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11/20

Issue 005  
November 2020

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# Bournefree



Light delight  
Pages 8 and 9

## REBECCA TAKES THE HELM

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# Eastbourne's very own Dorit receives the British Empire Medal

## DORIT Oliver-Wolff has received her British Empire Medal.

By **Peter Lindsey**

**The ceremony took place in the Mayor's Parlour and the Lord Lieutenant, Peter Field, was present with the Deputy Lieutenant, Violet Hancock.**

Eastbourne Mayor Steve Wallis said: "Dorit is an inspiration to so many, from surviving the holocaust, a singing career, writing, lecturing and supporting so many charities.

"We in Eastbourne are lucky to have her amongst us and I am honoured to have her as a friend.

"Well done Dorit Oliver-Wolff BEM."

Dorit Oliver-Wolff, 84, was given a British Empire Medal for services to Holocaust education and awareness.

She has been giving talks to schools, community groups and businesses about her experiences for more than a decade.

She said she was "really excited" to be honoured for just doing her job.

Ms Oliver-Wolff was born in Novi Sad in Serbia – formerly Yugoslavia – and was unaware that she was Jewish until the age of five, when a woman spat at her on the street.

In 1941, she and her mother fled and travelled from place to place within Hungary, creating new identities

before hiding in a cellar, from where her mother would sneak out at night to look for food in bombed-out shops.

She returned to Serbia in 1945 after the Soviet army liberated Hungary, where she discovered that her father and the rest of the family had been killed by the Nazis.

Ms Oliver-Wolff said all she wanted to do was "to become a singer one day".

Two years later she was awarded a scholarship to a music academy and went on to become a jazz and blues singer and "pin-up" model in Germany.

Ms Oliver-Wolff was among 31 people recognised in the New Year Honours list for Holocaust education.



From Left: Deputy Lieutenant, Violet Hancock; Mayor Steve Wallis; Dorit Oliver-Wolff and Lord Lieutenant, Peter Field.

## Bournefree

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

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**Bournefree**: here for the people of Eastbourne.



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

# Rebecca takes the helm at East Sussex College

**East Sussex College Group has appointed a new Chief Executive Officer and Principal, Rebecca Conroy.**

By **Peter Lindsey**

**Rebecca has been Acting CEO since February this year and was appointed to the permanent role after a robust national recruitment process.**

East Sussex College has a £50 million annual turnover and supports 5000 young people, 9000 adult students and employs 1200 staff.

It plays a vital educational role in the community with campuses in Eastbourne, Hastings, Lewes and Newhaven.

Rebecca said: "It is a real privilege to have been appointed as CEO and Principal of this fantastic organisation.

"I am determined that East Sussex College will continue to provide our communities with high quality and relevant curriculum offers.

"The team at the college are truly dedicated to their students' future success and have worked with such innovation and resilience through the challenges of the last few months.

"Our students deserve the very best – more so now than ever before.

"We are about to embark on a consultation exercise to develop our new strategic plan, with the target of being completed by the end of March 2021.

"I look forward to working with our broad range of stakeholders on that to shape our future together."

Rebecca has worked in the Education sector for more than 20 years.

She started her FE career at former Sussex Downs College, has held senior leadership roles within GBMET College before joining the East Sussex College leadership team in May 2018 as Principal of the Eastbourne campus.



Rebecca Conroy.

Rebecca is a respected figure within East Sussex county, borough, and district teams, and is well known to headteachers and political leaders in the area.

During her six-month 'acting' role, she has improved the college's financial health, despite the COVID-19 challenge, she has overseen the development of online learning capability throughout lockdown, and she has guided the college through a successful enrolment period for 2020/21 academic year.

## Have your say on the future of the DGH

By **Peter Lindsey**

**CAROLINE Ansell wants everyone to have their say on a new hospital for Eastbourne.**

The Eastbourne MP said: "The incredibly exciting news about the 100s of millions of pounds of government money coming to Eastbourne to build a new hospital has really enthused our town.

"East Sussex Healthcare NHS Trust has already said it wants to work in partnership with local people, patients

and staff to develop the plans as part of its 'Building for our Future' project.

"I will be doing just that and I hope everyone else does so too.

"The new hospital will give us state-of-the-art facilities and is a once-in-a-generation event that will benefit everyone in Eastbourne and beyond.

"It's therefore important we get it right and we discuss openly and honestly about what is wanted and what can be delivered.

"So, I urge residents to engage with the Trust and give their opinion on what they want the hospital to be."

Go to: [www.esht.nhs.uk/building-for-our-future](http://www.esht.nhs.uk/building-for-our-future) to express your view.



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## 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**



# Eastbourne's Cracker of a Christmas!

**Just because 2020 has been a bit rubbish, does not mean that Christmas needs to be cancelled! Your Eastbourne BID has been planning Christmas 2020 since last year and our plans have had to change many times.**

By **Leanna Forse**

**Now though, we have these activities finalised and confirmed. There might be last minute changes due to COVID regulations but we are confident that Eastbourne's Christmas 2020 will not be cancelled.**

## Lights

Much of the lighting scheme is replicated from last year, with lights in Little Chelsea, Terminus Road, Cornfield Road, Cornfield Terrace and Gildredge Road.

In addition to this, we are including new installations in Station Parade as well as the return of lights in Bolton Road and Langney Road. Also, we have commissioned festoon lighting (like that in Grove Road over winter) to be installed in Station Street and Terminus Road between Cancer Research UK and TJ Hughes.

These should all be installed by the 16th of November.

## Christmas Market and Christmas Youth Market

Fabulous food, delicious drinks and gorgeous gifts! Eastbourne's Christmas Market will be taking place from 17th to 20th December. It will feature our regular traders, but we are also working closely with East Sussex College Group, National Market Traders Federation and Brighton University to provide opportunities for young people (aged 16–30) to trade at the event.

One lucky trader will be voted the "Best Youth Trader" and will win £250 cash along with a business support package to help grow their business. Our market is fully licensed and has been approved by Eastbourne Borough Council to ensure that it operates safely under COVID secure guidelines. Stretching from the Halifax to the Enterprise Centre, there will be plenty of space to physically distance.

## Eastbourne's best ever year

We are really excited to be organising a Christmas draw this year. For every £40 a customer



spends in any business within the BID, between 1st and 24th December, they can bring their receipt to one of our distribution points (venues to be confirmed) and receive a free raffle ticket.

## Huge prize

The first prize is HUGE! The winner will receive 'The Best Eastbourne Year' in 2021, with tickets to all Eastbourne's big events, including tennis and VIP Airbourne tickets, theatre tickets, £300 in Enterprise Centre vouchers, lunches and dinners, a new television, Ninja Warrior passes, and so much more! The draw will be held at 5pm on Christmas Eve and streamed live on Facebook.

For more information about the raffle and to see a map of the BID area, visit the website:

[www.eastbournechristmas.com/christmas-cracker-affle.html](http://www.eastbournechristmas.com/christmas-cracker-affle.html)

## The Great Elf Hunt

The mischievous Christmas elves are on their way to Eastbourne! Once they arrive in town, we will be launching the Great Elf Hunt — encouraging children to find elves that are hiding in shop windows. Children who find ten unique elves will be entered into a prize draw.

Families will be able to take part in the Great Elf Hunt by picking up an entry form from one of the participating shops or electronically by visiting the Eastbourne Christmas website:

[www.eastbournechristmas.com](http://www.eastbournechristmas.com)



You can find out all about Eastbourne's Cracker of a Christmas by visiting:  
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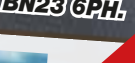
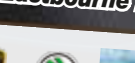
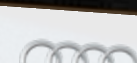
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# WE ARE OPEN DURING LOCKDOWN



# The Beacon and Langney Shopping Centre open for business

**SOME 25 shops in The Beacon are trading during Lockdown 2.**

By **Peter Lindsey**

**The Beacon will be open with many stores available for essential goods and services.**

The shopping centre says: "The safety of our retailers, centre team and visitors are paramount, and we'd like to thank you for your continued patience and understanding during this challenging time."



Stores remaining open include:

**Sainsbury's  
M&S  
Boots  
Specsavers  
Vision Express  
Wilko  
Grape Tree  
Watson's News  
Holland and Barrett  
Metro Bank**

The centre will be open daily from 9am – 6pm with access via all our entrances available to customers.

Some stores are also open for click and collect and takeaway, including:

**The Bok Shop  
Nando's  
Muffin Break  
Jamaica Blue  
McDonalds  
Robert Dyas  
H&M  
Next  
Game  
W. Brufords  
Phase Eight  
Lush  
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Ernest Jones  
Vodafone**



**Bosses say: "We just wanted to let all our customers and visitors know that Langney Shopping Centre will remain open during lockdown so you will still be able to get your essential items as per the government guidelines."**

A list of the shops which can remain open as normal is available here.

When stores are busy a queuing system will be operating as they did before. Both entrances will be open throughout the day.

**LANGNEY Shopping Centre is also open during the November lockdown.**

The centre is open from 8am to 8pm, but check with individual stores for their opening and closing times.

Please note that the public toilets will be closed.

The following shops are considered essential and will remain open during this lockdown:

**Tesco  
Iceland  
Boots  
Langney Post Office and Sweetie choices  
Home Bargains  
Poundland**

**Windmills Bakery and Costa Coffee** will be open for take away but their seating areas will be closed.

**Domino's Pizza** will be open for take away and delivery but their seating area will be closed.

**In Perspective Arts, Crafts & Models** will be available for phone and online orders for local delivery and store collection."

**eastbourne-is-waiting.uk**



# An amazing Christmas experience awaits the whole family at Sharnfold Farm

## And we mean amazing!

**The top visitor attraction on the Hailsham Road at Stone Cross prides itself in providing 100 per cent customer service all year round.**

But festive fun at the Farm will be on an entirely different level this Christmas with an amazing Farmyard Cinema: Festive Fun on the Farm, premiering this December.

**Sussex will never have seen anything like this before**

The Christmas event will transport you on a magical (COVID-19 safe) festive adventure.

### **CHRISTMAS 2020 at Sharnfold Farm is going to be something very special**

This is the perfect treat to look forward to and enjoy once lockdown is lifted!

Go on an immersive cinematic spectacle that will put a smile on everyone's faces this Christmas time and promises a spellbinding escape from reality.

The truly unique experience transports you to an intimate magical wintry wonderland where a feast of festive film favourites

and an array of movie munch must haves await your enjoyment!

#### **"The Experience"**

To begin your adventure take a wander through the snow covered, sparkling wintry woodland walk where you will be surrounded by Christmas trees adorned with twinkling lights and decorations.

Next, step into the mesmerising light tunnel that will envelop you in illumination and fully transport you into our magical world.

Finally, venture into the depths of the enchanted forest, take a seat on your giant comfy bean bags, order from a selection of hot chocolate, mulled wine, popcorn, gingerbread men & many other festive treats from our woodland bar before the lights dim and your favourite Christmas movie begins.

There is also a whole host of family festive fun thrown in for good measure to ensure that the children in our audiences — and indeed the children in all of us — are grinning from ear to ear!

Santa's cheekiest elves will be hiding in the trees of your woodland walk so

To book log onto: [www.sharnfoldfarm.co.uk](http://www.sharnfoldfarm.co.uk)



be sure to keep your eyes peeled for them and complete your activity sheet as you go round.

Our North Pole Express post box will be ready and waiting for your wish-list letters for instant delivery to Santa.

### Special surprise

Most excitingly of all we have managed to organise a surprise video call from Mr Claus himself in Lapland and a special present delivered direct from the elves busy workshop for all the children in the audience – just as long as you are on Santa's nice list of course :)

As many of our younger audience are normally tucked up in bed earlier than the grown ups please note that all screenings with a start time of 7pm or later **do not** include the video call from Santa or elves delivery part of the experience.

We have worked tirelessly and implemented stringent safety measures to make sure our Farmyard Cinema event is Covid compliant and ensures the safety and enjoyment of all of our valued guests and staff.

We have limited the ticket numbers of every screening to allow for social distancing between the seating groups and orders from the bar will be served directly to you.

### Book early!

Advanced booking is essential. You will be turned away if you arrive at The Farmyard Cinema event without a ticket.

We will be asking customers to socially distance at all times whilst on the farm.

Seating in the cinema space will be on giant bean bags which will

be cleaned and sanitised between each performance, as will all contact surfaces in the event space.

We will be taking part in the NHS Test & Trace and details from your booking will be kept and used for this purpose.

Farmyard Cinema will be running every day from the 5th – 23rd December (pending government guidelines – please check back regularly for the most up to date information.)

### Snuggle up

The screening takes place in our heritage listed Sussex barn and whilst heating will be provided, due to the size & construction type of the building, it may not be as warm as other indoor venues. Therefore we would strongly suggest you wrap up and we invite you to bring along your own blankets to snuggle up with.

Only goods purchased on the premises can be consumed during the experience.

This is a cashless event – only card payments will be accepted.

Experience duration is approximately 2.5–3 hours pending film length.

If you have any questions or special requirements please get in contact with at [christmasatsharnfold@gmail.com](mailto:christmasatsharnfold@gmail.com) and we will be more than happy to help.

**REFUNDS:** Due to the uncertain nature of the country right now, if the national lockdown is extended past 2nd December and we are forced to cancel the event we are offering either a ticket transfer to a future screening or a full refund (minus the booking fee) for everyone.

All ticket prices are for single admission, so please ensure you select the correct quantity of tickets based on your group size. Please note in compliance with government guidelines we are only able to seat you in maximum group numbers of 6.

If your party size exceeds this number your group will have to be split into smaller groups. If your party size is larger than 6 but you are from one household or one support bubble or you have any other special requirements we will be delighted to assist you so please get in contact with us at: [christmasatsharnfold@gmail.com](mailto:christmasatsharnfold@gmail.com)

All tickets are for general admission and cost £25 per person + booking fee.

**Adults:** This ticket cost includes the wintry woodland walk, light tunnel and full feature film experience in our enchanted forest.

**Children (aged 3–12):** This child ticket cost includes a "Hiding Elves" activity sheet to complete during your wintry woodland walk & light tunnel experience, a chance to post your letter to santa in our North Pole Express post box on arrival to the enchanted forest, a surprise video call encounter with Santa plus a present direct from his elves workshops in Lapland (just as long as you are on his good list, of course!)

Experience duration is approximately 2.5–3 hours pending film length. A maximum of 6 tickets are available per booking.

*Infants aged **under 3** on the day of the event are admitted for free but still require an entry ticket so please be sure to add this into your basket before checkout.*

**Join us for an amazing time!**

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

## FILMS SHOWING

**The Grinch (2018)**

**How the Grinch stole Christmas**

**Home Alone**

**The Nightmare before Christmas**

**Die Hard**

**It's a wonderful life**

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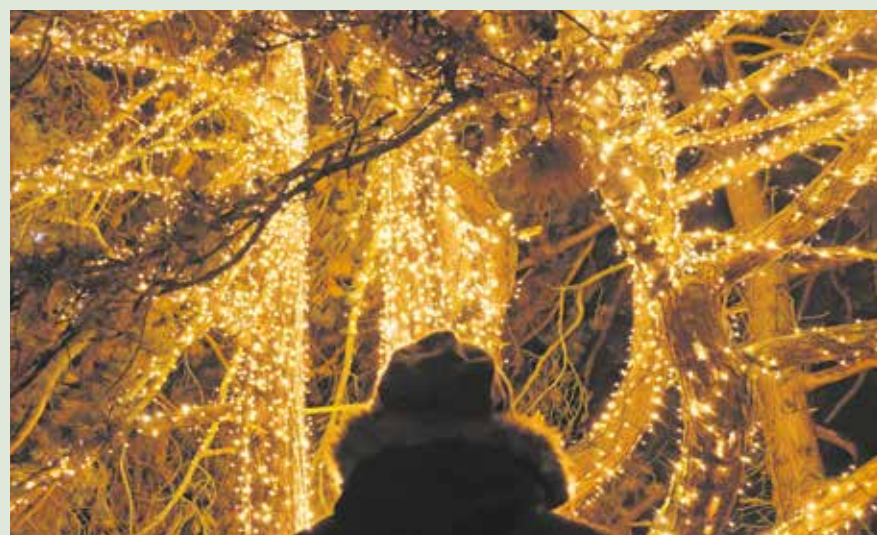
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IT'S BEGINNING TO FEEL A LOT LIKE

# Christmas

If you're looking for the perfect gift, something a little different, then we can help. Visit the Enterprise Shopping Centre, situated next to Eastbourne's Railway Station, with its eclectic mix of boutique style shops, you are sure to find something for everyone on your list!

With gorgeous giftware, accessories, designer menswear, vintage & bespoke ladies fashion, you will find unique ranges, not often found on the high street.

If you need to relax and recharge whilst shopping, the Enterprise can offer plenty of eateries, great coffee and even craft beer and taproom too. You'll find everything from a Full English Breakfast, to delicious Thai food, a Yummy noodle bar and homemade cakes & bakes.



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# Author launches novel in aid of anti-trafficking in Cambodia

**EASTBOURNE author Gabrielle Yetter released her new novel *Whisper of the Lotus* on November 9th to support *Justice and Soul*, an anti-trafficking organisation.**

By **Peter Lindsey**

**Inspired by her experiences while living in Cambodia, the book is a fictional story about Charlotte Fontaine, a young woman who travels to Phnom Penh to visit her best friend and meets a mysterious elderly man on the flight.**

When she arrives, she discovers a land of golden temples, orange-clad monks, and kind-hearted people, then realises many things are not what they seem—including her own family relationships that bubble to the surface through a series of revelations.

It was released on November 9th, Cambodian Independence Day.

"I wanted to share some of the exotic charm of the country in my book," Gabrielle said. "After experiencing how it felt to live there, I wanted to take readers into my Cambodia. I have included a number of fascinating real-life characters—some of whom are named, such as SomOn, our tuk-tuk driver, who became a friend, and I've woven actual-life situations into the story.

"Throughout the book, Charlotte is on a quest that takes her through dusty back alleys and shimmering pagodas where she meets people who provide

insights into her own strengths and imperfections: a sleazy café owner, a compassionate Buddhist monk, an elderly Cambodian who survived the Khmer Rouge, and a woman who reminds her of her mother. And all of them play a role in teaching her different things about herself."

*Whisper of the Lotus* is a multi-layered story full of memorable characters and the sights and senses of a magical country.

*Whisper of the Lotus* is available for purchase as a paperback or ebook on Amazon.

Gabrielle can be reached through her website at: [www.GabrielleYetter.com](http://www.GabrielleYetter.com)



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# When East meets West in a not so sleepy Eastbourne

**Eastbourne Auctions LIVE ONLINE sales have continued to survive and thrive throughout the COVID-19 crisis.**

By **Jeannette May**

**This Eastern inspired charger (pictured right) could have easily been mistaken to have travelled hundreds of miles from the Orient, when in fact it came from the Arts and Crafts Potter William de Morgan in London during the 1880's.**

**It sold for: £12,500.**

Unlike this small Oriental/Chinese wooden stand (pictured below) travelled to the South Coast of England, who knows how?

**It sold for: £2,250.**



But at Eastbourne Auctions we like our fun moments too, last sale they came courtesy of Sooty Sweep and Soo (see picture) Selling to an avid collector for £1,750

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# 'Fragile world' mural wins praise

**AN Eastbourne artist has transformed an old wall in Hampden Park into a spectacular mural with an environmental focus.**

By **Peter Lindsey**

**Tanya-Lisa Parsons, who is also known on social media as *Jewl*, has painted a striking image she describes as 'a fragile world suspended in the void of space' on the biggest wall of the old changing rooms in Hampden Park, facing the sports fields.**

Eastbourne Borough Council gave her permission for the mural following her request.

Speaking of her inspiration for the art project, Tanya said: "We are running out of time to save our planet. We can all make a difference by taking action – future generations depend on it."

Tanya used to suffer with dependency issues and volunteered with East Sussex Recovery Alliance at *Café North* to run an art class called



Tanya with her mural.

*Addicted2Art* for people recovering from drug addiction but this has stopped due to COVID-19.

"Having this has been a useful stop gap and still enables me to get my message out there," she said.

Tanya has also helped the organisation *Bhassexplore*, which removes rubbish along the coastline from Cuckmere Haven to Holywell, and made a life size mermaid from some of the debris collected.

Her Hampden Park mural, which features glow-in-the-dark paint, is already turning the heads of park-users and a local school has showed pictures of her work in their online assembly and is bringing pupils to the park to view the artwork first-hand.

Tanya added: "Being able to inspire others through my work is the biggest high of all."

Follow Tanya on Facebook at *Paint-Hearted* and on Instagram at *lady-jewl*.

# Sussex police donates £300

**SUSSEX Police has donated £300 to Pevensey & Westham Girls' Under 10s football team.**

By **Peter Lindsey**

**The money came from the Police Property Act Fund (PPAF) – a pot of money made up from the sale of found property and from property confiscated by order of the court and then sold.**

Steve Hadfield, team coach, said: "Pevensey & Westham is a relatively new football team. We work hard to ensure the girls are central to everything.

"We are a family club and as such try really hard to keep the costs as low as possible. This money will



help enormously to ensure the team can turn up on match day with a decent kit and then let their football do the talking."

PCSO Jake Hopgood, of the Eastbourne Neighbourhood

Policing Team, said: "I was delighted to have been able to help, and to present the cheque to the team on a match day. They looked great in their new kit and it was lovely to see them enjoying their sport and having fun."

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Introducing a curated selection of beautiful trend setting stationery.



# All things Analogue

**Eastbourne has long been the place for sea, sun and now for stationery too. A new stationery shop in the heart of Eastbourne is the perfect sanctuary for stationery lovers.**

By **Emily Sander**

**All Things Analogue is a beautifully presented sweet shop for stationery fans, stocking notebooks, planners, pens, pencils, desk accessories, books and lifestyle products.**

## Deep love and knowledge

The shop is the creation of Abel Dos Santos and his partner, Nicki Higgins, who grew up in Eastbourne. Working in the stationery retail sector for many years, Abel has developed

a deep love and knowledge of stationery and analogue tools.

Abel says, “The aim for *All Things Analogue* is to create a sanctuary for stationery lovers, inspiring people to write, draw, capture and create.”

## Creating something new

After ten years together in London, the couple felt the time was right to relocate and create something new for their family, swapping South London for the south coast back in August.

Nicki added, “While opening a stationery shop in the middle of a global pandemic might not seem like an obvious choice, it felt like the right time for us to do something we’d been talking about for ages and relocate closer to family at the same time.”

Eastbourne has quickly become home for the couple who have been overwhelmed by how welcoming customers have been.

## Expanding art

“What’s been great so far is the conversations with customers about what stationery they use and what for, which helps us shape the emphasises within the store. For example we will be expanding our art supplies section having had so many requests for it.”

The couple hope that the physical store will very much be part of the local community: somewhere to chat about the stationery you love, what

you create with it and to reflect what the area wants alongside introducing a curated selection of beautiful trend setting stationery.



Abel Dos Santos and Nicki Higgins.

[www.allthingsanalogue.co.uk](http://www.allthingsanalogue.co.uk)  
**01323 573532**  
**@allthingsanalogue**

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# Let's hear it for our community heroes



Councillor Pam Doodes.

## Our Wealden community individual heroes include:

### Kelly Ellis, Cuckmere Valley:

the Pastoral Minister, for her shopping trips and keeping in touch with everyone.

### Dr Annabel Emslie, Hellingly:

setting up a WhatsApp group for the village which brought the community together and led to other activities.

### Pippa Cross, Herstmonceux:

setting up the local parish support scheme from day one, organising the helpline and deliveries, then helping re-shape the service as lockdown eased.

### Daniel Brookbank, Pevensey:

cooking 30 Easter lunches and then organised 30 VE celebration packs for residents who were shielding.

## Our Wealden community group heroes include:

**The Cuckmere Support Network, Alfriston:** continuing to support local people who are shielding, taking more than 258 phone calls and delivering 180 prescriptions.

**Local Community Watch, East Dean and Friston:** providing free, confidential and informal help to residents which has built lasting links and friendships.

### Hailsham Active, Hailsham:

providing exercise opportunities online and then socially distanced classes to support physical and mental wellbeing.

### You Raise Me Up, Polegate:

organised online meetings and drop in sessions for bereaved families and others needing support and advice.

## AN amazing 21 people and groups have been recognised by the Wealden Chairman's Community Awards.

By **Peter Lindsey**

**They are recognised for their outstanding help, neighbourliness, contribution and service to individuals and the community throughout the COVID-19 lock down period and beyond.**

"It never ceases to amaze me how the people of Wealden pull out all the stops when their friends, neighbours and the community need assistance in times of trouble," said Councillor Pam Doodes, Chairman of Wealden District Council.

"I feel immensely proud to live amongst the generous people of Wealden. Huge, grateful thanks to everyone for their kindness, thoughtfulness and unflinching and continuing help to others."

# Ask the experts...

## HOW they are handling the latest Covid situation.

By **Peter Lindsey**

**The East Sussex Visitor Summit is being held on November 24th at 10am.**

Join Alex Polizzi, Channel 5's Hotel Inspector and owner of The Polizzi

Collection, Mark Driver of Rathfinny Wine Estate, Julia Hand of Hand Picked Hotels Worldwide, Simon Longbottom (to be confirmed), CEO of one of the largest hospitality groups in the UK, the Stonegate Pub Company and Nick White of Bistrot Pierre UK.

Our hospitality experts will be asked how they built their businesses

and how they are coping with a second lockdown and the ongoing uncertainty of Covid by Rob Cottrill, CEO of both Lewes District and Eastbourne Borough Councils.

## Dedicated support for your business – free of charge

The Alliance of Chambers in East Sussex will also be launching a support programme to help you to find your way through the Covid situation with the assistance of your own dedicated business mentor, free of charge, as funded by the ERDF and Wealden, Eastbourne and Lewes Councils.



Alex Polizzi.

Go to: [www.acesalliance.org](http://www.acesalliance.org) for your chance to register.

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# Happy Mondays in Eastbourne are delayed until January!

**IT was supposed to be for November but has now been delayed because of Lockdown.**

By **Peter Lindsey**

**Businesses in Victoria Place, the seafront end of Terminus Road, are launching "Happy Mondays" offering exclusive discounts and offers to customers every Monday in January.**

Businesses taking part include Qualisea Fish Restaurant, HS Diner, Gianni's, Athens, Toreros, gr/eat Greek deli & cuisine, Belgian Café, Hashtag Hair, Harry Ramsdens, The Beach Hut, Rostick and Nelly's.

Katerina Tutt from Qualisea Fish Restaurant said "We are really grateful for all the support from our customers and are excited to be rewarding their loyalty with a series of special offers. We want to make coming to Victoria Place really special, particularly during winter. Our fantastic restaurants and shops will be offering everything from cocktails to money off offers every Monday during January."

Greg Corona from the Belgian Café added "Participating businesses and their offers can be found on

our Facebook page 'Victoria Place Eastbourne', and will be displaying a poster in their window. Come and grab a deal!"

You can also see all the participating businesses and their offers on the Your Eastbourne BID website: <http://youreastbournebid.com/happy-mondays/>



Local artist Ellie Fryer painting murals on the centre's walls.

## Countryside Centre boost

**WORK is underway to refresh and enhance the Beachy Head Countryside Centre in line with changes to visitor expectations over recent years.**

By **Peter Lindsey**

**Under the new name of the Beachy Head Story, it will tell the history of the South Downs around Beachy Head from the formation of the chalk over 90 million years ago to the present day and beyond, using the experiences and words of people who have lived, worked or been inspired by the area.**

Councillor Jonathan Dow, Cabinet member for Climate Change, said: "This is a very exciting project that will incorporate tales from shepherds, smugglers, heroes and poets using images and artefacts from the Eastbourne collection.

"The stories have been chosen to reflect the spirit of our much-loved area and will frame the most incredible story of all, the living landscape viewed from the picture window.

"We are also developing a shop to reflect this iconic landscape and showcase local producers and makers as well as a variety of other wonderful gifts."

### Celebrating the downland

This work is one of the headline projects within Eastbourne Borough Council's Whole Estate Plan, a 25-year environmental management plan that has been endorsed by the South Downs National Park Authority.

Councillor Dow added: "I would also like to take this opportunity to extend the council's thanks to the Beachy Head Countryside Centre trustees who, over many years, have given freely of their time and energy to support the running of the centre.

"We hope they, along with residents and visitors, will enjoy the new-look centre that has been specially-designed to celebrate the rich history of our downland."

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one card of skaters on Pells Pool in Lewes. Raymond Briggs and his Snowman, Marilyn Monroe (rumoured to have had lunch at the Shelley's Hotel), actor Mark Williams, Ann of Cleves, Guy Fawkes and others mingle on the frozen pool.

Other iconic scenes include skating at Brighton Pavilion, a Christmas swim on Eastbourne seafront, Castle Gate in Lewes and Eastbourne Bandstand.

Lyndsey has been working with SASBAH for a number of years and the funds raised via card sales form a vital part of the small charity's annual fundraising, with almost £15,000 raised through *Cards for Good Causes* last year. With at least 70p in every pound going back to the charity, buying charity Christmas cards is one of the easiest ways to support worthwhile charities this festive season.

They cost £4 for a pack of ten.

Smaller or bigger orders are also welcomed.

To order these cards, please email: [rom@sasbah.org.uk](mailto:rom@sasbah.org.uk)

# Fun Christmas cards support local charity

**IT'S** that time of year when people will be buying their Christmas cards to send. Some may have already bought theirs.

By **Peter Lindsey**

**Well, a local charity has produced two cards, one of Eastbourne Bandstand and the other of Eastbourne's annual Christmas Swim.**

They are the work of the very talented Lyndsey Smith.

Lewes-based artist Lyndsey Smith's colourful depictions of Sussex scenes have become very popular

as Christmas cards to raise money for local charity SASBAH (the Sussex Association for Spina Bifida and Hydrocephalus).

The humorous way in which Lyndsey adds well-known Sussex characters into her watercolour paintings has become a trademark of her style.

Celebrities and historical figures associated with Lewes feature on



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# Towner wins!

## EASTBOURNE'S Towner Art Gallery named 'Museum of the Year'.

By **Peter Lindsey**

**Five museums and galleries, including the Towner Art Gallery, have shared the coveted title of 'Museum of the Year' title for 2020.**

The judges decided to split the honour five ways this year rather than picking one winner as usual.

The winners range from London's Science Museum to Gairloch Museum, in a former nuclear bunker in north-west Scotland.

The others are Aberdeen Art Gallery, South London Gallery and Towner Art Gallery in Eastbourne.

In recent years, the 'Museum of the Year' winner has received £100,000, with four other shortlisted institutions getting £10,000 each. This year, the five winners will pocket £40,000 each.

The Art Fund said the shake-up was a response to the "unprecedented challenges that all museums face this year".

The Towner Gallery was praised for the way it had "redefined its purpose as a free and open community



resource and launched a new vision to transform communities through art" despite a cut in funding.

The judges said they also admired its "genuine commitment to promoting under-represented artists".

Joe Hill, Director of Towner Eastbourne, said "We are delighted to be a winner of Art Fund Museum of the Year 2020.

"It's been a privilege to lead Towner since 2018 and to work with my wonderful colleagues and our partners to develop Towner into the institution

we are now; a community hub for art and culture at the heart of our town.

"In 2019, as we marked our tenth anniversary in our current building, we had a chance to celebrate and reflect on the impact that the arts can have on a place.

"It's been a pleasure to see so many people engaging with our brightly coloured exterior commission, our broad exhibition and events programme and the range of outreach programmes that benefit groups across Eastbourne and Sussex."

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# TheChaseleyTrust

Your specialist local charity enabling people with complex disabilities live a full and active life

Located in South Cliff, Eastbourne, The Chaseley Trust is a 55 bed charity care home offering high-quality care, nursing and rehabilitation services for adults with severe injuries as a result of Acquired Brain Injury, spinal cord injury, strokes and neurological disabilities, such as motor neurone, parkinson's and multiple sclerosis.



## We offer residents:

- 24 hour residential care and nursing for long term and respite stays
- Specialist rehabilitation services – neuro physiotherapy & occupational therapy
- Fully wheelchair accessible gym facilities also open to the local community
- Dedicated and highly trained staff
- A varied range of stimulating activities
- Healthy and nutritious meals tailored to personal diets
- A home from home in a stunning seaside location
- Casbar, our bistro cafe open to family and guests to socialise during the day

## We offer staff:

- Comprehensive training
- Free Lead Adult Care Worker courses & apprenticeships
- Competitive rates of pay
- Rewarding work
- Career development
- Fixed 5 week rolling rota
- Benefits include free health scheme and life insurance cover

## We offer the community:

- Volunteering opportunities
- Fundraising events and opportunities
- A very worthy local cause to support

For further information or to visit, please contact us on **01323 744200**  
or by email: [info@chaseleytrust.org](mailto:info@chaseleytrust.org)

[www.chaseley.org.uk](http://www.chaseley.org.uk)





# Chaseley Trust launches a fundraising appeal for Sensory Room

**DURING 2020 The Chaseley Trust had planned to raise funds to create a Sensory Room for its residents.**

By **Peter Lindsey**

**Due to Coronavirus, all its fundraising events were cancelled and so the plans were put on hold, until now.**

Whilst Chaseley feel that it is still not possible to host a fundraising event safely, they have launched a virtual campaign to raise the funds needed, especially as a Sensory Room is another way for them to support resident well-being at this current time.



## Relieving increased stress

Fundraising Manager Jodie Cornford said: "As we are entering the second wave there is potential for our residents to experience an increase in their stress and anxiety levels.

"Having a Sensory Room with specialised equipment, beanbags on the floor, interactive stimuli such as lights and music would be very therapeutic and offer our residents another way to relax.

"We have been very lucky here at Chaseley to have ensured our residents have remained COVID-19 free, but naturally minimised and controlled, non-physical contact with loved ones really does have an impact, especially after seven months, so this appeal will really benefit all our residents."

## Improving Independence

The Sensory Room will help to further develop residents' functional performances as part of their care programmes and enable them to improve their independence using multi-sensory inputs to explore and positively challenge their abilities.

Some key benefits of a Sensory Room include:

- Enhancing an individual's feelings of comfort and well-being.
- Relieving stress and pain.
- Increasing attention to their surroundings.
- Improving communication and memory.
- Creating positive mood and behavioural changes.

Visit: [virginmoneygiving.com/fund/Chaseleysensoryroom](http://virginmoneygiving.com/fund/Chaseleysensoryroom)

Further information is available on the Chaseley Trust website and if you would like to host your own fundraiser for this appeal, such as a cake sale or a sponsored walk/run please contact Jodie on [fundraising@chaseleytrust.org](mailto:fundraising@chaseleytrust.org)

Residents at Chaseley.

# Celebrating 75 years

**Chaseley Trust will be celebrating its 75th birthday next year.**

By **Peter Lindsey**

**On Tuesday 24th September 1946, Chaseley's Charity Deed was sealed, following the generous donation of the Chaseley house and £50,000 from Lady Michaelis a year prior, enabling Chaseley to become a hospital for paralysed servicemen.**

Chaseley was officially opened one month later, on Monday 28th October.

Over the past 75 years Chaseley's services have developed greatly, leading it to become a unique charity nursing home providing specialised nursing care and rehabilitation for adults with severe physical disabilities, regardless of military background.

Residents have high, complex care needs that consist of a wide range of neurological disabilities, including spinal injury, acquired and traumatic brain injury, stroke rehabilitation and degenerative neurological conditions such as Multiple Sclerosis, Motor Neurone and Parkinson's disease.

Throughout 2021, Chaseley is looking to celebrate this milestone through a variety of events and storytelling across their social media and website, whilst also looking at raising funds for their 75th Anniversary fundraising appeal.

If you have any ideas of ways Chaseley could celebrate, or you have stories of Chaseley that you could share then please get in touch, alternatively if you would like to support Chaseley by hosting a fundraising event or making them your Charity of the Year please contact their Fundraising Manager on **01323 744200** or [fundraising@chaseleytrust.org](mailto:fundraising@chaseleytrust.org)



# ignite

## PR & Engagement



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

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### 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.

### 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.

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We want you to stand out from the crowd! Working with our expert team you are assured of a dynamic, eye catching campaign. We have substantial experience in TV and radio, newspapers, online, photography, graphic design and corporate films.

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



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or call 07751 290574 / 07710 934574**

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# Training for new specialist cardiac doctors at the DGH



Specialist cardiac doctors in training.

**SIMULATION** training for new specialist cardiac doctors to improve their skills with heart procedures has taken place in a Covid secure environment at the Trust.

By **Peter Lindsey**

**This allows doctors the opportunity to learn and practice procedures in a simulated situation using high-tech mannequins and IT training devices.**

Professor Nikhil Patel, Consultant Cardiologist and Course Director said: "During these challenging times we are delighted to be taking part in this improved form of training for cardiac doctors. We are proud that Eastbourne DGH is one of a handful of hospitals in the UK selected to be involved.

"Simulation training has been around a long time in the aviation industry and is now integral in medical training. This training uses high-tech mannequins and simulators to help junior doctors learn and develop their technique so that they are safe and prepared before they perform these procedures on patients. The feedback we have received from the British Cardiac Society on our course as well as the trainees themselves is extremely positive."

Dr Richard Veasey, Consultant Cardiologist said: "We were very excited to have been able to deliver this with social distancing and the new challenges this year has brought us."

The simulation training covered team working, angiography (examining blood vessels using X-ray), pace making procedures and cardiac echocardiography.

# Specialist support for people diagnosed with sight loss

**THE Royal National Institute of Blind People and East Sussex Healthcare NHS Trust have launched a new service providing emotional and practical support to people newly diagnosed with sight loss.**

By **Peter Lindsey**

**A new Eye Clinic Liaison Officer (ECLO) will work alongside health professionals to offer support and advice to blind and partially sighted people in East Sussex; working between Eastbourne District General and Bexhill Hospitals, as well as Conquest Hospital when needed.**

Areas of support include independent living, returning to work, benefit entitlements, emotional support, and coping at home.

Michaela Hendrick, pictured, has been recruited to the ECLO role at East Sussex Healthcare NHS Trust.

Michaela said: "I can offer support to people when they might be feeling at their lowest. I understand that if

someone arrives in clinic and they are told their sight is getting worse, it's life-changing news. This applies to those with long-standing sight loss or newly diagnosed.

My role is about reassuring the patient that they're not alone and helping them get the right support in a timely manner to enable them to remain independent."



Over 70,000 ophthalmology patients receive treatment from East Sussex Healthcare NHS Trust each year.

Visit RNIB's website:  
**[www.rnib.org.uk/eclo](http://www.rnib.org.uk/eclo)**

**eastbourne-is-waiting.uk**

# Police carry out crackdown

**THE Police doing their best to crack down on anti-social behaviour in Eastbourne.**

By **Peter Lindsey**

**MORE than 400 hours of patrols were carried out by police in Eastbourne during a week-long crackdown on anti-social behaviour.**

Each day of the October half term, around a dozen officers from the Neighbourhood Policing Team (NPT) conducted targeted patrols in hotspot areas, visited vulnerable communities and took action against those committing road-related and drug-related crimes.

The team, made up of police officers and police community support officers (PCSOs), arrested 10 people for offences including drug dealing, possession of drugs and arson.

## Vulnerable safeguarded

This included two people who were arrested after officers stopped a vehicle suspected of being involved in the supply of Class A drugs. This also led to a vulnerable woman being safeguarded from potential harm and cuckooing.

A wanted person was also arrested after police paid an unannounced visit to a vulnerable man who had been targeted by drug dealers in the past. Officers working to safeguard the man took proactive action to support him and in doing so, found someone who was wanted for failing to attend court.

This was one of around 10 visits paid to victims of cuckooing to ensure they are being supported and sufficient safeguarding is in place.

Five vehicles were seized during the week for having no valid insurance. All were identified by officers on patrol, and resulted in the drivers being fined and given penalty points.

## Drugs and alcohol seized

Other seizures included drugs, knives, alcohol and a suspected stolen credit card. A large quantity of alcohol was seized from underage drinkers in the Motcombe area after police responded to a call from a resident.

The group had been causing a significant disturbance and impacting families nearby, but were dealt with by PCSOs using their powers of alcohol seizure.

During the course of the week's activity, police also gathered 30 pieces of intelligence around drugs, suspicious vehicles, and wanted persons.

## Listening to concerns

Eastbourne NPT Acting Sergeant Ed Faulkner said: "We are always listening to the concerns of our communities, and working to address the issues that are a priority for those living and working in our town.

"This week has shown that, with officers carrying out a total of



Officers deploy the Speed Indicator Device (SID) on the seafront.

435 hours of dedicated patrol activity in areas such as Gildredge Park, Pavilion Gardens, Longland Recreation Ground, Shinewater, Colonnade Gardens and many others. Much of this activity has been in the evenings, when anti-social behaviour often increases.

"While we always focus on anti-social behaviour and protecting the vulnerable, we stepped up our activity this week to coincide with the October half-term and Halloween, and we saw some great results from this.

"We want to be clear that we will not accept any behaviour that affects the quality of life for our residents, and we will continue to tackle it all year round."

## Anti-social driving

On Friday (October 23), officers and PCSOs on patrol dispersed a large group of young people gathering at the Bandstand, disrupted a number of people suspected of being involved in drug offences and seized alcohol from people behaving in a disruptive manner in the town centre.

Officers deployed the Speed Indicator Device (SID) on the seafront from 5.30pm to educate and encourage drivers to slow down, and maintained a presence at Admiral Retail Park following complaints of anti-social driving. Other patrol areas included Gildredge Park, Hampden Park, Princes Park and Old Town Recreation Ground.

## Burglary arrests

On Saturday (October 24), the team continued their activity, patrolling Shinewater Park, Princes Park, Helen Gardens, Gildredge Park, Roselands Park, Old Town Recreation Ground and Hampden Park. They made two arrests for burglary and issued a Section 59 warning to a motorist driving in an anti-social manner.

Officers also ensured a visible presence in areas that had recently seen a number of deliberate fires, and patrolled Beachy Head and Langney Shopping Centre following reports of noisy cars and motorbikes.

## Cuckooing

On Sunday (October 25), the focus was on safeguarding a victim of cuckooing. This is a term used when those involved in drug dealing take over and exploit the home of a local person, forcing or coercing them into allowing their accommodation to be used as a base to run the drugs supply from. Often, this activity also attracts reports of anti-social behaviour and environmental crime.

The team also stopped and spoke with a number of motorists about the manner of their driving. They seized two vehicles being driven with no insurance and reported the drivers involved.

## Visible presence

Inspector Rachel Barrow of the Eastbourne Neighbourhood Policing Team, said: "We acknowledge and appreciate the distress anti-social behaviour can cause to people living and working in Eastbourne.

"Our officers have maintained a visible presence in areas where anti-social behaviour and disorder has been raised as an issue, and we've seen some really positive disruptions as a result.

"Our work to tackle this issue is ongoing all the time, not just during half term week, and we encourage people to report incidents of disorder to us so we can respond. As well as the dedicated Operation Blitz phone number, people can continue to report to us online or by calling **101**.

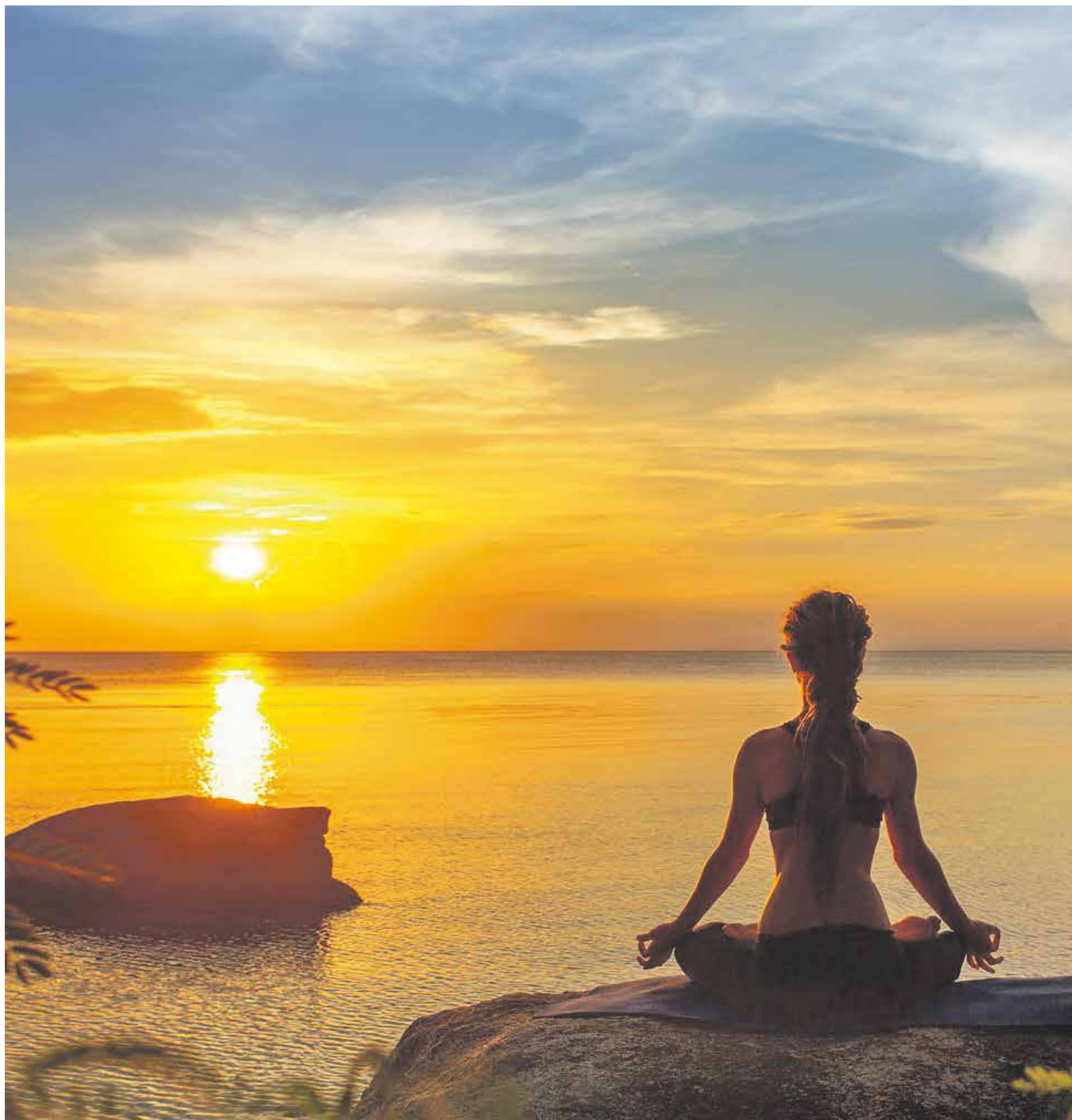
Always dial **999** in an emergency."



Seized alcohol.



# Health&Wellbeing



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“

**According to the NHS, being obese or overweight increases your risk of gallstones.**

# Reducing your risk of surgery

**WITH 60,000 operations a year, the removal of our gallbladder is one of the most common operations in the UK each year. But can our diet limit our risk of needing this surgery?**

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

**The main reason for gallbladder removal is due to disruption of our bile flow, which is often linked to a poor diet.**

## The digestive cycle

Our bile is a fluid that is made and released by the liver, but is stored in our gallbladder. Bile contains substances (like cholesterol, bile salts and bilirubin) that help with digestion by breaking down fats before they reach our small intestine.

Our bile is also needed to neutralise food after it has been soaked in our stomach acid. Without bile, this acidic food would irritate the lining of our small intestine.

Maintaining the health of our small intestine is important, as it's responsible for producing particular hormones (called cholecystokinin) that stimulate the gallbladder to contract and release bile. Bile flow is part of an efficient cycle: a healthy

small intestine gives the gallbladder the means to contract bile, and in response, bile breaks down fats and neutralises foods so that the small intestine has the ability to make more hormones (and absorb our nutrients into our bloodstream). A healthy flow of bile ensures the health of our digestion of fats, liver, gallbladder and small intestine.

## 'Sludge' happens

This healthy cycle is often disrupted, and it can lead for the need of surgery. If our small intestine is irritated or not functioning properly, then it does not make the hormones needed for the gallbladder to contract, so less fats are being digested and bile in the gallbladder begins to stagnate and congeal.

Over time, the stagnant bile becomes thick, and it is not able to flow as easily out of the gallbladder. Bile that is not moving also begins to accumulate toxins. This thick, toxic

bile is referred to as 'sludge,' and it can be very dangerous. Most often, 'sludge' begins to clump together to form gallstones, which are the leading cause of gallbladder removal surgery. If gallstones or bile 'sludge' are not removed, they can block the ducts and cause permanent damage of our liver and pancreas, or even life-threatening infections, like sepsis.

Signs of gallstones, bile 'sludge' or lack of fat digestion from an overwhelmed gallbladder include bloating, upper-right abdominal pain, heartburn, burping, nausea, diarrhea, jaundice and pale-coloured stools. However, the majority of people with poor bile flow show no symptoms. This makes it even more important to support our bile flow, gallbladder and small intestine health to prevent future surgery.

## Preventing surgery

There are some factors within our control that can limit our risk of surgery. According to the NHS, being obese or overweight "increases your risk of gallstones," so losing excess weight will limit our risk. In addition, there are certain foods that can irritate the lining of our small intestine, which affects its ability to create the hormones the gallbladder needs. These foods include those that contain gluten, wheat, eggs, soy and dairy. For anyone with intolerances to these foods, or with any symptoms of poor bile flow, it may be best to avoid these foods.

To improve the quality and flow of bile it is best to avoid foods that are known to congeal and thicken bile: vegetable oils inside processed foods, margarine, yogurt, ice-cream, milk, butter, aged cheeses, nut

butters, red meat, salmon, eggs and chicken. In addition, any foods that are high in sugars, fats, or carbohydrates can overwhelm the gallbladder's ability to break down fat, increasing the risk of poor bile flow.

## The 'Preventative' diet

Our diet can greatly boost the flow of our bile and healthy digestive cycle. Since our bile is 85% water, it is extra important to stay hydrated with any signs of bile issues. The renowned *Mayo Clinic* recommends we should be consuming at least three liters of water a day. This includes water from beverages, fruits and vegetables.

A diet high in fiber helps clear toxins built up in our bile. Raw leafy greens, lentils, Brussels sprouts, carrots, artichokes, apples, beets, berries and broccoli are all high in fiber and help to support the digestive system.

Sprouted and fermented foods contain natural probiotics and prebiotics that help to reduce inflammation in our small intestine, and feed our 'good' gut bacteria the food it needs to produce the hormones needed to contract the bile out of our gallbladder.

There are also nutraceuticals that can further support a healthier bile flow and digestive system, including particular types of enzymes. For further information, or to book a Nutraceutical Consultation, please contact *Modern Healing*.

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# NHS say flu vaccination 'vital' for those with long-term health conditions



**THE NHS in Sussex is urging people with long-term health conditions to book their free flu jab now, as it is 'vital' to help them avoid potentially serious illness and even dying from flu.**

By **Peter Lindsey**

**Flu can be serious for anyone with a long-term health condition as they are more likely to develop complications, which could result in their hospitalisation and even death.**

Last year, more than half of those with long-term health conditions in Sussex did not claim their free flu jab, leaving them vulnerable to catching the flu and getting very ill.

The flu vaccine is the very best protection, so the NHS flu jab is free for those who need it. It is vital that those who are eligible have the

flu vaccine each year as it protects against different strains of flu, which can change and evolve each year.

This year with both the flu virus and COVID-19 circulating flu immunisation is more important than ever to reduce infections, protect each other and protect the NHS.

Allison Cannon, Chief Nurse Officer for Sussex NHS commissioners said: "Just the flu? There's no 'just' about it for anyone with a long-term condition. When the flu virus strikes it is far more serious for them and can result in serious health complications, such as bronchitis and pneumonia, and can even be deadly.

"We are urging everyone eligible for a free flu vaccine to take up this vital offer – with COVID-19 cases steadily rising nationally this might be your most important flu jab ever."



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# The power of mum

## MEET Vicki Chisholm, The Mumpreneurs Society UK and Personal Power Coach for Mums in Business.

### I asked Vicki, how she started her coaching business.

By **Gail McKay**

**"As a mum, running a business is not the easiest of things to do. Especially when there is no support. So I figured it was time to turn this around and show other women exactly how they can rise in their business, have the support they need and grow their business consistently."**

"I've had to overcome some extreme challenges, Fibromyalgia, Chronic Fatigue, PTSD, anxiety, depression, domestic abuse and so much more, I've got first hand experience in dealing with these obstacles, I can really help."

### What is Mumpreneurs Society UK?

It's a private space where women can show up, and feel empowered, supported and gain the knowledge they need to move forward."

### How does it work?

In the Mumpreneurs Society UK, I teach women how to transform with their mindset, money and motivation. This FREE Group is going to be filled with energy healing, mindset work, tools and resources and support within the group and look at how to be a mum and have a successful business.

### Who can join the Facebook Mumpreneurs Society UK? And how?

The Mumpreneurs Society UK is aimed at mums in business, however, it is open for female entrepreneurs as many of the topics we are going to cover will also be supportive to them too. It's really simple to join the Facebook group. Click on the group to join and answer a few questions and that's it. No cost, just join the group and engage.

### What advice do you give women running businesses in this second lockdown?

First and foremost, the biggest thing is to remember is you are good enough. You are doing your best and that is more than enough. Reach out and seek support from others, you are not alone. Make sure you are taking time for you EVERY DAY. One of the tips I share with my clients is to pick 3 big things you need to do each day and focus solely on these tasks.

### What is EFT and how does EFT help in business?

EFT is Emotional Freedom Technique an Energy Psychology that uses the meridian points on the body to reduce intense emotions and also reduce physical pain in the body, EFT also supports to re-wire the brain for lasting affects. I personally love EFT which is why I trained to advanced practitioner level. It has helped me overcome so many issues that I had. EFT is simple to use, highly affective and has been scientifically proven to reduce ANXIETY, STRESS and the symptoms of depression, as well as reducing physical pain in the body.

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2 Issue 006, December 2020
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## Bournfree Christmas guide

Let Bournfree tell our readers about YOUR Christmas and New Year offers and services in our Festive Pull Out.

Our December issue will be dedicated to the Festive period.

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Half page advert with half page editorial: .....	£150
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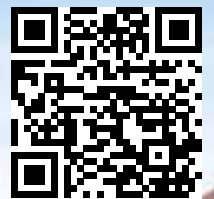
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# It's official – Crane & Co rated as one of the very best Estate Agents in the country...again!

**The largest Independent assessment of the country's 25,000 estate agency branches, awards Crane & Co an EXCEPTIONAL rating in the top 5% of UK estate agents.**

By **Dani Richards**, Marketing Manager, Crane & Co Estate Agents.

**The company has been independently identified as one of the top estate agents in the country for another year running and continues to feature in the Best Estate Agent Guide.**

The *Best Estate Agent Guide* provides an independent reference source for sellers and landlords, who can search for the best sales and lettings agency offices in all areas of the country.

## Top performer

*Rightmove*, the country's most used property website, supports the assessment by the Property Academy.

Over 3 billion data points were analysed and around 20,000 mystery

shops carried out in the search for this year's top performers – the biggest assessment of any industry.

The awards are made for property marketing, sales results and customer service – which sellers consider to be among the most important criteria when selecting which agent to sell or let their property.

**Crane & Co are EXCEPTIONAL, and that's official!**

## Absolutely delighted

Mike Crane, who founded the business and has been selling homes in the local property market for over 30 years, commented: "As you can imagine, I am absolutely delighted that my colleagues have been recognised for their unflinching dedication to our clients and customers, their attitude, their motivation and not least their uncanny ability to sell homes very successfully, year in – year out.

"These awards follow a rigorous and independent assessment and we are thrilled to have retained our rating as one of the best in the country for the fourth year running. It's wonderful to have a team who are able to maintain such a high standard of service and consistently deliver the results for our clients".



The 'Exceptional' Crane & Co team.

## The best move

If you're thinking about selling a property then please get in touch – the team at Crane & Co will be very pleased to provide you with free advice and you can be confident that you're dealing with one of the very best estate agents in your area.

Speak to Mike or one of the team about your plans on 01323 440678... It could be the best *move* you make!

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# The Arts



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# Eastbourne's Citizen Kaine

**You don't have too look far to find talent in Eastbourne, Margaret Kaine is another of the town's successful writers.**

By **Gail McKay**

**Originally from the Potteries in Stoke on Trent, she visited Eastbourne every year with her family and they always stayed at the Hydro Hotel. She remembers the families who used to meet every year and have croquet tournaments. Her 9th Novel, *A Daughter's Hope* Features the glamorous Hydro Hotel, in the 1950s.**

Margaret started writing at 57, why did she wait? "When my youngest son went off to university, he said, 'You've always wanted to write and now you have no excuse.'"

## Short stories

Margaret couldn't face the idea of a whole novel, so started with short stories which were very successful in magazines and published around the world.

"We are told to write about what you know, so I started with my earliest memory of hiding under the table from



my brother, and being surrounded by soldiers' black boots. Her mother had chosen to take in soldiers instead of evacuees, reasoning that they would be better at gardening. This memory evolved into *Ring of Clay*, and Margaret's confidence was boosted when it won the Romantic Novelists' Association New Writer's Award in 2002, as well as the Society of Authors' Sagittarius Prize in 2003 where she was congratulated by PD James and Terry Pratchett.

## Therapy

Her readers noticed that social injustice was a common thread in the books as well as always having a feel good story.

"In current times, we need escapism. I see reading as a form of therapy. As good as a visit to the doctors for a tonic."

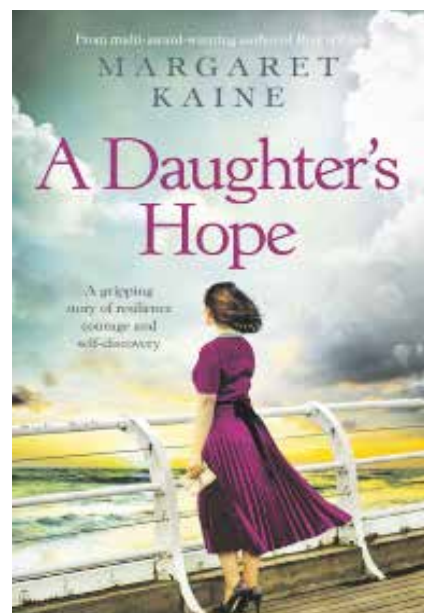
She has just completed her 10th book, and her advice is "It's never too late."

*A Daughter's Hope* is a beautifully told tale and there's a great feeling of time and place. Margaret Kaine has that storyteller's gift of grabbing the reader's attention and holding on.

If you love *Downton*, you'd love Margaret Kaine's books.

You can order her books from all books shops and borrow them from your public library.

[www.margaretkaine.com](http://www.margaretkaine.com)



# 2021/22 shows on sale now at Eastbourne theatres

**If we ever needed something to look forward to surely it's now.**

By **Peter Lindsey**

**All bookings come with a covid-cancellation guarantee, if a show cannot go ahead due to covid-related reasons any ticket holders will be eligible for a no quibble refund.**

**Fascinating Aida** – will now be bringing their unique blend of glamour, gorgeousness and giggles to Eastbourne on Wednesday 2nd June 2021.

**Jimmy Carr** will now be at the Congress Theatre on Monday 29 November 2021, **Sixties Gold** – will be reliving the best music of this iconic decade now on Saturday 11 September 2021, with Strictly superstars Anton and Erin now fox-trotting into the Congress on Friday 25 February 2022.

The Artistic Director is still in talks with the producers for **Rhod Gilbert** and **SIX-The Musical** to reschedule these dates.

New shows on sale now for 2021 include **Strictly Presents: The Power of Dance**, Saturday 10th July 2021 featuring Strictly professional dancers **Janette Manrara, Dianne Buswell, Amy Dowden** and **Neil Jones**, with other names to be announced. Comedian **John Bishop** comes to Eastbourne on Saturday 4th December 2021 with razzle-dazzle-a-plenty with **Chicago** Monday 14th – Saturday 19th February 2022.

Tickets can be booked online at [eastbournetheatres.co.uk](http://eastbournetheatres.co.uk)

# All sewn up

**Textile artist and teacher, Claire Graves was busy during the first lockdown period inspired by 'Lockdown Food', creating one off pieces of embroidery art.**

By **Gail McKay**

Since then she has continued to stay busy. Launching her work on Instagram, watching tutorials on how to be a success on the social media platform, she now receives commissions for all kinds of products and images.

Alcohol is very popular, giving someone a gift of their favourite artisanal gin, or the currently fashionable, and reassuringly expensive 'Whispering Angel' rose wine.

## Famous clients

Buyers from London and all around the country have snapped up her work, including Rory Bremner and his Artist wife Tessa Campbell Fraser.

Claire uses machine embroidery to create unique pieces, choosing items that are familiar, with striking packaging, modern and classic. Her next project is pet portraits, 'I'm getting Christmas commissions now, people love their furry friends, and they are great presents.'

## Foodbank donation

£5 from each sale goes towards Eastbourne Foodbank and she recently presented a cheque to the Foodbank in Eastbourne.

Howard Wardle from Eastbourne Foodbank said: "She makes absolutely brilliant pictures and we are thrilled that she has chosen to donate to Eastbourne Foodbank every time a picture is sold."

If you would like to purchase one of her pictures, maybe for a Christmas present, she can be contacted via her instagram page [@clairegraves321](https://www.instagram.com/clairegraves321) or via email: [skewiff@aol.com](mailto:skewiff@aol.com)



# Redoubt cinema premiere announced for May 2021

**OPENING night for the Redoubt Cinema, a 62 seat venue housed in a Napoleonic fortress, has been announced as 8 May 2021, offering a unique experience for film lovers.**

By **Peter Lindsey**

**Eastbourne Borough Council Lead Cabinet Member for Tourism and Enterprise, Councillor Margaret Bannister said "We are delighted to announce the Redoubt Cinema will be open for the 2021 season.**

The newly refurbished cinema will screen a selection of themed films each month, from musicals and action to comedies and horror, featuring a combination of works from major studio productions and independent filmmakers.

In addition to the cinema, a brand new rustic café-bar within the Redoubt will open it's doors daily

from May 2021, serving drinks and light refreshments.

Audience members and café visitors can be confident in the knowledge that safety measures reflecting the latest government guidance at the time of opening, and thereafter, will be in place to ensure the safety of both the public and staff."

With screenings every Saturday evening from 8th May – 30th October 2021, children will be able to join in the fun on Sunday afternoon's throughout August with a selection of family friendly titles including **The Greatest Showman**, **The Jungle Book** and a **Frozen Singalong**.

Cinema enthusiasts are invited to join the Redoubt Movie Club, with members benefiting from a 20% discount on cinema tickets, 10% discount at The Redoubt Bar, a free small popcorn at each screening and more, costing just £10 for a three year membership.

Tickets are on sale from 1st December (with early bird access for Redoubt Movie Club members) and can be purchased, alongside Redoubt Movie Club membership, at: [www.eastbourneredoubt.co.uk](http://www.eastbourneredoubt.co.uk)





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Photograph by Graham Huntley.

# Eastbourne's bandstand returns in April for biggest season ever

**EASTBOURNE'S Bandstand returns from 23rd April, featuring a summer of live music from tribute acts, brass bands and more!**

By **Peter Lindsey**

**Showing no signs of slowing down, the busiest Bandstand on the planet will see an additional 30 shows added to its performance calendar to become its biggest season ever!**

Eastbourne Borough Council Lead Cabinet Member for Tourism and Enterprise, Councillor Margaret Bannister said "We are thrilled to announce that the much loved

performances at the Bandstand will return in 2021 after a year of cancellations.

## On tour

"Music lovers can enjoy performances at the iconic seafront venue throughout the summer, but the fun doesn't stop there. We are pleased to announce that from 15th October Eastbourne's Bandstand will be going on tour!

"We will be bringing the classic Bandstand experience to the newly

refurbished Winter Garden Theatre in the Devonshire Quarter throughout the winter until March 2022.

"As ever, public safety is the number one priority and we will continue to keep up with the latest guidance to ensure that everyone is able to enjoy the Bandstand in a safe way."

## Ever popular acts

Audiences can look forward to a jam-packed weekend schedule come rain or shine from 15th October 2021 – March 2022 in the newly refurbished Winter Garden Theatre with Eastbourne Bandstand on Tour. Featuring ever popular tribute acts including **ELO**, **Madness** and **Queen**, the new venue offers plenty of space for seating and dancing.

Friends of the Bandstand will benefit from discounts at the Winter Garden Theatre bars and the DQ Terrace Bar and Café, in addition to their existing benefits. A three year Friends of the Bandstand membership costs just £5.

Tickets go on sale for the 2021 season from 1st December (1st November for Friends of the Bandstand) and can be purchased, alongside a Friends of the Bandstand membership, at:

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

## Christmas present inspiration

**BUYING gifts is hard enough without all your favourite places shut for the foreseeable future.**

By **Andy Thomas**

**Ordering personalised gifts from local crafts people and artists is a great way to support your community, and find unique gifts.**

Facebook is a great place to start. You can find lots of creative people and ideas in your area.

House portraits are an easy option. You can send a digital photo and it is transformed into a beautiful framed illustration.

Gail McKay has drawn countless homes and venues over the years. You can see her work at: **@gailmckayillustrations** on Facebook and Instagram and contact her directly via email at: **[gail.mckay@hotmail.co.uk](mailto:gail.mckay@hotmail.co.uk)**

Prices start from £70.







# Green and pleasant

**NOVEMBER is generally the month many of us celebrate Bonfire Night at group events but COVID-19 will have put paid to many of our events for 2020. Maybe celebrate with a few in the garden at home! Read on for some planting ideas to mimic your own, plant inspired, fireworks.**

By **Geoff Stonebanks**

**With the shorter days, colder weather and probably more rain, we need to cram more into the few hours each day that we will be able to spend outside this month.**

## Fireworks in the garden

There are quite a few plants that are very reminiscent of fireworks. One in particular, *Allium Schubertii*, (pictured in header) is the firework allium par excellence, with vast wonderful dark pink, spiky flowers. It is very eccentric and showy while flowering and great when dried too. *Schubertii* is a bulbous perennial producing bright-green, strap-shaped leaves in spring, which die back before the flowers appear. These consist of 50 or more star-shaped, pinky-purple florets on stems of differing lengths producing a starburst effect up to 30cm across. So maybe this month is a good time to plant some in your garden for great results in 2021 and beyond!

Another firework inspired planting might be *Pennisetum setaceum* 'Fireworks' (rueppellii) which makes a lively addition to bedding displays and patio containers. The fluffy seed heads can be also cut to make elegant dried flowers. The colourful foliage of this fountain grass emerges with bold stripes of red, pink and green, before maturing to a rich shade of burgundy. From mid-summer to autumn, the showy purple flower spikes rise above the arching foliage in a spectacular architectural 'bonfire' display.

## Tulips

If you have not got around to planting your tulip bulbs, it's not too late to get it done. November is the perfect month. Don't be afraid to cram more in the pot than the packet advises. You want a full display, there's nothing worse than a few sparse stems. Just make sure the bulbs are not touching, leaving a centimetre or two between

them. Tulips don't like to sit around in soggy soil so do make sure there is good drainage at the bottom of the pot.

## Grasses

This time of the year is also a great time to cut back many grass flowers or tatty seed heads. The flower and seed heads of ornamental grasses play a vital factor in providing winter interest and look wonderful covered in frost or snow, but there's a good chance they are looking a bit untidy now as they collapse and break away. In this case, the best thing to do is to cut them back to the base with secateurs.

The front beach garden at Driftwood is awash with many grasses, my favourite of which is *stipa tenuissima* or pony tails grass. It is a wonderfully impressive plant, with its evergreen base clump of leaves topped in summer with an array of flowering spikes, which turn from silvery green to gold. These can be cut and dried when first opened for use in winter arrangements indoors. Alternatively, they make a useful winter food source for seed-eating birds. I find these still look good through the winter, so tend to leave trimming mine until the Spring.

## Possible frosts

The weather has started to turn a good deal colder at nights now, so I hope you have taken steps to protect your tender plants. If you are leaving any frost tender plants in the ground, it's a good idea to spread a thick mulch around the base to protect the crown from cold temperatures. That way, even if the top growth is killed off, the roots have a better chance of survival and may re-sprout fresh growth. If you have alpine or sempervivum clumps out in the garden try to ensure that they are not getting swamped by a topping of soggy leaves from trees

above. Remove them before they smother the crowns of these delicate plants and cause them to rot.

## Autumnal container

Why not think about creating a colourful pot to help brighten those winter days when you look out into the garden or onto your patio/balcony? There are many different plants you can use to create a wonderfully seasonal hardy container. All your local garden centres should have a good range of lovely plants to choose from. There are many different containers you can choose from but try and ensure it is roomy and pick a mixture of evergreen shrubs, conifers, hardy ferns, bedding or even some hardy herbs too. Be sure to create good drainage by adding crocks or gravel to the base of the container and make sure the container has holes in the base too. Fill the pot two thirds full of compost and begin to pack your plants in. Try and arrange them with the taller ones at the back or middle. Make sure you back-fill any gaps between your plants with compost to make for tight dense planting and no roots showing. Don't forget to water and maybe raise from the ground, good drainage usually means less chance of frost damage.

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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