Residents' Association over the years, many of the facilities and amenities enjoyed by residents today would not be around. The SRA continues to watch over the area to ensure that it remains a highly desirable place to live for both young and older members of the community.



Saltdean Residents' Association

Embracing East & West Saltdean Founded 1934

Saltdean Local Directory

2005

- Shops & Businesses
- Services, Trusted Traders
- Clubs & Societies
- Schools & Under 16's
- Help & Support
- Churches, Libraries
- General Information



Printed and Sponsored by
Saltdean Residents' Association
to celebrate its 70th Anniversary 1934-2004

Saltdean Residents' Association 2005

The Saltdean Residents' Association exists to promote and safeguard the interests of residents and non-resident owners of property in the area of Saltdean.

All residents are entitled to membership on payment of an annual subscription.

The Saltdean Residents' Association

Founded in 1934, the Association seeks to present a collective voice whenever and wherever necessary. A Committee is elected annually from the Membership from both East and West Saltdean, to represent the members views.

What have the SRA done for Saltdean?

They have provided litter bins, provided the multi-sports arena, provided the village signs, opposed intrusive building applications, opposed & won the Portobello project and resisted closure of the Lido, amongst many things.

The Saltdean Community

There are many activities that take place in the area, many of which take place at the Community Centre (behind the Lido) but also at other local venues. You should find details of the activities in this directory.

SRA



Meetings

These are **usually** held every quarter in the community centre;
 January - last Sunday at 10.30 am
 April AGM - last Monday at 7.30 pm
 July - last Monday at 7.30 pm
 October - last Monday but one at 10.30 am

Watch out for details

The noticeboard in the foyer of the Community Centre is updated regularly giving details of meetings and events. We also hope to have a new outdoor noticeboard by the Co-op in Longridge Avenue shortly.

Saltdean Residents' Association would like to hear your views:

Contact: The Secretary
 Duncan Ward
 106 Bannings Vale,
 Saltdean,
 East Sussex
 BN2 8DG
 Tel: 304237



Saltdean Events 2005

Look out for events at:

- *Saltdean Residents' Association*
- *Saltdean Primary PTA*
 - *Saltdean & Rottingdean Lions*
 - *St Martins Church*
 - *St Nicholas Church*
 - *St Nicholas Pre-school*
 - *St Martins Pre-school*
- *Saltdean United Football Club*
 - *Saltdean Beach*
- *Community groups and clubs in Saltdean*

Should you require a large print copy please contact the Secretary
 Duncan Ward
 Tel: 304237 who will arrange a copy to be sent to you.

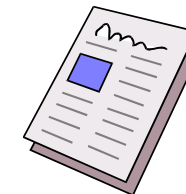
Saltdean Residents' Association

WATCH OUT FOR OUR NEWSLETTER 'THE RESIDENT'

This is our quarterly newsletter delivered with 'The Leader' newspaper. It is also available at Saltdean Library, Longridge Avenue Post Office and The Happy Shopper Foodstore, Lustrells Vale.

'The Resident' is produced in January, April, July and October.

If you wish to advertise or place an article please contact Duncan Ward on the number opposite.



Produced in celebration of the 70th anniversary of the Saltdean Residents' Association in association with www.saltdean.info.
 Please ensure that we can continue to print publications such as this by supporting us by becoming a member.
 Many thanks and we hope you find this useful.

A	Aband'd Cars 15	D	Dance 4	LearnDirect 8	Senior Citizens 5
	Alternative Health 11		Deans Talk 9	Lewes Council 15	Sequence Dancing 5
	Arts & Crafts Club 6		Decorator 7	Library 10	SHAPE 8
	Access Group 9		Deliveries 13	Lighthouse 4	Shoe Shop 14
B	Back Clinic 11		Dentists 11	Lions 6	Slimming World 8
	Ballet 4		Diet 8	Little Stars 4	Social Services 9
	Banks 3,12		Disabilities 9	Local Councillors 16	Spanish Lady 3
	Barbers 14		Disco 4	Longhill 4	SRA 5
	Beach Parties 6		Doctors 11	Maintenance 7	St Martins Church 10
	Beach Huts 6		DSS 8	Massage 11	St Martins Pre-sch'l 4
	Beauty 14	E	E. Tref'l Guild 10	Meals on Wheels 9	St Martins Toddlers 4
	Beavers 4		Easylink 9	Milkman 13	St Nicholas Church 10
	Bingo Club 5		Electricians 7	Mobility Help 9	St Nicholas Pre-sch'l 4
	Birth Doula 12		ESCC 15	Mothers Union 10	St Nicholas Toddlers 4
	Boarding Kennels 12		Estate Agents 14	Neighb'd Watch 5	Stained Glass 12
	Body Conditioning 8	F	Fish & Chips 13	Newhaven Bridge 6	Street Lighting 15
	Bookmakers 13		Fitness Classes 8	Newsagents 12	Supermarkets 3,13,14
	Bowling Club 6		Fresh Fish 13	Noah's Ark 4	Tae Kwon Do 4
	Bridge Circle 6		Friendship Centre 8	Noise Complaints 15	Take-Aways 13
	Bton & H Council 15		Funeral Directors 13	Opticians 13	Taxis 8,14
	Brownies 4	G	Garage 14	Osteopath 11	Teaching Tuition 12
	Building Planning 15		Gardeners 7	Our Lady of L'des 10	Terrapin Nursery 4
	Buses 6		Gift Shop 13	Over 50's Keep Fit 8	Telscombe Council 15
	Butchers 13,14		Greengrocers 13,14	Pavements 15	Thursday Club 5
C	Cafes 3	H	Guides 4	Pet Care 12	Tide Times 6
	Car Sales 14		Hair 14	Pet Food 12	Townsw'n's Guild 5
	Careline 12		Hall Bookings 10	Plumbers 7	Traders 13
	Carpenters 7		Handyman 7	Police 9	Trusted Traders 8
	Cashpoints 3		Hardware 13	Post Office 12	U3A 5
	Charity Shops 13		Health Visitors 9	Recycling 3,15	Video Shop 12
	Chemists 12		Historian 5	Reflexology 11	Visually Impaired 9
	Child Health 11		Hort'l Society 6	Restaurants 3	Waste Coll'n 3
	Chiropodist 11		Homeopathy 11	Rosemary Conley 8	Websites 11
	Choir 5		Hotels 3	Saltdean Ballet 4	Wednesday Work'ts 8
	Churches 10		HSBC 3	Saltdean Primary 4	Whitecliffs Café 3
	Civil Service Clubs 5		Insurance 12	Saltdean Tavern 3	Window Cleaner 7
	Co-ops 3, 14			Saltdean United 4	Women's Guild 10
	Councillors 16			SCA 5	Women's Institute 5
	Council Numbers 15			Scaffolding 7	WSLAT 8
	CRAP 8			School Admissions 15	Yoga 8
	Cubs 4			Scouts 4	Youth Club 4

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Nearest Recycling Points/Waste Collection

Saltdean Oval Park Accepts : Glass Metal Cans Cardboard Oil Paper Foil Textiles Also: **Lustrells Vale car park** opposite the Co-Op
Spanish Lady Longridge Ave: Glass **Rubbish Collection:** Brighton & Hove Tel: 274674 Lewes District Tel: 484999 (plus recycling queries)



Nearest Cashpoints

HSBC Bank in Longridge Avenue, outside the **Co-Op** in Lustrells Vale. Alternatives - Natwest in **Rottingdean High Street & Coast Road Peacehaven** and Barclays along the **Coast Road** in Peacehaven.



Nearest Banks

Barclays Bank plc 41, High St Rottingdean Tel: 01903 542000
HSBC Bank plc 59, Longridge Avenue Saltdean Tel: 0845 7404404
Lloyds TSB Bank plc 55, High St Rottingdean Tel: 0845 0723333
Halifax Meridian Centre, Peacehaven Tel: 0845 7283841



Large Supermarkets

Co-op 51-57 Longridge Ave Tel: 302839
Co-op 87-89 Lustrells Vale Tel: 306037
ASDA Superstores Brighton Marina Village Tel: 606611
Sainsbury's The Drove Newhaven Tel: 612036
Somerfields 10 Newhaven Square, Newhaven Tel: 513075



Nearest Hotels

The White Horse Marine Drive, Rottingdean Tel: 300301
Telscombe Tavern 405 South Coast Road Tel: 579650
Windhaven 107, Marine Drive, Rottingdean Tel: 302595



Nearest Restaurants & Café's

Whitecliffs Beach Café Marine Drive Saltdean Tel: 309219
Joe's Coffee Shop 67-69, Lustrells Vale Saltdean Tel: 303228
Saltdean Tavern Saltdean Park Road, Saltdean Tel: 304614



Nearest Pubs

Saltdean Tavern Saltdean Park Rd Saltdean Tel: 304614
Gullen's 67, Longridge Avenue Saltdean Tel: 302564
The Spanish Lady 4, Longridge Avenue Saltdean Tel: 303383

Parliamentary Constituency Brighton Kemptown

Des Turner MP Labour Party, 179 Preston Road, Brighton BN1 6AG Tel: 330610 turnerd@parliament.uk.



Brighton & Hove Council - Rottingdean Coastal

Cllr Mary Mears Tel. 294370 mary.mears@brighton-hove.gov.uk
Cllr David Smith Tel: 291206 kdavid.smith@brighton-hove.gov.uk
Cllr Lynda Hyde Tel: 291187 **Ward Surgery:** 2nd Monday Whiteways Centre, Rottingdean 6.00pm - 7.30pm



Lewes District Council - East Saltdean & Telscombe Ward

Cllr. Marina Pepper 82 Oaklands Avenue Saltdean BN2 8PA Tel: 300116 marina.pepper@lewes.gov.uk **Cllr. David Neighbour** 48 Central Avenue Telscombe Cliffs BN10 7NB Tel:588499 david.neighbour@lewes.gov.uk **Cllr. Liz Lee** 82 Bevendean Avenue Saltdean BN2 8PE Tel:305964 elizabeth.lee@lewes.gov.uk



Telscombe Town Council - East Saltdean Ward

Cllr Duncan Ward "Hollybush" 106 Bannings Vale, East Saltdean, BN2 8DG Tel:304237 **Cllr Raymond Tongue**, 29 Amhurst Avenue, East Saltdean, BN2 8DR Tel:390278 **Cllr Joan Slinn & Cllr Philip Slinn**, 112 Wicklands Ave, East Saltdean, BN2 8EP Tel: 302207 **Cllr Andrew Cregeen**, 182 Bannings Vale, East Saltdean, BN2 8DJ Tel:307334 **Cllr Angela Hopwood**, 6 Westmeston Avenue Saltdean, BN2 8AN Tel:304573 **Cllr Michael Jones** 12 Bishopstone Drive Saltdean, BN2 8FF Tel:0794128465 Pepper, Lee, Neighbour (as above)



East Sussex County Council

David Neighbour 48 Central Avenue, Telscombe Cliffs BN10 7NB Tel:588499 cllr.david.neighbour@eastsussexcc.gov.uk



Amendments & Additions

All of us at the Saltdean Residents' Association have worked very hard to ensure that information included in this directory is up to date and correct. However, any amendments or additions should be directed to Nikki Tel: 390116 or email mail@saltdean.info. Many thanks.



Useful Council Numbers - West Saltdean

**Brighton & Hove City Council** (www.brighton-hove.gov.uk)

Tel. 290000

Abandoned vehicles Tel: (01273) 293372**Carelink** An emergency alarm system that enables vulnerable people to stay within their own homes Tel: 673105**Animal Ownership** Tel: 292400 / 292424**Beach Huts** Tel: 292716**Beach Cleanliness** Tel: 274674**Building Planning & Control** Tel: 292030**Easylink** email: bookings@communitytransp.f9.co.uk Tel: 505888**Noise Complaints** Tel: 292400**Pavement & Road Repairs** Tel: 292468**Refuse Collection** CityClean Tel: 274674**Seawater Quality** Tel: 292448**Schools Admissions** Tel: 293653**Street Lighting Repairs** freephone 0808 100 3118. Please indicate the location and if possible, give the number written on the unit. For help or for further information, please Tel: 292517

Useful Council Numbers - East Saltdean

**Lewes District Council** (www.lewes.gov.uk) Tel. 471600**Abandoned Vehicles** Tel: 484999 (Comm'ty Services Help Desk)**Animal Ownership** Tel: 484305**Beach Cleanliness** Tel: 484999**Building Planning & Control** Tel: 484442**Bus Passes** Tel: 484025**East Sussex County Council** Tel: 481000 www.eastsussexcc.gov.uk**Home Improvement Grants** Tel: 471600**Noise Complaints** Tel: 484362**Pavement & Road Repairs** Tel: 471600**Recycling** Tel: 484919**Refuse Collection** Tel: 484999**Schools Admissions** Tel: 481305 / 481310**Stray Dogs** Tel: 484305**Street Lighting Repairs** Freephone 0808 100 3118. Please indicate the location and if possible, give the number written on the unit.**Sustainability** Tel: 471600**Telscombe Town Council** Civic C.tre 360 Coast Rd Tel: 589777**Water Quality** Tel: 471600

Schools

Saltdean Primary School Chiltington Way Saltdean BN2 8HBTel: 01273 303358 enq@saltdean.brighton-hove.sch.uk**Longhill High School** Falmer Road, Rottingdean BN2 7FRTel: 01273 304086 www.longhill.brighton-hove.sch.uk/

Pre-schools & Nurseries

St Martins Pre-school, Noah's Ark Holiday Club and**Boomerang Kids (from January 2005)** St Martins Church Hall, Longridge Avenue. BN2 8LG Tel: 390242 / 07971 526430**St Nicholas Pre-school** Saltdean Vale, Saltdean BN2 8HA.Tel: 307973 www.stnicholaspreschool.org**Revells Terrapin Nursery** The Oval Park, Arundel Drive, Saltdean BN2 8SJ Tel: 307330

Baby & Toddler Groups

St Martins Toddler Group St Martins Church Hall, Mon 1.30 - 3.00 p.m. *term-time only***St Nicholas Toddler Group** St Nicholas Church Hall, Tues 9.30 - 11.30am *term time only* Tel: 307973**Little Stars Music Group** 0 - 4 years old Lower Hall C. Centre Wed & Thurs am *Term-time only* Tel: 308018**Lighthouse** St Nicholas Church. Thursday 2pm Under 5's stories, songs *Term-time***Parenting Groups / Mothers Union** Tel: 308018

Scouts & Guides

Beavers, Cubs, Scouts (42nd B'ton) Longridge Ave, Saltdean Jenny Umney Tel: 308452 www.mistral.co.uk/42brghtn/**Rainbows, Brownies, Guides** District Commissioner Gloria Johnson, 38 Brambletyne Avenue Saltdean BN2 8EJ Tel: 300082

Clubs

Saltdean Academy of Dance Victoria Richards Tel: 461691**Laura Callaghan School of Theatre & Dance** Tel: 07763 344531**Saltdean United Football Club** Tel: 309898**Taekwon-do** Salt'n Primary Mon 3.20-4.20 Howard Mayes 2nd Degree Tel:01444 443475 tkdbrighton@btinternet.com**Saltdean Junior Youth Club (Disco)** Jane Sulc Tel: 300852**Saltdean Youth Club** Fri's at St Nicks 8 - 9.45pm 13-16 yrs



Residents / Neighbourhood

Saltdean Residents' Association Secretary Mr D Ward 106 Bannings Vale, Saltdean, BN2 8DG Tel: 304237
Neighbourhood Watch Dr B Dando Tel: 303482

Community Centre



Saltdean Community Association Tel: 304617
Senior Citizens Friday at 2.30pm Pam Grinyer Tel: 309442
Saltdean Oval Women's Institute 2nd Thurs of month at 10am Hilary Grimshaw Tel: 304643
Saltdean & District Choir Tues 9.45am Desmond Rose Tel: 583027 or Hazel Tel: 309137



Tuesday Bingo Club Weekly Tues eves from 7.30 pm Raffle and Coffee Bar Alec Tel: 306563

Saltdean Townswomen's Guild Meets Once a month on a Thurs eve Olive Halley Tel: 309619

Civil Service Retirement Fellowship Retired Civil Servants of all ages Once a month on a Monday am Derek Redfern Tel: 695851

Saturday Night Dance Weekly Sats 8 -11 pm Ballroom and Latin Dancing Live Bands, licensed bar, tea & coffee Smart Dress please Peter Gander Tel: 01323 896080

Modern Sequence Dancing Monday afternoons Norman Dent Tel: 586893

Civil Service Pensioners Alliance Once a month Mon am Evelyn George Tel: 308665

Saltdean Thursday Club Meets on the 2nd and 4th Weds of the month Mrs Chris Jones Tel: 588124

Mothers Union Sharon Tel: 308018



Saltdean & Rottingdean Local Historian

Douglas d'Enno

Douglas d'Enno has written highly successful books on our local area. 'The Saltdean Story' chronicles Saltdean from its pre-history (early burials and Roman finds) to modern times, taking in stories of smugglers, misadventures at sea and the community's development as a resort. It naturally covers the Ocean Hotel (before, during and after Billy Butlin's reign) and the birth and development of the Residents' Association up to its Golden Jubilee in 1984. He is currently writing up a follow-up, 'Saltdean Revisited', to be published in 2005. He is always looking for interesting stories and photos of our local area. Tel: 882757 email: doug@denno.org.uk



Hair & Beauty (see also Page 11 for more information)

Blue Barbers 30, Longridge Avenue, Saltdean Tel: 301666
Conservatory Hair & Beauty 33, Longridge Ave Tel: 302592
Hair & Beauty Grand Ocean Hotel, Longridge Ave Tel: 300051 / 308757

Hair, Health and Beauty Unisex 120 Lustrells Vale Tel. 303469

Hair Signatures 30a, Longridge Avenue Tel: 308474

Head High 148, Saltdean Vale Saltdean BN2 8HF Tel: 302731

Natural Health and Beauty Grand Ocean Hotel, Longridge Avenue Saltdean Tel: 308757 www.4naturalhealthandbeauty.co.uk

Nirvana Health & Beauty Studio 14 Rodmell Ave Indy Tel: 305300

Sarah Howell Beauty Therapy 37 Linchmere Ave Tel: 309687

White Rooms Beauty Therapy Saltdean Lido Tel: 307835



Food & Drink (see also take-aways, cafes & pubs)

Burrows (Bakers) Ltd 16, Longridge Ave Saltdean Tel: 303888

Co-op 51-57 Longridge Avenue, Saltdean Tel: 302858

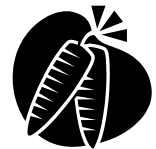
Co-Op Lustrells Vale, Saltdean 01273 306037

Butchers / Greengrocers David Shoebridge 77, Lustrells Vale Saltdean Tel: 303584 Mobile: 07974 300515

Happy Shopper Foodstore 126 - 128 Lustrells Vale, Saltdean Tel: 302321

SNK Convenient Stores 138, Saltdean Vale Saltdean Tel: 304231

Threshers 8 Longridge Ave Tel: 302280



Car Sales, Garage & Taxis

Fairlight Garage 34, Longridge Avenue Saltdean Tel: 303020

Falmer & Saltdean Taxis 38 Longridge Ave, Tel: 301111/300168

Premier Taxis 14 Longridge Ave Tel: 304444 / 585555

Vale Motors 34 Longridge Avenue Tel: 309344

<http://tgsvm.users.btopenworld.com>



Estate Agents

Carruthers & Luck 7, Longridge Avenue Saltdean, Tel: 303064 carluck@themail.co.uk <http://www.carruthersandluck.co.uk/>

Lampons Estate Agents 28, Longridge Avenue Tel: 306661

www.lampons.co.uk Saltdean@lampons.co.uk

Wyatt & Son 2-3, Saltdean Park Rd Saltdean BN2 8SN Tel: 304453 www.wyattandson.co.uk/east/index.html





Saltdean Traders Association

Contact Chairman Jane Gardner at Lampons Estate Agents



Dallinger Shoes 23, Longridge Avenue Saltdean Tel: 304809

Funeral Directors & Monumental Masons J. Wagstaff Ltd. 7a Longridge Avenue, Saltdean BN2 8LJ Tel: 303065

Gift Shop 63, Longridge Avenue Saltdean BN2 8LG Tel: 303280 <http://tgsvm.users.btopenworld.com>

Corals Bookmakers 37 Longridge Avenue, Saltdean

Martletts Hospice Shop 18, Longridge Avenue Saltdean Tel: 306200

HR Hardware 69 Longridge Avenue Saltdean BN2 8LG Tel: 304834 / 07976 711558 www.key-cutters.com

Peacehaven & Telscombe Vol Bureau 45, Longridge Ave Tel: 390408



Take-Aways



Captains Table Fish & Chips 83-85, Lustrells Vale Saltdean BN2 8FA Tel: 305577

Crystal Lake Chinese Takeaway 15-17, Longridge Ave Tel: 302168

Lobster Pot Fish & Chips 11, Longridge Avenue Saltdean Tel: 305397

The New Singapore 144, Saltdean Vale Saltdean BN2 8HF Tel: 303030

Saltdean Spice 118, Lustrells Vale Saltdean BN2 8FB Tel: 304477

The New Manoshi 10 - 12 Longridge Avenue Saltdean BN2 8LH Tel: 390088 / 309609

Wonkey Donkey Pizza 140a Saltdean Vale Saltdean Tel: 390000



Home Deliveries



Coombe Farm Dairies (milkmen) 473780 www.coombefarm.co.uk

Noahs Ark 32a Longridge Avenue Tel: 309239 Deliveries Fri's

Newsagents K & A Stores 138, Saltdean Vale Saltdean Tel: 304231 Will deliver lots of goods

Catch of the Day Tim Tel: 582637 Fresh fish delivery Saltdean Fridays

Launderette Saltdean Launderette 114 Lustrells Vale Saltdean BN2 8FA Tel: 303020 Ken Mobile on 07973 178769 Will collect and will deliver.

Happy Shopper Foodstore 126-128 Lustrells Vale Tel: 302321

Packet Groceries, Delicatessen, Off-Licence Free Deliveries Locally

Greengrocers/Butchers David Shoebridge 77, Lustrells Vale, Saltdean BN2 8FA Tel: 302423 Mobile: 07974 300515 Free delivery to local area



Interest Groups

Saltdean Horticultural Society Nora Benford Tel: 304727

5 Deans U3A meets at Southdowns Court Regular talks and much more For more information John Morris Tel: 683347

Saltdean Bowling Club Meets on Mon 10am Beginners and Experienced Captain Roger Barton Tel: 305800 Secretary Geoff Bishop Tel: 303153

Saltdean Arts & Crafts Club Weekly All Welcome first class free £12 p.a. or 50p p.w. after Wed 1.30 - 4.30pm. Irene Tel: 303745

Bridge Circle Mondays from 6.20pm to 10pm Eve Sear Tel: 303292

Saturday Bridge Lillian Payne Tel: 300622

Good Companions 1st Wed every month 2.15 pm C. Centre Rita Neave Tel: 306477

Rottingdean & Saltdean Lions 2nd Mon of each month at 8pm Plough in Rottingdean Dave Tel: 307764 or Tel 307686

Contact names and times and dates of many groups in the area are always changing. Please pass on any amendments, additions or changes of time and venue to us at mail@saltdean.info or Nikki Tel: 390116



Local Buses 27, 27A/B, 47, 57, Coastal, Easylink, School, Taxi Rider

Brighton & Hove Bus and Coach Company, 43 Conway Street, Hove, BN3 3LT Tel:886200 enquiries@buses.co.uk

EasyLink Bus Tel:505888 (West Saltdean)

Peacehaven Taxi Rider Tel: 01323 412448 (East Saltdean)



Our Local Beach

Beach Chalets Seafrost Estates Surveyor, Resort Services, Culture & Regeneration, Brighton & Hove Council, PO Box 2502, King's House, Grand Avenue, Hove BN3 2ST

Tide Times / Newhaven Beach <http://www.digiserve.co.uk/ukfr/gbtide.htm> or http://www.thisisbrighton.co.uk/brighton__hove/local_info/tides__times/

Barbecues & Parties Allowed Saltdean & Rottingdean beaches Permits must be purchased Under 10 people £6.60 11- 40 people £16.50 Seafrost Office 141 Kings Road Arches Lower Promenade Brighton BN1 2FN Tel: 292715.



By the Saltdean Residents' Association featuring them here **does not** constitute an endorsement by the Saltdean Residents' Association of the products and services on offer.

Trusted Traders - Carpenters / - Electricians

Mrs Davis recommends: D Kingham Tel: 305282 Carpenter
Mr Rooney recommends: B Chessell Tel: 390994 Electrician
Mrs Graham recommends: J Williams Tel: 516317 Electrician
Mrs Ward recommends: Andy Ward Tel: 587737 Electrician



Trusted Traders - Gardeners / Miscellaneous

Mrs Graham recommends: Dave Tel: 588692
Mrs Graham recommends: Jonathon Tel: 510480 Window Cleaner
Mrs Davis recommends: C Raymond Tel: 305021 TV Repair



Trusted Traders - Plumbers

Mr Holland recommends: N Heasman Tel: 305792
Mrs Davis recommends: R Oswin Tel: 272098
Mrs Whitcombe recommends: Mr Taylor Tel: 585117



Trusted Traders - Household Maintenance

Mrs Muldoon recommends: RM Contracts Tel: 301960
Mr Holland recommends: M Standing Building Contractors
Tel: 07980 361072
Mr Holland, and Mr Barton recommend: G White & Son Tel: 305150
Mrs Luber recommends: K Tancred Tel: 303958
Mrs Graham recommends: C Beesley Tel: 236670



More Independent Local Traders

Martin 882758 Mob: 07887 954039 **Decorator/Handyman**
Dave 304421 / Geoff 07729 324842 **Decorator / Electrician**
Brighton Scaffolding Tel: 691454
Cleaning Solutions Tel: 302247
Darren 581597 Window Cleaner
Coastal Gardens Special rates for Seniors Tel: 300955
Security Systems Sovereign Alarms (mainly for businesses) 142,
Saltdean Vale, Saltdean Tel: 301303 www.sovereignalarms.com



If you would like to be included in the next edition Nikki Tel: 390116 or email mail@saltdean.info for more details. You can also contact Duncan Ward, Saltdean Residents' Association Secretary Tel: 304237 to be included in the quarterly edition of 'The Resident' and it's trusted traders section.

Chemists, Opticians, Post Offices & Banking

Healthy U Pharmacy 59, Lustrells Vale Tel: 301644
HSBC Bank 59, Longridge Ave Tel: 0845 7404404 10-2.30pm M-F
Ian G Morris Opticians 20 Longridge Ave Tel: 304298
Lloyds Pharmacy 9, Longridge Avenue Tel: 302800
Saltdean Post Office 26, Longridge Avenue Tel: 301117
Vale Insurance Agency 63 Lustrells Vale Tel: 300900 / 300500
Vale Post Office 61 Lustrells Vale Tel: 302507



Newsagents, Video, Pets & Launderettes

KittyCare Cat Feeding Service Debbi Moffatt 7a Bannings Vale,
Saltdean BN2 8DB Tel: 307707 / Mobile 07949 475149
Grooming Room 32 Longridge Avenue Tel: 306166 Mob: 07887
918722
Noahs Ark 32a Longridge Ave Tel: 309239 Deliveries Fri's
Pet Care Service 'Mutties and Moggies'. Tel: 302878
Saltdean Newsagency 27-29 Longridge Ave Tel: 30251
Saltdean Boarding Kennels Westfield Ave, Saltdean, Tel: 301331
Saltdean Launderette 114 Lustrells Vale Saltdean
Tel: 303020 Ken Mobile on 07973 178769
SNK Convenient Stores 138, Saltdean Vale Tel: 304231
Toffs Dry Cleaners Launderette 38 Longridge Ave Tel: 303584
Videobox 19 Longridge Ave Tel: 302036



Residential Homes & Help

Careline 191 Marine Drive, Saltdean Tel: 309393
White House Chichester Drive West Tel: 302465
Crowborough Lodge, Crowborough Rd, Saltdean Tel: 302614
Oasis House Rest Home, 19, Arundel Drive West Tel: 279683



Art & Teaching

Debbi Moffatt Stained Glass Artist & Mosaics 7a Bannings Vale Tel:
307707 / Mob: 07949 475149 Debbi. Moffatt@btinternet.com
Janet Hale Artist www.janethale.co.uk Tel: 307058
Pintados Healing Arts Art, angels, Reiki 4 Coombe Rise Saltdean,
Tel: 241650 www.pintados.co.uk
Pottery Classes trained ceramic artist in studio Gill Tel: 300198
Saltdean Language Centre 140 Saltdean Vale Tel: 301332 Please
ring for details
Teaching/Tuition David F.Coates 9 Glynde Ave, Saltdean,
BN28QR Tel: 304421 / 07833 705368



Longridge Avenue Surgery



Doctors Shannon, Phillips, Woollens, Adams, Tel: 305723
Emergency out of hours Tel: Brightdocc 687728
Open 8.25 - 10.25am / 16.25 - 17.45pm



St Luke's Surgery

Dr Amin Saltdean Oval Tel: 302638 Open M - F 8.30 - 12.30am Mon, Tue, Fri 3 - 5.30pm Thur 3 - 6pm Emergency Tel: 687728



Dentists / Child Health / Specialist Clinics

The contact for NHS Dentists is Tel: 403546
Vaid & Associates 118 High Street Rottingdean Tel: 303166
Baby Clinic Lower Hall of the C. Centre Tues 2 - 4 p.m.
Health Visitors Hazel Cottage Woodingdean Tel: 260171



Osteopath, Chiropodist, Back Clinic

Back Fit Saltdean Lido has a new clinic for those suffering from back pain. Times & dates Tel: Dewi 07941 321281 to arrange a consultation
Osteopath / Chiropodist Pain Solutions, 47 - 49 Longridge Ave Tel: 302072 Opening Hours: Mon - Thurs 9.30-4 Fri - Sat 9.30 - 12.00



Complementary Therapy/Personal Development

Birth Doulas Tracey Kennedy Tel: 303850
D-Stress & Go 69 Ashurst Avenue Saltdean Tel: 307016
John Kidson Reg Homeopath 90 Lustrells Cresc Tel. 307787
Reflexology Yael Jury Tel: 390151
Maternity Reflexologist / Massage Vibha Tel: 307790

Saltdean Websites

www.saltdean.info - present & past, news & views take-away menus
www.saltdean.net - Swimfit, wheelie bins, local info
St Martins Church - www.stmartins-urc.org.uk
Saltdean Primary PTA - www.saltdeanpta - fundraising etc
Arts & Crafts - www.pintados.co.uk www.janethale.co.uk
Brownies & Guides - www.saltdeanbrownies.co.uk
Beavers, Cubs, Scouts - www.mistral.co.uk/42brghtn
Rare vinyl & out of print LP's - www.backtrak.uk.com/
Pain Solutions - www.painsolutions.us
Cleaning Solutions - cleansolutions.mysite.freeserve.com
Dstress & Go - Healing and Therapy www.dstress.co.uk



Taxis

Falmer & Saltdean Taxis - 38 Longridge Ave. Tel: 301111/300168
Premier Taxis Longridge Avenue Tel: 304444 / 585555



Fitness & Diet Classes

Over 50's, St Martins Hall Tues at 1.45pm. Barbara Tel: 305719
Wiggle with Wendy St Martins Hall, Longridge Ave Mons 7.30pm to 8.30pm Noncompetitive Fun Class
Body Conditioning Dance Studio, Longhill School, Rottingdean Monday 7pm-8pm Tel: Karen 305827
Legs, Bums, Tums & Pilates Mon am C.C Lisette Tel: 07811 448671
The Rosemary Conley Diet & Fitness Club Community Centre Wed mornings Please contact Kim Odell Tel: 01293 523495
Shape Health Studios Saltdean Park Road. Open 7am to 9pm. 10am - 6pm wkdns. Tel: 888308 Ring for membership details.
Yoga Mon, Tues eve, Thurs am C. Centre Breeda Tel: 233608
Wednesday Workouts Saltdean Library 6 - 7 pm Wed Tel: 307835
Slimming World Tues 5.30pm / 7pm Lower Hall Michelle Tel: 586317
Saltdean Academy of Dance - Adult & Child Ballet, tap & dance Victoria Richards AIRD, AISTAD Tel: Tel: 461691
Weightwatchers In the Lower Hall Tel: 08457 123000



LearnDirect

Training Courses - Further details ring Chris Cooper, Community Learning Manager, Longhill High School Tel: 304086 (school hrs) or 391680 (after school /Sat am) learndirect@longhill.brighton-hove.sch.uk



Pressure Groups

CRAP Campaign for Residents Against Portobello Jean Tel: 300652
West Saltdean Local Action Team (WSLAT) Tel: Terry Hammond 887618



Saltdean United Football Club

Club House, Hill Park, The Mount, Coombe Vale, Saltdean Tel: 309898



Friendship Centre & Parish Office

Parish Office open Monday to Friday 10 am to noon
Teenage Youth Club Fridays 8 - 9.45 pm 13 - 16 years All welcome
Pay for coffee, juice & pool



Easylink-Bus (West Saltdean)

Easylink - service for all ages with mobility problems. Rottingdean to Saltdean local shops & back. Tues Starts 10.00 a.m. Fare £1.50 £1 for friends and family travelling with you. To book phone 505888

Peacehaven Taxi Rider (East Saltdean)

Mon - Sat 8.00 to 18.00 hrs £2 / £4 return Anyone with difficulty using public transport. Tel: 01323 412448

Access Group

Peacehaven, Telscombe & East Saltdean Access Group. Blind or visually impaired? Less mobile? Are you a wheelchair user? If any of your answers are yes then please consider joining our friendly group. We meet in Peacehaven on the first Monday afternoon of every month. Contact: Sue Dunkley at the Access Office for details Tel: 484409 Minicom: 484488 sue.dunkley@lewes.gov.uk

Deans Talk for Visually Impaired

Deans Talk for the Visually Impaired. Monthly cassette with local info from local publications, community leaflets, local service providers and even posters. Covers Ovingdean, Rottingdean, Saltdean & Woodingdean, Completely free of charge. Tel: 303111 deanstalk@visound.org.uk Visound (reg charity:1067451) PO Box 20, Rottingdean, Brighton. BN2 7XX Tel: 303111. www.visound.org.uk

Useful Local Numbers

Social Services Tel:606699 W. Salt'n 300177 E. Salt'n 585037
Meals on Wheels Tel: 602499 East Saltdean Tel: 585037
Age Concern Tel: 720603
Neighbourhood Watch Dr B Dando Tel: 303482
Victim Support Tel: 234009
Christian Aid Raymond Tongue Tel: 390278
Link 2000 Magazine Bernard Workman Tel: 309187
Rottingdean Post Office Tel: 306272
Coastway Clinic, Rottingdean Vets Tel: 302325
Whiteway Centre Tel: 301227
Rottingdean Riding School Tel: 302155

Sussex Police

0845 6070999 Crimestoppers 0800 555111

Saltdean Library

Saltdean Park Rd, Saltdean, BN2 8SP Tel:296920 Opening Hours
 Mon - closed Tues 10.00-13.00 14.00-19.00 Wed - Closed Thurs -
 Closed Fri - 10.00-13.00 14.00-17.00 Sat - 10.00-13.00 14.00-16.00
 Contact Library for details about groups and computer courses

**St Martins Church United Reformed Church**

Rev Graeme Allan Tel: 303496

Church Secretary Bob Upward 309097

Regular Services Sundays 10.15 a.m. Family Worship, Family Celebration 4th Sun of the month, Holy Communion 2nd Sun in the month, Youth Service & Activities 2nd Sunday 4.30pm - 6.30p.m, Evening Praise Weds 1.45 p.m, Holy Comm'n 3rd Wed in the month 1.45pm, Fri.'s 1st friday 7- 8pm Prayer Service, 3rd Friday in the month 9.30 am prayer service

Regular Events Mon 1.30pm **Sunbeam Club** for Babies, Toddlers, Parents & Carers, Tues 1.45pm **Keep Fit in the Hall ladies only**, Weds 2.30pm **Women's Guild** Ada Hoare Tel: 305218 **Brighton East Trefoil Guild** Barbara 305719 or Vivienne 306720 Website - <http://www.stmartins-urc.org.uk>

**St Nicholas Church Church of England**

Rev. George J. Butterworth B.A., C.F. (A.C.F.) Saltdean Vicarage, Saltdean Vale, BN2 8HB Tel: 302345

Church Wardens Derek Bush Tel:308607 Tony Moore Tel:301174

Mothers Union Mrs Viv Bush Tel:308607

Children's Groups Mrs Maureen Smith Tel:302345

Sunday Services 8.00 a.m. Holy Communion 10.30 a.m. Parish Eucharist. **Climbers, Explorers and Pathfinders** every Sunday at 10. 30 a.m. **Choir practice** Fri's 7.30pm **First Sun in month** Family & Parade Service. **Enq's** for Baptism & Weddings Tel: 302345

**Our Lady of Lourdes Roman Catholic**

Rottingdean - Father Graham Ricketts Tel: 302903

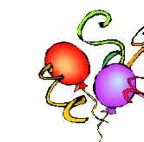
**Hall Bookings**

St Nicholas Church Hall Joyce Austin Tel: 306154

St Martins Hall Pat & Roy Wearing Tel: 302951

Community Centre & Rooms Tina Gander Tel: 01323 896080

Scout Hut top Longridge Avenue Debbie Tel: 301262



Saltdean Residents' Association Issues dealt with in 2004

- A259 Roundabout *
- A259 Road Markings / Bus & Cycle Proposals*
- Asylum Seeker Issue
- Badgers
- Bus strategy
- Bus Shelters
- Car Park - Lustrells Vale*, Nutley Avenue *
- Cliff Tops - litter
- Coastal Defense Strategy
- Coastline development
- Community Centre - lease, lift *
- East Saltdean - paths, roads *
- Electoral Review for East Sussex County Council*
- Grass cutting
- Hotel Development
- Local Elections - Telscombe Town Council Representative
- Longridge Avenue - bench, crossing, parking, vehicle speeding, road markings *
- Parks and Open Spaces Forum*
- Planning Applications *
- Policing*
- Saltdean Oval Regeneration Team (SORT)
- Saltdean Sign reinstatement*
- SID Speed Camera*
- South Downs National Park boundary proposals *
- Tetra Mast*
- Telscombe Tye*
- Traffic Calming *
- Unity of Saltdean*
- Waste Recycling & Management *

* on going issues

We take on new issues as they arise to present an active voice in the community

Saltdean Residents' Association MEMBERSHIP 2005

If you have not yet paid your Membership for 2005 please use the coupon below.

The Membership year runs from January to December of each year and it allows us to continue supporting the community, producing 'The Resident' and this Directory.

Please check your membership card to see when your membership runs out.

You can pay your membership by:

- Completing and returning the form (below)
- Paying at the Happy Shopper Foodstore in Lustrells Vale
 - Paying at the SNK Stores in Saltdean Vale
 - Paying at Noah's Ark in Longridge Avenue
- Paying by bank Standing Order (form attached)

SRA Membership Application Form 2005

1 Year *Individual £1.50*
Household £3.00

3 Years..... *Individual £4.00*
Household £8.00

I wish to pay by

Cheque (made payable to **Saltdean Residents' Association**)

Standing Order *Please find form on the reverse of this sheet*

Name..... Address.....

Please send to the

**Registrar, Mrs A Priestley, 32 Coombe Vale, Saltdean,
BN2 8HL**

Many thanks for joining us



Saltdean Residents' Association
STANDING ORDER MANDATE

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

To _____ Bank _____ Sort code _____

Bank Address _____

YOUR ACCOUNT NAME TO BE DEBITED	YOUR ACCOUNT NUMBER

Please pay

BANK	BRANCH TITLE	SORT CODE
NATWEST	ROTTINGDEAN	60-18-47

For the credit of

BENEFICIARY'S NAME	ACCOUNT NUMBER
SALTDEAN RESIDENTS' ASSOCIATION	66708915

Quoting reference (SRA Registrar to complete)

--

The payment of

AMOUNT IN FIGURES	AMOUNT IN WORDS
£	

Commencing

DATE OF FIRST PAYMENT	AMOUNT
	£

And thereafter every

DATE OF PAYMENT	FREQUENCY
	YEARLY

Until further notice or until you receive further notice from me/us in writing
Please debit my/our account accordingly

Signed _____ Date _____

YOUR ADDRESS: _____ Saltdean BN2 8 _____

NOTE: The bank will not undertake to

- advise beneficiary of inability to pay
- request beneficiary's banker to advise beneficiary of receipt

Bankers may decline to accept instructions to change Standing Orders to certain types of account other than cheque accounts.

YOUR DETAILS WILL NOT BE PASSED ONTO ANYONE ELSE, ONLY YOUR BANK

Please send this form to the SRA Registrar – Mrs A Priestley, 32 Coombe Vale, Saltdean, BN2 8HL

Join the Saltdean Residents' Association NOW!

Your Voice in the Community