

FREE

MORE THAN TOYS

ART OF INSPIRATION

19 year old Harrison Dann is set to take the town by storm with *The Toy Stop*.

The *newartgallery* opens its doors again to welcome art lovers old and new.

04/21 Issue 010
April 2021

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Bournefree



Outside is the new inside
It's all new at The Wheatsheaf Inn. See page 33

LOVING YOUR LAWN

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www.bournfreelive.co.uk



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Our next edition will be
distributed from May 8th.
Make sure you are a part of it.

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PR & Engagement

Easter may have gone, now let's get back to normal

SO, Easter is over and as of April 12th we will have seen shops, gyms, hairdressers and some other businesses thankfully reopening.

By **Peter Lindsey**

Restaurants and pubs are also allowed to open – albeit outdoor only for the first month.

It's been a busy time at *Bournfree* – very busy – both with our magazine online and in print.

There are new businesses opening as well as many reopening and we want to engage with as many as possible.

One such example has been *Carvers*, the new food delivery service working out of Eastbourne. We covered its March launch extensively online and now they have a front-page advert and full-page editorial in this edition.

That is an example of how *Bournfree* can work well for advertising. We can cover you online and in print, at timings to suit your business.

Another great example is *Ratton Pantry*, which we featured last month in print in the Food and Drink section.

We then shared the story online so too did the owners Victoria and Sean. Their verdict: "The reaction was great."

Partnerships are also important to us, and we want to develop relationships with groups and people around town.

We have started working with *Seahaven FM* (pages 10 and 11), which recently launched in Eastbourne, and that will be a two-way mutually beneficial relationship.



And the result of all that is we are seeing record numbers of people coming to our website at:
www.bournfreelive.co.uk

The paper has grown by 16 pages and our aim is to go even higher.

Next, it's May 17th. Contact us if your business is reopening that day.

Finally, please note that with the upcoming local elections, we have accepted political advertisements for this issue. *Bournfree* magazine bears no allegiance to any of the parties.

Bournfree

We want YOU to be a part of *Bournfree*, 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?

Email: pete@bournfreemag.co.uk

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

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

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

Bournfree: here for the people of Eastbourne and surrounding areas.



It's more than just a toy shop

HE'S only 19 but Harrison Dann is set to take the town by storm.

By **Peter Lindsey**

He owns The Toy Stop in Langney Shopping Centre and April 12th is the magical date for the teenager to live his dream.

The shop is well positioned near to Tesco, and the former Causeway School student is so excited about his venture.



Harrison said: "I want to make *The Toy Stop* a real success and I am convinced that I can make my dream become reality.

"We have a lovely shop, amazing stock and 100 per cent focus on making sure the customer has the best possible experience."

Pop-up success

Harrison had a pop-up shop in the centre as a trial for November and December 2019, and the reaction then was incredibly positive.

It made him realise he wanted a full-time unit in the centre. And that became a reality last year.

He said: "The pop-up went really well and then I thought how amazing it would be to have my own shop.

"I finally moved in back in February 2020. It was my big dream but there was an awful lot of work that needed and inevitably some investment.

"Lockdown has obviously disrupted my plans but we managed to carry on like everyone else, I've put every penny in the shop over the past year

and in January 2021 we underwent a major refurbishment. I look forward to welcoming back my customers new and old and to show them how we have made one of the best toy shops around.

First-class value

"I am confident *The Toy Stop* will be known throughout Eastbourne, and further afield, with a first-class reputation and our key focus is 'Value for Money'."

The massive range of stock is aimed at toddlers right through to people in their 70s or even older.

It includes:

- Summer games
- Pre-school toys
- Barbie dolls
- Schleich
- National Geographic
- Lego
- Playmobil
- Board games
- Musical instruments
- Model kits
- Pocket money tills

And SO, SO much more.

VIP opening

Harrison was thrilled to hear that Eastbourne Mayor Steve Wallis was happy to attend for the official opening on April 12th.

A select few customers will have the chance to gain early access on April 12th from 9am–10:45am with *The Toy Stop's* VIP opening, where customers get 10% off as well as a party bag and other fun activities.

Message their social pages at Facebook **@TheToyStop** or Instagram **@thetoystopofficial** to be in with a chance to get a ticket.

Customers are welcome from 11am on Monday April 12th and the shop is open seven days a week.

Good luck Harrison.





HELPING LOCAL PEOPLE IN CRISIS

These Foodbank satellites will be open during April :

MONDAY

10:00am to 12:00pm

St Richards Church, Etchingam Road, Langney

TUESDAY

10:00am to 12:00pm

All Souls Church Hall , Wellesley Road

WEDNESDAY

10:00am to 12:00pm

**Willingdon Trees Community Centre, Holly Place
and
Gateway Church Centre, 70 Lottridge Drove**

FRIDAY

10:00am to 1:00pm

St Saviours Church Hall, South Street, Town Centre

COMMON QUESTIONS :

Can I just turn up ?

Yes you can, but if you have a voucher code that helps.

How much food do I get ?

You will get food to last for 3 days (10 meals).

Is there a Café ?

Not during April, but planned to open from May 17th

**These foodbank satellites all offer a choice of food
plus fresh fruit, vegetables & bread**

ESSENTIAL FOOD IS AVAILABLE FROM THESE VENUES

TUESDAY

10:00am to 12:00 **St Elisabeths Church, Victoria Drive**

1:45pm to 2:45pm **Salvation Army, 33 Royal Sussex Crescent, Old Town**

FRIDAY

10:00am to 12:00 **St Lukes Church, Rattle Road, Stone Cross**

If you need a foodbank voucher please call 01323 409925
Mon, Tue, Wed & Fri after 9:30am. During April we are closed on Thursday



DB Domestics extensive showrooms at 407–419 Seaside, Eastbourne BN22 7RT.

Shopping habits and the pandemic: research results in surprise findings

RESEARCH carried out by local appliance superstore DB Domestics seems to suggest that consumer behaviour at the height of the pandemic might have remained a lot more consistent with 'normal times' than people have been lead to believe, and that changes may not be permanent.

By **Gail McKay**

DB Domestics, which has been established in Eastbourne for over 40 years, like most of us, felt the impact of the pandemic. But as a local business with close connections to thousands of local shoppers, they also noticed immediate patterns in buying behaviour.

The headlines said that people were buying in bulk, but DB Domestics thought there could be more to it.

The appliance experts sent out a survey to over 6,000 people across the South East to take a closer look at their mid-pandemic grocery shopping habits to get a better understanding of how people like you were feeling.

The survey said...

- 67% of people are still shopping in store, despite the pandemic.
- 90% of people are still shopping once a week or more. (61% are shopping once per week and 29% more than once).
- 68% of people haven't changed from before the pandemic.
- And 64% of people who have changed their habits, say that it isn't because of the pandemic.
- 57% of respondents noting that they had bought a new refrigeration solution to support bulk buying.
- 43% having replaced their cooker to support more home cooked meals.

You can view the full results at: www.dbdomestics.com/db-shopping-habits-survey

Although the findings of this research suggested that the pandemic had surprisingly little effect on consumer behaviour in relation to grocery shopping habits; there did appear to be evidence to suggest that people were still planning for differences none the less, with:

“

57% of respondents had bought a new refrigeration solution to support bulk buying.

For more information about the survey results, please contact: marketing@dbdomestics.com

DB Domestics also offered the chance to win a SMEG kettle for taking part in the survey. Once the survey closed, a draw was carried out and local man Nigel Gibbons was announced as the winner. He collected his item from the store, which was still operating safely behind closed doors to provide our local community with essential items, in a socially distanced way in March.

To shop at DB Domestics, visit their website www.dbdomestics.com or call the store on **01323 725588**.

The store, which is situated at **407–419 Seaside, Eastbourne, BN22 7RT**, re-opens to the public on the 12th April.

Reader opinion time

What do you think? Do you agree with the findings? Has the pandemic influenced the way you grocery shop? Are you experiencing higher levels of in-store anxiety? Or do you still prefer the in-store experience, despite the increased risk? And have you replaced your fridge/freezer?

To tell them your story, please email: marketing@dbdomestics.com



Winner Nigel Gibbons (left) with owner Andrew Baxter.

St Wilfrid's Starlight Stroll

A walk to remember

socially distanced

Saturday 10th July
4pm to 8pm

Join us for a summer stroll along the beautiful Eastbourne Seafront; starting at Princes Park you will walk approximately 2-miles, to the Italian Gardens, where you can lay a special lantern in memory of a loved one who is no longer with us. You will then walk back to Princes Park to receive your Starlight Stroll medal. We will be producing a special video of all the lanterns at the end of the evening, so you can see them lit up and looking spectacular!

£18pp
Under 5s free

To sign up



stwhospice.org/starlightstroll2021

St Wilfrid's shops reopen

We're delighted to be open again and welcoming customers in.

We have shops all over our catchment area, so do come and see us in **Seaford, Heathfield, Uckfield and Hailsham** plus **Green Street** and **Terminus Road** in Eastbourne and our Superstore on **Moy Avenue**.

Your support of our shops, through donated goods or the purchases you make, directly supports our patients and their families and it is much appreciated.

To welcome you back, we have a money-off voucher for you – see side panel.

Scan our QR code to find your local shop or go to:
stwhospice.org/shops



We're just a click away!

Your entire new wardrobe, fabulous retro finds and vintage treasure can now all be found in the St Wilfrid's online shops...

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Etsy: stwhospice.org/etsy
Depop: stwhospice.org/depop

PLUS our very own
charityboutique.co.uk

Scan our QR to visit now:



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Present this voucher at any of the St Wilfrid's Hospice Community shops in May and receive 10% off your shop.

For use online, pop the code 'BOUNCEBACK' in at the checkout – or drop us a line on Depop so we can set it up for you.

DISCOUNT TERMS This voucher and the online code are valid from the 1st to 31st May 2021. The voucher applies to the purchase of goods only and excludes any delivery charges. The voucher has no monetary value and no cash alternative is available.

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Dreaming of playing at Glastonbury 2022...

RUSS Collins lives in Eastbourne and works in social care. Aaron Stagg also comes from Eastbourne but now works in security in Leicester.

By **Peter Lindsey**

Together they form acoustic folk-rock duo Stagg & Collins, and they are dreaming of Glastonbury 2022.

They have just released their first EP 'Forever Later.'

They are hoping they will be able to play live gigs this summer if Lockdown rules are eased.

Most of their music is based around 'hope, fear, loss and change.'

From city and sea

Or as they put it: "These are songs from the city and songs from the sea."

'Forever Later' is the first of a two-part EP release with a single hopefully being released next month.

Their focus is story-led song writing and 'the music is there to speak for itself'.



They got together eight years ago. Russ does the writing; Aaron adds the drums and the percussion base.

Hope of change

Here's Russ: "Many of the songs were written going back as far as 2005, so I would like to think that they have stood the test of time."

"Change is a common theme in what I write. It's dark and also a sense of hope and atonement."

"We are hoping to record the new EP in Leicester in May and once it's safe to play then we are full steam ahead."

"There will be hard copies of the EP, CD vinyl only plus digital only."

"It feels very positive, and it was always our dream to make a recording to release. It is something we always dreamed of, and we are proud it is now going to happen."

Stagg & Collins are hoping to record a full LP album between September and November.

Russ said: "We mostly play live in pubs and we want to perform at festivals in the future."

"Our dream is Glastonbury 2022 on a small stage."

"We feel our songs have a universal appeal."



To find out more about Stagg & Collins, go to: www.instagram.com/staggandcollins

www.facebook.com/staggandcollins

To listen to some of their music, visit: staggandcollins.bandcamp.com

or www.open.spotify.com and search for Stagg & Collins.



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Lightning Fibre: Making a huge impact across East Sussex

BEN Ferriman is 33, he lives in Eastbourne and is the father of two young children.

By **Peter Lindsey**

He's also the CEO of *Lightning Fibre* and is on an ambitious mission to make a long-lasting difference in the town.

In 2018, he launched *Lightning Fibre*, a cutting edge, community-minded full fibre broadband network operator and ISP.

Lightning expansion

Two years on – *Lightning Fibre* is serving their growing base of happy customers with 10,000Mbps broadband network and is fully funded with millions of pounds of investment to finish their Eastbourne build and have now begun expanding to Hailsham, Heathfield and Hastings.

Here's Ben: "In my working life, I have always been lucky to be at the forefront of connectivity in the UK.

"When we moved to Eastbourne, the ancient infrastructure meant that my connectivity failed, it was an absolute nightmare.

"I could see the solution so I felt let's crack on and make a difference. And that is what we are doing.

Enabling the future

"I feel that Eastbourne is very much an unsung town. We are not Heaven's waiting room; Eastbourne is a vibrant town and I wanted to create quality employment prospects and opportunities for not just my children but for the rest of Eastbourne. Our locally-run network and ISP also acts as an enabler for other Eastbourne businesses to grow and, of course, allows our town to attract digital businesses who may otherwise not have considered Eastbourne. Market-leading connectivity, paired with competitive local commercial rents, makes a compelling case to relocate or set up a business here.

"I could see there was a massive opportunity to fix and improve what we have got. I want to be part of a long-lasting legacy."

Ben is determined that *Lightning Fibre* 'will make a difference to Eastbourne and indeed to the whole of East Sussex.'



Town centre infrastructure upgrade.



Members of the Lightning Fibre team.

He said: "We started with a pilot scheme in 2019 in Upperton and since then are funded to build out to the whole of Eastbourne.

"I am very clear that we provide the best level of service to all our customers. Our installation and customer care teams are all locally-based.

"There is a lot of work to be done but I am absolutely delighted that hundreds of new customers are registering with us every week.

Rocketing performance

"Our customers are over the moon with our customer service and the step change in broadband performance they experience. The speeds advertised are what you get.

"We engage positively with both the borough and county councils, and our working partners as well.

"We offer market beating prices that ensure connectivity no longer needs to be a barrier, as has been the case in Eastbourne for so many years.

"We are offering a high-quality, symmetric network today for the next 25 years and beyond.

With better upload and download speeds and greater reliability guaranteed, the network can deliver 10Gbps speeds for all and is fully future proofed.

"We are the local market leader in what we offer."

Lightning Fibre is a local altnet broadband provider.

The business is a network operator and ISP, meaning that it builds the full fibre network and sells it directly to business and residential consumers.

The roll out is well underway and the Planning Team prioritises areas of high demand. Registering online might mean the network reaches your area sooner.

Residential packages start from just £29 per month for 100Mbps on a 24-month contract term (plus £100 one-off for the setup), which comes with a 10Gbps capable 'modem' and Mesh WiFi system. To learn more, visit: www.lightningfibre.co.uk/about

Contact the team by phone on **01323 380260**, by email at: ask@lightningfibre.co.uk or register online at: www.lightningfibre.co.uk



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We are like the fourth emergency service!

SO says Mary Laxton, the woman with a real passion to help people who find themselves in very difficult circumstances.

By **Peter Lindsey**

In the past year, the Kids Count Project she runs supported over 700 families with around a quarter of them living in Eastbourne and the surrounding area.

Mary is based in Hailsham and she has been running the project for the last five years, and in that time the project has supported over 6,000 families.

She said: "We work across East Sussex and we only work with statutory agencies. So every family we support is via a referral from either social services, key workers, schools, health visitors, midwives, community nursery nurses, probation service, women's refuge and other agencies.

"The requests are mixed but they are often urgent and we can turn requests around within 24 hours or less. Very often, we must because the situation may be an emergency.

"It could be a new born baby needing a range of items, a pram crib or bottles steriliser in fact every item a new mum will need.

"It could be a premature birth or twins or it could be a family whose circumstances have rapidly changed overnight, e.g. eviction, temporary accommodation or they can't provide birthday gifts for their child due to debt.

"We also support several disability and special needs requests from ESCC.

"Once the request comes in via email from the key worker I go to work to prepare the bundle.

Group support

"I work through a Facebook group with over 1100 members.

"If I don't have the items in stock I can post an urgent request on my page and the response is immediate. Someone will offer to buy the item on Amazon or donate a preloved one.

"I hold a very extensive stock from birth to 16 years of all the items we provide.

"People can donate cash but I request that they put the money on a store Gift Card which we gratefully accept.

"Everything we send out is in absolutely immaculate condition. We have 5* standards and make the bundle up in recycled bags with a homemade recycled gift tags."

Magic Mary

Covid has had an impact and made life more difficult for many families across the county.

Mary says: "Sadly the demand for our services rises yearly mainly due to the increase in poverty.

"Due to this increase I have been named as 'Magic Mary' due to continually meeting the demand of needs in our community.

"I always say that your life can change with the flick of a light switch. For example, a family may end up in terrible debt, one of the partners loses their job, a parent may die suddenly or domestic violence may have taken place.

"It costs around £3,000 to run the service each year as some items I have to purchase new.

"I get great support from our members and the community organisations like *Lions Club* and *Rotary Club* and *Eastbourne Hygiene Bank*.

"I personally put on three fundraisers a year usually but Covid has impacted on the ability to carry this out.

"Cots, single beds for toddlers, bedding, mattresses, prams books and toys and toiletries are very common requests.



"For example, a young girl had suffered terrible abuse and part of her therapy was to take up sewing. We fundraised money to purchase a sewing machine from *Hobbycraft* and *Amber Buttons*, a local business, put together a comprehensive accessory kit and the girl couldn't believe the generosity of strangers #loveandhope."

All year round

Mary works 24/7 50 weeks of the year (with two weeks off at Christmas). Easter and the festive season are key times where we provide additional gifts to families within the normal bundle provision.

She said: "For Easter currently, we are creating gift bags to include an Easter egg, new book and a selection for outdoor activity, such as a football, skipping rope, arts and crafts, bubble bats and balls all of which members have provided.

"At Christmas, ours may well be the only gift some kids receive.

"Every year we undertake a Santa Special with a themed item.

"Two years ago we gifted PJs and 471 pairs were purchased and key workers collected and gave to families. A huge organisational task.

"Children have always played a large part in my life and being a hands on grandma helps.

"I like to do at least one act of kindness every day in my personal life. Kids Count achieves this aspiration every day.

"In 2019, *East Sussex Fire Brigade* awarded us a 'special community award' in recognition of an inspirational project that has a significant impact on communities across the county.

“**Sadly the demand for our services rises yearly mainly due to the increase in poverty.**

"Without generous and caring members and local businesses like *Waitrose* and *Morrisons* we could not operate our service."

Career campaigner

Mary is a Hailsham town councillor. She is also a director of the newly formed *Hailsham Community Land Trust* and has a campaigner background throughout her career as a trade union official.

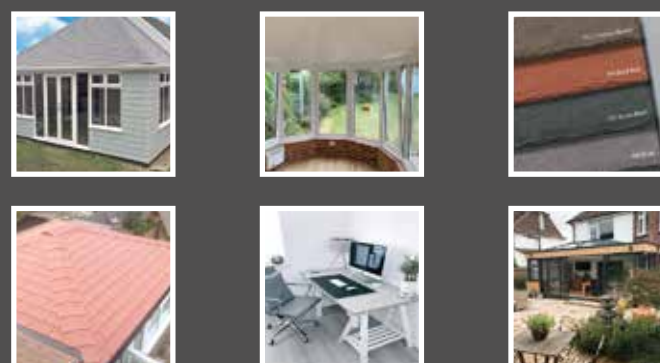
To contact Mary, please go to the Facebook page at:

Kids Count Project Hailsham

Or you can email:
marylaxton70@gmail.com



'Magic' Mary Laxton.



Another day at the office!

We are living in an ever changing world, more and more of us are working from home, and you need a dedicated space. Have you thought about using your conservatory? It can be too cold or too warm, often too bright or too leaky when it rains.

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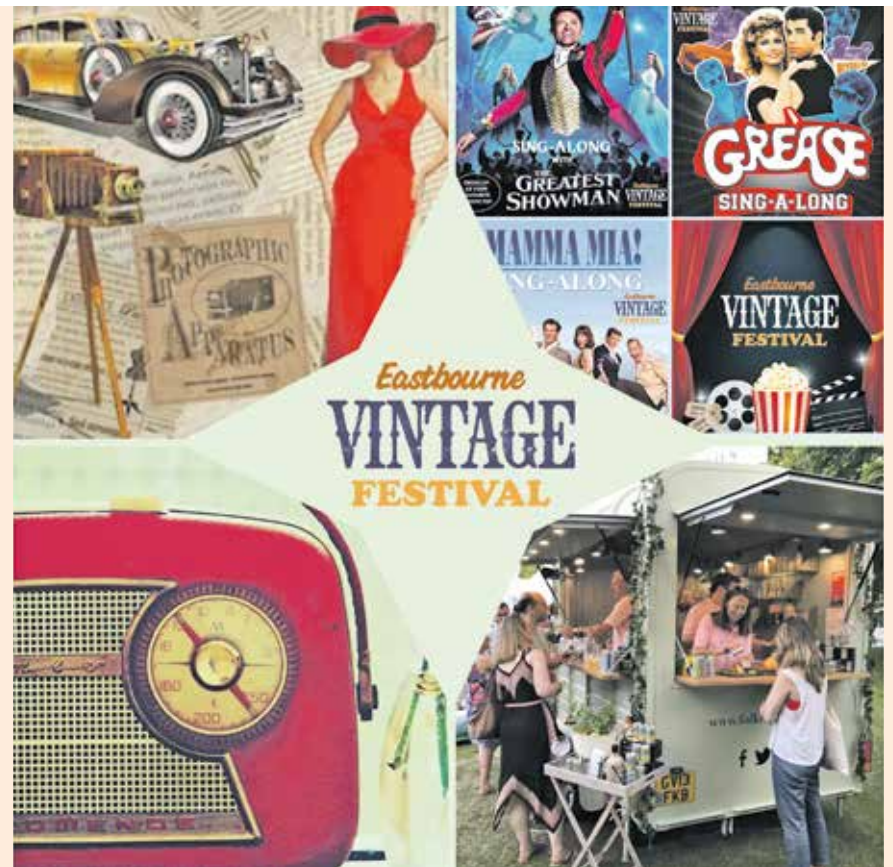
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The Eastbourne Vintage Festival 2021 is a go!

IT will be taking place from the 27th to 30th, the August Bank Holiday Weekend, at Gildredge Park.

By **Faiza Shafeek**, Carrot Events



The Festival is the only FREE entry Festival of its type in the South.

This massive Vintage and Retro festival will be covering all that is wonderful from the 1920's to the 1970's.

Has it all

Artisan Foods of all kinds, Antiques, Vintage Vehicles of all types, Art and Prints, Dance & Live Music, Victorian Children's Funfair, Kids' Corner,

Variety of Bars, Vintage Collectables & Promos stalls.

Sights and sounds

FREE Open Air Cinema over three nights featuring these brilliant sing-along-movies, Grease, The Greatest Showman and Mamma Mia.

The Festival is a ticketed event. To book your **FREE** tickets for the Festival and your **FREE** tickets for

the Open Air Movies go to: eastbournevintagefestival.co.uk

If you are any of the above stall holders/Exhibitors/traders or vintage vehicle owners and are interested in making the festival brilliant then contact us at: fs@carrotevents.co.uk or go to our website: eastbournevintagefestival.co.uk

Early bird discounts available.

Bringing people together in tough times

THERE is no doubt that Lockdown has brought an increase in isolation and loneliness.

By **Peter Lindsey**

Well, Caroline Smith decided to do something about it and founded East Sussex Social Friends Meet Up's.

The aim is to reduce social isolation, and to encourage and inspire people to come together.

The hope is they will feel less isolated, connect with other people throughout the area, and bring about a difference.

Sharing

The group shares daily posts of inspiration and uplifting conversations online.

There are zoom quizzes, zoom chats and viewing members' crafts and arts.

Caroline said: "All this encourages members to feel less alone during these difficult times.

"When we could meet up in between lockdowns, we enjoyed get togethers on the beach.

"We organised dinners and lunches to support the local independent establishments who are struggling during the pandemic.

"We also held a charity 'Pink Cancer event' where members dressed up in pink.

"The hope is to make a difference in society."

Join in

To be a part of this fantastic group, please visit their Facebook page at: **East Sussex Social Friends Meet Up's.**



Beach meeting in between lockdown

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John and Louise Cheeseman.

For over 30 years, Rotary has been working hard to rid the world of polio – a terrible disease that can kill or severely disable children.

When Rotary started the campaign to eradicate polio, there were cases present in 125 countries worldwide, now just three countries remain polio

endemic: Afghanistan, Pakistan, and Nigeria. During that time, Rotary has helped immunise over 2.5 billion children and reduce the number of polio cases by 99.9%.

Purple symbol

The purple crocus is a symbol of Rotary's worldwide campaign to eradicate polio, with its colour

Purple pinky and the crocus

HERE we are with our third editorial answering the question of "What is, or who is, a Rotarian."

By **Faiza Shafeek**

representing the dye used to mark the finger of a child who has been immunised by the lifesaving oral polio vaccine.

Splash of hope

In 2016 Rotary partnered with the Royal Horticultural Society (RHS) to plant seven million crocus corms all of which flowered in spring 2017 brightening up communities across the UK. Building on that success Rotary Clubs all over the country got their green fingers at the ready! And have and are still to this day covering our parks, gardens, and green spaces with crocuses, aiming to demonstrate how the humble crocus can symbolise a colourful splash of hope for a new beginning for children and how working together whilst having fun can make a huge difference.

Along with the planting of crocuses which raises a huge amount of money for eradicating Polio there is also another way in which Rotary raises much needed extra funds and that is via the *Rotary Crocus Buttonhole Campaign*. These buttonholes have raised thousands of pounds over the years and continue to do so.

John and Louise Cheeseman can be seen in the picture above planting crocus corms in Polegate.

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 Eastbourne Sovereign at: cheesemanlouise071@gmail.com

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Beautiful crocuses in Gildredge Park.

Polegate Scarecrows are branching out

THE Polegate Scarecrows Community Fund was founded in 2019 after the running of successful Scarecrow Festivals in the town.

By **Peter Lindsey**

Now sees the launch of a new event in Willingdon.

The Willingdon Scarecrow Festival 2021 will run from 3rd – 17th July.

It will be supporting SERV SUSSEX and St Wilfrid's Hospice.

The event will run alongside Polegate's annual event which is

celebrating its fourth consecutive Polegate Scarecrow Festival supporting local good causes.

The Polegate Scarecrows Community Fund was founded in November 2019 by Nathan Dunbar and was set up to empower community efforts to support those who need it.

Nathan has generated more than £10,000 for good causes.

To find out more visit: www.polegatescarecrows.co.uk

Ladies donate Easter eggs to families in need



EASTBOURNE Sovereign Inner Wheel has donated 76 Easter eggs to Family Support Work, which provides support for struggling families.

By **Peter Lindsey**

The ladies from Inner Wheel also donated money to fund the charity's fun days out for some of these families.

Inner Wheel normally meets once a month – enjoy a meal, chat, have fun, find ways to help charities, organise days out, afternoon teas, coffee mornings and theatre trips.

Call June on **07772542032** if you would like to join them after Lockdown.

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Beginning of a new chapter

MEET Mark Hallett, the Launch director for BNI Sussex, as Bournefree learns about BNI and their new Hailsham Chapter.

By **Rachel Lucas**

What is BNI?

BNI stands for Business Networking International. It was started 36 years ago by business consultant Ivan Misner.

He began BNI after losing a big client and so decided to get his business acquaintances around the table and ask them if they could refer

each other for projects with local businesses. This was the start of BNI networking for business people. BNI is now in 70 countries.

What is your new Hailsham Chapter?

BNI only allows one person per business category so we offer an exclusive seat at the Chapter. A Chapter starts with coffee meetups until it reaches the goal number of ten founder members. After this stage,



Members at a BNI meeting.

groups will go on to the next step, by getting another 15. When these groups reach 25, they become a Chartered chapter and meet regularly.

The new Hailsham chapter is called *Ropemaker*, chosen as one of the main industries in Hailsham is making rope. *Ropemaker* has been running since the start of 2021. We have nine members and hope soon to move to the next level.

Who can join BNIs' Hailsham Chapter? And how?

Business people who want to grow their businesses. Come along and see for yourself. Email me at: markhallett@BNIsussex.com

What is "Givers Gain"?

There is a gentleman in Australia, James who is 81. He still gives blood regularly, as he has the antibodies to be given to mothers and their babies to prevent Rhesus Disease.

James is a giver. Yet, he has gained from it as well because his two grandsons were born with that particular problem. His grandsons received the antibodies from their granddad, and he had two healthy grandsons to look after, after that. So that is a good illustration of givers gain.

Is BNI cost-effective?

I have been in BNI for 18 years and I initially joined Southampton Premier BNI. I studied BNI carefully to find out what I had to do. Each week I gave a specific request in a 60 second presentation to help get a referral.

I asked to be introduced to a charity called NO Limits, I was given an intro by the insurance broker. and I got orders worth more than £30,000. My fee for joining was covered plus fees for years to come.

What do you say is the greatest benefit of joining?

Building relationships. I have ties with people throughout my years at BNI still relevant today. The guy who gave me that introduction to "No Limits", I only rang him the other week to see how things are going. We rarely do business together now, but I have stayed in contact.

What advice would you give to members and those considering BNI?

For those who are members already, build trust and great relationships. Listen to what people are saying and act on it.

If you are thinking about joining BNI, we have a great process. You go on a free training course about using BNI to get business, how to do referrals, how to do a proper 1-2-1, with great training about BNI and Business.

BNI has fantastic people to help you to run your business and be profitable.

Here's Helen Moss of *Copylink Digital*: "We decided to try networking, and we got accepted and became a member straightaway.

"Everyone was very welcoming and guided us in the right direction. We have been a member from March 2020 and we have gained more than £20,000 in business from other members and managed to help other businesses within BNI to get over £13,000 in business.

"We are so pleased we joined and we are looking forward to the future with BNI."

BNI | BNI Sussex

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Louie Wellfare.

HOW much can you realistically do during the lockdown?

By **Peter Lindsey**

Well, in the case of Eastbourne local Louie Wellfare, he set up a football team supporting men with mental health issues.

One Facebook post back in March and it 'absolutely took off.'

Kick off

Here's Louie: "I had been thinking about doing this for a number of years and the lockdown really sparked me into action."

"Mental health has always been massively important to me."

"I have experienced poor mental health in the past but very often generally men do not address it."

How football can boost your mental health

I think mental health is often very hard to self-diagnose because you put it down to your personal circumstances opposed to a chemical reaction, which is essentially what it is.

Together as a team

"There is still a stigma in society that men have to be okay and shouldn't be talking about their feelings."

"Football and health – both mental and physical – work amazingly well."

And so Men United East Sussex was formed. It's based in Eastbourne, there are 30 players and a waiting list of 10, but Louie wants to hear from others who may want to be involved.

The team will be entering a local league for next season and stage midweek charity games.

Louie said: "It's all about being together in a group, talking to each other and sharing ideas."

"Some who have joined say: 'This is exactly what I've been looking for' or 'I haven't felt confident enough in the past to join a team.'"

"We support each other and help each other. Sportsmanship is key for us. It will not be the end of the world if one of us misses an open goal."

"There is no age or ability limit, our subs will always play as well, and our off-field attitude will be positive at all times."

"People will meet new people as well, so key. Someone may have just moved to the area and not know anyone. Suddenly they have access to a large group of people and with a support network."

Supporters

Louie also wants to hear from volunteers who may wish to help but in a non-playing capacity.

For more details, please email: menunitedeastsussex@gmail.com
Or check their Facebook page: **Men United East Sussex.**



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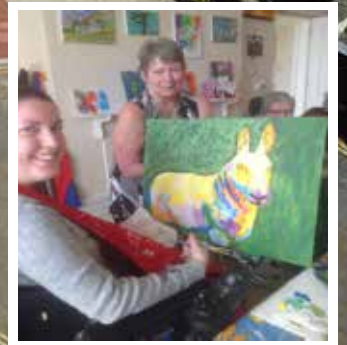


The Chaseley Trust

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



Located in South Cliff, Eastbourne, The Chaseley Trust is a 55 bed charity care home offering high-quality care, nursing and rehabilitation services for adults with severe injuries as a result of Acquired Brain Injury, spinal cord injury, strokes and neurological disabilities, such as Multiple Sclerosis, Motor Neurone and Parkinson's Disease



We offer residents:

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

We offer staff:

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

We offer the community:

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

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

www.chaseley.org.uk





Chaseley's well equipped, wheelchair friendly gym.

Chaseley celebrates the re-opening of some services

AS lockdown restrictions start to ease across the country, Chaseley were pleased to be able to re-open their doors to their local Community Outpatients last month and are hoping to re-open their *Activate Gym* this month.

By **Jodie Cornford**

Chaseley's team of In-house therapists have a wide range of neuro-specialist skills and knowledge that enables them to provide specialist rehabilitation and care to people with a range of complex neurological conditions including, Acquired Brain Injury, spinal injury, stroke, Multiple Sclerosis, Motor Neurone and Parkinson's Disease.

The team of Occupational Therapists, Physiotherapists and Therapy Assistants can assess and identify individual's needs, as well as explore how their neurological conditions impact on day-to-day life. The team work with the client to create a treatment plan, whether that be rehabilitation, prevention of

deterioration, improving quality of life or advice on managing their condition and each plan is focused around the individual's needs and goals using a person-centred approach.

Wheelchair friendly

Activate is the only gym in the area specifically designed for wheelchair users. The therapy gym has a wide range of adapted exercise equipment, including a multi gym, Thera trainer cycles, rowing machine, treadmill, parallel bars, and easy stand gliders, as well as having a range of small gym equipment available to meet specific needs.

Specially trained staff are always on site and able to assist when needed. Sessions of up to one hour are available for people with disabilities living in the local area and can be arranged to suit their individual needs. The sessions fees vary from

£15 – £35 per session, according to individual requirements and the level of instructor input.

Tailored programmes

David, *Activate's* Gym Instructor has been with Chaseley for nearly 25 years, and he tells us that "At *Activate* we are providing the local community with access to a safe public gym for people with disabilities, enabling them to use a wide range of adapted equipment specially designed to meet their needs.

"Each member receives an induction from me which includes setting up a programme of exercise tailored to their own specific exercise requirements and I can assist with setting up on the equipment if require, or they are also welcome to bring an assistant or family member to help them if they prefer.

"I enjoy working with such a diverse clientele group and feel privileged to meet so many interesting people



Trained staff on hand to assist.

who have allowed me to help them achieve their goals of improving their quality of life."

If you would like to know more about the outpatient services we have on offer at Chaseley or you want to know more about using our *Activate Gym*, please call the team on **01323 744200**.

Fundraising appeal

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 their website at:

www.virginmoneygiving.com/fund/Chaseley75thAnniversaryAppeal

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**

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

Today, The Chaseley Trust team delivers first-class long and short-term nursing, respite care and rehabilitation to approximately 150 residents with complex disabilities, who, without intervention, face a deterioration in their condition.

Chaseley is an independent, charity owned nursing home and their main source of funding comes from residents' fees, which cover the cost of their care package and contributes to the daily running costs of the home. Various commissioning bodies fund the majority of resident care packages and they have just 5% surplus to fund all their additional costs, including the upkeep of their beautiful building, upgrading their equipment, and to provide the extra social and recreational activities and services that enhance the comfort and well-being of their residents, which is why they rely on donations and fundraising.

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

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Your chance to buy Oliver's amazing drawings

LAST month we told you the amazing story of Oliver, a 12-year-old autistic boy from Eastbourne.

By **Peter Lindsey**; Images: **The eight postcards in the set**

He produces fantastic drawings.

Now, thanks to *Custard Design* who produce *Bournefree*, eight of his creations have been turned into postcards.

There are 100 sets of eight postcards for sale at £10 per set (includes postage) with **every penny going to the Eastbourne RNLI**.

Mum Anna said: "We are so thrilled that Custard has agreed to print the postcards free of charge.

"We are all very proud of what Oliver can do. It was always our dream to have the drawings turned into cards."

Andy Thomas, owner of Custard, said: "It is an absolute privilege. Oliver is an amazing young person."

To buy your postcards, please email: pete@bournefreemag.co.uk



Oliver with one of his drawings.



Fishing boat Angel Benita NN53.



On a Mission departing the lock for West Bridge.



Fishing boat Birling Gap NN267.



RX52 boat from the lock arriving at West Harbour.



Our W dive boat at Sovereign Harbour.



LNER 91116 departs Kings Cross.



Fishing boat Britannia NN791.



Eastbourne Lifeboat RNLI 16-23.

Your Liberal Democrat candidates for the local elections on 6th May

Your East Sussex County Council candidates



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the congested
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run community library
at Langney Shopping
Centre



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regularly



John Ungar
Old Town

Pressing for COVID
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before elderly are
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Experienced
community campaigner
working for local
residents



Kathy Ballard
Sovereign

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government support
for residents in flats
with cladding



David Tutt
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Democrat team at
East Sussex
County Council



Pat Rodohan
Upperton

Opposed the closure
of the walk in centre at
Eastbourne station



Hugh Parker
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local community

Your Eastbourne Borough Council by-election candidates



Josh Babarinde OBE
Hampden Park

Rolling up his sleeves
to vaccinate our area
against COVID



Kathy Ballard
Sovereign

Providing a strong
voice for the people of
Sovereign

Published and promoted by S Corin on behalf of Liberal Democrat candidates, all at 100 Seaside Road, Eastbourne, BN21 3PF. Printed by Custard, Lottbridge Drove, Eastbourne, BN23 6PH.

Working hard all year round for our community



Stephen Lloyd says: "It's more important than ever to vote at these crucial elections"

Voting in person or by post vital, says our former MP

"With crucial local elections taking place on Thursday 6th May, it's never been more important to make your voice heard. After years of Conservative cuts at the County Council, it's vital you make your mark in these elections. Our Liberal Democrat team are offering a positive vision for the future of our town and for East Sussex. Don't let the Tories sneak back in again - make sure you vote this time."

THE CRUCIAL CHOICE FACING RESIDENTS IN EASTBOURNE ON THURSDAY 6TH MAY

Conservative Failures and Council Tax Hikes

- Conservative-run County Council has hiked up its share of council tax by 49% in last 14 years
- Closed Children's Centres
- Closed Adult Care Homes
- Closed numerous Libraries and closed small Schools
- Cut millions from adult care and children's services
- Planning further cuts to Family Key Workers service which is a lifeline for many



A Liberal Democrat POSITIVE VISION

- Cut red tape and invest money into frontline services
- Protect the elderly and vulnerable
- Carry out COVID assessments before people go into a care home
- Maintain our library services
- Introduce pavement repair fund
- Carbon neutrality by 2030 - not 2050 that Tories & Labour voted for
- Improve support for special needs children across our community

With Labour out of the race locally, every vote will make a difference in the crucial local elections here on 6th May. The Liberal Democrat team are the POSITIVE choice for our town.

**Find out more about your Lib Dem Team at eastbournelibdems.org.uk
Tel: 01323 733030 Email: office@eastbournelibdems.org.uk**

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- * Inadequate Reserves
- * Debts 15x spending on services, over £5,000 per council taxpayer
- * Funding shortfalls projected for next 5 years
- * £12.8 million emergency HM Treasury loan
- * A toxic mix of Council Tax hikes, service cutbacks & asset sales

**On Thursday 6th May, don't risk
handing the keys to County Hall to a
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Hampden Park
Mozmil Hussain



Langney
David Small



Meads
Barry Taylor



Old Town
Robert Findon



Ratton
Colin Belsey



St. Anthony's
Nick Ansell



Sovereign
Penny Di Cara



Upperton
Nick Henderson



Willingdon & South Downs
Douglas Murray



EASTBOURNE BOROUGH COUNCIL CANDIDATES



Hampden Park
Luke Borland



Sovereign
Kshama Shore

**Vote Conservative
on Thursday 6th May**

eastbourneconservatives.org.uk



The woods are calling to take your blues away

THE 2021 Arlington Bluebell Walk is back for 2021, running from Monday April 12th until Wednesday May 19th.

It is incredibly popular and returns after 2020 was sadly cancelled due to the Lockdown.

Supporting charities

Different charities will benefit each day from the entrance fee but it is different compared to previous years, for obvious reasons.

There is a lower entrance fee with visitor numbers limited every hour as each visit must be pre-booked to ensure there is a robust Track and Trace record.

By **Peter Lindsey**

The Bluebell Barn cannot be used, which means there will be no delicious food on offer.

Beautiful Beatons

The one walk is through *Beatons Wood*, which is one-way round with a separate entrance and exit.

Arlington Church will stage its very successful Plant Sale and there will be extra toilet facilities and hand sanitisers

around the site as safety of visitors and charity volunteers is paramount.

Since January 2020, Emma Reece has been restoring the tranquil plantsman's garden and this will be open to the public for the first time in five years.

Owner John McCutchan is aware that "we are going into the unknown" but is positive about the opening this year.

Delighted to welcome

John said: "I am delighted to be opening on April 12th and thrilled that we can welcome back the general public to the *Bluebell Walk* once again.

"The past year has been so turbulent, and Covid has affected every one of us in some way, but the future looks brighter as more people receive their jabs.

"It has to be a slimmed down version for this year, to ensure the safety of our charity volunteers and our visitors.

To book your tickets, please go to: www.bluebellwalk.co.uk/tickets

“

Beatons Wood
is where you see
white anemones
followed by the
vistas of bluebells,
established over
centuries.



These are the charities to benefit in 2021:

Monday April 12th – Memory Lane Eastbourne.

Tuesday April 13th – The JPK Project, Eastbourne.

Wednesday April 14th – Heron's Ghyll Driving for the Disabled.

Thursday April 15th – Demelza Hospice.

Friday April 16th – Children with Cancer Fund.

Saturday April 17th and Sunday April 18th – Eastbourne AM Rotary Club.

Monday April 19th and Tuesday April 20th – Upper Dicker Church and Village Hall.

Wednesday April 21st – Demelza Hospice.

Thursday April 22nd and Friday April 23rd – Rotary Club of Seaford.

Saturday April 24th and Sunday April 25th – Air Ambulance Kent Surrey Sussex.

Monday April 26th – The JPK Project, Eastbourne.

Tuesday April 27th – Heron's Ghyll Driving for the Disabled.

Wednesday April 28th – East Sussex Foster Care Association.

Thursday April 29th and Friday April 30th – Chestnut Tree House children's hospice.

Saturday May 1st and Sunday May 2nd – Cancer Research UK.

Monday May 3rd – Memory Lane Eastbourne.

Tuesday May 4th and Wednesday May 5th – East Sussex Foster Care Association.

Thursday May 6th and Friday May 7th – Hailsham Lions Club.

Saturday May 8th and Sunday May 9th – Hailsham Rotary Club.

Monday May 10th and Tuesday May 11th – Hellingly School PTA.

Wednesday May 12th – Demelza Hospice.

Thursday May 13th and Friday May 14th – Eastbourne Samaritans.

Saturday May 15th and Sunday May 16th – Canine Partners.

Monday May 17th – Hailsham Rotary Club.

Tuesday May 18th – Rotary Club of Seaford.

Wednesday May 19th – Upper Dicker Church and Village Hall.

For more details, please go to:
www.bluebellwalk.co.uk

“Nevertheless, we look forward to a successful time from April 12th until May 19th, and of course it is local charities which will benefit each day.”

Book early

A pre-booking system has been introduced so that every hour from 10am until 4pm each day, a maximum of 65 visitors will be allowed.

The Information Kiosk will be located at the farm entrance gate for charity volunteers to check that only visitors with booked and paid slots can enter.

Adult entrance fees have been reduced from £6 to £5 with no separate concessions or family prices. There is a £2.50 entrance fee for children aged between six and 16.

Arlington Bluebell Walk
Tye Hill Road, Arlington,
Polegate, East Sussex BN26 6SH
Telephone: 01323 485151



Lower Pond at 5.00am by Peter Goldsmith.

To book your tickets, please go to: www.bluebellwalk.co.uk/tickets

ignite

PR & Engagement



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

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We can help you devise engaging and creative PR campaigns using traditional media, social media and films. Whether you need to promote a new product, showcase an event or simply tell your clients all about you and the great work you are doing – our team of media experts are here to help even when things don't go quite according to plan.

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Support with Your Community and Stakeholder Engagement

We can support the work you do in your communities to ensure you are getting the most from your charity and community partnerships. Together with our expertise we can deliver measurable success that will boost your profile with your existing and future customers.

PR Campaigns

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

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



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Family-run Carvers now open in Eastbourne serving up ravishing roast dinners



AN exciting new food delivery service has opened in Seaside, Eastbourne.

By **Peter Lindsey**

Ravishing Roasts are the order of the day at the family-run business Carvers.

It prides itself on delivering a freshly home cooked roast dinner to your door.

All ingredients are locally sourced from Smithers Butchers in Hellingly, a family-run business farm.

It's not just roast dinners

Carvers has a selection of gravy dinners.

These include:

- A very tasty Shepherd's pie with shredded meat and mash,
- vegetarian cheesy bake,
- and a large Yorkshire packed with all the roast trimmings!

Secret weapon

As for the gravy, it really is 'our secret weapon' and adapted to whichever meat you decide on.

Desserts change weekly and there is also a delicious cheese and biscuits platter available.

Book early

Pre-ordering is favoured as Carvers like all their meals freshly cooked to a high standard, delivered to you at a time of your choice.

To order, and/or for more details, call **07840 437726** or **07591 554138**.

Carvers also has a very popular Facebook page **@Carvers Eastbourne**.

Family run

Owner Paul Russell said: "We are so excited to launch Carvers. It's family-run and we are determined to make it a great success.

"We are confident that word will spread quickly and our reputation will grow in a very short period of time.

"We care, we are very passionate about what we produce, in particular with our roasts and gravy.

"But we offer much more than that.

"Give us a try. You won't regret it."

CARVERS

ROAST DINNER

Meat of your choice, Our fluffy golden roast potatoes, Sage and Onion Stuffing, A selection of vegetables including roasted carrots, cabbage, peas & Carver's secret weapon... Thick homemade gravy, adapted to whichever meat you fancy.

	ADULTS	KIDS
Chicken	11.95	5.95
Beef	13.95	6.95
Lamb	13.95	6.95
Mixed	16.95	

Family Deal

Serves 2 adults & 2 kids

Chicken	32.50
Beef	37.50
Lamb	37.50

MAINS

GAMMON DINNER 10.95
Slow cooked gammon, served with a selection of veg and a side order of our creamy cheesy mash.

STUFFED YORKIE 9.95
As an alternative, why not try our "stuffed large yorkshire", filled with all the above and oozing with our secret gravy.

SHEPHERD'S PIE 9.95
Lean mince, diced carrots and onions, soaked in our secret succulent gravy, layered with creamy mash, topped with cheddar cheese.

VEGETARIAN OPTION 8.95
Consisting of broccoli, cauliflower, carrots, onions, garlic, baked in the oven in a rich cheese sauce, topped with breadcrumbs and mature cheddar.

MEAT 'N' MASH 8.95
Shredded meat of your choice in mash potato (buttered or cheesy) & a tub of gravy

Desserts

Desserts changing weekly, please ask for this weeks selection.
From 2.95

Cheese & Biscuits

1 person Cheese Platter	3.95
	7.50

ON THE SIDE

(family size portions)

1. Pigs in Blanket	4.95
2. Roasted honey glazed parsnips	3.95
3. Cauliflower cheese	3.95
4. Roast potatoes	3.95
5. Mash (Cheesy, Mustard or salty buttered)	3.95
6. Stuffing balls x2	1.50

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TERMS & CONDITIONS: Minimum order for delivery £15.00, Orders from BN24, BN25 & BN26 will incur £3 delivery charge with a minimum order of £15. Great care has been taken to remove bones from the meat Although some may remain.

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Carvers Eastbourne

Call now to order: **07840 437726** | **07591 554138** | **74 Seaside, Eastbourne BN22 7QP**

Wheatsheaf WOW factor

THE Wheatsheaf pub in Willingdon is open from April 12th – and wow, it's going to be THE place to go for food and drink this year.

By **Peter Lindsey**

Landlady Karen Clapton has invested massively into the pub on Church Street and she's delighted with the outcome.

Now Karen and her warm, friendly team can't wait to reopen their doors.

Absolutely fabulous

Karen, who has been Landlady since February 2019, said: "The Wheatsheaf is now looking absolutely fabulous, and we are so pleased to be able to welcome our valued customers back.

"And they will see a huge difference when they return to us. We have made a vast investment in what we offer and now we want to show off our very best."

During Lockdown one, Karen ran a Community shop from the pub, mainly consisting of food parcels. They had around 200 regular customers.

She also saw that time as an opportunity to improve *The Wheatsheaf* – and improve is a total understatement.

A brand-new kitchen was built, new toilets, a revamp of the garden area, new electrics, new plumbing and making sure it was 100 per cent fire compliant.

Welcoming hub

Karen decided she wanted to make *The Wheatsheaf* 'The hub of the village, a welcoming pub with everything you would expect; friendly atmosphere, fantastic food menu with wines, spirits and ales to match'.

During Lockdown two, the outside Barn was converted into an amazing dining area for up to 25 people. It's a beautiful area to dine in.

Beautiful exterior areas

Plus, more investment was made into expanding the outside area, and a covered shelter beautifully designed with heating.

Since Christmas there has been even more work on the outside area, including new lighting and a fully decked area, and all the floors inside have been re-varnished.

Fresh and new

Fresh fruit and herbs are also now grown in the garden, which will be used by the chefs.



Part of the extensive refurbishment under construction.



The quirky Barn area.

The Wheatsheaf can now safely accommodate 120 people outside from April 12th, and Karen is so excited.

She said: "We have a new Head Chef and Second chef and we are offering an all-day food menu in our outside garden and terrace from noon until 9pm Sunday to Thursday and noon until 10pm for Friday and Saturday.

Second to none

"The customer service will be second to none.

"Soon we will also have an outdoor oven cooking pizza and paella, and we will also be offering cocktails and mocktails.

"We have a lovely waitress team, and I could not be prouder of them."

Karen is also relaunching her new coffee shop in April from the pub. There is a separate area to the building for this.

Karen said: "We have a new Barista and we want to open the coffee shop for our locals and also the walkers around Butts Brow.

"There will be breakfasts, frappes and milkshakes as well as healthy alternatives and top-quality ice cream.

"I also want to say a huge thank you to the locals for their amazing support during this past year."

Visit:

**2 Church Street, Willingdon
BN20 9HP**

Tel:

01323 502069

Website:

www.thewheatsheafwillingdon.co.uk

Facebook:

@WheatsheafWillingdon

Instagram:

TheWheatsheafInn_Willingdon



Ready for the summer nights.



The Old Oak is back

AFTER well over a year and one or two false starts, the *Old Oak Inn* in Arlington can finally throw open the doors to its sheltered but spacious south facing beer garden on Monday 12th April.

By **Gail McKay**

Landlady Kate Maynard and her husband, bought the popular country pub situated right opposite *Abbots Wood*, at the end of November.

"We were able to open for substantial meals for the first three weeks of December but then came the lockdown on Boxing Day. It was, however, a great opportunity to meet many of the locals and to showcase our new menus. We have

been doing takeaways Thursday to Sunday ever since and they have become increasingly popular as word gets around."

Perfect fit

Neither Kate nor her husband Paul, have been involved in the hospitality sector before, so what prompted them to buy a pub in the middle of a pandemic? "Good question! To be honest, when we heard the pub was on the market, we knew we had to go for it — although persuading banks to lend on a pub at the current time was something of a challenge. There is no other pub we

would have contemplated buying. Our families have been going to the *Old Oak* for generations and it seemed a perfect fit."

Steeped in history

What else was it about the *Old Oak* that made it stand out? "Well, the character of the building itself for a start — low beams, inglenook fireplaces with real log fires and a genuine cosy feel about it. It was built in 1733 and started life as a poor house. There is history everywhere — even in the oak engravings embedded in the bar which depict the history of the pub in four different eras.

Stunning views

Apart from that, it is the location. There are views from the garden across the Cuckmere Valley towards Wilmington and Firle but of course, literally on the doorstep is *Abbots Wood*, which is about to spring into life with its renowned carpet of bluebells. During the latest lockdown and as the weather started to improve, the pub has become increasingly popular with walkers, dog owners, horse riders, cyclists etc and many choose to start or finish their journey with one of our takeaways or hot or cold drinks."

Fine food for all

In terms of their ambitions for the pub, Kate added, "We were thrilled to recruit our Head Chef Alex Jones, who was trained in a Michelin starred

kitchen and who has cooked and travelled around the world, including New York, Japan, France and Canada. The pub has always had a good reputation for food and wine but we want to try to lift the standard of the food by a notch or two if we can. It won't immediately become a 'fine dining' establishment — we will still be doing pub classics but perhaps with a modern international twist. We'd be pleased if people started to regard the Oak as a 'gastro pub'. Despite only opening on 3rd December the pub has already had some rave reviews on social media.

Five star rating

The pub now boasts a brand new wine list with an eclectic and carefully selected range of new and old world wines, with some unusual bottles from places such as Judea and Romania. Most are reasonably priced but for those who want to splash out in style there are some top wines "from the owners' cellar".

The new owners have also invested in new chairs and solar lights for the garden as well as a new floor in the kitchen — essential to maintain the pub's five star food hygiene rating. Beyond that there is talk of a beer and cider festival and bringing live music back to the Oak — watch this space.

**Caneheath, Arlington,
East Sussex BN26 6SJ**

01323 482072

**info@oldoakinnarlington.co.uk
www.oldoakinnarlington.co.uk**



The spacious south facing beer garden.

Health&Wellbeing



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Do you have vitamin D deficiency?

VITAMIN D is arguably the most important vitamin for people living in the UK, but most of us are not receiving enough. According to statistics collected by Forth, 74% of the population has insufficient vitamin D levels, with 27% being critically low.

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

The British Nutrition Foundation labels the low levels of vitamin D in the UK as “extremely concerning.”

Vitamin D and our genes

Vitamin D is unique in that it is both a steroid hormone and a fat-soluble vitamin that can regulate thousands of our genes. We have receptors for vitamin D in almost every cell in our body. According to *Healthline*, when vitamin D connects to their receptors on our cells it regulates the genes by sending signals to turn genes on or off.

With its connection to our genes, it is no surprise the importance of having a sufficient amount of this vitamin. Not receiving enough vitamin D contributes to many health effects. Studies from the *Journal of Evidence-*

Based Integrative Medicine have shown that vitamin D deficiencies are linked with bacterial and viral infection, autoimmune diseases, skeletal disorders, chest infections, cancer, hypertension and cardiovascular disease. Vitamin D has also been shown to reduce oxidative stress in our body that reduces our risk of blood clots and even lower the risk of depression. One study showed that 96% of people who had heart attacks were deficient in vitamin D.

People most at risk of having vitamin D deficiency are the elderly, those with darker skin tones or those suffering from obesity. The elderly do not have the same ability to create and process vitamin D as younger people, and those with darker skin

tones naturally need higher levels of vitamin D. Since vitamin D is a fat soluble vitamin, fat absorbs vitamin D, leaving little left to be used by the body in those that are obese.

Vitamin D and COVID-19

Vitamin D's role with reducing chest infections and viral infections is likely why there is a direct link between it and the severity of COVID-19, as several studies have shown over the past few months. Over 80% of 216 COVID-19 patients in a hospital in Spain were found to have vitamin D deficiency, according to a study published in *Journal of Clinical Endocrinology & Metabolism*. The evidence has shown that vitamin D is especially important in the inflammation response that occurs during the later stages of COVID-19, when severity can increase. A meta-analysis showed vitamin D deficient people were 3.3 times more likely of being infected and five times more likely of developing severe symptoms of COVID-19.

Don't count on the sun

Many people receive the majority of vitamin D from the sunshine. When people do not get enough sunshine, they begin to accumulate cholesterol, since it is not being converted into vitamin D through sunlight.

However, England is above the 37 degrees N latitude line, which means the sun is positioned in the sky in such a way that we don't receive any UV-B rays from the sun between October and March that allow our skin to convert cholesterol into vitamin D. Even during the summer months we receive little UV-B rays due to coastal cloudy conditions. Using sunscreen on our skin further blocks out the skin's ability to create vitamin D.

“

Over 80% of COVID-19 patients were found to have vitamin D deficiency.

Vitamin D foods and supplements

The only way we can receive vitamin D during these months is either through supplementation or through our food, like sun-dried mushrooms, oily fish, egg yolks and milk. However, food is unlikely to contain the high levels of vitamin D that we may need and supplements are needed.

Vitamin D₃ is the recommended and more natural form to take as a supplement. The other form is vitamin D₂, which is often added to fortified foods and milk and found in most multivitamins. Vitamin D₂ is a synthetic product obtained by the irradiation of plant sterols that is not as effective, and studies have shown it may even increase mortality rates.

The NHS currently recommends taking only 400 IUs a day of vitamin D. But recently, the *Institute of Medicine National Academy of Sciences* raised the upper intake of vitamin D to 4000 IUs a day. Some studies see results with as much as 10,000 IUs a day with someone deficient in vitamin D.

How much should you take?

Due to age, skin tone and weight factors, each person will absorb vitamin D at different rates. To find the correct amount of vitamin D for you, speak to your GP or professional about having your vitamin D levels tested and ask them about the correct dosage that is best for you.

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

www.modern-healing.co.uk

From a bank to a centre for wellbeing

FOR many years it was the NatWest Bank in Hampden Park.

By **Peter Lindsey**

Now 23–25 Brassey Avenue has been transformed into The Old Bank Wellbeing Trust.

The not-for-profit company is run by directors Claire Howell and Dani Guy, both qualified counsellors.

They offer a wide variety of counselling and psychotherapy services in a safe, warm, simple, confident and confidential environment.

Growing

There is a team of 25 counsellors – and growing.

So too is the number of people who are accessing the services, at present around 120 but also going up as well.

Claire said: “Myself and Dani were both associated with the *Shinewater Shaftesbury Centre Trust*, and when that sadly closed in 2019, we decided to set up ourselves.

“We started renovating the building in September of that year and our model was always a low-key start to develop our offering.

“We had planned to open in Easter 2020 but that was, of course, not possible due to the national Lockdown.

“We finally opened in June last year and currently offer both face to face and online sessions to individuals, couples, children and young people.

“Our aim has always been to be affordable, fully accessible and discreet.”

For all

People can access their services for a wide range of issues through counselling and psychotherapy services for individuals and couples together with art therapy and talking therapies for children and young people.



Claire Howell.



Dani Guy.

Dani said the service is very client focused.

She said: “We realise how important relationships are when it comes to counselling and psychotherapy.

“Our prices vary, depending on whether you access one of our highly trained counsellors or a number of student counsellors we also have on their placements. The range is around £15–£60 an hour and we are developing a bursary fund to assist clients who otherwise would not be able to access our services.

Working together

“We also work with a number of charities, providing support to some of the people they support and engage with.

“One is *Mankind*, an excellent charity in Eastbourne.

“We are happy to work with other local charities where there is a specific need.

“At present, around 50 per cent of our clients are men and 50 per cent women and most of the clients so far have come from recommendation and word of mouth.”

The Old Bank will also be offering four-week courses for young people where students’ wellbeing is more important than ever after Lockdown.

Open for you

The Old Bank is open seven days a week and open to all. It’s the chance to talk to someone.

Training of first aid for mental health will resume after Lockdown.

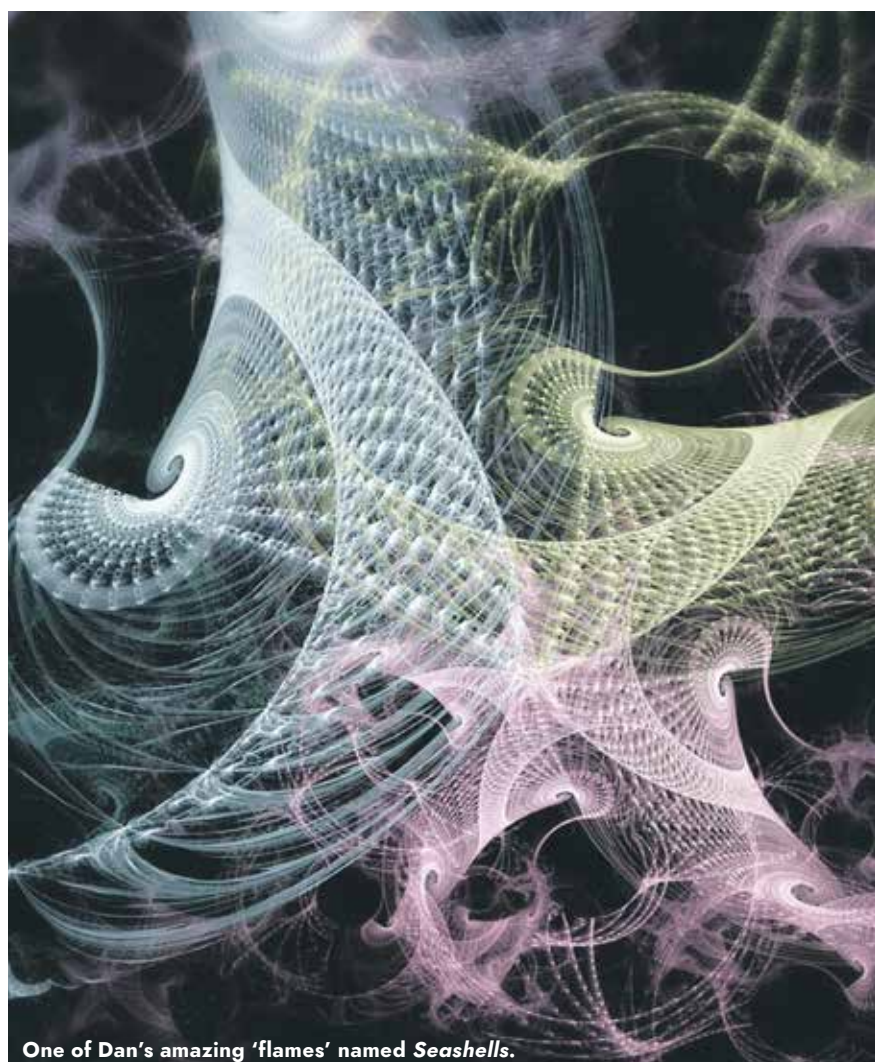
All counsellors are members of professional counselling bodies and adhere to the ethical principles of *The British Association of Counsellors and Psychotherapists* (BACP).

For more information, please email: info@theoldbankwellbeing.org.uk or call **01323 502827**. You can also text **07737 570702**.



Comfortable rooms.





One of Dan's amazing 'flames' named *Seashells*.

Creating special flames for a special charity

MENTAL health awareness is probably at its highest level ever.

By **Peter Lindsey**

Lockdown has meant a real challenge for so many of us.

Dan Drynan from Eastbourne decided to do something about it.

The result? He has been producing some very special flames.

Dan explains: "Before the lockdown, I was a local photographer, shooting the odd live band here and there, mostly landscapes.

Original love

"When the second lockdown was in full swing, I fell back to my original love of graphics and design, producing fractal art.

"I have always been an advocate against suicide prevention, and in 2018 I researched a charity called the *National Suicide Prevention Alliance*.

"Since then, I have been producing what's known as 'flames' as a way to generate a fair means donation for the NSPA.

As far as possible

"You donate to an extremely valid cause in exchange for a wallpaper for your phone or anything else you may want one for.

"With mental health awareness at possibly its greatest all-time high, I wish to promote this message as far reaching as possible."

To view the artworks, please visit: www.circana.co.uk/flames



Colourful piece named *Sorcery*.



Another incredible 'flame' named *Cubits*.

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Smarter ways of getting your price

ONE of an estate agency's fundamental tasks is to secure the highest price that an able purchaser will pay for your property in a given market.

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



In an ideal world, we would have a hot-line to Camelot who would feed us with a regular supply of lottery winners prepared to pay ridiculous prices for modest properties. Unlikely, but we're working on it!

Archaic system

In the real world, most estate agents operate using certain procedures and

protocols that have been employed for decades, if not centuries. In addition to the somewhat archaic system of property transfer we have in this country, there are traditional elements of the sales process that have become "the norm".

Examples of these include the way in which viewings are conducted and how buyers and sellers are treated,

both of which could do with a concerted makeover nationwide.

Counter productive

The most obvious example is the way in which prices are maximised. As an industry, estate agents have facilitated a culture of offers below the asking price in this country, which is surely counter productive to the seller's primary objective.

Promoting offers below the asking price encourages sellers to quote ambitious prices in order to accommodate low offers, which in itself can reduce the number of viewings.

Offers below the asking prices should be regarded as a failure, not a success.



The solution

Our reputation thrives best, not on a culture of satisfied clients, but of delighted ones, and we find this is achieved when we submit offers in excess of the asking price.

There are several ways of achieving this, using well-proven and highly strategic marketing initiatives. It would certainly be un-commercial of us to detail these here, but when the time comes for you to sell, we recommend you question your agent

“

In fact, over 90% of our sales exceed the asking price!

as to strategy behind "quoting an asking price" and how they will methodically achieve the very highest price the market will pay.

Why not contact us for bespoke advice and we'll let you in to a secret or two!

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Ginger & Sanders are delighted to offer this DETACHED BUNGALOW in the popular Birds Estate of Langney.

Close to local shops and bus routes. The property comprises of an entrance hall, lounge/diner, kitchen, two bedrooms and shower room.

The property further benefits from a private rear garden, single garage and off-road parking for several cars.

The property is being sold CHAIN FREE. An internal inspection is highly recommended.

For full details please visit:
www.gssalesandlettings.com/properties-for-sale



£324,950 Freehold



High View Court, Silverdale Road, Eastbourne, East Sussex BN20

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richard.brook@localagent.co.uk
www.openhouseeastbourne.co.uk

Hyde Tynings Close Meads, Eastbourne East Sussex

Occupying an elevated position which enjoys magnificent views across Meads towards the sea, this modern four bedroom detached home provides bright spacious accommodation.

In excellent order throughout, including open plan sitting room and dining room with access to southerly facing balcony providing superb panoramic views, en suite shower room to master bedroom and contemporary fitted kitchen with separate utility room. The property sits at the foot of the South Downs, the rear garden enjoys raised decked terrace which also has superb views, and off street parking is provided by the driveway and double garage.

This property is CHAIN FREE.

For full details please visit:
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Make Mine Marvel

'MAKE Mine Marvel' was not only a brand in its heyday – but a badge of honour for the super fans of Marvel Comics all over the world who, in turn for sending in their storyline ideas, would get a shout out in the comics regular letters column, entitled, *Make Mine Marvel!*

By **Samuel Kavakli**

Today, the comics are still hugely popular but the focus is now centred around the Marvel Cinematic Universe, one of the highest grossing film franchises of all time, with over 20 films to its credit so far!

The characters are unique, the storylines are powerful and exciting and the plots always leave the fans wanting more, ending with an air of

mystery that will always be linked to the next... As a self proclaimed superfan myself, please allow me to take you on a journey of four of my favourites and see if I can tempt you to delve into the world of Marvel yourselves!

In the beginning

Since the release of *Iron Man*, their first film, back in 2008 – the comic books have truly been brought to life! Even their loyal Comic book readers could not deny that the changes made to characters and the tweaks to original storylines were not only necessary but worth it in order for

them to appeal to a cinema audience. On becoming a fan of the MCU, there are certain Marvel'arities you will soon become used to.

Teasers

Not only must you look out for a surprise cameo appearance in each film from the late, great Stan Lee – you must also have a degree of patience. At the very end of almost every set of end credits, you will be teased with an extra scene, almost certainly leaving you with a cliff hanger and simply desperate for the next film to be released!

Something for everyone

I have only touched on four of the 20 films in the series and for some people watching so many films may be too much, however I guarantee that once you watch one, you will be hooked and will want to know more! If watched in the correct order, the characters genuinely come to life in your head and the expertise of the story writers that link all the films together will become apparent. There really is something for everyone, so give them a go and delve into the world of the Marvel Cinematic Universe...



Wakanda forever!

No movie of this generation has ever represented the black community better than this amazing film!

Fans were introduced to T'challa in "*Captain America Civil War*" and left eagerly wanting to know more about the future King of Wakanda. T'challa takes his throne and the role of the Black Panther that comes with it. So, how serious is the threat to his kingdom? And will the arrival of his cousin Erik Killmonger, intent on overthrowing the rule of the land become yet another threat to Wakanda! This movie delves into a world of superpowers and tribal cultures using some awesome technology and amazing action scenes.

I would give this film a **7/10**



A comedy/action genius?

So many characters and so much detail! This film is a dream for many Marvel fans.

The first two Thor films brought some criticism so fans had huge expectations for this one. Superhero films can often be considered too serious and complicated so this film changes the mould by adding humour and a light hearted approach. Audiences watch as Thor faces two of his biggest challenges yet: overpowering his villainous older sister Hela and Ragnarok (the destruction of his Asgard, his home). Will Thor and his team be able to stop both from happening? You will certainly enjoy this action, comedy finding out!

I would give this film a **7.5/10**



The biggest battle yet?

In this spectacular, many of our favourite characters finally come together to achieve one goal, one threat to the Universe!

Namely, THANOS! A purple titan who plans to create his ideal of "peace" by wiping out half of the universe. To do this he needs all six Infinity stones; each one having its own unique power and leaving him unstoppable! The Avengers, The Guardians of the Galaxy, Spider Man, Dr Strange and Black Panther come together in this jaw dropping episode to take on Thanos and the Black Order, preventing him from causing any more damage than he already has! But will Thanos be successful?

I would give this film a **8.5/10**



Is it the Endgame?

So, with half the Universe wiped out, including many heroes, those that remain, have their hardest challenge ahead.

Iron Man and Captain America must reunite and lead the new avengers against Thanos but it soon becomes apparent that the stones have been destroyed! Five years on, and the damage is still undone. That is, until Ant Man, who is assumed dead, escapes from the Quantum realm. He finds the Avengers and together they investigate time travel in the Quantum realm. Will they succeed and bring back all those who were wiped out? A mission as dangerous as this will mean sacrifices, so will our heroes succeed? The action in this film is indescribable and the ending itself, superb!

I would give this film a **9/10**

Opening doors of inspiration at newartgallery

WE all look forward to Christmas Day and Birthdays, for obvious reasons of family gatherings and exchange of gifts but as things have changed so much we are so very much looking forward to Monday 12th April at 11 o'clock. That is the day that we can open the doors to *newartgallery*!

By **Peter Patterson**

It has been a long year for all of us but *newartgallery* is here to cheer us into 2021 and looks forward to welcoming visits from browsers, gift searchers (Birthday opportunities!), art enthusiasts and those looking for inspiration to fill a gap on a wall or a shelf.

Specialist collections

The gallery specialises in shoeing intriguing and inspiring collections. I began my gallery 'career' in Essex, where I showed paintings from the *Basildon Arts Trust* and other local artists in the *Eastgate Shopping Centre*. When my family and I moved to East Sussex, I moved the gallery to Alfriston. It was a happy and very interesting time where many Sussex artists were introduced to me, local people and visitors.

The gallery moved from Alfriston to central Eastbourne in mid-2020 but has effectively been closed for a year, most of the time with work in storage. It is with the greatest of pleasure that the works are now on display for the delight of everyone to come and see!

Something for everyone

The gallery offers a huge range of original art works from a variety of artists in a range of media including water colour, ceramics and photography. There are portraits,

landscapes, and pencil drawings as well as pottery, porcelain, and photos printed on aluminium.

Like so many other businesses lockdown has been tough but over the winter I have not been idle. It has given me time to re-decorate and re-hang paintings and improve the display and storage for the paintings.

New at newartgallery

I have a new Director, Ian Shearer. He runs 'Fizz on Foot' walking tours, as well as wine tasting and tasting dinners. Ian has a very good collection of art and he also prepares stained glass, making him a good partner.

I have also met four new artists, that I will be showing. *Liza Macintosh*, *Brenda Hartnell*, *Simon Desmond*, *Elda Abramson*. Here are samples of their work.

Although the Gallery is smaller than when I was in Alfriston, I plan to have occasional exhibitions of artist's work in the *Hydro Hotel* so there will be plenty of opportunities for everyone to come and see what is on offer.

That special piece

If you come and see what is on offer and you don't find something quite right for you please do let me know and I will be happy to help you find that special piece.

We are open seven days a week and look forward to seeing you in our gallery.



Lovers by Simon Desmond.



Stratus by Liza Macintosh.



Rookery Oak by Brenda Hartill.

newartgallery

**7 Hyde Gardens, Eastbourne,
East Sussex BN21 4PN**

01323 406442

07970 549873

info@newart-gallery.co.uk

www.newart-gallery.co.uk



Photo by Elena Mozhvilo.

Keeping artsy and active

CLICHÉ though the saying may be, keeping active is essential to a healthy body and healthy mind. Whether you like to indulge in an old hobby or start a new one, it is vital to find something to do.

By **Rachel Lucas**

Learn a language

Learning a new language improves memory, critical thinking, concentration and listening skills. If that wasn't enough, being multilingual helps to advance your career. Knowing a second language can give you a substantial advantage—regardless of sector or skill level. Whatever your career aspiration — with language skills, you're ahead of the crowd!

Those who are bilingual, have made their fair share of mistakes — often in front of an audience. It's an inevitable part of the learning process! Learning a language means moving out of your comfort zone. Although, when you speak with someone in their native tongue, you'll see why it's worth it.

Online resources like *Duolingo* are super easy and free to use! If you

prefer a human touch, message a friend, and learn from them. You may even want to learn together.

Meditate

Meditation is a great way to destress while still engaging your brain. Though a common form of meditation is mindfulness, you may be more active or not want to sit still for so long. There's no need to worry as there are many types of ways to meditate. Colouring is an effective form. Through repetitive strokes, many calm down and begin to focus on what they are doing only. This method can be an easy way to quiet the mind. If you are considering using this form of meditation, you can easily find virtual and printable mandalas online to use. I recommend sources like www.coloringcrew.com

Painting rocks!

Trails are appearing all over the country decorated with painted rocks. This appearance isn't any mistake. Families all around the UK are painting rocks, and it's easy to

see why. Painting rocks is an easy way to be creative and feel part of a community. Grab some paint and stones and get creative! Once you have completed them, add them to a path or create your own trail with your neighbours! Easy, cheap and safe way to interact and have fun at all ages. (Besides, if you make a mistake, you can wipe it off!)

Scrapbooking

If you have photos and cut-outs or memories hidden away in boxes, why not get creative and create a piece to be proud of? Making a scrapbook is rewarding. Not only can you show off your skills to your friends, but you will be creating an item that you can pass down and around your family. Activities like these are a simple way to gain new hobbies and have something to hold in your hand at the end of it. Some basics to start scrapbooking is some paper, pens, glue, and scissors. Of course, you can add anything else though, glitter and stickers are my go-to! For inspiration, look at some Pinterest boards and get scrapbooking!

Upcycling

Upcycling is a great way to get into DIY. You can turn old water bottles into plant pots and even turn old clothes into rugs and tote bags! This hobby is a great way to stay active for our eco-friendly readers. Upcycling is also a great way to save money! Instead of buying new pencil holders, why not decorate an old jam jar or tin? The benefits of crafts are endless; a few are better hand-eye coordination, improved mood, and new skills. No matter your age or situation, no one among us cannot benefit from upcycling and reusing.

Rick can't wait to get back!

EASTBOURNE

singer songwriter and saxophonist Rick Bonner has entertained audiences far and wide for more than 30 years.

By **Peter Lindsey**

He's very popular locally and can't wait to get back performing after Lockdown.

Already booked is *Printers Playhouse* in Grove Road on Friday June 11th.

Tickets will be in table bubbles and £5 each.

You can book by emailing: **info@printersplayhouse.co.uk**

Rick plays in pubs and clubs as well as at private functions and parties.

On April 30th, when dear Captain Tom Moore would have been celebrating is 101st birthday, Rick will sing a 'That's Life' dedication on his Facebook page.

To book Rick, call his promotor Mary on: **07723 444209** or email: **marylaxton70@gmail.com**

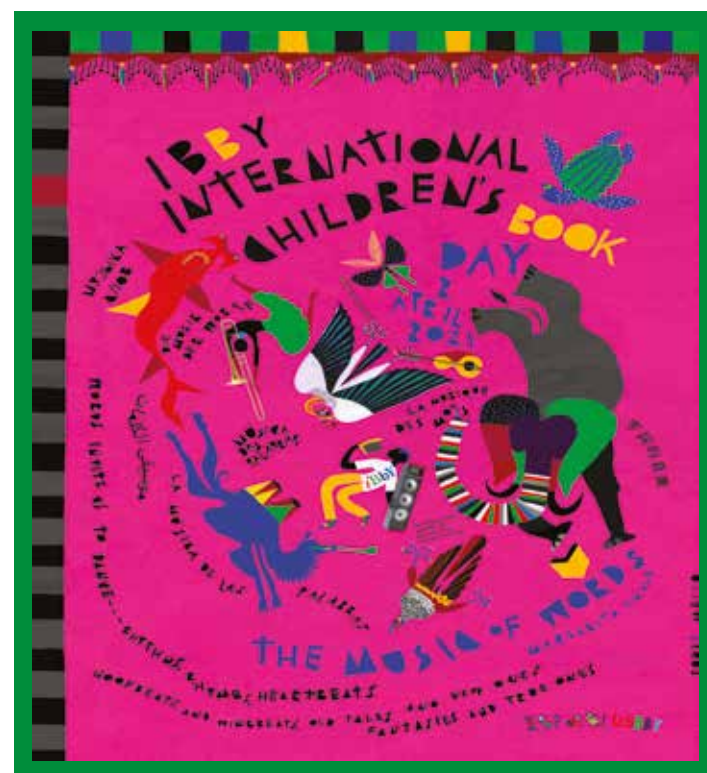


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Local authors give free books to celebrate International Children's Book Day



THREE Eastbourne authors, husband and wife Tony and Heather Flood and Francis Wait, are giving away free copies of some of their books throughout April.

By **Peter Lindsey**

This special offer includes a FREE copy of Heather's acclaimed *PURPLE MIST* – an out-of-this-world adventure!, and Tony's *SECRET POTION*, recommended for Harry Potter fans by best-selling author Jessica Duchan.

Both soared to the top five in their respective Amazon categories for fantasy adventures.

If you would like FREE e-versions, just email Heather and Tony at: tflood04@yahoo.co.uk and they will reply, sending them to you as an attachment.

Francis Wait, who is also a member of *Anderida Writers*, is following Tony and Heather's example by giving a complimentary e-version of his children's book ***The Magical Pendant of Perdania***.

This fantasy adventure has been written under the name Francis Jaycee, and you can receive a free e-version by emailing Francis at: franciswait29@gmail.com

Heather comments: "Francis, Tony and I thought this would be a great way to celebrate *International Children's Book Day* and encourage youngsters to read."

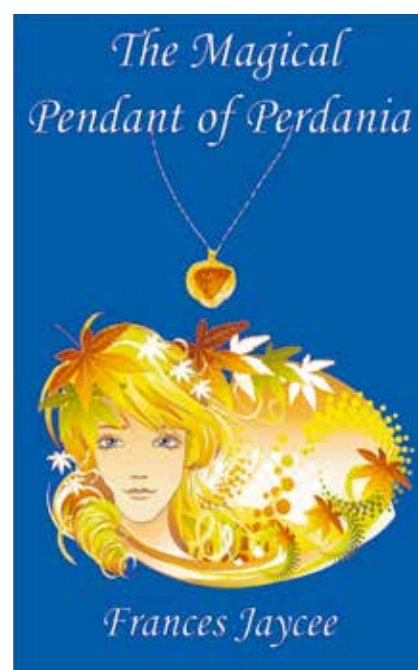
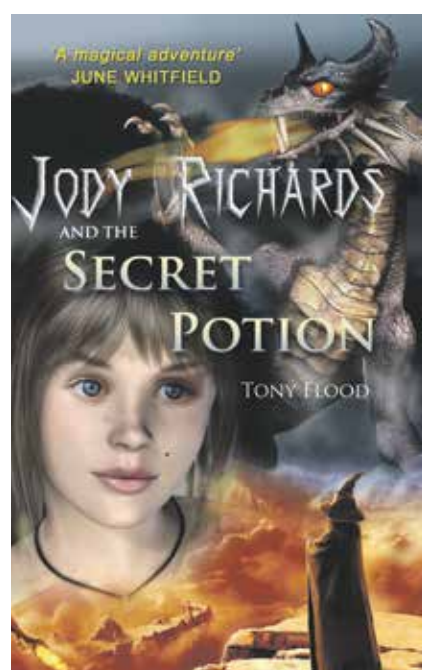
Meanwhile, Heather has just launched the latest book in her popular *Mousey Mousey* series for young children – *Mousey Mousey and the Witches' SECRETS*.

It features a host of wonderful characters, including talking animals, the mischievous witch Agatha, her comical friends Stinkblob and Mouldy Knickers, and the Hook Nosed Giants.

Best-selling author Ellie Dean says all young boys and girls should love this latest *Mousey Mousey* adventure.

Signed copies of Heather and Tony's books can be obtained by visiting www.fantasyadventurebooks.com and www.celebritiesconfessions.com

They are also on www.amazon.co.uk together with paperbacks and e-versions by Francis Wait.



“When we read, our minds grow wings. When we write, our fingers sing.”

– Margarita Engle

What amazing images from young Toby

TOBY Godfree is only 15 and has created some stunning images.

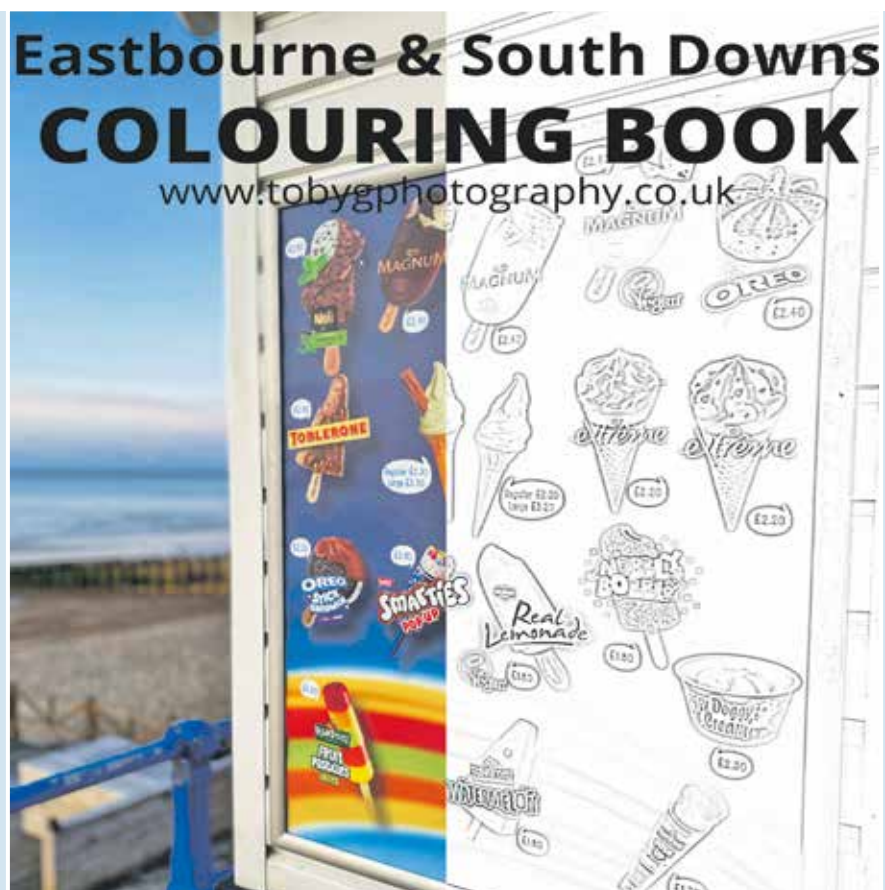
By **Peter Lindsey**

He has just produced an Eastbourne and South Downs Colouring Book.

It is 40 pages and is great for "Lockdown Days."

He posted on his Facebook page: "I really hope you like it and if you want to have a closer look please visit the books page on my website."

www.tobygphotography.co.uk/books



Playhouse back with fantastic new play



PRINTERS Playhouse in Grove Road, Eastbourne reopens its doors on May 22nd.

By **Peter Lindsey**

It's a fantastic live music and theatre venue in the centre of Eastbourne with a great atmosphere and a large selection of top quality drinks.

Lighting up

A spokesperson said: "What a year it's been for theatres everywhere."

"We are so pleased that there is now a light at the end of the tunnel as we can slowly and safely begin to open up again."

World premiere

"We're celebrating our theatre reopening on May 22nd with the world premiere of a fantastic new play 'Treble Twenty' by Scott Kingsnorth."

"We will still be 'bubbled' at that point so tickets will be very limited so please get booking now!"

info@printersplayhouse.co.uk
<https://fb.me/e/9E1d8eMNM>



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**

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

- ACOUSTICS

APPLAUSE

BANG

BLAST

BURST

CHANGE

DEAF

DECIBEL

DOMINANT TONE

EARDRUM

ECHO
- ELECTRONICS

FREQUENCY

GONG

HEADPHONES

HEARING IMPAIRED

HERTZ

INSTRUMENT

LOW

MONOTONOUS

MUFFLE

NOISE
- REPEAT

SHRILL

SONG

SOURCE

SPEED

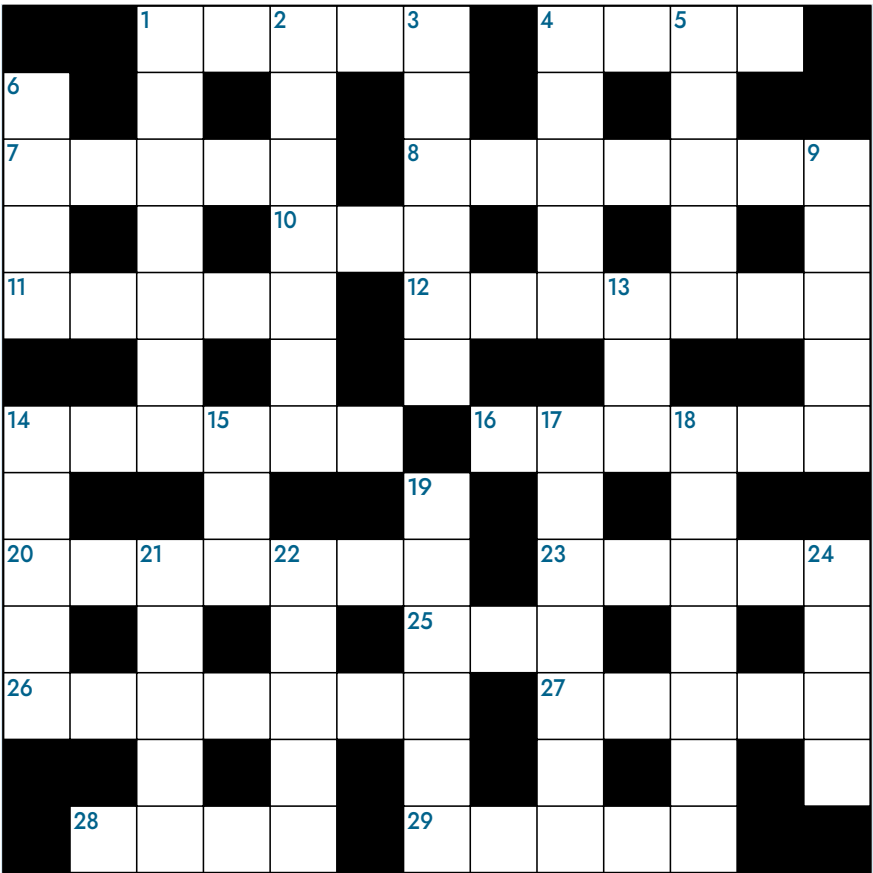
SPURT

STEREO

TALK

THRESHOLD

THUNDER



ACROSS

1. _____ Berry, Monsters Ball Actress. 5
4. Visage. 4
7. Pinny. 5
8. Chalk figure, Wilmington. 7
10. ___Wizz. 3
11. Die in water. 5
12. Event, incident. 7
14. Willingly suffer. 6
16. Expire. 6
20. Stones. 7
23. Airship. 5
25. Prohibit. 3
26. The most unhappy. 7
27. Dreadful. 5
28. Hampden _____. 4
29. Regal golf club. 5

DOWN

1. Home of the Yacht Club. 7
2. _____ priory. 7
3. Come on _____. 6
4. Spore producing. 5
5. Night club on '2 down' road. 5
6. Eastbourne beach has '20 across' instead of _____. 4
9. Not nephew. 5
13. The edge of Eastbourne. 3
14. Face coverings. 5
15. 10 year wedding anniversary gift. 3
17. Public building, Grove Road. 7
18. Ouch. 7
19. Borrower. 6
21. Capital is New Dehli. 5
22. Gre/at serve this food. 5
24. Tropical tree. 4

March crossword solution:

ACROSS: 1. DOWNS, 4. HEAD, 7. IDEAL, 8. TRIDENT, 10. KYU, 11. HASTE, 12. PRIVETS, 14. ASSISI, 16. GHOSTS, 20. REDOUBT, 23. MEADS, 26. SEAGULL, 27. DRIFT, 28. SHIP, 29. SENSE

DOWN: 1. DRESSES, 2. WALKERS, 3. SITUPS, 4. HEIDI, 5. ADELE, 6. FISH, 9. TUSKS, 13. VSO, 14. APRÈS, 15. IWO, 17. HAMPDEN, 18. SEASIDE, 19. STALLS, 21. DEATH, 22. USURP, 24. SETT

“

As summer approaches, it's essential that you keep your lawn healthy and strong.



Give your lawn some loving

WITH warmer, longer days on the horizon, the beautiful bright colours of your garden are best enjoyed alongside a lush, green lawn.

By **Mike Grady**

As the centrepiece of your garden, *GreenThumb Lawn Treatment Service* will ensure your lawn reaches its full potential as a weed-free, healthy, and well-loved lawn.

Not only do we have over 30 years' experience in caring for millions of lawns, but we also continue to pioneer innovative solutions in Lawn Care, boldly leading the way in our industry as the most recommended Lawn Treatment Service in every part of the UK.

Getting summer ready

As summer approaches, it's essential that you keep your lawn healthy and strong in preparation for the rising

temperatures, increased humidity, and reduced rainfall; this is where our NutraGreen 'Summer Ready' Treatment can help.

Our 'Summer Ready' Treatment is applied between April and June and features a fully coated fertiliser designed to give your lawn a timed release on nutrition over several months, feeding your grass and stimulating growth. This sophisticated treatments also includes a weed control to help eradicate those which are unwelcome on your lawn, keeping your lawn looking its best ready for summer.

Unique solution

An added benefit of our 'Summer Ready' Treatment is that you'll also receive an application of our fantastic water conserver, *Oasis*. Now is the perfect time for an *Oasis*

Treatment as it helps your soil to make the best use of any available moisture, meaning you'll need to water up to 80% less. Our popular *Oasis* Treatment now features an innovative, highly concentrated seaweed extract which has proven to have an almost immediate visual effect on the colour of your lawn. This unique solution also improves the quality of your grass, benefits root development and helps with stress tolerance; what's not to love!

Importance of mowing

At this time of year, we also recommend implementing a regular mowing regime to help your lawn be the best it can be. Dry, sunny days are the best conditions for

mowing, however it's important that your mower blades are kept sharp or replaced when needed to avoid causing damage to the grass plant. It is also important, especially during the summer months, that your grass isn't cut too short as this will weaken it, attracting unwanted weeds. When dry, we advise raising the height of your cut from 1" up to 2" and give it a good drink the day after mowing.

Let's create the lawn we both love.

Contact your local *GreenThumb* branch today on **01892 838045**.

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START YOUR LAWN CARE JOURNEY

- 1 Get an instant free quote at [greenthumb.co.uk/measure](https://www.greenthumb.co.uk/measure)
- 2 Your local lawn expert will contact you to analyse your lawn and discuss recommendations
- 3 Admire your beautiful lawn as it shines proudly as the centrepiece of your garden

Let's create the lawn we both love

Start your Lawn Care journey today:

Call: 01892 838045

Email: weald@greenthumb.co.uk

Visit: [greenthumb.co.uk](https://www.greenthumb.co.uk)

GreenThumb
LAWN TREATMENT SERVICE





Green and pleasant

APRIL'S here and spring has sprung at last! As the weather warms up and early flowers start to bloom, all of a sudden there's a load of jobs to do outside. This month, there's plenty to sow and grow in your garden and greenhouse. But there's lots more to do besides sowing and planting out, especially in my eclectic garden.

By **Geoff Stonebanks**

This month provides us with many of our favourite spring flowers to enjoy but the weather can be unpredictable. We can have anything from a heatwave to ground frosts and sleet, so be prepared. The best protection for tender bedding plants, if frost strikes, are cloches or a horticultural fleece.

Succulents

I've recently transferred my collection of agaves from their winter home into the sunshine and this month it will be the turn of the many aeoniums (some pictured in header). Through the winter, I store as many as I can, either in the front or back porches of the house. Any I can't squeeze in there, end up in the heated greenhouse. During late April, weather permitting, they will be out

enjoying the sunshine. Aeoniums are dramatic evergreen exotics which I feel are best grown in containers. You can propagate them very easily by simply taking cuttings, usually best taken while the plants are still in active growth which encourages speedy rooting. Select young, slender shoots as they will root more easily and have more vigour than older, thicker shoots. Leave them uncovered, placing on their side somewhere dry and warm for a few days until the wound has calloused, this will reduce the chance of rot developing later on. Keep them indoors, in a well-lit place such as on a sunny windowsill. When ready, insert cuttings into 5cm or 8cm pots of soil-based potting compost mixed with equal parts of grit. Firm the compost at the base of the cutting and make sure that at least half of the stem is above compost level. Water sparingly until they have rooted, taking care not to water directly onto the leaves. Aim to keep the compost barely moist at all times. Your collection will soon grow!

Caring for Hellebores

I have some magnificent hellebores in my beach garden which are starting to fade. Depending on how they look, April is a good time to cut down their stems. The new growth can be seen at the base of the plant and care is needed to ensure this is not snipped instead. I have the taller hellebore, *argutifolius* or the Corsican hellebore and it is prone to flop all over the place. It is hard to stake, so best chopped, taking off the flower and stalks down to the ground although the other types Hellebores can be left alone.

Harden off plants

Plants grown in protected conditions, newly purchased from the garden centre or grown in a frost and wind free greenhouse, do not do well if they are planted outside in the garden without a period to "harden off", which means getting the plant acclimatised to the weather. On mild days in April, put the trays of bedding plants outside and bring back in at night under shelter or glass. Over a period of time, you can gradually extend the time outside.

National Garden Scheme

In line with the government's roadmap, the scheme is hoping to allow refreshments to be served in some gardens and larger venues will no longer need to provide entry by prebooked tickets. Three of the proposed Sussex gardens which are planning to open are, The Garden House in Brighton (10th and 11th), Banks Farm in Barcombe (17th & 18th) and Cupani Garden in Seaford (21st and 25th). All contact details and ticket arrangements, along with the other gardens opening this month, can be found on the scheme's website at: www.ngs.org.uk

Lily Beetle

Back in 2004 I inherited a wonderful ceramic container full of orange and red lilies from my Dad's sister, my Aunt Margaret. This is the time of year when I have to be extremely vigilant to check for lily beetles, some might say they are pretty red bugs, but they wreak havoc with the leaves on the gorgeous flowers. You really need to prevent them before any damage is done or the plants succumb to being stripped of foliage. Pick them off or with large infestations use a pesticide. The care you take now will repay you dividends when the beautiful flowers emerge.

Feeding regime

I'll be starting my feeding regime to ensure all the plants and shrubs look their very best for my "hoped for" open days this Summer. I feed everything! I have a large collection of shrubs which provide a variety of fragrant flowers, berries, autumn colour, foliage and coloured stems. In addition, they add shape and a basic structural framework to my garden and provide shelter and a great food source for wildlife. No matter what they are, they all get fed throughout the season. The results I get from feeding every year are amazing. The product is soluble and I water by hand, with a watering can, a task that can take me up to five hours! You don't have to be as meticulous as me but feeding will help get the best from your plants.

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

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

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