

FREE

## DAD'S MASSIVE FUNDRAISING TREK

Eastbourne dad is undertaking a month-long fundraising trek in memory of his son.

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## LUNCHTIME GAME CHANGER

Office Fusion Tastes brighten up your workday with fusion dishes from around the world.

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October 2020

# Bournefree



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

# DGH hospital staff celebrate success at awards ceremonies

**THE achievements of members of staff at the Trust have been celebrated at three separate socially distanced award ceremonies.**

By **Peter Lindsey**

**Three awards were given compared to 15 at a normal ceremony – the People's Choice Award winner and Runner Up and the Chairman's Award.**

Plus there was recognition for 18 members of staff who have achieved more than 40 years' service to the NHS.

The People's Choice Award runner-up was Pevensy Day Unit which provides chemotherapy treatment for patients with cancer.

Extracts from three nominations received about the unit read:

"Every member of staff from cleaners to matron are exceptional people – kind, loving, patient, always smiling, funny, professional and helpful. I've been having chemo for 9 months.

Today is my last one and I joking said to the ward clerk "do I get a bottle of Prosecco?" and he produced a small one for me from behind the counter and gave it to me! This is a lovely thing."

"Kindness – Polite always – Nurses are wonderful – Helpfulness

Excellent – Food service excellent – enjoyed being here getting my treatment over last 4 years – they all deserve this award – Wonderful unit."

"I have had great treatment and was looked after by fantastic staff and Ashley is the best."



People's Choice Award Runners Up – Pevensy Day Unit.

## 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](mailto:petelindsey30@hotmail.com)

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

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

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[www.bournefreelive.co.uk](http://www.bournefreelive.co.uk)

# Albion back college's £1million training pledge

**EAST Sussex College's £1million pledge to help retrain and upskill people in Sussex following the Coronavirus pandemic is being supported by Brighton and Hove Albion Football Club.**

By **Peter Lindsey**

**The Albion are backing the initiative to provide a range of fully-funded courses and qualifications to help support economic recovery across the county.**

Qualifications in Digital Skills, LEAN Management, Equality & Diversity, and Mental Health Advocacy in the Workplace have been designed

to offer the skills and resilience to job-seekers, furloughed staff, and businesses so that they can adapt to the current challenges that the pandemic has created.

Russ Wood, Head of Commercial at Brighton and Hove Albion Football Club, said, "The pandemic has affected many local Sussex businesses, so we're pleased to

support Sussex Skills Solutions' initiative. It's a fantastic opportunity for employers to upskill their workforce during this particularly difficult and challenging time."

Captain Lewis Dunk added, "This is a great initiative from Sussex Skills Solutions. As a Sussex-based business it is great to see them helping the local economy recover from the effects of the pandemic."

The courses provide nationally-recognised qualifications, which can be achieved in 8–12 weeks. They are available to study online through [escg.theskillsnetwork.com](http://escg.theskillsnetwork.com), and offer one-to-one support and assistance.



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To find out more information about these courses please contact:

[sussexskillsolutions@escg.ac.uk](mailto:sussexskillsolutions@escg.ac.uk)

# Sponsors needed for Eastbourne Youth Radio 2020

By **Tim Sorensen**

**EYR will broadcast again for its 20th year from 18th – 20th November subject to COVID-19 conditions and social distancing requirements at the time.**

Programmes will contain a mix of live performance work, interviews and music.

Special features will include, 'Answer Back', 'Meet the Media' and a hospitality event.

They will be promoting Anti-Bullying Week and related issues around mental health and emotional wellbeing.

They are currently seeking the lead programme partner (£500.00 plus VAT) who will receive additional profile in the lead up and during EYR.

The broadcast schedule provides various sponsorship opportunities with rates from £175.00 – £365.00 (plus VAT).

For further information please email: [tim@sorenlearningsolutions.co.uk](mailto:tim@sorenlearningsolutions.co.uk) or call **07890 388624**

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# DisDressed

**There has long been a space in Eastbourne's retail industry, one which many have attempted to fill in the past few years. A space which can offer designer brands and the latest trending pieces. Enter DisDressed, the newest addition to men's clothing in East Sussex.**

By **Emily Sander**

**The owners of DisDressed have been in the clothing and footwear industry for around fifteen years and after a few years of living in Eastbourne, decided there was no better place to open a store.**

Coming from Camden, London, DisDressed aims to bring street fashion and cultural styling of London, to East Sussex.

## Different

The whole concept behind the store is to be able to offer somewhere that people can shop regularly without having to wait weeks/months

for the season's stock to sell out, DisDressed re-stock every single day to provide new brands and designs. Once an item leaves the rails, it is replaced with a completely different item of similar brand status. This means that customers can rest assured they won't find others in Eastbourne wearing the same garments as them.

## Personal

As the store's ethos is to keep things different, they will not stock the same item twice. This means that sometimes customers will ask; "Do you have this in a size 10" or "Do you have this in a large". In this instance the staff in store will order them in the same item, in a different colour OR the same colour with a different design.



## Cultured

Understanding that trends and cultures shift is integral to keeping afloat in a sea of retail giants. The store aims to bring a "London vibe" to the heart of Eastbourne. From the brick interior, London street signs and music, customers can feel as though they've just stepped foot into Soho whilst being minutes away from the sea front. The staff are constantly updating their followers on social media platforms with all of their newest stock and any current trends or styles as they surface.

This outsourcing policy allows each customer to leave feeling like they found an item they are happy with and adds a nice personal touch as the item is gift wrapped and ready for collection in store within 2–3 days.

**[www.disdressed.co.uk](http://www.disdressed.co.uk)  
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@disdresseduk**

**Enterprise Shopping Centre  
Eastbourne BN21 1BD**







# Dad's massive fundraising trek

**A PROUD Eastbourne dad is undertaking a month-long fundraising trek in memory of his son.**

By **Peter Lindsey**

**Thiago Frederick Leite Gibbs came into the world on 4th February 2019 and left it on 28th November.**

He was born with heart complications, and though both University Hospital Stoke and Birmingham Children's Hospital did everything they could for him in his short life, he lost his battle.

Chris Gibbs started a trek from Eastbourne to Stoke on Trent on Saturday 19th September.

It is set to take one month and the fundraising target is £15,000.

Chris said: "He brought joy, love, pleasure and astounded friends, family and medics alike with his incredibly positive attitude to life.

"We often speak about children being a ray of sunshine.

"Well my boy really was.

"He died peacefully in the arms of my wife and I on his own terms having

achieved more in his ten months than many others do in a far longer lifetime.

"While Thiago was in my life – and spiritually he will always be there – he taught me a valuable lesson, one that I am finally going to heed.

"And that was to focus on the positive, be glass half full rather than glass half empty and do something about the things in life that you can control if it will make life better."

## The trek

So now that you know the why, I'll tell you the what.

The trek lasting 282 miles will end in Stoke-on-Trent at the main entrance of the hospital Thiago was born.

Please visit:  
**[uk.virginmoneygiving.com/ChrisGibbs9](http://uk.virginmoneygiving.com/ChrisGibbs9)**

Chris is writing a daily blog which can be found at:  
**[www.inthenameofthiago.co.uk](http://www.inthenameofthiago.co.uk)**

# Church opens new debt counselling service

**CHURCH announces it will partner with award-winning charity to serve people living with the pressure of debt.**

By **Peter Lindsey**

**AN Eastbourne church has launched a new, free debt-counselling service for residents.**

Victoria Baptist Church has partnered with charity Christians Against Poverty (CAP).

Senior Minister Chris Short said: "Debt stress can be so destructive.

"It affects family relationships, physical and mental health, and can be very isolating.

"As a compassionate community, we wanted to provide people with a route out of debt and CAP is distinct because it does that in partnership with the church.

"Sometimes people feel they have made mistakes but very often they have been driven into debt by suffering from job loss, relationship breakdown, or coping with illness or bereavement – situations that are often difficult, emotional and have a financial impact.

"Our dedicated Debt Centre Manager, Helen Diplock, who has been through training with CAP, will offer a face-to-face, tried-and-tested professional service which will see people escape the debt trap and get their lives back on track."

- All our Debt Centre services are **FREE**.

- The centre is open to everyone, regardless of faith.

- CAP's free helpline number is **0800 328 0006**.

- Our service is unique as we work in depth, and support them until they're debt free.

- 94% of all CAP clients described our service as "life transforming" or "a great help", 99% of all clients would recommend CAP.

CAP has around 300 church-based debt help-centres across the UK offering a free service which begins with three home visits.

TV's Money Saving Expert Martin Lewis has described CAP as "unsurpassed" in its in-depth service which encourages and supports each household as they work towards the day that they are debt free.





## If you need help our foodbank satellites are open again

Monday	10:00am to 12:00pm	St Richards Church, Etchingham Road, Langney
Tuesday	10:00am to 12:00pm	St Elisabeth's Church, Victoria Drive (from Oct 13th)
Tuesday	1:00pm to 2:30pm	Seaside Community Hub, 125 Seaside
Tuesday	1:45pm to 2.45pm	Salvation Army, 33 Royal Sussex Crescent
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
Friday	12:30pm to 2:00pm	St Saviours Church, South Street, Town Centre
Friday	10:00am to 12:00pm	St Luke's Church, Hailsham Road, Stone Cross

## VOUCHERS

You must have a red voucher or e-voucher before coming to a satellite to collect food.

If you are receiving help already from an agency or organisation they can issue a voucher.  
Call them and explain your situation. They can help you over the telephone.

## WELFARE BENEFITS & DEBT ADVICE

If you are not receiving help from another organisation we can assist you with welfare benefits advice, debt advice and issue a food voucher if required.

**Call 01323 409925 between 9:30am & 12:30pm (closed on Thursday)**

**OUR ADVICE IS TOTALLY FREE – WE ARE HERE TO HELP**





SASBAH works with Eastbourne AM Rotary Club to stage Breakaway, a holiday for children associated with the charity.

# October is Spina Bifida Awareness Month

**THIS month we turn the spotlight on a charity which supports people in Eastbourne and East Sussex who have the condition.**

By **Peter Lindsey**

## What is spina bifida?

**Typically, the spinal cord is formed and completely closed by the end of the first month of pregnancy.**

Spina bifida occurs when the spinal cord is not completely formed, with possible protrusion of the cord outside the spinal column.

The cause is unknown, but there are several suspected factors, such as insufficient folic acid prior to conception, genetics, and environmental factors.

## Statistics

Spina Bifida affects up to 2,000 out of 4 million births each year. Treatments can help manage this potentially lifelong condition, as there is no known cure.

## What is SASBAH?

It is the Sussex Association for Spina Bifida and Hydrocephalus.

It is based at Gun Hill, Chiddingfold, and has around 500 members, many of whom live local.

SASBAH supports all people in Sussex affected by spina bifida, hydrocephalus and other related conditions to achieve their potential, whilst promoting understanding of, and respect for, those with these conditions.

As well as giving our service users the skills and opportunities to find employment we provide job opportunities through our unique Saspire service.

In supporting people with these life-challenging conditions, we help them participate fully in community life through networks, events and social activities.

We don't take a 'one size fits all' approach. We consider each case individually, offering high quality options that fully meet our service users' needs.

By understanding the conditions, we can offer expert advice and experience responding to needs and working and interacting with people with spina bifida, hydrocephalus and other related conditions.

Strong involvement within communities assists our work to increase their knowledge and awareness of these conditions and their respect for people living with them.

## Saspire

Saspire is a work experience service that SASBAH has established.

It is designed to give people with disabilities the opportunity to gain experience of a structured work place but with support.

It is based at the head office and some assistance is provided with transport.

The feeling of achievement is key to those that are involved.

The charity encourages people to come and have a taster session to see if it suits them.

Lockdown has had a large impact on all charities.

Chief Executive Rom Sanglaji, who lives in Eastbourne, said: "We have been looking at ways to adapt our services in these challenging times.

"We have continued to offer support, advice and social interaction through social media, email and telephone.

"These range from swoove to bingo, art lessons to quizzes. We want to be there for people who need us."

SASBAH runs a fortnightly activity evening at Ratton School, although that is on hold due to Lockdown.

It also has a very close working relationship with Brewers. Rom says that relationship has been invaluable.



## DONATE TODAY

If you believe in what we do, and in the value of supporting those with Spina Bifida and/or Hydrocephalus, please choose the way that suits you best and donate today.

## DONATE IN MEMORY

If you would like to, you can make a donation to SASBAH in memory of a loved one. Your donation will mean your loved one's memory will live on in helping to change the life of someone with a disability.

## LEAVE A GIFT IN YOUR WILL

With a gift to SASBAH in your Will you have the power to change the world for people with a disability in Sussex.

Please log onto:

**[www.sasbah.org.uk](http://www.sasbah.org.uk)**





# A socially distanced Starlight Stroll for St Wilfrid's Hospice

**MORE than 500 walkers took part in a socially distanced sponsored walk in aid of St Wilfrid's Hospice.**

By **Stephen Blundell**; Photography by **Lee Nolan**

**This year's event took place over an entire day to help maintain social distancing.**

Walkers registered in one-hour time slots throughout the day, using a contactless registration system.

Their route took them from *Treasure Island* along the seafront towards the *Italian Gardens*.

At the Gardens, each walker had the opportunity to lay a lantern in memory of a loved one before returning to complete their distance.

## Online stream

The lanterns were then transported back to the hospice's Wellbeing garden, lit by GPF Productions,

before the event concluded with a special online stream.

## Virtual stroll

During the day, Pam Baisden, a hospice patient and COVID-19 survivor, finished the last part of her virtual starlight stroll.

Pam had been taking part in the virtual element of the fundraiser, along with around 40 others, by completing four miles around her local area at her own pace.

Events Fundraiser, Lotti Prangnell said, "Starlight Stroll is a much-loved event for the whole of the St Wilfrid's community. It is a special event to be a part of and an important fundraiser for the charity.



## Special moment

"The Facebook stream provided a moment of quiet reflection while viewing all the lanterns laid in memory of loved ones. It was an honour to be part of such a special moment.

"This has been the first fundraising event for the hospice since lockdown began, and so far has raised over £50,000. We are so thankful for the support and generosity of everyone who took part."



Images: A selection of the fantastic walkers and volunteers supporting St Wilfrid's Hospice.



Lanterns at the Italian Gardens.



# Sharnfold Farm goes Halloween crazy for October

**A TOP visitor attraction is going Halloween crazy during the October half-term and until the end of the month.**

By **Peter Lindsey**

**Sharnfold Farm is situated on Hailsham Road at Stone Cross, between Eastbourne and Hailsham.**

Attractions include a spooky Halloween trail which will run every day of October. No booking is required for this.

You can venture through the spooky woodland walk, answering questions and following clues as you go.

There is also Pumpkin Carving available every week of the month, and every day of the October half-term. Booking is essential because this is so popular.

You can choose to book a table of four or a table for two.



It is always one of the busiest times of the year and staff hope it will be the same in 2020 despite the ongoing restrictions.

Donna Bull from Sharnfold said: "Halloween is a very special time of the year for our visitors and we are determined that it will be as good as ever this year.

"We are fully COVID-19 compliant and we are delighted that we can go ahead with our Halloween celebrations.

"We are grateful to all our customers who support us and, as you can appreciate, things will be a little different this year.

"We have worked so hard to make sure our event is Covid safe."

The Halloween trail takes you on a journey around the farm. You will be given an activities sheet to fill in and once the trail is complete head back to the farm and receive your prize.

Pumpkin carving will take place in the Sussex Barn where there will be strict social distancing measures in place.

You will be provided with all the tools you need for the carving as well as sorting out the tidying up afterwards.

Full prices are available on the Sharnfold Farm website at: [www.sharnfoldfarm.co.uk](http://www.sharnfoldfarm.co.uk)

# Zookeeper Day

**DRUSILLAS Park has been celebrating its amazing zookeepers on International Zookeeper Day.**

By **Peter Lindsey**

**The special day on October 4th recognises the incredible work zookeepers do to protect and care for all manner of animal species.**

Drusillas Park is lucky enough to have a group of brilliant and talented zookeepers making up their zoo team.

Their role is extremely varied, and zookeepers find themselves not only looking after the physical and mental requirements of their animals but teaching the public all about conservation and the species in their care as well.

## **Praise wonderful team**

Drusillas Zoo Animal Manager, Mark Kenward, said: "2020 has been an

incredibly challenging year for us all, but I just want to take a moment to praise my wonderful zoo team. They have worked tirelessly throughout lockdown and reopening to keep our animals healthy and happy and they have not uttered one word of complaint.

## **Happy animals**

"We are used to being in large teams and really working together to complete tasks, but since corona we have had to very much work separately and only support each other from afar. In our line of work this is immensely hard, and I am so proud of every single keeper for soldiering on and never once letting our high standards slip, even when things have been tough. Come rain, shine or pandemic they turn up and work their bloomin' socks off. They never stop caring for the animals at Drusillas, and the love and attention they give them each day, really translates into just how happy the animals at Drusillas are."

Zookeeping is a demanding job and animals require round the clock attention, but Drusillas zookeepers are unwavering in their dedication and made sure all their animals are well looked after.

## **Important conservation**

Drusillas Deputy Head Zookeeper, Gemma Romanis, said: "I love being a zookeeper! My job is everything to me. Every day I get to work with a large number of wonderful and diverse species at Drusillas, each one of them has a different personality and different needs. Every animal is totally unique, and that's something I'll never get bored of.

"I love that through my job I am able to inspire a love of animals in our visitors and to teach and help others learn about how to look after animals, and to make them aware of the importance of conservation in the wild.

## **Raising awareness**

"We have really done well in our work with The Sloth Conservation Foundation this year, raising over three thousand pounds and lots of awareness for the issues sloths face in the wild, such as deforestation and habitat loss. If I can just change one person's perspective, or shine a light on why animals need our protection, then I feel like I have really done my job and achieved what I set out to do."



Keeper Sam Kenward with one of Drusillas goats.



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# Fiver Fest is back in town for October!

## Are you ready to grab a Fiver Fest bargain?

By **Peter Lindsey**

**Our local shops need you more than ever before and they have signed up to offer you their very own £5 bargains!**

Back in February, more than 30 local businesses participated in the national initiative by *Totally Locally* and now, it's back!

Between October 10th and 24th, independent businesses across Eastbourne are taking part in the national *Totally Locally Fiver Fest*.

Organised locally by *Your Eastbourne BID*, there are bargains galore.

February's *Fiver Fest* included music lessons, meals, gifts, raffles and much, much more. There is just as wide a variety of goodies in October.

### What will you find?

The *Totally Locally Fiver Fest* is a big celebration of Britain's fantastic small businesses and shops, many

run by families or individuals, but ALL contributing massively to the economy of the UK and the wellbeing of our towns.

Last time, more than 100 towns took part putting on special £5 offers over two weeks, to show the diversity and value of what they sell, and to say thank you to the communities that support them.

### Fabulous

Help support your local independent businesses and go on an adventure to see what you can discover.

**IF EVERY ADULT IN EASTBOURNE SPENT JUST £5 PER WEEK IN THEIR LOCAL INDEPENDENT SHOPS, INSTEAD OF ONLINE OR AT THE BIG SUPERMARKETS, IT WOULD BE WORTH AN EXTRA £20.9 MILLION PER YEAR GOING INTO THE LOCAL ECONOMY. WHICH MEANS MORE JOBS, BETTER FACILITIES & A NICER PLACE FOR US ALL TO LIVE. MAKES YOU THINK DOESN'T IT? WWW.TOTALLYLOCALLY.ORG**

A full list of all the fabulous businesses taking part can be found at: [www.youeastbournebid.com](http://www.youeastbournebid.com)

And remember, there has never been a more important time to support local businesses.

Eastbourne prides itself on the shopping experience it has to offer both locals and visitors.

But these are tough times, probably tougher than ever, so do your very best to take advantage of this special offer.



## Another day at the office!

We are living in an ever changing world, more of us are working from home, and need a dedicated space.

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Ashley Pugh.

By **Peter Lindsey**

### **Paying to park in Eastbourne has shot up since the county council brought in new charges.**

Ashley Pugh is Managing Director of W Bruford Ltd in the town centre. He said: "Please please fill this petition form in."

"It is our opportunity to show the County Council how disgusted we are with their complete lack of understanding in regard to the problems the town centre faces."

# Opposing new parking charges

## **AN Eastbourne businessman is urging everyone to sign a petition opposing new car parking charges in town.**

The petition says: "Following lockdown, East Sussex County Council continued their plan to increase parking charges in Eastbourne, despite ongoing lobbying by Your *Eastbourne Business Improvement District* (BID).

"Your Eastbourne BID represents over 600 businesses within the town centre and we invited Cllr Claire Dowling to meet with the board of directors to hear our concerns and feedback. Unfortunately, this invite was declined.

### **Massively detrimental**

"During a time when we are being discouraged from using public transport, following a long period when very few businesses were able to continue trading, we believe it is paramount to create an inviting environment, encouraging people to visit the town centre in order to shop locally and have some kind of normality.

"Footfall is down due to the pandemic. To hike up parking charges now could be massively

detrimental to businesses and to Eastbourne as a whole. Visitors and town centre staff are driving into work as carsharing and public transport are not recommended.

"During the last 40 years, the traditional shopping experience has undergone some monumental changes, affecting the way we shop. The development of out of town shopping centres and the emergence of online shopping (magnified by the pandemic), has all led to a decrease in footfall within town centres, in turn harming shops on the high street. With this latest shock to our way of life, our local businesses are at risk. Increasing parking charges now is wrong.

### **Reverse the increase**

"We call on East Sussex County Council to reverse the increase in car parking charges."

The county council argues "Charging at a sufficient level to impact driver behaviour, can bolster the local economy by encouraging a 'churn' of visitors and shoppers, rather than spaces being occupied by a single user for a long period of time."

The petition can be found at: [https://docs.google.com/forms/d/e/1FAIpQLSdnPwajZ8DTjGCijpG3Xzk\\_SmuJZPY0tsZx8yNluISSFOOnKA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdnPwajZ8DTjGCijpG3Xzk_SmuJZPY0tsZx8yNluISSFOOnKA/viewform)

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wonderful volunteers for Covid patients and their families.

"Thank you to everyone who had a part to play in Box Full Of Rainbows – Care Packages For Keyworkers, we couldn't have done it without you!"

"We raised an absolutely amazing total of £33,630!"

### Hope and smiles

As lockdown came to an end, Tracie and Jo decided that they wanted to continue the work they had been doing ... and *Rainbow Wishes* was created in July 2020.

Tracie, Jo and the 'Rainbow Fairies' will be working hard with the local community in Eastbourne to help raise funds and provide the right products to support local community initiatives, whether big or small.

The aim is to bring hope and smiles during times of need, when they are needed the most.

To donate, please go to:  
[www.rainbowwishes.co.uk/ourshop/cat\\_1688013-Donations.html](http://www.rainbowwishes.co.uk/ourshop/cat_1688013-Donations.html)

# Amazing new community store opens in the Enterprise Centre

**A NEW business with a difference has opened its doors in the Enterprise Shopping Centre.**

By **Peter Lindsey**

**It is called *Rainbow Wishes* and is a 'Community Store'.**

A spokesperson said: "We have a lovely range of new and used items which will help fund our *Rainbow Wishes* journey!"

"We hope to see you there!"

*Rainbow Wishes* was created in July.

Co-founder Tracie Owen began making three care packages with her daughter Courtney for local care homes at the start of the COVID-19 Pandemic.

### Rainbow Army

She said: "Before we knew it, three boxes turned into hundreds then hundreds turned into thousands!"

Tracie was joined by co-founder Jo Valler-Clark and an army of willing helpers, fondly known as the Rainbow Army.



They set to work to make sure they could fulfil as many requests as possible.

Tracie said: "We had amazing support from the Mayor, Caroline Ansell, lots of local businesses and so many lovely volunteers.

"They helped raise funds, gather items, pack and deliver 3,426 care packages to our well deserving keyworkers.

"We worked pretty much seven days a week for over three and a half months.

"We laughed and we cried but were determined to reach as many people as we possibly could!"

"We also donated 12 boxes of knitted and crocheted blankets and keepsake hearts made by our



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**[www.bournefreelive.co.uk](http://www.bournefreelive.co.uk)**



# Club Class

**Suzie Pitman, the Lewes *Mumpreneurs* Networking Club manager talks to Bournefree about her love of networking.**

By **Gail McKay**; Photography by **Lucy Carnaghan**

## What is MNC?

The *Mumpreneurs Networking Club* is an inclusive networking club for anyone who is self-employed or owns a business. You don't have to be a mum to join.

## What would you say to people apprehensive about networking?

There are assumptions that it's a stiff, 'men in suits' event, but it's all kinds of people. The ethos is relationships and it's a very friendly environment.

## What is your favourite thing about MNC?

Helping people to connect with other members, it's a very supportive club.

## What about meetings during social distancing?

We have been operating *Zoom* meetings since March, and it has boosted our attendance, as people save time, so can attend meetings 'based' in areas further away.

## How has it helped your business?

My business is partnered with *Utility Warehouse*, a 'Which Recommended' utilities provider. This dovetails well with MNC members as I meet like-minded business people looking to make savings on their home and business utility bills.

## How has COVID-19 affected your business?

I've been lucky. I've continued to network, and meet with people virtually. I miss big company events, like the 'Win a Mini' prize draw. But I can still provide high levels of customer service this way.

## What advice would you offer to MNC members?

Get to know each other, have one to one meetings on the phone or online. You need to build trust with other members. Listen to what they have to say. There's no need for the hard sell.



Suzie Pitman.

## Is it expensive to join?

MNC is one of the most cost effective networking groups, once you join, you can attend up to 21 meetings per month. There are groups from all along the coast, as far as Portsmouth, across Hampshire, Sussex and up to London.

## What's so good about MNC?

Leaders Sara and Nicky are incredibly supportive, they are natural entrepreneurs and think outside the box, and encourage members to step outside of their comfort zone in order to raise their profile physically and digitally. They have been very proactive this year, helping members to continue to trade under challenging conditions by coming up

with creative ideas. Lucy Carnaghan a photographer, lost a lot of wedding business, so she switched to family doorstep portraits as a memento of this weird time.

## Tell us your secret to success?

Persistence, hard work, self-belief.

## Favourite way to relax?

Glass of wine, food with friends or a lovely walk.

Please visit:

**[mumpreneursnetworkingclub.co.uk](http://mumpreneursnetworkingclub.co.uk)** to find out about all local groups and meetings including the Eastbourne group.



Suzie with the Mayor of Lewes.



**The Mumpreneurs Networking Club**



# Company gives Eastbourne charity a massive boost

**A ROAD construction company has provided a huge boost to a popular Eastbourne charity.**

By **Peter Lindsey**

**The JPK Sussex Project in Old Town provides opportunities for people with learning disabilities.**

The charity was reopening its café after lockdown and needed to fulfil its Health and Safety obligations to fill holes in the ground.

The uneven surface was hazardous for the public, particularly those with visual impairments and other disabilities.

Hailsham Roadways received a request from a member of staff involved with the charity.

They asked if the company could donate materials and labour.

The company's owners were delighted to help.

About half a tonne of asphalt was used by the Roadways team to fill and improve the car park areas that required immediate attention.

The project took half a day to complete.

Jill Parker MBE from The JPK Sussex Project said: "Our opening date for 'The Old Town Café' was 7th October. It was essential that all the Health and Safety requirements were in place.



"We are extremely grateful to Hailsham Roadways and in particular Sue Horsman for organising the team to undertake the work.

"They were certainly very efficient, friendly and a pleasure to work with.

"The JPK has been closed since March 20th resulting in no income during this period, yet still having to expend on overheads.

"It's been an extremely difficult time for us and this wonderful support has made a difference. My sincere gratitude for the generous support."

Hailsham Roadways' chief executive James Bailey said: "If we can, we're always delighted to help local charities, schools and community projects.

"It was a pleasure to do so for the JPK Project. Everything we do is Health

and Safety based and so it pleases us immensely to leave this site in good order.

"Where it is possible we are trying to convince clients to use environmentally friendlier materials too."

Roadways was established in 1966 so has over 50 years' pedigree in civil engineering and asphalt surfacing.

The company specialises in highways, groundwork, traffic management, construction materials, concrete, and recycling – and is a leading proponent of the circular economy and sustainability in its industry.

The company is also a regular supporter of local charities in Sussex, a fair wage employer, and an actively good neighbour in the community in which it works.

# The Eastbourne Eye extends its stay

**THE Big Wheel is staying on the Western Lawns for another month.**

By **Peter Lindsey**

**It arrived in the summer but now it will stay much longer than expected.**

A spokesperson said: "Due to popular demand, the Eastbourne Eye will be staying until 1st November.

"With revised opening hours, the 35-metre-tall wheel will not only offer

panoramic views of Eastbourne in the daylight, but unique sunset and evening views of Eastbourne and the surrounding area as well!"

From 1st October the Eastbourne Eye will be available for rides on:

Fridays from 4pm – 9pm

Saturdays from 11am – 9pm

Sundays from 11am – 5pm

Tickets cost £5 per ride for adults and £4 for children under 1.4 metres tall, with discounted family tickets available.

Tickets can be purchased onsite at the time of riding.

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By **Dav Ratuszny**, Owner of DCT Performance.

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By **Rob Bartlett**, Director of Birch Mews Autos

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We're open throughout the week from 8.00am – 6.00pm and on Saturdays from 8.00am – 1.00pm.

To find out more, give us a call. We will be glad to help: **01323 412993.**





# DENT DEVILS



## THE FEATURESCLUB

By **Jon Taylor**, Owner of Dent Devils.

### Dent Devils

**Jon Taylor has been a Dent Technician since January 2002. Following extensive training he has been carrying out Paintless Dent Repairs across East Sussex since then.**

He was one of the first PDR technicians in the UK to gain the status of Master Technician following accreditation by the Institute of the Motor Industry in 2012.

Jon was joined by Petar Petrov in late 2015 and in August 2019 Dent Devils East Sussex opened the

company's first purpose built Paintless Dent Repair facility in Eastbourne. This facility creates the perfect environment to be able to carry out larger and more complex repairs that would otherwise be considered impossible using this method.

Paintless Dent Repair is more efficient, more cost effective, kinder to the environment and better for the car than the "traditional" bodyshop repair that uses paint and fillers as it keeps the original factory paint on your car intact. For more information, please call any of our numbers below, or pop in to see us.

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By **Josh Williams**, Proprietor of The Features Club.

### The Features Club

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wheel alignment and corner weighting, taking your road car to the next level.

With a background in motorsport engineering and race driver coaching for championships including the British Touring Cars and Mini Challenge, we bring a range of expertise and specialised knowledge as well as a high skill level to all work undertaken.

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# ignite

## PR & Engagement

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



### media events pr training social media

#### **Raise, Enhance and Protect Your Profile**

We can help you devise engaging and creative PR campaigns using traditional media, social media and films. Whether you need to promote a new product, showcase an event or simply tell your clients all about you and the great work you are doing – our team of media experts are here to help even when things don't go quite according to plan.

#### **Support with Your Community and Stakeholder Engagement**

We can support the work you do in your communities to ensure you are getting the most from your charity and community partnerships. Together with our expertise we can deliver measurable success that will boost your profile with your existing and future customers.

#### **Strategic Planning and Project Management**

Our team can help you plan an effective campaign that underpins all aspects of your media and community strategy. This may include bespoke media training, award entries and ensuring the successful completion of your project.

#### **Event Management**

Our team has successfully produced, hosted and organised a huge variety of high profile events. From awards ceremonies to product launches – and from conferences to networking functions we have the skills to get the right people to your event. Ignite PR & Engagement's contact book is key to your success.



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

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# Vegan only aisles at superstore

**ASDA has confirmed a major change to its supermarkets – by announcing 359 of its stores, including Eastbourne and Hailsham, will offer dedicated vegan aisles.**

By **Peter Lindsey**

**It comes after it revealed plans for more than a hundred new vegan products in its range of non-refrigerated products.**

Stores will dedicate two shopping bays solely to Vegan products with one for savoury items including proteins and sausages and the other for sweet foods.

Two new Galaxy chocolate flavours will be included in the range, alongside Asda's own-label rice and lentil bowls, as well as a number from brands such as Mrs Crimble's, Vego and an exclusive falafel mix from Bosh.

Sarah Thornewill, Asda's buying manager, said: "We understand that customers want a quick and simple shopping experience, and this shouldn't be restricted by dietary requirements.

"By merchandising all our vegan items together, we hope to save customers time and offer inspiration, whether for those following a plant-based diet, or those looking to reduce their meat consumption."

Following the announcement, Asda customers have praised the supermarkets for its decision, with some saying it will make for a "simpler shopping experience".

# New restaurant vows to fight on

**AN EASTBOURNE restaurant growing in popularity has been reflecting on tough new rules for the hospitality industry brought in because of COVID-19.**

By **Peter Lindsey**

# Pubs carry on with Eat Out To Help Out

**TWO pubs have decided it makes business sense to keep going with the government's *Eat Out To Help Out* scheme.**

By **Peter Lindsey**

**The 50 per cent off deal, intended to boost the economy, officially ended in August.**

But two locals are sticking with it, one with 50 per cent off, the other 25.

The *British Queen* at Willingdon will be running the offer throughout October from Monday to Thursday.

There will be 50 per cent off food only up to £10 per person.

Meanwhile, *The Yew Tree Inn* at Arlington is offering 25 per cent off your bill when you dine in the pub from Monday to Thursday, for up to six people.

You must pre book.



**All cafes, pubs and restaurants now have to close at 10pm.**

*Perch Princes Park* only opened recently and has been receiving glowing reviews.

A spokesperson said: "For us, it's not a huge departure from what we are doing currently, it's the same lower volume of tables as we've had over the past couple of months.

"It feels bleak, another restriction.

"We've been humbled by the support we have received since opening – we are hugely appreciative, it's been an anxious

time for everyone, across all industries.

"We know of several significant casualties in hospitality.

"We've had to re-examine what we do, how we do it. We've had to encourage each other along; we are determined this is going to be a story of resilience.

"When the rules change again, we'll find another way of serving you.

"Our thoughts are already on Christmas and how we can make that ace.

"We strive to get through to greener pastures."



# Lunchtime game changer

***“WE brighten up your workday – by bringing you exquisite, fusion dishes from around the world.”***

**That’s the philosophy of Patricia Dube-Blackmore, founder of *Office Fusion Tastes*.**

By **Gail McKay**

**All of their meals are prepared by fully qualified chefs who are passionate about delivering restaurant quality food whilst ensuring ingredients are of the finest local produce.**

They deliver delicious, hassle-free office catering to busy Eastbourne workplaces. Most of their meals are fused and salad-like for light lunches. But they offer more substantial meals for Friday night takeaway.

## Sampling at the office

We’ve had an amazing couple of weeks, here at the Bournefree office trying out a selection of their Mexican, Vietnamese and South African fused meals, here’s a quick run down of the incredible selection of food we’ve tried.

## Tangy

The Durban rajah curry with mango and rum was tangy, sweet and creamy. The pork dish was marinated in rum, homemade mango chutney, soya, fresh herbs, homemade tomato

and onion sauce, honey, ginger, garlic and coriander and was as amazing as it sounds.

## Spices and fresh herbs

The sides for these were brown rice with lentil, Indian and Mexican herbs and rajah spices, cabbage in butter with fresh herbs and apple sauce.

Potatoes were coated in homemade breadcrumbs and mixed spices and were steaming hot and crunchy and the Malaysian Noodles in a Vietnamese sauce mixed with South African spices, ginger garlic and ginseng were fresh and spicy.

Sweet potatoes were baked in honey, coriander. A very healthy looking Signature fruit salad with raspberry sauce, mango and strawberries, and a rich coffee and chocolate sauce.

## Perfect filling

For fun we tried the arancini, which are Italian cheesy rice balls, containing a little creamy garlic cheese surprise in the middle. The



burgers were absolutely perfect, juicy, with a lovely lime dressing.

The asparagus and pumpkin ravioli salad was a delight to the eyes and the tastebuds. A great health conscious meal that’s still very filling.

A three cheese ravioli in cream tomato sauce was silky and rich.

## Recyclable packaging

All of it was cooked to perfection and delivered contactless and Covid-Safe. Everything arrived beautifully presented, in fully recyclable packaging.

With meals starting at £5.50 they offer a very affordable alternative to a dull sandwich.

You can order your multicultural, delicious fusion dishes at:  
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Please note that photos were taken before COVID-19 measures were in place.

# Salt therapy at Salt Space

**COMPLETELY natural, organic and drug free, everyone can benefit from the healing properties of salt.**

By **Julie Dunn**

**Salt therapy provides relief for a variety of respiratory and skin conditions, from COPD, asthma and eczema to bronchiectasis, bronchiolitis and sinusitis. It boosts the immune system and can increase lung capacity. And it works for both adults and children from the age of six months.**

*"My breathing has improved enormously. I can walk faster and going up steps is much easier. I'm not wheezing at night any more and I rarely use my inhalers during the day,"* says Sue who has COPD and is a regular at Salt Space in Brighton & Hove.

## Sit and relax

The great thing about dry salt therapy is that customers simply need to sit in the treatment rooms and relax while micro-particles of pure salt are introduced via a special machine called a halogenerator. Some take the opportunity to have a nap. The bright and cheerful children's space has toys, books and a television so children can be entertained as they breathe in the health boosting salt air.

## Nipped in the bud

*"The initial sessions relieved my daughter's cough and bronchial symptoms enormously, particularly*

*after the third session."* says one mum. *"As a baby, she used to wake up at night coughing until she vomited. I felt that salt therapy nipped things in the bud really quickly, and her rattling cough, which sounded exactly like the cough that had previously ended up with her on antibiotics, didn't set in anywhere near as badly as previous bouts."*

## Help is at hand

Hundreds of adults and children have enjoyed the health benefits of Salt Space since it opened five years ago. More and more people are realising that help is at hand for their respiratory and skin problems.

Among those who have already benefited is Richard S, who explains how it has helped: *"Summer last year was a really bad year for me with the combination of hayfever and asthma. I didn't want to exercise and generally felt bad. I was told about Salt Space by a work colleague in February so went along for a try.*

*"I have recently seen a 10% increase in lung capacity following my annual asthma assessment and I have not taken one tablet for my hayfever this year! I am back exercising and feel great about it. Next goal is to reduce my medication for asthma. Brilliant, brilliant, brilliant, thank you Salt Space."*

**Visit Salt Space and breathe easy.**

To book your first **FREE session**, or for more information, please call Salt Space on **01273 973843**.

**372–374 Portland Road, Hove BN3 5SD**

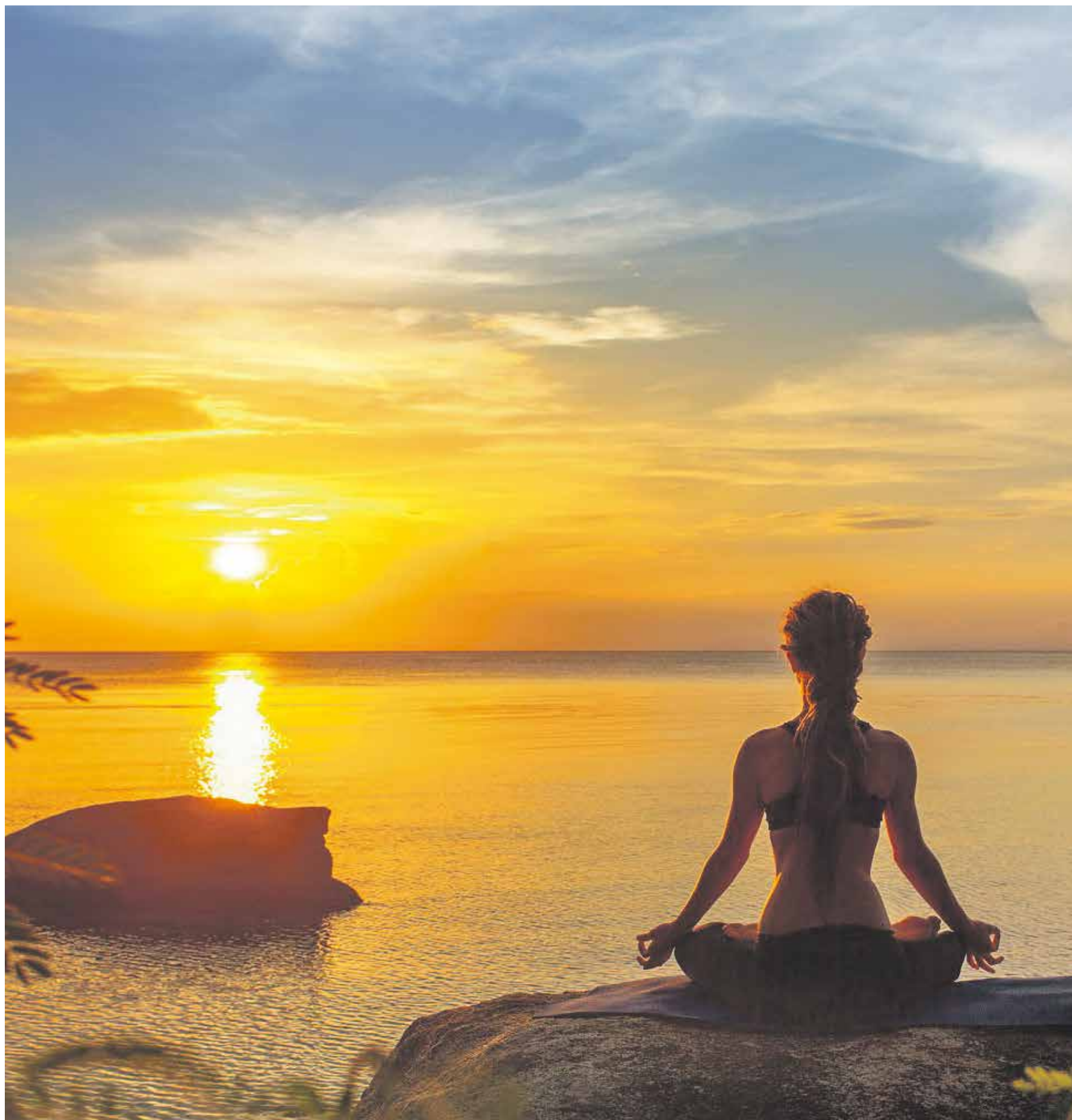
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“

**Many nutraceuticals include well-known vitamins, minerals, amino acids or whole medicinal herbs from plants.**

# Combating viruses with nutraceuticals

**ACCORDING to the National Cancer Institute, at least 70% of new drugs (including antivirals) in the past 25 years are derived from nutraceuticals.**

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

**When used appropriately, nutraceuticals can be both safer and just as effective as many pharmaceutical drugs.**

## What are nutraceuticals?

According to the *International Journal of Preventive Medicine*, nutraceuticals are defined as “a substance which has physiological benefit or provides protection against chronic disease... they may be used to improve health, delay the aging process, prevent chronic diseases, increase life expectancy, or support the structure or function of the body.” Many nutraceuticals include well-known vitamins, minerals, amino acids or whole medicinal herbs from plants.

## Plant chemicals

Plants produce their own chemical compounds to protect themselves from infection. These chemicals have

been shown in studies to protect humans from infection the same way they are able to protect plants. These compounds can then be extracted (or recreated at high doses in a laboratory) for human consumption. Some of the most powerful nutraceuticals are either the active chemicals in medical herbs that have been isolated, or derived from natural substances already produced in the body.

## Diet is not enough

While I always advise receiving nutrients from your diet as your first choice, oftentimes, it's not possible to intake as many plant chemicals as is needed for the body from diet alone. More importantly, when we are dealing with a strong virus, a much higher dose of certain plant chemicals is needed. For example, you would need to have over ten oranges a day to have your

recommended daily intake of its active ingredient, vitamin C in the form of ascorbic acid. The higher dosage needed for vitamin C to combat the coronavirus would be well over 200 oranges a day. In addition, most ascorbic acid sold as vitamin C is made from genetically modified corn known to cause significant side-effects. This makes it equally important to know which brands contain the purest sources for highest quality nutraceuticals.

## Nutraceuticals for coronaviruses

About 20% of all colds are from four different types of coronaviruses that nutraceuticals have been treating for decades. However, this new coronavirus is unique in the way it can “act like SARS, Ebola and HIV all rolled into one virus”, according to Dr. Paul Cottrell, a researcher from *Harvard University*. The good news is that there are many countries, like China, South Korea, Vietnam, Madagascar, America and countries in Africa that have been using specific nutraceuticals with great results against the new coronavirus. The results have been significant enough to where the *World Health Organization (WHO)* recently announced in mid-September that they were officially testing nutraceutical medicines as “potential treatments for the coronavirus and other epidemics” with “phase III clinical trials.”

A unique trait of nutraceuticals is that we can mix different types of them together for a more effective result, including mixing those that inactivate a virus, those that regulate our immune system along with those that are known to reduce inflammation, coughs and fevers. Julia Wermig-Morgan, a scientist from *University*

of Oxford, has stated that specific nutraceuticals may even “inactivate” coronaviruses if they latch onto specific receptors in our body.

## Nutraceuticals consultations online

A professional is recommended before taking any nutraceuticals, as they take into account a patient's age, gender, current medications taken and pre-existing health conditions, as they do alter dosage and type of nutraceuticals used. A professional can prescribe the correct dose and correct time of taking each nutraceutical, along with avoiding any adverse interactions. Some nutraceuticals work synergistically together, so taking multiple ones for different functions throughout the day can make them even more potent. For those looking for a professional, I personally offer Nutraceutical Consultations online for a variety of areas in wellness, including those that boost the immune system.

While nutraceuticals help boost our natural immunity to viruses, let's not neglect the importance of lifestyle to our immunity. A healthy intake of healing foods, exercise, sunshine, sleep and looking after our mental health and stress levels all contribute immensely towards allowing the nutraceuticals to optimally enhance our natural defense against any virus.

Dr Persephone is an Integrative Medicine Practitioner, Diplomat of Oriental Medicine, Nutritional Therapist and fully licensed Herbalist and Acupuncturist.

[www.modern-healing.co.uk](http://www.modern-healing.co.uk)



# October is the perfect time to give up smoking

**SMOKERS in East Sussex are being urged to join the one million across the UK who quit during the lockdown and stop smoking during Stoptober.**

By **Peter Lindsey**

**The annual stop smoking challenge returns this October, and smokers across the county are being encouraged to put their lungs first, strengthen their**

**immune system and breathe easier by giving quitting a go.**

Despite the current coronavirus pandemic, tailored support is available through your local stop smoking service provided by *One You East Sussex* (OYES). OYES are currently offering help and advice

through telephone appointments, which can be just as effective as face to face sessions when it comes to helping people quit.

The OYES team can provide Nicotine Replacement Therapy, and a Facebook support group has been set up where smokers can engage with others, ask advisors questions and support one another through the campaign. In addition, a dedicated email campaign will provide information to help smokers who relapse, as well as offer encouragement and highlight the benefits experienced during the first month to six weeks after quitting.

Wealden has the lowest estimated smoking rate of 10.1 per cent of adults lighting up, and the percentage of smokers in Rother (12.5 per cent), Lewes (13.2 per cent) and Eastbourne (14.2 per cent) are also below the national average. However, despite these lower than average figures, there were still just under 1,000 deaths annually attributable to smoking in East Sussex in the three years between 2016–2018.

Stopping smoking has immediate and lasting benefits to health. After 20



minutes the pulse rate starts to return to normal; after eight hours harmful carbon monoxide in the blood is reduced by half and is completely flushed out by the body after 48 hours. After one year the risk of suffering a heart attack has halved compared to that of a smoker. And research suggests that people who have quit for a year are happier than those who continue to smoke.

People can get their personal quit plan by visiting the *One You East Sussex* website: [www.oneyoueastsussex.org.uk/stoptober](http://www.oneyoueastsussex.org.uk/stoptober), emailing the team at [hello@oneyoueastsussex.org.uk](mailto:hello@oneyoueastsussex.org.uk) or calling **01323 404600**.

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# Cold water!

**THE thought of immersing your body in it makes most people shudder!**

By **Jane Long**, Calm Therapy

**But did you know that cold water bathing has regained popularity over recent years?**

Scandinavians are well known for using saunas then plunging into ice cold lakes. They have been doing so since the early 1900's.

Research shows the health benefits supported by research include:

- Lower risk of infections by stimulating your immune system.
- Reduced inflammation.
- Reduces stress levels.
- Reducing depression and improving your mental health.
- Improved alertness and resilience.
- Weight loss by increasing your metabolic rate.



Here are some tips to help you 'dip your toe' into cold water as part of your morning routine.

Splash face with cold water.

Find a face cloth. Soak it with cold water and then ring it out so it is damp. Next wrap it around your throat and neck for a few seconds or more!

Take your usual warm morning shower and finish off with a quick burst of cold. Over a period of time

you may want to build up to two mins under the cold shower.

Living on the coast we have the perfect opportunity to connect with nature and get into the sea!

Jane Long is a Wellbeing Practitioner based in Eastbourne.

**07734 695964**  
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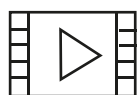
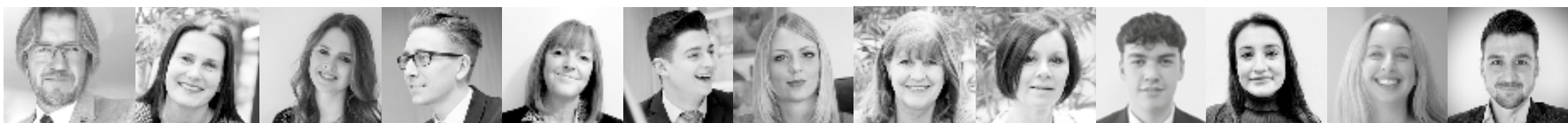
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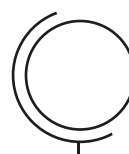
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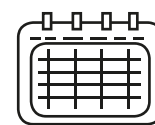
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# House sales see ten year record high

**Changed housing priorities as a result of the national lockdown help create the busiest month for ten years as home-buying supersedes summer holiday.**

By **Mike Crane**, Principal, Crane & Co Estate Agents.

## Buyers have a record £37billion monthly spending spree!

- Rulebook rewritten as post-lockdown mini-boom accelerates and home-moving fills the holiday void.
- Many buyers have new needs, post lockdown, and are vigorously looking to find that ideal new home.
- Highest number of sales agreed in a month since Rightmove started tracking this data over ten years ago, up by 20% on the previous high, and with a record total value of over £37 billion.
- Highest number of properties coming to market in a month since March 2008 as more movers join in.
- Latest weekly sales agreed figure up by 60% compared to the same week in 2019 as buyers ignore the usual summer holiday slowdown.

## Rewritten rulebook

The rulebook has been rewritten as the post-lockdown mini-boom accelerates rather than slows down.

There is normally a seasonal slowdown in housing market activity over the summer months, as both buyers and sellers turn their attention to summer holidays.

But this year, home movers have put more property on the market and have agreed more sales than in any month for over ten years, worth a record total of over £37 billion. This is leading to monthly price increases in ten out of twelve regions, with a record high in new seller asking prices in seven of those regions.

## Changed priorities

A spokesperson for Rightmove said: "Home movers are both marketing and buying more property than we have recorded in any previous month for over ten years, helping push prices to their highest ever level in seven regions."

"Rather than just a release of existing pent-up demand due to the suspension of the housing market during lockdown, there's an added layer of additional demand due to people's changed housing priorities after the experience of lockdown. This is also keeping up the momentum of the unexpected mini-boom, which is now going longer and faster."



## Get moving

The number of monthly sales agreed is the highest that we have ever measured since we started tracking this figure ten years ago, up by 38% on the prior year, and a massive 20% higher than the previous record set in March 2017.

The increase in activity is not just a result of the stamp duty holiday, as sales agreed are up across all sectors of the market. They're up 29% in the first-time buyer sector, 38% in the second stepper sector and 59% for larger, top of the ladder homes.

Momentum is still building, with the latest weekly figure for the number of sales agreed having shot up by 60% compared to the same week a year ago. As part of the virtuous home moving circle, home-owners are

bringing more properties to market than in any month since 2008, giving more choice to buyers.

If you're thinking of selling your Eastbourne property; it's time to get a move on!

Watch our market updates by scanning the QR code below.



(Data supplied by publicly available sources, commented on by Crane & Co Estate Agents, Hailsham).

**01323 440678**  
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Pedro Gelhing / Pamono and Bazar Noir.

“

**Be bold and choose a selection of lamps that don't just enhance your décor but also reflect your personality.**

# Brighten up your home

**WHETHER you are after industrial sleek, minimalist chic, bold luxury or traditional Tiffany, there's inspiration for all at Sapphire Light's showroom on Seaside in Eastbourne.**

By **Gail McKay**

**Sapphire Lights is another of Eastbourne's hidden gems. Director, Andrew Christoforou tells us what's going on in the wonderful world of luxury lighting.**

"2020 has brought many trends, including unfussy and pared back design. Alongside this, we are also seeing what we would call Everyday Glamour – inspired by 5 star hotels.

## Trends

"Right now there are lots of geometric shapes and also more swirling, free-form shapes. Biophilia (the love of nature) has been feeding through to interiors for quite a while now, and you can find it in sconces and table lamps.

"There is a bit more of a refined approach to industrial lighting currently, with a sleeker finish, that works better in a luxury environment, and less jarring than the raw industrial feel."

## Tiffany lamps

You can stay traditional too. Andrew's personal favourites are the Tiffany Lamps, a design classic that brings a touch of art nouveau to modern and traditional settings. The Bankers lamp has made a comeback with the rise of the home office in green glass and bronze.

## Chandelier chic

Sapphire Lights also build one off chandeliers. They start with a classic Marie Theresa frame and use crystals to embellish and create a unique piece of lighting for your home. Andrew says, "For a chandelier to maximise its presence, it must be a statement piece, radiating luxury and showcasing your own style."

## Light up dark areas

Sconces are no longer the preserve of a dated B&B, wall lights are a vital part of any lighting scheme, providing symmetry but also lighting up darker areas, and, at the same time, highlighting favourite pieces of luxury furniture, Andrew suggests, "Choose bold sconces as a design feature in their own right – don't let them fade into the background."

## Go bold

For other areas of your home, "Be bold and choose a selection of lamps that don't just enhance your décor but also reflect your personality."

For an instant modern feel, try tripod floor lamps, they work very well in pairs, at either end of a sofa or sideboard.

You can explore the extensive range at **Sapphire Lights, 340 Seaside, Eastbourne BN22 7RJ**

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# 'A Painter in Penang'

**Clare Flynn, author of 'A Chalky Sea', releases her 12th novel.**

By **Gail McKay**

**We all know Eastbourne is brimming with talented and creative people, and it was a delight to be introduced to Clare Flynn's body of work recently.**

She has produced an amazing 12 novels in six years and describes her books as 'Historical fiction with modern themes.' One of her primary themes is displacement. "Almost all my main characters are physically displaced and all of them are taken out of a comfortable existence and thrust into difficult and challenging circumstances."

## Female Characters

The books all have central female characters. "I try to write realistically about the lives women would have lived. Many writers put twenty-first century attitudes into the minds of nineteenth century heroines – I can understand why they do it as a lot of readers want and expect that, but I prefer to write about strong women who push against the boundaries – but the boundaries are nonetheless evident."



## Returning to the coast

Born in Liverpool, she is the eldest of five children. After a career in international marketing, working on brands from nappies to tinned tuna and living in Paris, Milan, Brussels and Sydney, she ran her own consulting business for 15 years and now lives in Eastbourne where she writes full-time – and can look out of her window and see the sea.

## Meads inspiration

Her Canadian trilogy, where one of the novels is based in Eastbourne was inspired by her move into an old house in Meads. Whilst delving into the history of the original owners, she discovered more about the Canadian Soldiers based in Eastbourne in the Second World War. For the novel, she invented a 'listening Station' for her character to work at, on Beachy Head, but only recently discovered that there had actually been one there, operated by German refugee women.

## Malayan emergency

Her latest book, 'A Painter in Penang', is set in 1948, communist insurgents embark on a reign of terror in what becomes the Malayan Emergency. A coming-of-age story full of heartache, a shocking past secret and danger.

You can order all of Clare Flynn's books on Amazon, and all online retailers.

[www.clareflynn.co.uk](http://www.clareflynn.co.uk)

# Autumn Serenade

**Following months of cancellations and uncertainty, we are delighted to announce that the RTWSO will be back on stage next month!**

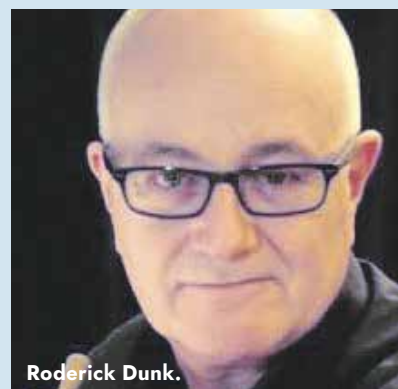
By **Barrie Crowhurst** – Marketing Manager, RTWSO.

**The Royal Tunbridge Wells Symphony Orchestra invite you to join them at the Assembly Hall Theatre Tunbridge Wells on Sunday 18th October at 3pm for an Autumn Serenade.**

This will be a special, smaller-scale, 'socially distanced' concert, designed to fit within Government COVID-19 guidelines for live performances. Although the orchestra will appear in a much reduced form to ensure the safety of our musicians on stage, this gives us an opportunity to perform some wonderful music that wouldn't fit as well in our usual larger concert seasons, when the orchestra normally presents at full symphonic strength.

Capacity will be reduced to 350 seats, with audience members socially distanced from one another as necessary.

Tickets must be booked in advance, via the Assembly Hall Box Office, either online or by telephone and can be booked in groups of up to six seats.



Roderick Dunk.



Dave Lee.

Conductor – **Roderick Dunk**  
Soloist – **Dave Lee**

## Performances:

Serenade for Wind in C minor (Nachtmusik)

**Mozart**

Concerto for Horn, No3 in E-flat

**Mozart**

Two Tangos (Oblivion & Libertango)

**Piazzolla**

Serenade for Strings in E minor  
Opus 20  
**Elgar**

Tickets can be purchased at [www.assemblyhalltheatre.co.uk](http://www.assemblyhalltheatre.co.uk) or by phone on **01892 530613**

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

[www.rtwso.org](http://www.rtwso.org)



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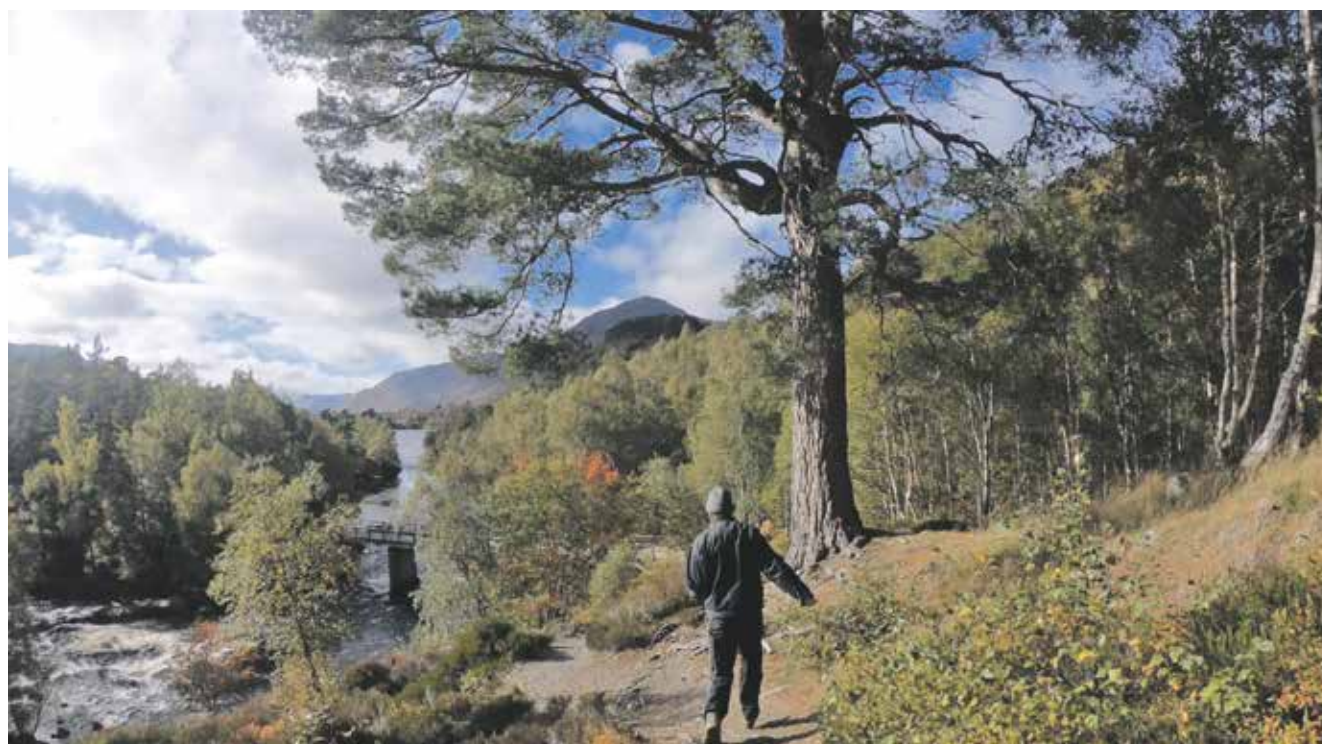
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Project Art Works, *Illuminating the Wilderness* – Film Still 2019 © PAW.

# Film London Jarman Award 2020 touring programme

**THE Film London Jarman Award celebrates the most exciting artists working in moving image in the UK.**

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12.00pm – midnight: **5 Nov 2020**

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**This year's shortlisted artists are Michelle Williams Gamaker, Hannah Quinlan and Rosie Hastings, Jenn Nkiru, Project Art Works, Larissa Sansour, and Andrea Luka Zimmerman.**

Art and film lovers can watch full-length works by all shortlisted artists during a special 12hr online screening, running 12.00pm – midnight on Thursday 5th November.

## Project Art Works

From 6.00pm – 7.00pm, Towner will host a special online Q&A with Joe Hill (Director at Towner) in conversation with shortlisted artists, Project Art Works. Project Art Works will discuss their recent film *Illuminating the Wilderness* (2019) directed by Kate Adams and Tim Corrigan, and filmed on location with Ben Rivers, Margaret Salmon and neurodiverse artists and makers, families and carers. The film follows the investigation of a remote Scottish glen over several days and reveals the pleasures and challenges of neurodiverse responses to nature and shared experience.

You can register your place on this Q&A via the Towner's Eventbrite page.

From October to December visit the Towner website for artist interviews and excerpts from shortlisted films.

## 2020 programme includes:

Michelle Williams Gamaker, *House of Women* (2017) 14'17"

Hannah Quinlan and Rosie Hastings, *In my Room* (2020) 17'44"

Project Art Works, *Illuminating the Wilderness* (2019), 38'

Jenn Nkiru, *BLACK TO TECHNO* (2019) 20'

Larissa Sansour, *In Vitro* (2019) 28'

Andrea Luka Zimmerman, *Civil Rites* (2017) 28'

# Towner Cinema reopening on Saturday 17th October



**AFTER six months of watching films at home, we're ready to get back to the cinema.**

Towner Cinema will be reopening with a mix of new and recent releases with a smattering of introductions (some online, some in-person), a few classics, and special events with several Eastbourne groups.

Safety information and guidelines for visiting will be published on our website ahead of the reopening date.

[www.townereastbourne.org.uk/events/film/](http://www.townereastbourne.org.uk/events/film/)



# Live music: No longer no limits



**WITH the restrictions imposed by the government, there are only a handful of venues in Eastbourne available for bands and musicians to play.**

**Danny Bloomfield, founder member of 90's cover band *LARGE*, reminisces on the past music scene.**

By **Danny Bloomfield**

***LARGE* has played just twice this year. Once before lockdown at the wonderful *Fat Tuesday* event in old town Hastings, and then, again, a few weeks ago outside at the *Yew Tree* in Chalvington.**

This was the only socially distanced gig I've ever played. A most bizarre experience where everything was outside, everything was sanitised and everything was very early. We started the gig at 6pm, and were tucked up in bed by 9.30pm!

## Festival fun

As I write this column, I'm sure that no one is really sure when we can safely go and see live music again. At the moment, all we have is remembering what brilliant times we've had.

In 2019, *LARGE* played their biggest gig to date at the VW festival 'Camper Jam', headlining the Saturday night slot. We were supported by *Phats and Small*, and a *Spice Girls* tribute act. This was a little tricky as Messrs *Smalls and Phats* inadvertently played our entire selection of 90's dance classics, about an hour before we did.

As one could have predicted, the hedonistic VW enthusiasts present just couldn't get enough of a good thing, and either didn't notice or didn't care.

It would be great to get back to playing live again. In 2018, we played at 'The Big Nineties Festival' at the Opera House in Bournemouth. On the bill that night was *LARGE*, *Baby D* and *Ntrance*.

There's some dubious, shaky footage of us playing there, shot from backstage, which is featured on our website.

It has become traditional for *LARGE* to finish the Friday night entertainment at the local festival, 'Chidfest'. The first time we played was a real honour as we were on after heroes of mine, *The Blockheads* (formerly *Ian Dury and the blockheads*).

The second time, a real U.K. festival moment happened as the heavens opened up just about the same time as we did. As people danced in their wellies, in my mind we were headlining Glastonbury!

Looking even further back to the late 80's and early 90's, before *LARGE* was even a twinkle in my eye, and the word 'covid' was not allowed in *Scrabble*, I played in several different bands, and Eastbourne had a totally different and vibrant music scene.

Most of the bands played original music, and there was a plethora of venues that I'm sure many of you older readers will have fond memories of.

## Fond memories

Let's remember 'Bilbo Baggins' (now *Maxims*), where I recall seeing, from behind the drums, our singer Rik leap from the table he was using as an impromptu stage and miss the ceiling fan with his head by what appeared to be a width of a cigarette paper.

There was 'Rumours' (now *Printers Playhouse*), which at busy times developed a disconcerting drip of liquid through the ceiling onto the stage. Performers were encouraged to ignore the drip, have a free drink and concentrate on their performance.

I recall playing in a cover's band with my father at the ever popular 'Golden Lion', (now *River Island in The Beacon*). I turned to witness my

“

**You can practice as much as you like, but there's no substitute for playing live.**



mate, Tetley, on the bass disappearing through the stage up to his knees after performing a jump Eddie the Eagle would have been proud of!

## No football...or dancing

Late night music lovers were also catered for on Thursday nights and at the weekend at nightclubs. There was *Tuxedo Junction* (now *NME*), where we were banned from playing for a while after a spontaneous game of soccer using four footballs broke out in the middle of our ever popular *Match of the Day* theme cover. I still think the punishment was a little harsh, although I do recall one or two drinks getting spilled and a few items of clothing getting a little ruined.

Lets not forget the very forgettable 'Gulliver's' with it's easy access spiral staircase (the drummers favourite), now flats 17 to 19 Victoria Mansions, "A selection of luxury apartments with commanding views of the English channel." *Gulliver's* was unique in the respect that it was the only nightclub open on a Sunday. There was the caveat that dancing was not allowed on a Sunday, as it was illegal. Neither myself or any of my friends got arrested, as back in those days we were too cool to dance anyway!

## Same again?

My stage name in *LARGE* is Noel Imitz. It's rather ironic, as currently it looks like there are going to be limits to what is allowed in the way of live gigs. Will it ever be the same again?

There are seven of us in *LARGE*, which is not good for the Rule of Six! Maybe we will need to become *Large United Football Club* or *Large Grouse Shooting Club*. Grouse music all night long!







# Green and pleasant

**DAYLIGHT Saving Time ends at 0200 on Sunday 24th October and we'll "fall back" one hour and return to Standard Time on Sunday 25th. Be sure to set your clocks back one hour before you go to bed that weekend!**

By **Geoff Stonebanks**

**For many, the gardening season stops, as the nights draw in, leaving much less time to work outside! Alternatively having to do much more in a shorter space of time. It's probably the latter that applies to me, as I always seem to find something that wants doing.**

## Falling leaves

Autumn is a beautiful season in the garden, with many perennials, shrubs and trees providing some stunning colour. But once the leaves have fallen, they will need clearing up, especially from lawns, where they will smother the grass, and from paths and patios, where they may become slippery. It's also a good idea to remove leaves from gravel, otherwise it will become messy. You can make the sweeping and collection process a lot easier by using a combination

of different tools and methods, but I favour doing it all by hand in my garden, due to its size and layout.

## Autumnal plants

There are a couple of nice autumn plants you might want to add to your garden. The first is a cotoneaster, they give beautiful displays of red berries in autumn. Cotoneaster horizontalis is popular for the characteristic herringbone pattern of its stems, which makes it useful trained across the ground or on a wall. The second, another really good plant is the chrysanthemum, it flowers well into autumn. They will flower right up to Christmas if you are lucky and make great flower stems to cut for vases in the house too. One of my favourites in the beach garden at the moment is the stunning verbena "polaris", in header above. It has stunning lilac flowers and is a prostrate variety that

comes back like mad every year. I planted it back in 2012 when I first created the beach garden and it looks very pretty set against the shingle.

## National Garden Scheme

2020 has not been kind to any garden openings for charity and October sees an end to those that have been able to open for the scheme towards the end of the season fulfilling social distancing guidelines. At time of writing none were scheduled in Sussex but just check [www.ngs.org.uk](http://www.ngs.org.uk) to see if any are taking bookings. Hopefully normal service might be able to resume in 2021.

## Grape vine

If, like me, you have a grape vine in the garden you've probably got a bit of a crop on it by now. I've got two in my garden that are not really there to provide the fruit, as weather conditions can vary so much each year. I've used them as good cover for garden buildings, so fruit is a real bonus. This year there is a plentiful supply of grapes but they are all rather small, but have ripened nicely. In the past I have turned it into grape jelly which has gone down well. There would never be enough to make wine, but they can also be turned into a delicious drink.

## Garden shed

Ordinarily at this time of year, I'd be packing away all my vintage china that is used during my garden openings. This year however it never got unpacked as we remained closed due to coronavirus. I've still had to tidy up the front end and store away some of the furniture and garden ornaments I had out for our own use.

It always amazes me that I rediscover things I'd forgotten about as they have become hidden as plants grow up through the season. They are positioned where there are gaps in the planting in Spring and get consumed as the plants and shrubs grow. I seem to have amassed more than ever in there this year but I have had more time on my hands to complete the task.

## Trimming ivy

A job that I've been doing recently is to tidy the side entrance to the back garden. The fence is covered with ivy, a plant which I love. I'd rather see the ivy than a bare fence. However, it can be very vigorous, so needs cutting back a couple of times a year to make it more manageable and avoid fall outs with my neighbours, who are not so keen on it. This Summer it seems to have grown more than ever as it has taken a couple of days to really trim it back and then have a local company remove all the debris. It certainly makes a huge difference to the light coming into the kitchen window once completed and keeps my neighbours happy to boot!

You can read more of Geoff's garden at:

[www.driftwoodbysea.co.uk](http://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.





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