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12/20

Issue 006
December 2020

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Bournefestive

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"IT'S SANTA! ...I know him."

'NEWARTGALLERY' MOVES

Page 34



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Cover image

ELF © New Line Cinema

Our next edition will be distributed from January 12th. Make sure you are a part of it.

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Happy Christmas 2020 – and reasons to look forward to 2021!

AS we approach the festive season, nobody could have imagined this time last year what 2020 would bring.

By **Peter Lindsey**

Death, sadness and economic gloom all caused by COVID-19. A truly terrible year for so many.

I have always regarded Eastbourne as a place full of resilience, determination and a desire to succeed.

And that maybe is what has seen us through the worst of this.

We can only hope that Christmas will indeed bring some festive cheer and then, with a vaccine, signs of 2021 back to normal.

Normal? We all wonder what that may look like.

Of course, Christmas isn't a happy time for so many of us, and we should all be thinking of others at this time.

For us here at *Bournefree*, we launched in March. Little did we know Lockdown was about to happen.

We stayed strong online until August when we were able to go back to the printed edition.

And we haven't looked back since as we build our readers, both online and in print. Our 'reach' gets bigger each week.

So, we have a printed monthly magazine with 10,000 copies going out (We hope that will rise steadily during 2021).

We have a news website **www.bournefreelive.co.uk** which has, on average, ten new news items each day.



And we have a strong social media presence, Facebook in particular.

We think we are well placed going into 2021 in terms of readership and your support.

Our New Year's resolution is to work with even more businesses, charities and other groups to make Eastbourne a better place.

May we wish everyone a very happy Christmas and all the very best for 2021.

Bournefree

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

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

Email: petelindsey30@hotmail.com

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

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

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

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

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

We're looking for Eastbourne's Lockdown heroes of 2020

WE are proud to launch Bournefree's Community Heroes 2020.

By **Peter Lindsey**

We want YOU the public to send in your nominations so we can say thank you to those very special people who have made a true difference to other people's lives.

This year more than ever we want to publicly say thank you to our Community Heroes.

Lockdown hasn't been easy and some people – indeed many – have made a real impact on society. It could be something very small. Popping into your neighbour to say hi or picking up the phone once a week to someone on their own.

Well, they aren't small. They will make a big difference to those on the receiving end.

Covid will not steal christmas as 'the best santa ever' returns

IT'S getting very festive at Drusillas.

By **Peter Lindsey**

Father Christmas has confirmed he will be returning to the popular attraction this month.

Drusillas is also excited for the return of the giant 24-foot Christmas tree this year.

For full details of what's on at Drusillas this Christmas and to book tickets to see Santa please visit: www.drusillas.co.uk/christmas-events



It could be collecting shopping for someone forced to stay at home.

It could be absolutely anything.

WE WANT TO HEAR ABOUT OUR COMMUNITY HEROES FOR 2020.

The starting point is for you to nominate people.

And that couldn't be easier.

Simply email **petelindsey30@hotmail.com** here at *Bournefree* magazine and then we will do the rest.

How we recognise these people – individuals or groups – will depend what Lockdown rules exist late January. Ideally, we would like to give as many of them as possible a treat, just to say thank you.

What format that takes will depend on where we are nationally come the start of the New Year.

The priority now is to get nominating.

Please send your nominations in by 30th December.

Then come January we will have a celebration if that allows.

Or we will make sure they are acknowledged for their achievements!

Please get nominating today!



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Rotary Tree of Light will shine bright

IN these difficult times it was more important than ever to ensure that our community has a Tree of Light and this year the tree will stand tall covered in a host of white lights outside the Congress Theatre.

By **Peter Lindsey**

Although Rotary is unable to hold its usual dedication ceremony due to Covid restrictions there will be a video made with messages from our MP Caroline Ansell, Mayor Steve Wallis and poems read by Rotarians and music from The Rattonians.

Ribbons are being sent to supporters to write their messages on and return to Rotarian Melanie Adams who is co-ordinating the process.

She said: "We will be creating a film to include the tying of the ribbons to the tree which will be done in a secure environment.

"I have already received a huge number of ribbons which can be

requested through the Tree of Light website at:

www.eastbournetreeoflight.co.uk or by contacting any of The Rotary Clubs in the Town or posting your request to 14 Eastbourne Road, Willingdon, BN20 9LB".

"Despite the difficulties faced by our local businesses, we are so grateful to our sponsors who have continued to contribute to this event and their generosity."

They are Brewers, Pomodoro Mozzarella, The Beacon, The Langham Hotel, Chatfields Jewellers, The Eastbourne Herald, Town Property, PJ Skips, The Royal Hippodrome Theatre,

Signtek, Life Media, The Lansdowne Hotel, Stephen Rimmer Solicitors, Eastbourne Miniature Railway, Sussex Legal Services, Hastings Direct, Lotus Labels, Gradient Consultants, WSI, The Rattonians, LMDB Accountants, Lodestone Financial Planning, Bournefree and all The Eastbourne Rotary Clubs.

The film is ready to share from 13th December on The Eastbourne Tree of Light website.

Rotary is committed to ensuring we can remember our loved ones on our Christmas Tree this year and hopefully next year we will be able to all be back together again.

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WIN thousands of pounds worth of prizes in Eastbourne's first ever Cracking Christmas Raffle!

By **Peter Lindsey**

ONE first prize winner will receive a huge bundle of goodies.

This includes:

- Tickets to Eastbourne's Nature Valley International Tennis Tournament.
- Premier seat tickets to Airbourne.
- Tickets to the beer festival, theatre and bandstand shows.

- Weekend breaks.
- Television, gym membership, lunches, dinners, coffee for a year, £300 in shopping vouchers for Eastbourne Enterprise Centre and so much more!

Even more

Two runners-up will also win £100 shopping vouchers each for Eastbourne Enterprise Centre.

But you can't **buy** these tickets.

Win, win, win!

To enter, all you need to do is spend £40 in Eastbourne Town Centre at some point between now and midday Christmas Eve.

Take your receipt to any of the distribution points or take a photo of your receipts and send by email to christmas@youreastbournebid.com to be in with a chance to win.

Whether you spend £200 in one go or spread a £40 spend over a day by visiting several businesses, you are eligible for entry.

For every £40 you spend (up to £200 a time), you can get a ticket to the raffle, which will be drawn live on Facebook on Christmas Eve.

Stephen Holt, CEO of *Your Eastbourne BID* said, "We are so excited to be able to bring this to

Eastbourne at the end of what has been a very difficult year for everyone."

Ticket distribution points will be in Eastbourne Enterprise Centre and 49 Gildredge Road.

Every £40 receipt entered must come from any of the businesses within Eastbourne's Business Improvement District (BID), which covers the town centre from Commercial Road to Victoria Place, Little Chelsea, The Beacon, Cornfield Road, Cornfield Terrace, Mark Lane, Station Parade, Station Street, Bolton Road and part of Langney Road.

For more information, to see a map of the BID and to see what else Your Eastbourne BID has planned for Christmas 2020, visit the website www.eastbournechristmas.com

New range of Christmas Hampers available now

FIZZ ON FOOT, the local walking and wine tasting tour company, have created a new range of Christmas hampers using local suppliers to include mouth-watering tasty products.

By **Gail McKay**

The hampers make attractive and much appreciated presents for everyone.

All the ingredients are supplied in a stylish black wicker hamper with a personal message in a Christmas card and if your delivery is in the Eastbourne area, the delivery is free. If the delivery is elsewhere in the UK,

it is an extra £10.00. Shown here are two of their most popular hampers but the full range can be seen on: www.fizzonfoot.com

Pictured left: Special Champagne Hamper includes:

1 bottle of Lanson Champagne, 1 box of continental chocolate biscuits, 1 packet of chocolate brownies, 1 jar of home-made marmalade, 1 box of crystallised ginger, and 1 packet of smoked salmon or Gravlox. All contained in a black wicker cane hamper with a greeting card.

Price: £79.00 Delivery free in local area. Rest of UK is £10.00.



Pictured right: Special Christmas Hamper includes:

1 bottle of Chablis, 1 box of continental chocolate biscuit selection, 1 packet of chocolate brownies, 1 jar of home-made marmalade, 1 box of crystallised ginger, 1 home-made Christmas cake. All contained in a black wicker cane hamper with a greeting card.

Price: £59.00 Delivery free in local area. Rest of UK is £10.00.



For more details, telephone: **01323 737271** or email: info@fizzonfoot.com



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My little Christmas tree



HERE is a story of what Christmas really means to one of our famous residents, the much loved Dorit Oliver-Wolff BEM

By **Dorit Oliver-Wolff**

Kaleti Paja Udvar is Budapest's main railway station. In the winter of 1943 my mother and I often spent time there. It was sheltered, warmer than walking the streets and fairly anonymous, as people were coming and going all the time.

My Mother was dressed as a Red Cross Sister in white with a red cross on her head scarf. If stopped and questioned, I was a patient she was accompanying to the Children's Hospital. I usually had a bandage over my face, covering my nose, my Jewish looks. At that time we were

homeless and had no permanent address. Only after dark could we go to a 'Safe House', which changed from week to week, sometimes even daily. We travelled by bus, tram or train. Like so many other Jews under the Nazi government of Hungary, we had to keep moving.

Mixed blessing

I was seven but so small and thin I looked like a child of five. I suppose travelling with such a small child was, for my mother, a mixed blessing. It made her less conspicuous on the one hand but added weighty responsibility on the other. We never carried suitcases as this too was an excitement, my main feelings, that evening, were tension and fear.

Suddenly the sound of Police whistles ripped through the air. From every direction Nazi Soldiers appeared with Alsations and cordoned off the whole area. They were stopping everyone and demanding identification.

No escape

No one could escape the trap. My mother instantly headed towards an old woman who was selling Christmas Trees. She picked the smallest tree and, gripping my hand so hard I thought it would break off, she headed hurriedly straight towards a big, fat, red faced soldier in the cordon. In perfect German she asked him whether he could check our papers first as she was in a hurry to light the Christmas tree for me, her little daughter, before she went on duty at the Hospital.

"Of course my dear Sister", he replied, "Do not bother about papers. We are not looking for decent people like you and this lovely daughter of yours. We are seeking out the Stinking Jews; Scheis Juden. Happy Christmas Sister and God bless you and the little one." He gave me a big smile, patted me on the head and stepped aside. We were let through the deadly cordon which was a death trap for so many poor Jewish people.

Saved by a tree

We almost ran but could not, as this would have caused suspicion. We looked at each other. I could feel my heart beat in my throat. My Mother just

gripped my hand even harder. I was only seven years old but I knew. This time, once more, we were saved. If only for a night! This time, we were saved by that tiny, prickly Christmas tree.

Now I am over Seventy years old and every Christmas I remember. Every year it is the same. The little Christmas tree which saved our lives.

This is what Christmas means to me.

You can read Dorit Oliver-Wolff amazing story in paperback, **'From Yellow Star to Pop Star'**.

Order on-line by going to:
www.doritoliverwolff.online



Incredible decorations

OUR gardening correspondent Geoff Stonebanks loves a Christmas decoration or two...

By **Peter Lindsey**

He took part in filming for an hour-long Channel 5 programme, called 'Incredible Christmas Trees and how to decorate them'.

It was a festive run-down of all things Christmas tree and a showcase of

amazing Christmas trees from across the world, with experts in the studio providing tips on how to decorate trees and inserts, filmed in private homes like Geoff's, of beautifully decorated trees.

The production team from *Athena Films* had been researching possible scenarios and had contacted Geoff through his social media, both Twitter

and Instagram, having discovered much already available online about him and his Christmas collection.

Nikkita and Ollie from *Athena*, within Covid secure restrictions, spent half a day at Geoff's home in Seaford, filming part of his amazing collection, gathered over the last 60 years.

Normally, he would not have put his decorations up until 1st December, but with a broadcast deadline looming, the producers needed to ask if he would decorate just one room, ahead of time, to facilitate filming.

So, Geoff spent four days to get the required baubles, trees and lights out of the loft and set up in readiness for shooting.

He filmed the sequence of setting up the tree himself and created a one-minute film of the process that he has



Geoff with favourite decoration made by paternal grandmother in 1962.

speeded up and it can be viewed on his Christmas website at:
www.geoffschristmas.co.uk

The tree in Geoff's living room alone has 15 metres of tinsel, 1700 fairy lights, over 800 baubles and 10 metres of silver beading!

The C5 programme was broadcast at 6:35pm on Saturday 28th November, so if you missed it, you can catch up and view now on My5 on demand.



Shop Local and Love Local: Our town needs you this Christmas

MORE than ever this year the town's traders need you to shop local.

By **Peter Lindsey**

That is the message from Stephen Holt, Chief Executive of Your Bid Eastbourne.

Use the traders or lose them! is the blunt message.

Christmas lights are shining brightly, giving the town centre that Christmassy feeling and showing us all that despite 2020 being a year none of us will forget – for all the wrong reasons – Christmas is not cancelled.

Find the elves

For the children, *The Great Elf Hunt* is underway. Can you find all the elves? Keep an eye on the Facebook page, 'Eastbourne Christmas', to see what they are up to.

Meet Santa

For a cute little meeting with Father Christmas at the weekends, you will be able to book some time in *The Incredible Cake Company* for cookies and stories with Santa himself. Keep an eye out for more details coming soon!

Christmas market

The fully licensed Christmas Market returns 17th–20th December and this year, there are two special elements: the youth market and the Vegan Village. The market stalls will

be stretched between Enterprise Shopping Centre and Halifax Bank in Terminus Road and will have enough space between them to ensure physical distancing. A great opportunity to get in the Christmas spirit and pick up a few more gifts and decorations before the big day.



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By **Andy Holman**

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Book your Farmyard Cinema tickets at Sharnfold Farm today

A POPULAR visitor attraction has started its unique and amazing Christmas experience with its very own Farmyard Cinema.

By **Peter Lindsey**

Sharnfold Farm, situated on the Hailsham Road at Stone Cross, will be hosting Farmyard Cinema: Festive Fun on the Farm until December 23rd.

It will give families the opportunity to do what families love to do at Christmas – watching a great movie.

Owner Donna Bull said: “We believe this will be incredibly popular and our first shows have gone amazingly well.

“It is something very different and very, very special.

“It is a truly unique experience of intimate magical wintry wonderland with a feast of festive film favourites.

“We have chosen 11 popular festive films and we think people are going to love them.”

Films shown include: **Home Alone, Love Actually, How The Grinch Stole Christmas, Die Hard, The Nightmare Before Christmas, Elf, It's A Wonderful Life, Miracle on 34th Street** and **The Holiday**.

But it's much more than watching a film.

The experience starts with a wander through the snow covered wintry woodland walk surrounded by Christmas trees adorned with festive lights and decorations.

Next stroll through the mesmerising light tunnel that will transport you into the depths of the enchanted forest cinema space where you will watch the film.

Due to Covid, each filming is limited to 30 people but everything does comply with social distancing.

Guests sit on giant comfy bean bags and there will be a bar with mulled wine, popcorn, gingerbread men and other drinks and snacks.

There is also a whole host of family fun.

Santa's cheekiest elves will be hiding in the trees of the woodland walk and children will be able to fill in an activities sheet as they go around.

The North Pole Express post box will be waiting for wish list letters for instant delivery to Santa.

And there will be a surprise video call from Santa Claus in Lapland and presents for all the children delivered direct from the elves' busy workshop.

As people leave, they will be greeted by a beautiful Christmas tree and lights display for last minute photos.

Donna said: “As you can imagine, this will be a wonderful experience for the whole family.

“Everything we do will fully comply with Covid regulations. Please be assured of that.”

The maximum number of bookings per group is six.

Cost is £25 per person.

For inquiries, please email: christmasatsharnfold@gmail.com

or call: **01323 768490**

See you there!

To book log onto:
www.sharnfoldfarm.co.uk/farmyard-cinema



OUR HELP AND ADVICE IS TOTALLY FREE

Foodbank satellites are all open to help you

Monday	10:00am to 12:00	St Richards Church, Etchingham Road, Langney
Tuesday	10:00am to 12:00	St Elisabeth's Church, Victoria Drive
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 12:00	Willingdon Trees Community Centre, Holly Place
Wednesday	10:00am to 12:00	Gateway Church Centre, 70 Lottridge Drove
Thursday	CLOSED	
Friday	10:00am to 12:00	St Saviours Church, South Street, Town centre
Friday	12:30am to 2:00pm	St Saviours Church, South Street, Town Centre
Friday	10:00am to 12:00	St Luke's Church, Hailsham Road, Stone Cross

Some common questions

Can I just turn up and get help ?

You will need to have a red voucher or an e-voucher which gives us details of the size of your family and how we can help you. It also helps us with the statistics we gather.

Will I be made to feel welcome ?

We make every effort to ensure that you feel welcome. We are non judgemental and want to help you. When restrictions are lifted we offer tea/coffee and space to chat.

What food do I get ?

The food we give to you will provide 10 meals for your family over 3 days. We usually also have bread, fruit & vegetables available.

How can you help me with my difficult situation?

We can help you with all types of welfare benefit issues, debt and Council tax



- WE ARE HERE TO HELP YOU

If you are already receiving help from Citizens Advice, Social Services, Homeworks, Mental Health Services, Homeworks or your Health Visitor, please ask them for a food voucher.

If you are not receiving help we can assist you.

Please call 01323 409925 (between 9:30am & 12:30pm - closed Thursday)

WE STAND ON THE EDGE OF A PRECIPICE

Over the last couple of decades, food banks across the UK have provided incredible, practical support to people in poverty. The food banks in the Trussell Trust network are extraordinary, and their response to need in their communities is inspiring.

But that kind of response shouldn't be needed.

We stand on the edge of a precipice, with a clear decision to make: either we accept food banks as a 'new normal', or we work to create a more dignified, compassionate, and just society where everyone has enough money for the essentials.

"I lost my job and was in a really bad way, struggling to meet the bills, feed the children, I was often going without food just so they ate. I got into quite a lot of debt and spoke to the food bank and they said they could help me."

Lisa-Marie

Client who used foodbank

**We are aiming for a future where
foodbanks aren't needed because
everyone has enough money to pay
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INCREDIBLE FACTS BASED ON THE STATISTICS WE GATHER



1.9 million

food parcels distributed in 2019/20, a
74% increase in five years.



After paying rent, people referred to
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£50 a week

for all other essential costs like food,
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88%

of the public think hunger is a problem
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Make magical memories at Drusillas Park!

IT'S beginning to look a lot like Christmas!

By **Peter Lindsey**

And Drusillas Park has the solution to all of your shopping woes!

Drusillas' new Farmyard Close Encounter is the perfect gift for a little one this Christmas. This unique experience is available for children aged four years and above and offers

the chance to groom, feed and meet a variety of loveable farm animals.

Drusillas' Zoo Animal Manager, Mark Kenward, said: "Our Farmyard Encounter is a really magical experience for children. Our animals are so loving and gentle, and they adore meeting children. Everyone has come away with the biggest smile on their face and we've had nothing but positive feedback."



Drusillas' popular experience makes a wonderful stocking filler! The encounter can either be booked directly or a gift voucher can be purchased and redeemed at a later date. For full details about the day and how to book please visit: www.drusillas.co.uk/close-encounters

Drusillas has lots of other fantastic experiences that make a great gift for any animal lover!

Drusillas Deputy Managing Director, Cassie Poland, said: "We are encouraging people to collect memories instead of clutter this year and to invest in experiences and moments that can be treasured forever, rather than buying just loads of stuff!"

"The best thing is there's no upper age limit! You don't have to be a child to take part in these incredible experiences, the majority of our close encounter participants are adults and they absolutely love every second of it! So these experiences are an amazing gift for adults too!"

Gift Vouchers can also be purchased and redeemed against any one of the Drusillas Park experiences:

www.drusillas.co.uk/gift-vouchers



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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Yule love these December movies!

THE Congress MOVIE Theatre returns.

By **Eastbourne Theatres Press Team**

The Congress MOVIE Theatre re-opens this month with a selection of movies including a week of Christmas favourites such as *Home Alone*, *Nativity!* and *Elf* from Friday 18th December.

The tickets priced at just £8 for adults and £5 for children come with a COVID cancellation guarantee.

If a film cannot go ahead due to COVID related reasons ticket holders will be eligible for a refund.

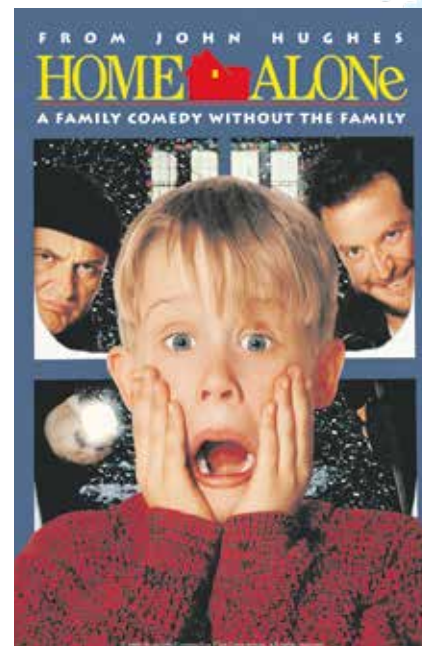
The Congress MOVIE Theatre which was launched over the October half-term saw hundreds of people return to the venue to enjoy films on the big screen. Audiences said "We felt

very safe" (J Tice – Facebook) and "A GREAT way to watch a movie." (philhobden.co.uk).

The festive week features

The Nightmare Before Christmas (18th December, 7pm) a double-bill **Frozen** (11am) followed by **Frozen 2** (3pm both 19th December), **Nativity!** (20th December, 3pm), **Home Alone** (21st December, 1.30pm and 4.30pm), **How The Grinch Stole Christmas** (22nd December, 1.30pm and 4.30pm), **Elf** (23rd December 1.30pm and 4.30pm) and **Muppet Christmas Carol** (Christmas Eve 24th December, 11am and 2.30pm).

Safety for everyone is paramount and the Congress Theatre offers a secure space which will be thoroughly cleaned after each performance, one-way systems and multiple entrances/



exits allow safe access to this recently refurbished venue with large open plan communal areas.

The theatre is operating a socially distanced seating plan at these events – which restricts the number of tickets sold so early booking is advised.

To book please visit:

eastbournetheatres.co.uk

Tickets are priced at adults £8, child tickets £5 (under 16's).



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Managing Director, Nick Mallinson.

A better mix with Seahaven FM

During the pandemic, radio listeners have realised that many of the previously local stations are now part of national networks. Local presenters with local information, local views and the local feeling have all but disappeared.

By **Peter Lindsey**

However, in one area of radio the local flavour continues. Community Radio Stations which had grown up over the previous dozen or so years have come into their own.

One such station is *Seahaven FM*, which broadcasts to a group of towns and villages on the East Sussex coast. Approaching its tenth anniversary next year, it provides 'proper locally-made radio'.

From studio to home

Managing Director, Nick Mallinson, recalls how it moved seamlessly from operating from its studios in Seaford Town to having programmes broadcast from its presenters'

“

Seahaven FM's broadcasts continue through the dedication and inventiveness of its people.



Seahaven FM studios.



a better mix
95.6
Seahaven FM

kitchens, bedrooms and even their gardens (during the good weather). "We just carried on with our programmes. All the usual local information on travel and weather continued. Information on local events (which were almost all cancelled) was replaced by information about local COVID-19 community support. As local companies started re-opening or operating in different ways then we spread the word."

Daily specials

The station plugged itself into the information from local government, chambers of commerce and local social media and the audience responded. "We started daily special items like the *Local Lockdown Lowdown* and a focus on mental health with *The Feel-Good Afternoon*", says Nick. "Our twice-weekly *Community People* interviews became the regular post-office for messages and dedications."

"The public responded brilliantly. One group of residents had 'socially-distanced-barbecues' in adjoining gardens. They asked us to play the music for them and they all tuned in. This spread to their families and friends in other parts of the country who listened on-line and had their own barbecues. Our audience grew and they were all phoning in, emailing and contacting us on social media."

Local dedication

This is the local community feel which many other stations can no longer generate – a station truly working for and with its local listeners, local businesses, local

charities and local government. A local MP recently wrote: "The work and benefits of local radio is best seen at times of emergency, as now. *Seahaven FM*'s broadcasts continue through the dedication and inventiveness of its people."

Great community asset

Caroline Ansell MP said, "I am delighted *Seahaven FM* is transmitting in Eastbourne and I was really pleased to support the station's application to do so."

"We now have radio able to give news and views about local people, campaigns and businesses."

"In normal times this is a great community asset but in these difficult times it is even more important our communities have access to what matters to them and that's information about what is happening right on their doorsteps."

"I wish *Seahaven FM* the very best of luck and I look forward to listening in."

Let the music play

And of the music, Nick adds:

"During the day there is music from everybody's teenage years by playing a wide mix of hits from across eight decades. And in the evenings there are specialist music shows focus on genres like Rock & Roll, Albums, Soul, Rare Classics, Party, Love songs requests, Global music and the relaxed Chilled zone on a Saturday night in to Sunday morning. For the community there are talk shows, where local people and organisations to come and tell their stories about helping with local activities and inspiring lives."

Reaching out

And right now, two of the biggest changes are happening: First, the transmitter in Newhaven has had a significant power increase, this has enabled a further reach and listeners in Peacehaven and Lewes to have a clearer and more reliable FM signal. Secondly, an additional transmitter has secured coverage in Eastbourne and over the South Downs, this ensures that listeners who travel between Bexhill-on-Sea and nearly to Brighton can listen to the station uninterrupted.

Seahaven FM is a community radio station and even though run largely by volunteers, with over 13 years' experience (10 years on FM full-time) you find the station as

professional as any other. Included in our schedule are presenters from commercial radio, David Scott who has been on radio locally for many year including *Southern FM*, *Mercury FM* in Crawley and *BBC Radio 2*; Brian Noon who was Producer Brian on *Heart FM* breakfast show until last May and John Noble recently moved to Eastbourne from London where he was on *Radio Jackie*.

Never missing a beat

When asked what he is most proud of during the pandemic Nick simply says: "We just carried on and didn't miss a beat. It's our listeners that are doing great things and we are privileged to be alongside them."



Seahaven FM broadcasts to over 40% of the East Sussex population on **95.6** and **96.3FM**, it has its own app and can also be heard on-line at: www.seahavenfm.radio/player

East Sussex College celebrates acts of kindness and exceptional achievements

Throughout the year East Sussex College have been celebrating acts of kindness and exceptional achievements, while promoting the importance of self care, wellbeing and adjusting to new ways of living and learning. But while we have been busy educating our students throughout the pandemic, you - our staff, students and the wider community outside of East Sussex College - have been the ones educating us as well this year.

During lockdown, East Sussex College staff held online quizzes for charity, ran Marathons in their back garden or on a treadmill to raise money for the NHS, and they have been cooking up meals for local charity, Warming Up The Homeless. We have delivered Virtual Open Events (catch up at www.esclive.co.uk or for degrees www.escddegrees.co.uk). This has been alongside delivering teaching to our students here at East Sussex College throughout 2020.

We are so proud of our students and staff achievements through this hard time. These are the successes that we are pleased to celebrate here.



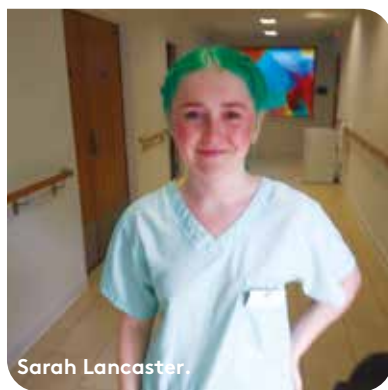
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GOOD NEIGHBOURS

When East Sussex College closed its doors to students back in March, tutors turned to online teaching to enable students to continue their courses.

Meanwhile, at the college, spaces were deep cleaned and Covid safety measures put in place. Our Kings building on the Eastbourne campus became the temporary home of the DGH Chemotherapy Unit, helping to protect vulnerable patients in the process, and freeing up space in the main hospital as Covid-19 put a strain on services.



THE RIGHT THING TO DO

Our A-Level Science student, Sarah Lancaster, used her spare time to work as a Host Volunteer on the In-Patient at St Wilfrid's Hospice. The talented student, who plans to pursue a career in Medicine, said volunteering "seemed like the right thing to do". Sarah began her role at the start of the year, and lockdown meant she could volunteer more of her time at the Hospice.

She described the experience,

saying, "Over the last couple of months, the delivery of care has been rather different, with the introduction of PPE. I sometimes forget that things are different, until you see the impact on the patients having limited visitors, it really touches you. In my support role I have to make things more comfortable for patients, now more than ever!"

IT STUDENT SUPPORT

East Sussex College was quick to put plans in place when lockdown happened back in March. Teaching was delivered online and the college supported students by setting students up with Chromebooks, dongles and software programmes.

One member of staff, who was on site when the first batch of equipment was handed out back in April, said, "I reached the car park and felt uncharacteristically emotional. I was overwhelmed by what had been achieved as I saw, first-hand the visible impact of supporting our students in enabling them to work from home."

CARE FOR THE CARERS

Away from the college site, staff played their part to support the NHS and key workers. "As a Wellbeing Mentor at East Sussex College, being told to shield for 12 weeks was gutting, as my default position is 'how can I help?'" Pauline Greig recalls. "We made scrub bags, masks and headbands for Rainbow Wishes in Eastbourne. I also made 15 sets

of scrubs for Chaseley House. Making these items to support frontline staff meant I could help from home while keeping myself and everyone else safe."



To date, Pauline and a small team have supplied nearly 1,000 items to NHS staff, frontline workers and key workers in Hastings and Eastbourne.

GREEN IS SERENE

Students and staff have turned to fundraising, sewing, drawing, exercising and gardening. These outlets have proved beneficial for wellbeing, and it's a double win if they support others in the process.

Back in the spring, East Sussex College even sent out a care package (in recyclable cardboard packaging of course) with wellbeing tips for students, at a time when they would have been receiving exam revision aid revising for their exams. "The ESC care package went down really well," says Rebecca Conroy, CEO of ESC. "It let students know we were there to support them during lockdown, when we couldn't see them in person."

Earlier this year, East Sussex College joined a project to plant 6,000 hardwood trees, helping the college to offset its carbon emissions. Over the next 20 years, these trees will be able to capture 60,000 tonnes of carbon.

CAREER BOOST FOR ADULTS

The start of lockdown saw East Sussex College pledge £1m in adult education funding over the next 12 months, through the delivery of free courses and qualifications to local businesses, employees and job seekers:

- Adults across Sussex, claiming Universal Credit, have access to pre-employment training programmes directly linked to job opportunities. These courses will lead to certificates and skills over a 1-3 week period.

- College leavers and university graduates also benefit from the pledge as they can access bespoke employability training programmes to better equip them for the challenging labour market following their studies.
- The fund also helps existing workers and volunteers to improve their digital skills and support business start-up training.

By October, seven months on from the launch, over 1,000 individuals had enrolled onto free courses such as Understanding Autism, Digital Skills for Work, and Understanding Mental Health First Aid.

Find out more about free online courses at www.grasplearning.co.uk



LEARNING TO A HIGHER DEGREE

Joanne Wilkinson is studying for her degree in Complementary Therapy at ESC in Eastbourne. The talented mum, from Lindfield near Haywards Heath, has pursued her passion for holistic therapy and turned it into her career.

"I already had my Level 2 qualification in Beauty Therapy and Level 3 in Hairdressing, so I knew a degree would be my next step," Joanne explains about choosing to study a degree course locally at East Sussex College. "I found [the FdSc Complementary Therapy course] online and knew it was right for me," she says.

Joanne went on to praise the supportive nature of tutors at the college. "The things they taught me in my first year have been integral to me setting up my business, Happily, Healthily, Holistically. Understanding nutrition, aromatherapy and reflexology has allowed me to offer my advice to those in need during the coronavirus pandemic."

Joanne started by posting positive messages online to give people a daily dose of happiness. Then as it grew, people got in touch for advice and Happily, Healthily, Holistically was born. "I had consultations with clients, talking about emotions, diet, sleep and any health issues," Joanne explains. "From there, I could give nutritional advice to boost the immune system, recommend reflexology techniques to reduce stress, or send aromatherapy oils to alleviate symptoms of arthritis and chemotherapy."

Joanne's website is currently in development, but you can find her on Facebook and Instagram by searching for 'Happily, Healthily, Holistically'.

For all degree courses at East Sussex College, visit www.escg.ac.uk/study/degree-level. The virtual open event, ESC Degrees, is online now at www.escdegrees.co.uk

INSPIRATIONAL ALUMNI

Lastly, is the recognition of inspirational ESC alumni for their work in the community during the Covid-19 crisis. Josh Babarinde studied A-Levels at ESC Eastbourne from 2009-2011. In October this year, the talented 27-year-old was awarded an OBE in the Queen's Birthday Honours, which he subsequently dedicated to the town of Eastbourne.

"During the first lockdown I thought, I've built and run this successful business [Cracked It], now what can I take from that to give back to the town?" Josh explains, when East Sussex College caught up with him on the phone in November's Lockdown.

Josh is the founder of Cracked It, an award-winning technology business that has supported over 200 ex-offenders away from crime and towards employment. His work has the backing of the US Embassy and has seen him featured in Forbes 30 under 30. Thanks to his position, Josh was able to reach out for help from his corporate partners, including fashion giant, River Island.

"With their help, we were able to repair broken devices and then donate them to local care homes

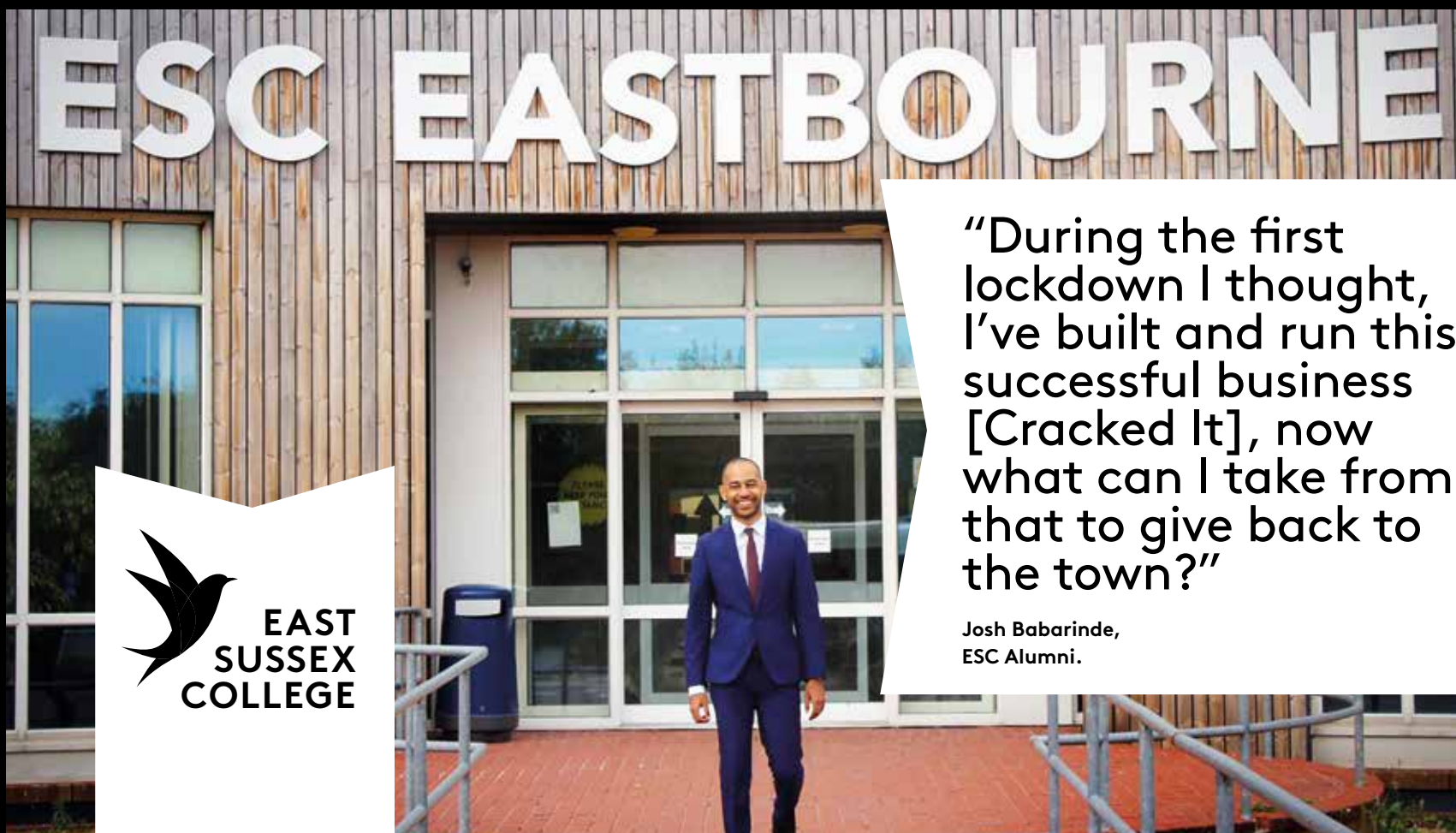
for use," Josh continues. "Over 100 care residents benefited from the free phones. More importantly, they were able to learn how to make video calls to keep in touch with friends and families, at a time when this was the hardest thing of all."

During lockdown, Josh was responsible for the largest telephone drive of its kind, reaching 5,000 elderly and vulnerable people in the town.

The inspirational entrepreneur has since started a new day job at the School of Entrepreneurship, helping others to build their own successful business. He has also joined the East Sussex College Group Board, a position he was offered a few years back, but business commitments made it difficult. Now he's at a stage where he can commit the time and is something he's "really excited about."

"It's been a crazy year," Josh concludes. "My OBE was totally unexpected. I associate it with people who have been working for decades. I feel like I'm just getting started! I have been able to realise my dream. More widely, the Covid crisis made me think about giving back. I want to help Eastbourne remain a town where people can realise their dreams too."

Watch our Virtual Open Events at www.esclive.co.uk and our new Degree Level Virtual Open Event at www.escdegrees.co.uk. For everything else ESC, see www.escg.ac.uk



"During the first lockdown I thought, I've built and run this successful business [Cracked It], now what can I take from that to give back to the town?"

Josh Babarinde,
ESC Alumni.



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

www.chaseley.org.uk



Thank you from all of us at The Chaseley Trust

2020 has been a year that we will not forget in a hurry, but as it comes to an end we wanted to look back and reflect on all the positive experiences we have had here at Chaseley.

By **Jodie Cornford**

We have been on lockdown since 13th March with no relative visits taking place inside the building throughout this time. We have however been very lucky to be able to organise regular FaceTime catch ups, garden visits during the summer and more recently since the weather turned, visits in our family viewing room and outdoor shelter, where residents can see their loved ones through the window and talk via an intercom.

An army of angels

Local, national and international supporters of Chaseley, dubbed 'Chaseley's Army of Angels' all came together when PPE stocks were low and difficult to obtain. We received hundreds of handmade masks, scrub sets and visors, which all really helped to ensure the safety of our residents and staff team whilst national stock levels were depleted.

The relatives of our residents have also been very understanding of the situation and shown their support and appreciation of the team here at Chaseley in a variety of ways; thank you cards, fruit hampers, cake deliveries, bottles of wine and monetary donations into a staff thank you fund. This fund enabled Chaseley to organise thank you treat bags for every member of staff, additional hand cream for use at work and a variety of treat days that included ice creams, BBQ's and themed lunches.

Embracing challenges

Our team here at Chaseley have adapted their working practices in a formidable way and embraced the challenges we have met with positivity and determination to ensure we continue to deliver high class levels of care to our residents throughout the pandemic.

Chaseley and some of our residents have had their stories and artwork showcased in national newspapers and magazines, participated in local TV and radio interviews and we launched our very own bi-monthly Enewsletter, which you can subscribe to via our website.

Generous donations

Chaseley has also been incredibly lucky to have received generous donations from several Trusts and Foundations throughout the year. These grants were received for a variety of reasons – to help with the additional and unplanned costs of PPE, bathroom upgrades, lost income, pieces of equipment such as Ipads to enable more resident FaceTime contact, as well as supporting and enhancing our activities programme not only during, but also after lockdown.

We have received generous donations from members of the public, some of whom had engaged in their own virtual fundraisers, others who donated in memory of a loved one and there were some who donated to simply support Chaseley through the pandemic.

Residents were entertained throughout the year and enjoyed activities such



as garden sing a longs with Elvis and several other local singers, visits from Pet Pals, themed days such as our Medieval Day that saw two knights battle it out in our garden and there was even a visit from 'Magico' the Spanish Andalusian Steel Stallion.

In touch with technology

Lesley Standing, CEO shares with us that "2020 has proven to be a challenging year for everyone living and working in the care sector. At Chaseley we have been embracing changes we have had to make to our 'usual business'. Activities and visits in general were subject to many changes but with these changes came some really positive benefits, in particular around the use of technology to keep everyone in touch. PPE has been our toughest challenge, from obtaining it in the first instance, through to staff having to wear high levels of PPE in very hot conditions to keep themselves and our residents safe. At the start of the year none of us would have predicted what could be seen as a sci-fi scenario for the world, let alone our community here at Chaseley.

We have been so very lucky to have received so many generous donations and I would like to convey our grateful thanks from everyone here at Chaseley for making this challenging year more bearable for us all."

For further information on the charity contact: Jodie Cornford, Fundraising Manager at:
jodiec@chaseleytrust.org
Tel: **01323 744200**

The Chaseley Trust was established in Eastbourne in 1946 by Dr Luttwig Guttman to care for soldiers returning from the Second World War with spinal injuries.

Today, the charity provides care and rehabilitation services for all adults over the age of 18 who have significant physical disabilities.

The 55-bed home specialises in long and short-term nursing and respite care for people with complex disabilities.

The multi-disciplinary approach to care and rehabilitation includes physiotherapy, occupational therapy, speech therapy, social and recreational activities ensuring that people have independence and control over their lives. The ethos of the charity remains the same as when first founded over seventy years ago, to enable people with disabilities to lead a full and active life in spite of their disabilities.

As a charity we rely on generous donations from our community to provide services for which we receive no Local Authority or Government funding. Last year, the charity cared for over 100 residents and supported their families as they coped with the suddenness and/or deterioration of their loved one's condition.



ignite

PR & Engagement



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

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.

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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**

media • events • pr • training • social media

'Children with Cancer Fund' are moving

THIS year has been far from what we imagined but when we received the news that our office will no longer be available to rent next year, our year took another unexpected twist.

By **Chloe Matthews**

Having run our charity in Polegate for twenty-two years we were determined to turn a negative into a positive and begin our search for a new office close to home.

Unfortunately we were unable to find a suitable space in Polegate so we had to widen our search a little. We have been lucky enough to find a new premise based in Lower Willingdon which remains close to our roots and fairly central for the families we support across East Sussex, Brighton & Hove. In the coming weeks we

will be moving everything across to our new home and look forward to sharing our new space with you.

Continued support

When lockdown was first announced we had no idea what to expect, but one thing was for certain, we would continue to support the families in a safe way no matter what. We had to cancel all family events and close our caravan doors but we quickly adapted by moving our services online and over the telephone. We have continued responding to all new referrals sent from the Royal Marsden and other hospitals, as well as granting wishes whilst following government guidelines. We have

also been working with the wonderful Green Fig Catering Company who have been delivering delicious meals to some of the families we support. The response we have had from this has been amazing and the meals definitely put a smile on the families' faces. We are delighted to share with you some quotes and photos from the wonderful families we support.

A big thank you

We would like to take this opportunity to thank all our supporters for their ongoing support, it has been a very difficult year for our charity but we are ready to bounce back with lots of family activities, fundraisers and reopen our caravans and office doors when it is safe to do so.

Our telephone lines continue to remain open 24/7. Please call **01323 488561** or email **info@childrenwithcancerfund.org.uk** if you would like to get in touch.

"Wow!! How amazing is this!! In Betsy's words ..."Come on, let's go and have some fun."

"Thank you so much. xx"

"I am writing this e-mail to thank you, firstly, for everything over the last 14 years, all of the events where I have made so many friends and also, all of the wishes and gifts I have received. Secondly, for my gorgeous 18th birthday wishes, a beautiful watch, Pandora bracelet and a voucher for the Ivy in Brighton. I love them very much and can't wait to use them. Thank you to everyone who has supported me and my family through everything from treatment to my long-term recovery. We are all so very grateful. I hope that over the years to come, I will continue to fundraise and help the charity and repay what you have all done for us."

Thank you to Rachael of Willow Tree Financial Services for kindly sponsoring our page.

 **WILLOW TREE**
FINANCIAL SERVICES

 **CHILDREN with CANCER FUND**



Fun in the new garden climbing frame.



With the support of **D & H Fencing** we were delighted to surprise some of the families we support with a garden climbing frame!

Polegate Scarecrows helping the needy at Christmas



POLEGATE Scarecrows are working with Polegate Sundowners WI to launch their new joint venture bringing more joy to others this Christmas!

By **Nathan Dunbar**

They are running a community initiative to support the wider community this Christmas because, as you know, this year has been a struggle for many!

As part of their **Bags of Goodness** appeal they are going to deliver 20 Christmas Gift Bags to those who may be in need this year.

These bags will include gifts and treats for all the family and they hope to brighten up their festive season.



They will also deliver another 20 of these as a 'Thank You' to those who have made a difference in our communities this year.

For example, thanking fundraisers who have enabled charities to remain stable and thanking volunteers for their hard work and efforts to assist others in these unprecedented times.

Are you doing any Christmas shopping on Amazon?

Are you or your business interested in supporting our campaign?

If so, could you spare a little gift to the campaign? They have items from 99p to £14 on the wish list, all items will be a great help and will make someone smile this Christmas!



If you don't shop online and still want to donate or just ask a question and please get in touch!

www.polegatescarecrows.co.uk

Find us on Facebook and Twitter:
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www.polegatescarecrows.co.uk/bags-of-goodness-appeal



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Dorit Oliver-Wolff's incredible story from Holocaust survival to becoming a popstar.



"Dorit's Story is one of the most inspirational I have ever heard. The incredible twists and turns of her life are utterly compelling and will stay with you long after you finish the book."

Natalie Graham - BBC South East

Dorit is an accomplished public speaker and is dedicated to educating others about the consequences of the Holocaust. Dorit has recently been awarded the BEM for services to Holocaust education and awareness.

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only **£8.99**

25% of all sales go to **Children with Cancer Fund**



Oh yes it is!

LEADING family entertainment producer *That's Entertainment Productions* and Circus proprietors *Acting Moon* are refusing to let the Covid Grinch steal Christmas in East Sussex.

By **Gail McKay**

Dame Dora Trolley has offered to help save the season hosting her very own panto party.

It's bursting with madcap magicians, jumping jugglers, silly songs and even the legendary ghost scene with a twist!

Starring from ITV's *Emmerdale*, Anthony Howes heads an amazingly talented cast including this year's *Britain's Got Talent* sensation *DOCTOR BONDINI*.

This special Pop-up-Panto is guaranteed to bring back the Christmas fun, laughter and interaction that we all love and enjoy but performed to a socially distanced audience.

Due to extreme reduced capacity, demand is expected to be very high – so book your seats today!

The Panto Party runs twice daily at Hailsham Big Top adjacent to Knockhatch Adventure Park Hailsham BN27 3GD from December 28th.

For tickets and more information visit: www.onlineticketseller.com

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It's just a bit of fun!

ALL the words are hidden vertically, horizontally or diagonally – in both directions. The letters that remain unused form a sentence from left to right.

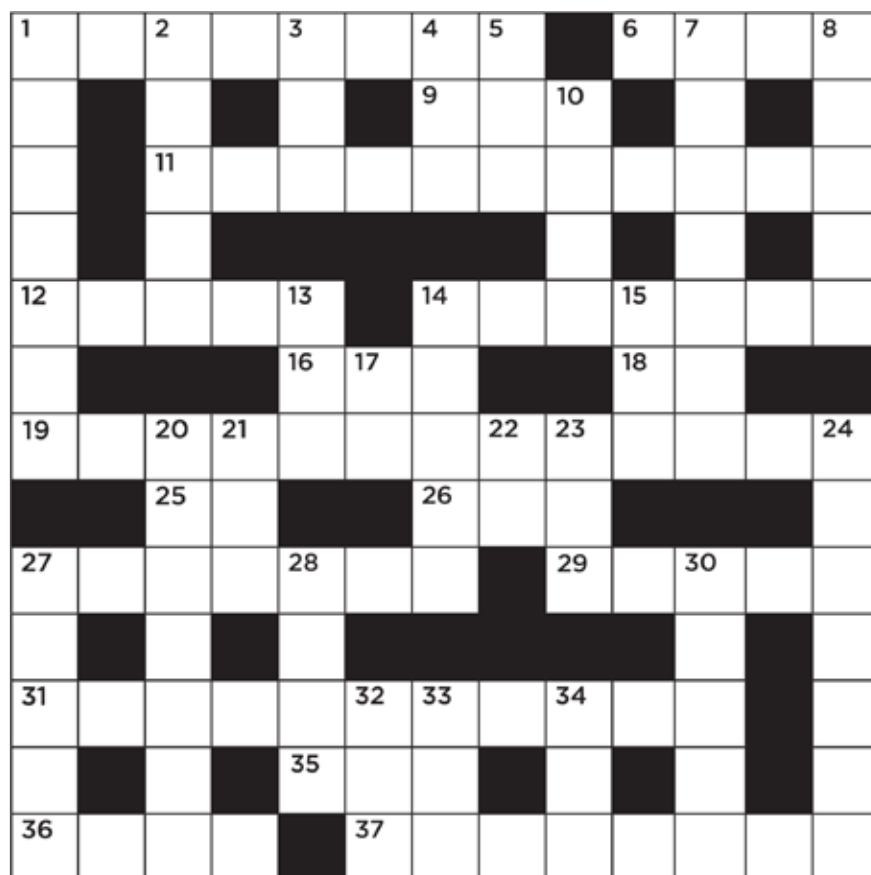
By **Word Search** and **Cross Word**

L A M R O F N I D A D A I S M
J U G E N D S T I L C A R A W
A G G E U Q S E N A M O R I S
B T I W E C N A S S I A N E R
E O M S I L A E R R E S M M C
T Y D B A U H A U S M L S S L
A I G Y S T I B C A S F I I A
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W E I R T R S T C S N R U I S
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T C U P R E P T A E P A I N N
I O T E E R C A R A X U V O A
G G M S I R A L U C E S I C O

ABSTRACT ART
ANIMISM
ART DECO
ART NOUVEAU
ASSEMBLAGE
BAUHAUS
BODY ART
CLASSICISM

CONSTRUCTIVISM
CUBISM
DADAISM
EMPIRE
EXPRESSIONISM
GOTHIC
GRAFFITI
INFORMAL

JUGENDSTIL
PIETISM
POP ART
REALISM
RENAISSANCE
ROCOCO
ROMANESQUE
SECULARISM



ACROSS

1. Weapon that's also a Beatles album title.
6. Lady of music.
9. Peeper.
11. Weapon that Liberace might have used.
12. Sainly souvenir.
14. Enliven.
16. Ben-_____.
18. II x III.
19. Scholar (and suspect) with a fruity name.
25. Dr._____.
26. Mine find.
27. Distress.
29. Broods.
31. Suspect who doesn't live at Tara.
35. Levy.
36. Abundant, as greenery.
37. Cylindrical murder weapon.

DOWN

1. Rickety building.
2. Outspoken.
3. ____-Manuel Miranda. (*Hamilton* creator)
4. Slithery swimmer.
5. Seeded loaf.
7. Second first lady.
8. Low joint.
10. Morales of *How to Get Away with Murder*.
13. Michael of *SNL*.
14. Firebug's crime.
15. Star player.
17. You and me.
20. The O in Jackie O.
21. Pea soup.
22. Surgeon's office, for short.
23. Michael Stripe's group.
24. A caller may leave one.
27. Desert transport.
28. Become oxidized.
30. Singer Page.
32. Ripken of baseball.
33. Paul Bunyan's tool.
34. Pot top.

Enjoy!

Health & Wellbeing



Seahaven FM 95.6 in Eastbourne



Stare at the sky to improve your health

THERE are benefits of natural sunlight on our skin; however, there are even greater benefits of natural sunlight in our eyes. By staring at the sky, we can greatly enhance our health.

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

As winter months are the darkest months of the year, there is no more important time than now to stare at the sky, while the sunlight is shining.

Rhythm of the sun

Our brain keeps track of time through our circadian rhythms. Circadian rhythms are present in all living organisms, which are controlled by sunlight. These rhythms are our internal clock that regulates cycles of alertness and sleepiness, depending on whether we are exposed to sunlight. The circadian rhythms are also responsible for our brain health, hormone production, cell regeneration, body temperature, immune system and even our mood.

Light in the morning signals the brain to release the hormone cortisol. Cortisol stimulates our sympathetic nervous system to make us feel awake. Cortisol levels are highest in our body in the morning, and gradually decrease throughout the day. When our cortisol levels are high, our melatonin levels are low, and vice versa.

When the sun sets and darkness approaches, the lack of sunlight stimulates our brain into creating melatonin. Melatonin is an anti-oxidant, anti-inflammatory, hormone and neurotransmitter that works at night by making us feel sleepy and regulates our blood sugar.

Having sufficient sunlight during the day helps to regulate our circadian

rhythms to continue to flow at night. Our brain is then able to create healthy amounts of both cortisol and melatonin at the right times.

Skin medicine

Our skin is a natural solar panel. The more we expose it to the sun, the more our circadian rhythms are balanced. The cells in our skin are photosensitive and can absorb light, as we see when we get a tan. However, sunlight on our skin is so powerful that it can even regulate our circadian rhythms independently from our brains entirely, as studies suggested by scientists at the *University of Washington Health Sciences* have shown.

Sunlight is also a natural anti-depressant and immune booster. One of the reasons for this may be because when sunlight hits our skin, it converts cholesterol into vitamin D, and vitamin D is known to boost mood and our immune system. In fact, cholesterol is nearly identical in structure to vitamin D.

Unfortunately, living in England means we live well beyond the critical 37° North line. According to *Harvard Health*, any country that is located above this amount means that the population will automatically not "get enough energy from the sun to make all the vitamin D we need." We are already at a disadvantage, so we need to make an extra effort to make up this deficiency of sunlight by exposing our skin as much as possible to sunlight during the winter months, without getting ourselves

“

When the eyes are exposed to natural light the pituitary gland, thyroid, adrenal glands, pancreas, liver and kidneys all have improved function.

too cold or risking any frostbite. One of the best ways to receive sunlight on your skin during cold months is by taking long walks while the sun is shining. Besides the benefits of exercise, long walks in the cold during sunny days gives our body the boost from the sun, along with the longevity benefits of the cold, as has been shown with cryotherapies.

Harmful sunglasses

Wearing sunglasses limits the amount of sunlight that can reach your facial skin, but it also prevents the full spectrum of light from entering your eyes. Getting sunlight in our eyes is just as beneficial as receiving sunlight on our skin. In order for our brains to suppress melatonin during our waking hours, our eyes need to be exposed to specific wavelengths of light at certain times. Sunlight is a unique type of light that provides a full spectrum of wavelengths that are naturally healing to us. According to medical researcher and eye doctor, Fritz Hollwich, "When the eyes are exposed to natural light the pituitary gland, thyroid, adrenal glands, ovaries, testes, pancreas, liver and kidneys all function better."

When we stare at the sky during daylight hours, light is absorbed into the mitochondria of our eye tissues. Mitochondria are a special organelle in our cells that contain receptors to absorb light. The amount of mitochondria in cells is greatly enhanced in our eyes tissues, as nature has designed them to absorb light as their main function. When

light is absorbed the mitochondria in our eyes it stimulates specific genes that regulate our circadian rhythm. Even more amazing, a recent study by scientists from *Current Eye Research* concluded that ultraviolet light from sunlight going into our eyes can even stimulate the creation of vitamin D. This means simply staring into the sky can make our body naturally produce more nutrients, while improving the function of our internal organs.

Artificial light dangers

A disruption of the circadian rhythm can have severe health implications for multiple organ systems including the immune, reproductive, gastrointestinal, skeletal, endocrine, renal and cardiovascular systems. The disruption is also often associated with insomnia, neurological disorders, depression and even cancer and severity of symptoms from coronaviruses.

One of the ways we can have a disruption in our circadian rhythms is by having a lack of sunlight in our eyes and skin, especially during the winter months.

However, artificial light is another way to throw our circadian rhythms off. Unlike sunlight that naturally provides a full spectrum of all frequencies of light that our body needs, artificial light contains only a few wavelengths, and some of these are actually detrimental for our health. This is especially true with electronic equipment like televisions, computers, LED lights and smart phones. These devices create an excess amount of harmful blue light that can confuse our brain into thinking night-time is still daytime. As a result, they make us stay up later by releasing an imbalance of cortisol and melatonin. Studies have shown that blue light at night can even reduce our REM sleep. It is best to avoid these devices within 60 minutes of bedtime.

Oftentimes, smart devices may have a blue-light filter button you can press to reduce the blue light at night.

Staring tips

To get the most out of our sunlight exposure it is best to stare at the sky in the morning. The morning sun contains the smallest amount of ultraviolet radiation that won't damage our retina, so it is the best time to stare at the sky. Low ultraviolet radiation also means this is a safer time to expose our skin to the sunlight, without getting burned.

If your eyes are sensitive to the sun, blink them often to cool them, or try staring at the sky closer to sunrise.

Never stare directly into the sun.

If anyone, especially over the age of 65, finds it difficult to stay up late and wakes up before the sun rises often, then it is a sign that their circadian rhythms are imbalanced.

Unfortunately, as we age our circadian rhythms are thrown off, but staring at the sky later in the afternoon is one of the easiest ways to begin to rebalance our circadian rhythms.

How much sunlight should we receive a day? About an hour. But we do not have to stare at the sky the entire time, as long as the skin on our face is also receiving exposure. Every now and then, a simple glance at the sky will be sufficient.

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

www.modern-healing.co.uk

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How to maintain an exercise routine during winter

MOST people would agree that this year has been challenging. There has been illness, loneliness and work stresses. Now, with shorter, colder days, everyone's mood can take a greater dip.

By **Tracy Fuller**, Natural Fitness & Therapies – The Beach Studio

That's why it is even more crucial than ever to maintain an exercise routine. Exercise can improve immune function, create new brain cells, regulate blood sugar and balance mood.

Merits of Zoom!

The benefit of lockdown has shown us that exercise can be carried out anytime and anywhere. *Natural Fitness and Therapies – The Beach Studio* has been offering Zoom Pilates and Yoga classes, which have proven to be incredibly popular, with 80% of clients taking part! The merits of Zoom classes, are that you don't even have to step out of your

front door. You just need to turn on a screen and get your body moving and afterwards, you can crash out on the sofa! If it's looking a little bleak outside, it can be so much harder to want to leave the house, so Zoom is a great option. The main thing people miss is the fantastic views that can be seen from our wonderful studio.

Keeping the social element

However, the social element of classes can make all the difference to motivation too and going out to a group class is an equally great option and Pilates and yoga will keep your body supple and mind balanced through the darker months.



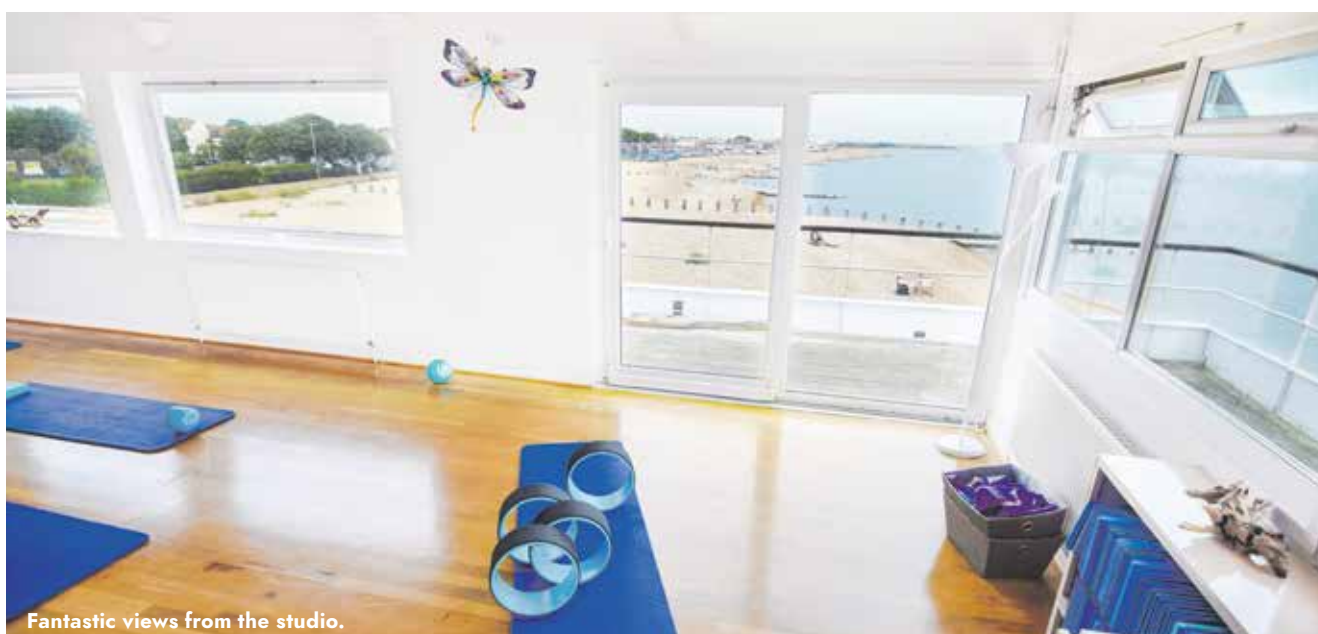
The joys of a live class.

Lifeline

As we go in and out of lockdown, and many people are not ready to return to studio classes, we offer the choice of studio or zoom into the class. These are proving a real lifeline to those who can't get out but want to feel that they are part of the group

still. We often turn the screen round during the class so the zoomers can see the studio participants and therefore feel they are taking part together. Many of the classes are recorded so if for some reason a member can't come in live they have the option of this being sent.

If you would live to be part of the The Beach Studio zoom or Studio experience please get in touch.



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The Arts



Seahaven FM 95.6 in Eastbourne

'newartgallery' moves to central Eastbourne

HAVING spent several happy and successful years in Alfriston, Peter Patterson has moved his eclectic art gallery to Hyde Gardens right in the centre of Eastbourne.

By **Ian Shearer**

Peter has considerable experience in showing intriguing and inspiring collections. Peter began his gallery 'career' in Essex, where he showed paintings from the Basildon Arts Trust and local artists in the Eastgate Shopping Centre. After which he set up his Gallery, newartgallery, in Barleylands Craft Village in Essex in 2007.

Peter and his family then moved to East Sussex where he established newartgallery in Alfriston.

The gallery offers a huge range of original art works from a wide variety of artists in a range of media including water colour, ceramics, and photography. There are portraits, landscapes, and pencil drawings as well as pottery, porcelain, and photos printed on to aluminium.

Peter says, "I hang art that shows the passion of the artist and I find customers recognise this."

Peter Patterson
7 Hyde Gardens, Eastbourne BN21 4PN
Tel: **01323 406442**
Mobile: **07970 549873**
info@newart-gallery.co.uk
www.newart-gallery.co.uk



Leila Godden.



Gina Southgate.

Currently the gallery is showing:

Portraiture from **Anthony Ellis;**

Live Jazz paintings by **Gina Southgate;**

Superb pencil and charcoal drawings from **Amanda Palmer;**

Bright 'flying' abstract paintings by **Susan Lynch;**

Delicate porcelain from **Susan King;**

Wonderful pottery from **Lola K Swain;**

Large splashes of colour in the shape of birds (or how you wish to interpret them) by **Susan Lynch.**

Abstract seascapes by **Leila Godden;**

Turner inspired landscapes by **Suzanne Henegrave;**

Life size pencil drawings of bees by **Louise Crispin** who has been accepted as an artist at the Royal Horticultural Society.

And many, many more!

Peter is pleased to discuss your search for a special piece to meet your requirements and many of his pieces are currently shown on the gallery website.

www.newart-gallery.co.uk



Louisa Crispin
Teasel iv

Sussex sleuth

IT seems Eastbourne is the perfect breeding ground for crime fiction writers. I may never run out of material for this section.

By **Gail McKay**

If, like me, you have a passion for crime fiction, be it gritty or cosy, you'll love Robert Crouch.

The protagonist, Kent Fisher, is a funny and sharp character, written with a smart-mouth internal monologue. I asked him if he had based the character on himself, "Definitely!"

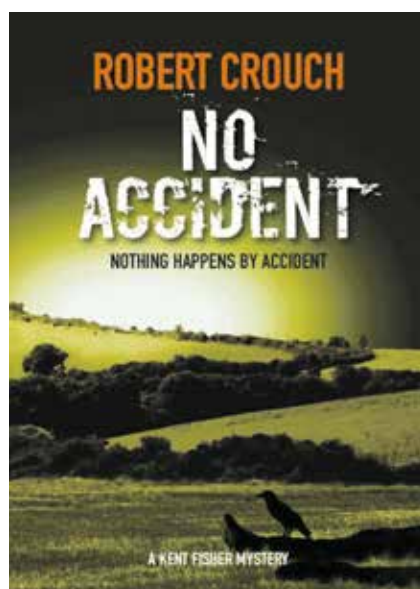
"When I had the idea to write crime fiction, I wanted to create something new and distinctive, something different from the police procedurals and private eye novels around. I wondered if an environmental health officer (EHO) like me could solve a murder," he explains.

Blogging

After a radio interview prompted him to blog about his experiences, he developed a pseudonym to avoid being identified by his employers and *Kent Fisher* was born. The perfect product of Environmental Health experiences and crime.

I asked Robert about how he uses his old profession.

"The books are amalgams of real places and events, but I don't like to use anything too identifiable. I'd worked with the police on many occasions during my career as an environmental health officer (EHO).



But I didn't know enough to write a police procedural. The prospect of a private eye interested me until I realised that an amateur sleuth offered me something I'd always wanted to do. I'd always wanted to solve a murder."

Cosy Crime

Robert says he keeps his books at the cosy end of the crime spectrum, and is writing his seventh book.

Kent Fisher is based in the South Downs with plenty of familiar landmarks for locals.

You can order his first book, **'No Accident'** for 99p for Kindle on amazon.

www.robertcrouch.co.uk



There's no place like home

EASTBOURNE teacher, Claire Graves and her husband Simon have created a magical Christmas feature of their house on Green Street in Eastbourne's Old Town.

By **Gail McKay**

The 'Pink House' is dressed extravagantly with lights and props every year.

"We always look forward to what the Graves's are doing, they come up with such great ideas." Says their neighbour Sarah Addems.

Previous years have included dressing up their beloved mannequin, affectionately named Sheila, as *Elf on the Shelf*, as an Angel and as Mary holding the baby Jesus.

This year they've chosen the *Wizard of Oz*, and Sheila is dressed as Dorothy.

This was inspired by Claire's ongoing support of the *Rainbow Wishes* Charity (Formerly Box Full of Rainbows) who make care packages for staff in Care Homes, as well as other Key Workers.

Rainbow Wishes is now based in the Enterprise Centre. They rely on cash donations from individuals and local businesses. Tracie Owen and co-founder Jo Valler-Clark work flat out, seven days a week, creating these care packages, and fundraising.

"We are really touched that this lovely lady has created an incredible light display to help raise funds for *Rainbow Wishes*."

"If you are passing, please pop whatever you can in the door and let's make a difference this Christmas! We have envelopes outside in a basket, so you can pop a donation through the door safely." Says chief light technician Simon Graves.

You can view the display at **123 Green Street**, and find many more amazing light displays in the area.



Author Robert Crouch with Harvey.

Coming to Towner

TOWNER Eastbourne and Compton Verney to present the most comprehensive major exhibition of John Nash works in over 50 years.

1 MAY 2021 – 26 SEPT 2021

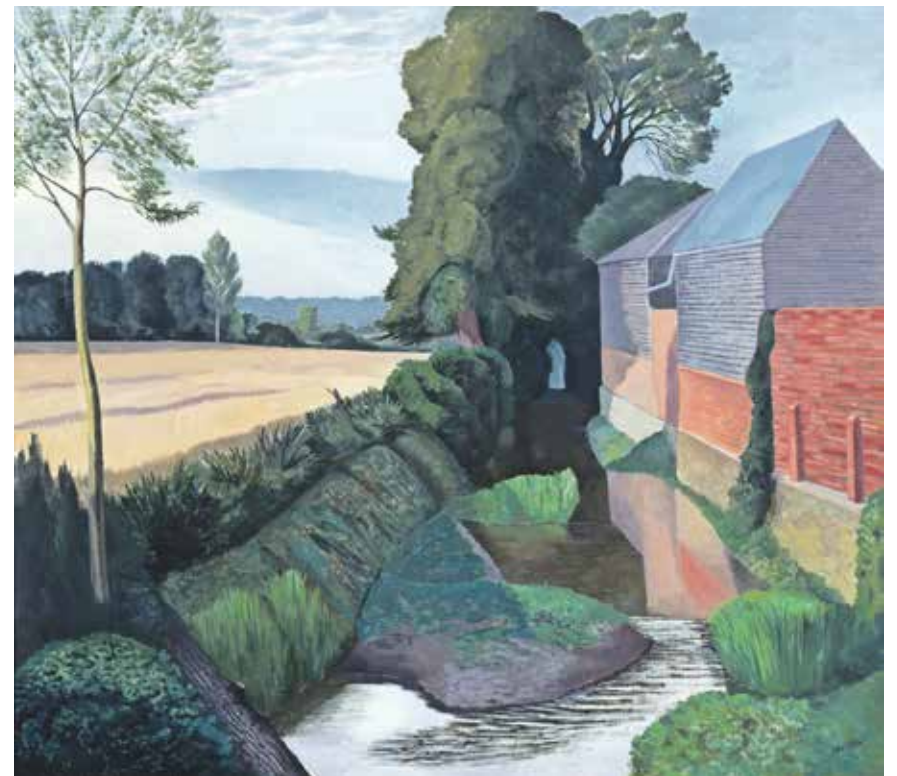
Towner Eastbourne and Compton Verney Art Gallery and Park are to present the first major exhibition of work in over 50 years by John Nash, one of the most versatile and prolific artists of the 20th century. *The Landscape of Love and Solace* opens at Towner on 1 May until 26 September 2021 and travels to Compton Verney from 23 Oct 2021 to 2 January 2022.

In a career spanning more than seven decades, Nash produced work across a range of mediums, from iconic oil paintings, now housed in some of Britain's most important collections, to accomplished wood engravings, line-drawings, lithographs and watercolours.

Combining acute observation and a strong individual vision Nash's oeuvre includes many of the finest depictions of the British landscape created in the 20th century. Often overshadowed by

his brother and fellow artist Paul Nash, John Nash has not been the subject of a major exhibition since the Royal Academy's retrospective exhibition of his work in 1967, which at this time was also an unprecedented honour for a living Royal Academician. Nash was one of a small number of artists who were Official War Artists in both the First and Second World Wars. An artist who did not have formal art school training, he was greatly respected by his contemporaries, particularly for his production of one of the most highly regarded paintings of the Great War, *Over the Top*, 1918, now in the Imperial War Museum Collection. He is also now renowned for his 'thanksgiving to survival' of the Great War, *The Corn Field*, 1918, which features in this exhibition along with a range of other first and second world war-era works.

Nash was a comic illustrator of note and was also a keen plantsman, creating gardens from the 1920s



onwards, developing into arguably one of the 20th century's greatest botanical artists. Renowned in the horticultural world as a judge at Chelsea Flower Show, he also passed on these skills through his teaching at the Royal College of Art and Flatford Mill in Suffolk. A wide range of these botanical works will be seen for the first time in this exhibition and is a chance for audiences to see Nash's oeuvre at its most broad.

The Landscape of Love and Solace will contextualise the artist's life and work within the history of the 20th century, and in particular via his key relationships with Dora Carrington and Christine Kuhlenthal, who later became his wife. Works will also be presented from friends and peers including Edward Bawden, Peter Coker, Charles Ginner, Spencer Gore, Harold Gilman, Cedric Morris, Eric Ravilious and Carel Weight.

The exhibition will also tell the story of Nash's relationship with his wife Christine Kuhlenthal and the death of their young son, through a range of never seen before photographs and diaries. *The Landscape of Love and Solace* has been co-curated by Andy Friend, independent curator and Sara Cooper, Head of Exhibitions and Collections, Towner Eastbourne and organised for Compton Verney by Penelope Sexton, Senior Curator, Compton Verney Art Gallery and Park.

Image credits:

John Nash, *The Lake*, Little Horksey Hall, c.1958, Oil on canvas. © Royal Academy of Arts, London. Photographer: John Hammond.

John Nash, *Over the Top*, 1st Artists Rifles at Marcoing, 30th December 1917, 1918, Oil on Canvas. Courtesy of the Imperial War Museum.

John Nash, *Oppy Wood*, 1918. Oil on Canvas. © Imperial War Museum.





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Green and pleasant

IT looks like we will all be celebrating Christmas a little differently this year after the exceedingly difficult 2020 many of us will have had. Whatever the outcomes following the November lockdown, many of us, I'm sure, will still want to be cautious, so a quiet Christmas is on the cards for my family and I.

By **Geoff Stonebanks**

Weather permitting, the garden will play a large part in keeping me busy and maybe I'll follow my own advice below!

Outdoor Christmas tree

Whilst many of us probably buy bird food to put out in the garden, if you have some extra time on your hands and need to occupy fed up children, why not have a go and make your own special Christmas tree for any feathered friends around your plot? I have many birds visiting the garden at Driftwood, notably robins, including the one above, perched on a pot outside last winter. Some years I buy a small tree to put by the pond where it can easily be seen from the house. You can see from the header that small decorations can then be made to decorate it.

Dried fruit and nut garland

Get yourself a large needle and thread with some garden twine or

string. Purchase some nuts, I find the best to use are peanuts in shells (monkey nuts) as you can pass the needle through the shell with some ease. Check your food cupboard for dried fruit and you're away! Thread the twine with a nut then a piece of dried fruit and keep going until you have an edible garland for the birds to hang on the tree. Make sure children are supervised if using needles.

Citrus fruit decorations

Get a few oranges and lemons and create small hanging baskets in which to place bird food. Cut the fruit in half, remove the flesh, leaving the peel. String the halves up with twine or wire, fill with bird food and hang on the tree, refill as needed. You can also use whole oranges, studded with cloves. Create different designs with the cloves on the orange spheres. Use narrow ribbon, secured with the cloves to hang on the tree too.

Pine cone treats

See if you can find any pine cones while out walking and bring them home. You can push pieces of bird fat food in between the sections of the cone. Once complete use some wire, twisted around the top of the cone and suspend from the branches on your Christmas tree. Your creative tree will be a focal point for your feathered visitors and you and your family can enjoy watching them feed too.

Providing interest in the winter garden

One of the great joys I have each winter is realising how useful the rusted metal features I have amassed over the years have become. They are all displayed throughout my beach area and back garden at Driftwood. For me, they truly enhance the space. Not only do they provide real drama when there are fewer flowering plants around to please the eye, they really come into their own on a cold winter morning when the frost clings to the edges and defines the piece. On the relatively rare occasions it happens, they look even more dramatic after a fall of snow. Maybe invest in some pieces for your plot, perhaps even ask for one as a Christmas gift!

A favourite winter plant

By far one of my favourite plants in the garden at this time of the year is the beautiful *Coronilla glauca*. You can see a shot of some in my beach garden in the header above. It will light up a sheltered position with an abundance of yellow, pea-like blooms and flowers from December through to mid spring. Mine is in quite an exposed location and has still worked really well, with this year flowers starting to appear last month. The sweetly scented blooms make this a

useful shrub for bringing colour to those very dull winter days. It has small blue-green foliage which is evergreen, thus providing a fine backdrop for its fragrant display. It works well as a cut flower to bring indoors too.

This versatile shrub is perfectly hardy in most UK locations, but performs particularly well in a sheltered, sunny spot, even in difficult coastal areas. Its compact, rounded habit makes it ideal for borders and patio containers. You can train it as a wall shrub for a spectacular upright display that can attain a height of six feet, with careful training.

Christmas gifts

Friends always ask what they can buy me for Christmas. In my view, it's an easy choice if you are a gardener! You can never have enough secateurs or proper, practical gloves. So, if you have a family member who loves gardening, I'm sure they would appreciate either. There are also many innovative ideas for gardeners promoted online and through social media to choose from as well.

Wishing all my readers a very Happy Christmas and a prosperous New year. Here's hoping 2021 will be a little kinder to us all.

Read more of Geoff's garden at:
www.driftwoodbysea.co.uk

Geoff's garden, Driftwood has appeared on BBC2 Gardeners' World, was a finalist in Gardeners' World Magazine Best Small Space and a finalist in Lewes District Business Awards 2018 as 'The Tourist Destination of the Year'. Read the amazing 5-star reviews on TripAdvisor. Amazing feature in Coast Magazine and an American magazine, Flea Market Garden Style. Read all about Geoff's trips to Buckingham Palace and Royal Garden Party in 2018 and his work for the community.


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00:00 Monday Morning Through the Night	00:00 Friday Morning Through the Night
06:00 Breakfast Jukebox	06:00 Breakfast Jukebox
07:00 David Scott with Breakfast	07:00 David Scott with Breakfast
10:00 Nick Mallinson with The Morning Show	10:00 Nick Mallinson with The Morning Show
12:00 Mark Evans with The Lunch Time Show	12:00 Mark Evans with The Lunch Time Show
14:00 Suzie Sparkles with The Afternoon Show	14:00 Suzie Sparkles with The Afternoon Show
15:00 Brian Noon with The Feel Good Afternoon	15:00 Brian Noon with The Feel Good Afternoon
16:00 Clive Mellor with The Seahaven FM Drive Home	16:00 Clive Mellor with The Seahaven FM Drive Home
19:00 Keith Baxter with The Rock and Roll Show	19:00 Mark Evans with Mark and Friends
20:00 Norman Baker with The Hidden 60s	21:00 Nigel Chorley with The Soul Show - Heritage
21:00 Roger Day with The Sixties Vinyl Countdown (Repeat from Saturday Morning)	23:00 Keith Baxter with The Rock and Roll Show (Repeat from Monday Evening)
23:00 Monday Night	
Tuesday	Saturday
00:00 Tuesday Morning Through the Night	00:00 Saturday Morning Through the Night
06:00 Breakfast Jukebox	07:00 Breakfast Jukebox
07:00 David Scott with Breakfast	08:00 Roger Day with The Sixties Vinyl Countdown
10:00 Nick Mallinson with The Morning Show	10:00 John Noble with The Saturday Morning Show
12:00 Mark Evans with The Lunch Time Show	12:00 Suzie Sparkles with Saturday Lunch Time
14:00 Suzie Sparkles with The Afternoon Show	14:00 Seahaven FM Afternoon Delight
15:00 Brian Noon with The Feel Good Afternoon	16:00 Saturday Afternoon Show
16:00 Clive Mellor with The Seahaven FM Drive Home	18:00 Ryan Millns with Saturday Evening
19:00 Len Fisher with Community People (Tuesday Edition)	21:00 Nigel Chorley with Saturday Evening
21:00 Mark Evans with Evanly Love Songs	23:00 Joel Stewart with The Chill Zone
23:00 Nigel Chorley with The Soul Show - Heritage (Repeat from Friday Evening)	
Wednesday	Sunday
00:00 Nigel Chorley with The Soul Show - Heritage (Repeat from Friday Evening)	00:00 Joel Stewart with The Chill Zone
01:00 Wednesday Morning Through the Night	02:00 Sunday Morning Through the Night
06:00 Breakfast Jukebox	07:00 Reg Dove with Sunday Breakfast
07:00 David Scott with Breakfast	10:00 Bob Bate with Sunday Morning
10:00 Nick Mallinson with The Morning Show	12:00 Sunday Lunch Time
12:00 Mark Evans with The Lunch Time Show	14:00 Len Fisher with Lazy Sunday Afternoon
14:00 Suzie Sparkles with The Afternoon Show	17:00 Malcolm Beck with Malcolm's Mix
15:00 Brian Noon with The Feel Good Afternoon	19:00 Norman Baker with Pick Up the 70s
16:00 Clive Mellor with The Seahaven FM Drive Home	20:00 Norman Baker with Ain't Nothin' But the Blues
19:00 Len Fisher with Community People (Wednesday Edition)	21:00 Joel Stewart with The Global Mix
21:00 Gary White with Under the Covers	22:00 Sunday Night
23:00 Norman Baker with The Hidden 60s (Repeat from Monday Evening)	
Thursday	
00:00 Thursday Morning Through the Night	
06:00 Breakfast Jukebox	
07:00 David Scott with Breakfast	
10:00 Nick Mallinson with The Morning Show	
12:00 Mark Evans with The Lunch Time Show	
14:00 Suzie Sparkles with The Afternoon Show	
15:00 Brian Noon with The Feel Good Afternoon	
16:00 Clive Mellor with The Seahaven FM Drive Home	
19:00 Roy Stannard with The Whole Nine Yards	
21:00 Norman Baker with Pick Up the 70s	
22:00 Norman Baker with Ain't Nothin' But the Blues (Repeat from Sunday Evening)	
23:00 Thursday Night	



Schedule subject to change