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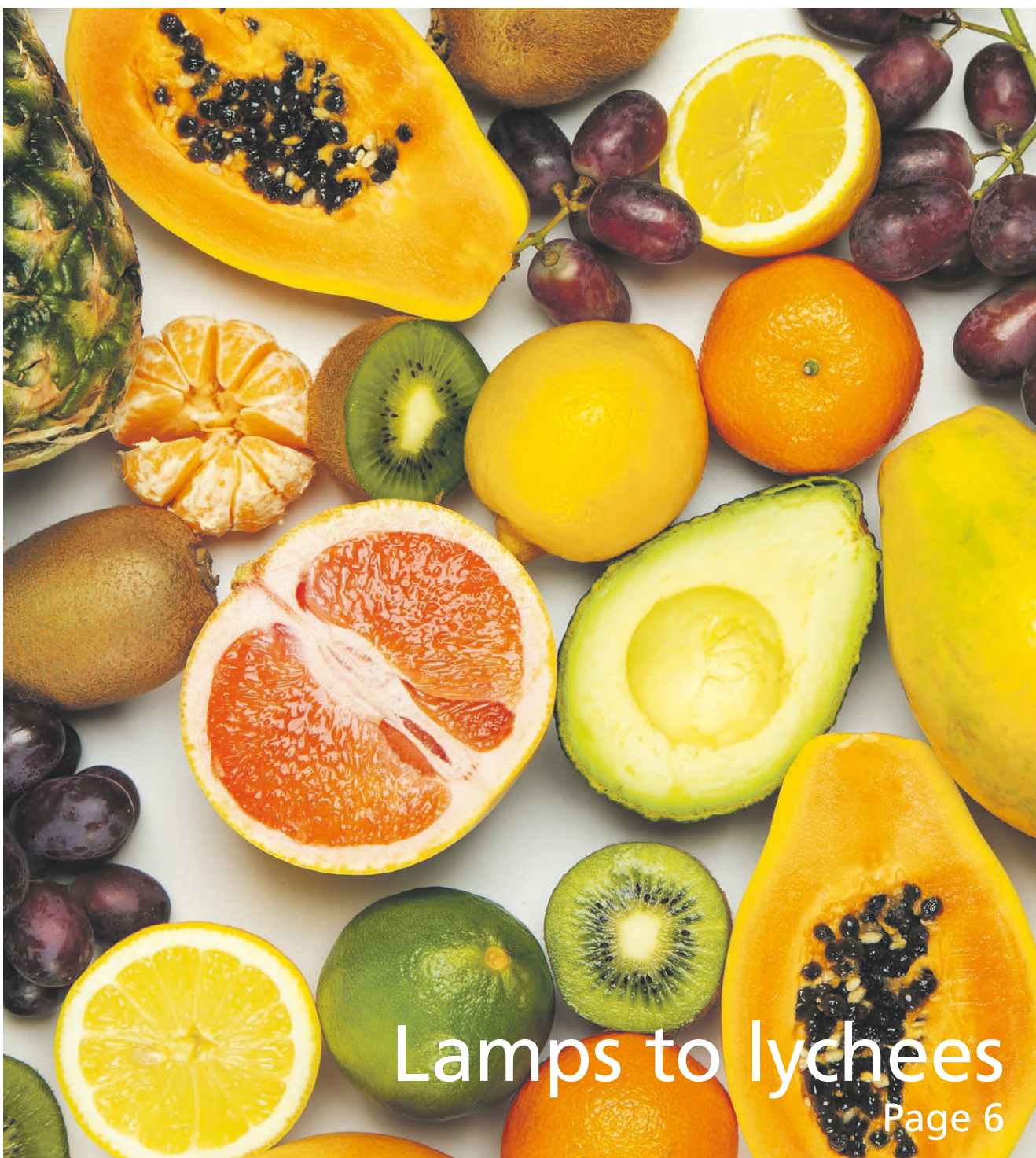
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# Bournefree



Lamps to lychees  
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**Our next edition will be distributed from April 9th. Make sure you are a part of it.**

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# We can't wait for April 12th but our audience grows and grows

**APRIL 12th is a significant date in most, if not all, of our diaries. The day when the country hopefully starts to reopen.**

By **Peter Lindsey**

**Bournefree will be on this exciting journey with all our shops, gyms, hairdressers and other businesses that are reopening or indeed opening for the first time.**

Restaurants and pubs with gardens will be allowed to serve customers sitting outdoors.

The journey back for hospitality will start a month later, on May 17th, and on June 21st we should (hopefully) be back to some form of normality.

We have big plans for our print magazine, and our plans can be found on page 7.

As well as print, Bournefree is also focusing heavily on its website and social media, including Facebook and LinkedIn.

Our website grows in reach by the day and we're thrilled by that. On an average day, we will upload ten news stories on our site at:

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

We urge you to go on there – if indeed you haven't already – and see what we have to offer.

We are looking to increase our connectivity with businesses on our website in the coming months.

For now, we are focusing on news stories affecting you and your community.

Fresh stories appear throughout the day. We want more 'likes' so go on there please and then make it a habit!

Our social media is also very strong, in particular our Facebook page at: [www.facebook.com/BourneFreeMagazine](https://www.facebook.com/BourneFreeMagazine)

That's where we tend to focus on more controversial issues at times, and invite reaction from our thousands of followers.

It's always important to let YOU the people have their say!

We are growing and so is our team, and we are enjoying making positive partnerships with key businesses and organisations.

Our print magazine is important to us and it always will be.

But we all know we now live in the world of online communication, and that is why we invest so much time in our website and social media.

For now, we thank everyone for their loyal support during Lockdown.

We all hope, and most of us feel, better times are just around the corner.

Let's hope so...

## Bournefree

**We want YOU to be a part of Bournefree, the monthly publication for Eastbourne and surrounding areas.**

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

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

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

**Bournefree: here for the people of Eastbourne and surrounding areas.**



# It's new and it's going to take Eastbourne by storm

**A NEW Exotic Cocktail Lounge is opening in Eastbourne on May 17th – and it is going to be amazing.**

By **Peter Lindsey**

**Club 97 is at 114 South Street, which was previously Hudsons and The Academy.**

Features will include exotic nude sculptures and paintings, a VIP membership area and a fully heated outdoor garden.

Marketing manager Keilan Sharrod-Scott is so excited.

He said this will be something new and thrilling for Eastbourne.

Keilan said: "We have completely gutted the building and redone the entire place so that it will be modern and very welcoming.

"It will have an old industrial revolution metal feel and there will be sculptures and buildings on the walls.

"The mission of Club 97 is to preserve and present the history, evolution and cultural significance of human sexuality.

"The club produces artwork to the widest possible audiences and is committed to encouraging public enlightenment, discourse and engagement.

"We want to encourage people to feel free to identify in relation to the gender or genders to which they are attracted to.

"We want them to feel free to be themselves and express themselves, without judgement.

"We will take a big stand on equality and we will not allow any discrimination of anyone."

The upstairs will be the main bar area while downstairs the ground floor will be for VIP membership, which will include special offers and access to various events.

The outdoor seating area will include a sheltered space and surrounding outdoor heating, with live music at busy times.

The intention is to open from noon to midnight during the week, and from noon until 1am or 2am at weekends.

Keilan said: "It doesn't matter how you look or who you are, we want to have something for everyone.

"It could be that on a busy Saturday evening there is a DJ or a singer upstairs and another DJ downstairs.

"You cannot book your place in advance but we still have enough time to change and update everything, so we get it all right."

Much of the artwork has been done by locals, while there will also be various TV screens, hopefully in time for the Euros!

Keilan said: "In the very heart of Eastbourne, our industrial cocktail carnival meets the quirkiness of The New Age.

"It's where bright colours and neon signs pop from an array of flowers entwining through the club of passion.

"In summary: enjoy high end cocktails and beats surrounded by artwork embellished with exotic features."

Between 10 and 20 staff will be appointed.

For more details, please email: [admin@winebourne.co.uk](mailto:admin@winebourne.co.uk)



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# A welcoming new home for residents

**EASTBOURNE & District Mencap has created a wonderful new and exciting home for its residents at 4 Mill Road.**

By **Peter Lindsey**

**This has been a long-term project for the charity, which supports people with learning disabilities.**

The original building was outdated, so the aim was to ensure that the refurbished building created a modern and unique environment for people to lead more independent lives.

The charity has three homes in Eastbourne and also runs The Hive day centre in Pevensey Road.

## Stimulating independence

Natalie Harding as the CEO of Eastbourne & District Mencap is extremely proud of what has been achieved following the downsize of two homes and reduction in capacity, splitting a larger building into two to provide a more stimulating environment and encourage more independence for the residents.

She said: "We want everyone to feel that they are living in their own home and to feel empowered. The refurbished building now promotes more independent living over three floors with every room having its own

en-suite facilities. It has exceptionally modern décor and a very light, bright and welcoming ambience. There is also a large garden for everyone to enjoy and it's a very welcoming place. We are very proud that we can make a real positive difference to our service users' lives."

## Loving new home

Jacqui White is the manager and she feels this is a very exciting time for Eastbourne & District Mencap. She said since the move to 4 Mill Road, she has seen a considerable difference in the way residents go about their daily lives, wanting to look after their new rooms and taking pride in their home. Jacqui said that 4 Mill Road no longer feels like a care home, but now feels like a home belonging to the ten residents.

Everyone has said how much they love their new home.

RP said "I absolutely love it and I enjoy everything about it. It feels very homely; it feels like my home."

The biggest change moving back into 4 Mill Road, has been the empowerment it gives to our people, and that is so important to Eastbourne & District Mencap.



Independent living in style.

## A snapshot of 2020

Since the Coronavirus outbreak and the imposed lockdowns, it has been difficult for everyone, but the residents have been working hard on a new Exhibition called 'EASTBOURNE SNAPSHOT 2020', which will hopefully be staged later this year at The VOLT GALLERY in Seaside Road, Eastbourne from 27th May to 13th June 2021.

The project includes arts, crafts, pottery, written and spoken word, multiple visual arts, including films and photography. The Exhibition wants to create an overview of Eastbourne, the people who live here and some of its interesting and captivating places. It is an ongoing collection of evidences taking you on a journey through a collective and/or personal diary made in different forms and materials, or as a collection of individual and communal statements and poems.

## Musical in the making

There will also be a special launch screening at Cineworld in The Beacon shopping centre in May, once we come out of this current lockdown, of a documentary entitled 'Beyond the Disco'. This documentary illustrates the journey showing the making of a musical, which was performed with great success at the Royal Hippodrome Theatre in November 2019.

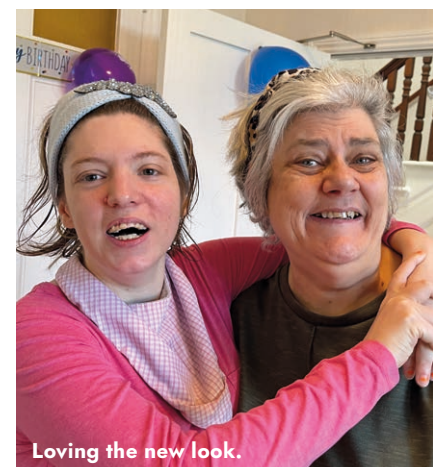
## Keen to get buzzing

The Hive, based in Pevensey Road, Eastbourne, provides a day service for around 60 people each week,

from the community as well as residents in the homes, although it is currently closed due to Lockdown.

Domenico Della Valle is The Hive manager and he is delighted the daily centre offers a variety of workshops, enabling service users to engage in lots of different activities, ranging from pottery and craft to learning life skills and taking qualifications. Performing arts is also a strong feature with drama, karaoke and Swoove Dance. And Photography is also very popular.

Once they are able to re-open, they are planning to start some new courses, including swimming and horse grooming, which regrettably had to be put on hold in December.



Loving the new look.



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**eastbourne  
mencap**



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By **Ben Hartland**

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# From lamps to lychees

**A SUCCESSFUL businessman has turned his hand to selling fruit and vegetables during the Lockdown.**

**And it's proving to be a massive hit!**

Andrew Christoforou, 53, has owned *Sapphire Lights* on Seaside since 2004.

Lockdown meant it was classed as a non-essential shop so he had to close.

## Fresh start

Now he has opened up again selling fruit and veg, and the public absolutely love it.

Andrew said: "I couldn't be happier with our new venture; it is going really well.

"I think the pandemic has affected everyone and it has made us all think what is possible and what can we do to keep our businesses going.

"We now pride ourselves on selling the very best and the very freshest.

By **Peter Lindsey**

It ranges from mange tout and tomatoes to courgettes, beetroot and celery.

"We enjoy high footfall where we are – in between Tesco Express and the Co-op on Seaside – and everything is outside so our customers can see what we are selling.

"The response from our customers has been lovely. We started off selling olive oil and eggs but then we realised that it could really take off.

"A new Butchers has opened in this parade of shops, which is great news and compliments what we are doing.

"It has taken off and I am confident that it will continue. Hopefully some restrictions will be lifted soon."

It's not been an easy time for Andrew and his family, who all had Covid but are now recovered. Andrew's kicked in on Boxing Day but now he is fighting fit and raring to go with the business.



## Lighting the way

He launched *Sapphire Lights* back in 2004 after he was made redundant.

Initially he used a van to sell light bulbs to shops and then won contracts for institutions such as Eastbourne College.

His first shop was at 263 Seaside but now he's located over the road at 340 Seaside.

## Come on down

He said: "I invite people to come and have a look and try us out. Our fruit and veg is, I am proud to say, very, very fresh and there is a wide variety of what we sell.

"It has been nice to react to the latest Lockdown in such a positive way, and I'm really looking forward to the coming months."





# April 12th is a key date in the nation's diary

**THAT is the day Eastbourne and our surrounding towns and villages should come back to life.**

By **Peter Lindsey**

**Shops, hairdressers and gyms can all open up from that date.**

So too can pubs and restaurants, albeit it outside only at first.

Libraries and zoos will also be opening their doors and some

holidays in this country will also be allowed.

Bournefree magazine wants to mark the special 'relaunch' of our great county with a special edition in April.

We will hit the streets on Thursday April 8th – after the Easter weekend – and we want to be telling everyone your good news both in print and online, and our social media.

You might be reopening your shop.

You might be reopening your hairdressers or gym.

You might be reopening your pub.

We want to hear from you here at Bournefree magazine.

Email: [gail@custard-design.co.uk](mailto:gail@custard-design.co.uk) or [petelindsey30@hotmail.com](mailto:petelindsey30@hotmail.com)

We look forward to hearing from you.

Of course, other key dates are May 17th when the hospitality sector can reopen.

Then, June 21st and fingers crossed life should be back to normal...

**Remember: Bournefree: at the heart of YOUR community.**



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Tennis at Defiant Sports.



# Charity aims high to help people get active and feel better

**IT'S a group which has only been running in Eastbourne since 2017.**

By **Peter Lindsey**

**But in those four years Defiant Sports has made a massive difference to the lives of local people who have 'a barrier to participation.'**

They may have a physical or mental disability, long term health condition or mental health issues. Ages range from 3 to 87.

## Award winning

It has won two awards in the past two months; which MD Loretta Lock describes as 'amazing and outstanding.'

But she is already planning her next steps to support those who use the CIC, based at the former Blockbusters site on the Sovereign Harbour Retail Park.

Loretta recalls: "We started up as a volunteer-based group back in 2014 when my son Callum wanted to play

tennis but there was nothing available for him and other similar young disabled people.

"Then we started working with Eastbourne Blind Society, running its group for visually impaired people.

"By 2017 there was so much demand that I realised we had to do something. I left my job at the MS Society in Eastbourne and set up a formal structure for Defiant Sports.

"We secured our premises last year. It was not fair to ask everyone to play in various halls we were able to hire.

"I felt they were constantly compromising, and they weren't in the right environment."

## Wellbeing boost

Defiant Sports attracts around 60 people and there is a small charge for classes, which include tennis, football, fitness classes, boccia, athletics and curling.

The group works with charities such as Mencap and two nursing homes.

Loretta said: "We work with people who want to be active, and we give them the opportunity to do so.

"Sport is a tool which can boost an individual's confidence and wellbeing.

"Being active can improve one's physical and mental health, and it gives them a chance to socialise without realising that's what they are doing.

"During Lockdown we have continued sessions online.

"My belief is that we are helping people come back into society."

Defiant Sports was named winner of the first ever Inclusion and Diversity category at the Active Sussex 2020 awards in December.

In January, it was named the Best Disability Club in Sussex at the annual Lawn Tennis Association Awards, and now has the chance of national recognition when the LTA stages its countrywide awards.

## Loretta has big plans

She said: "We constantly check what we are doing and that we meet the demands of what our people want.

"Along with others, we are working on a fully accessible beach for Eastbourne, a Festival of Accessible Sport in the town this summer, and eventually I would love to see a fully accessible sports stadium in Sussex."

Three big objectives, and Loretta is determined to succeed.

To find out more about Defiant Sports go to: [www.defiantsports.org.uk](http://www.defiantsports.org.uk) or email: [info@defiantsports.org.uk](mailto:info@defiantsports.org.uk)



Boccia and seated sports are available.



# Volunteering Rotarians at the heart of COVID-19 vaccine centres



Tim Hayles and Faiza Shafeek at the Welcome Centre Vaccine Station.

**HERE we are again in our second editorial answering the question of “What is, or who is, a Rotarian.”**

By **Faiza Shafeek**

**So, who is a Rotarian? Well, in these difficult times, it is so uplifting to see the unrelenting efforts of Rotary members from Rotary clubs all around the world who are mobilizing in their communities to support the introduction and delivery of COVID-19 vaccine.**

The response in the UK has been exemplary with many Rotary Clubs answering the call to arms to help the rollout of the COVID-19 vaccination at hospitals, doctors' surgeries, and national vaccine centres. And these centres, not only in England, but across Great Britain and Ireland, are being assisted by a battalion of volunteers, including thousands of Rotarians.

## In partnership

Rotary in Great Britain & Ireland recently formed a partnership with the British Red Cross and the Voluntary and Community Sector Emergencies Partnership (VCS EP) to assist with providing volunteers to assist in times of need such as the COVID-19 vaccination centres.

So why was the partnership with Rotary formed? Its simple Rotary has decades of experience in supporting

the distribution of polio vaccines as well as highlighting their power and efficacy, which is a critical reason why polio is on the brink of eradication. It is this expertise, along with strategic partnerships and innovation, that Rotary members can tap into to protect communities from COVID-19.

## Welcome support

As President of Eastbourne Sovereign Club, Assistant District Governor of Rotary District 1120 and the local coordinator for VCS EP, through the four Eastbourne Rotary Clubs which are Rotary Club of Eastbourne, Sovereign Harbour Rotary club, Rotary Club of Eastbourne AM and Eastbourne Sovereign Club we have managed to offer the Sussex Community NHS Trust volunteers from all four clubs to assist at the Devonshire Quarter Welcome Centre Vaccine Station.

This is just one of the many reactions the Rotary team have received: “This is really well organised and the support from your volunteers is great, thanks you so much”.

## Truly humbled

The vaccine station Rotary volunteers, myself included, feel very humbled when we are thanked repeatedly by people who are clearly delighted to be receiving the vaccine. Many times we have been told, “We want to get back

to normality, see our loved ones or simply visit a pub to meet friends and enjoy a pint!”

So that is one aspect of who a Rotarian is its someone who wants to help and give back to their local community.

## Come join us

If you wish to know more or are interested in becoming a Rotarian, then please contact Louise Cheeseman the Club Secretary for the Rotary Club of Sovereign Harbour at:

**[cheesemanlouise071@gmail.com](mailto:cheesemanlouise071@gmail.com)**

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# OBE is only the start of what I can achieve...

**JOSH Babarinde is a very special man who's still determined 'to give back' to Eastbourne.**

By **Peter Lindsey**

**He's only 27 and many will recall the former Hampden Park schoolboy received an OBE in the Queen's Honours List last year.**

But Josh will never forget his roots and believes he can still make a difference in his home town.

He qualified last month as a COVID-19 vaccinator after completing training with the NHS and St John Ambulance.

Josh said: "When we realised the full extent of Covid, I was racking my brains thinking what could I do. I like to roll my sleeves up and get stuck in.

"I set up the #EBtogether scheme to call shielding residents in the first lockdown, and also a project donating video phones to local care homes so residents there could keep in contact with their relatives.

"The sooner we get our town and our country vaccinated, the sooner we can get out of this awful pandemic. That's why I've trained as a vaccinator."

## OBE honour

The OBE at such a young age was a massive achievement for Josh.

He recalls: "I was on a Zoom call back in May last year and my concentration drifted and I logged onto my emails.

"I saw one from the Palace and I honestly thought it was a scam. I ducked out of the meeting and rung them up only to be told it was true!

"I was absolutely honoured, staggered. I could not believe it – I'm just a normal guy from Hampden Park!

"Because of Lockdown, the Queen's Honours list was delayed from June until October so I had a long time to keep it a secret.

"My overriding thought was: how can I use the honour to give back to Eastbourne? Because it was not my efforts alone that earned it. My achievements stand on the shoulders of so many local giants in Eastbourne."

## Path to success

So, what led the former Cavendish Head boy to being included on that magical Queen's List?

After setting up a small maths tutoring business while at school and working as a Saturday waiter at Picasso's while at college, Josh went on to study Politics at the London School of Economics.

But he chose not to 'get rich and earn big money in a large bank' like most of his fellow students.

He became a volunteer youth worker in the East End of London working with young offenders.

## Cracked It

Josh recalls: "I have always been passionate that young people should have the best start in life possible, and that they have the opportunity to thrive."



Josh receiving the 2018 CSJ 'Social Enterprise of the Year' award for *Cracked It*.

He set up *Cracked It*, where ex-offenders were taught how to repair broken phones.

It became a massive success as the social enterprise developed pop-up shops in large skyscrapers across London at big employers such as Lloyds Bank, the Ministry of Justice and River Island.

It won national press coverage and international awards – including a Forbes 30 under 30 listing.

Josh said: "Our ex-offender repair technicians were making money in a positive way.

"Yes it was about making a commercial business successful but it was also



Meeting with Princes Charles and Prince Harry at Clarence House.



about impact, and seven out of ten of the people did not reoffend after working for *Cracked It*."

Covid meant that last year the skyscrapers were no longer an option.

### Sharing expertise

"I decided then that we must think collaboratively, and we shared our winning model with other organisations so that by January 2021 *Cracked It* came to an end – putting ourselves out of business before Covid could!"

The US Ambassador to the UK discovered Josh's work and sent him to the United States to share his model and expertise with government agencies such as the FBI.

Josh was also invited to meet Princes Charles and Harry at Clarence House, where he shared his insights on tackling youth crime.

"It was never about the money; it was always about impact and then spreading the model, which we achieved."

He's now Head of Learning and Innovation at a global entrepreneurship school where he supports around 1000 business people starting their own company. For Josh, it's about supporting others and making a positive impact.

### Giving back

"Devoting myself to building my social enterprise and impacting hundreds of young people over several years was a huge honour. But I've always wanted to pay back what Eastbourne has given me."

He's joined the Board at East Sussex College (Eastbourne campus), mentoring students in schools across town, and used his OBE to help open doors for local charities and provide advice.



Appearing on the BBC *politics live* show.

### Standing for community

In 2019 he was LibDem parliamentary candidate for Bethnal Green and Bow in London, the area where he launched his social enterprise.

Now he's standing for the LibDems in the forthcoming May by-election for Eastbourne Borough Council in the patch where it all began for him – Hampden Park.

"I'm standing so I can play my part in helping to lead our community out of this pandemic and into a recovery that will see Eastbourne thrive again."

There's never been a more important time for me to roll up my sleeves like this and get stuck in."



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# Oliver is one amazing young man

**OLIVER is aged just 12.**

By **Peter Lindsey**

**He lives in Eastbourne and was diagnosed with autism when he was just two years old.**

And look at what he can do!

These amazing drawings are just a very small part of the boy's talents.

## Super skills

Mum Anna said: "I am so very, very proud of Oliver. What he achieves is so, so special and he just gets better all the time.

"Oliver has a photographic memory and he can remember what happened on certain dates from years ago. He also appears to have super sensory skills too.

"He started drawing when he was aged seven. He would take 2,000 photos of a film and then draw pictures from the photos.

"Cars and Mr Men characters appeared to be his first favourites and then when we moved to Sovereign Harbour, he developed a fascination for boats. He goes down to the lock every day."

## Featured celebrity

He has become something of a local celebrity down the Harbour. His pictures are regularly featured on social media groups and some of the fishermen have got to know him and invited him on to their boats.

He also produced stunning drawings of Eastbourne's Dotto Train and Brighton and Hove Buses' depot.

Mum Anna said: "It doesn't take Oliver long to produce a drawing, sometimes as quick as 20 minutes. I have noticed in the last year that he has started to include more detail, including shadows and 3D."

More of Oliver's art can be seen here: [www.shra.co.uk/oliversgallery](http://www.shra.co.uk/oliversgallery)



Oliver with one of his drawings.



Fishing boat, 'Angel Benita'.



'LNER 91116' departing Kings Cross.



'Our W' dive boat at Sovereign Harbour.





# We now want to show off what we can do

**A RESTAURANT and café which opened in Eastbourne just at the start of Lockdown last year has new plans to take the town by storm.**

By **Peter Lindsey**

**Perch Princes Park opened on March 18th, 2020 and owner Alex Hole said: "We haven't had the chance yet to show off what we can do."**

He certainly intends to change that in the coming months.

## For starters

First, what Alex and his team have done so far.

He said: "We've only been able to fully open for three months in the last year, yet we have been delighted with the positive response and the support shown by people in Eastbourne."



"We have laid the foundations by rebuilding what was inside the building, and we have a new cellar, experienced chefs and a new menu."

"We are pleased that we've been able to keep the kiosk open during this latest lockdown, and that remains incredibly popular."

## The great outdoors

It is to the immediate future that Alex is now looking and there are big plans afoot.

Alex said: "We are investing in outdoor dining, including new furniture and pizza ovens."

"We have bought lakeside restaurant tables and we are bringing Pizza to the Park."



"Eastbourne Borough Council has been incredibly supportive of our plans and we are hoping to stay open in the evenings with a full alcohol licence."

"Our vision is to turn Perch Princes Park into something a bit different."

"And I firmly believe that if you use space in a positive manner then the outcome will be positive too."

"We're also hoping that we may be able to stage some events and we are really all set for an exciting spring and summer."

## Winning formula

Alex also owns Perch on Lancing Beach: "Our formula has worked in Lancing and I am confident we can achieve the same in Eastbourne."

He is also taking over the iconic Southern Pavilion on Worthing Pier.

He is creating 40 jobs in Worthing, and he wants to bring the same economic boost to Eastbourne.

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CHILDREN'S  
COMPETITION

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We can't wait to see what these young, creative minds come up with!

Crane & Co

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**1st Prize: £100 Argos Voucher**

**2 x Runners up: £50 Argos Voucher each**

\*See below for extra opportunities to win

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

## Let your imagination run completely wild!

**It might be a house in the clouds, on the sea bed or the bottom of your garden. Perhaps you can press a button and make it shrink into your pocket or maybe it's totally invisible from the outside!**

Those innovators among you might take a serious look at the challenges facing house builders of tomorrow – energy efficiency, finite resources, communication, lighting, security, water recycling, carbon footprint, flooding and heating. You might also want to put some titles and short descriptions for the technical bits.

**Most of all – have fun with your design!**

## How to enter

- Draw or paint your design onto a plain piece of paper using pencils, paints, crayons, felt pens or water-colours as you wish.
- Clearly write your name, date of birth and address on the back of your entry. (Your parent or guardian must also write their name, email and phone number too. Sorry but we cannot accept entries without this parental approval).
- Deliver by hand (whilst on an essential journey like the school run or a food shop – as per Government guidelines) or post your entry to our office by the closing date of Thursday 25th March 2021 (Crane & Co, 2 The Quintins, High Street, Hailsham, East Sussex, BN27 1DP).

- If you have Facebook, don't forget to like, share and tag anyone who might want to win one of three Argos vouchers up for grabs!
- \*The winners will be given an extra £20 Argos Voucher each if they had shared our post on Facebook before the closing date.

## Winner announcement

**1st April 2021**

We will announce the winner and runners up of this competition by the following Thursday (1st April 2021) directly to the email address provided on the entry as well as publicly on our Facebook page. The winners will be photographed with their prize (either by one of the Crane & Co team or we'll ask you to take a photo at home).

## Have your designs displayed on our website!

We will be delighted to display a selection of the most eye-catching designs and works of art on our website and Facebook.

Bring a spark of pride to your child's work. We will be showing their work in a gallery of 'houses of the future'.

## Competition Rules

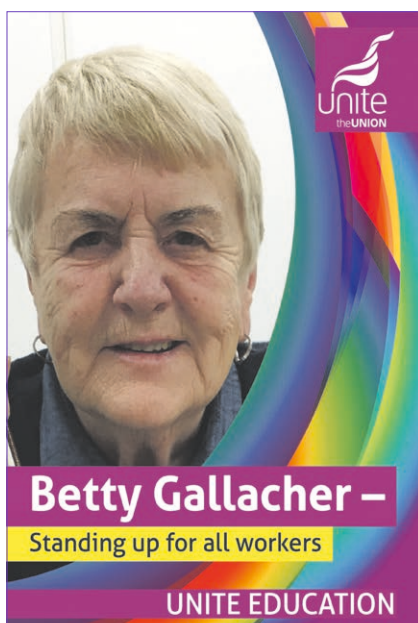
Crane & Co children's competitions are open to residents of the British Isles, Eire and the Channel Islands, except employees of Crane & Co and their families, or any associated companies. Crane & Co will not share your personal details with third parties. Only one competition entry per person. The competition judges decision is final. Entrants to Crane & Co children's competitions must be 16 or under. No purchase necessary. No responsibility can be taken for entries lost or damaged in transit. Crane & Co will not enter into any correspondence. All winners will be notified accordingly and their names and addresses will be available on request. No cash alternative for any prizes will be offered. The winner may be required to partake in media activity relating to the competition – this would include either ourselves or you taking a photo of your family with your prize. Crane & Co may wish to contact entrants parents or guardians in the future by post, phone or email.

WIN £100  
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**DESIGN THE HOUSE  
OF THE FUTURE**

DRAWING COMPETITION





# Proud book launch for LGBTQ stalwart

**MORE than 5,000 people tuned in to an online Book Launch reflecting the life of a prolific Eastbourne campaigner.**

By **Peter Lindsey**

**The Facebook Live event was called Betty Gallacher Book Launch – Standing Up For All Workers.**

It was a conversation with former bus worker, LGBTQ and community activist Betty Gallacher, hosted by *Unite the Union*.

Betty, who now chairs *Bourne Out* LGBTQ group in Eastbourne, told the wide audience how she made an impact in Eastbourne.

She said: “When we moved to Eastbourne, my partner was still working in Scotland, and one night we were at a gathering in Eastbourne. At 8.30pm, everyone left. We thought they were going to a nightclub when, in fact, they were going home.

## Pride is bourne

“I said then that ‘we will change it. We will have Pride in Eastbourne’, and on that night, pride was born.

“Eastbourne Borough Council did not expect us to do well and only gave us a small piece of Princes Park.

“But we made a mark on Eastbourne at the first event back in 2016 and we have built from there.

“It’s been wonderful to see the change in people who are part of *Bourne Out*. We have worked hard and the attitudes and feelings are more positive.”

Betty was asked by people during the Facebook Live session about her battles in working life.

## Wise words

Her advice was: “When you want something done, fight for it and never give up. If you think something is wrong, challenge it. Fight for what you believe in.”

You can view the book online here: [www.theunitehistoryproject.org/index.php/1961-1974/87-betty-gallacher](http://www.theunitehistoryproject.org/index.php/1961-1974/87-betty-gallacher)

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PEOPLE IN CRISIS**

**These Foodbank satellites  
will be open during March:**

**MONDAY**

**10:00am to 12:00pm**

St Richards Church, Etchingam Road, Langney.

**TUESDAY**

**10:00am to 12:00pm**

All Souls Church Hall, Wellesley Road.

**TUESDAY**

**1:45pm to 2.45pm**

Salvation Army, 33 Royal Sussex Crescent.

**WEDNESDAY**

**10:00am to 12:00pm**

Willingdon Trees Community Centre, Holly Place.

**WEDNESDAY**

**10:00am to 12:00pm**

Gateway Church, 66-70 Lottbridge Drive.

**FRIDAY**

**10:00am to 1:00pm**

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 and 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 three days. We usually also have bread, fruit and 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 won't be a problem. Our priority is to make sure you get the food you need. Just turn up and ask.

**OUR FOOD, HELP AND ADVICE IS TOTALLY FREE**

To get a food voucher please call **01323 409925**

Mon, Tues, Wed & Fri after 9:30am. WE ARE CLOSED ON THURSDAYS.



# Caring for carers across East Sussex



**FAMILY and friends of carers are being given the opportunity to have their say at various carer engagement initiatives across Sussex.**

By **Peter Lindsey**

**Unpaid, family and friend carers across Sussex were invited to take part in discussion workshops in January by The Sussex Carers Partnership.**

That includes *Care for the Carers (East Sussex)* which is based in Eastbourne.

Carers could share their experiences of health and care during the COVID-19 pandemic.

There was a great response from carers who joined the focus groups.

## Online webinar

Organisers are presenting and discussing these findings and recommendations and giving carers the opportunity to put questions

directly to decision makers in health, at an online webinar on 24th March from 2pm–4pm.

Carers can book a place to attend this webinar, which will be hosted online using Zoom, and there is the option to join by dial-in (a Freephone number will be provided).

You can book your space at: **[www.cftc.org.uk/your-views-explored-join-the-webinar](http://www.cftc.org.uk/your-views-explored-join-the-webinar)**

*Care for the Carers* is an independent charity and the Carers Centre for East Sussex.

## Free advice

It has been supporting and representing unpaid carers in East Sussex since 1989.

Staff and volunteers can provide free practical and emotional advice – face to face, by telephone, or online.

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Highlight House,  
8 St. Leonards Road, Eastbourne,  
East Sussex BN21 3UH



By **Peter Lindsey**

**They are Beachy Head Chaplaincy Team, Children with Cancer Fund, Cruse Bereavement Care, Defiant Sports, Homes for Homeless, The Salvation Army Eastbourne Citadel, Matthew 25 Mission and Eastbourne Lifeboats.**

# Tree of Light is again a resounding success

**EIGHT charities have received a share of the £8,100 raised at the 2020 Eastbourne Tree of Light.**

Because of Lockdown the service was virtual but nevertheless the project – organised by the four Rotary clubs of Eastbourne – was a great success.

## Special dedications

The special tree is erected outside the Congress Theatre and is covered in a host of white lights, each one dedicated to the memory of a loved one.

The importance of the tree is the comfort it gives to families and individuals throughout the area.

## Generous support

Rotarian Melanie Adams said: “I would like to say a special thank you to our sponsors and supporters whose generosity has enabled the Rotary Clubs to make these donations to such worthwhile charities working in our local community.

## Time to reflect

“The Tree of Light has been going for many years and it is a very special tree to so many people.

“We know how important the service is to people as a time to reflect and remember a loved one.

“We are always incredibly grateful to *Cruse Bereavement Care* for its valuable support.”

To view images and a recorded service please visit:  
**[www.eastbournetreeoflight.co.uk](http://www.eastbournetreeoflight.co.uk)**



By taking part,  
you'll help **inform**  
**decisions** about  
services that **shape**  
**your community.**

# Census 2021

**Ensuring the big decisions are made on the best information.**

By **Peter Lindsey**

**CENSUS 2021 will be key to making sure the big decisions on the future of our hospitals, schools, transport and other public services, following the pandemic and EU exit, are based on the best information possible.**

Run by the Office for National Statistics (ONS), the census – Sunday 21st March is Census Day – is the once-in-a-decade survey that gives the most accurate estimate of all people and households in England and Wales.

## Fresh light

The digital-first census will not only provide a fresh picture of the size of all communities, it will also shed light on the health, social and economic changes to our lives.

Census field officers will only follow up with households after Census Day on March 21st if householders have not yet completed their questionnaire.

They will never enter a household, they will always be socially distanced, be equipped with PPE and work in line with all government guidance.

For those on furlough, they have updated guidance on how to answer questions on work.

All students need to be included in the census, and they should complete it for their usual term-time address.

If they're currently living at their home address, they will need to be included in the census for that household too.

## For the future

For the first time, there will be a question asking people whether they have served in the armed forces, as well as voluntary questions for those aged 16 and over on sexual orientation and gender identity.

First results will be available within 12 months, although personal records will be locked away for 100 years, kept safe for future generations.

Another first in the 2021 census is ONS has employed 300 Census Engagement Managers to support and work with communities across England & Wales to take part and complete their questionnaire, ensuring to make Census 2021 a success.

Harry Farmer, the town's Census Engagement Manager, will help organisations, charities, faith groups and community leaders within the town raise awareness of the census and the value to residents in taking part.

For more information, please visit:  
**[www.census.gov.uk](http://www.census.gov.uk)**

# Road map to the end of lockdown

**IT was certainly good to hear the government announcement of the "Road Map" to the end of current lockdown but would rather call it the Route Map which is more appropriate to flying to foreign destinations.**

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

**We are all looking forward to actually being able to get away this summer, but I do have to caution people of rushing into booking just at the moment.**

Although May 17th is the date when travel can start, it is the date decreed as the earliest date not the 100% definite date.

We are not out of the woods yet however.

We must be sure that there is no chance of having to go into quarantine when we get back from holiday – this would severely dent the enjoyment and the finances.

We then come to the other issue of which countries let us in. There are currently many that will not allow foreign visitors.

Let us look at it more positively. The nearer we get to Easter the clearer things will look and that includes the countries who will let us in.

You can bet that they are going to welcome us back as soon as possible.

It is certainly welcome news that the government seems to have at last woken up to the fact that we are going to need proof of vaccinations for travel abroad, as many countries are likely to demand this and indeed airlines and cruise companies might well insist on this before boarding.

Many airlines are at present insisting on a Covid test 72 hours before boarding, but hopefully this will be dispensed with once we can show that we have been inoculated.

Apart from the cost, I find it amazing that here in Eastbourne there is nowhere to get this done, so the nearest place is either Gatwick or Brighton.

By all means browse for holiday ideas, but hold off booking until later next month.





# Quality new hotel set to open along Eastbourne seafront

**AN exciting new hotel on Eastbourne's seafront is getting ready to open its doors.**

By **Peter Lindsey**

**Port, on Royal Parade, will be the perfect retreat for city folk wanting to escape to the sea for the weekend and is also a welcoming and social space for locals too.**

Offering a brunch, evening menu through to cocktails in the evening, Port has a simple but seasonal menu, stocks English wine, beer and spirits and partners with independent companies to support the best local brands.

Of course, the luxury interiors, relaxed environment and flexible ground-floor space (designed for relaxing, socialising and creative workshops) are all huge attractions for London hipsters and locals alike.

But it's the stunning sea view that makes a stay at Port so special.

Deliberately designed with the UK's worst weather in mind Port is the perfect sanctuary any time of year.

It's now looking to recruit staff in time for the opening.

Here's General Manager Luke Shevels: "Do you have substantial experience in the hospitality sector or hospitality, enjoy working with people and want to be part of something new?"

"Then contact me to find out more about this awesome opportunity at the new Port Hotel.

"As we look to open, when the Government permits, we are looking to recruit an experienced person for the 'Senior Host' role to the Front of House team.

"Applicants must have in depth knowledge of the areas they will be responsible for including dining, bar and guest services.

"As a Senior Host you will be expected to lead the team when the management team aren't available so previous team leader experience is a must."

Email: [luke@stayatport.com](mailto:luke@stayatport.com). He will happily discuss the role in more detail as well answer any questions you may have.

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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](mailto:info@chaseleytrust.org)

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







New CEO, Emma Rich-Spice.

# Emma joins Chaseley as new CEO

**THIS month Chaseley have welcomed a new CEO, Emma Rich-Spice.**

By **Jodie Cornford**

**As a dedicated professional within care management, Emma has gained a wealth of experience in providing support to residents of varying needs, to enrich their lives.**

She is a knowledgeable leader who is passionate about delivering

the highest standards in care, and quality of life, for Residents and their families through the promotion of a community-based feel setting.

## Shared vision

Emma closely shares Chaseley's vision in aiming to provide the kindest care for each and every Resident by ensuring that each and every person in our home is at the heart of everything we do. She extends this caring approach to her Colleagues and works closely with them to deliver care and support to Residents in a way that ensures they gain the most benefit, in a warm and welcoming home.

## Kindness at the heart

She is always keen to include the local community in life at Chaseley and when asked what she enjoys most about her role, Emma remarked:

"For me, kind care is the best care that I would expect every human to receive. Kindness is putting the Resident at the heart of all that we do.

"I love having the privilege of giving our residents the best possible day and if I can make them smile, laugh and feel respected, as well as of taking care of other people's family members, ensuring that when they come to our home, they enjoy everything about each day as well as keeping people in a safe and secure personalised environment that meet their needs, I have given my best that day.

"I am looking forward in supporting the entire Chaseley family to develop the home going forward and to continue to grow the specialist care provided, for us to be the provider of choice."

## Open door

If you would like to find out more information about The Chaseley Trust, Emma has an 'Open Door Policy' and would be pleased to welcome you for an informal discussion.

The Chaseley Trust turns 75 this year and as part of their anniversary plans, they have recently launched a £375,000 fundraising appeal to modernise, update and refresh Chaseley. If you would like to donate to Chaseley's 75th fundraising appeal, please visit our website or the Virgin Money Giving link shown below.

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 contact Jodie on **01323 744200** or **fundraising@chaseleytrust.org**

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

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**

# Working at Chaseley

**ARE you looking for a rewarding career? Have you considered working in care, but worried you do not have the right experience?**

By **Jodie Cornford**

**Here at Chaseley we offer a free, comprehensive training programme to all staff and we have excellent opportunities for career progression.**

Alongside this, you have the chance to make a real difference to the lives of our residents and other service users, whilst working as part of a supportive, compassionate, empowering, and friendly team, which is why some people have been with us for many years.

Don't just take our word for it, Alen tells us, "I started my career at Chaseley as a Support Worker, and with great support from Chaseley, I soon became a Moving and Handling Trainer, then Senior Support Worker and now I work as a Quality Assurance Assistant. I've found myself a place to work and a place where I can reach my goal. At Chaseley I feel comfortable and supported in every way and I would recommend to anyone to join our Chaseley team."

We are currently recruiting new Support Workers, but we offer a variety of roles across a diverse range of professions, so if you are interested in joining our team but cannot find a suitable vacancy on our website, please get in touch as we would still love to meet you.

**recruitment@chaseleytrust.org**





# ignite

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



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# Food&Drink



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# Dinner is now sorted

**WHAT do you do when you can't decide which take-away to get tonight?**

By **Gail McKay**

**Chef-H has solved your family takeaway dilemma, because they do it all! Four of your favourite takeaways in one easy stop off.**

Their four chosen specialities are authentic Italian pizza, southern fried chicken, juicy gourmet burgers and the Friday night classic, kebabs.

## Sides & puddings

Sides include Greek salad, chips, garlic mushrooms, and my favourite, mozzarella sticks, among many other regular options.

And don't forget dessert! All the cakes: cheese cake, red velvet cake, chocolate cake, banana cake, with a tub of Ben & Jerry's Ice cream on the side.



## Well received

The restaurant is on the old KFC site, and has been well received by locals in their opening month. Word is spreading that the new takeaway is well worth a visit.

Latin, the owner, Ilker the manager and their team are veteran restaurateurs and bring their many years' experience to providing Eastbourne with truly excellent, fresh food.

## Take the night off

They do amazing value meal deals for one, for the whole family and for couples having a romantic evening, away from the kitchen.

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Victoria Kingford and Sean Hammett.

“

**It's a real family business and we always want to offer a very personal shopping experience.**

# Baking essentials straight to your door with Ratton Pantry

**LOOKING for premium products to fuel your new found passion for baking, cake creating or bread making? New startup company *Ratton Pantry* may be just the solution, offering a convenient shopping experience with items delivered straight to your door, for free.**

By **Peter Lindsey**

**During the height of the COVID-19 pandemic, sister and brother-in-law Victoria Kingford and Sean Hammett had a difficult time finding high-quality baking ingredients.**

## Premium products

As avid home bakers, and Eastbourne residents, they knew others in their local area were having the same problem. So, during mid 2020, they decided to take matters into their own hands and procured baking essentials for themselves and anyone else in their community who was interested.

*Ratton Pantry* prides itself on stocking an ever growing selection of premium cooking and baking products, each carefully selected by the baking enthused pair. Initially focussing on artisan flours, namely the 50 different styles that they currently stock and source directly from British flour mills Heygates and Matthews Cotswold, Victoria and Sean soon sought to expand the range and now sell everything from specialist food colourings and ingredients for cake making through to French Bonne Maman conserves and all that's in-between.

"We aim to stock premium items that are hard to get hold of, providing our customers with a selection of brands

and product sizes/quantities that are not normally available in regular supermarkets" says Victoria.

## Growing naturally

With only the pair running *Ratton Pantry*, bolstered by the occasional family member helping to package orders, the co-founders are prioritising sustainable growth and stellar customer service above all else.

"It's a real family business and we think it's important to grow naturally, whilst keeping control and maintaining our high standards of customer service" says Sean. "We always want to offer a very personal shopping experience and keeping things tight at the moment allows us to do this."

## Simply convenient

But despite humble beginnings, the business has seen promising growth in a relatively short period of time since its launch last Summer, selling goods and sending orders daily to customers all over the country via their website.

Not wanting to lose sight of their roots, Eastbourne will always remain close to Victoria and Sean's hearts. They're enjoying growing a combination of local private customers and small businesses, who enjoy both their premium products and friendly customer service.

Offering a free delivery service to anyone that lives locally, *Ratton Pantry* provides a seamless, simple and convenient shopping experience. The pair are also currently looking at new potential business premises so they can create a hub to display what they have on offer, along with a click-and-collect service.

We look forward to following *Ratton Pantry* as they continue to grow and we always love seeing a local business thrive. If you'd like to find out more you can visit their website at [www.rattonpantry.co.uk](http://www.rattonpantry.co.uk)

## Exclusive offer

They're even kindly offering *Bournefree Magazine* readers an exclusive 15% off their next order with code 'BOURNEFREE', which can be entered at checkout. Why not reach out and say hello? Victoria and Sean can be contacted via email [hello@rattonpantry.co.uk](mailto:hello@rattonpantry.co.uk) or you can pick up the phone and call them on **0843 886 5050**.

**ratton  
pantry**





# Miss Walls Food

**JACKIE Walls, award winning vegan chef, published cookery book writer has made a name for herself in the rapidly growing world of plant based cuisine.**

By **Gail McKay**



Jackie Walls.

**Her focus is on delivering truly delicious, nourishing food.**

Jackie previously owned *Miss Walls Back Garden*, a very busy vegetarian, vegan café cooking and serving delicious, healthy meals that sold out on a daily basis.

During that time she also published her top selling cookery book and won several awards.

After selling her café she became a private chef to many clients including international sports stars, in particular a recent Wimbledon winner.

*Misswalls food* caters for many different events including vegan weddings, private parties, business lunches and yoga retreats.

Jackie provides take away Saturday suppers and hosts supper clubs at various Eastbourne venues.

She also runs vegan cookery workshops. Below is a recipe for one of her popular dishes.

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[facebook.com/Misswallsfood](https://facebook.com/Misswallsfood)  
[Instagram.com/Misswallsfood](https://Instagram.com/Misswallsfood)

## SICHUAN AUBERGINES, SMASHED GINGER AND CUCUMBER SALAD WITH COCONUT RICE

⌚ Prep time: 15 mins ⌚ Cook time: 40 mins 🍴 Course: Main 🍴 Servings: 2 portions



SICHUAN AUBERGINES

### INGREDIENTS

- 2 aubergines, cubed.
- 2 to 3 tablespoons miso paste.
- 2 to 3 tablespoons black bean sauce.
- Dried chillies, to taste.
- 2 tablespoons rice wine vinegar.
- 2 tablespoons rice wine.
- 1 to 2, tablespoons caster sugar.
- 250ml veg stock.
- Cornflour.
- Spring onions.

### INSTRUCTIONS

1. Coat the aubergines in cornflour and fry in oil for 10 minutes turning.
2. Remove from pan, add miso, black bean and chilli cook in hot oil until it turns red.
3. Add the aubergines, stock, vinegar, wine, sugar and cook for at least 20 minutes until the sauce has thickened and the aubergines are cooked.
4. Serve with spring onions.



SMASHED GINGER AND CUCUMBER SALAD

### INGREDIENTS

- Half a cucumber, peeled.
- Fresh ginger, 2cm piece.
- 1 to 2 cloves garlic.
- 2 teaspoons sesame oil.
- 1 tablespoon rice wine vinegar.
- 2 teaspoons sugar.
- 1 tablespoon vegetable oil.

### INSTRUCTIONS

1. Slice the cucumber on the diagonal.
2. Put all the dressing ingredients in a pestle and mortar or food processor.
3. Pour over cucumbers serve with sesame seeds.

## COCONUT RICE

### INGREDIENTS

- 1 cup basmati rice.
- 2 cups coconut milk.
- Salt.

### INSTRUCTIONS

1. Cook the rice according to packet instructions using coconut milk instead of water.



# Health&Wellbeing



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“

**Coffee has been linked to a 15% reduced risk of cardiovascular disease.**

# Coffee – beneficial or harmful?

**COFFEE has long been controversial as to whether or not it is beneficial or harmful. The answer lies in knowing how to make the healthiest and most ethical cup of coffee.**

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

**Coffee is the most popular drink in the world, and the second most tradable commodity after oil, yielding around seven billion pounds in profits a year.**

## Undeniable benefits

It may be surprising to discover that coffee is actually loaded with nutrients. It contains a sufficient amount of daily B vitamins and minerals needed by our body. Most importantly, coffee contains high amount of polyphenols, which is what gives coffee that unique flavour and aroma. Polyphenols are plant-based nutrients that have vast antioxidant and anti-inflammatory effects, which boost our heart health, lower our blood pressure and lower triglycerides. This may explain why coffee has been linked to a 15% reduced risk of cardiovascular disease.

Coffee drinkers also have up to 67% lower risk of developing Type 2 Diabetes, according to the Journal of American Medicine, along with a significantly lower risk of liver disease. In addition, coffee can boost our metabolism, improve the good bacteria in our gut, lessen constipation and prevent the formation of gallstones.

This may explain why researchers also found that people who drink coffee had a much lower risk of dying. Studies show that four cups of coffee a day appears to be the amount with the most benefits.

Although decaffeinated coffee removes about 95% of caffeine from coffee, studies have shown it does not contain the same health benefits of regularly caffeinated coffee.

## Brain boost from coffee

The polyphenols in coffee may also improve our brain activity. Coffee can boost our mood and lower our risk of depression. Coffee has been shown in several studies to outperform prescribed drugs for ADHD and other learning disabilities, as it strongly improves cognitive ability and focus. Many other studies have shown from the past few years that coffee drinkers have up to 65% lower risk of developing Alzheimer's disease, and up to 60% lower risk of Parkinson's disease.

## Caffeine side-effects

Coffee remains one of our biggest sources of caffeine, a chemical that has both beneficial and harmful affects to our health. Caffeine works as a stimulant, as it blocks a chemical in your brain that makes you feel sleepy so that you feel more awake, allowing you to feel you have more energy and focus.

Since caffeine has a half-life of six hours. If you drink coffee at 4pm, by 10pm half of the caffeine will still be in your blood. As a result, the blocked sleep chemicals will inhibit you from having a deeper sleep. This means you will wake up the next day feeling more tired, needing even more caffeine, possibly perpetuating a caffeine cycle. To prevent this, it's important to consume coffee earlier in the day.

Caffeine can also become addictive and can lead to withdrawal symptoms, like headaches and brain fog. Furthermore, too much caffeine stimulates the release of adrenaline, which may induce temporary anxiety, jitteriness, insomnia, palpitations or an increased heart rate. Over time, too

much caffeine may also increase the risk of acid reflux and worsen stomach ulcers, thyroid issues or hormonal imbalances, which is why only limited amounts of caffeine are recommended to pregnant women. Since caffeine is a mild diuretic, it can flush out minerals from the body, especially calcium, which may lead to the formation of kidney stones or osteoporosis.

Everyone has a different tolerance to caffeine, so it is important to gauge for yourself how much caffeine is the correct amount for you, as the optimal amount for you can help to eliminate many of these side effects.

## Coffee and toxins

The natural way to grow coffee is in the shade of trees. However, since the demand of coffee is extremely high, farmers have resorted to growing coffee in the sun. Taking these plants away from their natural habitat significantly increases the need for pesticides.

Additionally, since coffee beans are often grown in areas that lack laws prohibiting dangerous pesticides, like Africa and South America, coffee beans are often loaded with pesticides, insecticides, fertilizer, herbicides and fungicides. These chemicals have been found to be very harmful and carcinogenic to our health and have a negative environmental impact. Roasting beans can eliminate some pesticides, but not all of them.

Some people are also concerned that coffee beans may also contain types of mold, called mycotoxins, along with acrylamide, a known cancer-causing chemical. While mycotoxins and acrylamide can indeed be very harmful for our health, the levels



found on coffee beans tends to be in trace amounts. The safest way to ensure you are not having any of these dangerous chemicals is by having darker roasted coffee beans from organic sources.

### Coffee farms and the environment

Growing coffee plants in the sun means that forests need to be cleared to have the land to grow them. Over 2.5 million acres of forest in Central America so far have been cleared solely for coffee farming. In addition, extra water is needed for the plants spending extra time in the sun, which increases erosion on the soil. Just one cup of coffee contains beans that needed 140 litres of water to grow, according to UNESCO. Yet, the natural water in rivers near the coffee plants needed for water the plants are often contaminated with the discharge waste from the coffee plantations.

In addition, there are about twenty-five million coffee farmers in the world mainly from poorer countries, however, only five companies buy almost half of all of the world's supply of green coffee beans. These large corporations often end up exploiting coffee farmers since they can buy large quantities of coffee while paying much less for it.

For more ethical coffee seek beans labelled 'Fair trade' or 'Rainforest Alliance Certified.' These coffee products are intended to help farmers get their 'fair' share and help protect the rainforests from being destroyed due to coffee farms. Also, use reusable cups and aim to buy from smaller retailers, as the bigger brands are generally the least ethical. Most organic coffee is grown in the shade of trees, which further helps to prevent deforestation and erosion from these coffee farms. Try to

replace bleached white coffee filters with reusable, non-toxic filters, and avoid plastic, non-reusable pods. Not only is the plastic bad for the environment, but also the chemicals in the plastic when heated can leach directly into the coffee.

### Beneficial and ethical coffee

The healthiest, least toxic and most ethical coffee beans are dark, organic with some sort of certification label to show it is ethically made with fair trade to farmers. Be sure that the beans have been stored in a cool, dry place. Fresh roasted coffee from darker beans contains less harmful toxins, oils and pesticides compared to French press, instant coffee or even decaffeinated coffee. Drip coffee contains least toxins from roasted beans, the same we obtain from cafés or from drip coffee machines.

To reduce blood sugar levels in our body avoid adding sugar or sweeteners. You may also want to consider switching to coconut milk instead of dairy milk, as dairy milk can also induce inflammation and allergens. The most ideal time to have a coffee is after breakfast or lunch, as it may reduce our blood sugar levels and not keep us too stimulated in the evening.

If we practice these steps and pay attention to the most optimal levels of caffeine for our body, we can further ensure a more medical and ethical cup of coffee.

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

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

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# Eastbourne hospice gets back to normal

**ST Wilfrid's Hospice is now getting back to normal operations after a tough period brought on by Covid.**

By **Peter Lindsey**

**Here's the Chief Executive David Scott-Ralphs, pictured:**

"It is good to see the level of Covid infections coming down across East Sussex and thousands of people being vaccinated every day. After a period in January when our activity has been disrupted, we are now getting back to normal operations.

"The inpatient unit is now open again and we have gradually built up our occupancy.

"We are operating the inpatient unit in two zones. Our patient-facing workforce is having twice-weekly Covid tests, both lateral flow and PCR and we also test patients on admission where feasible.

"In the community, we are continuing to visit patients where this is needed for pain and symptom control,

otherwise, we are supporting patients by telephone and video consultation.

"The Care@Home team continues to provide personal care in people's homes.

"Our Nurse Line continues to be fully available for advice and support to patients, families and professionals.

"Our Counselling team offers pre- and post-bereavement counselling support to the wider community,

not just those who we have been supporting through hospice care.

"We also continue to take referrals for bereavement counselling for children and young people via our Seahorse Project.

"We continue to expand our team of Community Support Volunteers, who offer befriending and other social support to patients in the community. This is currently being carried out by telephone/video."

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# Property



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# Record busy housing market causes incredible buyer demand

**IF you've decided that this is your year to move, you're not alone... more properties are needed!**

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

**Home-hunters up and down Great Britain have started 2021 thinking about moving, and in fact, the market has just witnessed its busiest ever January on record.**

January 2021, the main property portals saw over 211 million visits from home-movers – a record for this time of year.

## 44% increase

The amount of time that people spent on property websites last month totaled more than 1.6 billion minutes, which equates to over 3,000 years collectively!

This is up by 44% compared with January 2020, and the busiest day was Saturday 30th January, when home-hunters spent over 60 million minutes searching for their next home.

There are also strong signs of a number of new buyers just starting out on their search in 2021 with 7% more buyers contacting estate agents via Rightmove than in January 2020.

## Property shortage

However, the number of new properties coming to market is not satisfying the increased demand from buyers. We know that the challenges of lockdown and trying to homeschool while also work full-time has made it really difficult for some people to have enough time to think about moving.

This has led to there being 21% fewer new properties coming up for sale compared to this time last year. It's worth noting that this time last year there was a boost in activity after the election so we are comparing against a busy month.



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**Mike Crane explained that buyers may have more properties to choose from when schools reopen, and parents have more time to get their homes ready to sell.**

He said: "It's clear that more people than ever before used the new year as a chance to start thinking about moving home, despite all of the challenges and worries that came with January and February, but we are seeing the effect of lockdown on the number of properties coming to market.

"I know how hard it is right now to juggle your work commitments

with also trying to teach your kids their times tables, so those looking to trade-up to a bigger home may find there isn't as much choice as before in this sector of the market until children start going back to school.

"The Chancellor's announcement to extend the Stamp Duty concession comes as welcome news to the thousands of buyers and sellers currently in the process of moving home.

"The start of March so far looks encouraging for activity, which points to some positive signs for the next few months and into Q2."



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New wiring, new Hive active heating, a new slate roof, new weatherboarding, new detached double garage, paved driveway and many other charming features.

Viewings strongly advised to fully appreciate the accommodation available and the fine details within the renovation.

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# Take a step up

## The advantages of using a local Mortgage and Protection Broker.

By **Jenifer Rutherford**

**A Mortgage and Protection Broker is a qualified advisor who specialises in offering advice on mortgages and insurance policies available to you based on your personal financial situation and circumstances.**

### Stress free

A mortgage broker can take away much of the stress and administration for you and will handle everything on your behalf, helping to speed up the process.

### Expert knowledge

A good broker will have expert knowledge of lenders criteria and will know which ones are likely to accept you and which deals you're unlikely to be eligible for.

A mortgage broker works for you as opposed to an individual bank or lender.

At Step Up Financial Services, I pride myself on the service and advice I offer my clients at convenient times to suit you.

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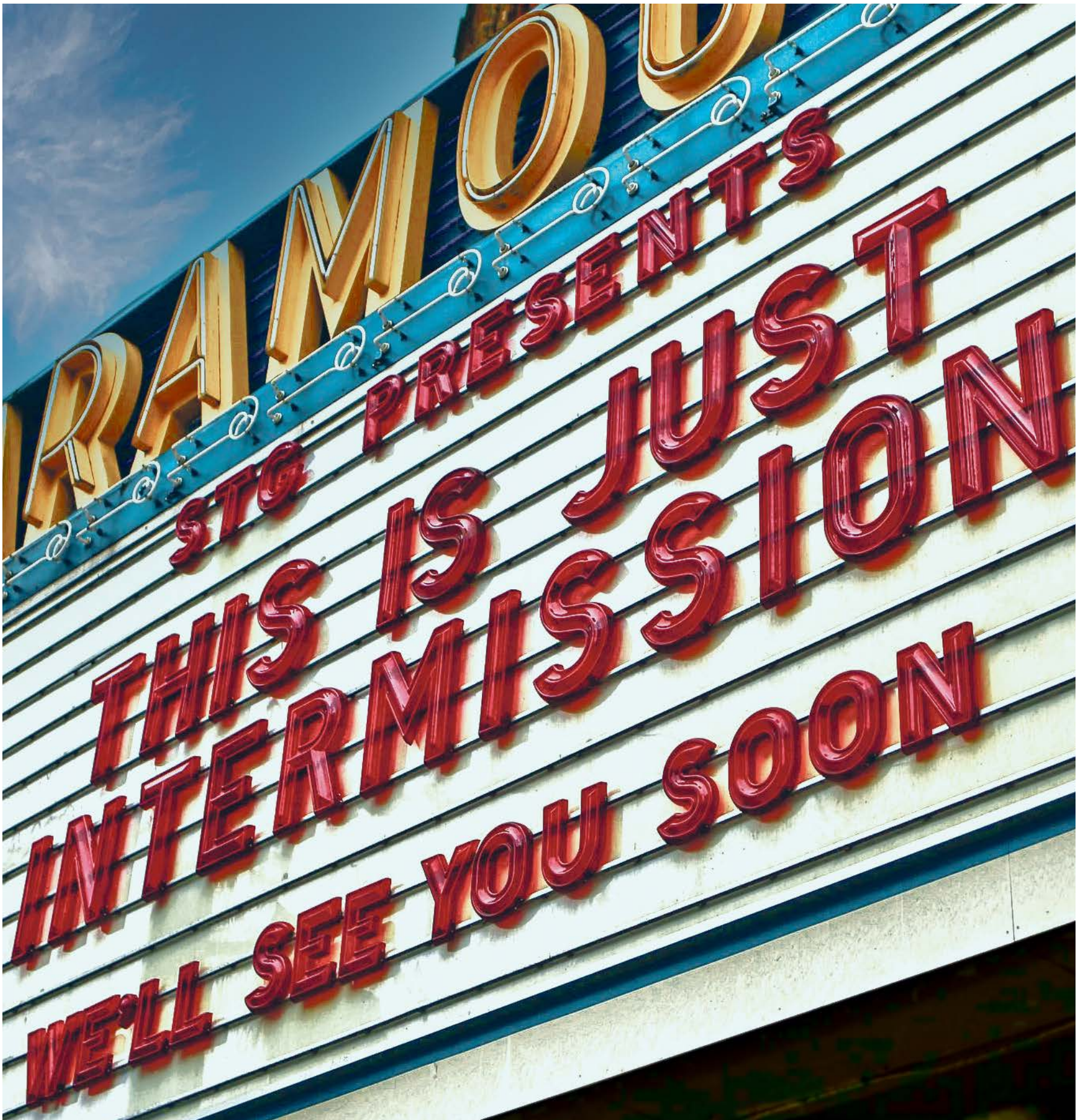
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# The Arts



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# Time to put the pen down



Tamara McKinley with fellow authors Tony and Heather Flood (right).

## QUEEN of war-time romance leaves a great legacy.

By **Tony Flood**

**Eastbourne's most successful writer Tamara McKinley has announced her retirement but left behind a great legacy that will live on forever – more than 30 best-selling books.**

### The time has come

Under the name Ellie Dean, the *Sunday Times* highly rated author sold more than a million copies in the UK alone of her Cliffhaven series.

But the Queen of war-time romance was dealt a devastating blow by the loss of her husband Ollie Cater on December 6th, 2020 after he had

been diagnosed with pancreatic cancer in September 2019.

Tamara tried to carry on writing, but finally admitted: "The time has come to say goodbye – I'm retiring. The past 18 months have taken their toll and I just don't have the fire or the energy anymore."

### Loyal fans

"Thank you to my friends and readers. I've had a wonderful career spanning 25 years which produced over 30 books that sold worldwide. I couldn't have done it without my many loyal fans."

The gifted Tamara, the patron of Anderida Writers where I am chairman, has been an inspiration

to both readers and fellow authors, and her personal advice and endorsement were extremely helpful to me when I wrote my latest crime thriller *Stitch Up! – Killer or Victim*.

### Dedication

But those writers who dream of achieving even a fraction of her success should bear in mind that it was not down to talent alone – it also took a tremendous amount of toil, complete dedication and perseverance.

Tamara's first six books were rejected, and she was facing bankruptcy, with bailiffs banging on the front door of her then home in Seaford. Amazingly, when her first published book, *Matilda's Last Waltz*, came out in 1995 it changed everything and has now sold over eight million copies.

The much-loved author revealed to me that to meet deadlines as Ellie Dean she spent eight hours a day, five days a week for more than three months in writing around 120,000 words for each book!

### Pleasure to so many

She has earned a well-deserved rest from all the stresses and strains of doing extensive research and meeting those demanding deadlines. But I'm sure she will continue to encourage others, as she has done at Anderida Writers where she was once chairman.

Many thousands of readers worldwide will be very sad that Tamara has decided to call it a day, but they will also be extremely grateful to her for giving them so much pleasure.



Mark Curry.

# Acting For Others supports all theatre workers

## EASTBOURNE actor and presenter Mark Curry has created a fundraising project for professional performers and creatives who are currently financially and emotionally challenged.

By **Peter Lindsey**

**Called, "Conversations...with Mark Curry", this is a series of interviews with some well-known faces recorded via zoom last year.**

These are free to watch on the, "Acting For Others", designated YouTube channel and after viewing,

there is an opportunity to donate to this organisation, safely and securely via a JustGiving page.

*Acting For Others*, is an umbrella organisation providing financial and emotional support through 14 entertainment-based charities.

President is Dame Judi Dench and other high-profile names support the fundraising.

Mark said: "Acting for Others is here as an aid to further the work of the 14 member charities by providing additional funds through our fundraising activity, donations and legacies."

"We support all theatre workers in times of need, whether they are backstage, on stage or front of house."

"Together, along with grant making, we have also been able to provide counselling, benefit advice, support

nursing home fees, help with retraining and help actors' children lead secure and creative lives.

"We come to the aid of all theatre professional."

*Acting for Others* provide an essential source of income for all the member charities.

To donate please visit:  
[www.actingforothers.co.uk](http://www.actingforothers.co.uk)



# If you cannot say it, then write it down!

**THEY are the wise words of a man from Hampden Park, who has produced a new book containing 100 poems.**

By **Peter Lindsey**

**Mike Taylor has called it: 'The Ramblings of... a Socially Distant Mind' and all the poems have been written during Lockdown.**

He said: "This all started 20 years ago when I realised at times that I wasn't the best at communicating. I found it hard to express my feelings to others at times.

"So very often I used to write down what I was thinking, and it helped.

"At the time I was working in London and at lunchtime I would often write down my ramblings and then throw the paper in the bin. However, they were salvaged by a co-worker who

typed them into a booklet for me and as a Xmas present my partner had them made into a small hard back book – two copies only – one for me and one for her."

## Popular demand

Fast forward 20 years and March 2020, Lockdown One.

Mike recalls: "I was bored, sat in my conservatory and looking out of the window into the garden."

"So, I decided to write. I put a few of my new ramblings on Facebook and when I stopped, people were asking where were my poems as they found them a diversion."

Mike wrote 25 and turned them into a small booklet which he sold for £5 a copy. He raised around £350 for The JPK Project in Old Town and People Matter, where he is a volunteer.



Mike Taylor.

## Ramble on

He then continued writing them, at his peak, writing one a day.

Mike said: "During Lockdown I felt that people were too keen to criticise the unknown. You cannot make knowledgeable decisions without having the knowledge!"

"And so the poems went on, covering a wide array of subjects including Covid, the garden and really whatever caught my attention at the time.

"It might be something on television, watching a heron in my garden. My favourite effort is 'Pointless'.

"A friend of mine runs a garage so I did one on cars not being used so much during lockdown. Another was on a nice cup of tea, and another on how to fill an empty day."

## Good causes

Mike is well known in Eastbourne. He runs The Eastbourne Open Bowls Tournament annual event and is Mens Captain at Eastbourne Bowling Club and a former President of Eastbourne & District Indoor Bowls Club.

His final thought again: "If you can't say it, then write it down."

The new book is available for a donation that will be split between Mike's two chosen charities.

To obtain your copy, please call Mike on **01323 505916**.

# Queen tribute raising you up

By **Deborah Harrington**

**Fat Freddie and the Queens, have recorded 'Don't stop me now' with their own comical twist to raise funds for local charity *You Raise Me Up*.**

*You Raise Me Up* support families after the death of a child aged 16–25 and are based in Polegate where they have their Support Centre and Coffee Shop.

Danny Pulleyn (aka Brian May) said, "With the Support Centre and Coffee Shop being closed at present, a lot of the charity's income has stopped so we thought why not do what we love and try to raise funds for a good cause at the same time."

Simon Harrington (aka Freddie Mercury) added, "The charity is close to our hearts, with my wife losing her brother as a young adult. That's when we came up with the idea of the video and to make it fun to cheer people up in these times."

To view the video visit: <https://fb.watch/3QB7tU1Y5M> and please donate if you can.







“

All we have to decide is what to do with the time that is given to us.

– J.R.R Tolkien

# Covid the movie It's not the Endgame!

**TOWARDS the end of 2019 and early in 2020, the entire world was suddenly hit by the deadly uprising of COVID-19! Everybody and everything feared they were going to be affected and the film industry was no different.**

By **Samuel Kavakli**

**Filmmakers and actors around the world assumed the worst and worried that their projects and careers were going to be destroyed...little did they know that some of the changes forced upon them were going to be positive and benefit many, in very different ways!**

## Is home the new cinema?

Most of us listened intently as the Prime Minister told us all to stay home, which in turn meant that for now, things like going to the cinema and enjoying our popcorn was no longer an option. This all became more of a reality when the release of the long awaited James Bond film, “No Time to Die” announced its indefinite delay, causing many people to start asking questions?

It has, however, not been as bad as we all feared. It didn't take long for many of the big blockbuster firms to find ways to bring the big screen straight to our TV's, either for free or for a small fee. Disney was one of the first to save us from our sorrows. They quickly launched their new platform, Disney Plus, enabling us to stream the likes of *Frozen 2* and *Mulan* to our TV's and digital devices. They even gave us all the offer of a free trial to start so that as well as watching some super new family films, everyone got to stay at home with the people they love and keep safe!

## New normal

Whilst the producers at Sony and Universal were tearing their hair out, the likes of YouTube, Netflix and Disney Plus were cunningly rubbing their hands together. Of course, it's a shame that many new films have been put on hold, but why sit and cry, when we can watch so many other things

– timeless, priceless classics or new and exciting modern productions! Many of us have embraced the opportunity and cherished the extra time with family to sit back and binge watch TV shows and film series that they otherwise wouldn't have had the time or inclination to watch.

As we all have adjusted to the new normal, so too, have the many shows and soaps operas on mainstream TV. Most have found new, safe ways to carry on filming without disappointing their viewers and as well the new generation of Youtubers and Streamers have discovered greater demand to entertain their ever growing young audience. So there really is something old and something new out there!

## Time is precious!

Even though there seems right now to be no end to this Pandemic, there is light at the end of every tunnel and we will all come out of this one day soon, especially if we all keep safe and follow the rules! The world will find a new equilibrium and the film industry will find a new path!

If films had gone ahead and cinemas hadn't closed then the effect of the pandemic could have

been catastrophic and the number of deaths could have exceeded the horrendous figures we have already seen. Movie makers therefore had a moral responsibility to do the right thing even if it cost them hugely. They now have an invaluable opportunity to come up with new ideas and new ways of reaching their audiences worldwide!

## Let's talk

All the extra time we have found ourselves with has come with many benefits and these too have been encouraged and shared by TV and the Media. We have all begun to master the art of virtual meetings, virtual entertainment and even virtual sporting activities – but one of the most important messages that the TV and Film Industry in the UK has had a responsibility to share is that of the “Britain get Talking” campaign, encouraging viewers to pause everything they are doing and simply talk to each other. At the end of the day, talking to family and friends supports your mental health and don't forget, talking is the one thing we couldn't do in the Cinema!

## Back to the future

Locally, the residents of Eastbourne had not long welcomed a new, state-of-the-art, multi-screen cinema to the town when the pandemic began. It was a very exciting asset to Eastbourne, with its huge screens, new restaurants and new film releases planned, and although it may seem like a distant memory now, surely the wait for its safe return, only makes it seem that much more exciting!



# The show must go on

**THEATRE. A beautiful reality. The place where creativity is extinguished with an outcome of happiness and inspiration. A source of entertainment and beauty.**

By **Maisie Wagstaff**

## Memories

**As a child, I was brought up within the theatre industry. My nan would take me to see musicals, pantomimes and tribute shows.**

This taught me to be creative and inspired me to follow my dreams. It showed me that imagination can be exposed through singing, dancing and acting. A form of art that anyone can enjoy.

## Devastation for the arts

The travesty of the global pandemic has left theatres closed since March 2020. This has led to a debate about theatre no longer being an option for entertainment. Due to the closing of theatres, performing companies and theatres have lost a lot of profit and could potentially be going out of business. But there was no way they were going to be forgotten about that easily.

The Prime Minister quoted that "The virus is having a catastrophic impact on the UK music industry and will threaten many jobs and businesses



right across our sector". This informed people that the theatres and music industry needed saving. Signs around the UK promoting theatres have broadcasted the statement "*The Show Must Go On*" and people have agreed that in lockdown we have turned to the arts most. We had no choice but to be left in the position of having to help the arts.

## #KeepTheatreAlive

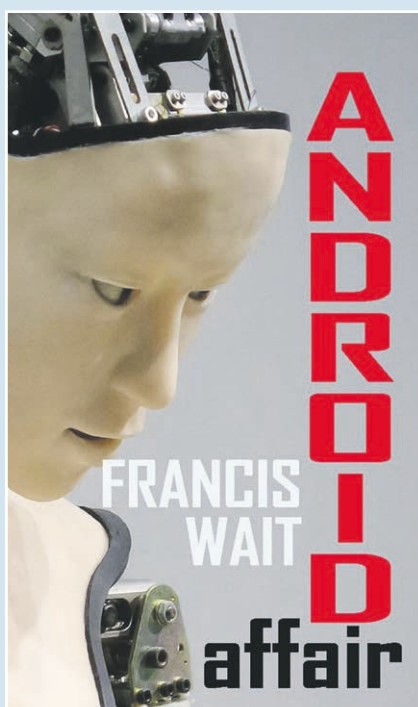
Throughout lockdown, our region's creatives have come together to keep theatre alive by offering online performances and opportunities to keep the creativity alive. This has allowed many people to be introduced to theatre for the first time from the comfort of their own home.

For those who intend to keep the theatres alive, there has been a recent article stating that the theatres may be open again in the summer. Although this is exciting news, it will still be difficult for the industries to afford producing shows.

## Support welcomed

There are charities to help keep the theatres alive to give industries the advantage to stay open. Some charities you can donate to are: [www.royalvarietycharity.org](http://www.royalvarietycharity.org) and [www.actorsbenevolentfund.co.uk](http://www.actorsbenevolentfund.co.uk) There are many more. The smallest things count, even watching the shows virtually allows theatre industries to see how they are a great addition to the world.

# Robotic mystery for local author



**AN Eastbourne author who will be 82 in June has published his latest book.**

By **Peter Lindsey**

**Francis Wait is the membership and competition secretary for the Anderida Writing group.**

His new book is *Android Affair*.

Francis said: "This is my latest book. Some surprising advances have been made in recent years and I believe that the time will soon be upon us when fiction becomes reality.

"*Android Affair* is about the thrilling adventures of Anne Miller, both during her tenure as a policewoman and later when she retires.

"Inspector Anne Miller is called out late at night to a road traffic accident and finds herself in the middle of a mystery. A man has been knocked over by a car and appears to be dead, but is it a man or is it a robot?

"The mystery deepens when the body disappears from the coroner's, never to be seen again. In its place is some strange message from the 'powers that be' to leave well alone. Although she wants to pursue the inquiry she is told in no uncertain terms to stay out of it.

"She hears no more about it until some years later she retires and the case comes up again. A colleague gives her some extraordinary information and is killed shortly afterwards. Will she follow it up or let the matter rest?"

Francis had tried writing books for a long time, but it was the advent of the computer which really opened the floodgates for his talent as it is so simple to write on them.

He says: "I am now eighty-one and still writing every day."

For more information please visit: [www.franciswaitauthor.com](http://www.franciswaitauthor.com)

*Android Affair* is available as an Amazon paperback for £7.00 or a Kindle eBook for £1.99.

For details please visit: [www.amazon.co.uk/Android-Affair-Francis-Wait/dp/B08JF17QKP](http://www.amazon.co.uk/Android-Affair-Francis-Wait/dp/B08JF17QKP)



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

- ALADDIN

ALICE

ATLANTIS

BAMBI

BROTHER BEAR

CHIP

CINDARELLA

COPPER

DALE

DUMBO

FANTASIA
- GOOFY

HERCULES

HUNCHBACK

JUNGLE BOOK

LADY

LILO

MERLIN

MULAN

OLIVER

PETER PAN

PINOCCHIO
- POCAHONTAS

SLEEPING BEAUTY

SNOW WHITE

STITCH

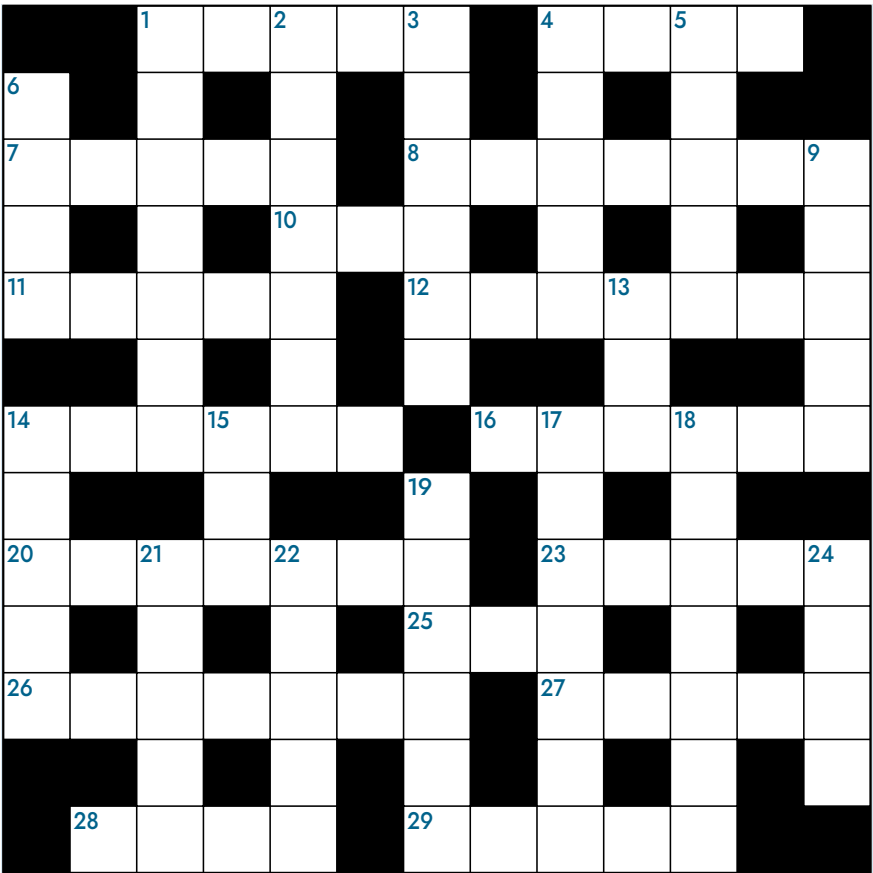
TARZAN

THE ARISTOCATS

THE LION KING

TOD

TRAMP



## ACROSS

1. Sussex chalk hills. 5
4. Beachy \_\_\_\_\_. 4
7. Perfect. 5
8. Old Town fish & chips. 7
10. Kendo grading. 3
11. Speed. 5
12. Hedges. 7
14. Home of St Francis. 6
16. Spirits. 6
20. Fortress. 7
23. Home of the Pilot and the Hydro. 5
25. Swiss mountain. 3
26. Brighton & Hove player? 7
27. Longshore \_\_\_\_\_. 5
28. Pub in meads. 4
29. A feeling. 5

## DOWN

1. Frocks. 7
2. Hikers favourite crisps? 9
3. Stomach crunches. 6
4. Peter the Goat boy’s friend. 5
5. Chasing pavements artist. 5
6. Marillion singer. 4
9. Long teeth. 5
13. Unpaid work abroad. 3
14. After. 5
15. Clint Eastwood directed film. 3
17. Park in Eastbourne and Glasgow. 7
18. Hippodrome is on this road. 7
19. Best seats in the house. 6
21. Wages of sin. 5
22. Take over. 5
24. Badger’s home. 4

## February crossword solution:

ACROSS: 1. MALTESE FALCON, 7. UMA, 8. MAXIMUM, 11. DICED, 13. TI, 14. BOXER BRIEFS, 17. EVA, 18. SE, 19. MARK SPITZ, 23. BD, 24. IMP, 26. POODLE SKIRT, 29. OO, 30. NOSES, 31. ARMY ANT, 34 LYE, 35. POINTER SISTER

DOWN: 1. MUMBLE, 2. AMA, 3. LAX, 4. ELM, 5. ARDOR, 6. NUDIST, 9. ITO, 10. MIXER, 12 CHEEZIT, 14. BAMBOOS, 15. RISKS, 16. SUFFIX, 20. ADD, 21. IDIOM, 22. OPEN UP, 25. PUTTER, 27. LISZT, 28. ROY, 31. AER, 32. ALT, 33. NYE



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# Green and pleasant

**THE month of March sees the opportunity for us all to appreciate our Mother's with her special day falling on Sunday 14th. The customary way of doing that has always been to buy her flowers or a plant. I doubt other ways of celebrating will be possible again this year but we will have to wait and see. Another celebratory day, St Patrick's Day, falls on the 17th too.**

By **Geoff Stonebanks**

**Garden Centres start to fill up with starter and plug plants giving us hope that warmer times will be on the horizon soon. Don't forget that Easter pops up before the next issue comes out, just after the month closes, often seen as the real starting point of the gardening year!**

## Mother's Day

What colour flowers should you buy to celebrate Mother's Day? All the experts say that green represents the protective nature of mothers, while yellow alludes to their optimistic outlook towards life and for their children. Pink (flowers above) captures their compassionate and nurturing side and red focuses on their passion and empowerment drive. Take your pick in relation to your own mother. If you google the

most preferred flower to give on the day, it turns out to be the carnation. Mother's Day and carnations are inseparable so it seems. Tulips with their array of colours and lovely fragrance work well and lilies are always show-stopping and bound to make your mum smile on the day.

## Positive planning

Gardening really begins in earnest for me this month. There are just over 12 weeks until I plan to open Driftwood to the public for the 2021 season. I will have to review that decision later in the year, once we all know how the situation with the pandemic develops. Nonetheless, I am gearing up to open. The winter months have not been kind with extensive winds and there is much to do. A key task this month, will be to pressure clean all the paths and patios. Due to a torn Achilles tendon last year, I was not able to complete any of these tasks, the difference should be very clear to see, as the patios and paths are really dirty! To be honest, it

is not a job I enjoy, but one that needs doing before all the garden ornaments and furniture are taken back out of winter storage. It can take me over a week to accomplish in stages, from the top of the garden, right through to the drive at the front of the house. This year, I have invested in a brand-new machine so have high expectations.

## Garden wildlife

Spring is in the air which means that a whole host of wildlife, some helpful – and some less so – will be heading for the garden. The aim has to be to attract the friendly ones and discourage the not so friendly. Aphids can be a real nuisance, so to have insects that love to feast on them would be a bonus. Among the best are ladybirds. You can make a simple nest for them by placing a bundle of bamboo or cow parsley stems somewhere protected, such as the nook of a tree. If you have a damp shady corner in the garden, simply leave a pile of leaves to break down and this will create a home for the frogs, toads, newts and centipedes all of which keep slugs and snails under control. Another great asset is to plant a wildlife hedge, I've got holly in mine and it helps serve as a nesting place for birds who also keep pests such as slugs and snails at bay.

## National Garden Scheme

In March the scheme will have a limited number of gardens that are planning to open for local visitors only. Up to date visitor information can be found through their website, [www.ngs.org.uk](http://www.ngs.org.uk). The situation is very fluid and circumstances may change in line with government restrictions, so it is best to log on and check what local visits are available. A new addition this year, is offering "live" online talks and full details on how to join them can be

found online too. Let's hope more freedom will be allowed for us to enjoy their gardens later in the year!

## Plug plants

Something you might want to consider for your own garden, is to order some plug plants now. You can buy them in local garden centres or, I like to buy online too. They're generally sent at just the right time for planting, and with step-by-step instructions. You don't even need a greenhouse to grow them on, a sunny back bedroom or windowsill will be enough. When you pot them up, add some easy feed or plug boost, so your plants get the very best start. And, another little tip, give the tips a pinch a couple of times while the plants are young, this will make them nice and bushy, with more flowers!

## Time for a change

If, like me, you have a number of containers in the garden, why not move them around in the spring. I have a collection that are transferred to the area behind the house, which provides a degree of protection from the harsh winter weather, in the autumn which now need to be relocated out in the garden again. It is always refreshing to place them somewhere different, thereby creating slightly different vistas for returning visitors to enjoy.

Read more of Geoff's garden at:  
[www.driftwoodbysea.co.uk](http://www.driftwoodbysea.co.uk)

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



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