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01/21

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January 2021

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Our next edition will be distributed from February 9th. Make sure you are a part of it.

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Let's all wish – eventually – for a safe, happy and successful 2021

WELL, what a year that was!

By **Peter Lindsey**

We are now firmly into 2021 and a struggle remains ahead but hopefully there is light at the end of the tunnel with the new vaccines.

Gosh, 2020 was worse than any of us could ever have imagined.

Eastbourne was doing relatively well, the economy was good, and then...

Now we are in 2021 we must look forward.

Eastbourne is a wonderful place full of great people with so much to offer. What we have to offer may look slightly different now but that cannot be changed.

Let us hope our hospitality industry can bounce back in 2021. It will not be easy.

And let us hope as the year progresses, we can enjoy the Tennis, Airbourne and everything else that this town has to offer.

As for *Bournefree*, well we ended up having a much better 2020 than we thought, growing our audience week by week, day by day.

We have printed 10,000 copies of the magazine every month, but they go so quickly! We plan to print more but of course there is a cost to that and our

business plan for 2021 says we will aim to boost that revenue further.

Traffic is growing on our website **www.bournefreelive.co.uk** with an average of ten new news stories every day. In the past four weeks our Facebook page has attracted more than 70,000 people.

We want to work with the local community in 2021 and we will.

We want to make a difference and we will.

Here's to a safe and better 2021 for us all!



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

40 years of loving care at St Wilfrid's Hospice



THIS year St Wilfrid's Hospice is celebrating 40 years of providing free hospice care to local people.

By **Peter Lindsey**

During the past 40 years, your generous support has seen St Wilfrid's grow from small beginnings to supporting over 1,200 people each year in the community.

Throughout 2021, the hospice is celebrating its Ruby Anniversary by looking back on all that you have helped it to achieve and there are many ways that you can get involved.

Give back to the future

Why not give back to the future and become a Friend for life with a regular monthly donation or leave a gift in your will to St Wilfrid's?

You could also support a day of care and know that on a special day of your choosing a patient will be receiving expert care and support thanks to your kind donation.

Hospice memories

Perhaps you have a special memory of a moment at the hospice with your family or you can remember your first day as a volunteer. Email your stories and photos to hospice@stwhospice.org or share on social media using the hashtag [#stwilfridsmemories](https://twitter.com/stwilfridsmemories).

Join in and celebrate

There will also be many fundraising opportunities throughout the year, including the *Wilfride*, the *Ruby Colour Run* and the annual *Starlight Stroll*. You can also help the hospice to *Paint the Town Red*; you could hold a ruby-themed dinner party, organise a red wine tasting or wear red to work.

Or maybe you would like to come up with your own fundraising event. You could take on a sponsored challenge, such as cycling 40 miles, or use your skills and services to raise money. If you run a café or a restaurant for example, why not ask customers if they would like to donate 40p on top of their bill. The possibilities are endless!

Win a ruby!

There is also the chance for you to win a glorious ruby, which has been kindly donated by Eastbourne jewellers W. Bruford. The lucky supporter will also win £2,000 towards a setting of their choice.

St Wilfrid's is looking for local partnerships

Local businesses and organisations have supported the hospice throughout the last 40 years and many of these have already committed to showing their support during its Anniversary Year. **Could your business get involved?**

Please email Simon Cosham at simon.cosham@stwhospice.org or Hannah Hildreth at hannah.hildreth@stwhospice.org or call **01323 434221** for your free fundraising pack.

To find out more about how you can show your support, please visit www.stwhospice.org/ruby



Ashley Pugh from W.Bruford.



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Cyclists and walkers have a new destination



Roger Myall and Matthew Jackson.

THE end of 2020 saw the opening of the *Cadence Cycle Hub* at Church Farm in Litlington, next to The Long Man Brewery in the Cuckmere Valley.

By **Peter Lindsey**

***Cadence* offers somewhere to meet, grab a coffee or a bite to eat.**

Cycle hire, servicing and repairs, plus e-bike guided tours will also be available in the near future.

It's a quirky venue with the promise of great coffee backed by on-site roastery *Liquid Spirit*.

Along with a large courtyard, there is ample space for cyclists and walkers peeling off the South Downs Way, surrounding bridleways, trails and country lanes.

It aims to serve and connect with people who love the outdoors and is welcoming visitors arriving on foot or via two wheels.

Reclaimed, recyclable and compostable products and materials have been used throughout.

Cadence has been launched by passionate local cyclists Roger Myall and Matthew Jackson and opened directly after Christmas.

It is open every Wednesday to Sunday during winter.

Matthew, who lives in Alfriston, said: "The Cuckmere Valley has always been a popular destination for those with a love of outdoor pursuits, such as cycling and walking.

"*Cadence* offers the opportunity for these people to refuel and meet in a welcoming and inclusive environment, and to feel part of the *Cadence* community that we are building."

Fellow co-founder, Roger lives in Eastbourne and is also a Director of *Sporta* and Chairman of *The Saffrons Sports Club* in the town.

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21 reasons to study a part-time course



Engineering students.

EAST Sussex College is on a mission to make 2021 the year for learning.

By **Peter Lindsey**

As the largest education provider in the area, East Sussex College knows how meaningful, rewarding, and exciting learning can be – and they want to share that with you in 2021.

We all had plans for 2020, but sadly they were put on hold. But 2021 is the year to unpause, get back out there, and do something that makes us feel good. Part-time courses for adults at East Sussex College are the perfect way for you to wave goodbye to 2020, and get ready to start an awesome learning journey. And if you need a few more reasons to come and study, here are 21 reasons why you should make 2021 the year you love to learn.

1. You'll find it really enjoyable

– Learning is so much fun. The more you get stuck in, the more you enjoy it, the bigger the reward.

2. You'll meet new people

– Whether it's face-to-face or online, you will be studying with like-minded people, forming lasting friendships and building a valuable support network.

3. You'll gain new skills

– This is the chance to hone your skills! If you're thinking about home improvements, East Sussex College has the perfect courses so you really can 'do it yourself'.

4. You'll improve your mental wellbeing

– Learning is good for the brain. It's exercise for the mind and will give your mental wellbeing a boost.

5. You'll build your confidence

– Achieve something you never thought possible; gain a qualification to unlock new career opportunities, or take a step out of your comfort zone.

6. You'll be able to study alongside your other commitments

– Part-time courses at East Sussex College are set up to fit around your busy lifestyle, whether it's family, work or both!

7. You'll want to keep on learning

– Once you start to pick up something new, it can be hard to stop. You may start a novice, but you'll soon be motivated to become a master!

8. You'll be able to work towards a new career

– Whether you have ambitions to gain a promotion or

you fancy a new challenge, you can achieve the key qualifications you were missing.

9. You'll be doing something for yourself

– Making time for ourselves can make us feel guilty that we're selfish. It isn't selfish. It's actually really good for our overall wellbeing and self-esteem.

10. You'll be spoilt for choice

– Each year, East Sussex College works hard to increase the range and quality of its part-time courses, and respond to the needs of people in the community.

11. You'll gain new qualifications

– These will look great on your CV and impress potential employers. They could also impress your current employer as you look to step up the career ladder.

12. You'll find it easy to get to East Sussex College

– The Eastbourne campus is conveniently located for Hampden Park Station, plus there are bus stops right outside and free on-site parking.

13. You'll unlock your potential

– Part-time study gives you the chance to gain all the knowledge, skills and encouragement you need while you launch your new venture.

14. You'll love the possibilities

– Trying something new is a great way to break a routine. At East Sussex College, there are plenty of things to try. Who knows where it'll take you.

15. You'll be taught by awesome tutors

– The talented teaching team at East Sussex College have years of industry experience and are experts in their field. They can't wait to help you achieve your goals.

16. You'll have something to look forward to

– Starting a new course gives you a new routine and something to look forward to, which is a great way to improve happiness.

17. You'll get a real sense of achievement

– You know that feeling when you've accomplished something great? A part-time course is exactly the same. It will make you proud.

18. You'll be investing in your future

– Education is an investment. Whether you're pursuing a course for fun or you're aiming for a new career, a part-time course will help set you up for the future.

19. You'll get value for money

– Courses at East Sussex College are great value for money. Plus you may be eligible for financial help towards the cost of transport, or even an advanced learner loan to help cover the cost of your course.

20. You'll be able to study in a safe environment

– One-way systems and touch-free hand sanitiser stations are in place, plus reduced class sizes ensures social distancing is possible.

21. You'll wonder why you haven't studied at ESC sooner

– Students love to learn at East Sussex College. Make 2021 the year you love to study too.

Ready to get started?

Visit: www.escg.ac.uk and click on 'adult courses'. Please quote 'Bournefree' when you enrol.



A challenging year for everyone at the DGH

IT'S been a tough year for staff at the Eastbourne DGH, tougher than anyone could ever have imagined.

By **Peter Lindsey**



Covid has had a massive impact, and here we look at some of the latest news from the hospital.

1. The Trust continues to recruit nurses from abroad. A total of 22 International nurses arrived on October 23 with another 21 due on November 27. The planned intake for 2020/21 is 100.

2. Over the last 12 months there has been a net increase of 197.1 full time equivalent staff. 116.7 ftes joined the Trust in October and 78.3 ftes left.

3. There was a total of 597.7 FTE leavers in the rolling 12 months. Annual turnover has reduced by 0.1% to 9.8%

4. The Trust has continued to run Cancer Recovery focus weeks with all service to review all patients on the waiting list. This has supported the continued reduction of the 62-day backlog over the past three months, whilst patient pathways over 104 days have also continued to reduce.

5. The past few months have been particularly challenging for the Emergency Departments. They are performing above average and are 29th out of 115 reporting organisations. The risk is an increasing level of patients with staffing gaps challenging to fill.

6. On average during October, there were 176 people each day going to the DGH A and E department. That's 13 less than 2019.

7. The Trust continues to meet the two-week wait cancer standard.

8. The Trust continues to face the challenge of treating the number of patients waiting over 62 days and 104 days which in turn impacts on performance. ESHT is 59th out of 123 reporting organisations.

Let's all hope that 2021 is eventually a less pressurised one for our amazing hospital.



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Tamara McKinley.

Hundreds of fans comfort best-selling author

WONDERFUL messages of support following passing of husband.

By **Peter Lindsey**

Eastbourne's most successful author Tamara McKinley says the masses of wonderful messages of support she has received from her friends and readers have helped to sustain her following the death of her husband, former sports star Oliver Cater.

Tamara, a *Sunday Times* best-selling author with the Cliffhaven series written under the name of Ellie Dean, lives in Jevington and is the patron of Anderida Writers of Eastbourne.

Love and support

She says: "I would like to thank everyone for all the love and support they have given me through the last ghastly 15 months."

Ollie was diagnosed with pancreatic cancer in September 2019.

He had a successful operation, but unfortunately complications followed and he died in Tamara's arms on December 6th.

Geoffrey Oliver Cater was born in East Dean on March 23rd, 1947.

Clever and gifted at sport, particularly rugby and cricket, he excelled at Eastbourne Grammar School and could have gone to Oxford.

He eventually became a sports teacher and branched out to English, history and drama, teaching at St. Andrews School in Meads and Ratton.

He played rugby for *Eastbourne Rugby Club* and cricket for Sussex and Jevington where he became club president.

Fine friend

Ollie possessed a fine baritone voice and was often cast in amateur dramatics productions, once giving a lively performance as Bill Sykes in *Oliver*.

Anderida chairman Tony Flood said: "Both Ollie and Tamara showed tremendous courage as he battled so long against cancer. He was a great friend to Anderida, coming to several meetings with Tamara, and was always very friendly and helpful. He will be much missed by everyone who had the pleasure of meeting him."

"Tamara benefited greatly from her husband's support while writing so many best selling books under her own name and that of Ellie Dean. This helped her to achieve world fame with sales of more than 2,000,000 copies."

Should anyone wish to make donations, they can be sent to Pancreatic Cancer Research Fund at: www.pcrf.org.uk/donate

Free books!

FOR our readers to start the New Year.

By **Peter Lindsey**

EASTBOURNE husband-and-wife authors Tony and Heather Flood are offering FREE e-versions of two of their popular books to Bournefree readers and their friends – one for children and one for adults.

You can all have a FREE copy of Heather's acclaimed *GIANT STICKER MONSTER AND OTHER CHILDREN'S STORIES* and Tony's celebrity book *MY LIFE WITH THE STARS – SIZZLING SECRETS SPILLED!*

Tony's book features Elvis Presley, Eric Morecambe, Kylie Minogue,

Frank Sinatra, Joan Collins, George Best, Muhammad Ali and a host of other big names.

If you and/or your friends would like FREE e-versions, just email Tony at: tflood04@yahoo.co.uk and he will reply, sending them to you as attachments.

You may also like to snap up one of their other books (either paperbacks or e-versions) at reduced prices in this special New Year promotion.

All these books are available on Amazon.co.uk or signed copies can be obtained by visiting: www.celebritiesconfessions.com and www.fantasyadventurebooks.com

Tony and Heather will be making donations to Children with Cancer UK from sales.

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Things can only get better for the travel industry...

IT was after the fire at Windsor Castle that the Queen spoke of her 'annus horribilus', and I feel sure that would be a fitting description for the year 2020.

By **Martin Wellings**, PST Travel Agents, Grove Road, Eastbourne



It has affected most of our population in one way or another, some just inconvenience but others who have been seriously hit by the virus itself.

The travel industry has been massively affected this year with bans on flying to a number of countries or two-week quarantine when you get back from a foreign visit: most of the airlines don't reckon they will be back to 2019 levels of passenger carrying until 2023 at the earliest.

Anchored cruise ships

The cruise lines have not had nearly so much publicity, but all the major companies are not reckoning to be sailing until Easter and in the meantime, there are many cruise ships to be seen anchored off Weymouth.

On a smaller basis, travel agencies have had a torrid time with enforced lockdowns, inability to get clients to where they wish to go and fighting to get refunds for their clients.

Looking forward

Anyway, enough of the past, we need to look forward to 2021 which surely must be considerably better now that the vaccine is being rolled out.

When to book

The travel industry has always been advocating booking early and the airlines have their cheapest fares for the earliest bookers, but it does surprise me that there would be so many travel organisations promoting the same message in this time of uncertainty.

Towards the end of last year, I was advocating leaving actual holiday bookings until the beginning of 2021 when I reckoned that things would be more certain, but I think I would now amend that advice by saying that whilst browsing for holiday ideas can be done once current lockdown is over, it is going to be better to leave any commitment until at least February when I believe things will at last be clearer and less risk of a sudden further lockdown.

Brexit travel changes

As if we had not had enough with COVID-19, we now have to think about Brexit and as usual, the media have been unduly negative about the implications for travel.

Outside the EU there are no changes, and the only significant change for

travelling within Europe is passport validity which now needs to be valid for at least six months beyond your scheduled return date, so maybe now is a good time to renew your passports if necessary.

There has also been a lot of talk about the withdrawal of reciprocal free health provisions. Whilst this is true, it is largely academic as very few people go abroad without a travel insurance because it covers much more than just medical expenses.

Optimistic

So, I think we can be optimistic about holidays next year once the vaccine has kicked in and the restrictions begin to reduce, and I am sure that there will be a pent-up demand after all the trials and tribulations of 2020.

I for one cannot wait until I can get over to France and enjoy some of their great restaurants!

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Start the year with HOPE

AT Christians Against Poverty (CAP), we help people who are struggling with problem debt and, no matter how challenging their situation may be, we know there's always hope.

By **Helen Diplock**

This year has been challenging enough with the coronavirus pandemic, so we want to encourage people to get help now so that they can have a more positive end to 2020.

Hope signals the beginning of change so, with this in mind, let's look at some of the positive changes we can make as we step into 2021.

Health

How can you make getting healthy easy and achievable?

There are some great resources and tools out there to help with improving health and wellbeing. See nhs.uk/live-well/ for a range of ideas aimed at adults or nhs.uk/change4life for great tips for families.

Whatever you're trying to achieve, break down your ultimate goal into a daily habit for success.

Willpower alone can only achieve so much. As well as creating achievable goals, having support from a community will make the most difference. Look for support groups in your area, or ask a friend to keep you accountable.

Opportunity

Could this be the year you seek out new career opportunities?

Perhaps the pandemic has left you out of work, or you feel it's time for a career change in 2021. There's a lot of support out there to help with getting the qualifications, skills or training you may need. This includes free college courses to boost your

qualifications and skills. Most courses under the Government's Lifetime Skills Guarantee are available from April.

If you're not sure what skills you already have, or what you need for the types of jobs available, get advice. Retraining as an adult may seem like a challenge but remember that lots of people are in the same boat and you will not be alone.

People

How can you build deep and lasting friendships with others?

After many months of social distancing, your connections with other people may have felt different from what you're used to. Maybe you've lost your job and work friendships along with it. Or maybe you've built new connections with the neighbours on your street through helping each other out with shopping deliveries.

Professor Dunbar at Oxford University has reported that it's vital to keep in regular contact to maintain friendship. He advises that so long as we can stay in contact online then our closer, more valued friendships should still survive.

Staying connected with others, even if through a screen, has helped many people realise that they're not as alone or isolated as they may feel. So send that text, send that email or make that call to stay in touch.

Emergency funds

Is it time to start building up savings for a rainy day?

You're probably familiar with the saying 'saving for a rainy day', and this is something we're passionate about at CAP. Even just a few pounds a month soon builds up to create a buffer for unexpected events.

Remember, saving isn't just about putting money away. It can also mean paying less for particular products or services. Take some time to look at what you can realistically cut out completely – for example, are you still paying Direct Debits for services that you no longer use?

Finally, consider where you can cut costs. Taking the time to seek out better deals can be time well spent and money well saved. For more top money saving tips, visit moneysavingexpert.com.

Debt Help locally

Our team is here, in Eastbourne, to help with debt problems through our CAP Debt Help service. Because we're local we can also support clients practically too, providing emergency food packages and other support.


CAP client Joanne said: "Like any single parent, I was doing my best, I had a job but I struggled to provide for us on the money I could earn. Looking back now I didn't realise how much my finances impacted every aspect of my life. Even though I was working hard to earn money, I was constantly

having to deal with the feeling of disappointing my son. I heard about CAP and now everything has changed. This Christmas we have peace. And I realise that's what makes my son happy."

CAP Eastbourne will be running a Money Course in January and February. The CAP Money Course is a free course that will teach you budgeting skills and a simple, cash-based system that works. In just a few weeks, you will get to grips with your finances so you can budget, save and prevent debt.

Whether you feel pretty organised or whether it's like a lucky dip every time you try to withdraw cash from your account, the CAP Money Course will help you take complete control of your finances. Join us from the comfort of your home, on Monday 25th January – simply email helendiplock@capuk.org at the Eastbourne CAP Debt Centre for more information.

If you are struggling with debt and need help, get in contact with CAP today on **0800 328 0006** or visit capuk.org



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Trevor Weeks MBE.

Think about our wildlife in 2021

AN East Sussex Wildlife charity is urging everyone to choose your New Year resolutions carefully for 2021.

By **Peter Lindsey**

East Sussex Wildlife Rescue & Ambulance Service (WRAS) dealt with more than 5100 incidents in 2020, including many in the Eastbourne area.

That was an increase of over 1100 from the previous year.

Now the charity, led by Trevor Weeks MBE, is asking us to think about:

- Keeping gardens safe for wildlife.
- Safe driving to avoid road casualties.
- Avoiding dropping litter or other harmful waste.
- Support feeding wildlife in a healthy and sustainable way.

- Avoiding the use of slug pellets and pesticides.
- Encouraging wildlife with suitable gardening.
- Keeping control of pets.
- Choosing humane deterrence and keeping properties well maintained.

Trevor Weeks MBE, pictured, said: "Wildlife rescue organisations are some of the most underfunded organisations that exist.

"Unfortunately, many organisations have a misguided believe that wildlife rescue organisations don't benefit the community.

"We all rely on public support and donations. A donation of as little as £1 a month can make a lasting difference and allow organisations to budget for the future.

"Also consider leaving them a legacy when you are gone. People can consider volunteering too, but this is not easy currently due to COVID-19."

Go to **www.wildlifeambulance.org** or call **01825 873003**.

East Sussex WRAS is celebrating its 25th year as a voluntary group in 2021.



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Jack and Harry are amazing brothers

DURING Lockdown, they decided to launch their own online logo business.

By **Peter Lindsey**

They are aged just 15 and 12 but their project has taken off so much a bright 2021 awaits the Eastbourne pair.

Animate Our Logo creates an animated logo for businesses, both local and international, within a 72-hour turnover period.

They create between 8 – 12 new designs each month to help keep the website and content fresh.

This means each design is only sold for one month and as it expires is replaced by fresh content.

Long road ahead

The boys are proud of what they have achieved but realise the road to success is a long one.

They said: "One of the first things we have learnt in business is that not all of the money is profit, so we are still paying for some of the set-up costs.

"Once we have paid for this, we would love to be able to buy a PlayStation 5 and then after that we plan on putting everything else in a savings account for driving lessons and a car when we are older.

"We have already had some amazing customers and reviews from them, and this makes us proud to live in Eastbourne."

Inspiration

It's been an amazing first four months. They were first inspired by the biographies of business figures such as Steve Jobs and Duncan Bannatyne.

Dad David Knight said the home-schooling period through lockdown had triggered the boys to have the idea for animated logos.

It has taken off massively.

Two winners of the *BBC Apprentice* have been in touch.

Joseph Valente, who won the show in 2015, connected with the boys online, and then posted about the business on his social media to an audience of thousands.

And Sarah Lynn, who won in 2017, became a customer for the boys after hearing about their business.

Animation Club

So, what awaits the dynamic pair in 2021?

The boys explain: "We have recently created an exciting addition called *Animation Club*.



Harry and Jack Knight.

"This is a yearly membership with lots of benefits. For only £97 the member will receive a brand-new animation sent directly to their email on the first of every month helping them to always have fresh social media content throughout the year.

"They also receive a bonus animation upon signing up meaning they receive 13 animations as well as a 50% discount against any other animations plus having the opportunity to join our members only Facebook networking group.

"Our plan is to have 1000 Animation club members onboard during 2021."

Busy boys

They have become the youngest ever Eastbourne Chamber of Commerce members and, via dad, belong to an Eastbourne based networking BNI group where they get to meet and speak with lots of other local business owners.

They are set to complete their second Diploma in the early part of 2021 which they have been studying via The Internet Business School.

They were given complimentary access by company owner and author Simon Coulson.

International audience

The boys go on: "We have sponsored a brand-new media platform called TALK BUSINESS WITH... which launches in early 2021.

"This will help give us visibility to a wider international audience of business owners and entrepreneurs.

"The *YouTube* channel and podcast already has a number of high-profile names signed up to take part and we are excited to be involved with this."

They can be found at:
www.animateourlogo.com



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

Community Heroes 2020

LAST month we invited readers to nominate our Community Heroes for 2020.

By **Peter Lindsey**

We had hoped that we could hold a special event to thank those who have done so much for our communities.

Tier 4 and the new variant has put a halt to that for the time being.

Still, here are ten of the people nominated and the wonderful reasons why...

Brian Colbran, Manager at Homegate House in The Avenue

It is sheltered housing for the over 60s with 70 flats.

The nomination reads: "Brian doesn't live on site but he never missed a day during lockdown. He came every day from his home in the Telscombe area despite having a poorly wife.

"He even took his annual leave as a long weekend here and there. It was great to know he was here; it was a comfort to a lot of people living alone and he deserves to know that we appreciated him."

Adrian and Emma Bradbury from Rebel Rebel Fitness in Eastbourne

"They have been working hard throughout lockdown supporting physical and mental health in the local community.

"From the beginning of lockdown, fitness classes have been taught online and they have written a daily newsletter celebrating individual achievements (however small) keeping us motivated, and connected.

"More recently they have been providing fitness and massage to rehabilitation clients as COVID guidelines allowed. They have worked tirelessly and with good humour to keep us sane and fit throughout lockdown.

"This is especially amazing considering lockdown will have had a massive financial impact on their business."

Nicola Allen

"Nicola has worked so hard for the community this year even winning a couple of awards. She volunteers for two charities and does lots of other stuff for the elderly and vulnerable, shopping, calling them etc to see if they are OK.

"She is such a treasure and even looks after her 84-year-old mother. Nicola goes above and beyond and even managed to raise £4k for charity this year alone. She is like the Duracell bunny when it comes to helping people."

All the postmen and postwomen who deliver around Wannock

"I want to thank them for carrying on throughout the pandemic and giving us an undisturbed service."

Tracie Owen and Jo Valler-Clark of Rainbow Wishes

"They help to raise funds and provide the right products to support local community initiatives, whether big or small. The aim is to bring hope and smiles during times of need when they're needed the most.

"They received a last-minute urgent request for help on December 21, and they delivered toys and gifts for a dad and his five children."



Rebecca Robinson from the Robinsons Academy of Drama

"She has run her own drama school for years now, teaching ages 3+ and including special needs groups.

"Throughout the whole of lockdown, she offered all of her groups Zoom lessons so we didn't get bored at home, providing us with social interaction.

"She is such an amazing lady but it did surprise me when I found out that she was offering all of the group Zoom classes completely free to the students!

"I thought that was incredibly kind of her, especially because what was

going to happen in the year was so unknown and her income is the drama school and her husband works in theatre so all of his work had gone.

"But she always puts others first, she knew that people would be struggling with money and so she didn't ask them for anything, even though she was spending hours a day teaching drama over the computer.

"On top of that, she also helped out vulnerable people she knew, I believe she did food shopping for some!

"I just think she's an amazing lady, I cannot speak highly enough of her."

Unique Pets Rescue

They are a small private non-funded and non-profit, no kill cat rescue based in Eastbourne.

"During Covid lockdowns they have been taking in abandoned cats which owners believed they could contract Coronavirus from.

"They have been finding lost pets and reuniting them with their owners. They have offered to do vet runs for people unable to leave the house due to isolating. No job has been too small for them.

"They are a self-funded rescue ran by only three people who do their best by the cats in their care.

"They have been out scanning cats at half past 10 at night because a member of the public has been concerned regarding the animal's health. They are truly amazing people and deserve a pat on the back.

"Lockdown has hit them hard with being unable to do their regular fundraising as many events had to be cancelled yet they have battled on providing warmth, shelter, food and medical care for every cat in the rescue.

"It's run from home so these people have given up their home to help animals in need. They have given up their time to help people with their own animals.

"They (in my eyes) are amazing people."



Rebecca Robinson.

Caroline Smith

"Caroline has battled lots of illnesses but when lockdown happened, she started a Facebook group called East Sussex social friends meet up.

"It now has more than 865 members and it helps people contact others and not feel so isolated. Caroline is a great captain of the ship and puts lots of work and organisation into the group, keeping it updated and making people know they have a voice and a friend. She is defo a lockdown hero. The people she helps wants to show how much they value what she does."

One of Sovereign Harbour's kindest neighbours is Ty

"I want to nominate Ty for his kindness to reach out to everyone in our neighbourhood and make sure that no one felt alone and helpless during this pandemic.

"Ty is the kindest neighbour I have ever had and he deserves praise and recognition for all his help and support to our community during these difficult times.

"Thank you very much for giving our heroes the well done for a great service acknowledgement that they so richly deserve."

**Laura Murphy from Wayfinder Women**

"She put the charity together seven years ago, and does so much for the community. She's the captain of the ship who works endlessly to do such good work.

"As a volunteer-led registered charity, we help women find better lives by building their self-confidence and skill sets.

"They can then challenge any barriers that prevent them from volunteering, finding a job, getting promotion or running a business.

"We do this through free or low-cost grant funded workshops, training, coaching, seminars, conferences and on-line support. We also work with organisations to help them be the best they can be in creating an environment where women can thrive. We can provide tailored support to them and their workforce."



Laura Murphy.

WE WANT TO HEAR ABOUT OUR COMMUNITY HEROES FOR 2020

As we are back in Tier 4, nominations remain open.

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.

The lockdowns haven'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.

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

It could be absolutely anything.

The starting point is for you to nominate people.

And that couldn't be easier. Email **petelindsey30@hotmail.com** with details of your Community Hero during Lockdown.

Bournefree

BOURNEFREE Magazine is looking to expand in 2021, both online and in print.

We currently print 10,000 copies of our magazine which are distributed around the local area. We would like to print more.

To achieve this, we need more advertising and sponsorship. Talk to Gail or Peter and see what we can do for you.

Bournefree wants to work more with businesses this year. It's a two-way relationship and we want to build more of those in 2021. We're hoping to run company profiles, offers from local businesses and good news stories both in and out of Lockdown.

Working closer with charities has always been a priority of ours. In recent months we have worked with *The Chaseley Trust*, *Eastbourne Foodbank* and the *Children with Cancer Fund* and we want to work with more this year.

The big plan for us this year will be mass distribution of the magazine through people's doors in certain parts of the borough. Would your company or group like to join us on this exciting journey?

Call Peter on 07710 934 574 or Gail on 07770 593 000.

We ARE going to make a difference in 2021.

Talk to us today.



Bournefree*live*

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

Lightning Fibre

A YEAR on...local full fibre broadband provider, *Lighting Fibre*, celebrates a year since installations began across Eastbourne and announces a multi-million pound investment in the area.

By **Peter Lindsey**

***Lightning Fibre* was founded in 2018 with the aims of 'building a truly future proofed cutting-edge full fibre network and providing a quality service with the added bonus of doing so with a community-centric approach.'**

Works commenced in Eastbourne in early 2020. Since then, the network provider has deployed over 500,000m of fibre optic cabling across the town.

Lightning Fibre's full-fibre broadband is a game-changer. *Lightning Fibre* will bring full fibre hyperfast broadband to 100,000 East Sussex homes, making Eastbourne the South Coast's first 'gigabit-town'. In fact, with only 14% of UK properties having access to full fibre broadband, this new network will revolutionise broadband services for households and businesses.

Local links

Lightning Fibre is a local business – their in-house teams are from Eastbourne and the surrounding



Members of the *Lightning Fibre* team.

areas and their supply chains include many local businesses, be it civil contractors or installers, to customer care team members or sign writers.

Connecting

The company also sponsors local community grassroots football teams including *The Sovereign Saints* and *Seaside Rangers* and have been in regular attendance at all the major events since Airbourne 2018, including sponsoring *Wyntercon*. *Lightning Fibre* is a proud and active member of the *Eastbourne Chamber of Commerce*, helping to connect local business and help each other thrive.

The firm successfully raised further capital investment in October 2020

to help it expand the network and released over 1000 homes for connection in January 2021.

Working fast

Ben Ferriman, CEO of *Lightning Fibre* broadband told Bournefree, "We're already delivering lightning-fast, full fibre broadband to many people in Eastbourne, and we're working hard to reach more households and businesses as quickly as we can. We know just how many people are waiting for this amazing service. Enter your postcode to either order today or register your interest to feed into our demand mapping."

**www.LightningFibre.co.uk
01323 380 260**



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TheChaseleyTrust

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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:

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- 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



Chaseley turns 75 in 2021!

ON Tuesday 24th September 2021 *The Chaseley Trust* turns 75 and throughout the year staff and residents will be celebrating in a variety of ways.

By **Peter Lindsey**

The team at Chaseley want to use this fantastic milestone to raise awareness of the work they do and showcase their staff and residents, whilst raising funds to modernise, update and refresh Chaseley.

Plans are in place for a range of celebratory events and reflective storytelling throughout the year and this month Chaseley launch their £375,000 fundraising appeal. In

addition, Chaseley are looking for local companies to support them and consider choosing Chaseley as their Charity of the Year.

Complex caring

Over the past 75 years Chaseley's services have developed greatly, leading it to become a unique charity nursing home that specialises in caring for adults with complex neurological illness or physical disability.

Residents at Chaseley 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.

Looking forward

Jodie Cornford, Fundraising Manager, says: "We know times have been hard for everyone and we have really missed seeing our supporters this last year, especially as all our fundraising events were cancelled.

"We are really looking forward to being able to host events again in 2021 and we have plenty of plans in place and ready to go when it is safe to do so. We appreciate that not everyone can support us financially, but perhaps you could display our promotional leaflets & flyers, follow us and share our posts on Social Media, promote our planned events throughout the year, share our story, subscribe to our Enewsletter or maybe you could support us with a raffle/auction prize.

Small charity next door

"All of these things will help Chaseley greatly – we want our 75th year to be a celebration of what Chaseley has achieved over the years. We have amazing residents who all do amazing things and achieve so much that we want to share their experiences with as many people as possible. Whilst being a relatively large home, Chaseley really is the *small charity next door* and this is why we appreciate the support we receive from our local community."

Support Chaseley

If you feel that you could support Chaseley by making them your Charity of the Year or potentially host an event on their behalf, please do get in touch. Also, if you have any ideas of ways Chaseley could celebrate this milestone, or you have stories of Chaseley that you could share then please contact Jodie on **01323 744200** or **fundraising@chaseleytrust.org**.

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



Then and now – Residents at Chaseley.



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AT RUSTICO, we create our fresh dishes with love, care and pride. Just how it should be.

By **Kim Murray**

If you have been fortunate enough to enjoy a meal or takeaway from any of our seven Rustico locations, you'll know that we are a traditional pizzeria and Neapolitan eatery where, with pride, have copied our Nonna's recipes and now deliver the same homemade experience, flavour and tradition from our own streets of Naples!

We are a family run business whose aim has always been to offer great, affordable and truly authentic Neapolitan Street Food to our customers from the little hideaway locations we have across the South East.

Something for everyone

Our menu has broadened over the past years and now includes delicious unique recipes, such as our signature shaped Rusticotti Pizzas, available to enjoy with a side of chips for as little as £5.95! Our Baba

dessert was sourced from a family run bakery in our hometown, Torre Annunziata, and brought over for our customers to enjoy another slice of Naples authenticity!

Our Vegetarian, Vegan and Gluten Free options have also become increasingly popular amongst our customers, old and new, and we are proud to be able to offer something for everyone!

From Nonna, with love

All of our dishes are freshly made to order and created with love, care and pride, just like our Nonna's used to make!

Humbled by support

2020 saw us open two brand new eateries in Lewes and Eastbourne with a further location opening in Hailsham in 2021. We feel humbled that our customer following has provided us with the support needed to help our family business grow, even during the uncertainties of this past year.

Enjoy!

If you haven't already stumbled across your local Rustico and enjoyed a Neapolitan experience, do please join us to see for yourself how a REAL Pizza should be enjoyed! We look forward to welcoming many more of you in 2021!

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The sensitive foodie

KAREN Lee, otherwise known as *The Sensitive Foodie*, believes that a whole-food, plant-based diet is the key to health.

By **Gail McKay**

Karen uses a whole food plant-based diet to manage a variety of health challenges, including multiple sclerosis.

In *The Sensitive Foodie Kitchen*, she combines her love of delicious food with her professional background as an intensive care nurse and nutritionist to inspire others to experience the powerful effects of using food as medicine.

Karen runs online courses, workshops and live cooking classes and offers a range of resources on her website.

Website: www.thesensitivefoodiekitchen.com
 Courses: www.courses.thesensitivefoodiekitchen.com
 Facebook: facebook.com/thesensitivefoodie
 Instagram: Instagram.com/the.sensitive.foodie

She is the author of *Eat Well Live Well with The Sensitive Foodie*.



VEGETABLE AND BUTTER BEAN SOUP

⌚ Prep time: **5 mins**
 ⌚ Cook time: **25 mins**
 🍴 Course: **Main course**
 🍽️ Servings: **4 medium portions**

INGREDIENTS

- 1 medium onion, white or red, chopped.
- 1 large carrot washed or peeled and chopped.
- 1 large celery stick washed and chopped.
- 3 cloves garlic finely chopped.
- 400g chopped tinned tomatoes.
- 1 tablespoon dried thyme and/or sage.
- 700ml vegetable stock.
- 400g tin of butter beans, drained and rinsed.
- Salt and pepper, to taste.
- 100g kale, washed and chopped.

INSTRUCTIONS

1. Heat a couple of tablespoons of water in the base of a large saucepan. Add the onion, carrot and celery with a pinch of salt. Sauté for 5 minutes on a medium-low heat with the lid on to soften the veg.

2. Add the garlic and tiny bit more water if needed and cook for another minute then pour in the tinned tomatoes, thyme and enough of the stock to cover the vegetables. Stir well, bring to the boil then reduce the heat and simmer with the lid on for 15 minutes.
3. Add the butter beans to the pan with a bit more stock if needed and cook for 5 minutes.
4. If you are serving this as a stew, add the kale to the pan and cook for another 5 minutes. Season to taste. Serve alongside whole-grain rice or grain of choice.
5. If you are serving as a soup, turn off the heat and remove 3–4 ladles of the mix into a bowl. Blitz the rest of the mix in the pan with a hand blender to break down and thicken the soup. Return the reserved mix to the pan and add more stock as needed to get a good soup consistency. Add the kale to the pan and simmer for 5 minutes.
6. Season with salt and pepper to taste and serve.



CRANBERRY, ORANGE AND PECAN LOAF

⌚ Prep time: **10 mins**
 ⌚ Cook time: **20–25 mins**
 🍴 Course: **Dessert**
 🍽️ Servings: **10 good slices**

INGREDIENTS

- 210ml soya milk.
- 1 large orange, juice and grated zest, separated.
- 250g wholewheat or gluten free self-raising flour.
- 1 teaspoon baking powder.
- A pinch of salt.
- 80g coconut sugar.
- 2 tablespoons maple syrup.
- 70ml olive oil.
- 1 teaspoon vanilla extract.
- 150g cranberries, fresh or frozen.
- 50g pecan nuts – 10 whole, the remainder finely chopped.

INSTRUCTIONS

1. Line a 2lb loaf tin with non-stick baking paper. Pre-heat the oven to 180°C.
2. Pour the soya milk into a large jug and add the orange juice. This will curdle the milk slightly – this is good as it will help the cake rise once in the oven.
3. Place the flour, baking powder, salt and grated orange zest into a large bowl and mix well to combine.
4. Once the soya milk has curdled, add the coconut sugar, maple syrup, olive oil and vanilla extract. Mix well to combine.
5. Pour the wet mix into the dry flour mix and rapidly but gently stir to combine – as it comes together, add the cranberries and chopped pecan nuts to incorporate them into the mix. Don't worry if the mix is a little lumpy.
6. Quickly transfer the mix into the prepared loaf tin and gently place the whole pecans on top, slightly pressing them into the mix. Tap the tin of the worktop then place in the oven.
7. Bake for 25 minutes. Check to see if the cake is done by piercing with a skewer or cocktail stick. If it's coated with some mix, place back in the oven for a few minutes and check again. Don't let the top get over-browned though.
8. Once the skewer is clean, remove the tin from the oven and leave to cool for 5 minutes before turning it out onto a cooling rack to cool completely.

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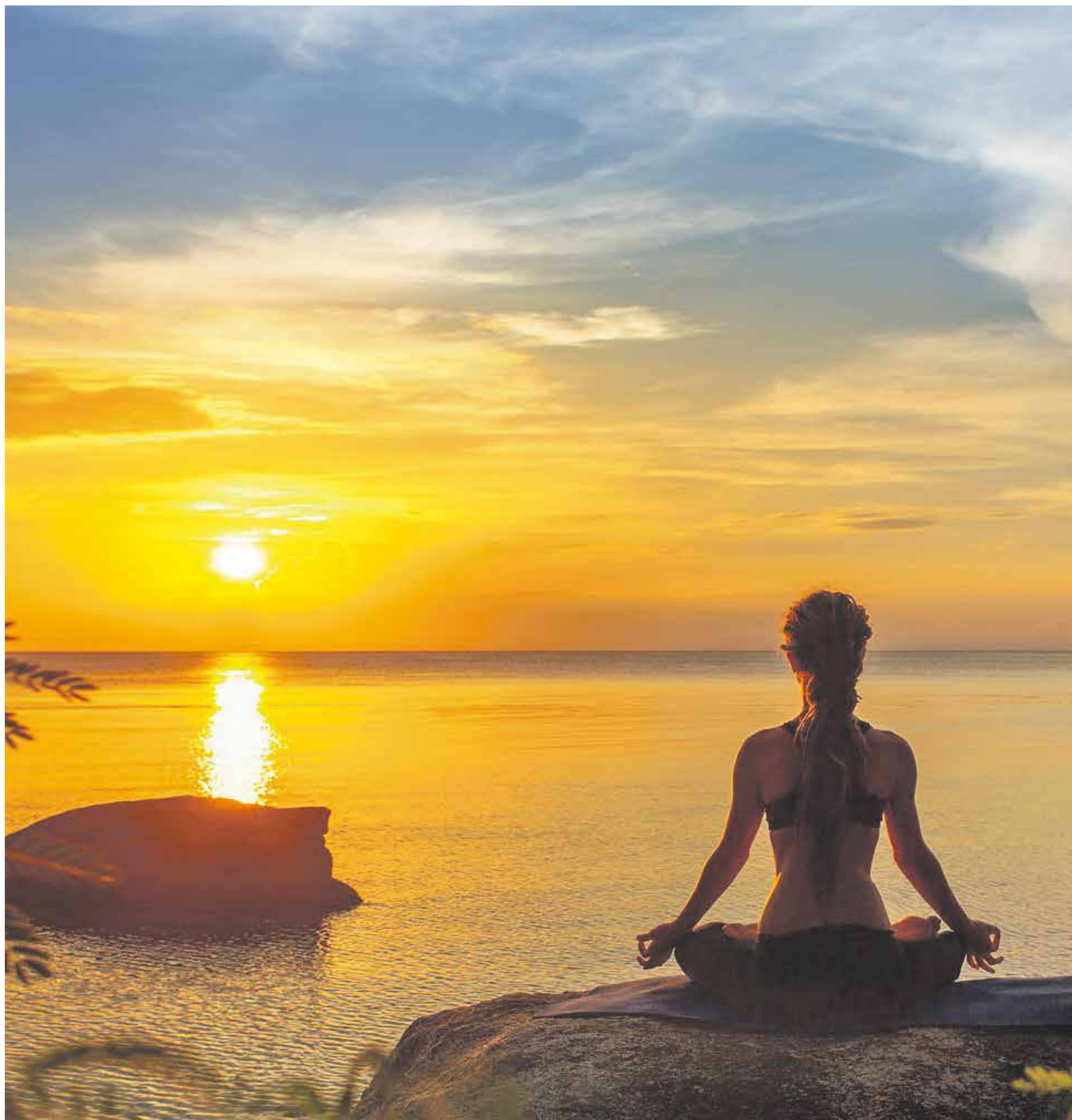
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“

Turmeric extract is almost 27 times more potent than turmeric powder.

Turmeric: superfood or superfake?

TURMERIC is a plant that grows in Southeast Asia and is used as a spice, but it is also used as a supplement for its medicinal properties.

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

According to Consumer Lab, turmeric supplements were the seventh most popular when surveyed by supplement users. But are they worth the hype?

Turmeric benefits

High amounts of particular enzymes, like prostaglandins and leukotrienes, create inflammation in our body. While some inflammation can be beneficial to our health, an excess amount of inflammation can damage our health in a variety of ways.

Many diseases originate from chronic inflammation, such as arthritis, heart disease, diabetes and Alzheimer's disease. Elevated inflammation has even been connected to lowering our immune system and insulin resistance.

To help combat inflammation most people take anti-inflammatory

prescription drugs, called NSAIDs. Common NSAIDs, like aspirin or ibuprofen, work by inhibiting some of the enzymes that signal the body to create inflammation (called COX-1 and COX-2). However, there are some inflammatory enzymes that NSAIDs cannot block.

Wouldn't it be great if we had something available to us that could block a broader range of inflammatory enzymes? We do, and it's been used for its medicinal properties since 500 B.C. According to *Life Extension*, turmeric is a unique herb that can inhibit a broader spectrum of inflammatory enzymes than NSAIDs, especially when it is combined with ginger root.

Since turmeric is a natural herb, your body does not recognise it as foreign (as it does with NSAIDs). Because of

this it works along with your body's processes, instead of inducing an increase risk of toxicity.

Turmeric does more than behave as simply an anti-inflammatory. According to Sahdeo Prasad, author of *Herbal Medicine: Biomolecular and Clinical Aspects*, just in the last twenty-five years there have been "over 3000 publications of turmeric". Throughout his thorough search of these scientific publications he found many clinical studies showing turmeric to be "antibacterial, antiviral, antitumour, antioxidant, antiseptic, anti-inflammatory, cardioprotective, hepatoprotective, nephroprotective, radioprotective and digestive protective."

Turmeric and longevity

Perhaps, one of the reasons turmeric has so many benefits is due to how it boosts longevity. Turmeric contains an active chemical, called curcumin (the same pigment that gives it that orange colour), that can inhibit a chemical pathway in the body linked with ageing. According to the *Oxidative Medicine and Cellular Longevity Journal*, curcumin has been found in studies to increase healthy cell death and create new mitochondria, two major factors in ageing.

Different forms of turmeric

Many people are unaware of the difference between turmeric powder and turmeric extract, which is the form found in supplements. Turmeric powder from crushed turmeric contains about 3% curcumin. However, turmeric extract contains a concentration of curcumin as high as 95%. This means turmeric extract is almost 27 times more potent than regular turmeric powder.

A problem with turmeric extract is that it has poor bioavailability, meaning it is not easily absorbed into our blood stream after digestion. However, mixing turmeric with black pepper (or piperine extract) can increase its bioavailability. Since turmeric combines with fats, it is also best to take the supplement during a meal with fats, or a 'liposomal' version of turmeric for better absorption.

Heavy metals and fake turmeric

Due to the lack of regulation of dietary supplements, many supplements get away with not being what they claim to be. In 2019, *Consumer Reports* tested different samples of popular turmeric supplements. They found that over a third of them had "elevated levels of lead and bacteria, as well as low levels of key active compounds [curcumin]." Many turmeric supplements contain heavy metals, excess bacteria and are much lower in purity than is advertised.

What should we buy?

Organic sellers with a certification like 'GMP' or 'NSF' that have products with no additives tend to be more reputable. However, be sure to look for turmeric supplements from sellers that test their product with a third party, provide their physical address and have been established for years.

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

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New Year – a new way of thinking, feeling and being

Take the pressure off

KAREN Hoad, a Mental & Emotional Healing and Wellbeing Practitioner from Eastbourne looks at a different approach to 2021.

By **Gail McKay**



Karen Hoad.

Often January is seen as the time to plan for the year ahead with an array of goals set that need to be met and fast. You're going to eat more healthily, exercise more, take up a new hobby, lose weight and earn more.

So, new goal, take the pressure off yourself. Life in 2021 is still not going to be just as we want it, the road will be rocky and that can really benefit you. There are positives to be found. Don't get out of control, focus on what you can do and if you're trying to do something new, take it one step at a time. Every little step forward is a step in the right direction.

Small challenges

Look after your emotional health, as doing this will make everything else much easier. The more at peace and relaxed you are, the easier

you'll find it to achieve whatever it is you're looking to do.

Everything in moderation, small challenges at a time. Take the pressure off and then everything you do will feel as though you have accomplished something.

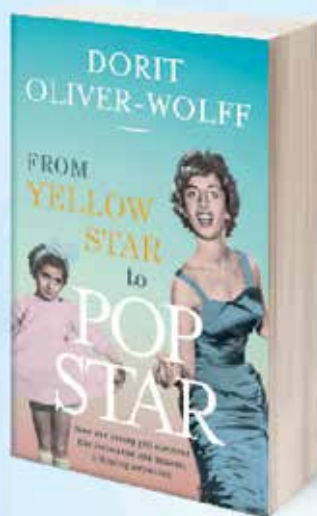
If you feel pressurised and are struggling with your emotional wellbeing, call Karen on: **07766 427966**.

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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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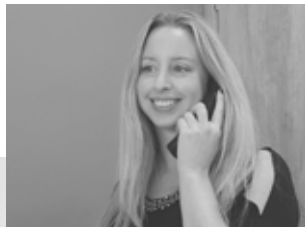
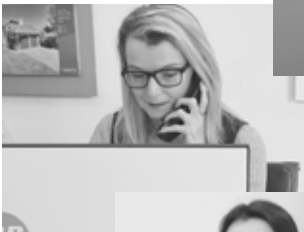
They are professional, knowledgeable, conscientious and very helpful. The photos & video tour looked great and they valued our property realistically. They make a great team and what is a very stressful process, much easier

Ellie Oct 2020

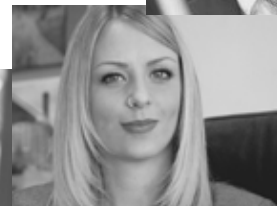
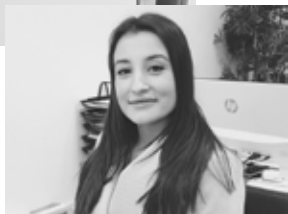
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How will another national lockdown affect the property market?



BREAKING NEWS – The property market remains open despite new lockdown.

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

For the many thousands of families currently moving home, this comes as welcome news. Most estate agents recognise the huge privilege of being able to continue to operate during this lockdown while the responsibility of protecting clients, customers and staff from this awful disease remains at the forefront of every decision and action.

Digital evolution continues throughout the economy – especially noticeable in Estate Agency with many activities, even 'viewings' now being available contact-free online. Many professionals connected with your move now have robust methods of working remotely. It's fair to say that COVID-19 has

accelerated the digital advancement of many industries but 'face to face' contact still remains essential through video communications ensuring that home-movers still benefit from all the advantages of working with a local 'High Street' agency immersed in their community and overflowing with local knowledge and expertise.

Today my clients enjoy their homes being promoted with a host of advanced digital marketing including Online 3D viewings, HD 'lifestyle' 4K videos about their home, aerial photography and filming, street-view, social media advertising and some of the most powerful advanced software to connect buyers and properties in an seamless way.

2020 in Brief

COVID-19 sparked a "race for space" among householders fleeing cities and searching out bigger homes. A tentative market recovery after lockdown ended morphed into a raging boom after the chancellor cut stamp duty until 31 March 2021. Buyers have been able to save up to £15,000.

The average price of a UK home started the year at £239,927, dropped back to £237,000 after lockdown

one, then rocketed to £253,243. Between the end of June and the end of November, prices experienced the fastest five-month gain since 2004 and were nationally 7.6% higher in November than they were in the same month in the previous year. The South East market finished the year 5.5% higher than it started.

It will be a busy start to 2021

Despite the clock ticking towards the end of the stamp duty concession, around 130,000 sales were agreed over the last month, up by a remarkable 44% on the same period in 2019. A month ago we said that there were a massive 650,000 sales agreed and in the pipeline. One month on, and a month closer to that deadline, the figure remains at around 650,000 because 130,000 additional sales have started and replaced the 130,000 completions that have taken place in the last month.

It will be a slower second quarter once the stamp duty holiday is over, though even with the average price in Britain up by 6.6% this year, cheap mortgage rates available for some leave scope for further modest price growth despite the loss of the tax saving. All regions have seen greater average price increases than the average savings in stamp duty, indicating affordability headroom. Pandemic-related uncertainties have been around for nearly a year, and Brexit uncertainties for far longer but record activity has proved that movers are willing and able to act on their new priorities. Demand has exceeded

supply in 2020 with the number of properties coming to market for the year to date down by 0.6% on the same period in 2019, and the number of sales agreed up by 8.3% indicating scope for some further modest price increases in 2021.

Rightmove forecasts 4% national average house price growth in 2021.

The unexpected market momentum of 2020 overcame the unknowns of the pandemic and associated economic fallout, and though headwinds and uncertainties remain, demand for housing and buyer affordability appear to be strong enough to outweigh these dampening effects.

All of us at **Crane & Co** are committed to ensuring our clients, colleagues and communities remain safe. We will do everything in our power to play our part in the fight against this terrible disease. But unlike the first lockdown hope is now on the horizon – remember 'it's always darkest before the dawn.'

Stay safe,
Mike Crane.

Government's latest Coronavirus guidelines:
www.gov.uk/guidance/national-lockdown-stay-at-home#moving-home

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**Like a Virgin is an excellent slow blues number...
...the riff to Paranoid does fit very well into Kids in America.**

IT'S all looking and sounding good for a local band with no management deal and a European support tour cancelled. The band are itching to get out and play to live audiences.

By **Gail McKay**

Just before Christmas I sat down with founder member, Danny Bloomfield and lead vocalist Andy Thomas, to chat about the band and asked them about this new venture and how they see things mapping out.

First and foremost, how did you all meet and how did you happen to come up with the strange format? You've chosen to perform songs by female singers, but you have changed the genres of the songs?

Andy – “It was Dan’s idea. Initially, we thought he was bonkers suggesting it, but as the idea started to unravel, we all thought, actually, this might just work”.

Dan – “Actually, it never really was my idea. I’d been invited down for a jam by an old friend of mine. We had a couple of rehearsals, rehashing songs we’d all played before. It was fun, but before I knew it most of the original members had either left or were thinking about it and enthusiasm was waning.

“One of the songs we were playing just happened to remind me of the Joan Osborn song *What if God Was One of Us* and, after a bit of convincing and restructure, a reggae beat and a few spice girl lyrics it became one of our classics. This gave me the idea of this fun concept.

“It’s nice to hear new music, but also nice to hear songs you already know. Nobody at a gig wants to hear new material, in fact, the line ‘This one’s from our new album’ will strike fear into the gig attendees heart! So now, at one of our concerts, one can have the comfort of a familiar song with the freshness of its new form.

“To add to that, we have our tongues pressed firmly into our cheeks with cheeky musical homages to other songs to accompany Andy’s powerful, far-from-feminine voice.”

Andy – “For me, from the outset I felt that my comfort zone was out the window. It’s been a real test at times, but loving every minute of it.

“I feel lucky having the opportunity with these chaps and having the chance to chop-and-change the styles of vocals.”

So will there be any male vocal covers in there?

Dan – “Never say never. Some of our versions have snippets of male songs. It’s not easy to play a medley without Lou Reed, Elvis and Ozzy. And if the mood takes us and sounds good, then there’s not much on the exclusion list.”

Andy – “Absolutely, think a mix and match will always be there.”

Because of the strange angle of the project, was it easy convincing other fellow musicians to join the collaboration?

Dan – “It was and it wasn’t. We didn’t get any ‘maybes.’ It’s a Marmite concept—if you like it, you like it and if you don’t then you don’t. After going through my phone-book and my family members, it was relatively easy.”

Andy – “I thought it would be a dream coming together for any musician who loves to experiment. At times, it proved a bit tricky, but we got there in the end.”

What’s your song converting process?

Dan – “I love all kinds of music and sometimes when I hear a song on the radio, in a shop or in a lift it can be interpreted differently. *Like a Virgin* is an excellent slow blues number. The riff to *Paranoid* does fit very well into *Kids in America* and, as it turns out, *Nothing Compares To You* is a killer ska number.

“I’m looking forward to seeing the faces in an audience as they try to work out what song they’ve heard before, but now they’re hearing in a new way.”



Andy – “We have all put our two penn’orth in, but Dan has an amazing ability to bring the most ridiculous collaborated ideas to the table, and when Joe (Walsh) the guitarist and drummer Terry (Golding) get their teeth into the idea as well, things tend to get very silly. Even more so when the brass, backing vocal and sax parts are replaced by Henry (Bloomfield) squidgy synth parts.

“Most of the time they work. Not all the time I hasten to add. The mix of Cleo Laine and Metallica was pushing it... although they all would beg to differ, hahaha!”

Who do you think you sound like?

Dan – “An egotistical musical genius.”

Andy – “Ainsley Harriot after knocking up a soufflé to die for!”

What’s next for you?

Dan – “I am currently writing an anthology of poetry and learning to pilot a helicopter.”

Andy – “Find some really smashing blouses to wear and trying to prove Darwin was wrong.”

Good luck with it all guys. Looking forward to seeing and hearing you later in the year.



A new mythical tale to entertain us all

EASTBOURNE resident Richard Kirk has just released his latest book, 'Thomas, Wizard's Son'.

By **Peter Lindsey**

He writes under his birth name of Joseph R. Mason.

Richard has spent most of his life working in the pump industry in Eastbourne.

He gave up work in 2015 after travelling the world with his job as European Sales Manager with the extra responsibility for training others about pumping technology from around the globe.

First in a series

This is the first book in a series called 'The Tales of Trymyll'.

Set in a mythical land, the story follows the exploits of a 13-year-old Welsh boy who does not believe in magic, or wizards, or dragons, and yet, one weekend he is drawn into a cave which only he can see.



Richard Kirk.

There he meets a 60-foot purple, but friendly dragon who leads him through the cave and into the land of Trymyll.

Here he meets a real wizard who does what wizards do, magic.

What follows is an intriguing tale...

Book two in the series is almost complete and book three is on the way as well.

Enjoyed by all

Thomas, Wizard's Son has already been read and enjoyed by children and adults alike and is available on Amazon.co.uk. Just search for **Joseph R. Mason**.

He is also a published poet and short story writer with many of his poems and stories being included in printed anthologies and magazines as well as his own publication 'Little Book of Pomes.'

www.josephmason.uk

Maritime artist



Compass is a community of artists who use their practice to engage with people vulnerable to social exclusion as a way to affect change, improve society as a whole and to help other people find their own means of creative expression.

By **Fenya Sharkey**

In this January exhibition supported by Morrison's we have some examples of Maritime paintings by artist, Stephen Morris. Stephen is a resident at The Disabilities Trust, Shinewater Court, Eastbourne.



Stephen Morris.

Covid permitting, *Compass Arts* run a weekly pop-up art studio at Shinewater Court. Stephen and Compass artist, Fenya Sharkey have worked over three years to produce the paintings in this exhibition.

Stephen has shared some of his life story using an alphabet board. He served in the Royal Navy, is a Falkland's war veteran, worked on the Hastings fishing boats and volunteered with the RNLI. As well as being a man of the sea he is an accomplished artist and chose all the studies of historical maritime art, indicating to Fenya which colours

to work with and most importantly – knowing when to stop and put the brush down. Through his eyes Fenya has developed a new skill.

It is Stephen's wish to sell the paintings to raise money for the RNLI, a vital service for all sea faring men and women whose lives are dependent on the commitment and bravery of the RNLI rescue teams. If you would like to purchase one of these paintings for £40 please contact us via: www.compasscommunityarts.co.uk or **facebook/compasscommunityarts**.

Alternatively if you would like to make a donation to the RNLI go to <https://rnli.org/support-us/give-money/donate>

Drop us a line at Compass if you do make a donation and we will pass the good news onto Stephen.



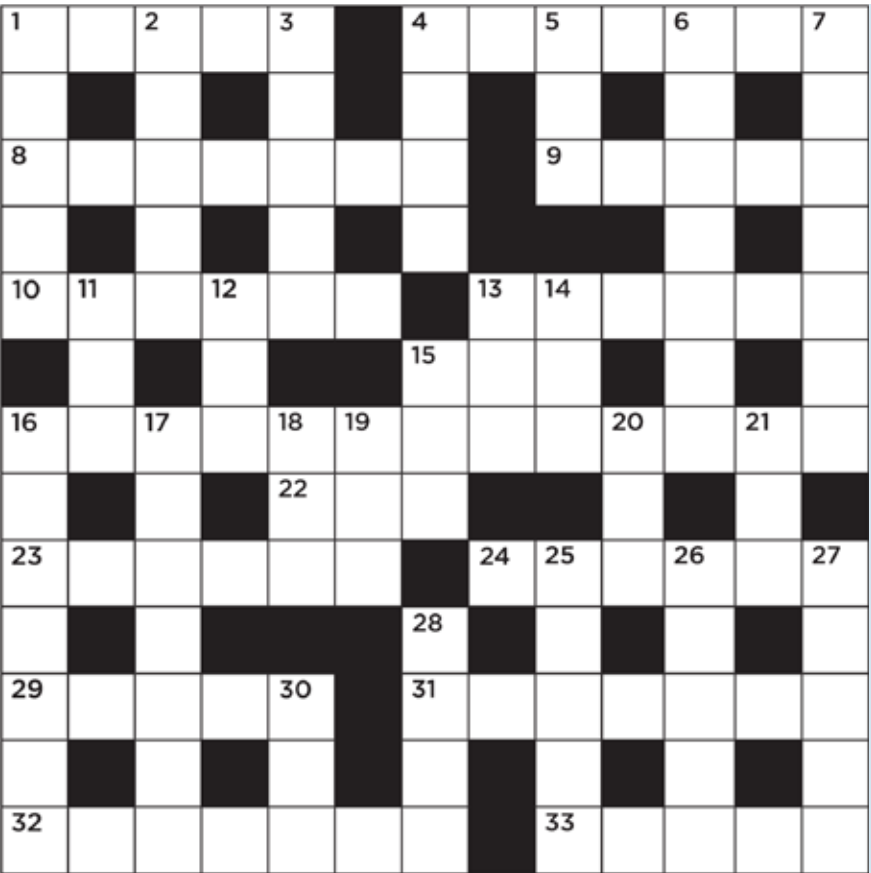
It’s just a bit of fun!

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ROPE
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SHOW
SPECTATORS
SPEED
STAGE
STREET
UNDERWATER ACT
VANISH



ACROSS

- 1. Thick cookie.
- 4. Brief documentary film.
- 8. 1986 Ally Sheedy movie.
- 9. Additional.
- 10. CT’s favorite spice.
- 13. Cheat.
- 15. Not me, but...
- 16. Goldfish are said to have this.
- 22. Bond creator Fleming.
- 23. Deficiency.
- 24. Type of energy.
- 29. Imbibe.
- 31. A t-shirt, for example.
- 32. Myopic.
- 33. Play a trick on a roommate.

DOWN

- 1. Breakfast meat.
- 2. Leggy wading bird.
- 3. Two-spot
- 4. Location.
- 5. “See ya!”
- 6. Devoured.
- 7. Swap.
- 11. University of North Texas, for short.
- 12. Banged Stooge.
- 13. Speak sweetly.
- 14. Attila the _____.
- 15. Yang partner.
- 16. Video game parlors.
- 17. Filling in.
- 18. Author Anaïs.
- 19. Price place.
- 20. _____ Paulo.
- 21. Onassis who wed Jackie.
- 25. Elm, cherry and maple, for example.
- 26. Flick.
- 27. Military academy student.
- 28. Secondhand.
- 30. Caboodle sidekick?

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Classic tracks

WE look at songs that have shaped the career of the artists and the music industry.



Good Times Bad Times — LED ZEPPELIN

Released: March 1969

Guitarist and Producer, Jimmy Page, at the time an already highly regarded musician and top London session player, provides guitar that has been described as 'fat with menace'.

Add to this, the rhythmic bass of John Paul Jones and the powerful vocals of singer Robert Plant, the message from the band is certainly one of: 'We are here and we mean business'.

Good Times Bad Times was the first of many classic songs the band released over two decades, and even after all these years the four musicians that were Led Zeppelin are still some of the most influential and esteemed today.

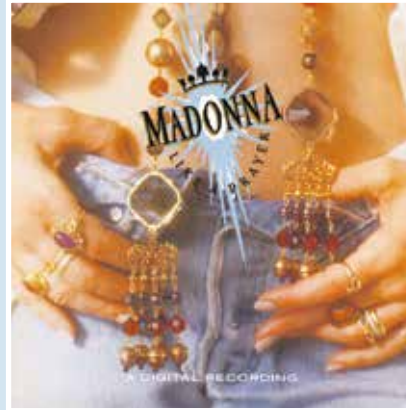
And, incredibly, the whole album took just 36 hours to record and mix at a cost of £1,782. As the band didn't have a record contract at the time, it was funded by Jimmy and their manager, former Hellingly resident, Peter Grant.

Over 50 years ago in 1969, Led Zeppelin burst onto the music scene with the release of their first studio album titled, simply, *Led Zeppelin*.

From the moment you hear the opening bars of the first track, it's clear the band were making a statement of intent.

That first track is the stomping *Good Times Bad Times*.

Drummer, John Bonham, just 20 years old at the time, perfectly demonstrates what would become his trademark playing: power, groove and an incredibly fast kick drum technique. Today he is justifiably recognised as one of the greatest rock drummers of all time.



Like a Prayer — MADONNA

Released: March 1989

Another prominent feature of the song is the use of a choir. The Andraé Crouch Choir was hired to add background vocals. Crouch reportedly studied the lyrics of the song to make sure it didn't contain anything that was against their religious beliefs.

Recorded at a time when large budgets were available and real musicians were favoured over machines, many other top, and award-winning, session players were hired to play on the recording. There's even some uncredited guitar parts by Prince.

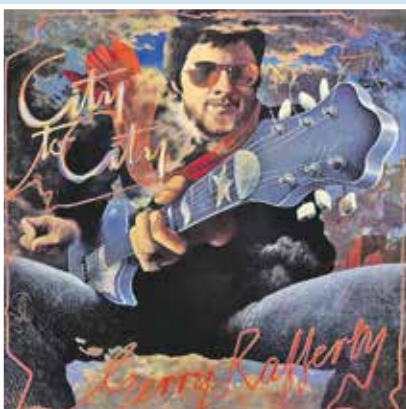
The track, that Madonna was co-writer and producer of, received widespread critical acclaim and, along with the title album, was considered a turning point in Madonna's career with critics acknowledging her as a true artist, and not just a pop star.

Have a listen and check out that superb bass playing!

***Like a Prayer* is the title track from Madonna's fourth studio album of the same name.**

It features prominent and highly regarded bass playing by English session musician and Brighton resident, Guy Pratt.

Guy, who has worked with Pink Floyd, Michael Jackson, Tears for Fears, Robert Palmer and Tom Jones to name just a few, was hired to play bass on the album but says he has little recollection of playing on this particular track. So much so that months later, when he was invited to a studio to hear the final mixed version of the song, he asked Madonna who was playing the bass. Madonna replied, "It's you, dummy!"



Baker Street — GERRY RAFFERTY

Named after Baker Street in London, the song is from Gerry Rafferty's second solo album, *City to City*.

The song has one, if not the, most famous saxophone solos ever recorded. The player, Raphael Ravenscroft said *Baker Street* irritated him because his solo was flat.

The bluesy, eight-bar sax riff helped make *Baker Street* a soft-rock hit. It reached No.3 in Britain and No.2 in the U.S in 1978 and still receives considerable airplay today.

Ravenscroft received a flat fee — often reported to be just £27 for his work on the song, which made Gerry Rafferty a fortune.

Released: February 1978

But the hit kick-started Ravenscroft's career who went on to work with Pink Floyd, ABBA and Marvin Gaye.

His daughter said her father was actually "very proud of *Baker Street* and that it made people feel good."

Guitarist Slash cited it as an influence on his solo in *Sweet Child o' Mine*.



Can't Get You Out of My Head — KYLIE MINOGUE

***Can't Get You Out of My Head* is a song that was recorded by Australian singer Kylie Minogue for her eighth studio album *Fever*.**

The song was jointly written, composed & produced by Cathy Dennis and Rob Davis who were brought together by British artist manager Simon Fuller.

For those who can remember a band called Mud from the mid 70's, Rob Davies was the guitarist who always wore cat suits and massive dangling earrings that would have looked good on Pat Butcher.

S Club 7 rejected the song and English singer-songwriter Sophie Ellis-Bextor also turned down the offer to record it.

Released: September 2001

Davis began playing an acoustic guitar over a 125bpm drum loop, on which Dennis began singing the line, "I just can't get you out of my head."

The whole song (including Kylie's vocals) was recorded at Davis' home studio in Surrey. The song became a massive hit all over the world collecting award after award.



Green and pleasant

I SINCERELY hope you were all able to enjoy your Christmas and New Year. Maybe you were able to make some positive resolutions for the year ahead. It wouldn't have been difficult, I'm sure, after all our unfortunate experiences in 2020. Let's hope some of those you made were garden related, but if not, it's not too late to consider some!

By **Geoff Stonebanks**

January is the beginning of the gardening year – a time for fresh starts, renewed energy, and grand plans for the twelve months ahead. That said, it can be really difficult out there, due to the cold and the ground being so hard.

Planning ahead

Why not decide to list all the plants you buy so that you don't forget what you've got! If, like me, you open your garden, it is inevitable that visitors ask what certain plants are and it can be embarrassing if you don't know. In recent years, I have logged them all down so that I can recall their names if asked. It's a good idea, even if you don't open your plot as friends and family may ask! If you rely on plant labels, they can fade or go missing, so why not get yourself a notebook that you can record your purchases

throughout the year! It might be an idea to leave a bit of space under each entry so you can write details about the plant as the year goes on. Make sure you record where it is planted too and you'll be surprised how much of a valuable resource this can become over time!

Caring for your pond

If you have a pond with fish, then it is important to stop it freezing over at this time of year and keep your fish free from harm. An ideal way to do this is to float a ball in the water, this will help prevent it from totally freezing over and allow oxygen into the water. It is not advisable to smash the ice on the pond, as the shockwaves can damage the fish. If your pond is frozen over, then one way to break the ice is to place a warm pan on the surface, which will gently melt the ice.

Driftwood garden plans

Looking forward, I hope I will be able to open my garden again in 2021. I have committed to three dates for the *National Garden Scheme* in June, July and August but they will not be full public days. I have decided up to 14 visitors can enter on every hour, and entry will be by pre-paid ticket only. All being well we will open for the *Macmillan Coastal Garden Trail* again at the end of July. Check my garden website for all the details on how to book a visit. The garden will open for private visits too.

Fun project

A fun idea for your garden this year might be to take a photograph from the same point, on the same date in each of the 12 months of the year! Maybe using several points of interest. This is something I've done over the years and it is quite surprising to look back at the collection and actually see the changes, across both the months and the seasons of the year! I'm planning to do the same throughout 2021 with both my beach garden at the front of the house and the main garden at the back.

Planting inspiration

A perfect indoor task this month is to look through Spring catalogues and choose some annuals to have delivered. I usually buy most from a local nursery in Eastbourne but also get some online as well. I never set out with a plan of what colours I want to use throughout the garden. As far as the nursery is concerned, I go and look at what they have and then buy what I like. Once back in the garden, I decide what looks best where. There is never any grand plan. For the last few years, I have trialled several new plants from a well-known company and reported

back on how they have fared in my coastal plot. I expect to be doing the same again this Summer too.

National Garden Scheme

The first 2021 *National Garden Scheme* gardens begin to open their garden gates next month for the annual snowdrop openings. It really is amazing how many visitors brave the weather each year to go and see them. At time of writing, there will be two East Sussex gardens you can book to see. The first is *Pembury House, Ditchling Road in Clayton, Hassocks* and the second is *5 Whitemans Close, Cuckfield near Haywards Heath*. Both gardens require you to book in advance, so now would be a good time to check availability at www.ngs.org.uk where you will find all their contact details.

A new look

This is something you can all do quite easily to create a different look in your garden each season. I moved many shrubs planted in the ground last Autumn, but the large, containerised ones, will all start to be relocated over the coming weeks. It is quite amazing how easy it can be to make your plot look a little different each year! I challenge you to give it a go.

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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