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EASTBOURNE WALKING FESTIVAL RETURNS

The ever popular Eastbourne Walking Festival returns from 18 – 27 September.

08/20

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August 2020

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Bournefree



SUMMER IS HERE AT SHARNFOLD FARM

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Cover Image

Andy Butler

Our next edition will be distributed from September 10th. Make sure you are a part of it.

Welcome to the latest edition of Bournefree

TODAY we are delighted to bring you the second edition of our magazine devoted to Eastbourne and the surrounding areas. And it is FREE.

By **Peter Lindsey**

Our first edition came out in March and at the time we didn't think we would have to wait four months for the next one.

Everything sadly has been on hold due to COVID-19 but now hopefully life is becoming a bit more normal again.

Not like it was before but I guess we are all talking about a new normal, whatever that may look and feel like.

Bournefree is a joint partnership between Custard Design Marketing and Print, and Ignite PR and Engagement.

Both are based locally and both are determined to see our new multimedia approach become a roaring success. We think it can and will be.

Every month we will be publishing at least 10,000 copies of the magazine, which will be made easily available locally and for free.

Plus, we will soon have a new news website at www.bournefreemag.co.uk where you can find all the latest news.

Our Facebook page also grew in popularity during lockdown with the most popular post viewed an amazing 80,000 times. Yes, 80,000.

So, we are convinced the demand and the appetite are both there, and we want to maximise that in the coming months.

Our multimedia approach is: first the magazine in print once a month, second our news website and third our Facebook page and social media in general.

Custard MD Andy Thomas said: "We are well aware what a difficult time it has been for everyone.

"Lockdown was probably something we never imagined we would encounter in our lifetime.

"But we did, and yes it still remains, but now is the time to get back to business, albeit it in a very sensible way.

"I am very excited about this project and I am sure it will work."

Ignite PR and Engagement is a partnership between former newspaper editor Peter Lindsey and Beverley Thompson, former newsreader on BBC South East Today.

Peter said: "The key to our success will be the multimedia approach: print, online news and social media.

"We are here for the people of Eastbourne and we are so enthusiastic about its future.

"You could say never has there been a more challenging time to make a new business succeed.

"You could also say never has there been a better time to make a difference as we all look to bounce back."

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?

Email: petelindsey30@hotmail.com

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

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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.**

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Popular travel agent is on the move... next door

Personal Service Travel is on the move in Grove Road, Eastbourne. But it's only moving one door down. It's about to occupy the former opticians.

By **Martin Wellings**, Personal Service Travel

Owner Martin Wellings said that the move gives a great opportunity to re-open after the lockdown with a fresh look.

Here Martin offers his views on the travel industry:

Having been in the travel industry for over half a century it is impossible not to look back and see how much has changed in the intervening years — gone are the overnight sleeper trains to destinations all over Europe, the regular shipping services to faraway places and the huge change in the airline network.

Future of travel

So much for history, what about the future? Airfares are about as low as they are likely to go, and there will be more non-stop routes; Qantas has already paved the way with its flight to Perth in nineteen hours and it will not be that long before they extend to Sydney.

On the shipping front, whilst there are no more A to B shipping services, we now have a huge range of cruises to all sorts of destinations, and for those who don't fancy the high seas, there is a growing number of river cruises.

Finally, it is a resurgence of rail travel with the tunnel coupled with the ultra-fast TGV trains making for a more relaxed and sometimes actually quicker way of getting to your destination. Alas, no more sleepers unless you treat yourself to a trip on the Orient Express to Venice; that is something special!

Great memories

I count myself very lucky to have had some great travel experiences at a time when the actual journey was truly a part of the holiday. I have many great memories of trips I have been and are too long to mention here, but suffice to say that my most memorable have to



be seeing the blast off of Apollo 11 in 1969, being on the jump seat in Concorde for a zero visibility when landing in Washington, passing the Statue of Liberty as the QE 2 entered Manhattan, a self-fly trip in Australia and a cruise to Antarctica which can be thoroughly recommended.

Far from normal

With all these delights of travel, I have so far not mentioned the one big impediment to holidays at the moment — COVID-19. Although we have officially emerged from lockdown, travel is far from back to normal with many destinations either not possible at all, or requiring a quarantine period of two weeks on arrival and this is coupled with a sharp cutback in air services as many airlines don't reckon to be fully back to normal until at least 2023. Cruising is far from immune as ships are simply anchored off ports around the world waiting to resume sailings currently scheduled to re-start after mid-October.

We have managed to reschedule many of our clients' holidays until next year and certainly I would advise people to hold off until at the least the end of this year, or preferably 2021 as it will hopefully give more time for things to settle down and there is more experience as to how

things are working out at airports and on board the aeroplanes themselves. It is only just recently that the government has suddenly imposed a quarantine period for everyone returning from Spain — hardly very helpful when people have just left and have work to get back to!

So, I am afraid wishing everyone a good holiday this year will be a bit of a forlorn hope, so I just hope that after all this the holiday scene will be considerably better next year.



Martin Wellings.



Wonderful DGH staff

How the Eastbourne hospital staff coped through lockdown.

By **Peter Lindsey**

DOCTOR Adrian Bull has been reflecting how the hospital managed COVID-19 from the very start.

Level 4 incident

He said: "By the time the wider NHS declared a level 4 major incident, we had already implemented our own pandemic plan.

"A clinically led, multi-professional response across all Trust sites was co-ordinated from an incident room (which became virtual with the new meeting technology to avoid risk of infection), with frequent tele-conferences with wider NHS colleagues across Sussex and the South East.

"To ensure patient safety we moved chemotherapy off-site and due to ambulance response times suspended home births and closed the MLU at Eastbourne.

"Some other services were also temporarily relocated to allow for the rapid expansion of our critical care capacity.

"Non-urgent surgery was stopped to allow redeployment of staff to the front line – in the Emergency departments and critical care in particular, but cancer surgery continued.

"Out-patients became 'virtual' and took place by telephone or video link.

"Structural changes were also made to separate COVID and non-COVID streams within ED and the wards, with patient testing implemented to facilitate this."

Key to success

He said infection prevention and control team coordinated these changes across the Trust and were key to the successful implementation of the plan.

Mr Bull said: "PPE availability was frequently in the national news as an issue, but we did not run out of any items within the Trust at any stage, although this required an enormous effort from our procurement team.

"FFP3 masks (the highest level of protection) changed frequently and so repeat fit-testing for staff was required and is still on-going.

Recovery phase

"We are now in the phase of recovery and restoration, which in some respects is more complex than the initial response to the pandemic.

"Deploying staff back to their original roles, restarting routine surgery and face to face appointments whilst keeping staff and patients safe is on-going and will take a while because of the restrictions of using PPE and the extra requirements for cleaning.

"At all times we are aware that a second wave of COVID may arrive in the autumn and we remain vigilant and prepared.

"During the surge, the COVID Redeployment Office placed 549 staff within ESHT and 12 from partner organisations (total 560 staff covering 623 placements).

"As part of the restoration work, all staff have been repatriated with the exception of 57 who are supporting other areas i.e. Discharge Hub."

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The Big Wheel is staying

Due to popular demand, the Eastbourne Eye will stay on the Western Lawns until 31 August!

By **Peter Lindsey**

The 35 metre wheel offers panoramic views of the town while allowing riders to socially distance in pod.

These are restricted to up to six members of the same household only and cleaned after each use.

Tickets cost £5 per adult and £4 for children under 1.4 metres tall with family tickets, available for up to two adults and two children or one adult and three children, costing just £15.



All tickets can be purchased on site, at the time of riding.

It was due to close at the start of the month so people will be pleased it's here until the end of August.

Eastbourne Auctions' great success

Eastbourne Auctions LIVE ONLINE sales have been a great success during the Covid crisis.

By **Jeannette May**

We now have more than 2,000 Lots selling every month and over 2,700 bidders online from the UK, Ireland, Scotland, America, France, Germany, Italy, Netherlands, Spain and around the world.

We can only praise our delivery drivers for getting the goods safely to our customers on time.

Amber highlights

Highlights have included a rare amber lemonade bottle selling to a UK collector for £8,000 and a silver Dunhill lighter to an American collector for £9,300.

Entries are now being accepted for the forthcoming Fine Art, Antiques, Collectables and General Sales.

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Lemonade bottle sold for £8,000.

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Dunhill lighter sold for £9,300.

How residents of Devonshire West have coped with lockdown



to provide interest free loans to residents most affected by being furloughed or not being able to access money. It's widely believed that we've not seen the total cost of lockdown and this service will remain available for the foreseeable future.

The NHS

The pandemic has had a significant strain on our NHS meaning that for some residents they were unable to access cancer treatment and fertility treatment as this was deemed not vital which is why Muma Nurture was awarded an emergency grant from DWBL to help provide emotional support online for those affected.

BAME communities

The way COVID-19 has disproportionately affected those from BAME communities more aggressively has also highlighted the need to provide support, and so The Diversity Resource International (DRI), a group set up to support BAME communities, received a grant from DWBL to access crisis support to residents in different languages.

Volunteers

It was great to see the number of support groups that have started on Facebook by local residents who wanted to do something nice for their neighbours and provide a mechanism so that strangers could help each other.

One of these groups is called "Helping the elderly and vulnerable during coronavirus outbreak Eastbourne" set up by local resident Nikki Brown in order to create a local volunteer network where they were able to help others with shopping, collecting prescriptions and telephone calls. The group now has over 1,700 members and shows the amazing response and the level of care that we have for our neighbours during the lockdown.

Nikki wanted to buy much needed PPE for their volunteers and deliver activity packs to local residents who were struggling with boredom at home and so DWBL gave them £285 to do this.

Another group that received financial help from DWBL was "Warming up the Homeless" as they were given £685.98 so they could buy kettles, microwaves and other kitchen accessories (including tea and coffee) to those living in temporary accommodation.

Volunteers in our local community have played a vital role in how the residents of Devonshire West have been able to cope during this pandemic and they have taken to doing so many different roles that they never imagined themselves doing or believed they could do and for some the love of helping others has energized them to get more involved in their local community to help make this area a better place to live for many.

The environment

Environmentalists talk about the positive impact this has made to our local community with less car emissions and I myself have enjoyed hearing the birds sing in chorus more clearly during this time.

The economy

As lockdown is easing and we are being encouraged by the government to get out there again, go into work, visit the pub, use public transport etc, there does seem to be a great deal of trepidation and reluctance by local residents, and whilst the new normal might be a completely different way of doing this I hope that we don't lose the sense of community, and looking after our neighbours. which was such a great force in lockdown.

Digital inclusion and mental health

What lockdown has highlighted is the need for every household to have affordable WiFi, equipment and skills so that we can continue to access the food chain, financial services and education, but I can't help thinking that Eastbourne, like many other small coastal towns has a long way to go both in providing digital inclusion but also in promoting positive mental health.

Our website is:
www.devonshirewestbiglocal.org.uk

The Devonshire West area in Eastbourne has a diverse population which meant that the challenges of reaching everyone in a lockdown was difficult.

By Helen McCabe, Director of HOME CIC, delivering programme support for DWBL

This was one of the challenges of the Devonshire West Big Local (DWBL) when Local Trust had announced further funding for areas to help cope with the needs on a local level.

Food deliveries

With the lockdown proportionally affecting people over the age of 70 the most, with restrictions on people leaving their homes to buy the basic necessities, Community Stuff were one of the local groups that quickly reacted to this by providing a free soup and roll delivery service to vulnerable residents in the area. Their funding from DWBL meant that from Monday to Friday those often living alone, or sick were able to have fresh homemade soup and a roll delivered right to their door.

Clare Hackney and Sue Morris who initiated this project would often say that it's not just soup that they were delivering but support and a smile too, as for some residents in residential homes it was the only face they saw, as their workers were unable to visit due to restrictions on places with COVID-19 cases. Sue also organised activity packs once a week to keep residents grey matter ticking over.

Education

Many people were quite often left to fend for themselves where those that had recently moved to the area had very little grasp of the English language, and the Enthum Foundation received a grant from DWBL to continue to provide support for them, which they delivered online.

Financial services & food

With the lack of any financial services in the Devonshire West area, and the slow take up of managing personal finances online, many residents struggled to access financial services. The financial strain of their place of work being closed down due to lockdown left many struggling to make ends meet and demands for the Eastbourne Foodbank spiked along with the increase of food being prepared and delivered by charities such as Matthew 25 Mission.

Matthew 25 have been providing free take away breakfast and lunch 7 days a week and continue to do so in the new normal with grants from DWBL enabling them to convert their indoor space to cope with the new demands, and help with staff and food costs. East Sussex Credit Union were given a funding grant from DWBL in order



Café Chi.



Welcome to the Works

Flexible working for Eastbourne Professionals.

By **Fraser Brown**

The general consensus was that 2020 had a nice ring to it. Christmas cheer was permeated with a blistering property market, the economy was strong with all sectors firing and then in the blink of an eye, the world was turned upside down. For the first time arguably since the war many elements of life we once took for granted, have been compromised; health, wealth, freedom and prosperity has turned to fear and worry.



Upside down

COVID-19 has turned the workplace upside down. We hear words like the “new normal” and there is no doubt that the future of working, our respect and demands for freedom, have changed.

Freedom

We tasted the freedom and flexibility of working to our own timeframes, not commuting thus saving time and money and the results for many were very positive. The decline of the corporate office was well documented pre-Covid, as the benefits of home working. We have now opened our eyes and accepted what was actually, fast becoming a reality, we just didn't realise it.

We are human

But on a human level we were forced to remember something that is dear to humankind. We take comfort in others, we are sociable, we like to share, to laugh, to listen, learn and be around others. This is compounded in the work force where people work not just for money.

Collaboration and Camaraderie

This is where Co working comes in... We launched *The Works* with all this in mind. We knew humans want and need to collaborate and share so we created our own super cool café for our tenants.

But Covid has driven all of this home and we are so excited about being there for our community to offer what we believe are not fundamental business principles (flexible contracts, the ability to up or downscale, don't worry about all facilities – spend your time running your business, no capital outlay and shared facilities meaning far more economical space), but the very human relationship side of business, the camaraderie, the buzz, the energy but also the ability to come and go when you please.

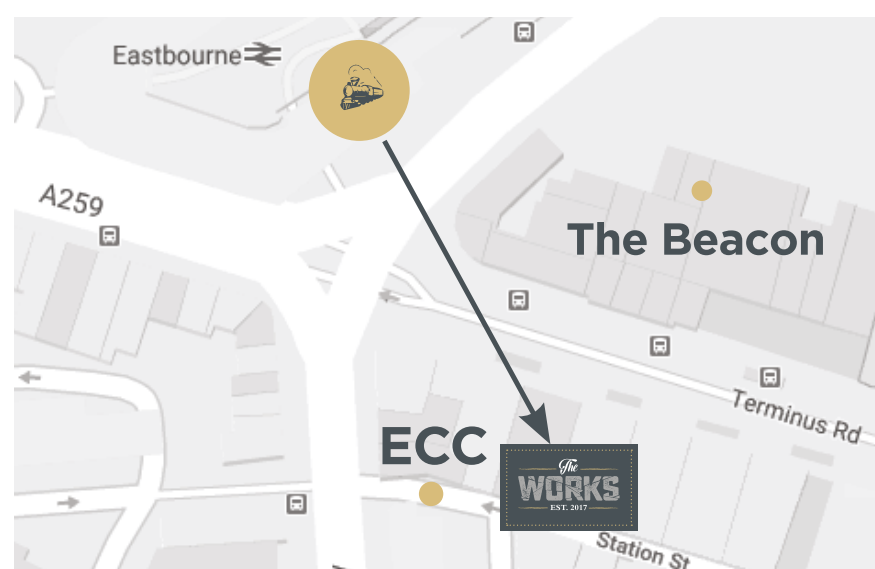
Enquiries

Post lockdown our enquiries and new tenants have gone through the roof. We understand the concept is new, so we offer a try before you buy concept.

We look forward to welcoming you into our world, into the new normal. Welcome to The Works.

Book your tour or free trial today!

emma@theworks-group.com
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The Works, 12 Station Street, Eastbourne BN21 4RG

A big change at Foodbank

On Monday March 30th COVID-19 totally changed our way of working from a face to face model where clients collected food to a totally opposite delivery model. This was the Covid effect!

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

As many of our volunteers are older people it was felt to be best to protect the team from possible infections and continue our service of providing food in a new way.

Two weeks before March 30th we informed all our clients and voucher distributors in writing that a big change was taking place and clients would now receive food delivered to their homes. What we didn't expect



however was the massive increase in demand or the way that outstanding help would be provided to us to complete the deliveries.

Delivery service

As we launched our delivery service the demand grew unbelievably. Schools and agencies were referring lists of people who they considered needed help. Clients calling our advice team had to justify why they needed food and many were turned away because they felt foodbank had simply replaced a supermarket delivery service which had become hard to access. We worked closely with the Council Community hub who helped those with money but who were shielding. We also helped many people understand the NHS system that ensured food was delivered to them by the government. We didn't count the number of phone calls we received but our phones rang constantly for 13 weeks. Our offices became a very busy call centre and everything else was put on hold as we met the demand.

Huge demand

We quickly ran out of many food items. We had to buy 1,000's of cardboard boxes and spend a huge amount of money on purchasing food to meet the demand. We were very grateful to everyone who assisted by helping with finance or food donations.

Within a short time of making deliveries we were overwhelmed by the number of deliveries required. Eastbourne Borough Council Neighbourhood First team came to our assistance helped by the 4x4 Assist team. British Gas also provided some of their furloughed staff to help. Each day we often had 6 vans loaded with boxes making deliveries across the town. At the height of the lockdown we were making 530 home deliveries a week and many of the recipients had two boxes of food

which increased the volume needing delivery. In total during this period we made 3,600 home deliveries.

Beyond the call of duty

The delivery teams were absolutely amazing and it would have been impossible to continue the service we offered without their help. Equally the effort from our warehouse team continuously packing and preparing boxes of food was beyond the call of duty. There was an amazing buzz and real sense of purpose as the teams worked very hard.

An amazing statistic from all of this was that during this 13 week period we provided food for 2,880 children & 4,973 adults – 7,853 in total. In the exact same period in 2019 we provided food for 3,984 people. This shows a huge percentage increase of 97%.

Changing lives

Many of our volunteers said that this period of extreme busyness was something they would never forget. They were so proud to know that their huge efforts and contribution really changed people's lives.

As we reflect on this period we were very pleased that the planning and delivery of the service we offered was spot on. Every part of the plan was executed perfectly by the team and with real enthusiasm. If we have to do it all again we are confident that we could repeat this huge operation.

In good shape for the future

It will be good to reach a time when Foodbanks aren't required, because everyone has the necessary income in order to cover basic living costs, but until that time comes the safety net that foodbank provides for so many people is in good shape to deal with the future.





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Eastbourne Walking Festival returns

The ever popular Eastbourne Walking Festival returns 18 – 27 September, encouraging visitors and residents to grab their walking boots and explore Eastbourne!

By **Emily Barnes**, Tourism Business Engagement Officer

The 10 day festival is comprised of over 50 free-to-join guided walks, alongside a number of itineraries for self-guided walks around the town.

Showcasing the landscape

Eastbourne Borough Council Lead Cabinet Member for Tourism and Enterprise, Councillor Margaret Bannister said "This annual festival is

a fantastic opportunity to showcase some of the amazing coast to country landscapes and famous landmarks that surround Eastbourne.

Walkers can enjoy a series of themed walks, ranging from Mindfulness and Wellbeing to the Archaeology of the Seven Sisters and even a Vintage Post Box walk!

Staycations

With an anticipated increase in UK staycations for the remainder of the year, particularly those focused on getting out in the great outdoors, the Eastbourne Walking Festival will be a key driver for our town's tourism industry.

Covid-Ready

Visitors can take comfort in the knowledge that Eastbourne's accommodation providers, restaurants and services have worked incredibly hard implementing the necessary safety measures to successfully become Covid-ready, and what better place for a staycation than the UK's sunniest town!"

To allow for social distancing, guided walks will have a limited capacity with walk leaders receiving additional training on leading walks safely to comply with current guidelines.

Book now

More information on the Eastbourne Walking Festival, including signing up to guided walks through the event's online calendar, can be found on the brand new website, **www.eastbournewalkingfestival.com**.

With limited spaces available on each walk, book your space now to avoid disappointment.

Tel: **+44 (0)7935 085765** or email: **promotions@eastbourne.gov.uk**

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18 – 27 SEPTEMBER

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Sharnfold Farm: the perfect place for everyone to visit this summer

A POPULAR tourist attraction at Stone Cross boasting 79 acres is celebrating its first anniversary under new ownership.

Kent Entertainments, run by Donna Bull and Ray Grant, has already invested heavily to boost Sharnfold Farm, on the Hailsham Road.

Recent improvements include a totally renovated coffee shop, while the lambs have now arrived for the summer holidays.

Increasing appeal

They are pleased with how the first 12 months have gone and aim to increase the farm's appeal to customers of all ages.

By Peter **Lindsey**; Photography by **Andy Butler**

Donna said: "Sharnfold Farm is an extremely popular place to visit, not just during the summer months but all year round.

"Now the school holidays are here, we see more families with young children but we really want our appeal to be as wide as possible.

Complete makeover

"Our coffee shop has had a complete makeover, and the floor is now five times the size that it was.

"We have revamped the menu and built a large new patio area outside. We are really delighted with how it now looks.

"Once life gets more back to normal, we want to offer out the premises here as a place to have parties, weddings and other events.

"Our shop is so popular because so much of what we sell is locally sourced and also because we bring in fresh fruit and vegetables daily.

"We sell high end honey and jam as well as quality cakes and biscuits.

"And most of what we sell at the butchers is meat reared right here on our own farm.

www.sharnfoldfarm.co.uk



Fantastic selection of food and drinks in the farm shop.

“
Sharnfold Farm
is an extremely
popular place
to visit, not
just during the
summer months
but all year round.

“We are doing our bit to reduce carbon footprint and our policy is to keep everything local, and we are proud of that.”

Future plans

The couple have some exciting plans for the future.

These include creating an enchanted forest, including pixies, fairies in trees and a complete fairy village, and a bigger farm with more crowd-pleasing animals.

Donna said: “We always strive to be family friendly but we also want to attract people of all ages for some of our offerings.

So much to do

“We like to think that people can come to Sharnfold and enjoy just a short visit or up to half a day as there is so much to do.”

You will find Sharnfold Farm on the B2104 Stone Cross to Hailsham road.



**Hailsham Road, Stone Cross, Eastbourne,
East Sussex BN24 5BU**

Call: 01323 768490

Email: farmoffice@sharnfoldfarm.co.uk



Attractions at Sharnfold Farm include:

- Farm shop where all the products are either farm grown or sourced locally.
- Butchers with its own farm-reared and other very locally sourced meats.
- New coffee shop which has been revamped in the past few months.
- Farm trail and play area for youngsters, including a tractor, slide, swings a secure garden, plus an activities sheet for the kids to complete.
- Animals to see, including pigs, sheep, cows, lambs, cattle, chicken and goats.
- Fishing lake.
- Caravan site.
- Pick Your Own.



Eastbourne Summer Music Festival 2020

A weekend family friendly music festival set in the picturesque area on the playing fields at Hampden Park, 22nd–23rd August.

By **Peter Lindsey**

Since the government guidelines have been adjusted for social distancing with large outside gatherings, the events team from the Festival group have been working closely with Eastbourne Borough Council to put on this special one-off festival.

The main arena will be fenced off with a large main entrance being used so all attendees can check in with pre-bought tickets, use the hand sanitiser stations and be given the event social distancing instructions that must be strictly followed for your own safety as well as others.

Once entering the main arena, there will be specifically marked out areas that must be used whilst attending, the areas will be big enough for good sized groups to use safely with walkways from these areas to the toilets, bar and food traders that must be strictly used at all times.

Over both days there is a great selection of the top Ska, Pop, Soul, Indie, Rock 'n' Roll and top cover bands in Sussex!

Headlining on the Saturday evening is the best *Take That* tribute group in Europe and on the Sunday evening

an absolute treat with an outstanding *UB40* tribute to finish.

As with all the events the Festival team are involved in you will have a great selection of street food, a bar area serving all your favourite beverages and a funfair area that will be following all the strict government guidelines.

Under 16's tickets are available for FREE.

This event is ticketed to strictly control crowd size therefore organisers may not be able to guarantee access on the weekend, and they strongly advise to purchase tickets early to avoid any disappointment.

Tickets available from £8. Visit the link below to book.

<https://onlineticketseller.com/events/?id=3608>



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Join this year's Starlight Stroll

Peter Lindsey looks how the hospice hopes to raise much needed money next month.

By **Peter Lindsey**

The annual flagship event for St Wilfrid's Hospice is the Starlight Stroll seafront walk, which takes place in mid-September. Due to Covid-19, the hospice has had to cancel or postpone a lot of its events this year, so they are delighted that Starlight Stroll has got the go ahead – albeit with a few socially-distanced measures.

Starlight Stroll will be taking place on Saturday 12th September, so do put your best foot forward and join in the fun. Many elements of the walk will be familiar to those who have done it before: a walk along the seafront, a lantern to place in the garden, a time to remember your loved ones. Some things will feel different so that the hospice can ensure everyone remains



safe: the walk will take place between 10am and 4pm, and household groups will walk together. There will still be a 'Starlight' moment, which everyone can share together online later in the evening and will be a magical finale to this unique event.

There is also a brand new option to walk your own 'Starlight Stroll' from home. You can walk 4 miles to anywhere you choose and still join the finale in the evening to celebrate your amazing achievement.

The pandemic has had a huge impact on hospice funds and the staff there are asking you to join Starlight Stroll and help raise £100,000 through sponsorship for your walk so that they can continue to support the local patients and families who need their help.

The staff went above and beyond

Amanda Pettitt De'ath took part in Starlight Stroll for the first time in 2019, walking in memory of her mother who died at St Wilfrid's. "The hospice is such a wonderful organisation; the staff went above and beyond and supported the whole family. Starlight Stroll was such a fun event and being able to place a lantern was so lovely."

She is keen to take part again this year; "I have spoken to the team at St Wilfrid's about the changes that are being made to the event and I really think that the social distancing measures they are planning will mean that my family and I will be able to enjoy the walk safely. It will be such a special event and 2020 will certainly be a year to remember!"

Find out more and sign up at: www.stwhospice.org/starlightstroll2020

Want to support St Wilfrid's but can't do the walk? Please donate to the hospice's Resilience Fund at: www.stwhospice.org/donate



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How Enterprising

Variety is the spice of life, and you'll find plenty of it all around Eastbourne and you won't regret a visit to the Enterprise Centre as you'll find something a little bit different.

By **Gail McKay**

The unique Enterprise Shopping Centre, situated next to Eastbourne's Railway Station. Conveniently located in the centre of town with plenty of parking, cycle racks, taxis, buses and trains on their doorstep.

Beautiful gifts

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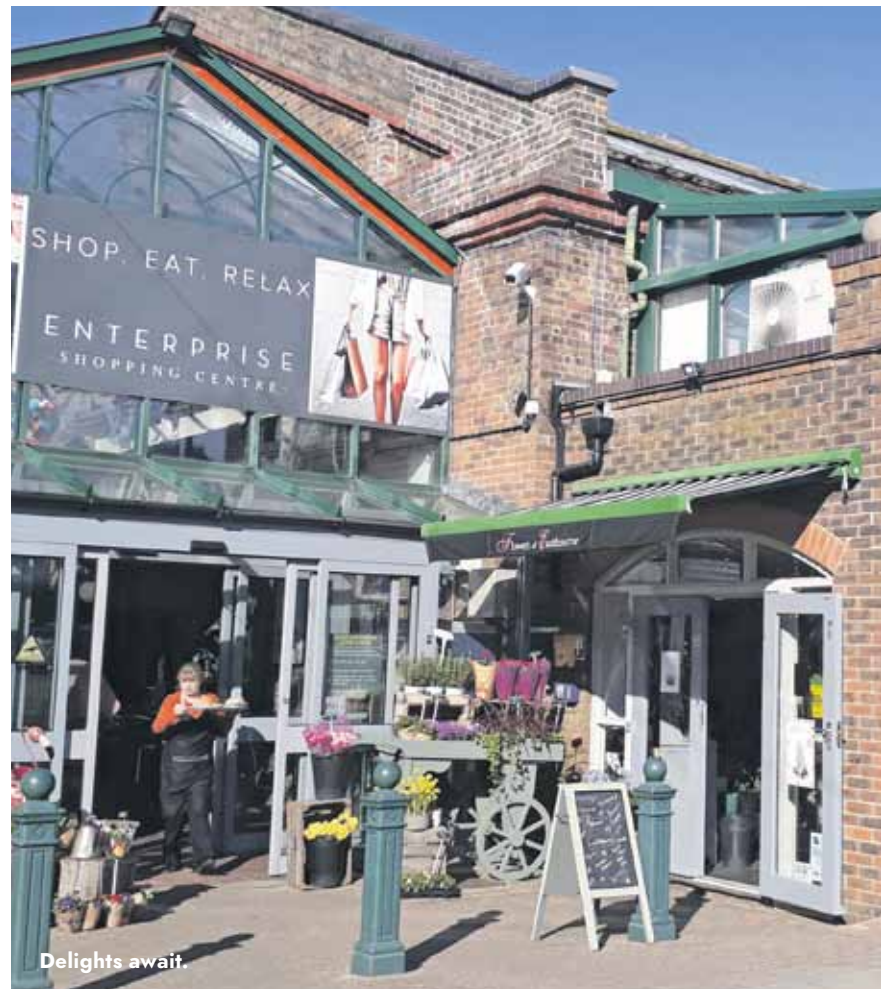
If you need to recharge whilst shopping, they offer plenty of eateries and coffee shops too, from a Full English Breakfast to Thai Noodles or Tapas and freshly baked cakes, can be enjoyed all under one big sunny Victorian glass roof.

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Eastbourne MP joins LGBT community to celebrate Pride

EASTBOURNE PRIDE organisers were devastated that this year's event could not go ahead due to COVID-19.

By **Peter Lindsey**

The big day was due to have been on July 18 and BourneOut chair Betty Gallacher said it would have been the biggest yet.

However, the LGBT group still staged a small celebration to mark Pride with MP Caroline Ansell the guest of honour.

Betty said: "This would have been a great Pride event and of course all the planning had been done at a very early stage.

"There was no way we could have staged it given the current state of lockdown, and we respect that. The world is a much different place now.

LGBT café

"However, we still wanted to celebrate in our own small way and we are delighted that we now have a LGBT café off Mark Lane in Eastbourne Town Centre.

"It is currently open during the day at weekends but we want to be able to support more people in the coming months and welcome people to the café.

"We now have two units in The Labyrinth and we will be providing support to those in need."

Delighted

Betty was delighted that Caroline Ansell attended the celebrations.

She said: "It was the day Caroline was moving house so it would have been easy for her to say no.

"But she came along and I thank her for that. She is very caring to all sections of society here in Eastbourne."

Busy BourneOut

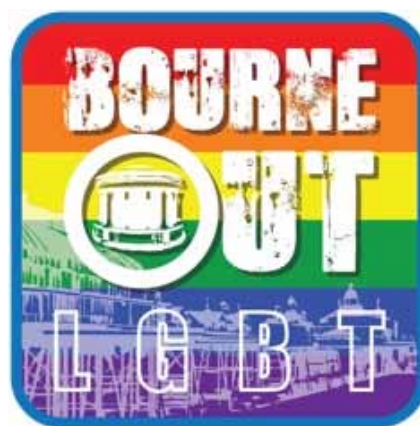
BourneOut has been very busy during lockdown, helping others. Betty said: "Lockdown has meant isolation for many people sadly.

"We have done our bit very quietly in the background, doing people's shopping, dog walking, telephone befriending and making sure people are okay.

"Now we have secured funding for a mental health nurse to provide one to one support.

"We have a lot of plans driving forward to support the LGBT community in Eastbourne."

To contact BourneOut, email **bourneoutlgbt@gmail.com** or log onto **www.bourneout.org**



MP Caroline Ansell.

Support funding

The group has secured funding from Eastbourne Borough Council to provide mental health support.

Chair Betty Gallacher said: "We have finally welcomed Patricia, our LGBT mental health counsellor, into her new office space where she will be working with people in the local community.

"Since March she has been doing online meetings.

"Thanks to Eastbourne Borough Council for the grant money to make this project achievable!"

Patricia Gough, The Brighton Counsellor, said: "I'm slowly transitioning some of my practice back to working face to face.

"I was asked to provide counselling for BourneOut, an LGBTQ charity in Eastbourne, several months ago which then had to take place online."



Betty Gallacher.

My life with locked-in syndrome

Chaseley Trust resident Tracey Okines has recently published her first book *I'm glad you didn't die Mummy*.

By **Peter Lindsey**

12 years ago, Tracey, a young working mum, awoke to find she had Locked-In Syndrome and this book shares her story and how it changed her life dramatically.

Tracey tells of her experiences in hospitals and care homes, having to make profound adjustments to being unable to move or to speak and also having to find new ways of relating to her young daughter, her parents and her friends.

Tracey's story is one of courage and persistence.

It is moving and inspirational and provides the reader with an insight into living with Locked-In Syndrome, as well as working with, and caring for, people with severe disabilities.

Tracey held a socially distanced book launch at Chaseley for the residents and staff.

Tracey says "I have wanted to be an author since I was little. When I was diagnosed with Locked-In Syndrome I had never heard of the condition before. I really didn't know what to expect. I went about researching."

The book is available to purchase in paperback and Kindle edition via Amazon.

<https://www.amazon.co.uk/glad-you-didnt-die-Mummy/dp/B0892HTJ5J>

Local artist's tribute to Dame Vera Lynn

We look at how Edeal can help businesses across East Sussex.

By **Sandra Walker**

For over 30 years Anthony Freeman had a successful career as a designer/art director/graphic designer in the advertising industry in the Middle East and South Africa, winning several awards along the way.

During that time, he developed an interest in art as a hobby and won awards as an amateur artist.

On his return to the UK and now living in Newhaven, he decided to explore the possibility of developing his artistic skills, rather than his graphic design/advertising skills into the basis of a successful business.

LEAP Programme

It was at this point that he decided to register for the LEAP Entrepreneur Programme which is a business start

up programme funded by Lewes District Council and the European Regional Development Fund (ERDF).

Following his attendance at a one-day start-up workshop and a series of webinars, Anthony has completed a business plan and is now busy establishing an online art gallery promoting his contemporary artwork together with an online shop selling clothing and accessories that use his art images.

He specialises in screen printing and has developed an individual style which is easily recognised.

Anthony chooses his subject after thorough research or a personal request but sometimes he is driven by external circumstances that allows him to explore the market.

100th birthday print

Anthony produced a screen-print portrait of Vera Lynn for her 100th birthday as a test product but eventually gave it to her daughter in June this year, upon her death. Her daughter has signed the original which will be auctioned to raise money for *The Vera Lynn Children's Charity*.

Anthony displayed a copy in Ditchling on Friday 10th July, the day of her funeral, where it was signed by the

public and caught the attention of national and local TV and printed media. It was featured on *Good Morning Britain*, the *BBC News* and several newspapers.

Prints are available at the *Nutmeg Tree* in Ditchling where they have a dedicated Vera Lynn room with all proceeds going to *The Vera Lynn Children's Charity*.

For more information please visit **www.art-contemporary.com**

If you are thinking of starting a business and require business support and advice please contact Edeal on **01323 641144** or visit: **www.edeal.co.uk**



This is how the top end of Terminus Road could look

The Eastbourne Bid team has been working on improvement projects throughout Eastbourne.

By **Christina Ewbank**

Now we are all invited to show our support in closing the top end of Terminus Road near the seafront to create Victoria Place.

The idea is to create a vibrant Covent Garden style space for pedestrians with controlled spaces for the visually impaired, mobility scooters and wheelchairs.

Plus, the plan is for a cycle lane down the centre of the road.

Email support to: **Cllr.claire.dowling@eastsussex.gov.uk**



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Six baby meerkats named by Drusillas fans

Could this news BE any cuter?

By **Peter Lindsey**

Drusillas Park ran a competition to name their six beautiful baby meerkats.

The winning names are Chandler, Joey, Ross, Monica, Rachel and Phoebe.

With three boys and three girls to name, Drusillas' competition brief left lots of scope for creativity.

The only guidelines were that each group of male and female names should pair well together.

The winning entry for the three girls came from Chloe Abby from Kent and the winning entry for the three boys came from Julie Humphries from Malvern.

Head Keeper, Sophie Leadbitter, said: "The babies were born during lockdown so 'we were on a break' from our visitors when they arrived. It's been great to welcome everyone back to the Park and to have been able to introduce them to our gorgeous zoo babies."



Baby Ross practicing unagi.

Dream Home

Prize Draw supports hospices. You have until August 31 to take part.

By **Peter Lindsey**

A new Dream Home Prize Draw is offering people the chance to win a four-bedroom house by the sea worth over £1 million, while also supporting Chestnut Tree House and St Barnabas House.

With tickets priced at just £2, the winner could walk away with the mortgage-free property in a few weeks' time.

Earlier this year in the wake of the COVID-19 pandemic, Chestnut Tree House launched a Crisis Appeal.

This caught the eye of Peter Pearce, who is now running a Dream Home Prize Draw, offering people the chance to win 'Painter's Keep' — his £1.25m home by the sea in West Sussex — for just £2 per ticket, with a percentage of the proceeds being donated to Chestnut Tree House and St Barnabas.

He said: "I am aware of the vital role Chestnut Tree House plays for local children with life-shortening conditions and their families.

"The concept of the prize draw is fairly simple — as long as a certain number of tickets are sold, then someone will win the house! Tickets are only available for a limited period as I really want the winner to be able to move in as soon as possible to make the most of the house, and in turn I can make the donation to the hospices."



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Post Office reopens

By **Peter Lindsey**

The new Langney Shopping Centre Post Office is due to open on August 12.

Eastbourne MP Caroline Ansell called it: "Great news!"

And she added: "I'm looking forward to cutting the ribbon for the official opening later in the month."

Since the closure of the Post Office, Councillor Alan Shuttleworth has worked with the Langney Shopping Centre owners and management and the Post Office to bring it back.

He said: "This has been a tortuous wait and we have also seen Barclays Bank closing, but I am pleased that we have finally achieved a new post office for the Centre."

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The Mulberry Restaurant & Bar

By **Gail McKay**

The Mulberry Restaurant and Bar located in the New Wilmington Hotel has spent lockdown helping out the local community, providing shielding residents with food boxes and the once elusive toilet roll.

They've now reopened with all the Covid protocols in place.

British food with an international twist

This family run business wanted to create amazing British food with an international twist and affordable, family appeal.

These guys have been in hospitality for 30 years, and it shows.

We were invited to try the legendary carvery one Sunday. Our first eating out experience since lockdown and it was absolutely terrific.

From the elegant bar, where we enjoyed a chilled, perfectly creamy Chardonnay and lovely cold Amstell, we were led to the chic dining area, well spaced out from other diners.

Faultless

I had chicken liver parfait with sourdough, it was mouth melting

perfection, cool, sweet and obviously homemade.

My husband had the classic prawn cocktail, juicy and tender.

He also opted for the Roast beef. Everything is table served while safety precautions are in place.

Gordon brought over a generous plate of perfectly pink beef, with the largest Yorkshire pudding I have ever seen, and of course, crunchy, steaming roast potatoes, with a dark, rich gravy.

I opted for the catch of the day, grilled salmon, which was soft and flaky, and came with a lemon and dill cream sauce.

We shared bowls of steamed leeks, savoy cabbage, carrots, cauliflower cheese, and mash.

Dessert

We were determined to leave some room for pudding and decided to share. The gin and tonic cheesecake won as a light, fresh finish to the meal. Impeccable wine list too, I've never tried a Spanish Sauvignon Blanc before, and it was an aromatic delight.

This is safe, elegant and relaxed dining with the most important ingredient, amazing food.

Either the British menu with an international fusion, à la carte menu or the afternoon tea will inspire a return visit. This won't be one of Eastbourne's best kept secrets for long.



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Here’s your full guide of where locally you can take advantage of this offer.

By **Gail McKay**

The chancellor Rishi Sunak has dipped his hand into the country’s pockets again in an attempt to help the struggling hospitality industry.

The Eat Out to Help Out Scheme is now underway and Mr Sunak says “it has never been tried in the UK before.”

Below is full list of participating venues.

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Little Italy
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Mamma Mi
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Meze Restaurant
More Than Cake
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Nelson Coffee
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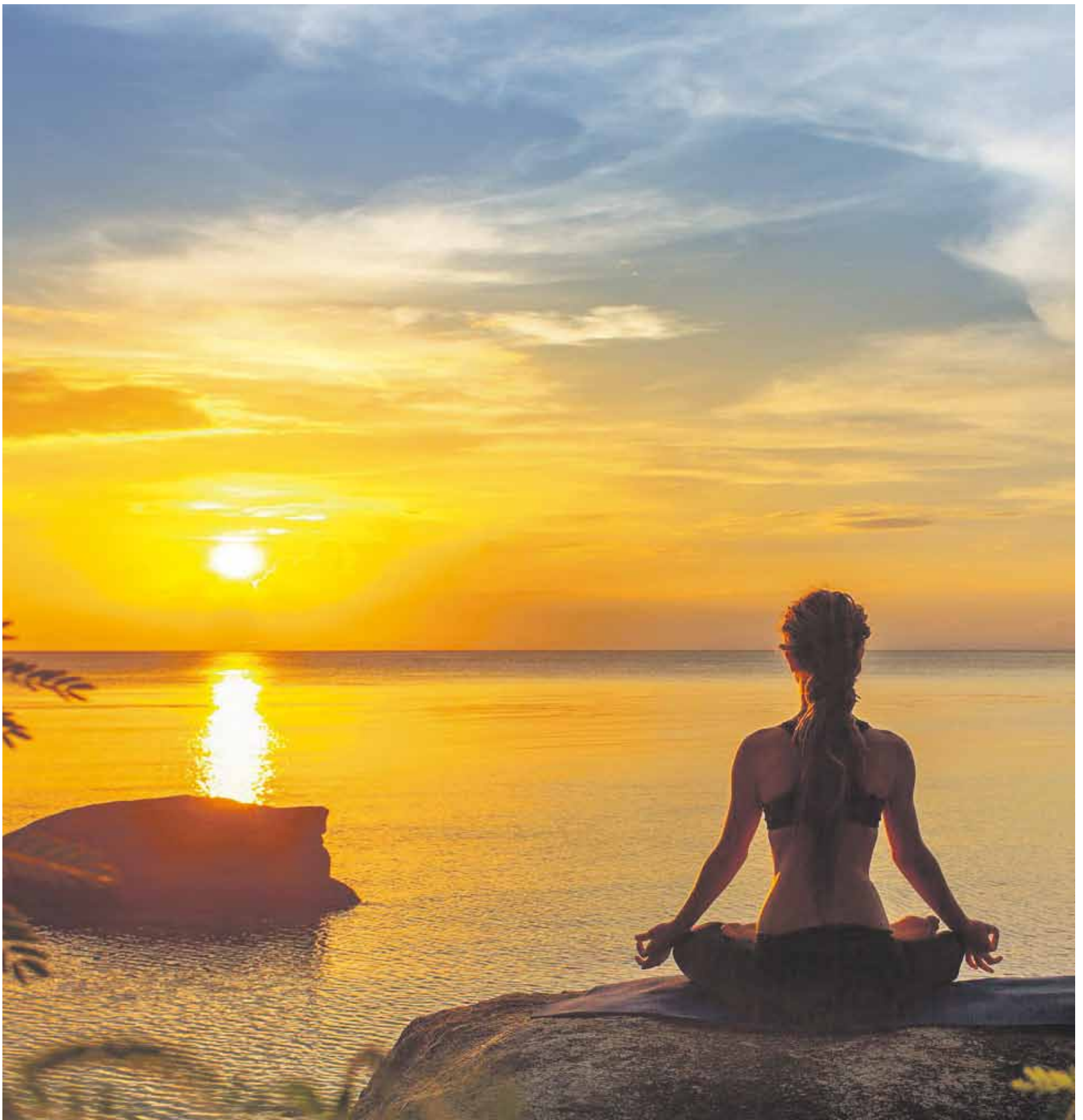
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Surgeons have been wearing surgical masks while performing surgeries that last for hours without getting hypercapnia.

Masks for your health, economy and environment

Most of us are aware that the right type of mask can offer more protection against the new coronavirus, but your mask choice can also impact both the economy and the environment. To understand how, we must first understand why we need masks.

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

Unlike other viruses, this current coronavirus allows people to be contagious for a full five days before any symptoms occur. Pre-symptomatic people are spreading the virus and walking around for days before they even know they need to self-isolate.

What's worse, people shed more of the virus and are much more contagious during this pre-symptomatic stage than when they actively show symptoms. Pre-symptomatic transmissions occurred in at least half of all transmissions in Asia, according

to the European Centre for Disease Prevention and Control (ECDC).

Also, a high viral load (the amount of virus you inhale) is connected to the severity of symptoms. A study from Amoy Gardens in 2003 showed that viral load had worse outcomes for SARS patients. This is important as SARS is about 80% genetically identical to this new coronavirus.

This may explain a great deal about why health care workers have a higher mortality rate, as they are more exposed to the virus.

In addition, this virus is much more contagious than other viruses. The R_0 value (the average number of people a single person transmits a virus to others) of the flu is 1.2. According to the Center for Disease Control and Prevention (CDC), this new coronavirus started with an infection rate of 5.7. However, it has now been found from the researchers at The Scripps Research Institute that the viral strain currently in Europe and America has mutated to be "about ten times more infectious than the original strain." That means one person, on average, infects 57 other people. The most contagious virus we know of is the measles, which has a R_0 value of 18.

According to the World Health Organisation in July, this virus is likely more contagious due to the "possibility" of it being transmitted through aerosols. Forget about someone coughing near you, they only need to 'talk' near you to potentially transmit it. Italian scientists from Bergamo found viable viral particles in air pollution, meaning the virus may even travel through the air through air pollution. Also, the Society for Healthcare Epidemiology of America recently found in studies that "faeces may form high concentrations of viral aerosols that travel through the air to cause infection," which makes public toilets one of the most dangerous places for viral transmission.

The need for masks

There is something that could significantly decrease viral load, lower the rate of infection and protect others from contagious pre-symptomatic people: **masks**. Studies have shown a 55% weekly increase

in coronavirus deaths per capita after their first case was reported in countries where masks weren't recommended, compared to 7% where masks were required.

What type of mask?

The type of mask used changes how effective it is against the new coronavirus. Michael Osterholm, regents professor and director of the Center for Infectious Disease Research has recently stated in an interview on *The Joe Rogan Experience* that wearing the right type of mask does make a difference, and the N95 (FFP2) or N99 masks (FFP3) provide the most protection. These masks are medical-grade and filter out 95% or 99% of particles in the air, respectively.

These masks tend to be tight-fitting (avoid having long beards) to provide greater protection, but they may also be uncomfortable to wear for long periods of time. Avoid masks with valved masks, as they do not filter the wearer's exhaled air.

Surgical masks are looser fitting and more comfortable. They are much more effective than homemade masks, but not quite as effective as the N95 or N99 masks. In 2013, Cambridge University found surgical masks were three times more effective than any type of homemade masks. Viruses are very tiny, and their particles can go right through many homemade masks. However, any type of mask still significantly reduced the number of microorganisms (at least 50%).

Avoid buying disposable N95 masks, as these are the same masks that most healthcare workers use. Purchasing them could risk a shortage.

'Green' masks are important for our environment.

Surgical masks need to be changed every four hours of use. This is needed for healthcare workers, as they see multiple patients in a day and do not want to risk cross-infection. However, for the rest of us, there is no need to use disposable masks. Any single use, disposable mask wreaks havoc on the environment. Most disposable masks end up in landfills or oceans. In late February, Oceans Asia reported finding "masses of surgical masks washing up on the shoreline."

There's an issue with non-disposable masks as well. They are typically made from petroleum-derived plastic, contributing to plastic pollution, contaminating rivers and act as choking hazards to wildlife. According to the World Wildlife Fund, "If just one percent of the masks were disposed of incorrectly and dispersed in nature,

this would result in as many as ten million masks per month polluting the environment...forty-thousand kilograms of plastic in nature."

Wearing a mask will not seriously harm you.

For the general public who are able to wear masks without respiratory or other health conditions, masks have no serious side-effects. It's true, some masks can fog up your glasses, make you feel more light-headed on a hot day or slightly limit your oxygen intake temporarily. They can also increase your urge to rub your eyes or touch your mask after it has been collecting germs, which can transmit the virus.

However, claims that wearing a mask creates hypercapnia or hypoxia are likely untrue. Sarah Stanley, an associate professor of Infectious Disease and Vaccinology at the University of California in Berkeley School of Public Health states, "Many people have routinely worn masks

for long periods of time without clear adverse effects...we would know if hypercapnia was a problem." Surgeons have been wearing surgical masks while performing surgeries that last for hours without getting hypercapnia.

Masks are just the start of our protection.

No matter what mask you use, they are not the only tools we can use for protection. If this virus is truly airborne, we may want to also consider wearing goggles or face shields. We can also wear masks anytime we are in a situation where we are more exposed to the virus, not just when the laws tell us to do so.

Using masks when needed will likely slow the progression of this virus enough to boost our economy. New research from Goldman Sachs suggests a national mask mandate may lower the growth of infection rates enough to prevent a 5% GDP

loss caused by additional lockdown measures, which is over 14 billion pounds in England.

What can we do?

Washable, reusable and recyclable N99 masks offer maximum protection against this virus. If a N99 mask is too uncomfortable or tight-fitting, an eco-friendly surgical mask can provide short-term protection.

We are still learning more about the most effective ways of controlling this mutating virus each day. In the meantime, our mask choice, hand hygiene and social distancing can still greatly help control the current impact of this virus, and prevent a potential second wave.

Dr Persephone is a fully licensed herbalist and acupuncturist, Nutritional Therapist, Integrative Medicine Practitioner and Diplomat of Oriental Medicine.

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Get your FEEL GOOD factor back for summer!



Coming out of lockdown is a very different experience for everyone.

By **Jane Long**, Calm Therapy

For some, there has been minimal impact, for others it may have affected your mental or physical health, relationships, finance or career.

Try these FEEL GOOD tips to get your MOJO back!

For five minutes...only do things that make you feel good...then build it up to one hour or perhaps half a day!



How good will you feel after that?

This practise gives you gentle reminders that you can have fun and enjoyment.

Each day, write down between five and ten simple things that you are grateful for.

It brings your attention to focus on the positive instead of worries you may have.

During the summer months, make the most of nature. Look out for the natural bright colours in your garden or on a walk or at the beach.

Practicing self care in small bursts will have a positive effect on your physical and mental health.

Jane Long is a Wellbeing Practitioner based in Eastbourne.

Contact Jane on **07734 695965**
jane@calmtherapy.co.uk or
www.calmtherapy.co.uk



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Made in Little Chelsea

Nestled in the heart of Eastbourne's 'Little Chelsea' is a beautiful and quirky loft space where the Yoga Life Studio has made its home. The studio is tucked away in a converted stable block in a quiet and popular area of Eastbourne.

By **Eva Kristlova**

@yogalifestudio www.yoga-life.co.uk

Yoga for all

In the studio they offer a wonderful selection of classes which are open to all – from complete beginners to experienced yogis. Yoga classes range from gentle yoga to more powerful Flow. You can find pregnancy classes and classes for new mums with babies and fun aerial yoga sessions too; and plenty more besides.

Opening up again

The studio is now preparing to open to public again. Eva and her team have been working hard to make the studio safe, clean and ready and everyone is really excited about opening the space in August. The government guidelines will be strictly followed so everyone feels well looked after.

Property



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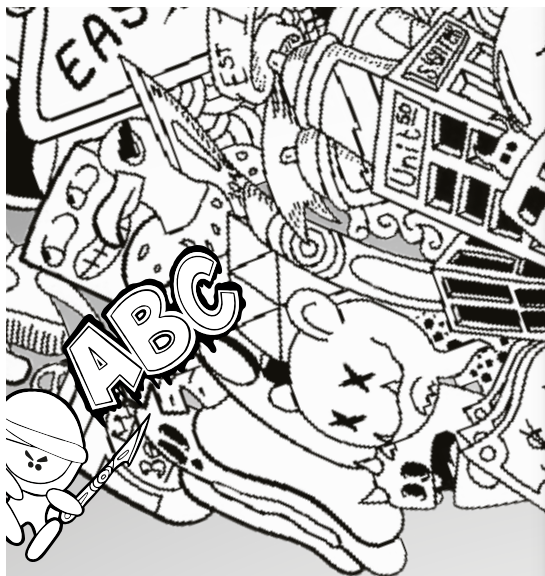


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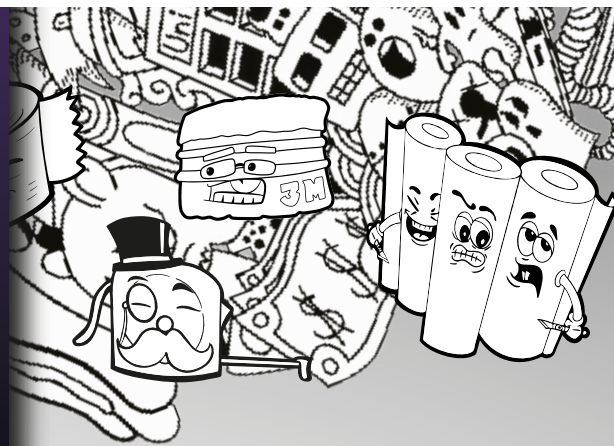
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by Gary Towner.

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Murder at the altar

Fans of crime fiction are in for a treat with Sheila Bugler's second novel in a series featuring captivating journalist Dee Doran.

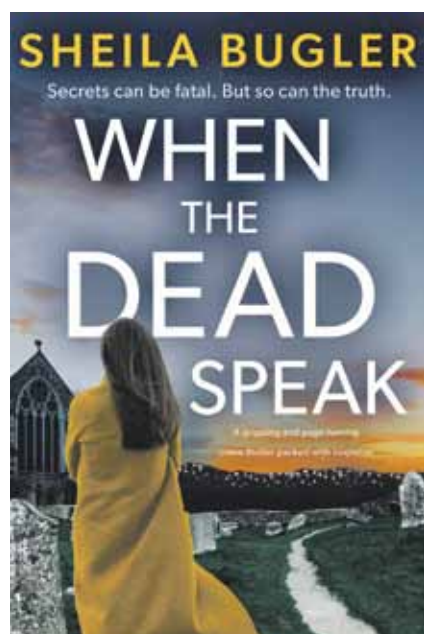
By **Gail McKay**

When the murdered body of Lauren Shaw is discovered on the altar of St Mary the Virgin it horrifies the local community. Especially those who remember another woman whose slain corpse was placed in the same spot 60 years ago. Local journalist Dee Doran is intrigued and despite the advice of the police, she is determined to find out what connects the two women. But as she starts asking questions, Dee finds the answers all point to the same conclusion – someone is keeping secrets and they will do whatever it takes to keep them safe.

Born in Ireland

Originally from Ireland, Sheila, lived in lots of different places, before finally settling in Eastbourne in 2013.

"I moved here, with my family, after spending many years in London.



Having grown up by the sea, I was desperate to escape the city. This was partly for my children – I wanted them to experience the freedom I'd had as a child, something I couldn't see them having in London. But it was partly for myself too. I wanted to live closer to nature, and the coast. I wanted to be able spend my summers on the beach, and my winters tramping across open countryside.

Beautiful Downs

"Moving here was the best thing we ever did as a family. In 10 minutes, I can be at the top of the south downs. Wherever I go, I'm surrounded by beautiful coast and countryside."

Eastbourne has provided a fabulously evocative setting for her latest book and locals will enjoy the nod to local venues like The Lamb, Nelsons café and The Hydro Hotel.

Perfect Location

Sheila is not the only person who thinks Eastbourne is a great location for crime, either.

Local author Cole Moreton's latest novel, *The Lightkeeper*, is set in and around Belle Tout lighthouse. And the recent ITV series *Flesh and Blood* is set in Eastbourne too. In fact, the family's home is on the same stretch of beach where the protagonist, Dee Doran, lives.

This is a totally absorbing thriller, that will delight locals with some familiar locations.

When the Dead Speak is available to order online as a paperback or as an e-book.

Eastbourne teacher raises £31K

We wrote about Sophie's Secret Postcard auction in our March issue, and now we can announce that over £31,000 was raised on 26th June.

By **Gail McKay**

The auction was held on Ebay, in aid of The Royal Marsden Cancer Charity in memory of St Richards Catholic College former pupil, Sophie Taylor. Thousands of bidders took part from all over the world.

The original Sophie's Secret Postcard auction was held in 2018 and raised £15,000.

Lockdown

Coordinator Miranda Pennington said many people were able to use the lockdown to create nearly 1100 postcards.

Sophie's parent's James and Luiza Taylor said "It was fantastic and overwhelming to see so many people creating and bidding for these amazing postcards for such a good cause. It was a lovely way to remember Sophie and she would be very proud of everyone who got involved!"

Harry Potter

Thomas Taylor, the original illustrator on the first Harry Potter book painted Harry Potter, with Hedwig the owl, raising £2,050. Brian Wiseman from the USA, said "I am ecstatic to have won this amazing piece of art by Thomas Taylor! I am also more than thrilled to have helped support the Royal Marsden Cancer Charity!"



Thomas Taylor sold for £2,050.



Sir Quentin Blake sold for £1,600.

Sir Quentin Blake

Sir Quentin donated three charming illustrations which raised an unbelievable total of £3,710.

You can view all of the postcards and see how much each one raised on: www.sophiespostcard.com

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At Towner

Now reopened, we take a look at three of the exhibitions currently on at Towner Eastbourne.

Alan Davie and David Hockney: Early Works. **Until 20 SEP 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.



Lawrence Abu Hamdan: *This whole time there were no landmines.*

Until 18 SEP 2020

Lawrence Abu Hamdan is a Turner Prize-winning artist based in Beirut whose work looks into the political effects of listening, using various kinds of audio to explore its effects on human rights and law.

Recently acquired by Towner, *This whole time there were no landmines* (2017) is an eight-monitor installation

with sound, that uses collected cell-phone-video footage from 2011 to document a 'shouting valley' that lies in the contested area of the Golan Heights, Syria.

This stretch of land became annexed by Israel from Syria following a ceasefire in 1967 and is dubbed 'the shouting valley', as the area's topography allows for an acoustic leak across the border. Subsequently, separated families have gathered on either side of the border in order to shout across the divide to each other and remain in contact.

Image credit:

Lawrence Abu Hamdan, *This whole time there were no land mines*, (2017). 1:1 video loops on monitors with sound (in 8 parts) dimensions variable. Exhibition view at Maureen Paley, London (2017). Image courtesy Maureen Paley, London.

BRINK: Caroline Lucas curates the Towner Collection. **Until 6 SEP 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 credits:

Towner Collection.





Orchestrating future success

The Royal Tunbridge Wells Symphony Orchestra is a vibrant, thriving orchestra at the heart of the South East's cultural community. Approaching its centenary, the orchestra has established a reputation as one of the finest pro-am orchestras around today...

By **Frances Armstrong** – Chairman, RTWSO.

The Royal Tunbridge Wells Symphony Orchestra (RTWSO) performs six concerts each season. We work hard to develop programmes that will thrill both audience and players alike, and as ever our coming season offers something for everyone to enjoy: alongside firm favourites from the symphonic repertoire we are also proud this season to be presenting a brand new work by local composer, Sylvia Villa.

A special feature will be our March concert when we celebrate International Women's Day. Under the baton of Alice Farnham, the first woman to conduct the RTWSO in our 99 year history, we will be performing three pieces composed by women.

Local and professional players come together

The main body of the RTWSO is made up of local, accomplished musicians, many of whom are music teachers or retired professionals. Of course, more players than can be found locally are needed to fill the spaces in a full symphony orchestra, so we enhance our numbers with

professional players drawn mainly from the top London orchestras – many have been returning to play with us for a number of years, including our leader Julian Leaper.

Attracting world-class soloists

The RTWSO attracts world-class soloists. In recent years we have been joined by the likes of Nicola Benedetti, Howard Shelley, Steven Isserlis and Freddy Kempf.

In 2021 we are delighted to be welcoming the pianist Isata Kanneh-Mason who is making a fantastic name for herself, and we are very much looking forward to return visits from clarinettist Katherine Lacy and long-term friend of the orchestra, pianist Stephen Hough.



The orchestra's Music Director is Roderick Dunk. One of Britain's most versatile conductors

with a repertoire encompassing an extraordinary range of musical genres, Rod has enjoyed a long-standing relationship with the

RTWSO and he brings musical diversity, absolute professionalism and a strong sense of warmth and enjoyment to the orchestra.

A passion for education

The RTWSO is a registered charity with a passion for musical education at its heart. Each year we run an Education Outreach Programme, inviting pupils from local schools to take part in workshops and then come to a related concert. This season our workshop and subsequent March programme features 'The Sorcerer's Apprentice' by Paul Dukas, a much-loved piece which will delight young and old alike.

Unique opportunities in the face of current challenges

Of course, the orchestra has been hit hard by the pandemic. Our March and April concerts were abruptly cancelled and, sadly, we will not be able to perform the first two concerts of our 2020/21 season.

However, as restrictions begin to lift we find ourselves with an opportunity to explore other formats of performance which we would not normally have considered as

a symphony orchestra. We are currently investigating the possibilities of producing some smaller-scale concerts which would fit within the evolving guidelines.

We anticipate that our next full-scale orchestral concert will be at the Assembly Hall Theatre, Tunbridge Wells, at 3pm on **7th February**.

An enthusiastic and optimistic outlook for the next 100 years

2022 will be the RTWSO's 100th Anniversary, and we have exciting plans to celebrate the Centenary Season. By then we expect to be back in full performance capacity, and as we leave the problems of 2020 behind us we look forward to embracing the start of our next century with renewed vigour and enthusiasm.



Frances Armstrong – Chairman.

Tickets for the new season will be on sale once we have a clearer idea of when concerts will be able to resume.

Be sure to keep an eye on the orchestra's website for details.

www.rtwso.org



Green and pleasant

If you have found that your containers have dried out quickly this summer, try this trick. I always cover the surface of my containers with a layer of gravel, which helps retain the moisture in the soil. It also helps prevent weeds popping through too!

By **Geoff Stonebanks**

Garden has been my sanctuary

If, like me, you have been lucky enough to own a garden, I'm sure you will have appreciated it even more over the last three months!

I know I have. Maybe you've even developed a few green fingers! The trick now is to keep everything going that you started, you never know you might get to enjoy it all! We've been self-isolating since March to protect my 93-year old mother who lives with us, so she too has enjoyed the benefits that the garden can provide, not least of which, the fresh air in being able to sit out there in complete safety.

Ponds

If you have a pond in the garden, a little time spent on it each week will help keep it healthy. All too

quickly, a pond can turn into a bit of an eyesore if not looked after. You need to weed it as you would your border. You'll be able to see the pond weed and algae but there will be weeds between the pond plants too, chop them back before they take over. I tend to use an old kitchen sieve to scoop out the duckweed which works really well. Remember to deadhead the pond plants too. You can see my pond in the header above, surrounded by pots of plants.

Fuchsias

Some of my favourite plants in the garden are fuchsias. I have quite a large collection. Two of them are quite special though. One is a standard Geneii that belonged to my Aunt who passed away in 2004. The other, also a standard, called Empress of Prussia that my father bought for my mother for their ruby wedding

anniversary many moons ago. Dad passed away in 2007. Both of them are very precious plants. It helps to improve flowering generally with fuchsias, if you remove the seed pods that develop behind the spent flowers. These small green bumps can develop into striking reddish-black berries, which are actually edible, but not very tasty. Allowing the plants to go to seed can weaken them and reduce their flowering cycle, so it is best to remove seed pods, which should mean it will keep blooming into the Autumn.

National Garden Scheme

Like everything else, the scheme's gardens were unable to open throughout the lockdown. With the relaxation towards the end of June, some garden owners decided they would like to open, ensuring they complied with social-distancing guidelines. The scheme has developed a very successful online booking system which requires all visitors to book a timeslot for their garden of choice and pre-pay the entrance ahead of the visit. No gardens are serving refreshments and most will not have toilet facilities. Some larger plots will allow visitors to take their own picnics! Gardens opening for the following ten days are listed every Monday on the website.

Just log on to the garden booking page at: www.ngs.org.uk to make your choice.

Houseplants

If, like me, you have many plants in the house as well as the garden then don't forget to keep an eye on them too. High temperatures can make indoor plants wilt and they may need

moving to a cooler spot in the house. Don't overwater them, just check the compost and if it is dry apply a little water. Over time plants leaves can attract dust, so just wipe them down with a cloth and a bit of water, don't use polish or oils as this will block their pores. While wiping the leaves, it gives you a great opportunity to check the underside for insects and damage that can be removed. If I'm honest, while I might remember to feed the plants in the garden religiously, I'm not so hot on remembering to do the same with the house plants. They still need nourishment like their outdoor partners, so do remember to feed them, I tend to use the same feed I use in the garden.

Looking ahead

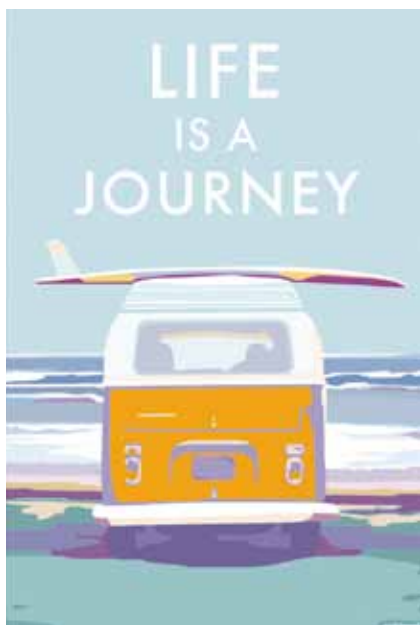
If you have camellias and rhododendrons in your garden, it is really important at this time of the year to keep them really well watered. It is now that the new buds for all next years' flowers are starting to develop and form. A lack of water at this stage will ensure you don't see any blooms next spring. It is so easy to forget them when concentrating on shrubs and flowers that are blooming now.

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

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'. Read the amazing 5-star reviews on *TripAdvisor*. Amazing feature in *Coast Magazine* and an American magazine, *Flea Market Garden Style*. Read all about Geoff's trips to Buckingham Palace and Royal Garden Party in 2018 and his work for the community.



Celebrate with Roubarb and claim your FREE Gift



Positioned behind the Grand Hotel in Eastbourne, roubarb is open again and we've introduced some exciting new lines to our already diverse, unusual and creative gift ranges.

By **Lesley Fish**

Joining our established gift selection which includes **handcrafted glassware, ceramics, scented candles, throws and beautiful silk flowers**, we now have pleasure in offering a fabulous range of handmade jewellery from **Ladies who Lunch Boutique**.

A major feature in the shop, the uniquely different jewellery is complemented by a small but carefully selected collection of clothes, scarves and bags completing their contemporary and stylish offer.

Alongside this and to help support and raise funds for The Survivors Club, a

local cancer support group, we're also selling colourful face masks and fun individually painted pebbles designed and made by the founder.

We'd love to welcome you and so, this month, please visit and use the code **AUGUST20** and you'll receive a free gift with any purchase.

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