

FREE

03/20

Issue 001
March 2020

THE LONELINESS OF
THE LONG DISTANCE
RUNNER!

All in a very good cause, Ollie's
103 mile challenge like no other.

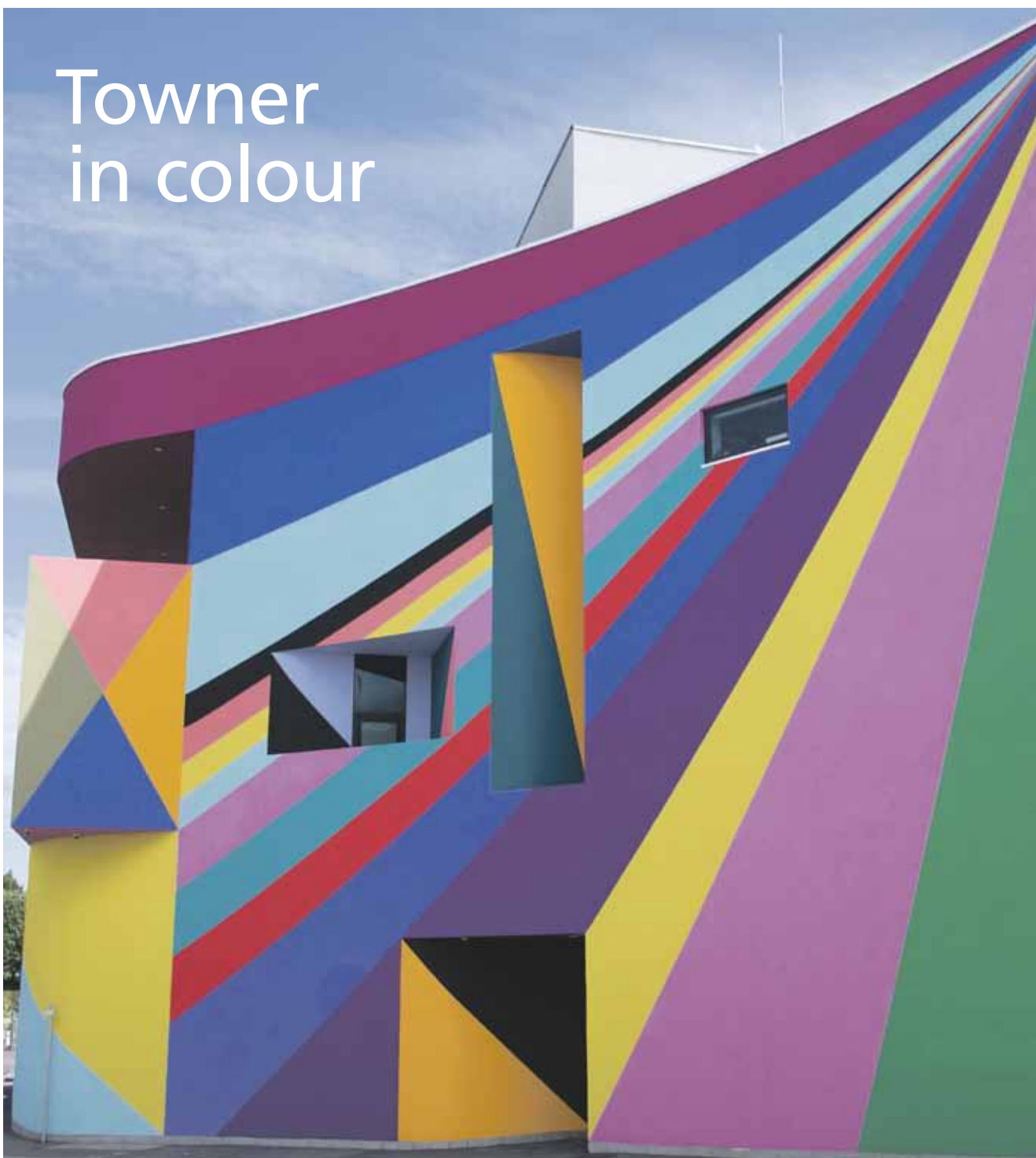
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THE PEOPLE'S
CHARITY 2020

The Airbourne People's
Charity is cleared for take-off
once again.

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Bournefree



Towner
in colour

SOPHIE'S POSTCARD
CHARITY DRAW

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EASTBOURNE'S FREE OPEN
AIR CINEMA

Page 39



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Cover Image

Gary Towner

Edition two will be coming out just in time for spring and the Easter Bank Holiday. Make sure you are a part of it.

custard
MARKETING DESIGN PRINT

ignite
PR & Engagement

Welcome to the first edition of Bournefree

TODAY we are delighted to bring you a new bright and fresh publication devoted to Eastbourne and the surrounding area. And it's FREE.

By **Peter Lindsey**

Each month we will be printing a minimum of 10,000 copies of Bournefree. They can be picked up at a host of outlets across the area.

It is being produced by Custard Design and Print, based on the Birch Road Industrial Estate, and Ignite PR and Engagement.

Former Eastbourne Herald Editor Peter Lindsey is a Director of Ignite and will be managing the editorial side of Bournefree.

His fellow Director at Ignite is Beverley Thompson, who many people will remember from her years reading the news on BBC South East Today.

Custard MD Andy Thomas said: "This is an exciting new project for us all and we are determined to succeed.

"Custard has built up an excellent reputation over the years and we take great pride in what we do.

"We are a creative design and marketing consultancy that can help you communicate, motivate or educate in a truly different and inspirational manner.

"We work with so many businesses around the town, and indeed further afield, and we feel now the time is right to launch Bournefree.

"We are delighted to be working with Peter and we believe that our combined skills will ensure a successful future for Bournefree."

Peter Lindsey was Editor of the Eastbourne Herald from 1997 until 2005 and has also edited other newspapers and magazines in Sussex.

He spent the past four years on the newsdesk at The Argus in Brighton before he launched Ignite with Bev. Peter said: "These are very exciting times and I am sure that Bournefree will be a massive success.

"Our aim is very simple. We want to represent the community and we want to be part of the community.

"People talk about the slow death of newspapers but that doesn't have to be the case and indeed it isn't the case.

"The Herald remains a very powerful multimedia product and it's good for the town that it is.

"We aim to be working with all kinds of people in the community. Please get in contact with us."

Bournefree

We want YOU to be a part of Bournefree, the new monthly publication for the Eastbourne area.

Do you want your organisation or business to be featured? Do you have an event you would like us to spread the word about?

**If so, then email:
petelindsey30@hotmail.com**

Do you want your company to stand out from the crowd? Do you want to raise awareness of your organisation?

Then you need to be talking to our sales manager Gail McKay.

Gail is in charge of all advertising and can be contacted on 01323 430303 or by email at: gail@custard-design.co.uk

Bournefree: here for the people of Eastbourne.

And coming soon... news of our new multimedia offering as well.

Why our Scotty's a real hero

SHE only came to Eastbourne nine years ago but already she has made a huge impact. Now veteran LGBTQ campaigner Betty Gallacher has been made the subject of a new national booklet.

By **Peter Lindsey**

She's better known as Scotty and is best known as 'standing up for all workers.' Now the Unite union has dedicated a 24 page booklet telling her story from when she was born into a mining family in 1945.

Seventy five years on and Scotty's still doing what she's done all her life, and that's helping others.

Pride

One of her proudest achievements is the LGBTQ cafe now open Friday, Saturday and Sunday at The Labyrinth in Mark Lane.

She said: "I am extremely proud that Unite has devoted this new publication to my life story.

"It is quite a story, from joining the Armed Forces at the age of 17 to becoming a senior trade union rep to fighting down inequality barriers in Eastbourne.

"I'm very proud that our BourneOut group is now planning for what will be our third Pride in the town this summer.

"It's a wonderful celebration of life, not just for LGBTQ people but for families too.

"Inequality still exists in society sadly, whether it be in Brighton, Eastbourne, or the mining villages in Scotland.

"Attitudes are changing and indeed have changed but for some people there's sadly still a long way to go."

Armed Forces

Betty moved to Eastbourne with partner Mandy, a far cry from growing up in Scotland.

She said: "I lived in Scotland until I was 17. I knew I was different from the age of about 13.

"In those days you thought you were the only one. Life was so very lonely.

"I went into the Army aged 17 because I knew that there would be people there who liked me.

"Within eight months I had been thrown out because of 'lesbian tendencies.'

"My mum had died when I was 11 and the first my dad knew was when the letter arrived from the Army explaining why I had left.

"I hadn't told them the truth, I couldn't, but suddenly my family found out from this one letter.

"There were three of us who were discharged at the same time, and all ridiculously for having lesbian tendencies."

Betty then worked in the Outer Hebrides for three years in a Naffi shop selling items to members of the Armed Forces.

"Incredibly, the Army told my boss there why I was forced to leave the Army but he refused to sack me and instead backed me.

"Some people forget but that's what life was like in those days."

London and the Union

Aged 20, she moved to London and worked in a butcher's before joining London Transport.

"In those days women were not allowed to become drivers so I was a conductor for 17 years and then a driver for 25 years.

"I was responsible for more than 4,500 staff but all the time I was fighting for their rights.

"I became a union rep because at first I felt frustrated that not enough was being done.

"I was the first female union rep and I can remember fighting to save one of the depots.

"I sat on the regional committee and I was determined to make progress.

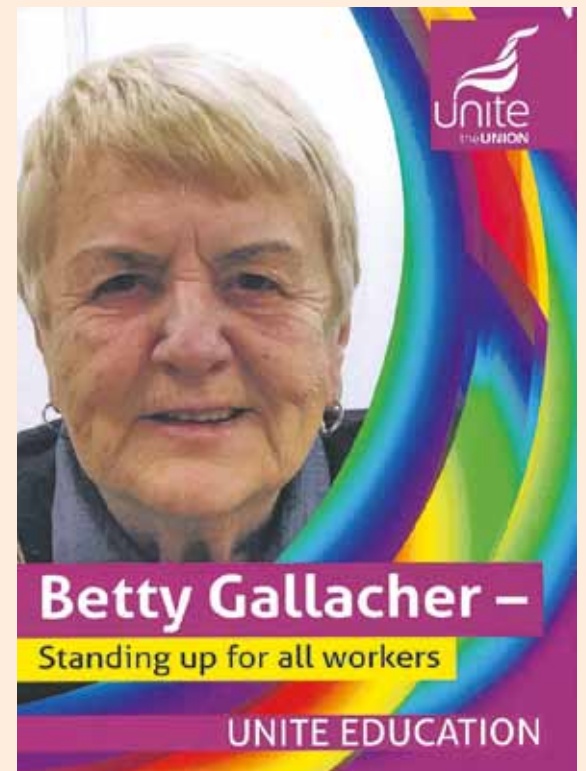
"Initially, it was only Lesbian and Gay that were recognised. Then we got the word Bi added and eventually Transgender, which is how we got to the LGBT phrase.

"It was more than a phrase, it was a reflection of how far we had travelled in terms of equality.

"Now I realise the power of a trades union and I always advise staff to join one. It's the unions which have brought about so much change and better equality in society today."

Partners

Betty was just 21 when she met Eileen, 40 at the time, and they were together for 25 years.



"She meant the world to me and when she died I was devastated.

"I said she was my partner and in those days, in 1991, things were still difficult.

"Eventually they allowed me to be recognised as her partner, just like husband and wife. It was a horrendously sad time. Half of me had gone. I was suicidal at the time."

Retiring to Eastbourne

Six years later Betty met Mandy and then retired to Eastbourne in 2011.

She said: "We wanted to get away from the hustle and bustle of London and I had known Eastbourne for many years because I visited regularly on union business and the union owned what is now The View Hotel along Eastbourne seafront.

"I can remember back in 2015 going to a LGBT social and everyone had gone by 8.30pm, they said they were off home to bed. It was that night that I decided I wanted to do a Pride in Eastbourne."

The booklet talks about Betty's life on the buses and becoming the first female bus steward/workplace rep ever.

It tells how she fought a 'don't close our depot' campaign and the various awards she has won.

Jim Mowatt from Unite said:
"Betty is a leader. Her success has been achieved by belief, commitment and resilience."



The rowing team from Wargrave House at Eastbourne College.



Howard Wardle.

25% increase in people getting help from our foodbank

– surely not – I thought austerity was over!

By **Howard Wardle**, Founder and Chief Exec of Eastbourne Foodbank

I was delighted some weeks ago to hear the Chancellor announce the end of austerity and the start of a new beginning for our country. Maybe numbers at foodbank will start to fall and help we provide will no longer be required.

Well statistics don't lie and as I calculated the figures for our annual report it became very clear. In 2018 we had provided 125,000 people with food and thought that was unbelievable but in 2019 this rose to 156,000. This is a huge 25% increase.

It proves that things are still very tough for many people in our town and the effects of austerity still bite hard.

Mark nervously came into the foodbank and when I approached him he said he was embarrassed that as a dad he was collecting a bag of food from a foodbank. Mark had always worked and provided for his wife Tina and the two children. Things had gone seriously wrong and Tina had moved away, Mark had lost his job and money was very scarce.

Having two children to look after with no money was telling its toll.

Try telling Mark that austerity was now over.

Try telling Mark that securing work was straightforward.

Try telling Mark that having young children to look after on his own, with no money, while trying to search for work was easy.

The pressure and the emotional strain was etched on his face as he selected some additional items from our 'help yourself' box and a few fresh vegetables. You're very kind he said but I really don't want to be here – I want to work.

Foodbank will help this family until things become manageable because generous Eastbourne shoppers donate the resources needed.

We help many people like Mark who are trying to find work but waiting the 5 weeks for their first Universal Credit payment. The system was designed

to reflect the world of work but the reality is that it causes extreme anxiety and worry. Managing for 5 weeks without any money is both degrading and virtually impossible. There is an advance available but this immediately becomes a debt that has to be repaid. I wonder how many of us could manage with no money for 5 weeks. This has to change if we are to see dignity and hope restored to people's lives.

One of our new volunteers listened in on a couple of client conversations this week and was stunned by what he heard. Stories of extreme hardship and difficulty. Two clients whose outgoings far exceeded their income and nothing that we could do to rectify the situation. This situation is becoming more common. "Why aren't these things more widely known" he said. "Does our MP know these people are struggling the way they are? Why don't the Government do something to help these people?" All good questions.

The Joseph Rowntree Foundation describe the situation in this way: "Poverty affects millions of people in the UK. Poverty means not being able to heat your home, pay your rent, or buy the essentials for your children. It means waking up every day facing insecurity, uncertainty, and impossible decisions about money. It means facing marginalisation – and even discrimination – because of your financial circumstances. The constant

stress it causes can lead to problems that deprive people of the chance to play a full part in society."

Charities like ours only exist because we have the extremely generous support of donors of both food items and money.

The thirty food collection bins in supermarkets and churches are regularly full and everything we receive is appreciated and used.

We massively appreciate the regular support of individuals but we have recently also been overwhelmed by the way local groups have chosen to support us so that we can continue to do the work we do. At the start of this month the boys from Wargrave House at Eastbourne College organised a rowathon and rowed the equivalent of crossing the English Channel in 24 hours. They raised a whopping £3,200 to support our advocacy team. On Sunday March 1st we had 10 runners in the Eastbourne Half Marathon and two in the London Vitality Big Half. These are our supporters all wanting to make a difference to help families like Mark's.

If we are to see the end of the foodbank era, because they are no longer required, some changes are needed:

1. Government policy on Universal Credit must change to remove the 5 week wait.
2. Help must be available for families whose income is totally insufficient to meet basic existence.

If you'd like to support our team of runners: <https://eastbournefoodbank.charitycheckout.co.uk/cf/running-to-make-a-difference-through-2020>

The Big Futures Show

28th April 2020
Eastbourne Sports Park
9.30am – 4.30pm

www.bigfuturesshow.org.uk

f BigFuturesShow

🐦 @BIGFuturesShow – #BIGFS2020

By **Tim Sorensen**

90 plus organisations will be providing interactive exhibits and guidance aimed at inspiring tomorrow's workforce at The BIG Futures Show (BFS) on Tuesday 28th April 2020.



BFS is organised by Eastbourne Education Business Partnership in association with Eastbourne Borough Council and brings expert advice and guidance all under one roof to help support the local community and economic development agendas.



The Show is the largest employability, skills and job seekers event in the area and is aimed at students (aged 14+) from across East Sussex as well as parents, carers and anyone looking for work or training. Now in its fifth year, the show is open from 9.30am – 4.30pm at Eastbourne Sports Park.



The Big Futures Show 2019.

A new job seekers area will feature live vacancies with recruitment and other specialists on hand to help those looking for a more immediate opportunity. Entry on the day (individual or family) is £3 inclusive of comprehensive show guide.



The Big Futures Show 2019.



Statue of Dame Millicent Fawcett, the suffragist leader and social campaigner.

Celebrating the achievement of women

By **Helen McCabe**

Every year in March millions of men, women and children get together in their local communities to organise an event, in celebrating the achievement of women and Eastbourne was no exception.

The first celebration of International Women's Day was believed to be in 1911 where a million women and men rallied in support of women's rights.

Eastbourne's International Women's Day was organised by the Women's Branch and funded by the Labour Party in order to recognise the achievement of local women whilst having fun at the same time.

The theme for the 2020 International Women's Day was An equal world is an enabled world and asked the questions: How will you help forge a gender equal world? Is this really an issue for the 21st Century?

Didn't the Suffragettes sort this issue out in the 20th Century when they fought for women to have the right to vote in western civilisation?

Emmeline Pankhurst did indeed start a movement in the UK that has given us the rights of women to vote, however did you know that there are still some places across the globe

where women either can't vote or are victimised because they have an opinion and share it with others?

Whilst other women, even locally in Eastbourne, are still fighting for equal pay and workplace rights when pregnant show that there is still a long way to go. Helping women to feel empowered enough to be capable of being a CEO or starting a company is something that membership organisations such as the Federation of Small Businesses (FSB) can assist with. The FSB continues to campaign to increase the number of women entrepreneurs, but the statistics show there is still a long journey ahead.

It's debatable whether the need to campaign for equal rights for women will ever go away but one thing I know for certain is that as long as we have history books with stories of women that inspire us as role models such as Rosa Parks then women won't give up the fight for equality and groups such as the Women's' Branch in Eastbourne will continue to campaign on behalf of all women in the town.

Helen McCabe is an award-winning local businesswomen and organiser of Eastbourne's International Women's Day 2020
www.womensconference.co.uk

Bright light

It won't have escaped your notice that there have been a few changes at The Beacon in the last couple of years!

By **Bill Plumridge**

We're really proud of how the Centre is looking with our new £85 million extension and it's a huge vote of confidence for The Beacon and Eastbourne that we continue to breathe more retail life into the town.

Behind the scenes, we are working hard to bring in even more new names to join Cineworld, H & M, Nando's, Next, Fatface, Schuh, Jack Wills, New Look, Flying Tiger, Paperchase, JoJo Maman Bébé, Lovisa, Skechers, Neon Sheep, Quiz, Jamaica Blue, Phase Eight, Taylor's Restaurant and The Bok Shop.

The Hut

But shopping centres now need to be more than just a place to shop so they can continue to thrive and this year we have opened a new community space offering local people, community groups, businesses and organisations a dedicated area to connect and come together.



The Hut takes inspiration from the Centre's seaside location and encourages visitors to 'escape, unwind and discover.' Already there are many local groups using the space and we're delighted to see people popping in there for a break, to catch up with friends or even just enjoy a quiet moment in their busy lives.

Abled Month

March is our 'Abled Month' when local groups using The Hut will work towards improving the support and awareness in the needs of our disabled customers. In the UK alone, the Purple Pound, the spending power of disabled people and their families, is worth a staggering £249 billion and is estimated to be increasing by 14% every year.

Unfortunately, less than 10% of businesses and communities have the means to support disabled people which is a huge frustration for those less abled, their families and carers. This is something that we are going to be working hard to improve so that our disabled customers can have a better customer experience.

Grow at The Beacon

Also brand new for 2020 is an exciting initiative for business owners and entrepreneurs to win a free space in the Centre for 12 months.

'Grow at The Beacon' has attracted 45 applicants from business professionals who are looking to get their ventures set up in a modern UK shopping destination.

The response has been phenomenal with a number of high-quality applications and we'll be working through the concepts carefully to select a short-list of businesses that we feel can bring something fresh, new and exciting to The Beacon and the local community.

Ideas that have been put forward include a creative soft play experience for children, a florist café concept, a natural stone jewellery store, an art gallery and even a dance studio.

The shortlisted applicants will get the opportunity to present their business to a panel at an informal 'meet and greet' during a 30-minute slot.

Free charging

Our multi-storey car park sees the arrival of 15 charging points which means electric car drivers can now charge their vehicles – at no cost.

The points have been installed in dedicated bays on Level 2 of our multi-storey car park to cater for the ever-growing number of electric cars on the road.

Revo Gold Awards

Finally, I was delighted for the Centre and Eastbourne that our extension was shortlisted in the Revo Gold Awards, a top national award that recognises the best examples of investment in the UK. As well as playing a vital part in transforming our town centre, the investment has also kick-started the local night-time economy.

If you're already an existing customer, I look forward to welcoming you back, and if you have yet to see all the exciting things we have to offer this year, then a very warm welcome awaits you here at The Beacon.



Summer thoughts



By **Martin Wellings**, PST Travel Agents, Grove Road, Eastbourne

This is the time of year when many turn their thoughts to summer holidays, and after such a miserable damp February I can't think of a better plan. Over the many years that I have been in the travel business, there seems to be some sort of event virtually every year that tries to thwart travel plans, but luckily, we Brits usually manage to work round them. In the recent years we have had terrorism, SARS, wars, ash clouds and Brexit to contend with and now of there is the coronavirus.

It is worth mentioning some of the facts of these various issues. Brexit will make no difference to travel and our passports will expire on the expiry date shown, and scare stories of sudden visas being required should be ignored; tourism is a major industry in countries like France, Spain and Italy who are hardly likely to want to discourage us visiting. As I jokingly say, apart from last century, we have been at war with the French for some thousand years and at no time did we ever need a visa to visit their excellent country!

There is no need to hold back booking any holiday due to a possible coronavirus problem *providing* it is under a package arrangement: let me explain. Under current legislation, a package holiday including flights and hotel accommodation must be covered by ATOL for financial security and less widely known, is that the tour operator has the responsibility for any events that effect the holiday, so that if the FCO (Foreign and Commonwealth Office) advise against travel, then an operator will not be able to operate the holiday and all potential passengers must either be offered an alternative or if not acceptable, given a complete refund. However, this does not apply for straight forward

flight bookings that a not part of a package, and flights may well operate into an area even though the FCO are advising against travel.

All this sounds somewhat negative really, so putting this aside, what's new this year? Well, on the positive note, since the election the pound has strengthened against many currencies including the Euro and US Dollar, so money will go further and there is a greater choice of holidays than ever. Rail holidays are making a big comeback, the choice of river cruises continues to increase and there is now a greater choice of holidays aimed at those travelling on their own.

Cruising continues to grow in popularity and I always warn people about rushing to judgement on a cruise if they have never tried one, and tarring all cruises with the same brush, if you will excuse the nautical metaphor, is a mistake – after all The Savoy in London is more than a touch better than a Premier Inn! The size of ships being launched continues to grow from just over six thousand passengers at last count with a vary varied entertainment and activity program, to the much smaller vessels of around 700 passengers which are effectively all one class, first class with all drinks and tips included.

It all boils down really to what type of holiday do you want such as beaches, visiting new places or a combination of both and when you want to go – the choice is really endless.

Wherever you are heading this year, I am sure a touch of decent weather will be on the agenda so don't be put off by the media scare stories and stay at home, in fact I read recently that it is unreported but two people a week die in this country from falling down the stairs, so can you risk staying at home this year?

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If you have concerns or issues about Eastbourne . . .

Let's talk.

The Women's Branch were responsible for organising Eastbourne's International Women's Day and are hosting further events. These events are open to everyone and are a great opportunity to make friends and have lively debate.

Friday 27th March

Politics in the Café

Di Lieto's Coffee Lounge
Sovereign Harbour BN23 5UZ
11.00am till 1.00p.m.

Tuesday 7th April

Film Night - Britain on Film: Protest!

Seaside Community Hub
7.30pm

Friday 24th April

Politics in the Café

Di Lieto's Coffee Lounge
Sovereign Harbour BN23 5UZ
11.00am till 1.00p.m.

Saturday 30th May

Socialist Pub Quiz

The Fishermens Club
Royal Parade BN22 7AA
7.30pm

Wednesday 24th June

The Housing Crisis

Part of the Discussion Forum using materials from '*The World Transformed*'
The Ship Inn
Meads Street BN20 7RH
7.30pm

Tuesday 14th July

Film Night – Welcome to Britain

Seaside Community Hub
7.30pm

Tuesday 15th September

The Green Deal

Part of the Discussion Form using materials from '*The World Transformed*'
7.30pm

Saturday 17th October

Film Night - LGBT Britain

Part of LGBT History Month in October
Seaside Community Hub
7.30pm

Wednesday 18th November

Socialist Quiz

The Fishermens Club
Royal Parade BN22 7AA
7.30pm

Don't forget about

Politics in the Pub

on the first and third Thursday of every month at the Crown and Anchor,
Marine Parade BN21 3DX
7.30pm

Friday 27th March

and Friday 24th April

Politics in the Café

Di Lieto's Coffee Lounge
Sovereign Harbour BN23 5UZ
11.00am till 1.00p.m.

You can find out more information on these events at:

www.womensconference.co.uk



Re-engaging in the outside world

Police cash will help charity extend its work.

By **Stuart Baillie**

Sussex Police helped to raise almost £30,000 last year for a charity working to combat loneliness among the elderly. Chief Constable Giles York handed the money over to Re-engage – his chosen charity of the year for 2019 – at Sussex Police headquarters in Lewes on Tuesday.

Re-engage, formerly known as Contact the Elderly, is a charity that exists to help the 500,000 older people living in the UK who say they go five or six days a week without speaking to anyone.

Monthly tea parties

It has a very simple concept which involves organising monthly tea parties for people over the age of 75. Guests are paired with volunteer drivers who take them to and from tea parties. The parties are held in the homes of host volunteers, who provide food and sometimes a fun activity.

Chief Constable Giles York said: "Loneliness is damaging to both mental and physical health so by providing regular face-to-face contact, the charity empowers their older guests to improve their quality of life.

Rewarding

"This is such important work and valued by so many people, not just in Sussex but across the country.

"Having Re-engage as my charity for the past year has been rewarding in bringing new energy to groups with older guests, being able to make

them safer against unscrupulous criminals and having fun raising money for a great cause.

"Thank you to all the Sussex Police personnel who helped raise this sum, and to the members of the public who also supported the cause."

Sussex Police helped to raise more than £28,000 for the charity through a number of fundraising initiatives including selling mugs, light up pens, scarves, elf letters, Christmas cards and pin badges, and by organising a number of events including a charity quiz night, bingo night, charity golf day, Christmas Extravaganza concert and numerous cake sales.

This was made possible thanks to a number of keen and enthusiastic Sussex Police personnel who volunteered their spare time and energy to help support the Chief Constable's chosen charity.

Fraud prevention

In addition to the money raised, Sussex Police colleagues have worked hard to raise awareness of the charity, helping to recruit volunteer group co-ordinators, tea party hosts and drivers, as well as signposting lonely and vulnerable older people to the charity as potential guests. On top of that, officers have provided valuable fraud prevention advice and training to the local group co-ordinators who will share this knowledge with their guests.

Mr York added: "Our aim was to raise enough money to launch three new Re-engage groups in the county."



Chief Constable Giles York with members of Sussex Police and Re-engage.

Kitty Blackwell, director of fundraising and communications at Re-engage, said: "On behalf of our older guests, volunteers and all of us at Re-engage we say a heartfelt thank you to the Chief Constable, Charity Committee and all the police officers and staff members who so enthusiastically and creatively supported the partnership over the year.

Friendship

"The generosity of the force has enabled us to bring company and friendship to some of the most vulnerable and isolated older people in Sussex – people who spend days at a time not seeing anyone to talk to and who experience chronic isolation as a daily reality.

"The partnership brought particular added value through the excellent work that has been done to encourage volunteers to come forward to support our social groups, to direct older people to Re-engage, and warn against the dangers of fraud, with officers and members of the Police Cadets giving practical advice to our older guests.

"Among many initiatives, a highlight was the Christmas gifts organised by Sussex Police for each of our older guests. Christmas can be a very difficult time for those on their own and to feel valued and remembered was magical."

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Open for the summer

Proposed ESK development progresses but the store will still be open for the summer season.

By **Peter Lindsey**

Plans to regenerate the ESK site when the retail outlet closes later this year are progressing to the next stage.

An outline plan for new homes and a shop or health facility was submitted for planning approval at the end of last year. This includes a concept layout plan that was revised in response to feedback from the public consultation held in October. Members of the public have been able to view and comment on the revised plans via Eastbourne Borough Council's planning portal.

Bob Beevis, ESK's owner, said: "We've listened to feedback from residents and adapted the plans where possible. I'm pleased that the planning application is progressing. I believe that the site will be ideal to provide Eastbourne with some much-needed new housing.

"In the meantime, ESK is still very much open for business as usual. I'm getting lots of questions about the garden centre – must be the time of year – so I'd like to reassure all keen gardeners that we'll be well stocked until the end of the season. In fact we

are doubling the size of the garden accessories section inside the store. Let's hope we have some decent weather for gardening!"

Revisions to the plans in response to the public consultation include:

- Houses to the rear of the apartment blocks were rotated so the terraces run east-west rather than north-south.
- Issues of overlooking mitigated by ensuring the rear windows of the houses do not face onto the rear façade of the flats.



Bob Beevis, ESK's owner.

- Neighbour amenity improved by setting the rear gardens at an angle to the flats.
- Space has been made for seven additional parking bays.

For further information please visit: www.the-courtlands.co.uk



A big thank you to ESK

ESK is incredibly supportive of good causes and charities.

David Barker, joint President elect of Eastbourne AM Rotary Club, said: "I cannot thank Bob highly enough for the support he has given to causes very close to my heart over the years.

"He has been a real trooper and I know other charities and organisations feel the same way."

David is pictured at ESK bag packing for Christmas.

Shoppers donated money to have their bags packed and all money goes to Rotary charities.



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Ollie pushing it to the limits.

The loneliness of the long distance runner!

All in a very good cause, Ollie's 103 mile challenge like no other.

By **Stuart Baillie**

Ollie Goulden hasn't always enjoyed running but these days it's a big part of his life and not just a gentle jog either... no, this 31-year-old personal trainer is into serious running, entering events called ultras; runs that can cover 100 miles or more.

He is doing something very special, something that will not just test his physical capabilities but will put his mental strength to the test too.

He's running the Beachy Head marathon course. He'll be on his own and he aims to complete the course not just once but four times in 24 hours. In the process he'll clock up a jaw dropping 103 miles.

He's not just undertaking the run for fun, he hopes to raise a lot of money in the process, cash that will go to MacMillian Cancer Support and to the Beachy Head Chaplaincy team.

The run is very special to Ollie. He's completing it in memory of his stepdad Tom Duffy who died in October 2018 from bowel and lung cancer. From Tom's diagnosis until he died was just four months and Ollie has chosen to run one lap of the marathon course for each month that Tom, a well known Hastings accountant, survived beyond his diagnosis.

"It's going to be really hard but no matter how tough it gets I won't be in as much pain doing this run as Tom was at the end of his life," says Ollie.

Pushing the limits

He got in to long distance running back in 2015 when he took part in a 100 kilometre run for charity in memory of his wife Ashleigh's

grandmother. He says the challenge of these long distance events is finding out where your own limitations are and at times he has found exactly where his limits are.

Last year he landed himself in hospital while running in the top 20 of a prestigious ultra in the midlands.

"I was pushing on and felt I was doing well and I think I ignored the fact I needed to eat and drink more. I was in the top 20 and I wanted to stay there," says Ollie.

During these gruelling events he has a support team. On that occasion he had a friend who would meet up with him every seven miles and who would try and make sure Ollie was taking in the right nutrition and fluids and Ollie acknowledges that on that occasion he was too focussed on position and didn't listen to his friend's advice.

Anguish and anger

While he has tasted disappointment he has experienced great success too, although even when he has done well he still wants more.

On a 105 mile run he did last year he said that at the end he felt a sense of 'anguish and anger' because he knew he could have done better; he'd finished the course in 29 hours but felt he should have been capable of having completed the run in around 24. However he had sustained an injury towards the end of the event and had had to nurse that throughout the final nine miles of the course.

In an average week's training Ollie will clock up 40 to 60 miles, and that's in addition to running that he

will do alongside his clients. He pays tribute to his wife for the support that she gives him in his training for, and competing in, a sport that has come to take over their lives.

The lonely ultra

Running ultras is very different to running marathons. Ollie explains there can be long periods where you are entirely on your own with no other competitors around you and the very nature of the courses and their length means there are rarely spectators watching and cheering you on. It's in those periods of isolation where mental toughness is required to stay motivated Ollie says.

Making it through the night. Ultras take their competitors to some pretty dark places.

For his Beachy Head epic that loneliness will be compounded because he will be the ONLY competitor. He hopes that some of his personal training clients and fellow runners will join him for sections of course but he recognises that for large chunks of time, and especially during the night, he will be on his own, with his friends who

make up his volunteer support crew meeting him at designated times and places with food and water.

Ollie, who was born and brought up in Hastings, now lives in Eastbourne and knows the Beachy Head course well. He says he chose it for this event because it is an 'iconic' marathon course which he reckons is one of the toughest in the UK. He's the first person ever to tackle four laps of the course.

Given the nature of the terrain he'll be faced with a lot of hills. By the end of the four laps he will have climbed 14,000 feet, equivalent to being almost at the midway point of Everest.

He's been training hard and will give it his all in memory of a man who was very special to him and whose memory he says it's important to honour.

If you'd like to support Ollie and help him raise money for two very important charities then follow the link below.

<https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=OllieGouldenBeachyLoops&pageUrl=1>



Competing in the Hurtwood 50 endurance run.



The now finished Langney Shopping Centre while under construction.

Centre better than ever

Langney Shopping Centre is looking better than ever as more stores throw open their doors in the new extension.

By **Peter Lindsey**

Langney Shopping Centre is looking better than ever as more stores throw open their doors in the new extension.

The additional building is part of a £6.5 million investment which took just over a year to complete and will bring 13 new retailers to the popular centre when it's full.

Costa Coffee was the first shop to open in the extension, followed shortly after by the centre's flagship store, Home Bargains, which sells a range of top brands at low prices.

The centre, in Kingfisher Drive, opened in 1973 and was the first district shopping centre of its kind in the UK. The original building is still going strong and is home to more than 30 popular retailers including Windmills Café & Bakery, Tesco, Card Factory, Peacocks, Kube hairdressers, Poundland and Domino's. The extension has added an additional

35,000 sq ft, taking the centre's total area up to 115,000 sq ft.

New businesses

Centre manager, Neil Avis, said: "Langney Shopping Centre is at the heart of the community. We have lots of loyal customers who come here day in, day out, whatever the weather and we welcome that. We've also seen footfall increase as people from further afield hear about our new stores. Home Bargains has been a really big pull as this is the only one in the area."

The new state-of-the-art gym which opened at the beginning of March is also a draw for fitness fans. Snap Fitness has 2,000 gyms in 27 different countries and is another first for the area. Staff are on-hand during the day to offer assistance, although members can use the facilities 24 hours a day.

Another popular outlet will be the Post Office, which is set to return in the spring. The previous one was



Pupils from the West Rise Junior School with artwork inspired by the Shopping Centre.

forced to close when the newsagents it was part of ceased trading last year. But Neil knows how important the service is to the local community and his team worked hard to find a new sub-postmaster. This has now been achieved and the unit next to Costa Coffee will soon be fitted out.

Churchill's Fish Restaurant is also set to open later in the year. Talks are underway with other retailers hoping to fill the remaining units but cannot be announced yet.

Community library

The centre isn't just home to retailers – it also hosts the community library. The previous County Council-run library was closed after harsh cuts but devastated local residents did not want to lose such a valued service. A team of volunteers rallied to look at ways of rescuing it and Neil stepped in to offer a unit for free. Fifteen months on, the library continues to go from strength to strength.

Links with local schools are strong and pupils often visit the library. They regularly provide artwork for displays inside the centre and also supplied some designs to cover the hoardings during the construction phase.

Outside the centre, the car park has had a facelift. It's been resurfaced, with an improved layout and new

white lines to properly mark out the spaces. And the car wash has relocated to a more visible spot in the corner of the car park which runs adjacent to Langney Rise.

With plans in the pipeline for improvements to the original part of the centre, Neil is pleased with everything that's going on. "The extension has allowed us to branch out in a way we couldn't before, so while we often hear doom and gloom about high street shops, we're making sure we adapt and thrive. It's important to buck the trend and ensure we have plenty to offer customers to keep them coming back," he said.

Charity event

An event Neil hopes customers will support is the annual One Great Day charity event on June 13. All money raised from buckets and raffles is shared between The Children with Cancer Fund in Polegate and Great Ormond Street Hospital. The previous two events have raised more than £3,000 from generous shoppers.

Plans are also underway for an official opening of the extension to take place on the same day as the charity event. Keep an eye out in the local media for more details.

www.langneyshoppingcentre.co.uk

Walk-in centre protest

The campaign to save Eastbourne's Walk-In Centre continues.

By **Lucette Davies**

This Saturday Eastbourne residents responded with enthusiasm to a protest against the closure of the NHS Walk-In Centre at Eastbourne. This protest was organised by East Sussex Save the NHS Campaign who have been fighting against the closure since last Autumn.

Between 15 and 20 campaigners were joined by members of the public during a brief spell of sunshine in a somewhat stormy weekend. The mood was one of positive determination and despite the obvious anger about this possible closure all seemed to be surprisingly happy.

Survey

As well as building up a sizeable petition the campaign has conducted their own survey of public opinion and have said that: "Our survey has shown that the public feel very strongly that they do need the walk-in centre to remain."

Our Clinical Commissioning Group (CCG) clearly believes we don't need the service any longer. They say they have reached this decision from extensive research into how and when the public access the service.

The CCG have now launched a formal public consultation into the closure that will be led by an independent organisation. Campaigners are urging the public to engage with the public consultation by picking up a booklet in the walk-in centre and telling the CCG exactly what they have told the campaign.

On Saturday, one lady had stopped to talk to campaigners said: "I am one of the 3,500 people who are registered at the walk-in centre and have approached four different GP surgeries in the area but all tell me their books are full." One of the campaigners also said: "The surgery in Hampden Park is closing and patients from that surgery are struggling to get a GP where they can register."

Our aims

The campaign has been attempting to make Government health policy understandable and accessible for all. They have said that they believe: "If we all knew the extent to which this public service is being destroyed by Government policy the country would be up in arms about it."

On the campaign website, details of how our access to primary care is to be substantially reduced in the near future does not make for comfortable reading. It would seem that right now it is imperative that we keep hold of a service like the walk-in centre.

The central location of the walk-in centre seems to be a factor that the CCG has completely ignored but most of the public believe to be important.

We are a town that relies on visitor numbers and it makes absolute sense to provide a medical facility in the centre of town for those visitors. Especially when, we have on two occasions recently, seen Stagecoach reduce the frequency with which the Loop bus runs to the hospital.

East Sussex Save the NHS has become a regular feature outside the



Protesters outside the Eastbourne railway station, home to the NHS Walk-In Centre.

station with campaigners braving the cold weather to collect signatures on their petition against the walk-in centre's closure.

They say that: "Between 80 and 90% of the people we approach will happily sign the petition against the closure of the walk-in centre."

The petition

If you haven't already signed the petition it also is running online through the website Change.org.

The campaign can also be found on Facebook and Twitter and will be meeting monthly on the first Monday of each month in the bar area of the View Hotel from 6.30pm onwards. These meetings are open to all if you want to pop by and find out more about the campaign's activities.

How you can help

People do not cease to become unwell simply because services do not exist. Instead when services like the walk-in centre close, it simply places additional pressure on other services that are already struggling. And unfortunately, sometimes people often suffer.

This battle is likely to continue so if you really do care about your walk-in centre please do get involved with this campaign and make sure Eastbourne stays a town that can care for its residents.

There will be more protests organised and campaigners hope that each time they will get bigger.

This battle happened in Hastings recently and the decision eventually was taken that the Hastings Walk-In Centre should stay open. All the reasons that lay behind that decision in Hastings could equally be applied to the situation in Eastbourne.

This is a battle that can be won, and one that we must win for the well-being of all who live in our town and all who visit.

Contact: Lucette Davies
Tel: 01323 507465
Mobile: 07837 815006

More information:
<https://esussexsavethenhs.wordpress.com>

Issue two of Bournefree will be hitting the streets next month just before Easter.

If you wish to advertise, or have your event featured, then email us. All our contact details can be found on Page 2 this month.

Remember, here at Bournefree, we want to reflect and represent the community of Eastbourne.



Author Harold Lawrence.

'At a Stroke...'

This is a story by a stroke survivor at the Eastbourne DGH written with hope and humour.

By **Harold Lawrence**

Surely, a Stroke is everyone's worst nightmare. Order, routine, holiday plans, etc. – all the cherished and under-appreciated joys of normality are replaced in an instant with disorder and confusion, dizzying disorientation, disability and terror.

For any stroke victim the twin options are stark. Go under or fight back.

As consultants muttered in disconcerting huddles and in the MRI scanner's claustrophobic closeness road drills pounded his brain Harold turned not to self-pity but to a notebook.

The result is 'At a Stroke...'. A remarkable work by any calculation. It is a telling insight into the post-stroke experience.

More than that, it is told with a clarity which is remarkable, given the circumstances. It is an acute and objective observation of the NHS at work – polyglot yet endearingly unified. His sense of humour and the irony of his circumstances, twinkles amid the trauma.

On being asked why he had decided to write about his experiences, Harold replied,

"When I realised that the Stroke had not impaired my faculties, and that my thought processes were still functioning, I decided that it would be a useful self-therapy to keep my brain active by writing daily notes. This caused my Specialist to question what I was up to. I joked that I was writing about him and that if he didn't look after me, I'd post it! He planted the idea that it should become the subject of a book. He said that stroke survivors had written about their recuperation, but to his knowledge, a book did not exist that catalogued a survivor's experiences from the time that the event occurred. The seed had been sown, and it was down to me to propagate it!

I hoped that those who have, similarly, faced health challenges, and those who bear the heavy burden of caring for stroke survivors, might gain support and some comfort from reading this book.

'At a Stroke...' has also given me the opportunity to assist the Stroke Association in their mission to educate the general public on stroke awareness. All royalties will be donated to the charity. I am proud to report that in the short time since the book was launched in September 2019, nearly £2,000 has already been donated!"

To those that know him, Harold had always been prone to accepting challenges head-on. Whether it was walking 640 miles along the South West Coastal Path with Fargo, a puppet frog, attached to his boots and rucksack; Climbing the three Highest Peaks in England, Scotland and Wales within twenty-four hours; Picking up a pebble from the Irish sea, then walking across England before throwing it in to the North sea; organising a 'Yeti Hunt' which involved walking the West Highland Way from Glasgow to Fort

William, before scaling Ben Nevis. These name just a few of his charitable fund-raising antics over the years.

He is also proud of the 1066 Specials Football Team, that he founded in 2003, for people with special physical and learning challenges. They received the Queen's Award for Voluntary Service (the M.B.E for organisations) in 2013.

It was no surprise to anybody, then, that when he suffered a stroke, he found it interesting enough to keep notes throughout his treatment, which has culminated in a memoir, though on a serious subject, that is littered with amusing anecdotes throughout.

"When people are gravely ill, they probably have little to smile about. However, I am a firm believer that laughter is a powerful medicine. Hopefully, this book will be read by people whilst in still the recovery process. During rehabilitation, patients often face challenges that are sometimes painfully intense and if it can sometimes be punctuated with a smile or even laughter, that is a true blessing," he says.

Now volunteering as an ambassador for the Stroke Association, Harold speaks to groups, schools and organisations about stroke awareness, and he, of course, tells his own story in his own inimitable and humorous style. If you would like to invite him to speak, he can be contacted on 07968 065429 or via the Facebook page: At a Stroke.

To purchase the book from Amazon visit: www.atastroke.co.uk

The Stroke Association receive a larger donation if purchased from this site. (No commission)

It can also be ordered through most bookshops.

'At a Stroke', available to buy now.



The People's Charity 2020



The Airbourne People's Charity is cleared for take-off once again as airshow fans vote for this year's good cause to benefit from important donations at Eastbourne International Airshow.

By **Peter Lindsey**

With over £90,000 donated to beneficiaries so far, one worthy charity could enjoy an airshow upgrade this year with a share of the donations and the promise of increased public appeal amongst the vast Airbourne audience.

Charity supporters can vote for their favourite good cause to join two other charities (chosen by the Rotary Clubs of Sovereign Harbour and Hailsham) who will between them benefit from 30% of all donations at the show.

All applicants have now been shortlisted to the three charities shown and voting is now open.

To vote, please visit:
www.eastbourneairshow.com/charity

Voting closes on 16 March.

Chalk Farm Learning Disabilities Centre

Currently supporting 42 adults with learning disabilities and/or autism, Chalk Farm Learning Disabilities Centre in Willingdon has been running for over 25 years.

Students train from Monday to Friday with the ultimate goal of gaining a career in an industry they are passionate about, from hospitality to housekeeping and horticulture. The centre has seen many success stories, with past students gaining paid work as chefs, waiting staff and reception staff, as well as voluntary work too.

Learning vital independent living skills, these hard working adults grow in confidence and improve social skills, making friends, developing relationships and understanding that they are not alone in this world. The centre have recently started their biggest project yet creating a 'Secret Garden' project, providing a safe and relaxing space, with students playing a part in the whole process from planning to the finishing touches.

www.chalkfarmhotel.org



Eastbourne and District Samaritans

Staffed entirely by volunteers, Eastbourne & District Samaritans have been providing a service to the local community for more than 50 years.

Last year their specially trained volunteers helped over 23,000 people.

Supporting people and their families with whatever is troubling them, their aim is to reduce suffering and bring comfort and a sense of calm to those contacting their volunteers via phone, email, SMS and in person.

What makes the service unique is that people can speak to trained volunteers about how they feel in complete confidence, knowing they will be accepted and heard.

Their centre, The Haven, is open every day of the year from 10.30am to 10.30pm and volunteers also take duties throughout the night, and work out in the community with other organisations too.

www.samaritans.org/eastbourne



Ronald McDonald House Charities UK – (Brighton)

Providing a free 'home away from home' accommodation for families with children in specialist hospitals, the charity enables families to stay close to their child's bedside, maintaining a degree of normal life during a difficult time.

The Ronald McDonald House in Brighton provides much-needed normality for families with children being treated at Royal Alexandra Children's Hospital Trevor Mann Baby Unit. With 18 en-suite bedrooms, the house also offers kitchens for family meals, communal lounges, play areas for siblings and quiet spaces give families a refuge away from hectic wards.

Over the last ten years, the Brighton House has accommodated over 2,000 families, including 162 from the Eastbourne area. A further 93 Eastbourne families have been accommodated at some of the charity's other sites in London, Southampton and Birmingham.

www.rmhc.org.uk



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PR & Engagement

IGNITE PRE is managed by Beverley Thompson, who read the news on BBC South East Today for many years, and former Eastbourne Herald Editor Peter Lindsey.



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Adrian Bull, Chief Executive.

A massive well done to everyone at the DGH!

SO our hospital has finally been shown to be Good after many years of troubles, damaging publicity and struggling finances.

By **Peter Lindsey**

Last week it was announced that the Trust has been rated Good overall. That's a massive achievement after all that staff and indeed some patients have been put through in recent years.

Adrian Bull, Chief Executive said: "These are excellent results and I would like to congratulate everyone across the organisation for achieving these high standards. They reflect the good work that is going on in every part of the organisation.

"These results represent another significant milestone for the Trust, however we will not rest on our laurels; we have more to do as we pursue our ambition of becoming 'Outstanding and Always Improving'."

"This inspection did not cover all services. A number of services that were not inspected, particularly at Eastbourne, still carry the results of inspections that were carried out in 2018 and 2016.

We know that those services have improved further since then.

Investment

"These are exciting times as we build for the future. We are planning for the £500m investment that has now been committed to ESHT over the next decade.

"This will include major rebuilding and renovation at all three sites – Bexhill, Conquest, and Eastbourne – as we deliver our strategy of becoming leading experts in frailty, establishing fully sustainable services, and maintaining urgent care services at both Eastbourne and Conquest."

Exceptional progress

And Mr Bull is a man with whom we should hold the greatest respect for.

There is no doubt that he has made a huge difference since he joined nearly four years ago.

The Trust wasn't in a particularly good place but he has gone about his business in a very calm and dedicated way.

And the proof is in the pudding with this latest judgement.

The CQC gives each hospital and community services individual ratings for different services including whether they are safe, effective, caring, responsive and well-led.

They inspected Children and Younger People's services on both sites, Surgery and Maternity at Conquest Hospital and Outpatients at Eastbourne District General Hospital.

In addition to the report on the quality of Trust services, a new report has also been published on the Trust's 'Use of Resources'. This review, undertaken by NHS Improvement, is an assessment of how effectively the Trust uses resources and covers finances, workforce, estates and facilities, technology and procurement.

The Trust is rated 'Requires Improvement' for Use of Resources, although the report recognises that the Trust compares well against others across a number of measures of efficiency and acknowledges its focus on achieving financial sustainability.



The Trust is on plan for a £10m deficit in 2019/20 and break even in 2020/21.

Legacy

It's sad to report that Mr Bull is leaving in September. For him, it will be job well done.

Steve Phoenix, Chairman of the Trust Board said: "Adrian has been a superb CEO and I want to pay tribute to all he has achieved. Under his leadership, ESHT has made significant progress across key areas and developed a strengthened reputation. Improvements have been made to the quality and safety of care we provide, the accessibility of our services and the feedback that we receive from patients and members of staff.

"This has been done whilst steadily decreasing our financial deficit.

"Adrian has also overseen some significant investment and

development at the Trust. In the last year alone we have seen the opening of a multi-million pound MRI unit, a new Urology Investigation Suite and new Ambulatory Care units.

"Throughout his time at the Trust, Adrian has demonstrated an unwavering commitment to developing and improving the quality of health services that are available for people across East Sussex.

"Adrian is a well-respected and valued partner in the local health and care system and will be very much missed by colleagues. We wish him a long and happy retirement."

For the sake of everyone, the Good must be maintained and even improved on.

We never want to go back to the negative position the Trust was in for many years.

We all deserve better than that.



The popular monthly Bike Nites.

Eastbourne's Business Improvement District –

Lights, Events, Ambassadors!

By **Leanna Forse**

How can we support each other to promote our town and make it a good experience where people feel safe and happy?

There are many Business Improvement Districts (BIDs) around the UK, including in Brighton, and they are making a positive impact on local businesses because of their ability to provide an improved shopping experience.

Eastbourne's BID was established in September 2019 following a successful ballot, in which over 600 businesses within the BID were invited to vote.

Most experts agree that providing a positive experience for shoppers, businesses and visitors is the only way to compete against online retail and that is why Your Eastbourne BID is working so hard on tackling anti-social behaviour, improving the ambience of the town and providing some unmissable events.

What have they done so far?

Chief Executive of Your Eastbourne BID Stephen Holt said, "We established our BID during the busy Christmas period. Despite this, we were able to ensure that Eastbourne had over £50,000 of Christmas and

evening lighting installed in areas such as Terminus Road, Cornfield Terrace and Gildredge Road. We also helped to fund the return of Little Christmas in Little Chelsea and organised an Elf Hunt across the town centre for children, which saw thousands visit this important shopping area.

"By arranging various meetings between business owners and strategic partners to explore support options, we are assisting our important traders at one of the main gateways into Eastbourne – the seafront end of Terminus Road. Furthermore, 32 local, independent businesses participated in Totally Locally's Fiver Fest, which we launched for the first time in Eastbourne, seeing an increase in trade.

"What's really exciting about the BID is that the Board represents the local business community who give their time freely and discuss plans on how to enhance our wonderful town."

What's next?

Leanna Forse, Marketing Executive for Your Eastbourne BID, said, "We are delighted that very shortly, a team of BID Ambassadors will be welcoming visitors to the town centre and providing support to businesses. They'll be dealing with everything from recommending places to visit, letting people know about special offers and dealing with first aid issues. They'll also be talking to those within the BID,

“

The BID is a really exciting new opportunity for Eastbourne and we are working with partners to support new and existing initiatives.

making sure they are up to date with our activities and report any anti-social behaviour.”

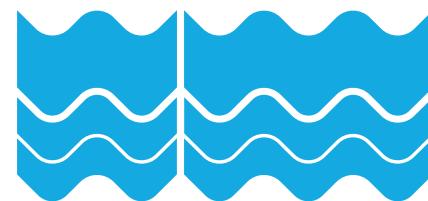
With lots of successful annual activities already in place, Your Eastbourne BID is in the perfect position to develop them further and create even more new and exciting events.

Town Centre Manager, Luke Johnson, explained, "The BID is a really exciting new opportunity for Eastbourne and we are working with partners to support new and existing initiatives. So, this year, expect the return of the popular monthly Bike Nites, sponsored by Sykes Harley Davidson; Easterbourne Bunny Hunt; and of course, Christmas Cracker 2020!"

For information about Eastbourne BID's latest plans and to look for offers, promotions and events, please visit the Facebook page **@youreastbourne** and website **www.youreastbournebid.com**

A call for new governors

East Sussex
County Council



INDIVIDUALS and businesses are being invited to discover the career-boosting benefits of being a school governor.

By **Stuart Baillie**

With vacancies for school governors in maintained schools across the county, East Sussex County Council launched a major recruitment campaign to address the shortfall.

Cllr Bob Standley, East Sussex County Council's lead member for education, said: "There are so many benefits to becoming a school governor. As well as contributing to the future of young people and giving something

back to your community, taking up this voluntary role will help you develop skills that could help boost your career.

"Many of the skills learned in an educational environment are often same as those required for business such as strategic planning, financial planning and working in a team."

Governors work closely with headteachers to raise school standards by setting strategic direction, monitoring performance and ensuring finances are

appropriately spent. Applicants don't need to be experts in education as support and training is offered.

Anyone with five to eight hours a month to spare can apply to become a school governor. With employers increasingly recognising the value of staff taking up the role, many now offer time off for staff to perform their duties.

More information about the role and details of how to apply can be found at: www.eastsussex.gov.uk/schoolgovernor

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Food&Drink



A destination hotel for locals

By **Gail McKay**

When Sally Kitchen and Paul Childs first viewed the New Wilmington Hotel in February 2019, they snapped up the beautiful Victorian Hotel, which had, up until then, been catering solely for coach parties.

Having worked together in Marbella, running a Property Development company and restaurant, they were confident they could turn the lovely hotel into a destination for locals as well as visitors to Eastbourne. Along with Sally's brother in law, who has 30 years' experience as a chef, they planned a fine dining experience for

Eastbourne. *The à la carte menu is updated seasonally to offer the highest quality dishes in the area, with something to suit every palate.*

Their efforts in the new Mulberry Restaurant and Bar have been rewarded with seriously good reviews on TripAdvisor.

"Carvery lunch was incredible. The chef is very talented and we were so impressed."

"I would highly recommend this restaurant if you're in Eastbourne because the food is impeccable."

"If I could return here for lunch every Sunday I honestly would. It was one of, if not the best roast dinner I have had in a very very long time."

The New Wilmington Hotel is perfectly positioned in the Devonshire Quarter, opposite the Towner Gallery, the theatres and the seafront.

They've already hosted a successful wedding fair, giving couples the opportunity to see this charming newly refurbished venue – the restaurant and bar can cater for events of up to 120 people.

They're doing a great Mother's day deal, (Mum's Meal is Free), their Elvis Tribute Night on 13th March has sold out and they've teamed up with Jazz Funk Soul Radio to bring you a weekend of music and dancing on on 1st–3rd May.

It's been a busy 12 months for Sally and Paul, and it's not going to slow down. You can find out more about their events and special promotions on their Facebook page and website.

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I'm turning Japanese

Yoku Sushi, a taste sensation from Japan, here in Eastbourne. Japanese dining is back with a vengeance, possibly better than you imagined.

By **Andy Thomas**

Do you have a craving for sushi? What about other Japanese cuisine? If so, there might be a place nearby that do takeout, but if you want a real, authentic experience that doesn't involve travelling half-way around the world, you'll find there is one restaurant in Eastbourne known for serving incredible Japanese food.

The restaurant's approach to food and eating is overflowing with attention to detail and unadulterated flavour.

"More customers are searching for honest, healthy foods and Japanese cuisine carries these values," says Tom, manager of Yoku Sushi.

"The restaurant is all about a modern interpretation of Japanese flavours. The Yoku Sushi menu is brimming with delectable offerings from spicy Tuna Sashimi, Salmon and Avocado Uramaki, to Spicy Pork Bulgogi and Chicken Teriyaki Don."

Tom goes on to say "Today's dining public want integrity in their restaurants and the food they eat. The Japanese have always been about perfection and integrity.

"I think all restaurant owners and chefs agree, customers have become more discerning over the years and healthy, sustainable and honest food is a must. Diners have also become more aware and conscious of where their food is sourced. Ethical sourcing of food and using locally produced ingredients, wherever possible, is really important, making dishes that people want to eat.

"Japanese food is great for a lunch time treat as well," he says. "Our 'Special lunch Bento Boxes' are available 12 to 3pm every day except Tuesday's, are all served with Miso Soup, Chicken Gyoza, Salad and Pickles, eat in or take-away... so much flavour!"

So why not come and experience the most popular hot and cold dishes of Japanese cuisine in Eastbourne.

**Call us now to book a table
01323 638088 or visit:
www.yokusushi.co.uk**



Eastbourne's only Lifestyle Show

The new Welcome building in the Devonshire Quarter is the venue for this year's Lifestyle Show.

By **Shanaz Mansoor**

Building on last year's successful event, this is fun, practical, educational and social.

It caters to all ages and lifestyles, across a range of categories including Home and Garden, Travel and Leisure, Food and Wellbeing, Vehicles and Home Technology, Fashion and Beauty, and Professional Services.

Demonstrations

There will be an exciting line-up of interactive demonstrations, workshops, taster sessions, makeovers, speakers and readings.

You can try out your downward dog with the Yoga-Life Studio, find out what FLeXercise is and speak to Lushington Chiropractic about any of your aches and pains

Poetry

You can join the poet Laurie Wilkinson for some lively poetry and chat and speak to Life Planning Solutions about planning your will.

Food and drink

Your taste buds will be satisfied with 'Cooking_skotti' demonstrating the wonders of THERMOMIX TM6, then you'll be able to wash it all down with some Sussex Wines and the expert advice of Fizz on Foot.

Fashion

And to make sure you are always looking and feeling your best, Alison Brown from Aeracura will be on hand to show you how to find the right colours and shapes for you.

3D Lipo will be on hand to explain cryolipolysis otherwise known as fat freezing amongst other treatments that they offer.

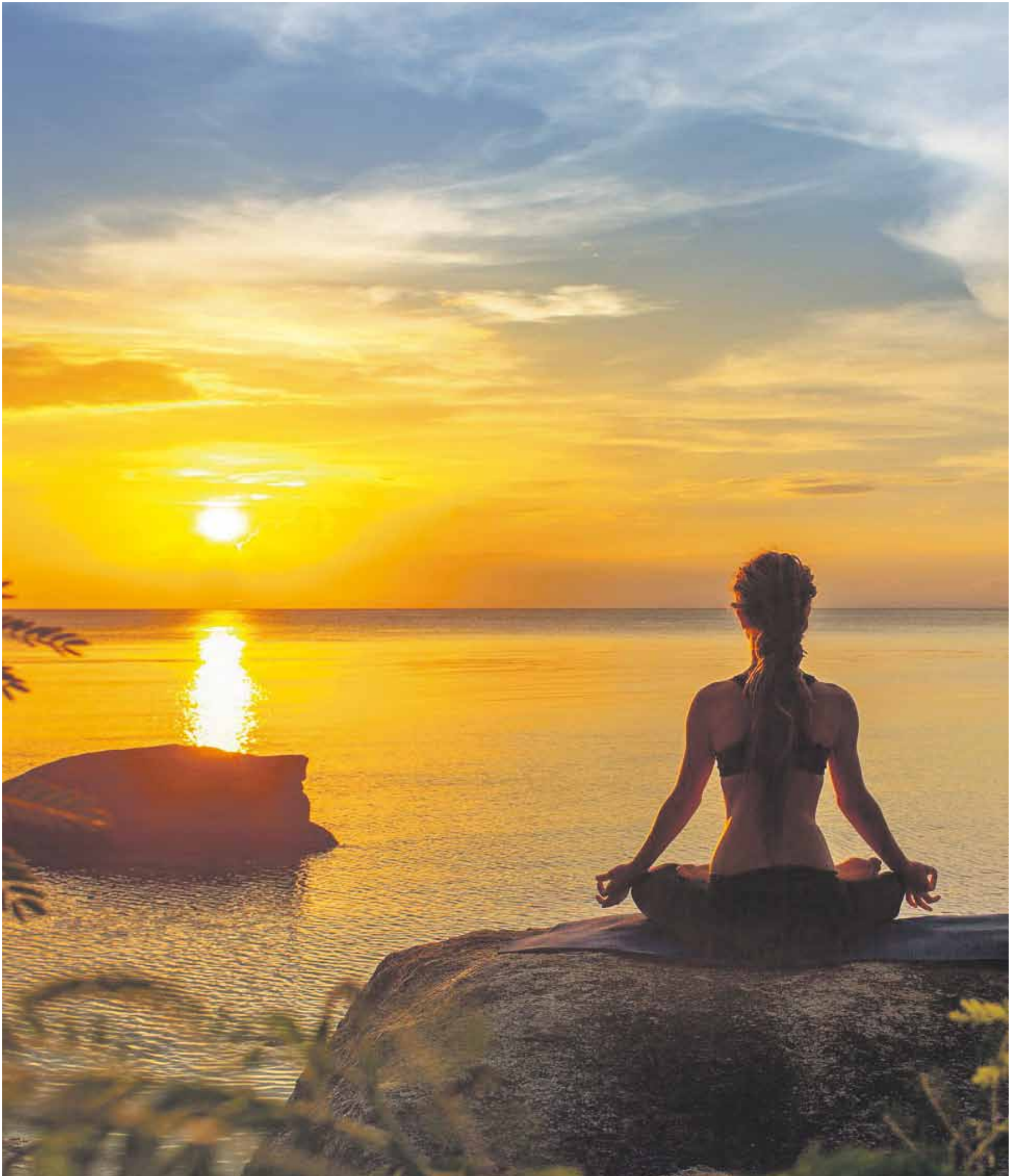
The Lifestyle Show was launched to give the community and visitors from the surrounding area the opportunity to access a range of local and national businesses under one roof in a relaxed setting. With a particular focus on social and environmental responsibility through education and support of related charities, we aim to create awareness of the challenges we face today.

Visit The Lifestyle Show on our social media pages for the full line-up.

Saturday 14th March 10am – 5pm and Sunday 15th March 10am to 4pm



Health & Wellbeing





Ten ways to use sleep as medicine

One of the most powerful medicines we all have is sleep. We are becoming more aware of how diet and exercise can affect our health, yet sleep is often ignored.

By **Persephone Burleton, Ph.D**, Modern Healing

According to Matthew Walker, a professor of psychiatry at Harvard University, nearly two-thirds of adults throughout all developed nations fail to obtain the recommended amount of hours a sleep a night.

Not sleeping correctly can wreak havoc on our bodies. It decreases our immune and reproductive system, doubles our risk of cancer, disrupts our gut flora and blood sugar levels and increases our risk of Alzheimer's, heart disease, depression, inflammation and even early death.

On the other hand, when we perform certain sleeping techniques it can become a great healer for our mind and body. Medicinal sleep can balance our body's natural circadian rhythm (biological clocks), which regulates our hormones, digestion,

body temperature and many biological functions in the body. The more we receive medicinal sleep, the more our circadian rhythms can boost our health.

Here are some of the most effective ways to use sleep as medicine:

Sleep a medicinal amount of hours a night and in a correct position

Studies have shown that sleeping about eight hours a night on our left side allows us to fully reap all of the benefits of sleep. Sleeping in other positions or a different amount of hours a night may do damage to our health.

Sleep during certain hours

To follow our body's natural circadian rhythm, the best time to fall asleep is between 9pm and 11pm.

Night mimicking

Mimicking the night inside our bedrooms helps boost our natural circadian rhythm for sleep. We can do this by sleeping in a dark room with no lights on that's also slightly cooler at around 19°C.

Keep the rhythm going

Unfortunately, it is true that we cannot make-up for lost sleep during the week by sleeping extra over the weekend. It is best for our health to try to maintain a regular sleep schedule every day of the week to maintain a regular circadian rhythm.

Exercise in the morning

Exercising in the mornings, especially in the sunlight, helps to regulate our circadian rhythm, which improves our sleep.

Bathe yourself in white light in the morning

In the morning hours try to expose yourself to full-spectrum white light (through natural sunlight or with a Seasonal Affective Disorder light during cloudy weather). This boosts chemicals in the brain that are then used at night to regulate our circadian rhythm for sleep.

Take medicinal power naps

In addition to a full eight hours of sleep, we benefit greatly from spending just ten to twenty minutes resting around noon. Our circadian rhythm needs a gentle reboot at this time, even if it is just resting our mind and not being fully asleep. Avoid any naps over forty-five minutes, as this will affect your sleep at night and circadian rhythm.

“

Nearly two thirds of adults throughout all developed nations fail to obtain the recommended amount of hours a sleep a night.

Avoid blue-light and electrical objects at night

After sunset our circadian rhythm becomes extra sensitive and disrupted by any exposure to electricity or blue lights from things like televisions, smart phones, iPads, LED lights or computer screens. Avoid these items, especially an hour before bedtime, to establish medicinal sleep.

Start night-time fasting

Breakfast is called such as we are breaking a fast over night. Studies have shown starting this fast earlier in the evening allows for more energy to be used in cleansing the metabolic wastes in our brain while we sleep.

Relax

The more we rid ourselves of daily stresses before we go to sleep, the deeper and better our quality of sleep and balance of our circadian rhythms. Performing breathing techniques, mindfulness and meditations, or even inhaling specific essential oils before bedtime can all improve our sleep quality.

Persephone is a fully licensed herbalist, diet and nutritional advisor, acupuncturist and Diplomat of Oriental Medicine. She also holds a doctorate degree specialising in Holistic Life Coaching.

If you would like to find out more or to book a treatment with Persephone please visit: www.modern-healing.co.uk

Breaking dependency

Help us to help people break the cycle of dependency.

By **TIMF**, The Newsroom, East Sussex County Council

PEOPLE in East Sussex are being asked to give their views on how support for people with drug and alcohol disorders is delivered in the county.

East Sussex County Council is asking people to join a 'conversation' about drugs and alcohol which it

hopes will help break the stigma surrounding the subject and support those in need.

The results of the online survey and feedback from service users will help to shape what kind of support to sustain recovery is delivered throughout the county in the future.

Cllr Bill Bentley, East Sussex County Council lead member for communities and safety, said: "Anyone can develop a dependence on drugs or alcohol, and it's not just the individual that's affected but their loved-ones too.

"With the right support, people can break the cycle of dependency and turn their lives around, but it's important we make every effort to ensure we provide the services people need most.

"By taking five minutes to take part in our survey, people can help us to get this issue out in the open and help shape how we support people with drug and alcohol disorders in the future."

One of those to benefit from the support on offer is 54-year-old recovering alcoholic Kanna Ingleson, from St Leonards, who now helps other people overcome similar challenges in her role as an asset-based community development worker for East Sussex Recovery Alliance (ESRA).

She said: "I moved here three years ago after almost a lifetime in cities. For me it was all about connection – I wanted to know my neighbours and be part of the community of oddballs and one-offs that make their way to the Sussex coast.

"I spent my 40th birthday in rehab and have spent the last 15 years doing everything I can to stay on the wagon.

"Now I have the perfect job, my daily commute is a walk along the seafront, my wife and I have three of the best dogs in the world and I couldn't be happier."

The questionnaire includes questions about people's attitudes to drug and alcohol issues, how individuals can be supported and the barriers they may face in getting help.

People can take part in the survey online at:

<https://consultation.eastsussex.gov.uk/adult-social-care/drugs-alcohol/>

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Allergy, intolerance or sensitivity?

These days people use the terms food allergies, food intolerances and food sensitivities almost interchangeably.

By **Tracy Fuller**

So, what is the difference between these terms? The classic definition of an allergy is 'any reaction where the immune system is clearly involved'.

The immune system, which is the body's defence system, has the ability to produce 'markers' for substances it doesn't like. The classic marker is an

antibody called IgE (immunoglobulin type E). When the offending food, called an allergen enters the blood stream and meets its IgE marker, it triggers the release of chemicals including histamine that cause the classic symptoms of allergy – skin rashes, hayfever, rhinitis, sinusitis, asthma, eczema, swelling in the face or throat and anaphylaxis. All of

these 'IgE-mediated' reactions are immediate and severe and may be life-threatening. If your child has this type of allergy, you probably already know about it and are strictly keeping your child away from the offending food.

The most common type of food allergy involves a different marker called IgG. The difference here is that IgG reactions may take anywhere from an hour to three days to show themselves, are often less immediately dramatic in nature and are therefore much harder to detect. So its more likely your child will be continuing to eat these foods on a regular basis, especially as the foods involved are very commonly eaten.

Food intolerances and sensitivities are reactions to food where there is no measurable antibody response. Examples of these include lactose

intolerance, where a child lacks the enzyme to digest lactose (milk sugar) (as is the case with Juliette who has a mild lactase deficiency), usually resulting in digestive symptoms such as diarrhoea and abdominal discomfort.

Bio-Resonance Screening

Bio-resonance testing may show up food sensitivities or intolerances where there is little or no measurable immune response, but the patient nonetheless experiences symptoms.

Phenolic sensitivities are frequently found in patients with 'allergic constitutions'. Phenolics are natural chemicals that are found in many different substances such as foods, inc fruit and vegetables, animal hair and pollens. They may also be by-products of systemic issues such as Candida, an infection which is known to increase allergic tendencies.

Sensitivity and Intolerance are also different to more established allergy reaction, in that they can change, reduce or increase over time, depending on the state of health and internal physiological conditions of the patient.



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£615,000 Freehold



Buying with confidence

After a year dogged by election worries and low growth in the housing market, Surridges Estate Agents are pleased to report that the 2020 local property market is once again injected with vitality.



Caroline and Ben Surridge.

By **Caroline Surridge**

For the South East region, prices are reported to have increased by 1.0%, up 2.2% year on year with an average selling time of 80 days (Rightmove Price Index).

"We have seen buyer confidence return to the market, having had our busiest ever January and February" says Ben Surridge, co-owner of Surridges Estate Agents Ltd.

With this in mind, owners coming to the market this Spring may be facing the best selling prospects for several years, with demand for the right properties at the right prices being at peak levels.

It is this fact, combined with a general shortage of property stock for the time of year that makes the ideal recipe for motivated sellers.

Window of activity

However, it is still a price-sensitive market led by stretched buyer affordability. Sellers should aim to be pragmatic on price in order to make the most of current market conditions.

This window of increased activity is expected to continue, at least until we approach the next Brexit deadline at the end of the year, when trade negotiations will inevitably affect market confidence, particularly in relation to attracting foreign investors and house builders, who rely on European materials.

"Now is an ideal time to get on to the market and sell, making the most of the opportunity to secure a quick sale at a decent price" says Caroline

Surridge, wife and co-owner with Ben Surridge at Surridges Estate Agents Ltd. "We are experiencing pent-up demand for the right properties, following the sluggish 2019 market and are actively seeking properties to offer to our large database of registered buyers".

Achieving the best price

Sellers who want to make the most of the situation should hold a few things in mind. Choosing the right estate agent, one who is motivated to achieve a sale at the right price, is a key consideration. Another factor is ensuring your property is widely marketed – choose an agent who advertises across all of the major UK property portals.

The quality of this marketing is also a determining factor in achieving the best price – this means first class professional photography and floorplans. In order to make the process as stress-free as possible, research your estate agent to check they have a track record of delivering excellent communication and customer service. Online reviews are a quick and easy way to look into this.

Performance and service

If you are considering a move and require further advice, husband and wife estate agency team Ben and Caroline Surridge of Surridges Estate Agents would be pleased to hear from you. Winners of a Best Estate Agents Guide Award for 2020 and rated as being in the top 3% of UK estate agencies for marketing, performance and service, you can be sure to experience nothing but the best advice. Our

Google Reviews are a great way to get a flavour of the kind of service we offer our clients.

Please get in touch: **01323 406440**, info@surridges.co.uk, www.surridges.co.uk or find us on Rightmove, Zoopla, On The Market or Prime Location property portals.

“

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I could go on but seeing really is believing!

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The Arts



Detail of Shard over Thames by Mark Curryer.



Elephant Radio band members, L to R: Seb, Joe, Archie, Fred and Liam.

Elephant Radio sounding good

It's all looking good for local band 'Elephant Radio' with a management deal in the bag and UK based tours in the works.

By **Andy Thomas**

Last week I sat down with 'Elephant Radio' guitarist, Joe Walsh, chatted about the band and asked him how they got to where they are now.

What does your band name mean?

No particular meaning in the name, a mixture of circumstance — 'Elephant Radio' is quite pleasant sounding, also I think Freddie (the vocalist) had been listening to the Radio when 'Elephant' by Tame Impala came on when inspiration struck.

Who are your biggest influences?

We all have a diverse set of influences throughout the popularisation of music. We can all agree that we don't try to emulate anyone in particular, we just really love making music.

How did you meet?

I met Freddie when he was a solo artist, whilst playing open mic nights during the summer of 2017. We were

soon being asked to play bigger shows and develop a more diverse sound. Eventually we met Liam, our drummer. We were searching for someone to play Synth and at this time a mutual friend called Max was playing bass guitar in our original line up during the production of our EP 'California FM'.

Max's mate Archie used to hang out and take pictures at our gigs. Freddie asked Archie if he would join our ranks on synth.

Max eventually got accepted in Royal Academy of music to pursue his study in Upright bass, at which point Freddie's brother Seb stepped in on bass and backing vocals.

What's your songwriting process?

We have a pretty straightforward approach. Freddie will write the skeleton lyrics, melody, chord progression and will then bring it to myself or Seb to finalise arrangement. The band will then play the song out until we're all happy with it.

Who do you sound like?

Again, as controversial as the earlier Influences question... fans of our music often say there is a definite correlation or reference to particular artists, however none of it is intentional.

What's next for you?

We've just entered into a management deal which we're very excited about with tours and support shows currently being planned.

We've also been in the studio recording two new Singles, the first of which will be out next month.

Alongside that we've done a live video showcase. In the next week or so, the first of four videos will be released of another brand new song under 'Agony Live' who is a local original music journalist and blogger who took care of the video whilst our I took care of the audio production.

So far the results are looking rather pleasing!

Where can we hear and see you?

Keep an eye on our Socials Media sites as we have plenty of exciting stuff coming up.

Facebook.com — Elephant Radio

Instagram — elephant_radio0

(that's a zero on the end)

Our music is also on all Digital Music Platforms and you can listen by searching:

'Elephant Radio, California FM'

Lamb laughs

Anarchic Comedy at Lamb in Old Town, Eastbourne.

By **Gail McKay**

If you would like to come along to The Lamb Inn for comedy on Friday 3rd April, you'll see Nick Revell, William Stone and Dyball & Kerr. The night is anarchic and refreshing, Jo Neary & Friends' pride themselves on taking a little chance on unknown acts but making sure there's enough quality acts throughout to make it a great night out for everyone.

In recent months they've had physical and visual clowning comedy from Cheekykita, who gave a member of the audience the chance to be born again (he was named Duncan Donut by the audience), brilliant stand up from Zoe Lyons, Mark Steel and Robin Ince. Past acts have included Josie Long, Jim Bob (Carter USM), and Joe Lycett, all for the price of a couple of coffees.

The night is usually the first Friday of the month and is loved by acts and punters alike. Dyball and Kerr are regulars, who never fail to entertain us with their brilliant characters and the whole night is compered by local comedian Joanna Neary, who loves to try out new material amongst old favourites.

This year we'll be welcoming back Zoe Lyons and Cheekykita, as well as meeting new stand ups like Matt Green, and brilliant cabaret acts such as Flick Fernando.

The Lamb Inn is the only place in Eastbourne we could hold this lovely night, it's the perfect venue for us and the audiences are a delight.

See you there!

Call for artists



Raising funds for Royal Marsden Cancer Charity. #sophiespostcard2020 Secret Postcard Art Auction to be held in June.

By **Gail McKay**

Two years ago, St Richard's Catholic College, raised almost £15,000 for The Royal Marsden Cancer Charity in memory of former pupil, Sophie Maria Taylor, who died in April 2017.

Over 570 original artworks on postcards were auctioned on eBay, among them artwork by celebrities, renowned artists – including Sir Quentin Blake, Liz Pichon, Thomas Taylor and Bob & Roberta Smith – pupils, parents, staff and accomplished local artists.

Miranda Pennington is an Eastbourne teacher and artist and is running the whole event.

To commemorate what would have been Sophie's final year at St Richard's, she is again running the Secret Postcard auction and setting a target of 1000 wonderful original postcard works of art. The auction will run for 10 days on eBay and end on Saturday 27th June 2020.

#sophiespostcard2020 has got off to an incredible start with over 200 wonderful postcards already received from artists from all over the world, including some very famous children's illustrators. The deadline for the call for artwork is 1st June 2020.

Custard Design are sponsoring the auction with printed postcards for packs to be sent to local schools and artists.

Postcards are uploaded as we receive them and you can see all those which have already been submitted on our website at: www.sophiespostcard.com

You can follow **@strichardsart** on Twitter and **sophiessecretpostcard** on Instagram for regular news updates and use the hashtag **#sophiespostcard2020** to help promote the event on social media.

Pre printed postcards can be collected from St Richard's reception during school opening hours, for a suggested donation of £1. Artwork can be completed on the pre printed postcards or on postcard sized paper but must be signed on the back. See full details on the website. All artwork to be sent by 1st June 2020 to: **#sophiespostcard2020, St Richards Catholic College, Ashford Road, Bexhill-on-Sea TN40 1SE.**

Lilly Pye, Community Fundraising Manager for The Royal Marsden Cancer Charity said, "We are so grateful to St Richard's Catholic College for supporting us again through Sophie's postcards. Their fundraising makes such a huge difference to our patients and their families and we cannot thank them enough for their support."

Please contact Miranda Pennington misspenningtonm@strichardscc.com if you have any ideas for sponsorship or would like a pack to send to a famous friend!

Thank you so much for your help and support of The Royal Marsden Cancer Charity and this very special fundraising event in memory of a dearly loved pupil, Sophie Maria Taylor (2004–2017).

Hornsnozzler available to bid for in June.



Recognise this children's book illustrator?



Another well known Illustrator?



Harry Potter by Thomas Taylor raised £1071.51 in 2018.



Recognise this children's book illustrator?

At Towner

We take a look at two of the exhibitions currently on at Towner Eastbourne.

Alan Davie and David Hockney: Early Works. 15 FEB – 31 MAY 2020

Towner are pleased to present a major exhibition Alan Davie (1920–2014) and David Hockney (b. 1937) that will explore the convergence between these two major figures of post-war British painting.

Organised by Hepworth Wakefield, *Early Works* will bring together around 45 paintings, collages and drawings by Davie and Hockney, spanning 1948–1965. It will trace the parallel paths of these key figures, and reveal shared preoccupations with passion, love, sex and poetry as their work oscillated between figuration and abstraction. *Early Works* at Towner is the first major display of works by both artists on the South Coast.

Early Works includes figurative works made by both artists at the start of their careers, including self-portraits produced when Hockney and Davie were both 16 years old. Self-portraits and photographs throughout the exhibition will show the development of each artist's public persona at a time when contemporary art was

becoming a central part of popular culture – artists appeared in films, were interviewed on television and featured in the new colour Sunday supplements. Both artists cultivated distinctive looks, exploring differing but connected notions of masculinity and identity. Both shrugged off labels, Davie refusing to be dubbed an 'Abstract Expressionist', and Hockney similarly eschewing the term 'Pop artist'.

Themes of poetry, love and eroticism explored by both artists will be examined through paintings including Hockney's celebrated *We Two Boys Together Clinging* (1961) and Davie's *Glory* (1957). The visitor will see how both artists pushed and tested the painted surface, often incorporating coded symbolic text and abstracted figures to create new visual languages and passionate painterly expressions. The exhibition will also explore work

from the 1960s when both artists combined interests in non-western culture with contemporary influences including American abstract painting and advertising.

Labels in this exhibition contain some sexual references.

For further information and bookings, please visit:

www.townereastbourne.org.uk

Exhibition sponsored by King & McGaw

K & M EST. 1982

Image credits:

© David Hockney.

© The Estate of Alan Davie.

BRINK: Caroline Lucas curates the Towner Collection. 13 DEC – 10 MAY 2020

Caroline Lucas MP – politician, cultural advocate and environmental campaigner – has taken on a new challenge: curating her first ever exhibition for a major UK gallery.

Caroline is an active campaigner on a range of issues and has consistently been voted the UK's most ethical politician. A patron of various arts projects over the years, she currently supports Kollektiv Gallery, ONCA Gallery and Firecracker Theatre Company.

Selecting from the 5000 works in Towner's permanent Collection, Caroline's choices reflect and resonate with her passions and interests, from her environmental work, issues of climate change and effects on our landscape, to her love of living in Sussex.

Image credit:

Tirzah Garwood, *Hornet with Wild Roses*, 1950.

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Green and pleasant

Welcome to this brand-new venture in print and online and my monthly gardening column. I hope to be able to encourage and inspire readers to engage with their own plots. Some readers may know of me, or have perhaps visited my seaside garden, Driftwood, in Bishopstone.

By **Geoff Stonebanks**

Spring is fast approaching and it is a good time of year to think about buying plug plants, either online or in your local garden centre. If you buy online they generally get dispatched with step by step instructions. You don't even need a greenhouse to grow them on. A sunny windowsill in a spare bedroom or kitchen will also do the trick. A great tip is to give the ends a pinch a couple of times while the plants are young as this will help make them nice and bushy with more flowers.

Place your stakes

If you have any tall growing plants in the garden it always makes great sense to put stakes in place to support them now. New shoots can then grow up through them thus

avoiding any damage done if left too late. Adding supports afterwards is always difficult and often looks unattractive. Dahlia lovers should be checking any tubers that have been stored for the winter. Now is the time to get them into the light and start their growth. Check each tuber is firm, part fill pots with multi-purpose compost, place tubers inside and just cover with more compost, place somewhere warm and light and water. They should start to shoot within a couple of weeks. They can be grown on by transferring to the ground or, as in my garden, they are left in containers.

National Garden Scheme

Many will know I volunteer for the National Garden Scheme, so I plan to mention a garden each month that opens for the scheme. This month the

East Sussex County Organiser opens her garden at Butlers Farmhouse in Butlers Lane in Herstmonceux over the weekend of Saturday 28th and Sunday 29th March, between 2pm and 5pm. This is a lovely rural setting for her 1-acre garden, which surrounds the 16th century farmhouse, providing views of the South Downs. It is pretty in spring with daffodils, hellebores and primroses. Quite a quirky garden with surprises around every corner, including a rainbow border, small pond, Cornish inspired beach corners, a poison garden and secret jungle garden.

**Admission will be £4.00.
Full details at: www.ngs.org.uk**

Mother's Day

The 22nd March is Mother's Day, more often than not we all show our love for our Mum with flowers, or a plant that might suit her personality or style. It's always hard to know what to buy! My top three choices would be stunning tulips, they come in so many beautiful colours. A popular second choice, a gorgeous orchid, their blooms often last a long time and they can make a real statement. A third option might be some luscious lilies, their big blooms are often sold in bud, once they start to open up they are truly a wonder to behold. They can be found in a variety of soft and bold colours to match your Mum's mood.

Buddleia time

A garden favourite is the popular buddleia. Now is a good time to prune to a framework of branches and encourage lots of vigorous new shoots that will have time to mature and flower this summer. Cut back

last year's flowered stems to within one or two buds of old wood, or you can prune back harder if you need to rejuvenate. I've got a couple around my pond, two buddleia buzz magenta, this compact variety still needs a prune every year.

Pruning roses

Now is also the last time, before the summer, for pruning roses, leaving it any later may mean cutting away stems with well-developed new shoots. You can however be as ruthless as you are as you are unlikely to kill it.

**You can read more of Geoff's garden at:
www.driftwoodbysea.co.uk**

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Geoff's garden, 'Driftwood' has appeared on BBC2 Gardeners' World, was a finalist in Gardeners' World Magazine Best Small Space and a finalist in Lewes District Business Awards 2018 as 'The Tourist Destination of the Year'.

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