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COMMUNITY HERO

COMPUTERS FOR KIDS

Josh Grove, the youngest Postmaster in Britain is a true local hero.

Hailsham Estate Agent, Mike Crane leads the way with Computers for Kids.

02/21

Issue 008
February 2021

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Bournefree



800 DEGREE FIRE WALK

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Crazy Pizza Deal!



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

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 DESIGN MARKETING PRINT

ignite
 PR & Engagement

We're still here making a big impact during Lockdown

WE are proud and delighted that we have continued to publish during this third Lockdown.

By **Peter Lindsey**

Printing a minimum of 10,000 copies is important both for our readers and advertisers as we continue to raise our profile.

Some people have asked how we have continued to distribute the 10,000 papers this last month.

Very easy has been the answer.

Pick up

Our delivery team has focused on ASDA, Sainsburys, Eastbourne Railway Station, ESK, Waitrose in Old Town and Hailsham, DGH reception and Morrisons in Hampden Park.

We are also very grateful to other outlets such as Tesco and Londis in Grove Road, Tesco and Co-Op in Meads, and Tesco in Hampden Park.

Old Town is covered by Green Street Post Office, Nisa, Trident Fish Bar, Co-Op and Sainsburys while Rodmill Post Office is another outlet.

Copies are also in the Premier store in Pevensey Bay, and in Polegate the magazines are in the Post Office, Millfields and McColls.

Others include Seaside Post Office and East Dean Village Stores.

There are others but hopefully that gives you a flavour of our very wide distribution.

Online

Thousands also read the magazine online at:
www.bournefreemag.co.uk

News 24/7

Our online offer is growing rapidly too. We have more than 70,000 visitors to our website each month.

We are breaking news 24/7 and you can find us at our live website:
www.bournefreelive.co.uk

Social

Our Facebook account is also attracting more attention. In the past month, it has attracted more than 90,000 engagements.

Hopefully by March, our schools will be open and there is more optimism around shops and other businesses being allowed to resume trading.

This month's edition focuses on positivity and we will all need that in the coming months.

Join us

Talk to us, share your community news stories and business updates. Join us on our exciting Bournefree journey.

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.

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Radio DGH is 'a friend by the bedside'



 hospedia

 TUNE IN

 facebook

OUR hospital has been in the spotlight as the pandemic continues to leave us in Lockdown.

By **Peter Lindsey**

And there's one small charity in the DGH which has been aiming to be 'a friend by the bedside' in these challenging times.

Radio DGH was set up in 1976 and it consists of 24 volunteers, although only around 10 are involved now because of Covid. There are 12 recruits awaiting training, which is currently impossible.

So important

Never has it been so important, based in an oversized broom cupboard in the hospital basement.

They play music 24/7, some live some recorded and there are also presenters who provide readymade shows.

Playing Your Kind of Music is the motto as well as giving national news, traffic news, local What's On and, of course, the time.

There must be a one-hour gap between each live show going on air so equipment can be wiped down.



Shaun Crowhurst



Presenter, Mica Willgrass

Unique link

DJ Shaun Crowhurst said: "We like to think that what we do is very important. We act as a key connector between the patient and both their families and the outside world."

"Hospital radio is unique. It links the patient and their loved ones in two ways. First, by sending a message we can read out on air, and second family and friends can listen to us online."

All change

Radio DGH was suspended back in March because none of the volunteers were allowed into the hospital.

That changed in late May.

Shaun said: "We have had to change our behaviour. Pre-Lockdown, we would go onto the wards and speak to patients. For some, they were the only face they saw apart from the NHS staff."

"Obviously we can't do that anymore, but we are allowed to come into the studio. Broadcasting from home is something we are looking at."

"I'm here on a Tuesday, late afternoon to early evening, and it's strange seeing the Flower shop closed. The

Friends shop also closes earlier than usual but the shop trolley has recommenced the ward rounds.

"We are not like big radio stations, but we are keen to do our bit for local life in Eastbourne and the surrounding areas."

"We want to be there for the patients and staff and of course we are always keen to raise awareness of Radio DGH."

Easy listening

There is also Facebook (Radio DGH). You can listen online via the website but also via the Tune In app which can be downloaded to a smart phone/device. You can also hear through a smart speaker. — "play Radio DGH."

To listen via the website, log on to: www.radiodgheastbourne.com or call the studio on **01323 435748** and ask for a copy of its magazine.

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Mike Fairclough.

'Wild thing' school head writes book to help us be more like our children

MIKE Fairclough has always been a man on a mission.

By **Peter Lindsey**

He came to Eastbourne in 2004 when he was appointed Head at West Rise Junior School in Langney.

He has stayed in that role more than doubling the size of the school, having adopted a style of leadership many view as alternative.

Now he has put his unique way of thinking into a new book which has just been published and has already been endorsed by favourites such as the Duchess of York and Dame Jacqueline Wilson.

Wild Thing, published by Hay House, is a self-help style book designed for adults who want to release the creativity and resilience that they used to enjoy as children.

First, the school

Mike, 48, said: "West Rise has always, and continues to, provide me with a challenge. It has been very popular over the years and both our Ofsted judgements and pupil outcomes have been consistently good.

"It's the ethos of the school which remains very strong. We teach the children about resilience, teamwork, wellbeing, and creativity.

"For example, they are all taught how to light a fire, cook outside, play with our water buffalos and beekeeping.

"I grew up in the countryside and when I was young, I went running in the woods, often trespassing and hunting. I wanted to bring that vibe from my youth into the school.

"When I joined West Rise, we had 179 pupils. Today we have 365."

Next, his personal life

Mike is dad to four children, including twins aged three, but tragedy struck in 2011 when his wife Selina died.

He recalls: "That was when I really valued the West Rise community. They really did provide me with amazing support.

"I went back to work the week after the funeral. I didn't know where I was really, but it was important for me to be there.

"Staff were cool, so supportive and loving. I was up against it well and truly, but it was part of the healing process."

Selina had died suddenly from a brain tumour. She was only ill for six weeks before her death.

Then, how he found love again

He said: "I guess I threw the rulebook out of the window because soon after I met Sundeep while I was on holiday in India. We married soon after.

"My trip to India helped me to reconnect with life. It liberated me again. I was out in the jungle cold water swimming."

The spirit of adventure

And so, to the book, which he wrote in 2017 and has just been published.

"Most of the time children are happy and resilient. Yes, there has been increased anxiety during this current pandemic, but the majority of youngsters are brilliant at dealing with change and the unknown.

"They love to play and be imaginative, they can create games out of thin air and very often because of their age they are risk takers too.

"This underpins their happiness, and that is what I aim to get across in my book, that these thoughts can be transferred into the adult world.

"It's about encouraging adults to be more playful, develop the spirit of adventure, take risks and show gratitude.

"It's about moving adults from their comfort zone."

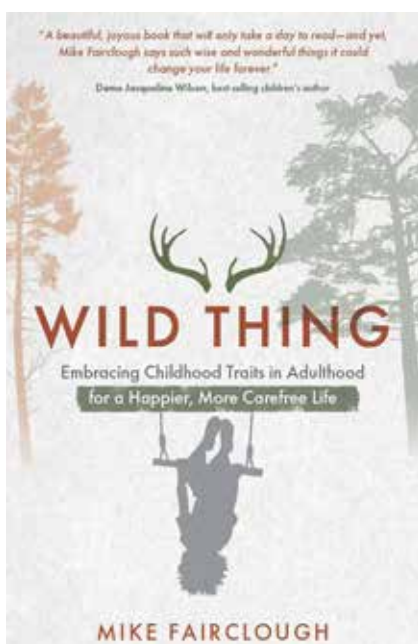
A lifting read

The book consists of 27,000 words and there are Top Tips at the end of each subject.

"Life is difficult at times but those difficulties can help us to grow.

"The seriousness of adulthood can weigh us down. I want to remind people that this does not have to be the case and give them a lift."

The book is available on Amazon.





“

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So who are we and what does Tutorwiz do?

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By **Simon Walker** – Head of Educational Consultants, Tutorwiz

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We have seen high enrolment in the past few months which has helped us expand and start offering unique tailored lesson plans, scholarships and grants, especially for families whose family budget may not stretch to this form of needed educational support.

Currently, the majority of children have not had the educational support they deserve over the last year, which means they will be entering school in 2021 almost six months behind. It is going to take a double effort in the following months to catch up. This, we are afraid, is not going to happen. Students will always be playing catch up. At Tutorwiz, we will not allow this to happen, and we will not let our students be "The Lost Generation". We will get the student up to their required school level and then look to accelerate them to a higher level in the next school year. The programme and Tutor will set work based on their abilities, completing their daily work at their own pace and making tutoring them to "Think" the subject.

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Superstore proves it's a real Community Champion

SUPERMARKETS have played a key part in our lives during Lockdown, providing a valuable and essential service to us all.

By **Peter Lindsey**

Seven months ago, one of them, Morrisons in Hampden Park, decided to go one step further and become true Community Champions.

They decided to appoint two full time Community Champions, Kim Hatcher-Davies and Georgie Hoodgeworf with the aim to make a real difference to the borough.

And that is exactly what they have done.

Community need

Kim explains: "Before Lockdown, I was working just eight hours in the role, but management then wanted us both to work full time.

"As soon as we went into Lockdown, it became apparent that there was a real need in the community, which is where we step in.

"We could see the problem people were facing in their own homes as we were making our home deliveries.

"We decided as a store that we needed to help and make a real difference."

Kim and Georgie set up meetings with key stakeholders, including the Mayor, councillors, schools and the emergency services.

They were keen to listen and find out where the real need was.

Kim said: "We were in the middle of Covid and the community needed help. We wanted to work out what that need looked like.



Georgie Hoodgeworf and Kim Hatcher-Davies.

"It wasn't about money; we don't just give people financial support. It's about practical help that we can give."

Charity support

Morrisons has supported several groups and charities in the past few months.

These include Rainbow Wishes, Compass Community Arts, Inglewood Care Home, Defiant Sports, Eastbourne YMCA and Mortain Place care home.

Kim said: "Rainbow Wishes is doing some incredible work in the community and we have helped them with the 700 stationary packs they have provided to schools in this current Lockdown.

"Every month, Compass Community Arts put on displays in the store of their work. For February, the theme is Love, for obvious reasons.

"We have worked with the Memory Lane charity to help dig their allotment, and we have provided work experience for two adults from the YMCA.

"It's all about being inclusive. There is a huge list of the groups we have helped in some way.

"Mortain Place care home came to us before Christmas when they were creating a 'shop' inside the home, and we were able to provide items for them. Now, on a regular basis, we take flowers down there, which we hope will bring joy to the residents.

"Another important aspect of what we do is that we are able to bring different charities together, so they now work with each other.

"A good example of this has been our work with the Eastbourne Foodbank and The Matthew 25 Mission in Seaside."

Keen to help

Morrisons are keen to work with local community groups.

To make contact please email: **kim.hatcher-davies@morrisonsplc.co.uk**



Team members of the Ark Blacklands Primary Academy with Store Manager Roy Manktelow, supporting giving books to schools.



Sovereign Harbour Rotary Club, Festival of Lights winner.



Staying open for business and helping the NHS in lockdown

AN Eastbourne opticians has given away more than 400 pairs of glasses to NHS staff as a thank you for their amazing work during the pandemic.

By **Peter Lindsey**

But Botts Medical Eye Centre in Grove Road, Eastbourne, is not stopping there.

It will extend the offer until the end of March and it is now also open to anyone who holds a Blue Light Card, including Ambulance, Police and Fire officers.

Manager Adam Blackburn said: "My wife works at the DGH in the Crisis Response Department and I could see first-hand how hard our dedicated NHS staff were working.

"That's when I felt that we had to do something to help local people, and this is our way of doing so."

Finding the time

Anyone who qualifies can claim a free pair of single vision glasses if they bring their prescription or have an eye test with Botts. Upgrades are half price.

Adam said: "When we launched this in December, some NHS staff said they were struggling to find the time because they were so busy at work.

"We promoted it initially through the Herald and posters which were sent to our GP surgeries.

"Some healthcare professionals are the worst people at caring for themselves because they are so devoted at caring for others, and they had not had their eyes tested for a long while.

"Some may also need two pairs of glasses and it is sometimes difficult for them when they are wearing extensive PPE at work and then having to change at the end of a 12-hour shift.

"We have given away more than 400 pairs in the first six weeks so we are really pleased, and we will extend it until the end of March as a goodwill gesture and thank you.

"They are all doing such an amazing job, many doing long shifts and then working on their days off as well because of the inevitable staff shortages in the NHS."

Community support

Botts is the longest standing independent opticians in Eastbourne, having opened 60 years ago.

"We helped with triage work for the NHS and carried out some work in people's homes when normally they would need to go to hospital.

"We also called many of our customers aged over 80 to make sure they were okay and offered to replace or fix any glasses, this applied to NHS workers too.

"Throughout this time, we have tried to do whatever we can to support the community."

For more information, please call: **01323 727782** or email **bottsopticians@gmail.com**



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Josh proves he is a true local hero

IT was in April 2018 when at the age of 23 Josh Grove became the youngest postmaster in the country.

By **Peter Lindsey**

He was helping to run a Post Office in Brighton and he was splitting his time between the city and Tonbridge in Kent.

He'd never been to Eastbourne.

But when he heard that Rodmill Post Office was on the market, he made the bold move to buy it.

Little would he know what would happen within two years and lockdown.

Strong feeling

Josh, now 26, recalls: "I realised that the time was right to take over a business on my own and I quickly sensed the strong community feel.

"Everything was going normally but then in January last year we suddenly began to notice that some of our regulars were no longer coming in.

"It was very early, January 28th, when we started doing deliveries to our customers but then we didn't realise what was in front of us all."

Helping a huge need

At the height of Lockdown one, Josh and partner Hannah were doing up to 120 deliveries a day. It kept the business going as footfall in the shop dropped off dramatically.

Josh said: "We were delivering all round, from here to Langney, Polegate and elsewhere and to a mixture of age ranges too, it wasn't just the elderly as one might imagine.

"Everyone at that time was dealing with the unknown.

"We wanted to help out and we wanted to make a real difference because there was, and still is, a big need."

Extra mile

In April, they donated £1500 of soft drinks and snacks to frontline NHS staff at the DGH.

Three months later, Josh was named a Local Hero by the Post Office for his community work and desire to go that extra mile.

It was part of the Post Office's *We're Stronger Together Awards* and Josh won the Local Hero accolade for the South East.

Josh said he was delighted and honoured to win the award and thanked customers for their support.

But of course, it didn't end there.

Community focus

Josh said: "Even when restrictions were partially lifted, we were still doing up to 30 deliveries a day but in a more focused area around Old Town and Rodmill.

"Xmas was always going to be our busiest time so we focused more on the shop's opening hours.

"Now we are back in Lockdown, footfall is higher than it was back in March but it's still lower than what we could consider normal.

"We are now averaging around 22 a day as well as being open 7am until 5pm Monday to Friday and 7am until 2pm Saturday's."

Partner Hannah is now off on maternity leave and Josh is keen to remain that community focus.

I ask him about the future and the potential to expand?

"Who knows? Nobody knows. It's all still very uncertain."

Indeed, it is...



Hannah and Josh.



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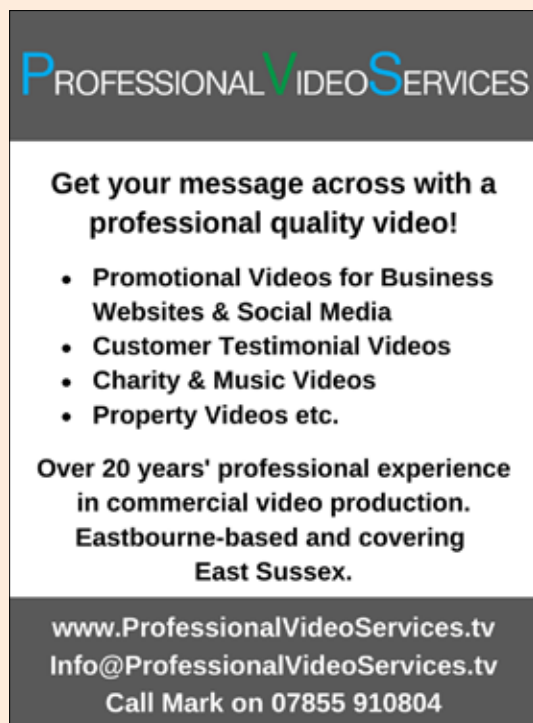
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How Daniel, 6, has made a real difference

MEET young Daniel Wilkinson.

By **Peter Lindsey**

He's a normal six-year-old pupil at Motcombe Infants School in Old Town.

But he's been doing something very special since Christmas, helping to raise more than £300 for Eastbourne Foodbank.

Proud dad David said: "Daniel had been learning about the word charity at school and what it means.

"We started talking about foodbanks and my wife Danni played the Marcus Rashford documentary at home.

"That was when Daniel said: 'I want to help, daddy.' He realised some people don't have access to food like he does.

And help he most certainly has. First, he said he would donate his

Christmas money and tooth fairy money to charity.

Then, when David and Danni put this on their own Facebook pages there was a lovely response.

David said: "One of my friends posted that he would donate £10 if Daniel drew a picture of a police car.

"It has ended with around 20 requests for Daniel to do a drawing in return for donations ranging from £5 to £30."

Daniel is keen to carry on with his charity work, he's even started talking about selling toys he no longer uses.

Well done Daniel.



Daniel with one of his drawings.



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What is, or who is, a Rotarian?

OVER the next six months these editorials will try to answer this question.

By **Faiza Shafeek**

There are many myths and misunderstandings of Rotary and who "Rotarians" are.

One of the myths is that Rotary is a group of wealthy businessmen who get together regularly to self-promote and meet their own needs, and who once in a while give a large donation to the community.

Community cross-section

While it may have been true in Rotary's beginning stages that clubs were made up of only businessmen, today this could not be further from the truth. Each Club's membership represents a cross-section of the local community and is open to men and women within an apolitical, non-religious environment.

PolioPlus programme

There are over 35,000 member clubs worldwide, with a membership of 1.2 million with the first club being established on the 23 February 1905, in Chicago, Illinois, United States. One of Rotary International's biggest achievement is its \$2.1 billion contribution to polio eradication since it launched the PolioPlus programme in 1985, and it's committed to raising \$50 million each year for polio eradication activities. There are of course many other incredible projects, some of which we will cover throughout this series.

Friends for life

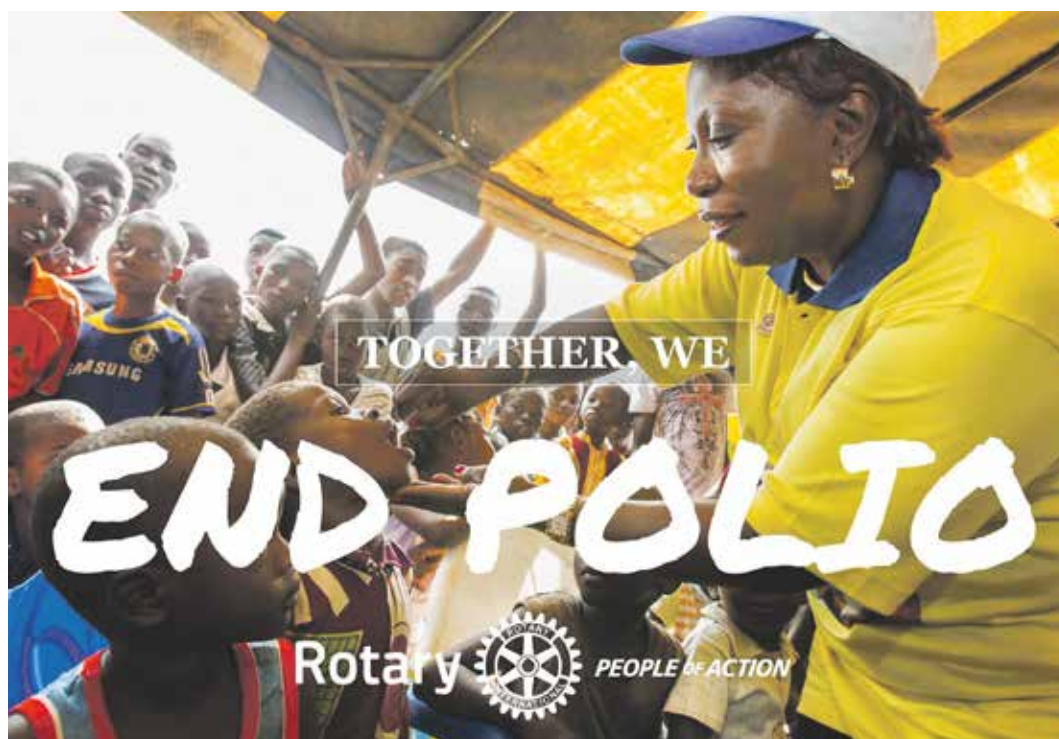
Being a Rotarian means having the opportunity to experience the warm fellowship of a Rotary Club which can greatly expand one's circle of acquaintance and foster lifelong friendships, and help one do for his or her community what he or she might never accomplish alone.

Rotarians are individuals who are willing to voluntarily contribute some of their precious time and sometimes valuable expertise to make a difference in their local community and internationally.

Service above Self

Becoming a Rotarian opens up a new world around you whilst having fun along the way and making a positive contribution to improving the lives of fellow human beings. It means you are a person who is willing at times to put 'Service above Self' a motto that most Rotarians try hard to live by. Rotarians have many opportunities to become involved in many of their club's projects and numerous social events. Moreover, you can be sure of a warm welcome from other Rotarians wherever you travel across the world and visit other clubs.

"I have been a Rotarian since 2011, the friendships that I have made as a Rotarian over those years, has given me much joy. The fellowship and fun that I have shared with my fellow Rotarians by doing good for our



International and local communities have been the factors in my being a Rotarian." Faiza Shafeek President of the Rotary Club of Eastbourne Sovereign and Assistant District Governor of Rotary District 1120.

If you wish to know more or are interested in becoming a Rotarian please contact: Louise Cheeseman Club Secretary for the Rotary Club of Eastbourne Sovereign at: cheesemanlouise071@gmail.com

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Mike Crane donating 'Computers for Kids' laptops.

“

I really want the momentum to gather on this one with support from other companies so that we can do more.

A businessman with a real desire to make a big difference

MIKE Crane, a local estate agent since 1984, has a passion to make a real difference in the community.

By **Peter Lindsey**

That's why he is asking businesses and groups to back his Computers for Kids campaign during the current lockdown.

Crane & Co are based in the High Street, Hailsham, a business Mike launched back in 1996.

Now he believes is the time to help our young people as much as possible and is urging other companies, businesses or individuals to join him with this campaign.

Community is key

Mike said: "When I heard about the nationwide issue of access to laptops for children to enable them to continue their education, I jumped on the telephone and called the Headmasters of the local Hailsham schools to discover what the situation was locally.

"It emerged there is a gap of about 300 laptops. That's 300 students who cannot adequately access remote learning and connect with their online teaching resources – through no fault of theirs or their schools. This is a real problem and we had to do something to help these young students and their schools.

"I started off by buying one and have now purchased 36 laptops to donate to local schools through our *Crane & Co Community Support Fund*, but I really want the momentum to gather on this one with support from other companies so that we can do more.

"We have publicised our campaign through our Facebook page and distributed appeal leaflets throughout the Hailsham area to other businesses, groups and individuals to encourage them to help if they can.

"This is about making a genuine difference for our pupils – a difference that really matters. We

simply cannot afford for any child, regardless of their background, to be disadvantaged any further simply as a result of a not having access to a device."

Mike's plea is to get in touch with the *Computers for Kids* campaign hub at their offices – "Different schools have different needs and we can share this information with anyone interested in joining us and helping to support our local school children."

To help, and for more information, please call the Crane & Co team on **01323 440678**.

Community is key for Mike, and through his *Crane & Co Community Support Fund* he is also an ongoing contributor to local charities – *St Wilfrid's Hospice* and *You Raise Me Up*, who do incredible work in the local community providing support when people are in most need.

Huge privilege

"As for the business, it's been a very busy year for Crane & Co and as an estate agent I recognise the huge privilege we were granted when the Government instructed Estate Agents to continue trading, while many other businesses were asked to close their premises to customers.

"With this privilege comes the responsibility of ensuring that the risk to our clients, colleagues and homebuyers is reduced to the absolute minimum by closely following government guidance and adding further layers of protection through our activities and actions. Temperature checks, contact free viewings, face-masks, gloves, viewing first through our online virtual viewing facility, are all now part of the standard processes in estate agency.

"I can always predict that the market is unpredictable. When we went into Lockdown last March, I'm sure I looked very ashen faced as I grappled with what this might mean for the hundreds of local sellers out there.

"But I needn't have worried – 2020 was certainly an exceptionally busy time. In December, normally a quieter month, sales in hand were over 130,000 higher nationally than the same period last year while enquiries have shot up by almost a third. Nationally, 2020 saw the number of property sales increase by 10% compared to 2019. Who would have expected that when we went into lockdown last March?



"The early data for the housing market in 2021 so far shows transaction levels have increased again by 9% over last year. It's too early to call that a trend but the market start in 2021 is very much the same as it finished in 2020.

"The stamp duty relief has helped but the market was already much busier than normal when it was introduced. The SDLT concession has simply made more buyers and sellers alert to the prospect of moving home while the continuing low interest rates mean that there is still headroom for selling prices to grow in 2021."

When stamp duty becomes payable again a typical £300,000 purchase attracts a SDLT charge of £3,500 so for most buyers the end of the concession will not be the 'cliff edge' in the market place that some sellers may be worrying about.

Mike identifies these key areas:

- 85% of buyers surveyed said that the COVID-19 pandemic had not changed their home buying budget and 7% said that their budget had increased as a result.
- Buyers desire for more inside and outside space continues.
- Mortgages – the highest level of approvals since August 2007.

Increased activity

The stamp duty concession, where some buyers can save up to £15,000, is due to end next month and Mike is seeing a conveyancing rush to get those deals through before that deadline. "There's a significant bottleneck in the conveyancing system as a result of such a large increase in activity while at the same time many services connected with the process, such as local authority searches, are



taking much longer as a direct result of changes to their processes and staffing levels caused by the pandemic."

Green space

Mike says more buyers are now looking at their next purchase as a home where they settle for a longer period of time. 55% of buyers said that they plan to remain in their next home for 11+ years and 31% of buyers expected to live in their next home for 20+ years.

"Many more people are working from home and many want more green space around them. Living environment

is now more important than ever and we have seen a very significant increase in enquiries from buyers moving away from cities and larger, more densely populated towns.

"There is also more multi-generational living where two or three generations of the same family pool their resources to buy larger homes where they can live together but still live independently."

To chat with an expert and discuss your Eastbourne and Hailsham area moving plans, get in touch with Mike on **01323 440678** or email **sales@craneandco.co.uk**



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Monday	10:00am to 12:00	St Richards Church, Etchingham Road, Langney
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
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

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 ?

You certainly will be welcome. We want to help you & your family as we know times are tough at the moment.

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 - totally free. Come & see for yourself.

How can you help me with my difficult situation?

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

If I'm confused by what to do shall I just turn up ?

We'd like you to have a voucher but that wont be a problem. Our priority is to make sure you get the food you need. Just turn up and ask.

To get a food voucher please call 01323 409925 Mon, Tues, Wed & Fri after 9:30am

Firewalk 2021

Saturday, 27th March

CAN you handle the heat? Face the flames and put your best foot forward at the hottest event of the year!

By **Peter Lindsey**

St Wilfrid's Hospice is offering you a unique experience to face your fears and take part in its returning Firewalk event.

With temperatures rising to a scorching 800 degrees, this challenge is not for the fainthearted.

Test yourself

The Firewalk team at Time4Change will be there to support you and motivate you to hotfoot across the coals.

This challenge is a test of your bravery and spirit, and once you've crossed the coals, you'll feel like you can truly do anything! This event is suitable for adrenaline seekers over the age of 16.

Completely safe

This event will be socially distanced in accordance with government guidelines, and Time4Change have received their COVID-19 secure certificate to ensure this will be completely safe.



A delicious mac 'n' cheese and hot drink will be provided to all participants, included in the price of your ticket.

Standard entry price is £30 per person, or £25 per person if you sign up with a friend.

Of course, part of this event is fundraising for a fantastic cause,

and SWH is asking for a minimum sponsorship of £100 per person.

The Fundraising team will be on hand to help you with fundraising and can provide you with things like sponsor forms and collection pots to get you started.

Go to: www.stwhospice.org/Event/firewalk2021

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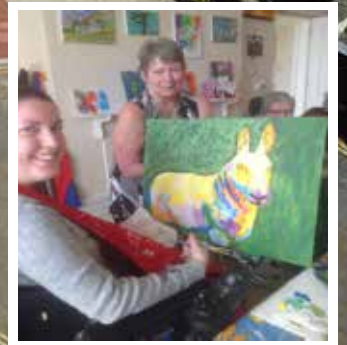


TheChaseleyTrust

Your specialist local charity enabling people with complex disabilities to 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 Multiple Sclerosis, Motor Neurone and Parkinson's Disease



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



A great start to 2021 at Chaseley

WHILST 2021 may not have started as we had all hoped, over at *The Chaseley Trust*, the new year has seen some great success already.

By **Jodie Cornford**

By the end of January, the majority of the Chaseley staff team had received their first COVID-19 vaccination, with in fact some of them receiving their second.

In addition to this, all of those Chaseley residents who have been able to receive the vaccination have also had their first one. This is a really great milestone and the team at Chaseley would like to thank everyone involved in rolling these out so efficiently.

Appeal launched

Chaseley have also launched their £375,000 fundraising appeal as part of the 75th Anniversary in a bid to modernise, update and refresh the Chaseley home. The funding will help to:

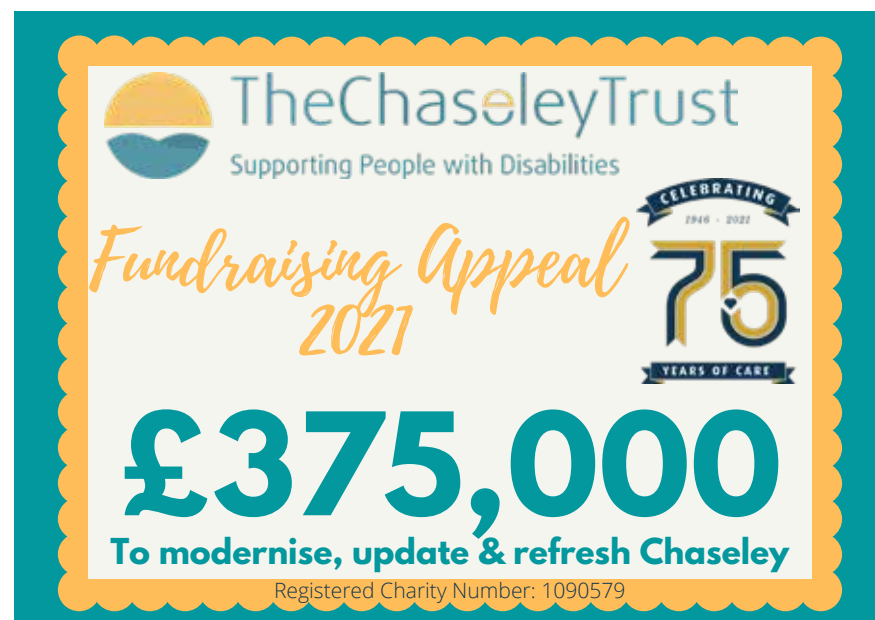
- Replace the flooring throughout the building with a more hardwearing material.

- Upgrade the Activate Gym.
- Upgrade the resident kitchens on each floor, including the Therapy kitchen which is used to support resident transition when their care path and ultimate plan is to move home.
- Complete a full building survey to enable Chaseley to plan their next 10 year maintenance schedule.
- Complete a variety of building works to ensure the home can be preserved for the next 75 years!

Hello and goodbye

The Chaseley Board of Trustees have welcomed four new members to the team, bringing with them a wealth of experience and skills that will help to benefit and drive Chaseley forward into 2021 and the year ahead.

Finally, during the latter part of 2020 Lesley Standing made the difficult decision to retire early from her role as CEO and ended her time at Chaseley last month.



Lesley “believes that Chaseley is back in a place where it is moving forwards with a great team and growing occupancy and each and every one of the team contributes to making it the special place it is to live and work in.”

Looking forward

Tracey May, Chair of the Trustees, explains that “this year brings about change but also I think a very memorable year for Chaseley.

“I am hopeful and look forward to celebrating at events with our staff, residents, and supporters throughout the summer and in the meantime, on behalf of the Trustees and team at Chaseley I would like to take this opportunity to wish Lesley well for the future, we all hope she relaxes and enjoys her retirement.

“We are also excited to share with you, news of our new CEO, Emma Rich-Spice, who is local to the area and brings with her a considerable amount of experience in running specialist nursing homes in the local area and also at area level. The Trustees are confident of her extensive abilities to take over the helm from Lesley Standing.”

For further information on the charity contact:
Jodie Cornford,
Fundraising Manager
jodie@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.



Tracey May.



Lesley Standing.

If you would like to donate to Chaseley's 75th fundraising appeal, or wish to know more, please visit: www.chaseley.org.uk or donate directly at:

www.virginmoneygiving.com/fund/Chaseley75thAnniversaryAppeal

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Bringing the pub home

THE Eight Bells – delivering its pub to you throughout lockdown.

By **Gail McKay**

The Eight Bells in Jevington is one of the most loved country pubs in the Eastbourne area and has been getting quite the reputation since it was taken over last May by Phil Cameron, an award-winning hospitality entrepreneur, and head chef Joshua Levy.

The team has begun restoring the pub, which dates back to the 1500s, to make it the go-to place for great food and drink outside the town – and during the lockdown, they're bringing the pub right to your door!

Friday night takeaway

Every week, they open for their Friday Night Takeaway – a host of classics (from their highly praised fish & chips, to cheeseburgers,

pies and kebabs of the week) for collection or delivery to Polegate, Willingdon, East Dean and everywhere in between.

Pub at home

At the weekends their 'Pub at Home' (which features their popular eight-part Sunday roast kits, pies, pudding and pints of freshly pulled local beer) can be collected or delivered throughout the Eastbourne area.

Grab & go

And if you fancy a walk or cycle across the Downs, you can stop off between 10am and 2pm Friday to Sunday for their Grab & Go teas, coffees, pastries and delicious hot rolls!

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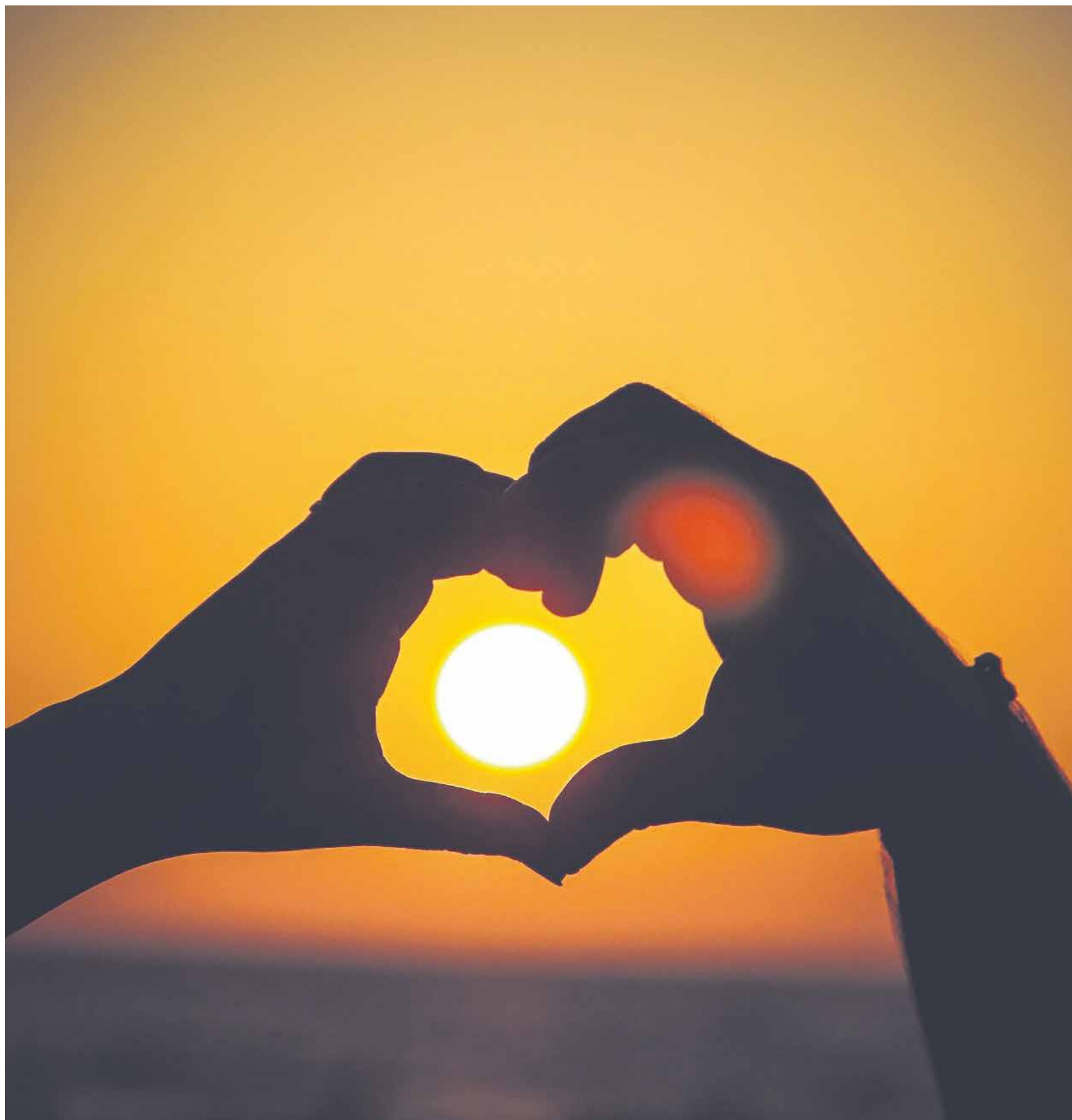
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Exposure to ‘trees, the sky and birdsong’ improved mental wellbeing after just twenty minutes.

Five health tips for lockdown and beyond

WE can treat this lockdown as an opportunity to make lasting, healthier lifestyle choices.

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

Staying indoors during a lockdown in wintertime naturally lowers our immune system and mood, making this time extra important to look after both our mental and physical health.

Lockdown for some can turn into a reinforcement of bad habits. The *University of East Anglia* recently showed that people in lockdown with unhealthy habits were more likely to adopt even more unhealthy lifestyles.

However, there are several simple things we can do every day to make a big difference to re-establish the balance between our mental and physical health.

1. Keep moving

Exercise not only boosts our natural immunity, but it also boosts our mental health. However, it's easy during these winter months to forget to keep moving. Studies have shown people exercise

at least 20% less during lockdown. An inactive adult has less than thirty minutes of moderate exercise per week.

The ideal amount of recommended exercise is two and a half hours a week, which is just over twenty minutes a day. A brisk, twenty-minute morning walk in the fresh air and sunshine can do wonders for our health. Socially distanced of course!

If we're unable to get outside, we can still find ways to keep moving indoors. Indoor exercise may include things like yoga, Tai Qi, pilates or other forms of exercise. There are many beginner videos and classes online that may help introduce or guide you through new forms of home exercise.

2. Stay grounded

Being grounded is the ability to be live in present moment. When we become ungrounded it can affect both our physical and mental health.

One of the main physical symptoms emerging during lockdown is fatigue and brain fog, even with sufficient sleep. This may be a sign of depression or a lack of exercise, but it could also be that we have become ungrounded. Perhaps, our mind is stuck in the past, or anxious about what the future may bring.

We may be able to become grounded again by performing Mindfulness meditation at home, or walking outside for our daily exercise while observing or interacting with nature. In fact, a study from *King's College London* in 2018 showed that exposure to “trees, the sky and birdsong” improved mental wellbeing after just twenty minutes. Doctors in Japan have noticed the vast benefits of this practice and have named it ‘Forest Bathing,’ and doctors continue to prescribe it as part of their medicine.

3. Limit processed foods

One of the most important foods to eliminate for our health is processed foods. Processed foods tend to contain high amounts of vegetable oils that become more dangerous when they are cooked at high temperatures due to their high unsaturated fat content.

Processed foods have been linked with causing excess inflammation in the body. Studies have shown the connection between inflammation and heart disease, diabetes, neurological disease, mental health and even more severe symptoms of COVID.

Recently, a study from *GastroEnterology Journal* linked unsaturated fat intake from processed foods with more severe COVID symptoms.

4. Fast weekly

With the vast amount of research now being found on the benefits of fasting, eating healthy is no longer just limiting processed food and increasing our fruit and vegetable intake. We must also include fasting as part of our weekly health routine.

Over the past few years *Harvard University* has been doing studies specifically into how fasting can make us live longer. A study from *University of Southern California* in 2014 found that fasting for just a day or two each week can reset our entire immune system. It also results in lowering inflammation, blood pressure and blood sugar levels.

5. Stay creative

A new online survey by *Ipsos MORI* found that 60% of Britons say they are finding it harder to stay positive each day during lockdown.

When we stay in the space of curiosity, imagination or creativity it stimulates other parts of our brain that it make much more difficult to experience depression and anxiety at the same time. This space of creativity is expansive, which also helps get the mind out of the reductive space of depression and anxiety.

We can be creative by keeping a journal and writing a story, or performing activities like reading, drawing, dancing, sewing, gardening, cooking and playing music.

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

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We are still delivering all of our support services in a safe way, with guidance and sessions been provided via telephone, Skype, Zoom and Facebook.

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Stuart and Gill Watson.

It's never too late

A COUPLE who had smoked around 40 cigarettes a day for the last forty years are among one million smokers who have kicked the habit since the first coronavirus lockdown.

By **Dan Ford**

Stuart and Gill Watson, from St Leonards, had each been smoking between fifteen and twenty cigarettes a day for the last four decades.

They decided to give up together and joined a quit smoking course ran by *One You East Sussex*, a free healthy lifestyle service based in Eastbourne.

Positive impact

The pair used Nicorette patches to help them quit and received regular phone calls checking up on their progress.

Team leader Tanya Sutton said quitting smoking can have a "very quick, positive impact."

She said: "Within 24 hours after you quit, nicotine will be eliminated from your body, and carbon monoxide leaves within 48 hours."

"Between three and nine months after you quit, coughs, wheezing and breathing problems will improve as your lung function is increased by up to 10%."

"One year after you quit, your risk of coronary heart disease is cut in half."

One million smokers have successfully kicked the habit since the first coronavirus lockdown.

Important support

"Everybody's personal journey is unique to them. Someone may want to stop smoking because they're concerned about Covid or other respiratory conditions, because they're keeping an eye on costs or for many other reasons."

"That's why it's so important to have the support of a stop smoking advisor to help."

The 12-week programme involved 890 smokers from across East Sussex.

Before deciding to quit, each smoker got through an average of 14 cigarettes a day.

It is estimated that 872,200 cigarettes went unsmoked due to the course, the equivalent of 43,610 packs of 20.

With the average pack of the most expensive cigarettes currently costing £12.73, it is estimated that £555,155 was saved – money that would otherwise have gone up in smoke.

More than 136,000 smokers in the South East have quit since the COVID-19 pandemic hit, according to research by *Action on Smoking and Health* and *University College London*.

For more information, visit <https://oneyoueastsussex.org.uk/services/quit-smoking/>



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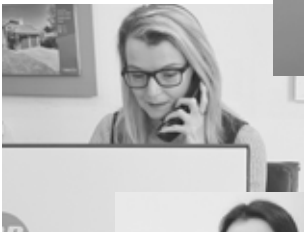
They are professional, knowledgeable, conscientious and very helpful. The photos & video tour looked great and they valued our property realistically. They make a great team and what is a very stressful process, much easier

Ellie Oct 2020

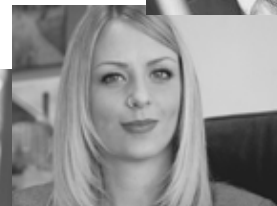
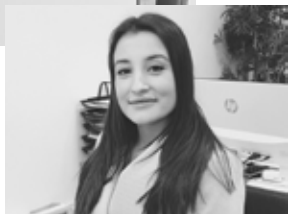
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Computers for kids

Can you help?

HAILSHAM estate agency Crane & Co launches 'Computers for Kids' campaign for local schools.

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



We're asking local businesses and individuals who can afford to help, to join us in providing essential computers to local Hailsham schools.

Online learning has now made having a device essential if children are to continue their education while in lockdown, but there are many children who cannot easily access online lessons through lack of equipment and there are many families who simply cannot afford to purchase the necessary equipment.

Community shortfall

Whilst the Department for Education has set up a scheme to provide a large number of laptops to students

across the country, there is still a considerable shortfall in many communities and this situation acts as a significant barrier to their learning during the current Covid crisis.

Overcoming obstacles

We jumped straight onto the phone to the local Schools and Academies to learn exactly what was needed, then increased our *Crane & Co Community Support Fund* to help overcome the obstacles that are challenging our local schools and children. Mike Crane commented "We want to do something positive to help children, who through no fault of their own or their schools, may be missing out on learning."

Join the appeal

We've labelled the campaign 'Computers for Kids' and have now personally donated 22 new laptops to local Hailsham schools but we need your help to do more!

We're asking local businesses and individuals to join the appeal and donate equipment if they can.

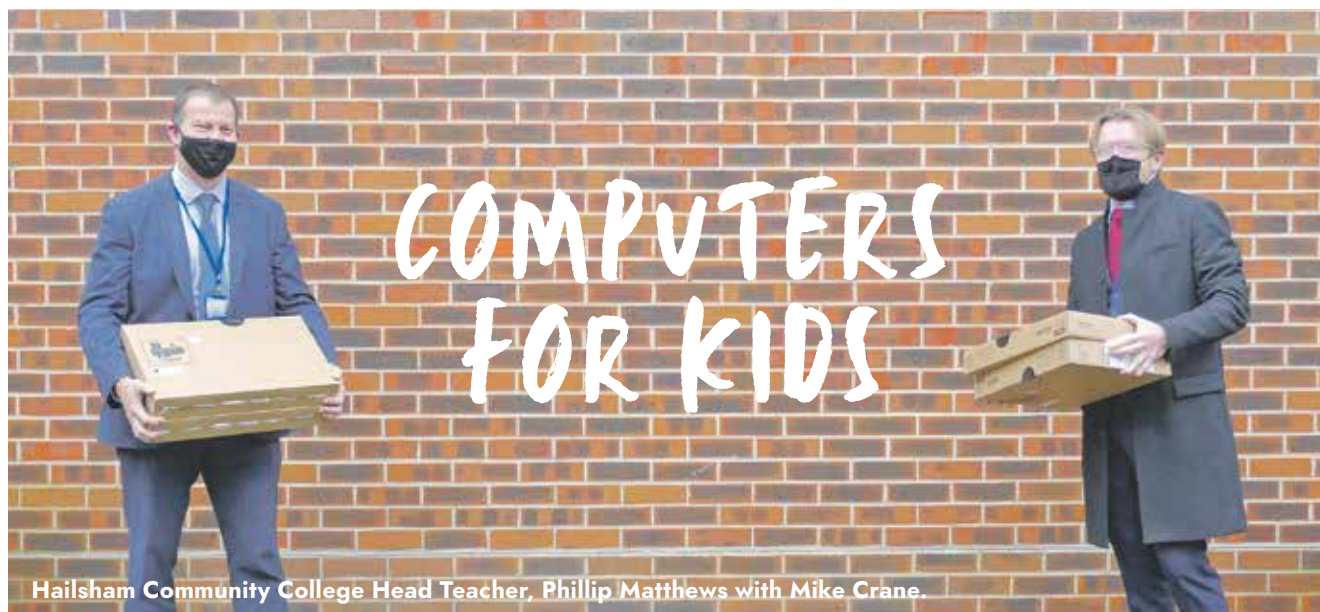
Contact us for laptop specification details (different schools need different specs and operating systems). If you're an IT supplier and can offer help or reduced pricing we'd love to talk to you.

You won't even have to leave your offices – we would be delighted

to help with collection and delivery of the items to the schools and, of course, highlight you / your company as a donator (and a jolly good person!) through our 'Computers for Kids' campaign.

Can you help?

If businesses or individuals would like to donate new laptops to the 'Computers for Kids' appeal, please contact Mike or Katie on **01323 440678** for more on how to donate and details of the laptop specifications required.



Hailsham Community College Head Teacher, Phillip Matthews with Mike Crane.



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Peelings Lane – Westham



Ginger & Sanders are delighted to offer this FOUR DOUBLE BEDROOM HOUSE in the ever popular village of Westham.

Close to local shops, school & transport links. The property comprises of an entrance porch, entrance hall, lounge, dining room, country cottage style kitchen, four double bedrooms and family bathroom. The property further comprises of a private rear garden.

£1,500 pcm

Timberlaine Road – Pevensey Bay



Ginger & Sanders are delighted to offer this THREE BEDROOM BUNGALOW in the Popular Pevensey Bay area of Eastbourne.

Close to the sea, shops, and transport links. The property comprises of an entrance hall, good size lounge, modern fitted kitchen with utility room, w/c, three bedrooms and family bathroom.

The property further benefits from courtyard area, private rear garden, single garage, and off-road parking for several cars. This property is considered to be in immaculate condition and an internal inspection is highly recommended.

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Sign of the times

ESTABLISHED in 1996, Sign Wizard has been around for a while, and now they're busier than ever.

By **Gail McKay**

There's a lot going on with Sign Wizard right now. They've just moved into larger premises in Hailsham and have taken over from Sign Studios (on Beamsley Road in Eastbourne) since the sad passing of Pete Waters.

Sign Wizard take on signage projects from individual clients to corporate companies, managing them from initial design through to manufacture and installation.

"We design and manufacture signage for retail and commercial alike, be it shop fascias, both illuminated and non-illuminated, wayfinding and directional, bespoke built up letters and free standing signage."

Covering the the UK

Lee is the owner of Sign Wizard and we chatted the other day about the business. I asked Lee, what job was he most proud of.

"Working with the RNLI all over the UK was amazing. We did coastguard signage for their huts and their 4x4s in Devon, Ireland and Wales." Sign Wizard are involved in various community and charity projects including the *Foodbank* and *Meditech trust*, providing them with signage solutions.

On taking over from Sign Studio, what does this mean for their customers?

"We will continue to look after all of his customers, offering excellent customer service and great value with no compromise on quality."

Social distancing

I asked Lee about the services he can offer his customers whilst we are still observing lockdown rules.

"All of them, as we can take briefs on the phone and online, and we work very safely in our studio. The installation processes are largely outside, which is very easy to maintain safe social distancing measures. So we can still rebrand, design logos, manufacture and install signage. We're as busy as ever in lockdown, as businesses are using the government grants and loans that are available to invest in their businesses, purchasing vans and updating premises."

Are you still able to help with planning?

"We can still work closely with our clients, our experienced sign surveyors create detailed site surveys which include detailed plans and sign locations. We work along side architects and planning authorities to develop and apply for planning consent which we are able to do on your behalf."

Moving adverts

Lee and his team also understand the importance of branding on the move.

"We offer a full vehicle wrapping service and vinyl cut graphics. Your vehicle is a powerful marketing tool providing a high impact advertising method. Getting your vehicle sign written is a great way to transform your car, van, lorry or coach. A well designed brightly coloured van creates an instant impression on the road and can be seen by an estimated 100,000 per week. We've moved to a much bigger unit so we can accommodate bigger projects in a temperature controlled environment. This is perfect for large vehicles."

What's the strangest request you'd had for a sign?

"I made a sign for Ray Reardon's shed, (a world Champion Snooker player, famous in the 70s and 80s."

You can find Lee and his team at their new premises:

**Unit 7, Swan Barn Business Centre
Old Swan Lane, Hailsham
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The Arts



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News at Ten comes to Eastbourne

HOW Lockdown provided inspiration for an exhibition in France.

By **Gail McKay**

I have nostalgia for Lockdown Mark 1. Sunshine and baking, walking and 'inspirational' photos, long evening meals and wine.

We were obviously very fortunate not being affected directly by the terrible virus, so as a family we could enjoy being locked down together with all the tension and bickering that 'quality time' brought us.

Decorating

I learnt a lot about myself, probably the most important thing was that I cannot decorate, I make things worse, I spend money and ruin my house. I learnt that my husband is better at



One of my #sketchmywindow illustrations.

cooking than me and he should definitely take over ALL the cooking. I learnt that being on my own was bliss, so I wrote diaries, and got my sketch book out. What to draw? I don't have an imagination, a mind's eye. I can only draw what I see. So I looked out of my windows and drew that.

#sketchmywindow

Like a lot of middle aged 'creatives' I like everyone to know what I am doing through the medium of Instagram and facebook. So I popped my little pics on there with an appropriate hash tag. You've gotta maximise your audience with the right hashtags. I used #sketchmywindow and inadvertently joined an international community of people doing the very same.

Exhibition

A very talented French artist, Gabrielle Thierry, galvanised this outpouring of drawing and painting, and curated a real life exhibition in Vannes, France.

ITV News at Ten

And that is how a News at Ten journalist and cameraman came to Eastbourne to talk to me about the exhibition and my drawings. It's about the most exciting thing that has happened to me in years. Although it was devastating to realise that I don't look like Kate Moss on camera.

Commissions

When I'm not working on this magazine, selling adverts and promoting it, I like to draw buildings, and other people's houses. Sometimes even for money so please have a look at my pictures at @gailmckayillustrations on instagram and Facebook.



The exhibition #dessinetafenêtre at the Musée des beaux Arts, La Cohue, in Vannes is waiting to open its doors.



Speaking to the ITV team.



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Eastbourne is full of beautiful destinations and vintage monuments for photo opportunities.

Capturing the angles of our beautiful town

OUR new reality isn't so much fun. It has become mandatory to stay inside unless necessary and we are slowly running out of tasks to complete on our to do lists.

By **Maisie Wagstaff**; Photograph by **Maisie Wagstaff**

What better way to entertain ourselves than learning something new and fun?

Why not try starting photography? Not only is this a great new hobby, it's also a good way to capture gorgeous photos with sentimental value and some interesting images to show your grandchildren in the future!

Let's start with a camera. This could simply be on your mobile phone or if you're already interested in photography, an actual camera!

Eye catching

Your next step is to find something that catches your eye. This could be a household object, a piece of nature from your garden or even a personal

portrait! If you happen to be out for a walk, make sure to have your camera ready because there are many artistic sights available for capture.

Monumental

Eastbourne is full of beautiful destinations and photo opportunities. The seafront is a hit with photography due to its old yet vintage monuments.

For example, on your morning walk along the beach, you can come across Eastbourne Pier, The Bandstand, The Lighthouse, Birling Gap and many more. These places not only look amazing with the golden glow from the sun rising behind them, they also have a lot of history behind them! Did you know The Bandstand has been standing since 1935?

There's more

One final aspect of photography is editing. Although this is not compulsory, sometimes a touch of colour can make your photos stand out like no others! This could be by adding a hint of saturation and maybe toning down the contrast.

There are plenty of free photo applications available that will enable you to edit your photos. Your mobile phone probably has editing features in the Photos application, so give it a try!

The best part is that everything is your decision and it's entirely free.

The next time you go out for a walk, try to take some photos and I'm sure they will turn out amazing!

Create memories

Eastbourne is a beautiful place full of monuments all over so make the most of them for yourself and your future family members!

And make sure to stay safe during these difficult times.



SPLASH POINT JAZZ SHOW

with **Neal Richardson** every **THURSDAY** at 7pm
YouTube and Facebook (search **splashpointjazz**)



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**

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

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LABELS

LEAD

LITHOGRAPHY

MAGAZINE

MARGIN

MATERIALS

NEGATIVE

OFFSET
- PAGE

PHOTO

PROOF

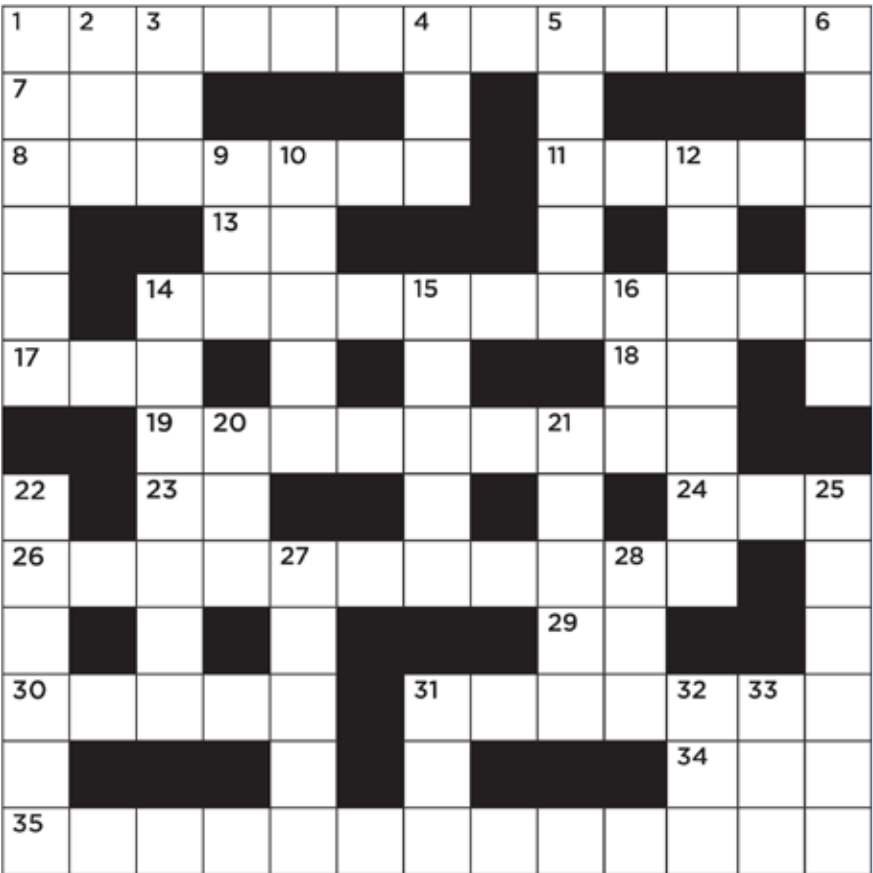
QUICK-DRYING

QUIRE

RUBBER

SHEETS

SILK-SCREEN



ACROSS

1. Artefact in classic 1941 mystery. 7, 6
7. Thurman of *Kill Bill*. 3
8. Greatest quantity possible. 7
11. Cut into cubes. 5
13. It's between la and do. 2
14. The best of both worlds in men's undergarments. 5, 6
17. Herzigova, Green, Longoria. 3
18. The chemical element selenium, for short. 2
19. Swimmer with nine Olympic gold medals. 4, 5
23. Wong of *Law & Order: SVU*. 2
24. Little devil. 3
26. Canine 1950s fashion. 6, 5
29. Duo at the top of the roulette board. 2
30. Right under our _____. 5
31. Nomadic insect. 4, 3
34. Soap ingredient. 3
35. Singer Ruth, Anita, or June. 7, 6

DOWN

1. Mutter. 6
2. Physicians' organisation, in brief. 3
3. Loose about rules. 3
4. Street where Freddie wreaked havoc. 3
5. Passion. 5
6. Birthday suit lover. 6
9. O.J. trial judge. 3
10. Add to spirit. 5
12. US Orange snack. 5, 2
14. Fast growing grasses. 7
15. Pitfalls. 5
16. Suffix. 3
20. Recipe instruction. 3
21. Peculiar expression. 5
22. Share one's feelings. 4, 2
25. Golf club. 6
27. Composer Franz. 5
28. Rogers or Orbison. 3
31. _____ Lingus. 3
32. Ctrl + _____ + Del. 3
33. Science guy Bill. 3

January crossword solution:

ACROSS: 1. BREAD, 4. SUBJECT, 8. CIRCUIT, 9. EXTRA, 10. NUTMEG, 13. CHANGE, 15. YOU, 16. ATTENTION SPAN, 22. IAN, 23. COMING, 24. ATOMIC, 29. DRINK, 31. SLEEVED, 32. SIGHTED, 33. SHEET

DOWN: 1. BACON, 2. EGRET, 4. SITE, 5. BYE, 6. EATEN, 7. TRADE IN, 11. UNT, 12. MOE, 13. COO, 14. HUN, 15. YIN, 16. ARCADES, 17. TEMPING, 18. NIN, 19. TAG, 20. SAO, 21. ARI, 25. TREES, 26. MOVIE, 27. CADET, 28. USED, 30. KIT

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“

Bands now need a visa/permit for each and every country in the EU. In Holland a permit costs £250 per person.

LAST week I read an article by Fish, who was the lead singer of a band called Marillion in the 80's. Before Brexit, he was still producing music and successfully touring. His article was an eye-opening account of problems now facing musicians. Here are a few extracts detailing the impact of Brexit.

By **Andy Thomas**

So after all the hoo-ha of a so called deal that our Prime Minister and his government scrapped through with days, hours and minutes to spare, what does it mean for bands, old and new, who want to play their music to appreciative audiences in Europe, and hopefully earn a shilling or two?

With all the vague and sometimes contradictory information available on various websites, constantly being updated, bands would have to say to themselves, 'Why bother!'

Bands now need a visa/permit for each and every country in the EU. In Holland, for example, a permit costs about £250 per person. Most smallish tours have 10 people. Six musicians, a back-line tech, a sound engineer, a lighting tech and a production manager. So there's around £2,500 before you start.

Also, if you have a tour of 43 days, not adding promotional visits and some three to four day festivals, it won't take long to eat into the 180 days bands are allowed to be in the EU. So everyone back to the UK to arrange more visa/permits, plus more money to pay out. (I don't think so).

Passports will now be stamped at every border crossing in order to officially document the time bands spend in various countries.

What goes out...

At the same time, bands must get a 'carnet' stamped. This is a UK document that lists every piece of equipment taken out of the UK including guitars, amps, strings, drums, sticks etc, etc. Basically, everything going out of the UK, must come back in. All checked off.

Border control want to make sure no exported items have been sold in other countries so everything must be accounted for. If you miss a stamp then its a nightmare of bureaucracy and potential heavy fines. (Carnets existed before Brexit but until now they were only needed in Switzerland and Norway. Now it's all European countries. The first time since 1973, 48 years ago!).

To top this, customs officers are totally within their rights to ask for an entire truck, bus or trailer to be unloaded and examined to see if it matches the carnet documents.

To add to the stress, any hold up at border control/checks, just eats into the travel time. Being stopped just for a couple of hours could take a driver out of the legal time allowed at the wheel. Such time constraints between gigs could easily risk not getting to a show on time. Taking two drivers is a luxury small bands just cannot afford.

Tax implications

Tax gets paid in all the countries played in Europe. In Germany, as an example, it's about 19% on the gross fees received.

You pay those taxes and receive a credit note and that is provided to HMRC to put against your UK taxes. Its called, reciprocal tax.

At the moment, no one seems to know if this is still the case.

Also, in each country, 'national insurances' now has to be paid on top of the income tax. This applies to everyone in the band and crew. More paperwork and applications.

Selling merchandise

A life line for most bands, merchandise is an essential added income. But since the 1st January 2021, bands will now have to register for VAT in every EU country if they want to sell merchandise on the road, then claim back the VAT from costs.



Before any stock leaves the UK, all taxes have to be paid in full and declarations made at every national border. If bands are not registered then it's near impossible to reclaim the VAT.

So...?

So how does the next young Oasis, Idles, U2, Bastille or Queen get into the EU market now? It appears that the only people benefiting from all these new regulations are accountants and advisors.

No one really knows what the regulations are half the time. Even the government websites don't address specific questions bands genuinely need answers to.

I feel for the tours that are booked a year to 18 months in advance, which most of the time is the norm. Promoters, production managers, tour managers and the like, must be pulling their hair out!

Losing billions

The UK music industry is worth £4.5 billion. It generates nearly four times more than the UK fishing industry. It's the third biggest music market in the world next to the USA and Japan. It is now in complete disarray.

The only thing I would say, is I wouldn't buy tickets and incur fees that are non-returnable until you know for certain the tour is happening.





Green and pleasant

FEBRUARY is looking even more bleak than usual! How are you all coping in the third lockdown in the last 12 months. The cold spell has meant not too much time spent in the garden and it's proving difficult some days to find things that need doing out there at this time of year. With many of us having so much time on our hands, the list of jobs is starting to dwindle! That said, some suggestions are below.

By **Geoff Stonebanks**

Let's hope we get some more positive news as the month progresses and that we can begin to see a small twinkling light at the end of this very long tunnel. We all certainly need that.

Camelias

February is the month the patio at the back of my house comes alive with beautiful Camelias, some pictured in header. Though roses top the charts for romance, these are equally dreamy flowers that bloom now! The ruffled flowers could easily be mistaken for a rose, if it weren't for the glossy, deep bottle-green foliage that makes it worth growing as a stand-alone evergreen shrub all year round. The blooms are particularly appealing and generally last through to March. I've got six shrubs in both pink and white that

really liven up the outlook at this time of the year. They thrive in acidic soil, so benefit from being in a container or raised bed with other acid loving plants and shrubs. They can survive in neutral soil if needed too. Raised beds, made from old railway sleepers, work really well, I've used new ones on my patio. Fill the beds with good ericaceous potting compost and if you plan to top off, use bark chippings. Other plants that work well with them are native primroses and pulmonarias which finish off the woodland look.

Mental health

Those of us that have been lucky enough to have a garden (or any outdoor space, no matter how small) throughout the last 12 months soon realised what it was doing for our mental health, even if we had perhaps not truly cottoned on before the pandemic! My own situation was that my partner and I were caring, in our own home, for my 93-year-old

Mother, who was deemed extremely vulnerable. In the warm weather, she relished access to her favourite spot in the garden, where she would happily enjoy the view, the ambience, the fresh air and the company of Chester, our rescue dog! We too were eternally grateful. Whilst none of us were able, or chose not to leave the house (other than for medical reasons) it became a real sanctuary for us all. We have still not set foot in a shop since March last year! Whilst Mum has not ventured out in the cold, I still spend time out there every day for my own sanity.

Garden tidy up

Now if you really want to get out and achieve something in the garden this month, then maybe try removing any soggy leaves around the heads of newly emerging shoots from bulbs. They really dislike wet around their necks as this can cause them to rot before having the chance to bloom. Another trick, if the bulbs are in containers, then move them out of rain, as the soil can get too wet and cause the bulbs to rot too. If they get too wet, then try standing the pots on feet, to raise them off the ground, allowing excess moisture to drain off. Waterlogged earthenware and ceramic pots can also crack if weather suddenly gets cold, as the water in the soil expands as it turns to ice.

Trimming shrubs and hedges

As the garden comes to life again, it's time to consider pruning shrubs and climbers as well as evergreen hedges. I've got many low trimmed hedges and divisions between my various garden rooms, so have to trim fairly regularly to keep them as I want them. They were extensively trimmed back in the Autumn but are now beginning to show signs that I need to trim back slightly again. Remember that if you usually have

birds nesting in your hedges, it is vital to do what you have to do now, before they start making their nests this year and keep leaving food out for them to help them through the cold spells.

Hydrangeas

I've got quite a few hydrangeas in containers and now is quite a good time to go out and prune them. The dead flowers do give some interest over the winter and some say, they protect the new growth from frost. You should be able to see quite clearly the stems that need attention. Trim them down and this will give way to new growth in the next few weeks. You need to cut each flower stem back to a healthy pair of new buds and wait for the plants to dazzle again this Summer.

Border checks

While the borders are still a bit sparse, it is a good time to see what needs to be done, either removing a plant or two, completely or transplanting it to another area of the garden. It is always useful to perhaps make notes, through the Summer, when the garden is looking its best, to remind you what plants are not performing as well as you would like, and then take action to deal with it now.

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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