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09/20

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September 2020

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Bournefree



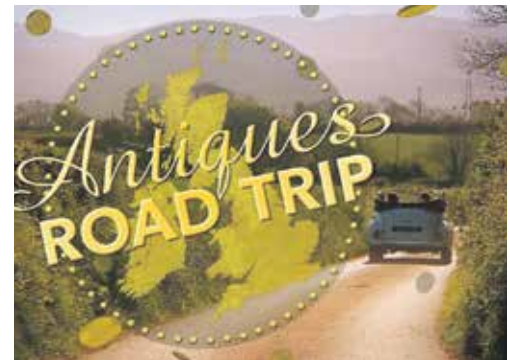
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Cover Image

East Sussex College.

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

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Welcome to the latest edition of Bournefree

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

By **Peter Lindsey**

WOW! What a response we had to our second edition of *Bournefree*, and now we have a new news website as well.

When we started this project back in March, we never dreamt that we would have to wait from March until August to produce edition two.

But we did, and here is edition three, and we are very proud of what we have achieved and are now developing.

We print 10,000 copies of each edition and our aim is to make them as visible as possible across the local area.

That means supermarkets, the DGH, shops like ESK, the pier and many other outlets, including our advertisers.

Times are tough, we all know that as we come out of Lockdown, but we have found the feedback to *Bournefree* to be very refreshing.

In the magazine, we feature on the positives, whether that be a new business opening or highlighting the real heroes of our community.

We are confident that it will continue to grow in the coming months, so please get involved and be a part of it.

And that brings me onto our new news website.

During lockdown, we decided the best strategy was to build our audience with our Facebook page.

It worked. Our biggest story was viewed by more than 80,000 people so the natural progression was always going to be a new news website.

And now we have one.

It's updated daily and can be found at www.bournfreelive.co.uk

If you haven't yet found it, go online and have a look.

The emphasis online is growing our audience with strong news and strong opinion from people in our community.

So, it's looking pretty rose from this side of the fence.

Yes, times are tough as we try to move into a 'new normal' but we have decided to be bold and grow our business.

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

Enjoy reading this September issue.

And don't forget to go onto our website as well.

Thanks everyone for your continued support.

www.bournfreelive.co.uk

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?

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.**

For breaking news 24/7, log onto our news website at
www.bournefreelive.co.uk

Girl power at the DGH!

TWO women have taken up the top roles at the East Sussex Healthcare NHS Trust, which runs the DGH in Eastbourne.

By **Peter Lindsey**

Joe Chadwick-Bell is the new Chief Executive, on an interim basis, as of this month.

She will replace Dr Adrian Bull who is retiring after five years at the helm.

He has overseen a massive transformation at the Trust and the hospital is now rated Good.

Joe has more than 30 years experience in the health sector and was Chief Operating Officer and Deputy Chief Executive at ESHT, having been appointed in 2016.

Joe originally started her NHS career working in the Pharmacy department at Eastbourne DGH.

She said: "It is an honour and a privilege to take on this role.

"This is a challenging time for the Trust and I've been proud to see the way members of staff have come together to adapt and change in this new environment.

"I look forward to being part of our recovery as we move ahead with our aim of being Outstanding and Always Improving."



Joe Chadwick-Bell, Chief Executive.



Tara Argent, Chief Operating Officer.

Meanwhile, Tara Argent is the new Chief Operating Officer and will start in January 2021.

Tara started her career working at Eurotunnel, followed by a series of appointments in the NHS and at Auckland District Health Board in New Zealand.

She started working at ESHT in June 2020 as Deputy Chief Operating Officer.

Tara said: "I have been proud to work alongside colleagues over the last two months as we have responded to COVID-19.

"I am looking forward to continuing this work as Chief Operating Officer and meeting the challenge of restoring service to the people of East Sussex while remaining prepared for an increase in COVID-19 cases."

Langney Post Office reopens

By **Peter Lindsey**

Eastbourne MP Caroline Ansell cut the ribbon with new Postmaster Sholeh Williams outside the shop called Langney Post Office and Sweetie Choices.

The new store specialises in retro sweets and greeting cards, and is a family-run business with Sholeh's husband Paul and their daughter Persia.

Mrs Ansell said: "We are delighted Langney Post Office has re-opened.



Sholeh Williams and Caroline Ansell, MP.

"A Post Office offers so many services and it is vital to a community. Residents and local businesses can do their banking withdrawals and deposits on behalf of the major banks at a Post Office, providing convenience for customers."



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Wednesday	10:00am to 12:00pm	Willingdon Trees Community Centre, Holly Place
Wednesday	10:00am to 12:00pm	Gateway Church Centre, 70 Lottridge Drove
Thursday	CLOSED	
Friday	10:00am to 12:00pm	St Saviours Church, South Street, Town Centre
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Friday	10:00am to 12:00pm	St Luke's Church, Hailsham Road, Stone Cross

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Popular charity wins top regional award

A POPULAR charity offering financial and emotional support to families which have lost a young adult between the ages of 16 and 25 has won a top award.

By **Peter Lindsey**

You Raise Me Up, based in Polegate High Street, has been awarded Best Family Bereavement Support Charity 2020 – South East England.

The award was presented by the prestigious 2020 Southern Enterprise Awards, proudly hosted by SME News.

Over the moon

A spokesman for the charity said: "We are over the moon to have won this award."

You Raise Me Up is the only national charity which offers financial and emotional support to families who have sadly lost a child between the ages of 16 and 25.

It was founded in June 2011 with the sole purpose of raising funds to support these families.

It was set up by the late Jane Brooks and her husband Fraser in June 2011 after their daughter suddenly

collapsed and died at Eastbourne Rugby Club, just nine days before her 18th birthday.

Megan's parents and brother Oliver were traumatised and trying to pick up the pieces of their lives whilst stumbling through the aftershock.

They felt they had little or no guidance or support other than from family and close friends.

Her parents said, after setting up the charity: "Those first few days and weeks dealing with our loss and grief, whilst coping with the immediate demands of arranging a funeral were emotionally and financially challenging.

"How do you recover from the loss of a child, the pain and sorrow is incomprehensible.

"We knew after our experience how valuable and supportive it would have been had there been help available to us like our charity.

"We are sad that the need is there, yet encouraged and comforted to know that the charity has helped numerous families who have struggled not only with the funeral costs, but through the charity's counselling service, we offer emotional support as they re-build their lives.

"We offer help to local families and families further afield but without generous public support and donations this would not be possible.

"There simply is no other help of this kind available to bereaved families."

Understanding

The aim of the charity is to be able to provide compassion, support and simply to be able to say "we totally understand" rather than "we cannot imagine what you are going through".

It has trained, experienced counsellors available, including child and adolescent counsellors, to help you through these dark times.

It also runs monthly support groups, where you can meet other families going through similar emotions and by coming together you will start to feel less alone.

Go to: www.youraisemeup.co.uk

Three Peaks challenge

A MOTHER forced to shield during lockdown walked an average of 2.5km a day on her treadmill to complete the Virtual Three Peaks challenge for charity.

By **Peter Lindsey**

Joanne Lancaster completed the challenge in 26 days, walking 55km – the walking distance up and down each of the Three Peaks.

St Wilfrid's Hospice is very close to Joanne and her family, as her daughter Sarah volunteers as a Host on the Inpatient Unit.

Joanne often donates to the hospice community shops and is no stranger to fundraising, as she is on the charity board at her workplace, CMDP.

So when she found herself shielding at home from the pandemic, she realised that the V3P Challenge would be the perfect way to give her some focus and raise money for the hospice.

She said: "I hadn't done anything like that in a while so there were some days where I had to push myself, but you feel so much better once you've done it.

"Normally at work I would average about 7,000 steps per day, however, since lockdown and being based at home, this has dropped down to barely 2,000.

"The challenge renewed my focus on personal health and wellbeing and since completing the challenge I have been going for a walk along the seafront three times a week and doing about 12,000 steps per day."

She has raised more than £285 for the Eastbourne hospice.

Husband and wife authors reveal the secrets of their success

HUSBAND-AND-WIFE Eastbourne authors Tony and Heather Flood have both produced bestselling books and received glowing reviews. They live locally in Sovereign Harbour, and we turn the spotlight on their wonderful achievements.

By **Peter Lindsey**

Tony and Heather Flood are no ordinary couple as you will realise when reading this feature.

Their latest novels have both recently been released.

Tony's is a crime thriller *Stitch Up!* – *Killer or Victim?*, which *The Sun* newspaper's Stuart Pink says has a 'riveting plot and electrifying double twist.'

Heather's is a fantasy adventure *Purple Mist – An-out-of-this-world Adventure!*, acclaimed by both actors and other authors.



The secret of their success is coming up with new ideas and doing extensive research, during which Tony has discovered that most TV murder mysteries get things hopelessly wrong.

Rarely even a caution

Former Sky TV executive and Fleet Street journalist Tony said: "I spent an enormous amount of time picking the brain of a former Met. Police officer to ensure the police procedures are correct in *Stitch Up!*"

"I discovered that crime thrillers we see in films and on TV, such as *Midsummer Murders*, often fail to follow correct police procedures.

"For example, once a police officer believes someone they are questioning is a suspect they should arrest him or her before asking further questions.

"But they rarely even give a caution.

"Another example concerns court cases. A witness should not be asked "do you see this person in court?" unless the witness has previously identified the defendant in a line-up, photomontage or mug-book search.

"I also discussed police procedures with a high-ranking police officer when I was writing my previous crime thriller *Triple Tease*, and he also found fault with most TV thrillers.

"He thought the murder mystery series coming closest to getting procedures right was *Scott and Bailey*, featuring Suranne Jones and Lesley Sharp as two female detectives."

Heather loves TV dramas and fantasy adventures.

But she said: "Some of the storylines are too far fetched. It's amazing how much havoc and damage is often caused when a villain is pursued.

"Car chases are a prime example. Viewers are often asked to put credibility to one side."

Heather added: "Tony and I make our thrills and story twists plausible."

Fantasy adventure

Another secret of Tony and Heather's success is their great characters.

Tony said: "Readers loved the original characters in my first crime thriller *Triple Tease* in which the glamorous Katrina helped under pressure DCI Harvey Livermore to catch a serial killer by acting as the bait in a honeytrap.

"Livermore and his Major Crime Team are back in *Stitch Up!*"

"They're convinced the suave, handsome Denton Kerscher is guilty of two murders, even though he is acquitted of the first in a dramatic court case.

"Following the second murder, other suspects emerge, including a lecherous fashion house owner, a besotted estate agent, a 'Walter Mitty' hospital porter and an egotistical stand-up comedian.

"The pressure is still on Kerscher, however, as he is accused of sexually assaulting his new neighbour, busty Barbie Dickinson.

"As if Livermore has not got enough on his plate with a demanding wife and fussy senior officer, he is targeted by a former lag, hell bent on revenge. But bright young PC Grace Conteh puts her life at risk to catch the killer."



Tony has also written in other genres, including fantasy adventure *Secret Potion*, which bestselling author Jessica Duchon says is ideal for Harry Potter fans of all ages, and celebrity book *My Life With The Stars – Sizzling Secrets Spilled!*

My Life With The Stars was so successful that a second edition was published and soared to No 1 bestseller in its Amazon category.

Tony provides revelations and amusing anecdotes about showbiz and sports personalities, including Elvis Presley, Eric Morecambe, Joan Collins, George Best, Kylie Minogue, Muhammad Ali and a host of others.

Support for cancer charity

Meanwhile, Heather's books for young children feature a host of loveable characters in *Giant Sticker Monster and Other Children's Stories*.

Her best-known creation is a delightful lady mouse who stars in *Mousey Mousey and the Witches' Spells!* and *Mousey Mousey and the Witches' Revenge*.

Purple Mist is for both older children and adults.

Among those who have recommended it is former *Coronation Street* star Brian Capron.

He said: "Don't you just love it when bullies get their comeuppance? That's just the start to *Purple Mist*, a wonderful adventure story full of thrills and spills that is literally out of this world!"

Mr and Mrs Flood give donations from sales to Children with Cancer UK, but still offer e-versions from only £1.99.

Details of their books are available on www.celebritiesconfessions.com and www.fantasyadventurebooks.com

Eastbourne needs your memories!

JOIN in the fun and recreate your memories of days out in Eastbourne.

By **Peter Lindsey**

Do you have an old photo of you and/or your family enjoying a day out in Eastbourne?

Maybe you are on the beach, shopping in town, eating an ice cream or relaxing in a park?

Maybe you own a business in the town and you have some old photos of your shop, restaurant or office?

If you have an Eastbourne memory, we would love to see it.

Visit Eastbourne, Eastbourne Hospitality Association, Your Eastbourne BID and Eastbourne *unLtd* Chamber of Commerce have joined forces, promoting Eastbourne through the **#LoveEastbourne** social media campaign.

The **#EBMemories** competition is a bit of fun to get involved in and the chance to win ice cream sundaes from Gianni's.

To join in, all you need to do is recreate an old photo of a day out in Eastbourne.

Even if you don't have any of your own photos, you can still join in by recreating one of Heritage Eastbourne's vintage photos on the Your Eastbourne website: www.youeastbournebid.com/love-eastbourne-and-ebmemories

Post the original and your recreation on social media, using the hashtags **#EBMemories** and **#LoveEastbourne** anytime between now and the end of September.

Another way to participate in the campaign is to use the hashtag **#LoveEastbourne** every time you post a positive message or photo of Eastbourne. Make sure you tag **@VisitEastbourne** too!

Feel free to improvise and/or use a range of vintage photos from Heritage Eastbourne currently displayed on the Eastbourne BID website:

www.youeastbournebid.com/love-eastbourne-and-ebmemories



Deputy Leader of Eastbourne Borough Council, Stephen Holt, and Town Centre Manager, Luke Johnson, recreate a vintage photo from Heritage Eastbourne.

Make mental wellbeing a priority

PEOPLE finding it difficult to cope with the effects of the unprecedented COVID-19 crisis are being urged to seek support.

By **Peter Lindsey**

The number of GP referrals to Community Connectors – a service to help people improve their mental health and wellbeing, has fallen dramatically during the pandemic raising concerns that people might not be getting the support they need.

Between April and June, the service – commissioned by East Sussex County Council and the county's Clinical Commissioning Groups (CCGs) and delivered by Southdown, received 147 referrals compared to nearly 400 between January and March.

Significant effect

Kirstie Addleton, Community Connectors operations manager, said: "The pandemic has had a significant effect on all of our lives and created a huge amount of stress, anxiety and uncertainty. It's so important that those needing support to be able to cope with the unprecedented pressures know how to access it.

"While the number of referrals from GPs has dropped due to the restrictions put in place, people can still self-refer and access all the same advice and help to support their mental wellbeing and encourage and enable self-help and resilience during these difficult times."

Remote services

Although the team at Community Connectors, which works in partnership with GPs in Hastings, Rother, Eastbourne, Seaford and Hailsham, are gradually trying to re-establish face-to-face services, many can be delivered remotely on the phone or via video calls.

The service will help people develop personalised and practical solutions to deal with everyday issues – this could include exploring services, groups and activities that support individuals to improve their health and emotional wellbeing.

Steve Hickman-Brown, Southdown's community support services director, added: "Community Connectors can have an extremely positive impact on individuals, with most reporting an improvement to their wellbeing after accessing the service.

"Two thirds of those receiving support between October 2019 and February 2020 visited their GP less as a result, which shows the difference self-help and resilience can make to people's lives."

More information about the Community Connectors service, which is open to anyone over the age of 16, can be found at: www.southdown.org/CommunityConnectors

OPINION



Why it's not all over...

THE spotlight has repeatedly been on education over the summer and the exams fiasco. It's been a very difficult time for our young people. Dave Cooper is a respected businessman in Eastbourne, and here he offers his views on what our teenagers can look forward to.

By **Dave Cooper**, Director of LECS UK

It is a well-known fact that most students leave Eastbourne to continue their education and are often drawn to places further afield to expand their careers and seek their way in the world.

That is a bitter sweet situation as whilst they are drawn away from our lovely town, they are at least carving themselves a future.

For many students this year, the opening of their results would have been a heart dropping moment, especially if they received grades lower than expected.

Many had their dreams torn away from them and their hopes of their first-choice university disappeared before their very eyes.

It's not all over

The governments of recent years (of both political sides) have been pushing for all young people to get a degree and many employers have expressed consternation at this believing that not everyone needs a degree to achieve in life.

We have to be pragmatic and accept that not everyone is academic and also some people peak academically sometime, often many years, after leaving school.

The way the government dealt with the results situation was appalling but now is the time to look forward rather than backwards.

Not going straight from school to taking a degree isn't the end of the world as there are a number of good alternatives.

Apprenticeships

There are apprenticeships around that will get you onto the vocational and earning ladder, and don't let yourself believe that doing an apprenticeship is less important than doing a degree.

In many respects you will discover that you will be more respected in the workplace in the long term if you have had a vocational start and then become more academic.

You are likely to find it to be a less expensive route as well.

Educational costs

The cost of a degree is, for some people, prohibitively high because of government policies forcing universities into becoming retailers.

The subject of educational costs is another topic which is outside the scope of this article so I won't dwell on that.

Many students end up with debts of around £50,000 to fund their first degree which is, to my mind, just wrong.

I am not saying don't do a degree if you get the chance but it isn't the end of the world if you end up doing it later in life or even never at all.

There are some careers, such as medicine and veterinary paths, where the university route is most definitely the only alternative but some careers are best progressed from an apprenticeship perspective.

One of the alternatives is to go straight into employment.

Attitude and loyalty

In the short term this may seem career limiting but many employers aren't that interested in the academic achievements of a person but more in their attitude and loyalty.

These are two characteristics that will serve you well whichever route you take.

Many a person has carved a good career from what seems to be the bottom of the ladder and with determination and the right attitude time will more than often see you through to success.

If you are in employment there are also other options that you can take provided you have the determination.

The Open University and other distance learning options are available to help you attain academic qualifications if you want to.

This is hard work, especially if you are working, looking after a family or facing one or more of the many obstructions that life throws at us.

For many career choices, especially if it is a vocational based one, taking an apprenticeship is a great option.

As I said earlier you may not want to go on to gain a degree, and the choice is yours, but at least you will have a trade.

If you take an apprenticeship and then want to go on to taking a degree you may well have an employer who will let you go onto higher education and may well assist with funding (especially if you have shown loyalty and have a good attitude).

That way you may well come out of it with little or no debt, vocational experience, respect in the workplace plus the added bonus of a higher-level qualification such as a degree.

Fantastic words

I mentioned attitude and loyalty as personal characteristics earlier and I want to sign off with a few words that I heard when my son graduated from university a few years ago.

Every now and then you hear something that sticks in your mind and the Dean of the University looked at the cohort of graduates before him and said, "Whatever you do or wherever this degree takes you there is something more important in life. Remember this. Whoever you are always be an energy giver and not an energy taker."

Fantastic words and a great description of sound attitude.

Whatever you do, believe in yourself and be determined to get the best you can from life.

Do not think for one moment that because you haven't achieved academically now that you are a failure and always believe that you can achieve great things in life.

“

Whoever you are always be an energy giver and not an energy taker.

Ninja Warrior

THE South East's first Ninja Warrior UK Adventure Park is set to open in The Beacon, Eastbourne in early autumn.

By **Sue Cobb**

Inspired by ITV's hit game show Ninja Warrior UK!, the new family entertainment feature is a revolutionary indoor adventure park combining fitness, fun and will have many mastering their inner ninja in no time as they tackle a well curated course of adrenalin-fuelled obstacles.

The 20,000 sq ft centre, which is located on the first floor above Wilko's in The Beacon, will include obstacles to climb, balance, jump and swing across as well as head-

to-head race lanes in a high-energy atmosphere before facing the ultimate challenge in the Warped Wall.

Perfect location

Marcus Cogger, General Manager of Ninja Warrior UK Adventure Park Eastbourne, said: "We are really excited and proud to finally be opening our latest adventure park in The Beacon.

"Naturally the current landscape presented us with our own challenges in preparing to open but, in line with Government guidance, we have taken every measure to ensure the safety of everyone who will use our facility, and our own team.

"We'll be very much community-based and our newest facility will be fun, safe and inclusive enabling kids, adults, families and small groups of friends to create their own Ninja Warrior journeys and stories.

"We believe Eastbourne is the perfect location and that we will attract customers from all over the South East. We will be adhering strictly to the latest Government guidance on social distancing and offering small parties and event packages, a Mini Ninja option for under-fives and there'll be a café and dining area. We can't wait to open!"

The first Ninja Warrior UK Adventure Park in the UK opened in Stoke-on-Trent in 2018 and was quickly followed

by parks in Wigan, Cardiff and Gloucester last year but this will be the first facility to open in the South East.

A real coup

Legal & General Fund Manager Andrew Rice said: "We are delighted that Ninja Warrior UK Adventure Park will be opening in The Beacon. This is a real coup for the centre and for Eastbourne. In today's world, centres need to have not only an impressive retail offer but first-class leisure facilities too, so this is a perfect fit for us."



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Stay Alert · Only Go Out Where Necessary
and Let's Say Goodbye to the Second Wave

Amazing dad's motivation to run a marathon

A DAD is running next month's Beachy Head Marathon in memory of one of his twins who passed away from a rare condition in January.

By **Peter Lindsey**

Finnley and Quintin Greavey were healthy twins until a sudden diagnosis at 18 weeks into the pregnancy of an illness that affected twin to twin transfusion.

Quintin was getting too much nutrients which was placing pressure on his heart while Finnley was getting too little, leaving him malnourished and with little space in the womb to grow.

In spring 2019, they underwent Laser placenta abrasion to separate them in Kings College London.

Parents Joshua and Elysia, 22 were then told "Our twins would not make it and it would be repeated to us daily for the next seven months."

Finnley passed away in January due to being unable to recover from his bad start to life with his lung disease

and his reliance on painkillers. He had survived for seven and a half months but went downhill after the first two months.

Rockinghorse charity

Now Joshua, 29, a support worker from Roselands, is running the marathon to raise money for the Rockinghorse charity, based in Brighton, which supported the family.

Joshua said: "For any parent that has a premature baby or is in a high-risk category, it is constant heart wrench but the staff at the Trevor Mann Baby Unit's' overwhelming support kept our hopes up.

"The twins had many operations in the process, laser surgery before they were born, and then both had laser eye surgery, one had heart surgery one had a hernia operation.

Super heroes

"They even had an operation to put a surgical line in his head.

"God even knows all the 'smaller' things like mri scans, blood clots, brain bleeds, nearly losing an arm, seizures and ecg test, blood transfusions, the 1000 times they both nearly passed away but they were always saved by the true super heroes of the world.

"Finnley could never kick the drugs and recover from lung disease at the same time but he did get to spend some time with his twin and mum for a week before he passed, which was so special.

Never feel alone

"Quintin is doing amazing and is still checked all the time by the hospital.

"You do all of this stuff alone to due to the fact you have another kid at home and need to work to pay bills.



Joshua Greavey.

"But the staff at these places from cleaners right through to consultants and even in one case a professor never make you feel alone.

"Our sons were true fighters and the love and care the nurses and doctors held for them kept them going.

"They saved their lives countlessly and were always in their corner fighting for them.

Giving back

"This is why I'm running for this amazing charity, to give back what they gave us.

"Everyone involved in this kind of journey truly are gods amongst men."

To sponsor Joshua, please go to: www.justgiving.com/fundraising/joshua-greavey1

Charity supports mental health

A CHARITY which supports the LGBT community in Eastbourne is expanding its support for people struggling with their mental health.

By **Peter Lindsey**

BourneOut is offering specialist counselling to those in need of help.

Chair Betty Gallacher said: "Lockdown has been a difficult time for so many people, regardless of age and sexuality.

"Some will have been lucky to have help from family and friends.

"There are others who will have had none of that and it would have been an isolating time for them.

"Indeed, it may still be isolating as we come out of Lockdown.

"These people need to know that there is help out there."

BourneOut is working with a counsellor from Brighton.

Betty said: "We are happy to fund this as long as it can be seen that the help is required.

"We are an open book and we just want to help others who need it."

Betty can be contacted on: **07855 796466**.



Betty Gallacher.

Eastbourne's Big Autumn Beach Clean

“WORKING towards a carbon neutral town by 2030.”

By **Peter Lindsey**

HERE'S your chance to play your part and help clean Eastbourne beach.

Plastic Free Eastbourne is inviting everyone to join its COVID-19 aware whole-town Autumn Beach Clean.



It will be taking place on Friday 25th, Saturday 26th and Sunday 27th September.

When you take part would be up to you as each volunteer will work individually, using COVID-19 distancing.

Register your wish to volunteer by emailing plasticfreeeastbourne@gmail.com or phone for further details at **07971 909454**.

Oliver Sterno is a Community Leader of *Plastic Free Eastbourne* and Co-ordinator of *Refill Eastbourne*.

He said: “Overall, this event is intended to make our beach clear of debris.

“Equally, it is intended to provide a whole-town experience to raise our self-confidence and our sense of being able to work creatively and positively during this worrying era.

“Eastbourne has a well-deserved reputation for rising to challenges and bringing about improvement to our town and to our surroundings.

“I hope you will feel able to take part too!

“We would like to build on the great work which we as a town have done together to reduce single-use plastic already.

“We have the reputation for being at the forefront of developing a *Plastic Free Community*.

“If we all agree, we can take our campaign up to the next level and contribute greatly to becoming carbon neutral by 2030.

“And above all – we will help to keep our town and our coastline free of plastic for the next generations to enjoy.”



Other events coming up are:

11th to 27th September:

Keep Britain Tidy Autumn Clean

22nd September:

Car free day

27th September:

Waterweek event

27th September:

Creative Art on the Beach

16th Sept to 22nd October:

“Beat the Streets”



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East Sussex
Fire & Rescue Service

Thousands of elderly and vulnerable helped

EAST Sussex Fire and Rescue Service has helped thousands of people during Lockdown.

By **Dick Broady**, East Sussex Fire and Rescue Service

The Safer Communities team, alongside crews, have been supporting both the elderly and vulnerable residents, reaching 7,500 across East Sussex and Brighton & Hove.

Numerous telephone calls and interactions have been made to confirm that these vulnerable residents

have working smoke alarms, as well as offering home safety advice.

The team has also provided additional advice and guidance on COVID-19 and when requested have arranged further assistance.

Acting Strategic Community Safety Manager Lisa Priestman said: "We

would like to remind residents that we are still here to help.

"East Sussex Fire and Rescue Service is committed to keeping residents safe, despite the current challenges with COVID-19.

"As a result of COVID-19, we are temporarily changing how we deliver our Free Home Safety Visits to the community.

"However, we still want to ensure that, even in these challenging times, residents still have access to vital information to keep them safe from fire in the home."

Home visits will be limited to the most vulnerable but over the phone advice is available for all residents.

Telephone assessments are being carried out and Telephone Risk Assessments are available.

Call **0800 177 7069** or complete and return a Home Safety Visit Request Form on our website:

<https://www.esfrs.org/your-safety/home-safety-visits/>

Please send completed form to: **Homefire.Safetyvisits@esfrs.org**

Free fire safety for carers

DO you care for a loved one, a family member who has lost their independence through illness, disability or age?

By **Dick Broady**, East Sussex Fire and Rescue Service

Would you know what to do in the event of a fire, and would your loved one respond or be able to respond to a fire or fire alarm?

A third of people who die in fires every year are looked after by a carer, whether that is a family member, friend or a professional carer.

A **FREE** online course is available giving fire safety advice and safety tips for the home to make your loved one safer.

The course lasts for one hour and will offer advice on general fire safety, bedtime routines and escape plans.

To access a FREE online course, email: **carers@esfrs.org** or call **01323 462333**.



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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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f t i



Recently awarded with the South East Sussex CAMRA community pub of the year.



The Crown of Old Town

MAKE it your mission to visit Eastbourne's best kept secret.

By **Gail McKay**

There were many things we missed in lockdown, a hug, a meal out with friends, the routine of the school run, but top of my list was meeting friends at the local pub. The casual spontaneity of turning up to see who's about.

Situated in the heart of the Old Town lies *The Crown Inn*. An award winning backstreet boozer with a beer garden that boasts over 350 sq ft of outside space.

It was recently awarded with the South East Sussex CAMRA community pub of the year.

Facebook live

Jo and Andy did a smashing job keeping spirits high with a Facebook Live version of 'Play your Cards Right' at 5pm on a Sunday Afternoon. The prize being "50 CROWN POUNDS!" There was music, dancing and online banter, not the same as being there but we still felt part of the Crown family.

Refurbished

Like many businesses, Jo and Andy worked tremendously hard to bring back *The Crown*, Covid Safe. At

the beginning of the year, they had already embarked on an ambitious redecorating and refurbishing project, combining a modern industrial feel with a traditional welcoming style.

And now they are back. On arrival, your temperature is taken along with contact details, and there is plenty of room to queue safely at the screened bar.

Massive beer garden

You can sit inside, and it is lovely, but while the sun is still shining, you HAVE to go outside and see their beer garden, it's massive, Jo and Andy have been busy here too, new fencing, new benches, and if you are around at dusk you can experience the festoon lighting and hurricane lamps. This is a very special corner of Old Town with views across the Downs and the historic St Mary's church.

Bank holiday weekend

They held a very successful and safe outdoor event over the bank holiday weekend. *The Watson Brothers* played to a great crowd, where the audience were in family bubbles on tables or picnic blankets.

Last but not least, booze

We should talk alcohol, an extensive gin menu, an impressive collection of real ales, with new guest beers all the time, Great premium lagers (Stella and Kronenburg) amongst everything else you'd expect.

This is a very family friendly pub with excellent, attentive staff, where well behaved adults, children and dogs are always welcome.

One more thing, keep your eye out for their latest venture at the Enterprise Centre, *Ninkaci* a taproom, we'll keep you updated.



Gardening is new attraction at Sharnfold Farm

A POPULAR visitor tourist attraction is defying the tough business outlook after Lockdown by deciding to expand into gardening.

By **Peter Lindsey**

Sharnfold Farm, situated on Hailsham Road at Stone Cross, Eastbourne, was busy both during the COVID-19 crisis with its popular drive thru service and now during the summer holidays.

It is owned by Kent Entertainments, run by Donna Bull and Ray Grant, and Donna said she has been looking at ways to grow the business.

Customer choice

Donna said: "We have had what I would call a nice summer, and our car park has been absolutely packed most days.

"Our takeaway service at the height of the crisis was vital to many people, and since then we have been thinking of the best ways to give more choice to our customers.

"We have decided that gardening is one area we can move into.

"It may be near the end of the season when it comes to gardening but we have decided to go for it. There won't be many businesses expanding at the moment.

"It's not easy for businesses but we have decided to be bold and increase what we have on offer."

Gardening area

Donna and her team have created an outdoor gardening area.

Items on sale include plants, compost, pottery, fun garden ornaments, soils, decorative stones, pebbles and frost proof pots.



She said: "Previously this was a disused area at Sharnfold Farm and we are determined to make the attraction as popular as possible.

"There is no doubt that gardening will help.

"We have also been boosted by the Eat Out to Help Out scheme, which has been very popular everywhere it would appear.

"We have certainly benefited from that too."

So much more

Other attractions include a farm shop, butchers, revamped coffee shop, farm trail and a play area for youngsters including a tractor, slide, swings and secure garden.

Schoolgirl publishes new book on bullying

A TEENAGER from Eastbourne has written a new children's book about bullying based on her own experiences.

By **Peter Lindsey**

Cristina Ruggiero, 15, pictured, has created the characters in Dotty The Doughnut.

Cristina, a Year 11 pupil at Cavendish School, has self-published the book, which is suitable for nursery and primary children.

Mum Annarita Ressa said: "This book is based on Cristina's direct experience on the topic and something very close to the hearts of many children.

"We hope the book will inspire them to take a stand against bullying, gain confidence in reporting these events and ask for support – something many children struggle with.



"Cristina has gained confidence to write and self-publish four cookery books.

"These include using her own original recipes, drawing upon her heritage from Southern Italy."

The dishes are vegetarian and pescatarian and Ms Ressa said her daughter has been supported by Dymock Farm in Seaford with fresh produce to serve up the tasty recipes.

Ms Ressa said: "With her books Cristina would like to inspire

children and adults alike to rediscover the pleasure to cook from scratch by using simple and local ingredients from tradition."

Cristina studies food technology in her GCSEs at Cavendish and previously won the Masterchef competition for her age group.

Her books are available on Amazon – search for Cristina Ruggiero.

She also runs a social media page on Instagram called Cristina Cooks.

BBC gets into the Grove filming Antiques Roadtrip

LITTLE Chelsea Antiques Emporium was visited recently by the BBC film crew for Antiques Road Trip. Find out if they discovered treasure in this antiques wonderland.

By **Gail McKay**

If you haven't wandered into this quirky antique shop yet, you're in for a treat.

As you enter, it takes a while for your eyes to settle when there's so much to see. There's an alligator handbag for £95, a wedding dress in seersucker silk which is pure Deco, circa 1935. From very close examination it may never have been worn. I believe it's a size 8, and is priced at £125.



1935 wedding dress

There's an amazing ancient Egyptian statuette from about 500 years BCE, carved from a piece of hard stone. The base is slightly convex which allows it to spin and turn very easily.

A museum in Birmingham had a similar statuette which they thought was haunted as it would move during the night when the museum was closed. It was discovered that minute vibrations from the Birmingham Underground Railway were causing the movement, from this it was deduced that it may have been an earthquake detector.

Timewaster welcome

Steve opened his Emporium in Grove Road seven years ago, "I wanted to have an Antiques shop where people could browse and relax, stop for a chat and a chin wag, hence my slogan 'I Buy, Sell or just Chat about Antiques...Timewasters Welcome!'"

New layout

But now in these changing times the question is, can still welcome timewasters? The answer is, of course, yes. With the new shop layout he can easily chat with customers whilst maintaining safe social distancing.

I have installed a new counter with a large screen, allowing me to converse safely.



Steve Hansen.

Sonic steriliser

"The most enjoyable part of the day is when someone brings in something for me to buy, currently I'm mostly buying jewellery, and other gold and silver items, as these can go straight into my new sonic steriliser before appraisal. Every item has a story behind it and it's those stories that make the job so interesting."

Precious metals

He's keen to stress that precious metals have increased in price drastically recently, "I have many items that I can sell for just a small percent over of their metal price making investment potential; you can buy a £10 spoon today that could be worth £12 next week!"

Customers become friends

"Buying and selling to and from the good people of Eastbourne is a privilege, and I endeavour always to be fair and honest, as nothing else will promote return business and many of my customers become friends!"

It was a real treat to browse and chat with Steve. The jewellery is gorgeous, and very reasonably priced, and the selection of weird and wonderful items from vintage glass, china, hats, musical instruments, mirrors will have you popping in regularly.

He's just been filmed for the BBC's Antiques Road Trip so get in quick.

Steve Hansen, Proprietor

**Little Chelsea Antiques Emporium
58 Grove Road, Eastbourne**

Tel: **07768 720338**

Facebook:
@LittleChelseaAntiquesEmporium



Earthquake warning device?

Senior East Sussex Fire Service leader goes 'home' for promotion



Mark Andrews, Deputy Chief Fire Officer.

ONE of the most senior firefighters in the service covering East Sussex is moving for a promotion – to where he started his career.

By **Peter Lindsey**

Mark Andrews is the assistant chief fire officer for East Sussex Fire and Rescue Service.

But he is moving to be deputy chief fire officer in West Sussex.

He takes over from Neil Stocker who is due to retire in November after 29 years with the fire service.

Mr Andrews said: "West Sussex Fire and Rescue Service is where I started my career and I am delighted to come back as the deputy chief fire officer at such an exciting time.

"While I have enjoyed my service in London and East Sussex, West Sussex is where I grew up and still live and therefore it is an honour to return to serve the county that means so much to me.

"I am grateful to Neil Stocker for his tremendous work and the legacy he is handing over and wish him well in his retirement."

Mr Andrews joined East Sussex Fire and Rescue in June 2016 from London Fire Brigade where he was deputy

assistant commissioner and previously Lewisham Borough Commander.

East Sussex Fire and Rescue Service chief fire officer Dawn Whittaker said: "I would like to offer Mark my congratulations on his appointment and look forward to collaborating with him in the future.

"This appointment will continue to strengthen the collaborative work between our fire services and enhance the strong partnership of our Local Resilience Forum to keep the people of Sussex safe."

Launch of Start Up September to help businesses

LET'S Do Business Group has announced a new scheme to help people who are thinking about starting a new business.

By **Peter Lindsey**

This is a response to the significant rise in unemployment caused by Lopckdown.

Group Chief Executive Graham Marley, pictured, has launched the Start Up September campaign across East Sussex and Kent.

Throughout September, business experts from the Group will be available to provide one to one support to people who are thinking about starting a business.

Graham Marley said "The COVID-19 pandemic has led to a significant increase in unemployment and unfortunately we are likely to see figures increase further.

"Starting a business in a pandemic might seem mad, but there will be opportunities for people to plan and successfully launch businesses even in this difficult climate.

"However, it is more important than ever that they plan thoroughly, and our team of experts is on hand to help."

Throughout September, the team will offer:

- **A free online session with specialist business adviser.**
- **A free online session with a finance and funding expert.**
- **Free advice on finding premises.**
- **Access to business information factsheets.**
- **Apply for Her Biz start up programme.**
- **Support to apply for a loan.**
- **Preferential rates for new businesses moving into Newhaven Enterprise Centre.**
- **A free advice session from an approved accountant.**
- **A free advice session from an approved solicitor.**

Matthew Bates, owner of The Junction restaurant in Polegate, who received help to start their business said: "Our Start Up Loan has been invaluable in helping get the business launched.

"Our specific needs were not only listened too but understood and considered with genuine interest.

"I would, without question, recommend Let's Do Business Group."

To find out more visit: www.letsdobusinessfinance.co.uk/start-up-september



Graham Marley, Let's Do Business Group.

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Bev and Peter are currently working with a number of clients in Sussex, including Chailey Heritage Foundation in Mid Sussex.

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We can only hope the travel industry will one day return to normal



Martin Wellings.

THIS year has undoubtedly been one of the most frustrating that any of us can remember, and most of us will have been lucky just to call it frustrating if we or family members have not been directly affected by the Coronavirus itself.

By **Martin Wellings**, Personal Service Travel

2020 will have seen many plans having to be postponed or cancelled, not least will be the foreign holiday.

I for one have really felt deprived of not even being able to visit even my favourite country of France where I am having definite withdrawal

symptoms — oh for a fillet de boeuf accompanied by a verre of very good St. Emilion!

Don't book early

My advice to anyone planning a holiday in the near future is to ignore what colleagues in the travel industry will say about booking early and do the reverse and book nearer to the departure date.

It may mean missing out on some special offers, but this is surely preferable to not actually knowing if the particular holiday is going to operate, if the flights will actually go at the times originally set out, or indeed is there any likelihood of a quarantine period on the return.

On top of all this, it would be good for the airlines to have a few months under their belt to check that the considerably reduced spacing on their aircraft does not cause any problems.

Public confidence

I suggest you may wish to research holiday plans this year, but leave the actual booking for 2021 until next

year, this would give the autumn season for things to be a bit clearer going forward and seeing if the likely spike in COVID-19 predicted does actual occur.

Predictions as to how things are going to work out are not easy with all the variables, as so much depends on the confidence of the public as travelling feeling uneasy is hardly ideal and of course, whether or not we do actually get the COVID-19 spike.

Looking forward

Hopefully the spike will not happen and also hopefully, with the amount of pressure put on the government by the tourist industry and airlines, we might be able to get the quarantine period reduced and for areas such as the Canary Islands and Spain be treated as separate destinations rather than lumping them all down as Spain just because they are Spanish and not necessarily any similarity to virus casualties in the mainland.

I don't like to finish on a negative note, so will just say that all one can do is hope for things to gradually return to normal and that a vaccination is not too far off but I feel confident in saying that the one certainty will be that we shall all be looking forward to that eventual foreign holiday even more than usual!

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New Perch restaurant offering 50 percent off on Friday and Saturday evenings

BOSSSES at Perch Princes Park say it is something they have never done before.

By **Peter Lindsey**

However, the effects of COVID-19 mean they have little choice.

The outlet has only just opened, set in Princes Park along Eastbourne seafront.

A spokesman said: "As a cafe, we've done the odd pop-up but not a full programme of evenings in the winter.

"We've also never ventured into discounting.

"It's because of our team; so here's why we've done it.

"Social distancing has changed our business; we are down to around to 40 per cent of the covers we had this time last year.

"Fewer covers, fewer staff on shift at any one time, both in front of house and our kitchen.

"Hopefully, you realise we are mad about our team; we have the pleasure of working with some ace people.

"So we need to put more services on to keep our team size the same."

Perch also has a café in Lancing.

The spokesman said: "We are looking at doing a different service – adapt and overcome.

"We aren't really known for being open in the winter in the evening. But we've seen the success of the eat out scheme.



"Whilst we couldn't afford to do this all the time; we have a good chance here to do something to keep going through the winter.

"This is an idea that's come about rather quickly – hence why we didn't release a menu when we announced our intentions.

"We've had to work hard to make sure we can pull this off, whilst the purpose isn't to make a profit, we also can't make a loss either.

"We want to maintain the high-quality ingredients we use in our dishes and cover our costs.

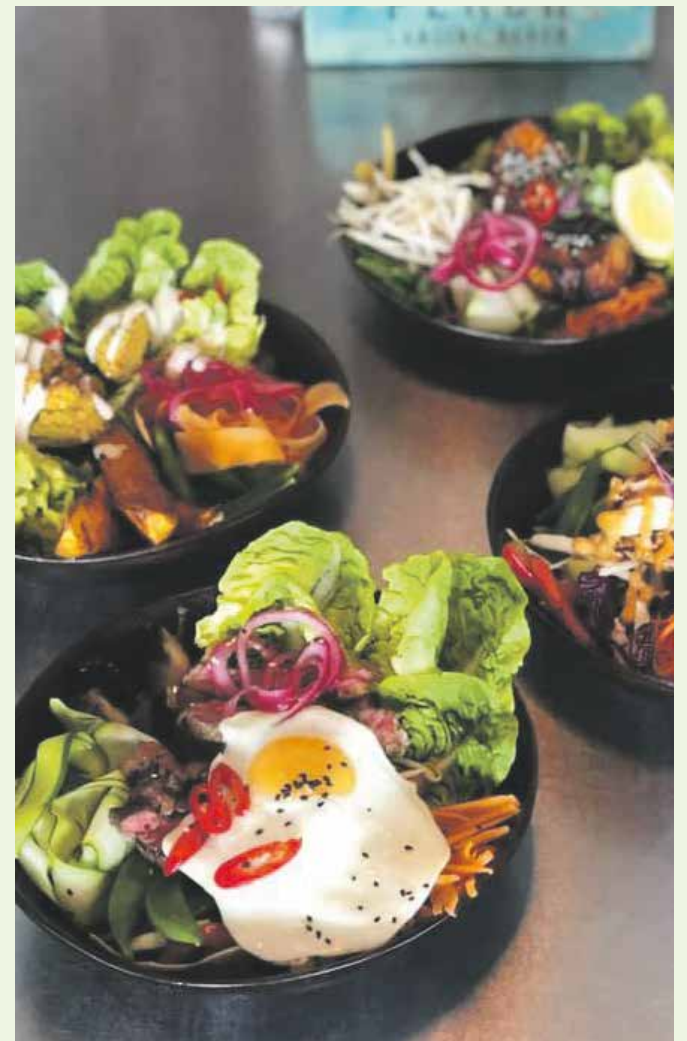
"That's it. With an offer like this; for us, it needs to be easy to understand,

quick to articulate and worthwhile having hence why we decided to try and keep the standards of the government scheme (50% off capped at £10) but move the times to Friday and Saturday night.

"So come on down and give it a try."

“

We are looking at doing a different service – adapt and overcome.





Eastbourne Hotel wins 2020 Tripadvisor award

THE Devonshire Park Hotel has been recognized as one of the 2020 Travellers' Choice 'Best of the Best' award winners.

By **Peter Lindsey**

It has been rewarded for 'Best Service', ranking in the top 25 hotels within the United Kingdom and Channel Islands.

It is based on a full year of Tripadvisor reviews, prior to any changes caused by the pandemic.

Great honour

General Manager Hugh Drake said: "It has been a difficult year, and re-opening post COVID-19 has had its challenges ... so to be recognised within the top 25 hotels in the UK is a great honour.

"Customer Service is always a priority and we will go to great lengths to ensure our guests leave knowing we have done everything possible to assist.

"We wish to thank all those guests who took the time to leave a review and we look forward to the holiday trade within Eastbourne to start growing stronger again."

Source of inspiration

Kanika Soni, Chief Commercial Officer at Tripadvisor, said:

"Winners of the 2020 Travellers' Choice Awards should be proud of this distinguished recognition.

"Although it's been a challenging year for travel and hospitality, we want to celebrate our partners' achievements.

"Award winners are beloved for their exceptional service and quality.

"Not only are these winners well deserving, they are also a great source of inspiration for travellers as the world begins to venture out again."

To see traveller reviews of The Devonshire Park Hotel, visit:

www.tripadvisor.co.uk/Hotel_Review-g190722-d627261-Reviews-The_Devonshire_Park_Hotel_Eastbourne-Eastbourne_East_Sussex_England.html

More local restaurants extend Rishi's Eat Out to Help Out deal

At least three more Eastbourne pubs are extending the government scheme to offer 50 per cent off food and drink.

By **Peter Lindsey**

They are The Dolphin in South Street, The Pilot in Meads and The British Queen in Willingdon.

A spokesman for The Dolphin said: "As the government Eat Out to Help Out scheme drew to an end we decided to continue the discount offer throughout September.

"Join us every Monday–Wednesday and enjoy 50 per cent off your food bill."

The Pilot has decided to do the same but refers to 'a limited menu.'

The British Queen at Willingdon says its deal is Monday to Thursday for the whole of the month.

The national scheme finished at the end of August.

The Federation of Small Businesses (FSB) wanted to see Eat Out to Help Out extended through to September, with its chairman Mike Cherry describing the next months as "economic make or break".

He said: "The Eat Out to Help Out scheme has been an overwhelming success in getting

people back on their high streets and in their town centres.

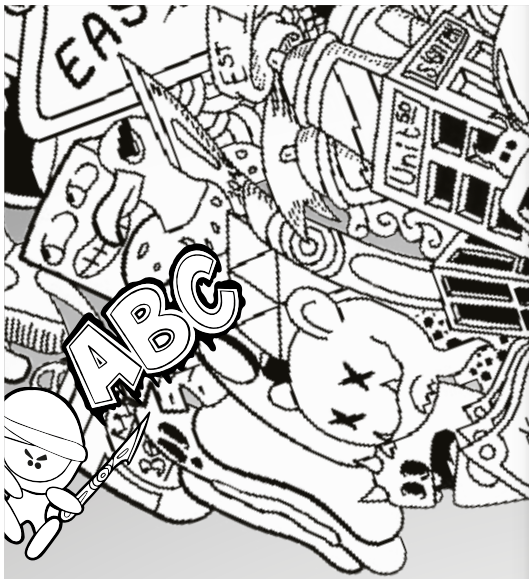
"We now need to see it extended to continue the critical support that it is providing for small firms as we enter a period of economic make or break.

"Over the past few weeks, the scheme has been hugely welcomed by small businesses and their customers alike.

"A nationwide one-month extension would go some way to helping many firms which are still only just about managing in this time of crisis.

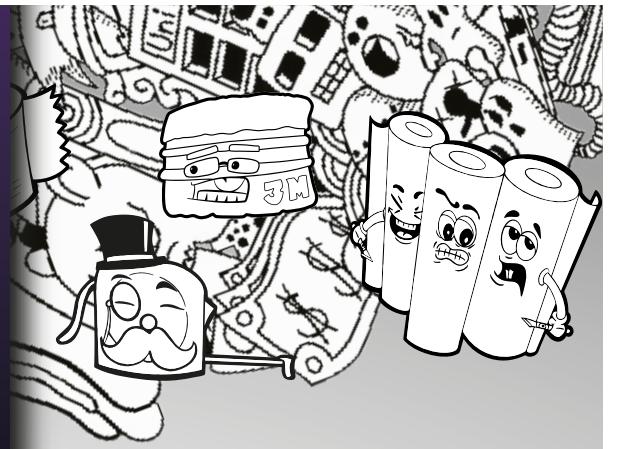
"More than 35 million meals have been cooked and dished out across almost 50,000 restaurants and cafes who have been able to reap the rewards of this great initiative, but as we enter September with schools reopening and more people going back to their places of work, there are still strong merits to continuing this for one more month."

The FSB said that after September the scheme should be "reactivated" in areas that have gone through local lockdowns.



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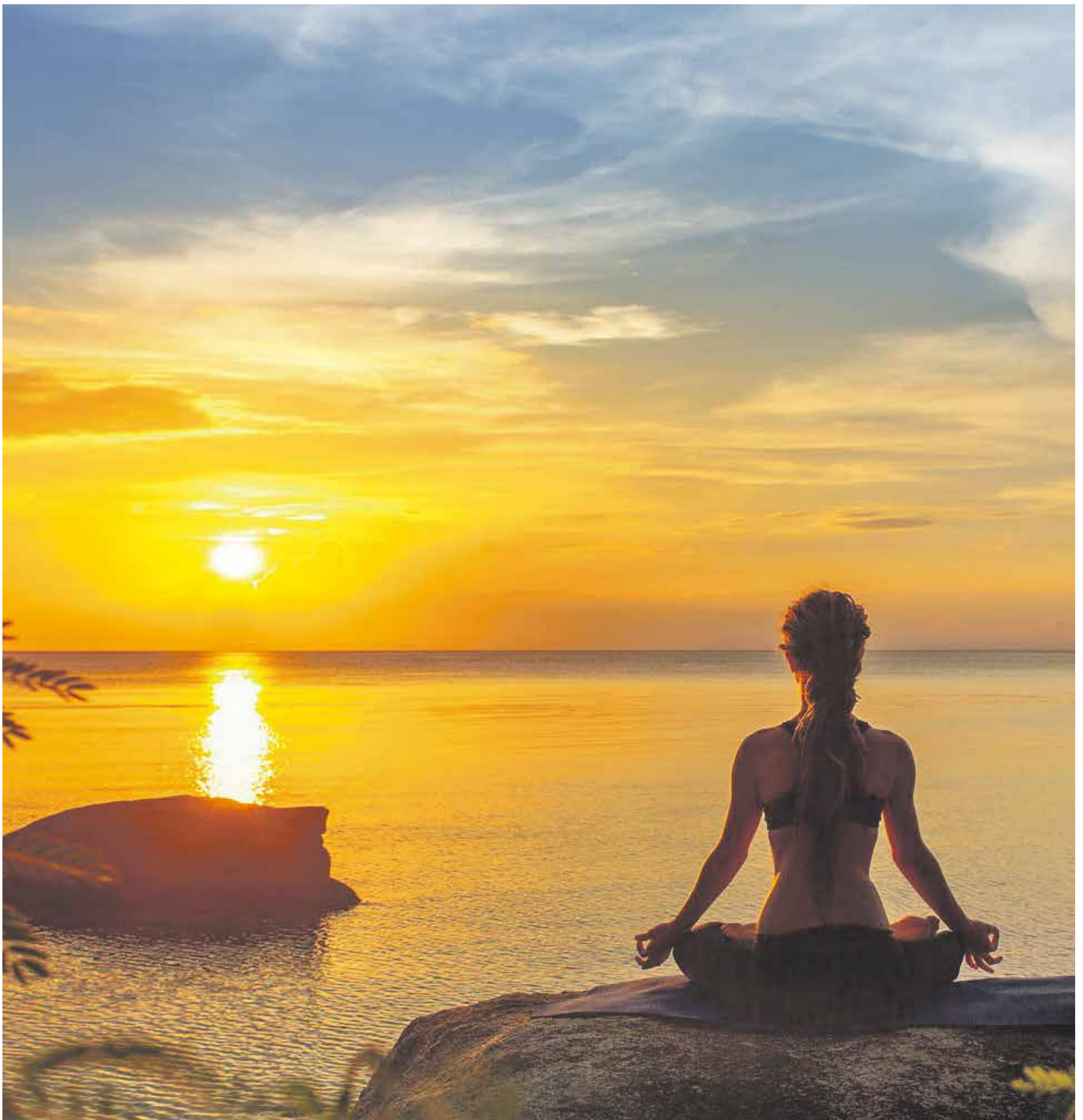
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How a smell can boost your immune system

THERE are about a million plant species, but only about 3,000 contain essential oils. Of those, 10% are used for aromatherapy commercially. And these oils are precious.

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

Essential oil containing plants produce their own chemical compounds to protect themselves from infection. These compounds are contained in oils that can be extracted. Since they were designed to protect the plant from microorganisms and keep the plant healthy, it makes sense that these oils tend to be both anti-microbial and anti-inflammatory.

We have the ability to use these oils for the same benefits as plants use them when we inhale their aromas. Studies have shown that when we inhale these aromas we can absorb up to 70% of their chemical compounds into our blood. The chemical compounds travel into our lungs, where they diffuse into our blood stream, furthering their potential for pharmacological activity.

Besides having a direct link to our bloodstream, aromas have a direct connection to our brain. In fact, our sense of smell is the *only* sense that has a direct connection to our brain (and likely, the only sense that uses quantum physics to work). When we inhale an aroma, tiny molecules that are not immediately sent to our lungs are instead dissolved into the lining of our nose. These molecules stimulate receptors in our olfactory system, which is part of our nervous system, that then carry signals directly to the limbic system in the brain.

Aromas lessen stress

The limbic system also happens to be the same part of the brain that is connected to our emotions and memories. Our feelings originate here, and they tie memories to certain scents. Because of this, when

we sniff something that brings back a pleasant memory or anticipation of something pleasant, our brain automatically releases feel-good, relaxing chemicals.

Relaxation is one of the ways in which a smell can boost our immune system. Stress affects the nervous system, which we now know has a direct connection to both our endocrine and immune systems. When we feel stress, it increases our cortisol levels. Inhaling certain essential oils have been shown to have the ability to signal the brain to reduce stress hormones (like cortisol and adrenaline) in the body, and to naturally support the hormones and neurotransmitters associated with pleasant feelings.

According to the *Journal of Frontiers in Behavioral Neuroscience*, inhaling lavender essential oil works just as well as the anti-depressant Diazepam for anxiety. Because of the connection between our endocrine, immune system and nervous system (called the hypothalamic-pituitary-adrenal-axis), when we increase our stress levels, we are significantly lowering our immune system. Aromas that are able to decrease our sympathetic nervous system, which can lower heart rate, breathing rate and even our blood pressure, are, ultimately, lowering our risk of falling ill.

Aromas increase immunity

Besides lowering our stress levels, essential oils may have direct immunostimulatory properties when inhaled. Last year, *Molecules Journal* published an article by scientists who did a thorough review of all scientific data related to essential oils and

the immune system. They found that certain essential oils, like eucalyptus and ginger, had undeniable “immune function enhancing properties” found in multiple studies.

Aromas lessen inflammation

With viruses and other pathogens circulating around us, whose severity depends on how much our body induces inflammation, it may be of utmost importance to our immune system to be able to control our inflammatory response. Our body might be in a higher state of inflammation from our diet, insomnia, prior infections or diseases, toxin accumulation or dehydration. When mixed with exposure to a virus, our body may release even more inflammation in the form of hormones, called cytokines, into the blood. They are able to cross the blood-brain-barrier to activate an inflammatory response from the brain. Too much inflammation can have *significant* health consequences.

Not surprisingly, this is where some essential oils excel. Since essential oils themselves contain biochemical molecules, they are able to exert pharmacological effects and act as anti-inflammatories. Essential oils can cross the blood-brain-barrier to reduce inflammation.

The *Journal of Lipid Research* reported in their January issue in 2010 that certain essential oils, like thyme and clove, reduce the expression of inflammatory COX-2 enzyme up to 75%. Anti-inflammatory drugs, like aspirin and ibuprofen, also work to block COX enzymes, however, since they are drugs, they have to be processed through the liver and kidneys, which may damage these organs over time.

With the right blend of multiple, synergistic essential oils it's possible to stimulate the immune system, while reducing stress and inflammation with a few simple inhales.

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

www.modern-healing.co.uk

DGH maternity team launches 'PETALS' project

PREGNANT women are now able to access further support offered by the 'PETALS' project, to help them maintain their perineal health as well as prevent complications during birth.

By **Peter Lindsey**

The 'PETALS' project is a new multidisciplinary team of obstetricians, midwives,

physiotherapists, gynaecological nurses and maternity support workers who promote perineal health for life and reduce the incidence of Obstetric Anal Sphincter Injuries (OASI) which can occur at birth.



The PETALS project offers information about these possible complications and introduces strategies that have been designed to prevent or minimise them.

These include patient information leaflets with links to videos to educate on antenatal physiotherapy to strengthen the pelvic floor muscles, perineal massage during pregnancy and techniques to help prevent anal sphincter injuries occurring during birth.

There is also postnatal advice and physiotherapy information available.

Members of staff are being educated to practice the PETALS techniques and the aim is that a consistent approach is practised by the midwives and doctors at the point of birth to reduce the risk of an OASI.

There is a follow up service to provide support and on-going treatment, if an OASI is unfortunately still sustained.

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Eastbourne beach yoga

YOU might have noticed something special on Eastbourne seafront.

By **Eva Kristlova**, Yoga Life Studio

Making most of the sunshine (we are the sunshine coast after all) the Yoga Life Studio teachers led by Eva Kristlova offer yoga sessions on the beach not only in summer but all year round.

In winter we wrap up in coats, hats, scarves, gloves and thick socks, enjoying the sharpness of the cold

air and watching our breath as it emerges and gives flight into the bright air. In summer we enjoy the heat on our bodies as we practice together and we often swim after class. The social aspect of the class is so important to us all. The English Channel is often freezing, even in mid-summer, so there is usually a lot of squealing and laughter as we



paddle together, running in and out of the waves, then warming up with a hot drink in a local beach café and enjoying a catch up together.

There is something so uplifting about practising together on the beach. All your worries are washed away with the tide and you feel energised and recharged, ready for all that life has in store. The sound of the sea, the birds and nature make this class so special for everyone. It is good for balance and posture too as our local beach is covered in pebbles which can make you very wobbly!

I always think of our morning together as a little yoga holiday, a 'break from the norm', taking some time out from the busy-ness of everyday life. It is definitely one of my favourite times of the week. Everyone is welcome, no previous yoga experience necessary.

See you on the beach!

Eva Kristlova is a qualified yoga teacher with British Wheel of Yoga and a Yoga Alliance Professionals Associate.

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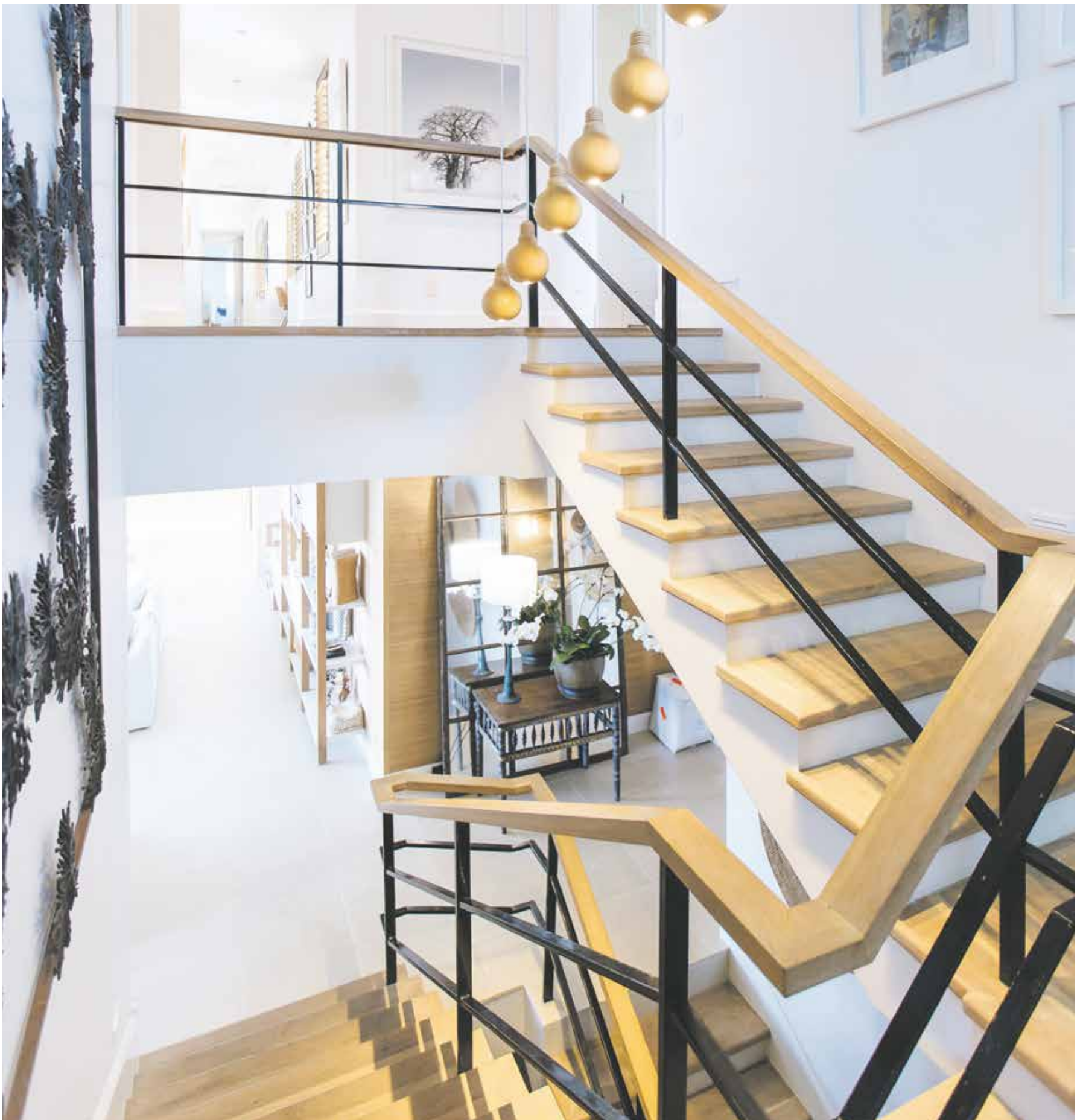
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CGI image of the 'Winwood' Development, Dittons Road, Stone Cross.

Property market is booming: 'They're selling like hot cakes'

BOURNEFREE looks at how the housing market is battling back after lockdown.

The UK property market has experienced a record-smashing summer mini boom.

And there are signs the positivity will continue into the autumn.

The number of sales agreed from mid-July to mid-August totalled more than £37 billion.

One of our local agents said: "Homes are selling like hot cakes at the moment."

This is great news for Eastbourne and indeed the national economy.

The post-lockdown surge in activity also saw the highest number of homes being put up for sale since

By Peter **Lindsey**

March 2008, in contrast to the usual summer sales lull.

Over the past 10 years, the average monthly fall in asking prices at this time of year has been 1.2 per cent.

However, the new figures show asking prices up in 10 out of 12 regions, hitting record highs in seven areas.

That's according to figures from Rightmove.

"More property is coming to market than a year ago in all regions, and at a national level the new

supply and heightened demand seem relatively balanced," said Rightmove's Miles Shippside.

"However, those expressing most desire to move on are unsurprisingly in London and its commuter belt.

"London has 69 per cent more properties coming to market, with the South-East at 60 per cent and the East at 56 per cent.

"With work and transport patterns potentially changing most around the capital, commuter belt properties need to have more appeal to

prospective buyers than just proximity to a station."

Figures from Nationwide show that house prices surged at their fastest rate in 16 years last month to an all-time high.

This was partly due to the stamp duty holiday.

Figures from Nationwide show that the average cost of a home in Britain rose two per cent in August to £224,123.

It followed a 1.8 per cent rise in July, the month when Chancellor Rishi Sunak said the tax would be suspended on the first £500,000 of any purchase until March next year.



CGI image of the 'Winwood' Development, Dittons Road, Stone Cross

“
Figures from Nationwide show that house prices surged at their fastest rate in 16 years last month to an all-time high.

Prices last rose by two per cent or more in a single month in February 2004, according to Nationwide data.

The annual rate of increase accelerated from 1.5 per cent to 3.7 per cent.

Nationwide’s chief economist Robert Gardner said: “House prices have now reversed the losses recorded in May and June and are at a new all-time high.

“The bounce back in prices reflects the unexpectedly rapid recovery in housing market activity since the easing of lockdown restrictions.”

What is the Stamp Duty holiday?

In July, Rishi Sunak confirmed that the Stamp Duty threshold would immediately increase from £125,000 to £500,000, a change that will run until 31st March 2021.

The changes apply to all residential purchases and will benefit all types of buyer.

Property investor Rex Ekaireb said: “These changes are a really positive move by the UK government to get the property sector back on its feet.

“The industry has been hit so hard by the pandemic that something had to be done to help all those in what is one of the UK’s largest industries for investment.

“Cutting this tax is a great way to get people transacting in the property market, particularly in the case of first-time buyers, who will otherwise find it incredibly difficult.”

According to the Chancellor, this will reduce the average Stamp Duty bill by around £4,500, a welcome holiday indeed.

But despite the changes affecting all types of buyer, there will still be a disparity between what some landlords will pay compared with a standard homebuyer.

What about landlords?

Landlords who are buying additional properties have needed to pay a three per cent surcharge on top of the standard rates since April.

And, despite landlords benefitting from the Stamp Duty threshold increase, they will still need to pay the three per cent surcharge.

This means that a landlord purchasing an additional property, classed as owning more than one property, including their main residence will pay three per cent Stamp Duty for all purchases between £40,000–£500,000.

Local Estate Agents are positive

Leaper Stanbrook is at 5 Gildredge Road.

MD Andrew J Leaper said: “Since the lifting of restrictions relating to the housing market, we have been very encouraged by the level of offers received and sales agreed from the viewings that we have conducted, whilst strictly adhering to the government’s safety and social distancing advice.

“We can assure all applicants and vendors that all precautions will continue to be taken as the health and wellbeing of our staff and clients is of paramount importance.”

Eastbourne Property Shop talks about ‘these tough times’ but it has a high number of properties available.



CGI image of the 'Winwood' Development, Dittons Road, Stone Cross.

Scents and sensibility

BAHLOO & YHI, is a new luxury fragrance company supporting St Wilfrid's Hospice.

By **Gail McKay**

BAHLOO & YHI is the new brand creating luxury home fragrance, founded by Emma Henson.

Emma, an ex-hairdresser was looking for a new direction, when she was inspired by her father-in-laws love of scented candles. She wanted to make her own. Thinking it would be relatively straight forward, she spent the next four years learning how to make them.

Emma now hand crafts wax melts and room sprays, with candles and diffusers coming soon. A range of wax warmers are also stocked from her garden workshop.

Vegan and cruelty free

Established in January 2020, every product is given the highest attention to detail. Using only the finest quality vegan soy and vegetable wax



blend with true to scent fragrance oils, BAHLOO & YHI strive to use sustainable ingredients and recyclable plastic, only using cruelty free ingredients.

Scent triggers memories, the popular 'My Girl' scent reminds us of luxury perfume, 'Peekaboo' is reminiscent of baby powder and 'Eden' is a beautiful floral scent.

Emma says, "The large scent list is always growing, 'Gingerbread' is going to be a favourite this winter, it's simply gorgeous."

Supporting charities

As well as smelling amazing and looking great BAHLOO & YHI are also passionate about supporting charities. The 'Happy Days' collection donates £1.00 from each sold to St Wilfrid's Hospice and as the brand grows Emma looks to support mental health charities.

BAHLOO & YHI offer *Free local delivery. [@BAHLOOANDYHI](https://www.bahloolandyhi.co.uk) can be found on Facebook and Instagram.

The new website: www.bahloolandyhi.co.uk is launching on 10th September.

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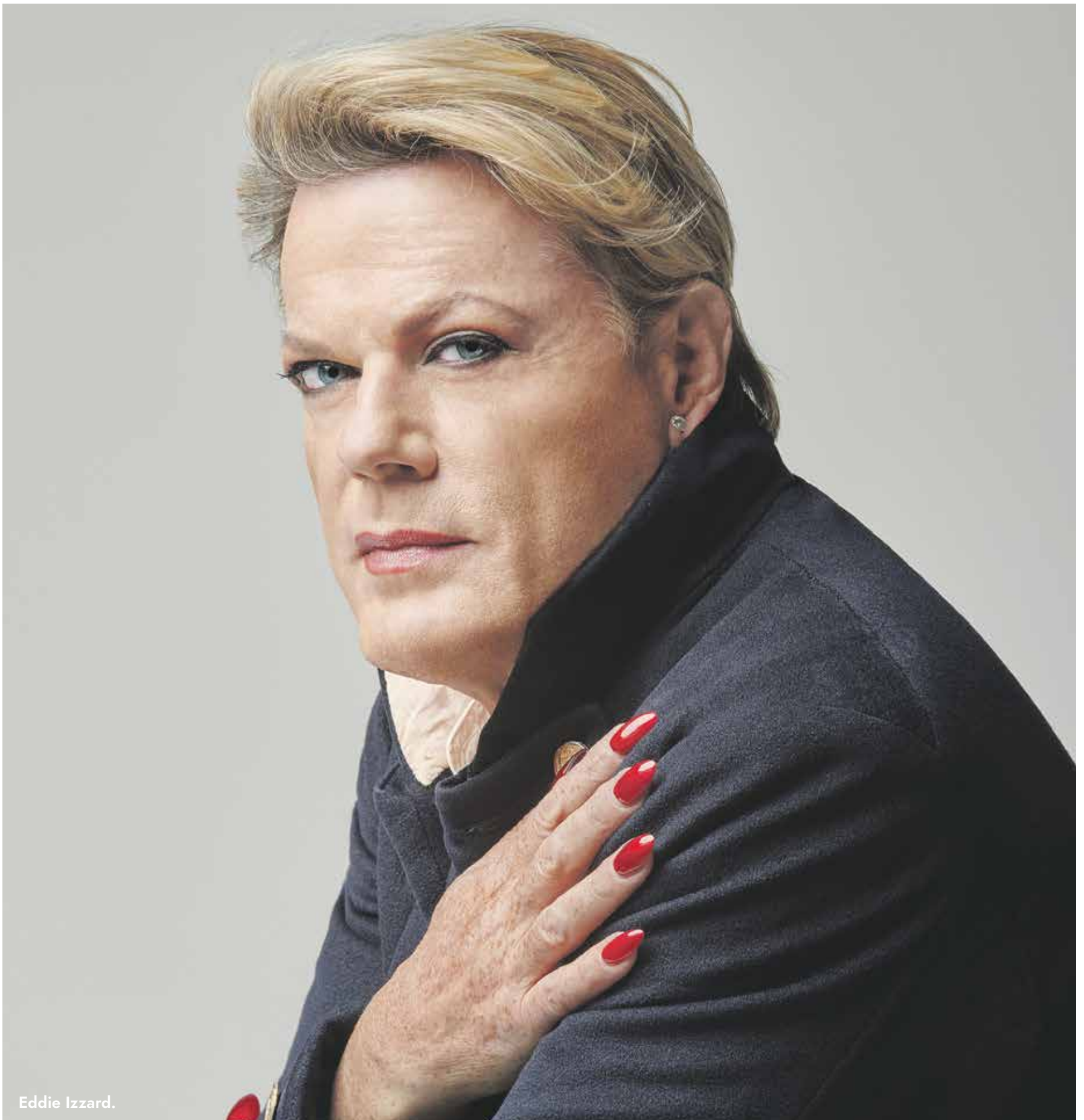
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The Arts



Eddie Izzard.

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Orchestra gets real boost



THE Royal Tunbridge Wells Symphony Orchestra are delighted to welcome Nicola Benedetti as their new 'Honorary President'.

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

RTWSO Music Director Roderick Dunk said: "It is great to have a new Honorary President that is so passionate about bringing music to young people."

"At a time when we are successfully developing and growing our own education and outreach programme, this news is a real boost to the orchestra, and with the orchestra's Centenary celebrations approaching in 2022, we are honoured to be associated with Nicola in this way."

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

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The Grove Theatre is back

THE Grove Theatre is back in business, formerly known as *The Underground Theatre*.

National Poetry Day: 1 OCT 2020 – 7:15pm

National Poetry Day is the UK-wide annual mass celebration of poetry, taking place on the first Thursday of October that encourages all to enjoy, discover and share poetry, and experience poetry's power to bring people together.

The theme this year is "Vision" and the *Poetry Café* Eastbourne has invited leading local poets to prepare and perform their works



for you. Be entertained, moved and challenged... and above all, see the world through these poets' eyes!

Prices start from £2.

Cabaret Cerises: 2 OCT 2020 – 8:00pm

WE are back, with safely in mind!

We are bringing you a fantastic Cabaret Cerises show. We have a variety of acts from local professional and amateur performers, featuring *Vivian Doll*, *Honey Falls*, *The Cherry Long Stockings* and *The Cherry Heesatease*. Excited to show of their skills, we will have Cabaret, Aerial, Singing, Boylesque, Burlesque and Tease!



Covid restrictions in place, in line with government guidelines.

Seating is limited and will be available by advanced booking only.

All seats are pre booked in advance, no tickets will be sold on the door.

We have 3 options to choose from:

Gold – front row tables seating up to 4 people at £50.

Silver – Second row tables up to 3 people at £38.

Bronze – seating provided in tiered rows (socially distanced) £24 per 2 people per booking (solo tickets not available).

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At Towner

NOW reopened, and with carefully planned social distancing and safety measures in place, we preview two **FREE** upcoming exhibitions at Towner Eastbourne.

Towner International: 6 OCT 2020 – 10 JAN 2021

Towner International is a new biennial exhibition of contemporary art that will take place for the first time at Towner Eastbourne from 6 October 2020 to 10 January 2021. Following an open call, 24 artists have been selected by an esteemed panel including Polly Staple (Director of Collection, British Art, Tate), Turner Prize nominated artist Mike Nelson, and Noelle Collins (Exhibitions & Offsite Curator, Towner Eastbourne).

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Collection, British Art, Tate), Turner Prize nominated artist Mike Nelson, and Noelle Collins (Exhibitions & Offsite Curator, Towner Eastbourne)

The exhibition features artists living and making locally in Sussex, Kent and Hampshire, as well as those working and exhibiting nationally and internationally. The Brewers Award of £10,000, sponsored by Brewers Decorator Centres, will be awarded to one of the exhibiting artists along with mentoring from the Towner team.

Artists include: Adam Chodzko, Ailbhe Ní Bhriain, Alexi Marshall, Arpita Shah, Ayo Akingbade, Benedict Drew, Carla Wright, Ian Land, Jack Shearing, Joe Packer, Jonathan Baldock, Julia Crabtree and William Evans, Maeve Brennan, Marianne Fahmy, Mohammed Sami,



Mu-Tien Tammy Ho, Omar Vega Macotella, Paul Becker, Rita Evans, Ryan Orme, Saskia Olde Wolbers, Sherko Abbas, Stuart Middleton.

Towner International hopes to address how artistic communities are recording and responding to the economic, political, cultural, and environmental changes that are unfolding across the world today. These themes will be explored through work in a wide range of mediums from photography and moving image to sculpture, installation, ceramics, painting and print.

Video works reflecting on the geo-political situation in Iraq and textiles reworking ideas of colonial photography will sit alongside reflections on diasporic cultural displacement, memory, trauma

and the human impact on the environment. Notions of identity, community, collaboration and time are also threaded through Towner International, addressing these themes from both a global and domestic socio-political viewpoint.

The Brewers Award is generously provided by Brewers Decorator Centres, the country's leading independent supplier of decorating materials.

Founded in Eastbourne in 1904, Brewers is a family run business with a focus on delivering a high standard of service and expert advice.

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Image credits:

Chris Drury, Crow Sitting on a Fence Post, 1973-74. ©The Artist. Towner Eastbourne.

George Henry, Landscape, undated. Towner Eastbourne.

Art, Life and Us: Christine Binnie, Jennifer Binnie and the Towner Collection. 19 SEP 2020 – 16 MAY 2021

Christine Binnie and Jennifer Binnie have a long-standing connection with the Eastbourne area and grew up in Wannock, they spent formative years attending Eastbourne College of Art and Design which firmly established their identities as artists.

They have both developed a strong connection to the rural and downland landscape which has influenced their work in performance art, pottery (Christine) and painting (Jennifer). Along with Wilma Johnson, the sisters are founding members of The Neo Naturists, a performance art

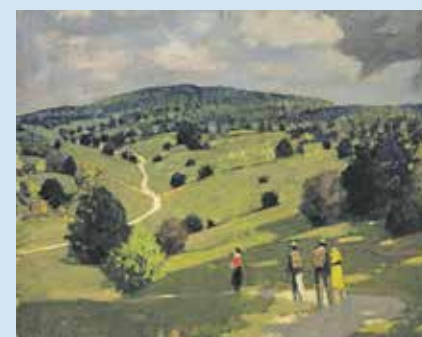
collective which evolved in the early 1980s in London.

In this Towner exhibition, which they will curate, Christine and Jennifer will use their own work to complement pieces chosen from Towner's Collection. The exhibition will guide the visitor through a journey which will reflect on and embrace our place in this changing world, exploring themes of nature, the body, meaning and the cycles of life.

"Simultaneously embracing nature and culture, ancient rite and modern ritual, the Binnies have never

compromised their vision or fretted about art world fashionability with the result that they now seem more fresh and relevant than ever." – Louisa Buck, art critic and correspondent for *The Art Newspaper*.

Art, Life and Us will be the first Towner Collection exhibition guest-curated by artists.





“

A tale of convicts, mystery, friendship, rivalry, unrequited love, revenge and redemption.

Great Expectations at the Italian Gardens

EDDIE Izzard, who lives in Bexhill and is a former pupil at Eastbourne College, is performing Charles Dickens' *Great Expectations* from September 15th until September 20th at the Italian Gardens in Eastbourne.

By **Gail McKay**

It is a tribute of six performances in memory of Peter Pyemont (former Bede's Headmaster and Dickens fan) and in support of Camilla's Bookshop in Grove Road, Eastbourne, which was hit by an arson attack earlier this year.

A spokesman said: "The show will go ahead rain or shine.

"It is a tale of convicts, mystery, friendship, rivalry, unrequited love, revenge and redemption.

"Actor, comedian – Eddie's career spans both of these with record-breaking comedy tours and critically acclaimed film, TV and theatre performances.

"But few know that it was acting that was Eddie's first love.

"These preview shows offer the chance to see Eddie as he follows in Dickens' footsteps with his live performance of the master storyteller's much-loved classic."

Grab a blanket

The cost to attend this fantastic event is: 1M x 1M blanket space for one person £35 and 1M x 1M blanket space for two people, £50.

To book a ticket to see this amazing person, go to:

www.dlwp.com/event/eddie-izzard-eastbourne-2020/

Eddie has been a great supporter of Bexhill's De La Warr Pavilion and only last month staged an abridged version of his latest comedy world tour *Wunderbar* there.

It was live from the rooftop of the DLWP in COVID safe conditions and was so popular extra dates were added.

Daily marathons

Before Lockdown, Eddie ran a marathon every day in February in 28 different countries.

He dubbed the event '*the Make Humanity Great Again Challenge*,' which he ran to raise money for child refugees in Europe.

He said the event was "a salute to humanity at a time of great division."

He ran his first marathon on February 1st, a day after Britain's official secession from the European Union.

Eddie wore a hat with the words "Make Humanity Great Again" on it in each of his 29 marathons.

Originally, the plan was to run 28 marathons in 28 days in 28 countries,

but on the morning of February 29, he tweeted a video announcing that he would run one more day to complete the month.

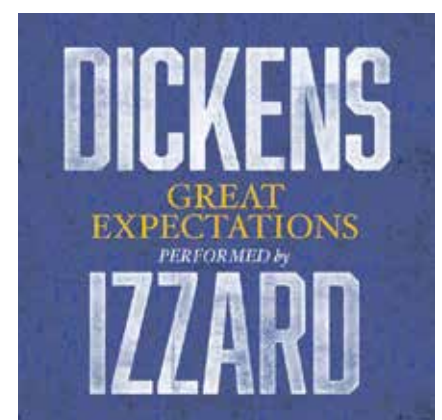
"We have 29 days in a leap year in February," he said while en route from France to England.

"28 [marathons] in 28 days fits nice, but there's a 29th. Why not do one more marathon?"

Not the first time

The challenge started in London and took Izzard all around Europe. Paris was supposed to be his 28th and final stop, but he added his extra run to bookend the event with two London marathons.

This isn't the first time that Izzard has run a marathon challenge for charity as in 2016 he ran 27 marathons in 27 days (one for every year Nelson Mandela spent in prison) in South Africa to raise money for disadvantaged kids.





Green and pleasant

HAVE you noticed it's starting to get darker now in the mornings? Autumn is well and truly on the way. It officially starts on the 22nd of the month and is when the morning air is crisp and cold, when you can see your breath as you defrost the car and then the early morning dew is still settled on the grass.

By **Geoff Stonebanks**

Salvia Amistad

One of my very favourite plants in the garden at this time of year is Salvia Amistad, pictured in the header. 'Amistad' is a bushy, upright perennial plant which grows to 1.2m with aromatic, slightly downy, corrugated, bright green slender leaves that have pointed ends. It produces profuse, large deep purple tubular flowers with black calyces which are borne from early summer through to the first frosts. Mine are probably taller than that as I do tend to feed well. They look wonderful swaying the gentle breezes.

Brighten up a shady spot

If you are looking to brighten up your plot this month, especially in some shadier spots, then you need look no further than the glorious cyclamen.

September is an excellent month for the job. Preparation is really important. Dig the planting area over to remove weeds and other rubbish and improve the soil while making sure that you absolutely, positively do NOT overfeed. Potted Cyclamen are all over the garden centres at the moment and are really perfect for slotting into any gaps you may have. Make sure you pick up the hardier varieties with the smaller flowers. The larger flowers are better off indoors.

National Garden Scheme

Close to Eastbourne, in Hailsham, Knightsbridge House will open for the scheme on Wednesday 9th and Saturday 12th September. Tickets and timed entry slot must be booked in advance at www.ngs.org.uk. It has a mature landscaped garden which is set in five acres of tranquil countryside, surrounding the Georgian house.

Created from several garden rooms it has spectacular herbaceous borders planted in contemporary style in a traditional setting for visitors to enjoy a very different experience. Lots of late season colour with grasses and some magnificent specimen trees don't miss the partly-walled garden.

Herstmonceux Castle will also open for the scheme on 3rd October too, with tickets on sale in the last week of this month.

Preparing the greenhouse for autumn and winter

I plan to clean up my greenhouse, weather permitting, for the winter. You really need a good day for the task, ideally in dry, calm weather. If you have any delicate plants inside then make sure you remove them to a sheltered area while the job is in hand. I tend to brush, or sometimes vacuum, to remove all the debris.

Next up you need to have a go at cleaning the structural parts with disinfectant or detergent (hot solutions are often best but consult manufacturers' directions for use). You could use garden disinfectants or a specialist greenhouse cleaner. Make sure you wash the glazing material inside and out as well, but for plastic materials, test on a small inconspicuous area first to be sure the cleaning material does not damage the surface.

If you have used shade paint through the Summer then that needs to be scrubbed off too. It can be difficult to ease out dirt trapped between the panes, try using a flexible scraper such as plastic plant label to get in the grooves. Check the space for broken parts such as vent controllers and draught excluders as well. If you

propagate your own plants, then pay special attention to those areas and the equipment you use as young plants are especially vulnerable to diseases. As a final precaution, I tend to use a smoke fumigator which will guarantee the removal of the final flying and crawling insects without any real odour involved.

Once complete you can restock the greenhouse for the oncoming colder months. I mostly use mine for storage of plants that don't like the cold, as mine is heated too. I have many aeoniums around the garden and find they are best stored, either in the back porch of the house or in the greenhouse. I have half a dozen bonsai trees which I prefer to overwinter in there as well.

Tidying up

This is the month when I tend to remove all the remaining summer annuals that have really finished. With no facility to compost anything in my garden, due to lack of space, I usually take everything to the local tip in Newhaven. This summer, throughout the pandemic, I have used a local company to drop off a large canvas bag and then collect it again when full. It's a great service and I'll probably continue to use it.

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.



Drusillas Park launches new farmyard encounter!



ANIMAL lovers had better be prepared because Drusillas Park in Alfriston has just introduced a brand-new Close Encounter experience with its lovable farm animals.

This unique experience will allow visitors the chance to groom, feed and meet a variety of farm animals.

Drusillas currently runs a range of extremely popular Close Encounter animal experiences which allow a member of the public to get nose to nose with some furry and feathered favourites.

Lasting between 30 and 40 minutes each, the experiences currently include animals such as: sloths, red pandas, giant anteaters, lemurs, coati's, beavers and more.

Exciting encounters

Following the success of each of these experiences Drusillas made the decision to open up their Close Encounters to their very popular farmyard.

Drusillas' Zoo Animal Manager, Mark Kenward, said: "We are really excited to be finally introducing our brand-new Farmyard encounter.

"Our lovely farm animals are really popular at the zoo, so we thought

By **Emily Polling**, Deputy Marketing Manager, Drusillas Park

now would be a good time to bring in something special for all the farm fans out there.

"We did manage to offer one or two farm encounters just before lockdown, but corona closures forced us close the encounter almost as soon as we opened it.

We have spent the past few months tinkering with the formula, and we are now really excited to be launching the encounter.

"The encounter will take place in our farmyard; suitable for everyone aged 4



and above, the encounter includes an amazing array of activities! From donkey grooming, to feeding the chickens and looking for eggs, to feeding the goats and meeting the mice.

"It really is a very special and unforgettable experience."

Biggest smiles

Drusillas' Deputy Managing Director, Cassie Poland, said: "We are really excited to properly introduce our new farmyard encounter.

It's such an interactive and hands on experience; kids of all ages will love it!



The experience is also really special for any child taking part in their first ever animal encounter.

We have done a few trial runs and every time children have come out with the biggest smiles on their faces.

Popular grooming

Donkey grooming seems to be the most popular part of the experience so far."

"There has been a real buzz about the encounter both amongst our members and non-members, so we are really excited about this new experience."

Drusillas has predicted the experience will book up quickly, so make sure you get in first and reserve your space. You can find full details about the day here: www.drusillas.co.uk/close-encounters

Located just off the A27 in Alfriston, Drusillas Park is open every day from 10.00am.

For more information, please telephone **01323 874100** or visit the website at: www.drusillas.co.uk

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