

FREE

LIVE ON AIR!

YOU RAISE ME UP

Eastbourne Youth Radio (EYR) returns for the 20th year from 9th–11th June.

Marks its 10 year Anniversary with events to help continue invaluable family support.

05/21

Issue 011
May 2021

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Bournefree



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THE ROYAL HIPPODROME
IS BACK TO ENTERTAIN

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www.bournefreelive.co.uk



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Our next edition will be distributed from June 10th. Make sure you are a part of it.

custard
 DESIGN MARKETING PRINT

ignite
 PR & Engagement

Full steam ahead for Bournefree magazine online and in print

WOW! It's been a very busy but amazingly enjoyable past month as we continue to ease out of Lockdown.

By **Peter Lindsey**

Our April issue was our biggest yet as shops, gyms, hairdressers and some other businesses were allowed to open.

Well, I'm delighted to say that the positivity has continued, and we have been able to maintain the 56 pages.

Our mix of print, website and social media is proving a tremendous success as we reach more people than ever.

Finding a good read

Getting the 10,000 copies to the community often depends on where our main outlets are. We are delighted that *Eastbourne Pier*, *The Enterprise Centre*, *Langney Shopping Centre*, and *The Beacon* are now stocking *Bournefree* as well as our other key outlets. We thank them all and appreciate each one.

Our website continues to have around ten new stories each day, and each story is also shared on social media. Log on, make it a daily habit.

Put the three together (print, website and social media), and it's working well.

Getting to know you

This month, for example, we've been getting to know new businesses all ready to open on May 17th, and others reopening.

We are now working with the *Royal Hippodrome Theatre*, both online and in print, which is just great.

Clinic 33 is a new attraction to the Meads area, and we will be featuring them both in the magazine and online.

And it was great to meet Andy from *Sussex Footcare*, which has just opened in Watts Lane, Motcombe.

That's just three. I could mention more, and you will see them in this month's

edition. We really are over the moon with the response. Join us next month.

It is all about forming long-term relationships which benefit Bournefree and the customer. We are very clear about that.

Oliver helps RNLI

Finally, I must mention Oliver, the autistic 12-year-old boy from Sovereign Harbour, whose amazing drawings of boats we have printed free of charge. All 1,300 of them.

Mum Anna and I have been out and about delivering them to people. They are £10 for the pack of eight and we have already sold more than 50 per cent. **Every penny goes to the RNLI.**

That's it until June. In the meantime, get involved, message us and suggest how *Bournefree* can be of assistance.

Thank you

Bournefree

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

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

Email: pete@bournefreemag.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@bournefreemag.co.uk

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

Harrison has made an amazing start at The Toy Stop

HARRISON Dann is the teenager who has taken Eastbourne by storm.

By **Peter Lindsey**

He opened *The Toy Stop* in Langney Shopping Centre on Monday April 12th – and he says the response has been amazing.

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 thank every one of our customers who has been here to support us, it's been amazing.

"We have been absolutely flat out. On day one there was a queue going all the way round the corner past Barclays.

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

"I can't emphasize enough how pleased I am with how the first few weeks have been. Long may it continue."

Footfall is growing

The most popular item so far is the fruit and vegetables squishes.

Harrison said: "Other owners inside *Langney Shopping Centre* have been very supportive, and centre manager Neil Avis has been great too.

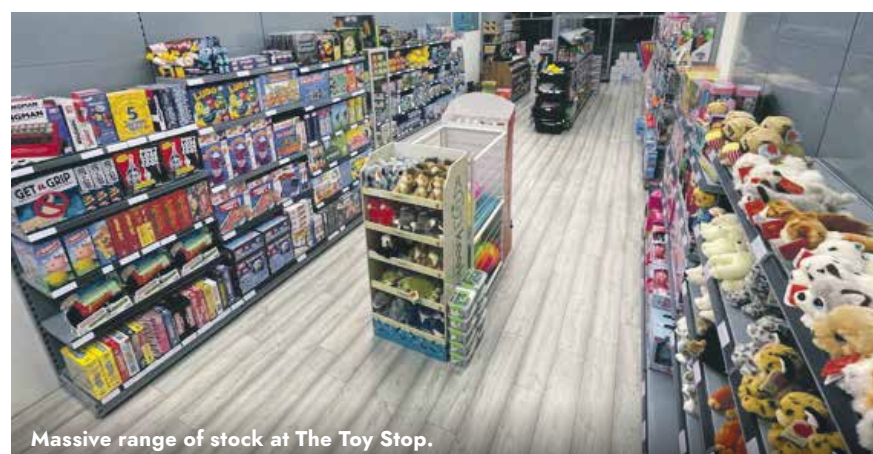
"The footfall in the centre is growing once again after Lockdown, and it's great to know that more shops are reopening here.

Massive range

"The refurb of the shop has been amazing, and now we have the support and backing of shoppers.

"I am really pleased with how it looks. It's clean, fresh looking and very attractive."

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



Harrison is pleased that new shops are opening at *Langney Shopping Centre*, and he believes the centre will have an incredibly busy summer.

He said: "I really do believe that *LSC* is taking off with new attractions coming in.

"Neil and his team are working so hard to make the most of the extension and bring in new attractions.

Exciting future

"Soon, there will be new restaurants which is really exciting and will bring more customers to the centre.

"I have been very impressed with the footfall so far, and I believe that will only get better.

"Believe me, *Langney Shopping Centre* is determined to extend its offer, which can only be good news for the town and its economy!

The extensive range 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.**

The shop is open
Monday to Saturday: 9am–5pm
and Sunday: 10am–4pm.

Facebook **@TheToyStop**
 Instagram **@thetoystopofficial**





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These Foodbank satellites will be open during May

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10:00AM TO 12:00PM

St Richards Church, Etchingam Road, Langney

TUESDAY

10:00AM TO 12:00PM

All Souls Church Hall, Wellesley Road, Town centre

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

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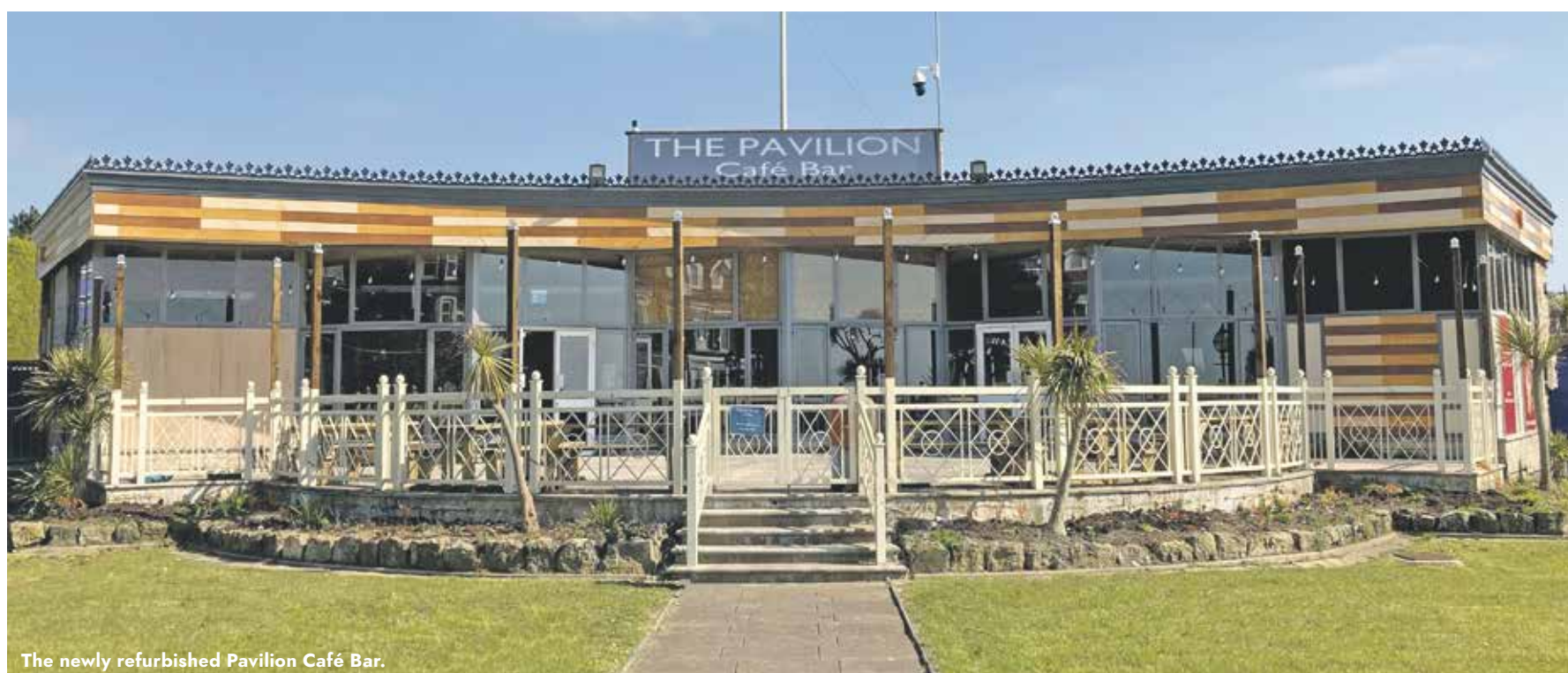
FRIDAY

10:00AM TO 12:00PM

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Exciting new café and bar set to be a massive success on our seafront



The newly refurbished Pavilion Café Bar.

FOLLOWING a thorough refurbishment, *The Pavilion Café Bar* is set to reopen on Eastbourne Seafront on Monday 17th May.

Eastbourne Seafront Services took over the popular café in early November last year.

By **Peter Lindsey**

"We've taken the quiet winter and subsequent lockdown as an opportunity to give the building a real makeover inside and out. It's been an exciting project and we're very much looking forward to inviting back our customers, new and old."

Fresh new look

Now in the hands of the team behind the successful *Eastbourne Bandstand*, *The Pavilion* has increased its capacity inside and on the patio in preparation for what is expected to be one of Eastbourne's busiest seasons for years. "We've gutted the inside to make space for a serving bar, plenty more tables and a breakfast bar at the windows so visitors can enjoy the view whilst they eat. Once cafés and bars are allowed to let customers inside again

we're sure we'll need all that extra seating space. The patio is a real sun trap in the summer so we've made use of all the space, brought in some new picnic benches and installed a sail canopy to provide plenty of shade. We've redecorated everything to give the place a rustic feel and it's just breathed new life into the building!"

Something for everyone

The Pavilion will be offering light lunches and snack food along with a selection of wines and beer from morning to late evening. "We've kept a lot of the original menu that was popular with the regulars but we're also including some more interesting additions too such as Halloumi Fries and Hickory and Maple Chicken

Wings. Of course we're keeping the Eccles Cake too, that seems to be the favourite for most people!"

Amazing views

Located on the seafront next to Royal Parade, *The Pavilion* boasts views of the sea and *Eastbourne Pier*, visible behind its own spruced up gardens featuring new stone art sculptures. "What better way to relax on a summer evening than sitting on the patio with warm food and cold drinks, watching the sun set over the water to some relaxing background music with friends? It's what we've all been looking forward to for over a year now and it's that exact experience we want to provide to Eastbourne Seafront's residents and visitors alike".

**Royal Parade, Eastbourne
BN22 7AQ**

**01323 410374
info@pavilion-cafebar.co.uk**



The fantastic new drinks bar.



“

I have just introduced a range of partyware which is perfect for outside gatherings.



Retro retail

I SPOKE to Juliette Ramsey about her beautiful Retro inspired gift & clothing shop at the Enterprise Centre, next to Eastbourne Station.

By **Gail McKay**

What kind shop is *aurelie & rose*?

I sell vintage inspired gifts, cards, homeware, bath products, reproduction 1940s & 1950s clothing. Anything pretty, quirky and retro! New stock arriving every day.

What is your best seller?

In normal times I would say the beautiful 1950s swing dresses, in bright cotton prints and very flattering! But as there have been no festivals and weddings and parties, I have found that home fragrance products and homeware have been very popular as people try to make the most of staying in.



The best seller by volume is greetings cards. I have lots of regular customers who come to stock up as they say they can always find an unusual card here.

Are you able to predict what is going to be the next big seller?

I think my clothing will prove very popular again as things open up, as everyone has missed dressing up for an occasion (not that you need to wait for one as I wear a retro dress most days!) I have just introduced a range of partyware which is provoking interest as outside gatherings gather pace – it is very pretty.

What is unique about your shop?

I choose my stock on the basis of quality, design and price and also reflecting the business's ethos of



vintage, retro or quirky! I want people to be spoilt for choice when they come in and not to have seen most of the products elsewhere.

What was the inspiration for starting your business?

I was a law lecturer in London for 15 years but the combination of travelling and long hours meant that an offer of voluntary redundancy came at just the right time to indulge my passion for all things retro and a desire to become self employed. That was in 2013 and I am still going!

What is the best thing about basing your business in the Enterprise Centre

It is great being part of a community here and the combination of shops and cafes draws customers in. I hope the Centre becomes better known as many locals still don't seem to know that we are here and how much it has changed over the past few years.

How are you keeping things 'Covid-Safe'

The Centre and my shop are regularly cleaned, hand sanitiser is provided and a one-way system is in place. I have a large till screen and offer contactless payments. There is plenty of space here which means that customers can shop safely and at ease.

How can you persuade people to use independent shops?

I promote the use of independent shops on social media and the Centre also does a good job.

I noticed that there was a real sense of shopping locally before Christmas, with many customers making a point of telling me that was their intention from now on, so I hope it will continue. Smaller businesses are more agile and able to respond to customer's needs and wants.

What's your opinion on the future of the high street?

I think that innovative independent shops will thrive especially if they are grouped together, but that they will need to have an online presence as well to survive. The weaker chains will disappear, as many have already.

What advice would you give yourself when starting out?

Trust your instincts and don't be afraid to try new things.



Units 65–66

Enterprise Shopping Centre
Eastbourne BN21 1BD

01323 640013

Facebook @aurelieandrosevintage
Instagram/Twitter @aurelieandrose

www.aurelieandrose.co.uk

Walking and wine tasting

FIZZ ON FOOT is an Eastbourne based business which like many others has been in hibernation for the last 12 months. However, with the restrictions hopefully coming to an end Ian and Penny Shearer are busy planning for a re-opening.

By **Ian Shearer**

The business is a mix of all things centred around the wine and walking. There are guided walks with wine tastings; courses to learn all about wine; wine tasting evenings and wine and food pairing dinners. If you have a taste for wine – read on!

Off we go

The guided walk starts somewhere in the South Downs National Park, usually East Dean or Alfriston, with an expert guide who knows about the geology of the chalk downland as well as local history so your walk will always be made interesting and diverting. Following the walk and when you have worked up an appetite you will be refreshed at a pub along the way with a drink and lunch. The walks are matched to the fitness of the group so don't worry if you don't want to hike the ups and downs of the Seven Sisters – you can stroll along the River Cuckmere with an opportunity to see flora and fauna with as much hill or not as you feel like!

Once you have had your fill of lunch you will be taken to one of over 20 vineyards in East Sussex. An example would be a visit to *Court Garden Vineyard* in Ditchling that specialises

in producing some of the best English Sparkling Wine. You will receive a tour of the vineyard to see the vines growing and hear just how critical the weather is to grape development.

Enjoy the rewards

You will see how the grapes are crushed and the huge tanks in which the wine is made as well as the details of how the bubbles get into the wine to make it sparkling.

Once you have appreciated the hard work that goes into the production of a bottle of sparkling wine – it's too good to call it 'fizz' – you will have the opportunity to try it. The wine maker will guide you through four or five different samples and tell you all about what makes them different.

When you have enjoyed the rewards of your walk, and tour you will be taken by the *Fizz on Foot* minibus back to the starting point of your day. A fabulous day out!

Gentle pairing

Fizz on Foot tours will be available once again after 21st June 2021 or when all restrictions have been lifted.

If that all sounds too exhausting, or you aren't an enthusiast for the great outdoors why not take the much gentler option and join a wine tasting or wine and food pairing dinner.



Vineyard tour to Court Garden.



Up on the Downs.

These events are hosted in Eastbourne at one of our seafront hotels or a local restaurant. The wine tasting evenings are for those of us who walk along the wine aisle in our local supermarket and feel lost and even intimidated by the huge choice. How do you choose a bottle of wine – by the fancy label, a name you can hardly pronounce, a colour you have no idea whether it's good or not, or just by price?

Tell you a story

Fizz on Foot choose the wines and you come along to taste. Their wine expert will tell you a good story about the wine and why it looks and tastes as it does – if you like it that's great, if you don't, well try a different one! There are four or five to try and each is accompanied by a little tasty morsel of something delicious to accompany it. It is a tasting so it's best to have your dinner before you go as there is no meal included. The evening is relaxed and friendly and a good opportunity to meet people who are genuinely interested in wine.

Widen your knowledge

The other alternative is to join a food and wine pairing dinner – a more leisurely affair with a three course meal and a different wine to accompany each course, including a glass of sparkling wine to greet you on arrival.

The aim is to widen the knowledge so the walk down the wine aisle is more of a treat than a trial!

To finish

And finally once you have been introduced to the delicacy of different wines you may even like to learn more by taking part in a *Wine and Spirit Education Trust* course. *Fizz on Foot's* wine expert Victoria South is a great tutor and will explain all you need to know to gain a Level 1 or Level 2 qualification. What about offering this as a gift to someone you know who has a 'thirst' for such knowledge!

www.fizzonfoot.com



White bridge at Alfriston.



The majestic Cuckmere river.

Live ON AIR!

EASTBOURNE Youth Radio (EYR) returns for the 20th year from 9th–11th June on 87.7FM and online at: www.eyr.org.uk

By **Tim Sorensen**

Broadcast from studios at East Sussex College in Eastbourne, EYR sees students aged from 5–19 from local schools and other organisations, present their radio shows covering a wide range of topics.

Our special anniversary programmes take account of the ongoing COVID situation with some material pre-recorded. There will be a particular focus looking back at *Anti-Bullying Week* and the ongoing lockdown issues around mental health and wellbeing.

Wonderful opportunities

EYR is only made possible by the considerable support and involvement of many local businesses and organisations.

Alison Brewer, Director of *Brewers Decorator Centres*, says, "We are delighted to once again support the Eastbourne Youth Radio, a very worthwhile project in our heartland of Eastbourne. We've seen first-hand the wonderful opportunities the project offers the students; developing organisational, technical and creative skills and giving the opportunity to delve deeper in topics that directly affect them and their

future. We're very excited to get involved and hear what the young people of Eastbourne have to say!"

Providing support

We are also very pleased to receive a grant from the 'Community and Safety Fund' facilitated by Katy Bourne, Sussex Police and Crime Commissioner. This recognises EYR's work promoting *Anti-Bullying Week* and '*United Against Bullying*' plus issues around mental health and wellbeing. Several programmes will focus on related stories and the organisations providing support including links with *Eastbourne Youth and Community Safety Partnerships*, *Ditzy Media*, *Holding Space* and *Haine & Son*. The team from *Radio DGH* will also be talking about their invaluable work across the wards.

Southern Water is back in the studio to talk about 'Water for Life' and the naughty 'Unflushables'. *LECS (UK)* and *Hotchkiss* will be talking engineering; *The Beacon*, *Enterprise* and *Langney* shopping centres will be encouraging us to all shop local and *People Matter Trust* will be providing advice and support for local job seekers during these difficult times.



Developing skills

EYR is all about enabling young people to research, produce, present and perform their own material in association with community partners for a family audience. From this they learn and develop a whole range of skills that they will find helpful in future life.

We hope that you enjoy listening to their work over the three days.



In the studio.



A postcard from the first year.



Programme Schedule

www.eyr.org.uk



Wednesday 9th June

Programmes kindly sponsored by:

10am	EYR Launch Mix	Brewers Decorator Centres
11am	Bede's Prep	The Beacon, Eastbourne
12pm	East Sussex College	Haine & Son (part of CPJ Field)
1pm	The Eastbourne Academy	Hotchkiss Group
2pm	East Sussex College	East Sussex College
3pm	East Sussex College	Josh Babarinde OBE
4pm	ESC Students Union	Carrot Events
5pm	East Sussex College	Southern Water
6pm	Answer Back!	EDEAL & Eastbourne unLtd
7pm	Radio DGH	Radio DGH
8pm	East Sussex College	Ditzy Media
10pm	East Sussex College	Firebrand – Brand Design Agency
****	Weather Reports Today	AFH Payroll Solutions

Lead Sponsor: **Brewers**
DECORATOR CENTRES



Thursday 10th June

Programmes kindly sponsored by:

12am	East Sussex College	Eastbourne EBP
4am	East Sussex College	The BIG Futures Show
7am	Ratton	Let's Do Business
8am	East Sussex College	Enterprise Shopping Centre
9am	St. John's Meads	LECS (UK) Ltd
10am	East Sussex College	Toolkit for Anxiety
11am	Stone Cross	Up Country Stone Cross
12pm	Meet the Media	East Sussex College
1pm	The Causeway	Langney Shopping Centre
2pm	East Sussex College	St Wilfrid's Hospice
3pm	East Sussex College	PCC – Community Safety Fund
4pm	Our Principle's Hour	Ditzy Media
5pm	YMCA Eastbourne	Eastbourne Homes
6pm	East Sussex College	Eastbourne & Lewes Community Safety Partnership
7pm	East Sussex College	The Best of Eastbourne
8pm	East Sussex College	Domino's Pizza
9pm	East Sussex College	East Sussex College
10pm	East Sussex College	East Sussex College
****	Weather Reports Today	CobbPR



Thank you to **Ditzy Media** for kindly providing social media support for our 20th anniversary broadcast. ☺

Friday 11th June

Programmes kindly sponsored by:

12am	East Sussex College	Eastbourne EBP
4am	East Sussex College	East Sussex College
7am	East Sussex College	PCC – Community Safety Fund
8am	Cavendish	Southern Water
9am	East Sussex College	People Matter Trust
10am	Cavendish Primary	W. Bruford
11am	East Sussex College	Custard Design & Print
12pm	Gildredge House	GoPlasticPallets.com
1pm	East Sussex College	Eastbourne Borough Council
2pm	EYR Close Mix	Brewers Decorator Centres
****	Weather Reports Today	Martello Plant Hire

a better mix

95.6

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decades, mixed with the best of today's music.

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SEAHAVEN FM**



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Tracie Owen and Jo Valler-Clark outside the new Pevensey Bay shop.

"Local crafters come in too. One lady who is 95 has been knitting lovely bears which will be sent to a refuge abroad."

Rainbow Wishes has worked, and is working, with several Eastbourne charities. These include *Memory Lane*, *Defiant Sports*, *Eastbourne Foodbank*, *Plastic Free Eastbourne*, *BourneOut LGBT* and many more.

Help to schools

Back to Jo: "We do what is needed and we like to support community projects that are sometimes lower profile and therefore may miss out."

"We have our regulars in the shops, which is great, and we want to help as many schools as possible."

"For example, we donated 700 learning packs to local schools during Lockdown. We also grant wishes to families and we get referrals as well, for example victims of domestic violence needing urgent help."

"We do not take a penny from *Rainbow Wishes*. We are both here as volunteers six days a week."

"Having children with additional needs means that we have personal experience and an understanding of the items and environment needed to allow everyone to get the most out of what we offer."

"Our main priority is supporting others, which is why donations and fundraising are so important for the work we do."

"We are very open, and we want to work with everyone."

To get in touch with Tracie and Jo, visit: www.rainbowwishes.co.uk

or check out their social pages:

Facebook: [@Rainbowwishesofficial](https://www.facebook.com/Rainbowwishesofficial)

Instagram: [rainbowwishesofficial](https://www.instagram.com/rainbowwishesofficial)

Twitter: [@1Rainbowwishes](https://twitter.com/1Rainbowwishes)

Fairies do exist

TRACIE Owen and Jo Valler-Clark are two amazing people.

By **Peter Lindsey**
Photography by **Michaela Walshe**

At the start of Lockdown, they thought it would be a good idea to donate some care packages to key workers.

The initial plan was three.

By July, they had donated a staggering 3,500 packages by raising more than £50,000 with the Box Full of Rainbows project.

They have now launched a non-profit organisation *Rainbow Wishes* and they have just moved into a shop in Pevensey Bay, open six days a week.

And they are both volunteers.

Uplifting gifts

Here's Tracie: "It was only going to be three, but the idea actually exploded into something we never thought it would."

"The packages went to key workers, and not just NHS staff. We included care home workers, NHS staff and others who may not have been in the public eye so much at the time."

"Included were necessities but also uplifting gifts, and each one included a colourful picture drawn from a child."

And then they did not want to stop, so they didn't.

Here's Jo: "We had helped a lot of people and we realised there was need locally and we wanted to carry on."

We love it

"We received fantastic support from 3VA which supports the voluntary sector, and in September we moved into the Enterprise Centre."

"We soon outgrew it, and we were upstairs in the centre whereas we needed to be more accessible to people, so in January we moved to our current premises in Pevensey Bay on the main road, and we absolutely love it. It's just what we wanted and need."

It is a Community shop and every penny raised goes back into supporting local projects.

Sensory items are a major feature of the shop. There is also an arts and crafts section plus it sells fabric too.

Back to Tracie:

"We have been working with *Pevensey and Westham Junior School*. We bought each of the 425 pupils a personalised teddy bear for their first steps back into classroom after the long Lockdown. It was a little gesture to make them feel happy in what was a difficult situation for many of them."

"Sensory is a key feature of our shop. It's quiet, it's an open environment."

"We have invited schools to have displays in our front window and inside the shop. Themes include the seaside, kindness, and recycling."



The Eastbourne Vintage Festival

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.

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

It has everything

Artisan Foods of all kinds, Antiques, Vintage Vehicles, Art, Crafts, Prints, Fashion, Style, Dance & Live Music, Open Mic and dance competitions, Victorian Children's Funfair, Kids' Corner, Variety of Bars, Vintage Collectables & Promos stalls.

Best of all

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

Book your FREE tickets now!

Don't miss out as booking are coming in fast and furious. This Festival is a ticket only event so to book your **FREE** tickets for the Festival and your **FREE** tickets 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

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tutored wine tasting, and
ploughmans lunch for 2 guests"

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OPEN DAILY, 10am -5pm

Sharnfold Farm set for a bumper spring and summer

SHARNFOLD Farm is open again for business!

By **Peter Lindsey**

It is situated on the Hailsham Road at Stone Cross, between Eastbourne and Hailsham, and is now fully open after Covid restrictions were relaxed from April 12th.

Positive response

Owner Donna Bull is predicting a busy spring and summer for the local economy.

She said: "During Lockdown we were classed as essential retail, so we were able to keep the shop open.

"Now we have been able to open the rest of what we have on offer here, and the early response has been very positive indeed.



New lambs

"It was a busy Easter school holiday and of course the kind weather helped too. I think everyone just wanted to come out after all these months."

New lambs have been one of the attractions since reopening, and Donna says it's a really exciting time.

She said: "We have a new farmer, market gardener, and a new main grower.

"All the PYO raspberries and strawberries plants have been planted ready for June time, and we are growing more of our own vegetables.

"We are trying to make the site as attractive as ever, and we are delighted with customer feedback."

Expand the menu

Last year there was a complete makeover of the coffee shop, with an outside area, and the floor is five times the size it was.

Now Donna wants to expand the menu as well.

She also plans to enhance the popular farm trail with a mini village in the woods.

She said: "We have new lines in our fruit and veg offering, and we source everything locally.

Exciting summer

"It's so nice here. We have our high-quality farm shop and butchers, the cafe area both inside and out, the lambs, the farm trail and the wide-open area where families can come and enjoy the play area with the various attractions on it.

"We are continually looking to improve what we offer, and as restrictions ease, I think it could be an exciting summer for both businesses and customers."

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(No concert on Sunday 15 August)

Weekend Shows

Friday 21 May
ELO Tribute Show
Saturday 22 May
Guns N Roses Tribute Show
Sunday 23 May
Beatles Tribute Show
Thursday 27 May
ABBA Tribute Show
Friday 28 May NEW
The Zoots - Monsters of Rock Show
Saturday 29 May
Bruno Mars Tribute Show
Sunday 30 May
Tom Jones Tribute Show

Thursday 3 June
Jersey Boys Tribute Show
Friday 4 June
Elvis Tribute Show
Saturday 5 June
Human League Tribute Show
Sunday 6 June
Bruce Springsteen Tribute Show
Thursday 10 June
Coldplay Tribute Show
Friday 11 June
Bee Gees Tribute Show
Saturday 12 June
Eagles Tribute Show
Sunday 13 June
George Michael Tribute Show
Thursday 17 June
Madness Tribute Show
Friday 18 June
Beach Boys Tribute Show
Saturday 19 June
Elton John Tribute Show
Sunday 20 June
Michael Bublé Tribute Show
Thursday 24 June
Queen Tribute Show

Friday 25 June
David Bowie Tribute Show
Saturday 26 June
Cliff & The Shadows Tribute Show
Sunday 27 June
UB40 Tribute Show

Thursday 1 July
Rod Stewart Tribute Show
Friday 2 July
Kate Bush Tribute Show
Saturday 3 July
Phil Collins Tribute Show
Sunday 4 July
The Zoots - Sounds of The 90s
Thursday 8 July NEW
Soul & Motown Show
Friday 9 July NEW
The Jam Tribute Show
Saturday 10 July
Prince Tribute Show
Sunday 11 July
Fleetwood Mac Tribute Show
Thursday 15 July NEW
Billy Joel Tribute Show
Friday 16 July
Northern Soul Show
Saturday 17 July NEW
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Dolly & Friends - A Night in Nashville
Thursday 22 July
Robbie Williams Tribute Show
Friday 23 July
Amy Winehouse Tribute Show
Saturday 24 July NEW
Supertramp Tribute Show
Sunday 25 July
Frank Sinatra Tribute Show
Thursday 29 July NEW
REM Tribute Show

Friday 30 July
Little Mix Tribute Show
Saturday 31 July
Neil Diamond Tribute Show

Sunday 1 August - FOB 50% OFF
An Evening with The Central Band (RBL)
Friday 6 August NEW
Level 42 Tribute Show
Saturday 7 August
The Zoots - Sounds of the 60s
FOB 50% OFF Sunday 8 August
Gilbert & Sullivan In Concert
Thursday 12 August NEW
Spice Girls Tribute Show
Friday 13 August
ELO Tribute Show
Saturday 14 August NEW
Disco & Funk Show
Sunday 15 August
Simply Red Tribute Show
Thursday 19 August NEW
Jersey Boys Tribute Show
Friday 20 August
Adele Tribute Show
Saturday 21 August NEW
Women In Rock
Sunday 22 August
Simon & Garfunkel Tribute Show
Thursday 26 August NEW
Pink Tribute Show
Friday 27 August
Take That Tribute Show
Saturday 28 August NEW
T-Rex & Marc Bolan Tribute Show
Sunday 29 August
The Beatles Tribute Show

Friday 3 September
Abba Tribute Show
Saturday 4 September
Motown Tribute Show

Sunday 5 September
The Zoots - Sounds of The 70s
Friday 10 September
Oasis Tribute Show
Saturday 11 September
The Who Tribute Show
Sunday 12 September
The Supremes Tribute Show
Friday 17 September
Led Zeppelin Tribute Show
Saturday 18 September
The Zoots - Sounds of The 80s
Sunday 19 September
Stereophonics Tribute Show
Friday 24 September
Spandau Ballet Tribute Show
Saturday 25 September
Bob Marley Tribute Show
Sunday 26 September
Lionel Richie Tribute Show

Friday 1 October
Rolling Stones Tribute Show
Saturday 2 October
Queen Tribute Show
Friday 8 October NEW
AC/DC Tribute Show
Saturday 9 October
Guns N Roses Tribute Show
Friday 15 October NEW
ELO Tribute Show
Saturday 16 October
Madness Tribute Show
Friday 22 October
Pink Floyd Tribute Show
Saturday 23 October
Status Quo Tribute Show
Friday 29 October
Elvis Tribute Show
Saturday 30 October
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Friday 5 November
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 Saturday 6 November
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Friday 4 February
 Neil Diamond Tribute Show
 Saturday 5 February
 George Michael Tribute Show

Women in Rock

Friday 11 February

Friday 12 November
 Eagles Tribute Show
 Saturday 13 November
 Dire Straits Tribute Show

Friday 11 February
 Women In Rock
 Saturday 12 February
 Bee Gees Tribute Show

Friday 19 November
 Fleetwood Mac Tribute Show
 Saturday 20 November
 Coldplay Tribute Show

Friday 18 February
 Beach Boys Tribute Show
 Saturday 19 February
 Elton John Tribute Show

Friday 26 November
 Kinks Tribute Show
 Saturday 27 November
 The Zoots - Sounds of the Sixties

Friday 25 February
 Adele Tribute Show
 Saturday 26 February
 David Bowie Tribute Show

MANOEUVRES
 A TRIBUTE TO
OMD

Friday 4 March

Friday 10 December
 Rockin Round The Christmas Tree
 Saturday 11 December
 Rockin Round The Christmas Tree

Friday 4 March
 OMD Tribute Show
 Saturday 5 March
 Status Quo Tribute Show

Friday 7 January
 Rod Stewart Tribute Show
 Saturday 8 January
 Queen Tribute Show

Friday 11 March
 Northern Soul Night
 Saturday 12 March
 Michael Bublé Tribute Show

THE STEFAN TAYLOR
↑ SIGNATURES
NORTHERN SOUL

NORTHERN SOUL
 KEEP THE FAITH

Saturday 12 March

Friday 14 January
 Jersey Boys Tribute Show
 Saturday 15 January
 Take That Tribute Show

Friday 18 March
 The Zoots Sounds of The 2000s
 Saturday 19 March
 Motown Tribute Show

Friday 21 January
 Little Mix Tribute Show
 Saturday 22 January
 Bon Jovi Tribute Show

Friday 25 March
 Pink Tribute Show
 Saturday 26 March
 ABBA Tribute Show

Starts at 8pm
 Doors & Bar at 7pm

In Advance: Adult £8.95, Child £6.95
 Full Price: Adult £10.50, Child £8.50

Friday 28 January
 Phil Collins Tribute Show
 Saturday 29 January
 The Zoots Sounds of The 80s

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Women in Rotary

HERE we are with our fourth editorial answering the question of “What is, or who is, a Rotarian.”

By **Faiza Shafeek**

So this month we come to women in Rotary, just like women and the vote the journey was a long one.

Paul Harris, formed the first Rotary Club in February 1905, so professionals with diverse backgrounds could exchange ideas and give back to their communities, while forming meaningful, lifelong

friendships. Although clubs had been dedicated to the idea of service for more than 100 years, many were not always fond of the idea of allowing women to join the clubs.

Early days

In early 1950, The Council on Legislation for the Rotary International (RI) Convention voted for the



Jennifer E. Jones – RI President 2022–2023.

proposal to allow women to join rotary to be withdrawn. This was also the outcome for the next two proposals, made in 1964, to allow women into the clubs.

By 1972, more women began reaching high positions in their professions, and more clubs began lobbying for female members. It was in this same year that a United States Rotary Club again proposed admitting women into Rotary at the Council on Legislation and again it was refused. In 1977, despite three more proposals being made, women were still not permitted to be members.

Women welcomed

It was on 4th May 1987 some 37 years after the first proposal to allow female members into Rotary, that the US Supreme Court ruled that Rotary Clubs worldwide could no longer exclude women from membership based on gender. With women being welcomed into Rotary Clubs around the world, by 1990 there were approximately 20,200 female Rotarians, worldwide. Today, there are well over 200,000 female Rotarians, working alongside their male club mates, to serve their community.

Ground-breaking

Jennifer E. Jones, a member of the Rotary Club of Windsor-Roseland, Ontario, Canada, has been nominated to become Rotary International's president for 2022–23, a ground-breaking selection that will make her the first woman to hold that office in the organization's 115-year history.

As the first woman to be nominated to be president, Jones understands how important it is to follow through on Rotary's Diversity, Equity, and Inclusion “I believe that diversity, equity, and inclusion begins at the top and for us to realize growth in female membership and members under the age of forty, these demographics need to see their own reflection in leadership,” Jones said. “I will champion double-digit growth in both categories while never losing sight of our entire rotary family.”

Come join us

If you wish to know more or are interested in becoming a Rotarian, then please contact Faiza Shafeek – The Assistant District Governor for Rotary District 1120 at: fs@carrotevents.co.uk

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Jemima Mitchell performs her routine.

Hard work pays off

FOR the amazing *East Sussex School of Circus Arts*.

By **Peter Lindsey**

The first showcase performance at the culmination of the very first 20-week circus skills course was a triumph of effort, skill and determination on the part of the performer and the *East Sussex School of Circus Arts* (ESSCA) team.

After an incredibly hard year for everyone, the ESSCA site had come together to look seriously impressive, a feat only eclipsed by the performance of Jemima Mitchell, the school's very first student to complete an entire course.

A performer's dream

It comprises of two big top circus tents filled with all manner of aerial circus equipment, extensive performer/student facilities such as changing areas, showers, a kitchen, relaxation areas and even overnight accommodation, a large outdoor performance space and a picturesque setting including a very pretty lake.

Up to 700 people

Guests for the showcase were shown around the site by the proud founder, Renato Pires, as he explained how the site could work as a venue for events and shows as well as a circus school.

The larger big top can hold audiences of up to 700 people while the smaller one holds up to 300. A fabulous event last summer involving circus performers using large machinery like JCBs and tractors for their tricks sat around 1,000 people socially distanced outside. With a fully fitted out commercial kitchen on site too, catering for events is a breeze.

Showbiz guests

The guests included showbiz writer and producer Chris Gidney, retired professional dancer and dance teacher Katherine Mansi, ventriloquist who appeared on *Britain's Got Talent* Steve Hewlett and singer and singing teacher William Robert Allenby.

Once they were seated in the smaller big top, head teacher, Carlos Gaudencio, talked them through Jemima's journey, including the fact she had chosen to remain on site

alone during the lockdown so she could complete her course as soon as it was possible.

Carlos explained that Jemima had been a total beginner at the start of the course and had worked extremely hard to get to where she was today.

Passionate and stirring

When all was ready, Renato introduced Jemima and she entered the tent wearing a fabulous sparkly mauve leotard. She applied the resin in front of the audience in classic circus style before climbing the silks. Folding herself into a cocoon of silk, she was ready to begin.

The music started, a version of *The Show Must Go On* from the film *Moulin Rouge* (very appropriate giving what she had been through), and she began by peeking out of the cocoon, reaching an arm out and finally throwing out the curled-up silks and beginning her routine.

What followed was a passionate, stirring, and theatrical performance of shapes and movements on the silks. She executed her moves with precision and intensity before an exhilarating final flourish and dismount.

After a rapturous applause, the judges conferred to decide on their feedback for Jemima. Their only criticism was that they felt she may have been a little nervous so did not connect with the audience in the way they would have liked to see but, overall, they were very impressed.

Huge potential

One judge commented on her 'artistic flare' and said her performance was 'stylish and well controlled'. All the judges remarked on the level of care which had gone into her training and said she had huge potential for the future.

Discussion after Jemima had left focused around what was next for the circus school. Renato detailed his plans to reopen his regular after-school classes for children which he had created to be a safe inclusive environment for children to learn in.

Classes are designed not just to teach children new skills but also to allow them to build their confidence and self-esteem while moving more especially if they aren't into traditional sports.

They are also going to be running more of the adult vocational courses like the one Jemima took as well as regular classes for adults. Big plans include offering a circus and performing arts foundation degree from the site.

Hub for performing arts

Renato and the team hope that their circus school and venue will be a hub for performing arts in the area as well as being able to offer something for everyone. The venue will be able to host touring shows of all types in addition to holding events such as corporate events, parties, and weddings. They believe their school will be a centre for learning performing arts that people from all over the country and beyond will flock to. If you would like to know more about what ESSCA will offer, please call **01323 325957** or email: **info@eastsussexschoolofcircusarts.co.uk**



The showbiz guests.

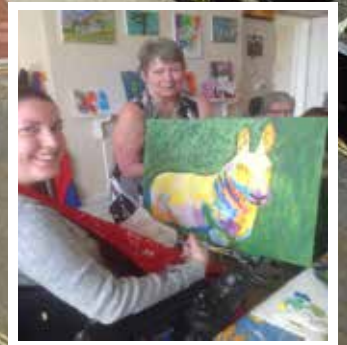


TheChaseleyTrust

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



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



We offer residents:

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- A home from home in a stunning seaside location
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We offer the community:

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or by email: info@chaseleytrust.org

www.chaseley.org.uk



How Chaseley becomes a true home to its residents

CHASELEY is home to up to 55 residents at any one time, all of whom have a complex neurological disability.

By **Jodie Cornford**

This includes an Acquired and Traumatic Brain Injury, stroke, spinal cord injury or a degenerative neurological condition such as Multiple Sclerosis, Motor Neurone and Parkinson's disease.

Residents come to Chaseley due to the specialist care that they can offer individuals and their stay can vary from just a short few weeks of respite care, through to a much longer-term residential stay. Ultimately, Chaseley is home for their residents.



Whilst at Chaseley residents will have a care pathway in place that enables them to undergo a specialist programme of rehabilitation with the Therapy team, alongside their person-centred care provided by the Nursing Care team. Each resident is involved in the planning of their own rehabilitation and supported holistically by everyone at Chaseley whilst working towards their own individual goals.

Support is needed

Having a neurological disability or condition can happen without warning and have extensive implications on all areas of a person's life, as well as on his or her individual identity.

It can affect physical ability, memory, learning, self-awareness, overall functioning and experiencing some of the changes in lifestyle, ability and environment can have a very isolating and negative impact on life satisfaction.

Motor co-ordination and balance deficits, headaches, vision loss, speech impairment and sensory changes are just some of the complex disabilities that residents need support with, so having a good social and recreational activities programme is particularly important.



Chaseley's dedicated Activities team provide a variety of daily activities for all residents across the week, designed to care for residents' emotional well-being, whilst encouraging participation and helping to reduce social isolation. These activities are not funded by commissioning bodies, but through fundraising and donations received.

Funding such as that received from The *National Lottery Community Fund* has enabled residents to partake in a variety of activities such as arts and craft, woodworking, cooking and gardening. The *Postcode Community Trust* generously donated a grant that will enable residents to participate in recreational visits outside of the home to a variety of local places of interest, once it is safe to do so.

A huge thank you

Fundraising Manager Jodie tells us "We would like to thank all the Trusts and Foundations who have supported the Activities department with funding over the last year and really helped to support the well-being of all our residents throughout the pandemic. These funds have meant that we have been able to provide additional activities as requested by our residents to help them remain sociable, engaged and active whilst the home has been on lockdown."

For further information on the charity please contact: Jodie Cornford, Fundraising Manager via email at jodiec@chaseleytrust.org or call **01323 744200**.



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

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Plastic Free Eastbourne announces Spring Water Festival 2021

CELEBRATING 'Spring Water Way'.

By **Oliver Sterno**

The Spring Water Festival will celebrate our water, our beach and our network of Refill Stations, located along some of the 19km of Eastbourne's seafront and coastline.

By providing free mains 'spring water' we can raise awareness for everyone to refill reusable water bottles and reduce the amount of single use plastic, to help protect our environment.



Useful information in the Refill app.

Our Downslands are a precious resource, as the rain percolates down into a vast chalk aquifer that provides the town with about 75% of its fresh drinking water.

Refill app

Through the Refill app and Refill Eastbourne, Plastic Free Eastbourne launched a campaign to expand the network of Refill stations in Eastbourne in January 2019, based on the first Refill Station that was opened in the Enterprise Centre. This Festival is an important opportunity to celebrate this initiative and to encourage further expansion. We welcome everyone to download this free App and to use it. To download please visit the Apple App Store or Google Play store and search for **Refill**.

Activities and events

A wide range of exciting events is being planned, to celebrate all aspects of water, along Eastbourne seafront. The main focus will be on walking to visit the Refill Stations along the route. The Festival is being planned carefully: the safety and welfare of all participants and organisers is our utmost priority. All events will be run following

government guidelines regarding COVID-19 and with social distancing measures in place. The 2021 festival is being organised as a 'prelude' for a wider roll out of the festival in 2022.

Pilgrim's Way

There will be a range of exciting events to take part in, from self-guided walks along the seafront, linking up the sites of each Refill Station to beach cleans and events to raise awareness of issues resulting from litter and ocean plastic – including the creation of a drone film.

The theme of pilgrimage will run through many events, and the festival is hoping to raise the profile of the Feibusch 'Pilgrim's Way' Murals which were originally located in the crypt of St Elisabeth's Church and are now undergoing conservation; there will be arts projects including permanent and specially commissioned sculptures along the seafront; as well as artists working at a 'studio on the beach' where they will be inviting visitors to come and talk art, ideas and the philosophy behind the Spring Water Festival.

Health and wellbeing will also be central to the festival, and there are SUP boarding sessions and swimming

lessons planned. Full event listings can be found on our website at: www.plasticfreeeastbourne.co.uk/spring-water-festival

Caring for our planet

Plastic Free Eastbourne promotes initiatives to improve the way we care for our planet. Oliver Sterno, Founder and Community Leader says, "We believe in taking action with urgency in order to raise public awareness about some of the most pressing issues facing our environment. We are driven by a single goal: to do our part in making Eastbourne a better place for everyone. We want to influence all stages of this environmental crisis and we strive to build productive relationships and make a positive impact."

For further information about Plastic Free Eastbourne, and details about the festival, please visit: www.plasticfreeeastbourne.co.uk

Plastic Free Eastbourne are delighted to be collaborating with a wide range of stakeholders and local businesses from around the town, including: *Beachy Head Story, BHASS EXPLORE, Compass Community Arts, Darkhorse Marketing, Eastbourne Borough Council, Eastbourne Friends of the Earth, Eastbourne Strandliners, East Sussex College Group, EcoAction Network, Marine Conservation Society, Refill, South East Water, Southern Water, Surfers Against Sewage and United Nations Association.*



Design a house of the future competition – Results are in!

WOW! We've been completely blown away by the amazing quality of designs that we've received. A HUGE THANK YOU to everyone who entered!

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

From the very young artists to the 'teen' designers – every entry has shown creativity, thinking outside the box and a real sense of ingenuity. The fantastic inscriptions have provided extra detail that any architect would be proud of. The use of perspective, creating a 3D image, from such young designers is beyond impressive.

There was a real focus on sustainability with entries as well as some amazing locations including an Active Volcano House, a Seabed House and a house that turns into a football pitch (take a note Brighton and Hove Albion!)

We had a lot of fun studying all the incredible designs.

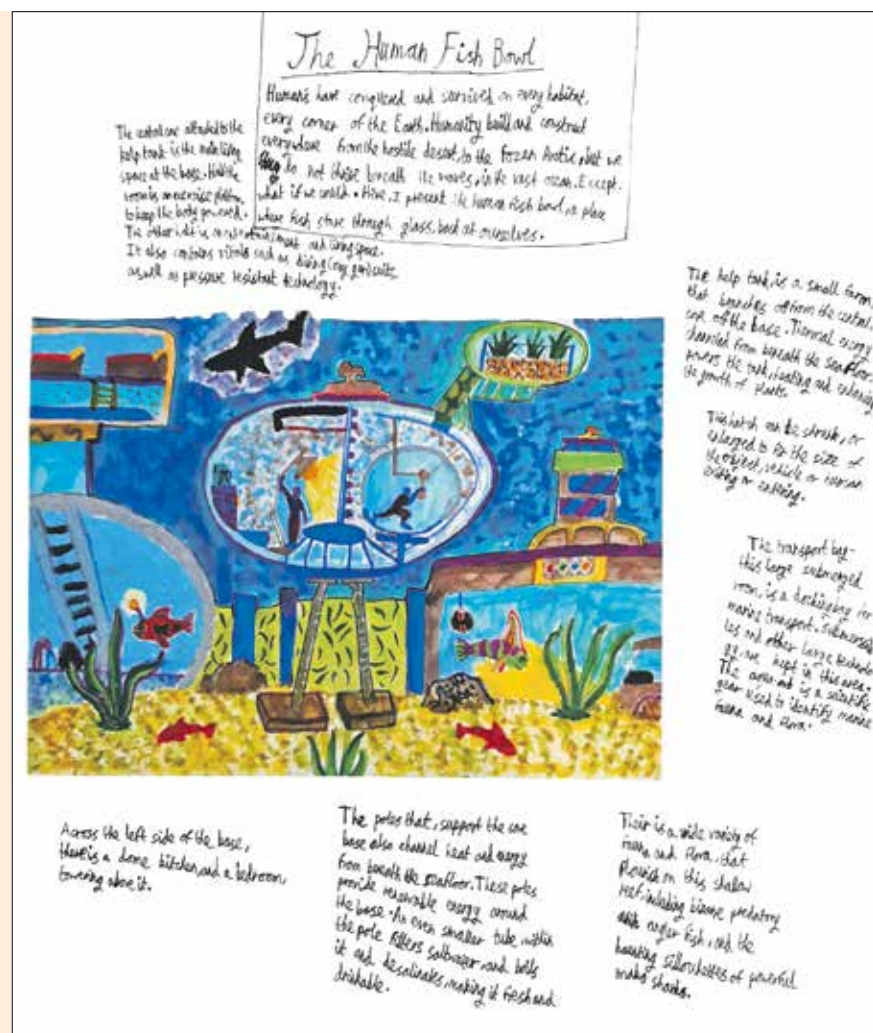
£100 WINNER!

Many congratulations to Rupert H, aged 13, who's amazing *Human Fishbowl House* is pictured above. The detail and design considerations were really impressive – from transport bays for submersible docking to support poles that utilise geothermal energy, oxygen suits, pressure resistant technology and planting that flourishes in shallow reefs. A fantastic design! Rupert is going to use his vouchers on conservation education films and books.

A SURPRISE PRIZE TWIST

Second prize winners...

We know we said we'd give a second and third prize of £50 vouchers each ... BUT... when we sat down as a team to pick our winners,



The Human Fishbowl House by competition winner, Rupert H.

it was a unanimous decision that with the level of creativity that every child showed and the amount of creative thought and artwork that everyone has put in, it was an obvious decision that **we should award ALL THE CHILDREN a second prize £50 voucher!**

So, congratulations to all our winners and thank you for giving us so much fun seeing your designs.

Isla B, Oscar R, Eve W, Oliver S, Bradley A, Luke A-A, Purdy C, Ava M, Alfie S, Riley S, Olivia G, Coby A, Neo W, Jack B, Molly R and Paige B.

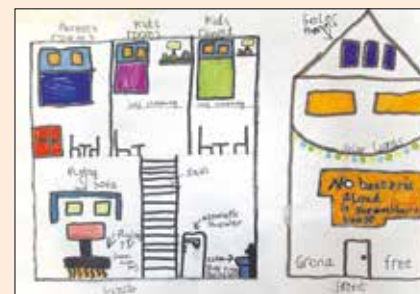
To view more of the fantastic designs and their creators, please visit: pages.craneandco.co.uk/en-gb/drawing-competition-winners

Crane & Co

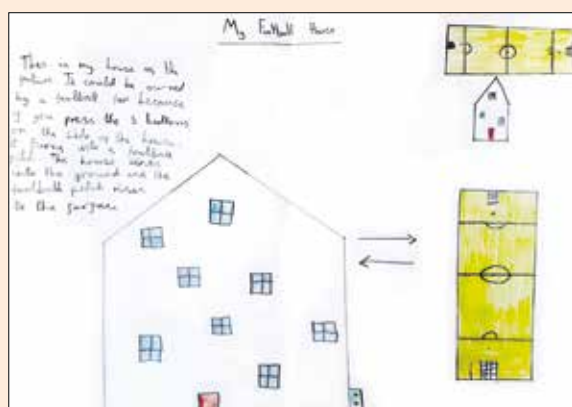
2 The Quintins, High Street
Hailsham, East Sussex BN27 1DP

01323 440678

sales@craneandco.co.uk
craneandco.co.uk



A future house designed by Oscar R.



My Football House by Jack B.



A future house designed by Ava M.



My Panda House by Paige B.



Hailsham's largest outdoor music event to go ahead this July.

By **Peter Lindsey**

The organisers of the Hailsham Live event, which was previously postponed due to the pandemic, have announced it will take place this July.

Free event

In association with Hailsham Town Council, it will now take place on Saturday, July 10th.

It will include a free to attend town centre community event with live entertainment, charity stalls, market, rides, games, food and drink.

For all the family

There is also a day of staged entertainment for all the family alongside the celebrations in the Vicarage Road Car Park.

Visitors can enjoy hot and cold food, local beers and Prosecco bar, along with Candy Floss, Ice Cream and Popcorn stalls and fairground rides.

It's a go for July

From midday until 10pm, visitors will enjoy the UK's Number 1 P!NK Tribute Act along with other tributes such as Queen, Gary Barlow and Take That and the RockitMen with their Queen performance.

working with enough who are helping to make this day happen for Hailsham."

Book early!

For tickets and information, visit <https://hailsham.live>

An amazing day

Britain's Got Talent finalist, Steve Hewlett will also be appearing.

Organiser Paul Gibson said: "We are ready to give Hailsham an amazing day and evening of pure fun and entertainment, and more importantly, raise money for the charities coming along to the High Street as they have really suffered over the past year.

"I can't thank the all the people and businesses we're



Britain's Got Talent finalist, Steve Hewlett.

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You Raise Me Up – skydiving towards our target

THE AMAZING Polegate charity that offers financial and emotional support to families who have lost a young adult between the ages of 16 and 25.

10 year anniversary

With the roadmap to lifting COVID restrictions You Raise Me Up has rebooked its postponed events from 2021. We can offer the chances to fulfil life goals, putting all your lockdown running and cycling to good use to team events all supporting our Charity and raising awareness of our work with families after the death of a child aged 16 to 25.

2021 marks our 10 year Anniversary and we have set ourselves a fundraising target of £100k to enable us to continue to provide free immediate, specialist, emotional and mental health support to bereaved families without the need of referrals or waiting lists at a time when just breathing is hard enough.

By **Lesley Powell-Cullingford**, Head of Fundraising & Events Co-ordinator

In the beginning

Polegate charity *You Raise Me Up* was founded 10 years ago by Jane and Fraser Brooks after the tragic loss of their daughter Megan in May 2011. They found themselves in desperate need of comfort from those that had experienced the same loss. They soon realised that there was not anything out there, so they started *You Raise Me Up*. It was created with love and care for all those that needed it in a time of the most unimaginable pain and grief. The charity has grown enormously in the last ten years with people still getting the same personal care, compassion and support that is needed.

You Raise Me Up offers one-to-one counselling from experienced counsellors, peer support groups for Mum's and Dad's and a sign posting service. It also has a drop-in centre/coffee shop in Polegate with staff that are trained to support the mental wellbeing of those that need it. The charity runs a 24-hour crisis helpline.

Continued support

It costs the charity an average of £3,500 a year to support a family and the need for this service is ever growing. We need to ensure that we can continue to give that level of support.

You Raise Me Up is now run by CEO Leesa Pattison, the trustees and a small extremely dedicated team.

Personal challenge

Using a personal challenge to raise funds for YRMU is an amazing thing. Like all charities, we have faced large losses from the impact of COVID-19, so in 2021 we need the help of fundraising from challenge events just like the *Brighton Half Marathon*, our *Skydive* and the *London to Brighton Cycle Ride* to keep services running. However, it's not just about money, but awareness too. As a part of *Team YRMU* you can wear a charity vest provided by us and share your journey on your multiple social media channels. For every person who sees your challenge, someone is learning about the charity and our cause.



Our welcoming Coffee Shop and Support Centre at 58b High Street, Polegate.

“ Unless someone has suffered that loss they can’t understand what you are feeling or going through... that is where *You Raise Me Up* are providing such vital support and counselling for families.

Raising awareness can be just as key as raising funds, and this awareness could have a long-term impact. You inspire new supporters and new fundraisers, and before you know it one action has triggered hundreds more just like yours.

Team work

Being part of *Team YRMU* in this most important year means you are part of a team that is supporting each other to achieve a common goal taking on your challenge for our cause, for the family and friends that have sponsored you, for the impact you know you will have on people who need help the most. They are taking on a challenge for those who can’t – what’s better motivation than that?

Free registration to Brighton Half Marathon

There are now no general entry places for the *Brighton Half Marathon* – only charity places left. The next 10 people to sign will get free registration. Worried about raising £300 – that’s just 30 family and friends donating £10 each. Easy. Just the training to do to be ready for Sunday 27th June.



And there’s more

This is the 4th year of our *Skydive* at *Go Skydive* in Salisbury. We have places available on Saturday 3rd July. No training needed for this!

Has cycling got you through the past year? Join our Team for the *London to Brighton Cycle Ride* on Sunday 19th September.

Golf courses are open again! The charity started with a *Golf Day* at *Willingdon Golf Course* back in 2011 and now we return there on Friday 16th July 2021. Enter a team, sponsor a hole, or join the After Party and dance the night away. All details are on our website at:

www.youraisemeup.co.uk

Support from businesses

If it all sounds too much – Our Support Centre Coffee Shop is now open for takeaways with indoor service resuming on May 17th. Not only is it the home of the Charity with our Memory Trees but a hub for the Community relieving loneliness and isolation. We are looking for businesses to help us re-furbish our Centre as part of our 10 year commemorations.

Not alone

However you are able to support us it will make a difference to families suffering the most unimaginable pain and help us to be able to say “you are not alone” for another 10 years and more.

58b High Street, Willingdon
Polegate BN26 6AD

01323 482772
www.youraisemeup.co.uk

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You Raise Me Up Memory Tree.



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Food&Drink



Incredible food at *Pomodoro e Mozzarella* and *La Locanda del Duca*. See page 30.

**Eastbourne favourites
reopening 17th May**

**Pomodoro e Mozzarella
01323 733800**

**La Locanda del Duca
01323 737177**





New town centre restaurant set to be a roaring success

WHEN the lockdown restrictions ease on May 17th, there will be a new Town Centre restaurant called *Flames*.

By **Peter Lindsey**

It is opening in Bolton Road on the site of the former Zizzis restaurant which closed last July.

The premises are owned by Colin Taylor and his family, and back in 1984 were opened by Colin as a self-service restaurant called *Shades*.

Instant success

It became an instant success story and, with the support of his wife Sharon, became a very popular destination for shoppers during the day and for quality waiter service meals during the evenings.

It was very popular for parties, especially at Christmas time.

Totally refitted

The premises were left in a very dilapidated state by *Zizzis* and during the past six months have been extensively renovated.

The kitchens have been totally refitted with the most up to date equipment.

Flames will be managed by Michelle, who is the daughter of Colin and Sharon, and Michelle's fiancé Dan Mason.

The family are excited about this new challenge and will be aiming to provide the type and quality of service that has been associated with *Shades* for the past 37 years.

The premises will be waitress service and open six days a week (closed on Mondays).

Opening times will be 9.30am to 5.00pm on Tuesday, Wednesday and Sunday.

On Thursday, Friday and Saturday, it will open at 9.00am with last orders at 9.00pm and on Sunday there will be a carvery lunch served until 3.00pm

Well-stocked bar

There will be a wide selection of dishes available and the speciality for the evenings service will be steaks, burgers, and fish etc cooked on the very latest type of grill by three very experienced chefs.

There will be seating for about 90 in the main restaurant and seating on the forecourt for another 30.

There is also a well-stocked bar offering a wide range of soft and alcoholic drinks and draught beer.

Superb party venue

This is another exciting project for the Taylor family whose sole objective is to provide the quality of food and service that will make you want to return again and again.

It should be a superb venue for any type of party.



The totally refitted interior

**3–5 Bolton Road
Eastbourne BN21 3JU**

01323 722444

flamesrestaurant@hotmail.com

www.flamesrestaurant.co.uk

Facebook: **@FlamesEastbourne**

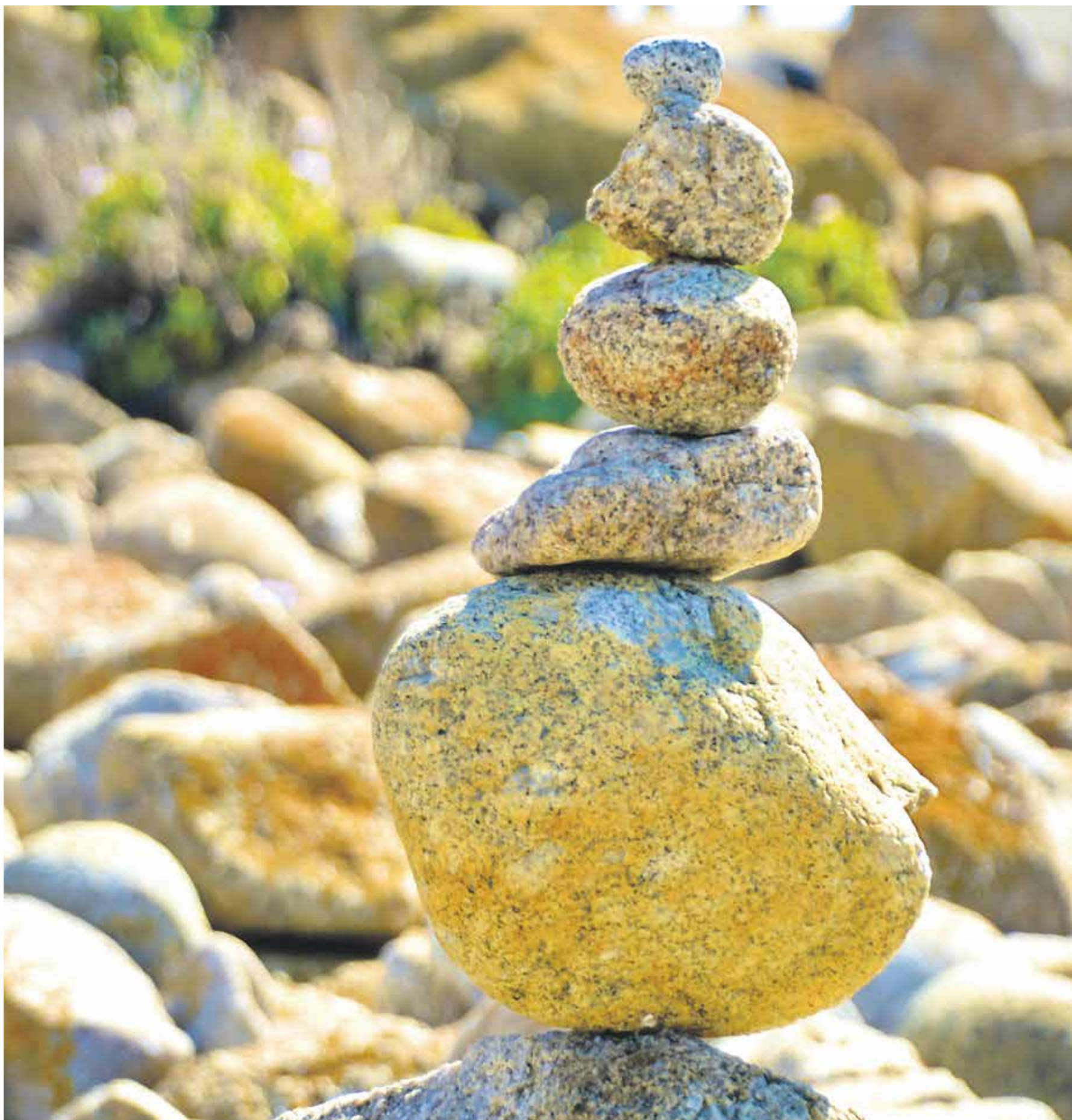
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Alleviating hay fever by changing diet

AS we begin to spend more time outside this spring, some of us may experience the unpleasant symptoms of hay fever, a seasonal allergy.

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

However, our diet can change the severity in which we experience hay fever symptoms.

Hay fever affects over thirteen million people in the United Kingdom. Its classic symptoms include sporadic sneezing fits, running nose, watery eyes or a tickle in your throat.

Hay fever is over-reaction

Hay fever typically occurs when our immune system overreacts to pollens in the environment. Our immune system contains mast cells that are mainly gathered in our lungs, intestines and skin. Mast cells release histamine when exposed to particular antibodies created from allergens, like pollen. Histamine then stimulates hay fever symptoms, like a runny nose, sneezing and watery eyes. These symptoms are the body's effort to get rid of the pollen particles

we have inhaled, as our body falsely sees pollen as harmful.

Hay fever is the direct result of our body recognising pollen as dangerous, which triggers unneeded antibodies in response. But why does one person's immune system see pollen as harmful, while someone else's immune system sees pollen as harmless? The answer may begin with the food we eat.

Eat bacteria food

Humans have more bacteria cells than they do human cells. We actually have three pounds worth of bacteria in our body. The majority of these bacteria cells reside in our gut. Since 70% of our immune cells reside in our intestines, it is no surprise that our immune cells have a strong relationship with the bacteria in our gut. What we eat directly affects the

composition of the 'good' and 'bad' bacteria in our gut, which affects how our immune cells respond to allergens.

Unfortunately, Western diets typically lack foods that help feed the 'good' bacteria. Western diets are often characterised by the consumption of food high in fat, sugar and salt; however, they commonly lack sufficient amounts of fibre. Fibre contains carbohydrates that cannot be digested, but this allows fibre to make it all the way into our intestines to help nourish the 'good' bacteria. Inside the large intestine, fibre is fermented into a short-chain fatty acid by our 'good' bacteria, which can enhance the absorption of other nutrients and directly regulate our immune system, our hormones and even our genes. All of this positively influences immune disorders. Healthy foods with high fibre content include wholegrains, oats, dark chocolate, fruits, vegetables, beans, nuts and seeds.

Diets low in fibre tend to have the opposite affect on the body. Studies have found diets low in fibre increase the 'bad' bacteria in our gut flora. These types of bacteria then trigger unnecessary antibodies to be formed against pollen, as it blocks the body's ability to recognise between harmful and harmless substances. As a result, these antibodies entice mast cells to release histamine, leading to hay fever.

Take herbs and eat healthy

Studies have shown that herbal medicines may help regulate our gut flora, promote probiotics and inhibit pathogens. Herbs can kill pathogens through the essential oils they possess that are naturally antiviral.

Herbal medicines, such as *angelica*, *quercetin*, *licorice root*, *triphala*

“

A study by BMC Pediatrics concluded that over a third of patients with food allergies later develop hay fever.

and *slippery elm* have been found in a study published in *Frontiers in Immunology* in 2018 to inhibit the release of histamine from mast cells.

Eating foods rich in antioxidants that also reduce inflammation may also reduce hay fever. These foods include apples, onions, garlic, ginger, turmeric, chia seeds, green tea, watercress, berries, grapes, broccoli, peppers and dark leafy greens.

Avoid high histamine foods

Foods that may lead to the trigger of mast cells releasing histamine and disrupt our gut flora can increase hay fever symptoms. It's best to stay away from refined and processed foods (like white bread, pasta, rice and sugar), dairy, alcohol, ham, salami, seafood, fermented food, vinegar, citrus and walnuts. Some of these foods may also stimulate mucus, making hay fever symptoms worse.

It may take a few weeks after rearranging your diet to see results. However, keeping up with this diet may leave you feeling healthier in other ways, besides experiencing reduced hay fever symptoms. For instance, there is a strong connection between hay fever and food allergies. A study by *BMC Pediatrics* concluded that over a third of patients with food allergies later develop hay fever. This study also found a link between hay fever and both asthma and eczema. If you eat a hay fever alleviating diet you may find other symptoms of these ailments also improve.

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

www.modern-healing.co.uk



In the zone

HAVING successfully traded for five years in Eastbourne, *Perfect Body Zone* has now relocated to the Enterprise Shopping Centre, situated in Eastbourne's Town Centre.

By **Peter Lindsey**

Their new store aims to provide a better shopping experience for customers, with a larger store and a wider selection of products and fitness clothing for men and women.

They stock products aimed at helping with nutrition, weight loss, muscle-building and endurance. *Perfect Body Zone* can also supply you with fitness

equipment too, including clothing for women and men, water bottles, gloves, weights and kettle bells.

Large selection

They also stock a large selection of protein flavours, for those who want a change from chocolate and vanilla!

Owner Radoslaw Zinkiewicz; who has more than a decade of experience in the supplements and fitness industry, is proud of the range in store and reputation the firm has built. Having worked in a supplements

manufacturing company, he is passionate about fitness and nutrition, for which he has earned a Sports Nutrition Certification.

As well as offering free next day delivery on orders over £50, there are plenty of special offers to discover in store or on their website at www.perfectbodysshape.co.uk with free samples for every purchase gifted too!

the globe, at the very best prices and delivered in the shortest possible timeframe. You can rest assured we provide an unrivalled level of service."

On hand to help

"We are always on hand to help, so please don't hesitate to get in touch with us by email too at cs@perfectbodysshape.co.uk or use our live-chat on our website if you have any questions."



Tailored to suit you

Radoslaw and his team at *Perfect Body Zone* are looking forward to welcoming you to their new store, he says: "You can visit us in person here in Eastbourne to discuss your needs and we can tailor a package to suit you. Whether you want to build muscle mass, lose weight or improve your endurance and general wellbeing, we'll be able to offer you our expertise. Our sole aim is to provide our customers with the best and latest sports nutrition from across

Perfect Body Zone

Tel: 01323 721571

cs@perfectbodysshape.co.uk
www.perfectbodysshape.co.uk

Unit 16
Enterprise Shopping Centre
Station Parade
Eastbourne BN21 1BD



Family-run Sussex Footcare expands with new clinic



A POPULAR local family-run business specialising in treating foot and lower limb conditions is expanding and opening a new clinic in Eastbourne on May 10th.

By **Peter Lindsey**

Sussex Footcare, offering podiatry and chiropody services, is run by keen sportsman Andrew Albon, 31, and is based at The Mews in Watts Lane, Eastbourne.

Andrew is a third-generation podiatrist, following in the footsteps of his mum, uncle, and grandad.

He qualified from the *University of Brighton* with a Bachelor of Science podiatry degree, and he is extremely excited about the prospects for the new clinic.

He said: "This has been a long-term goal from the outset, after gaining a wealth of experience within the NHS and privately, it now feels the right time for us to expand our business with the opening of this exciting new clinic.

"We already have an extensive loyal customer base in Eastbourne and

the surrounding areas. The friendly team are experienced, fully qualified and have decades of experience. We genuinely believe we offer the best service.

"Now we can also offer a lovely location with easy parking."

Injury rehabilitation

Andrew lives in Eastbourne with his wife Rosie and two-year-old son Oliver.

When he is not chasing Oliver around, Andrew is a keen sportsman playing football, cricket, golf and bowls.

He has also previously run the Brighton Marathon in aid of the Alzheimer's society.

With his sporting background, he has had his own fair share of injuries which brings personal interest in treating sporting injuries and rehabilitation.

Dementia friendly champions

The company covers Eastbourne and the surrounding areas, and it is



Andrew Albon BSc (Hons) MCPod.

a proud advocate of the Dementia friendly champions, visiting more than 30 care homes.

Podiatrists are healthcare professionals who have been trained to diagnose and treat abnormal conditions of the feet and lower limbs. They also prevent and correct deformity, keep people mobile and active, relieve pain and treat infections.

Latest technology

Andrew said: "Very often, what can seem a simple procedure such as cutting your toenails can become an impossible task for varying reasons. Therefore, the majority of our patients book regular routine appointments with us to keep on top of this fundamental footcare.

"We combine skill with latest technology, and we are pleased to be able to offer Lunula laser treatment for fungal nails. It is the revolutionary low-level laser therapy bringing hope to people suffering from painful, discoloured and disfigured fungal toenails associated with onychomycosis.

"We also offer nail surgery for ingrown toenails which will provide



Heather Albon (MBChA).

long term pain relief and comfort. Having performed many nail surgeries, it is always surprising how long people put up with the excruciating pain, considering how quickly and effectively this can be resolved in my clinic."

Sussex Footcare works closely with other Health Care Professionals and as a Multidisciplinary team. We offer biomechanical assessments and bespoke orthotics, anything out of our scope we can refer on and we also have MSK specialist Dao from *Rebalance Foot & Ankle Services* working alongside us in our clinic.

"We are taking on new patients and would love to see you visit our Podiatry clinic".

Main services offered include:

- **Clinic Visits.**
- **Nail Surgery.**
- **Biomechanics.**
- **Laser treatment for fungal nails.**
- **Orthotics.**
- **Home visits.**
- **Diabetic foot assessment.**
- **Callus and corns.**
- **Heel Pain.**
- **Ingrown toenails.**
- **Verrucas.**
- **Care and nursing home visits.**



07830 417007 | 07928 199375
andrewalbon@yahoo.co.uk
www.sussexfootcare.co.uk



“

We genuinely want to help people by providing the best treatment for their concern, using the most advanced technology.

Premier aesthetics clinic arrives in Eastbourne

NON-INVASIVE aesthetics clinic, *Clinic 33*, has arrived on Meads Street in Eastbourne.

By **Gail McKay**

Opening in April 2021, the family-owned business combines non-invasive, results driven procedures, with a holistic approach of exercise, nutrition and wellbeing.

Husband and wife team, Kevin and Liana Stemp, opened their first clinic in Hove in 2013 and became the first clinic in the UK outside of Harley Street to offer Cryolipolysis (aka fat freezing). The non-invasive fat reduction procedure literally ‘freezes’ fat cells and is highly regarded within the industry. It is a fantastic alternative for those looking

for a non-invasive alternative to Liposuction, or a highly effective way to support their weight loss.

Personal service

This is a clinic with a difference – their approach is not to offer ‘one size fits all’ treatments and are committed to treating each of their clients as individuals.

Kevin explains, “We get to know our clients’ lifestyles and their wants. We explain to them what their options are and genuinely want to help people by providing the best treatment for their concern. Along with the most advanced technology, we focus on providing support from the beginning to the end of their treatment plans with us. We’re proud to offer a very personalised service.”

Skincare experts

Although *Clinic 33* offer a variety of non-invasive body treatments, they are also experts in treating skincare concerns. From acne to rosacea, thread veins and milia, the team use the latest technology to treat skin issues and the results are clear to see in their before and after client photos.

The skincare side is Liana’s speciality, having studied Advanced Skin Science – the highest attainable qualification within the non-invasive aesthetics industry. Whatever your skin concern, you’re certainly in safe hands.

Long lasting results

The team are keen to stress the importance of a healthy lifestyle, including good diet and exercise, over quick fix procedures. The weight loss and fat reduction treatments that they offer are one piece of the puzzle. This approach of holistics and science working together to achieve long lasting results is refreshing and they are a company where the staff practice what they preach.

To find out more about the treatments that *Clinic 33* offer, visit their website www.clinic33.co.uk or call **0333 011 0680**.

The Eastbourne clinic is located at 52 Meads Street, Eastbourne, BN20 7RH



The new clinic in Meads Street, Eastbourne.

CLINIC33

0333 011 0680

info@clinic33.co.uk

www.clinic33.co.uk

**52 Meads Street
Eastbourne BN20 7RH**

Sign up to eat well



COUNTY-WIDE healthy lifestyle provider launches new free healthy eating programme.

By **Gail McKay**

Residents on its weight loss programme lost a combined two tonnes in the last year.

One You East Sussex, the county's healthy lifestyle service, is urging residents to sign up for a new free healthy eating programme in May after nearly 800 East Sussex residents on its weight loss programme shed more than two tonnes of weight between them over the last year. In the last year, 791 people who started on the *One You East Sussex* weight loss

programme achieved a combined weight loss of 2503.8kg.

Budget Bites

One You East Sussex is teaming up with *Seahaven Community Food*, which aims to give residents access to healthy and affordable food close to home, for a campaign throughout May aimed at getting all East Sussex residents eating more healthily.

A series of blogs to be posted throughout May will draw on recipes taken from 'Budget Bites', a recipe book produced by *Seahaven Community Food*, whilst also promoting 'Eat Well', one part of the *One You East Sussex* Core Behaviour Change service.

Free health sessions

Residents who self-refer to the 'Eat Well' service will each receive six telephone sessions with a health coach, who will offer support, act as a sounding-board and provide the confidence needed to make changes to the way you eat. They will also help participants reflect on their lifestyle and habits and identifying any issues they may have around food.

All *One You East Sussex* services are completely free and open to anyone over the age of 16 as long as they live in East Sussex.

Like and share

A Like and Share campaign on Facebook, Twitter and LinkedIn during May will also give residents the chance to win a locally-sourced veg box worth £20 or one of ten

'Budget Bites' recipe books from *Seahaven Community Food*.

"Our health coaches are not dietitians or nutritionists and don't recommend a specific diet," explains Dan Ford, Engagement Lead from *One You East Sussex*.

Long-term changes

"This is not a quick fix; we aim to help deliver long-term, sustainable changes with clients focusing on their individual needs, whether that is weight loss; cutting down on salts and sugars or increasing fruit and vegetable intake."

Residents can self-refer to the 'Eat Well' service online at www.oneyoueastsussex.org.uk by clicking the 'get started' button, or by telephone on **01323 404600**.

ONE YOU EAST SUSSEX

JOIN THE **OYES** MAY MENU CAMPAIGN!

During the month of May One You East Sussex will be providing **FREE** Support and ideas to improve your eating.

Throughout the month we will be providing **FREE** weekly recipes for you to follow, all recipes are nutritious and easy to make.

We will also be running a live cook-a-long where one of our advisors will be making one of the recipes live (Check OYES social media for details)

YOU CAN STILL REFER YOURSELF INTO OUR SERVICES BY VISITING OUR WEBSITE OR GIVING US A CALL ON 01323 404600 TO FIND OUT MORE.

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Burwash Weald
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Choosing an Estate Agent? Don't get caught in the 'contract trap'

MOST estate agents make similar claims about their ability to secure the highest possible price, in the shortest possible time, with the least possible inconvenience.



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

These things are easy to say, although in reality plenty of agents do not always find them easy to deliver. Indeed, such claims set a level of expectation that can sometimes be followed by disappointment.

Tied in

To add insult to injury, most agents then expect you to sign up for a long period of sole agency with them. Whilst there is no doubt that a sole agency is far preferable to asking two agents to market your property, particularly in terms of accountability, many agents insist on a sole agency tie-in period of 8, 12, 16 or even 26-weeks! Our question is... Why?

Lack of confidence

In our opinion, a long period of sole agency suggests a lack of confidence on the agent's part, and it's a way of preventing the seller from sacking them if they fail to deliver! What sort of accountability is that?! It means that the agent can say whatever the seller wants to hear in order to secure the property on their books, and then wait for the property to sell itself. Indeed, some agents take on properties under a long-term sole agency agreement, only to recommend a price reduction shortly after the initial marketing period. Fixed duration agency periods protect agents not sellers!

Breaking the mould

We are breaking the mould in this area and believe property sellers deserve better. We feel that if, at any time, you no longer enjoy working with us, you should have the right to fire us! We simply ask for seven days notice and we find that our clients really appreciate this transparent approach. It certainly keeps us on our toes, and ensures you get the commitment we promise at the outset.

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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 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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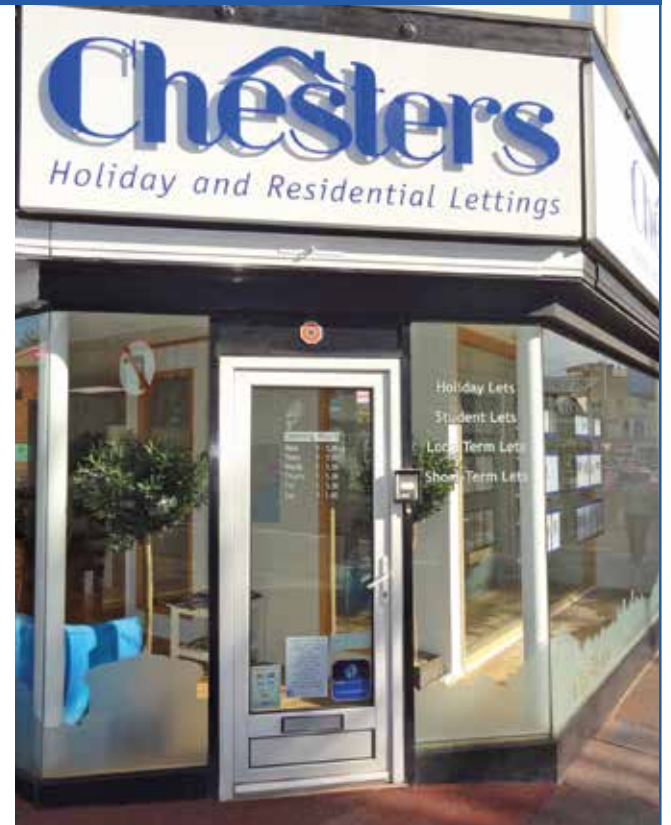
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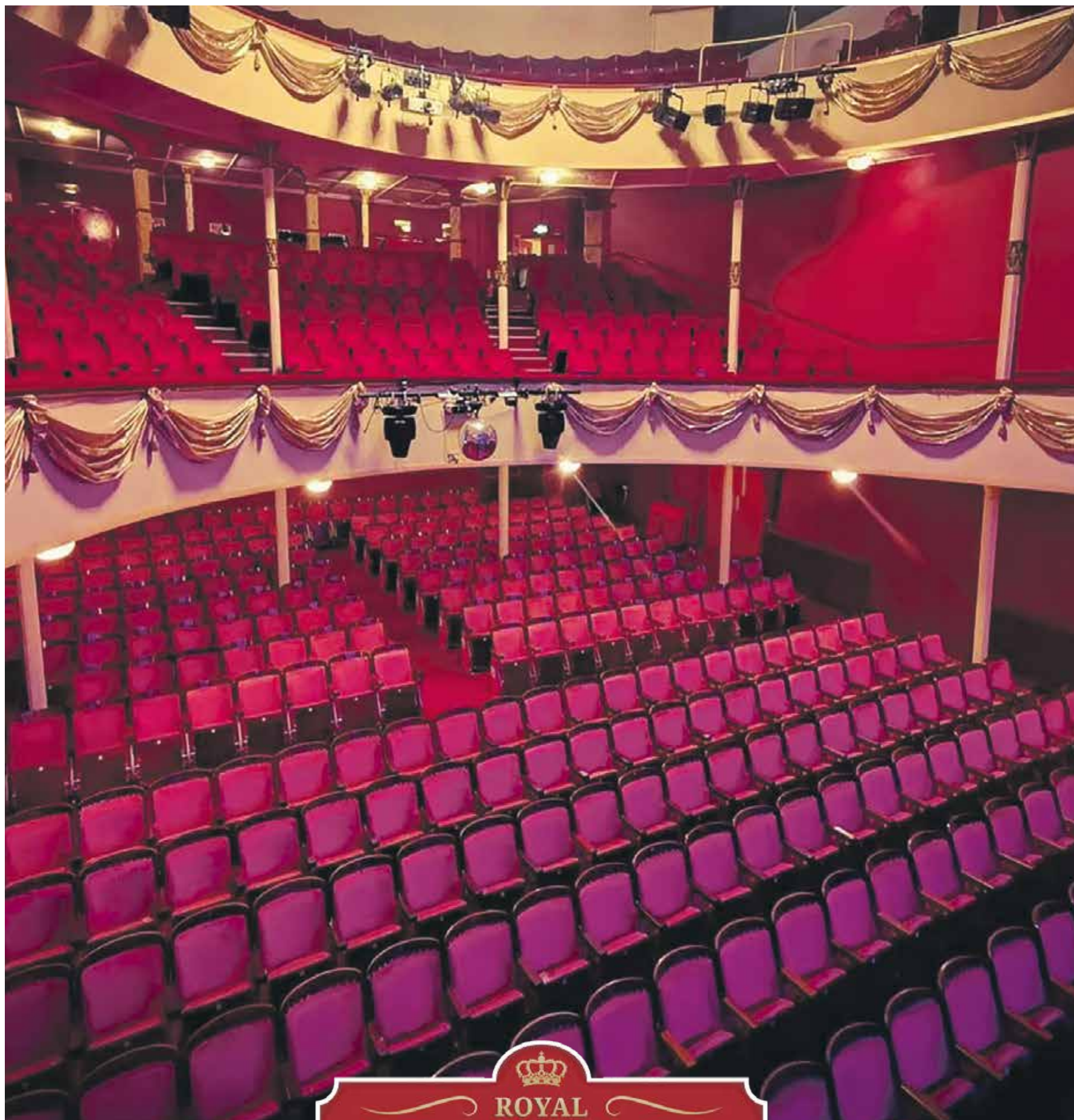


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We're back! The Royal Hippodrome Theatre reopens in May

THE Royal Hippodrome is back open for business in May – and the team can't wait!

By **Peter Lindsey**

Starting on May 27th is a three-night run of 'There's No Business-Like Show Business'.

It is a celebration of all things theatrical and a whistle-stop tour of musical genres through the years.

There is comedy, exciting dance routines, foot-tapping standards from the worlds of musical theatre and popular music, and of course a moving ballad or two.

The cast of local professional singers and dancers – led by marvellous comedy host Grant Martins – will treat you to a night of pure unadulterated escapism that will lift your spirits and get you singing and dancing along.

Socially distanced

It will include classics such as *It Takes Two*, *Me and My Shadow*, *The Rose*, *Lambeth Walk*, *From Russia with Love* and *I Write the Songs*.

The show is fully socially distanced for the audience. Numbers have been re-set to ensure social distancing is in place and Lateral Flow Testing is being carried out prior to every rehearsal and will also be in place for all staff, volunteers and performers before each live show.

The production will then be re-vamped and lengthened before returning to the stage in July every Wednesday evening.

Strength to strength

In the past eight years, local couple Debbie and Alex Adams have been producing the Summer Season show, and in 2018 took over the running of the theatre from the previous CIC.

The Hippodrome has gone from strength to strength, with patrons enjoying the homely, welcoming feel

and the fantastic standard and variety of productions that the theatre offers.

Continued investment

Alex and Debbie Adams had invested £500,000 into the renovation and re-modelling of the foyer and with work progressing in the backstage and other front of house areas, as well as a full technical upgrade, the Hippodrome was well and truly on its way to becoming one of the best entertainment venues in the town when the pandemic hit.

The Hippodrome has received £280,000 from Arts Council England under its Culture Recovery Grant scheme.

Alex said: "This has enabled us to continue with our proposed work to future proof the venue, ensuring sustainability for the business for years to come."

"Our lovely staff have all been furloughed but the grant has enabled us to have our key management team back in the building working for some of the time."

Warm welcome

Front of House is mainly staffed by volunteers – who are without doubt one of the reasons that audience members feel so warmly welcomed. Their contribution to the theatre is huge.

Debbie said: "The grant has been used to carry out essential work on the building to make it completely COVID secure and has given us the opportunity to undertake essential maintenance works and to complete parts of the renovation of the building that require finishing before we can open to the public."

Book today!!!

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Image: Nintendo EPD/Nintendo.

A reboot for gaming

THE current pandemic has meant that a lot of different industries have had to go into standstill and stop production. It also meant that they had to face a multitude of challenges and difficulties.

By **Daniel Middleton**

When the government told us to stay inside, the future of many industries was under a new form of pressure. One of these was the gaming industry.

The worries

In January 2020, many people were wondering if Microsoft and Sony would be releasing their new batch of gaming consoles and if there

would be any new games for us to play as we did not know what impact the sudden loss of jobs would have on the economy.

Luckily, both Sony and Microsoft were able to release their next line of consoles in November of last year and another unexpected thing that came out of the pandemic was the amount of games that were played and viewed.

Bringing us closer

Because you don't need to go outside or to be close to anyone to

play games it meant that video games were a perfect way for people to be social and form connections to others in and during lockdown.

This could not be even more evident in the types of games that became popular in this time. One of these games that became popular due to us all being locked inside was 'Animal Crossing – New Horizons'.

One thing that made this game so appealing was the chilled-out nature of this game from the gameplay to the music. Another thing that made this game popular during Lockdown was the fact that you could chat to others and give them gifts by visiting them 'in game' on their own island.

Many people were able to reconnect with friends and family through this game (and many others like it) in a time when we were not allowed to see them in person.

New attention on gaming

Because many gaming companies had already completed a lot of the aspects of their big title games that were due to come out before the pandemic, this meant that there were a lot of new products coming out within the gaming industry and at a time when other entertainment companies weren't able to realise their products.

As a fan of gaming myself, seeing many more people talk about and enjoying games over the last year has filled me with such joy and happiness regarding the future of this fan base and industry!



Image: Screenpost.

Eastbourne Festival 2021

THE Food, music & culture festival.

By **Gail McKay**

The Festival returns to the picturesque setting on the playing fields at Hampden Park from Friday 25th to Sunday 27th June 2021.

This fabulous weekend long show brings together people from all over the globe mixing culture, food and music.

On the main stage you will be able to see a mixture of Europe's and the UK's best tribute artists, local bands, ethnic dance groups, street artists, international singers and displays.

In the main arena you can enjoy international and local vendors selling a variety of food and drink from all over the world: Spanish, Thai, Chinese, Japanese, French, American, Mexican, Italian, English, Eastern European, Greek, African, Portuguese and Turkish.

Local brewers, wine merchants and restaurateurs will also be getting involved, showcasing their food and drink.

Also in the main arena there will be a large children's area with funfair rides, soft play, bouncy castles, stalls and more.





25, 26, 27
JUNE 2021

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Henry Paddon Contemporary Art.

Out on display

EVERYBODY loves art. Those lucky enough to be talented at it showcase their unique work in galleries.

By **Rachel Lucas**

Whether you are an experienced art lover or are just starting, the contemporary art style is undeniably popular. Below are our picks for the must-see galleries in EASTBOURNE.

Newartgallery

The *newartgallery* is the perfect discovery for all art collectors. The artwork showcased is sure to catch your eye. Oils, pencils, engravings, sculptures; are just a few of the mediums featured inside this gallery. The frequent changing of exceptional artists means that you are certain to find a piece worth investment! www.newart-gallery.co.uk

Henry Paddon Contemporary Art

Since 1992, *Henry Paddon Contemporary Art* has been working with UK creators. From ceramics and glasswork to textiles and prints, the gallery is sure to offer you a unique experience. Exhibitions take place in March and October, so why not check it out if you can? For those who cannot make it, fear not! Their website gives you the option of online purchases. www.henrypaddon.com

Towner Art Gallery

You are sure to have heard of the *Towner Art Gallery*. Despite current events, the Towner is still open for business! You can see their exhibitions online. Visit www.townereastbourne.org.uk to book in for one of their talks, tours and events. If you are a fan of contemporary art, then the Towner is a must-see.

Nigel Greaves Gallery

Nigel Greaves Gallery is listed in 'Best Places to Buy Art' by the *Evening Standard*, and it is easy to see why. The artwork of landscapes, seascapes, abstract and figurative work is truly captivating. For lovers of paintwork, this gallery is a perfect fit. The gallery features acrylic, watercolour, oil and pastel pieces, all expertly done. All contemporary art lovers must visit www.nigelgreavesgallery.co.uk

The Little Chelsea Gallery

Artists and onlookers alike, this gallery has it all. The premises on Hyde Road features a studio to hire for photography, boudoir and derelict usage. Their gallery features many art fields, including photography, painting and sculpture. You can view their gallery on their website, www.thelittlechelseagallery.co.uk, and view gallery sections including, portraits and alternative galleries.

Free 'healthy eating kids' show at the Grove Theatre

THE Grove Theatre used to be known as The Underground Theatre in the heart of Eastbourne.

By **Peter Lindsey**

It is staging a free 'healthy eating kids' show on May 29th and the performances are at 11.30am and 1.30pm.

Here is Hayley from The Grove: "Our kids have spent a lot of time on-screens during lockdown and we feel they could do with a bit of live entertainment.

"Staying healthy is so important, not just for kids but for everyone, and during lockdown, most of our diets have suffered a bit which in turn affects everything else, our mental well-being and self-esteem.

"So, we thought it would be a good idea to give everyone a little fun reminder to take care of themselves.

Socially distanced

"I've been a children's entertainer for six years, performing at over 1,000 events, most recently at an online festival alongside Andy and the *Odd Socks* from *CBeebies*.

"There is nothing kids respond to better than live entertainment. In this digital world, we sometimes forget that kids really like the simplest things, music, magic, science, and puppets."

Seating is all socially distanced and there are one-way systems in and out of the auditorium.

The theatre has an exciting summer programme lined up and this show has been selected to kick things off. See: www.groveeastbourne.com

For more information please email: radtastictheatre@gmail.com





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A pizza puzzle

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

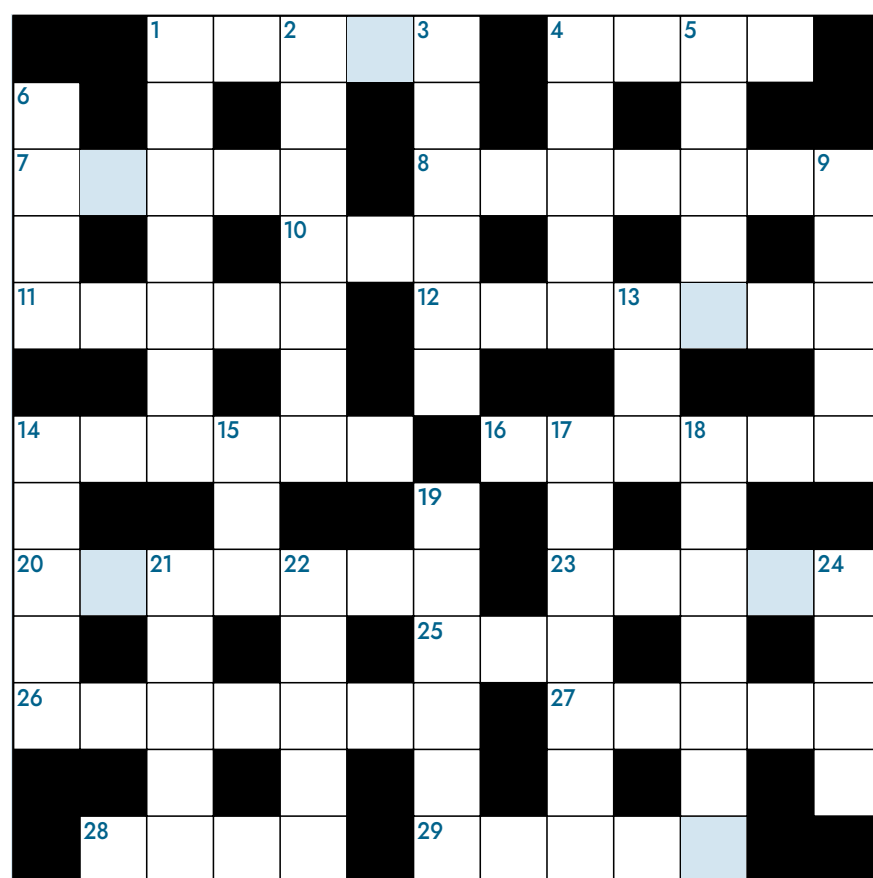
By **Word Search** and **Cross Word**

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

ANCHOVIES
BAKE
BASIL
BROCCOLI
CALZONE
CAPERS
CRUST
CUT
DELICIOUS
DOUGH
EAT

FREEZER
HERBS
MOZZARELLA
MUSHROOM
NAPOLI
OIL
OLIVES
ORDER
OREGANO
OVEN
PARMESAN

PEPPER
PIECE
PINEAPPLE
ROUND
SALAMI
SALT
SEAFOOD
SLICE
TOMATO
TUNA
YEAST



ACROSS

1. and 23 across Eastbourne's only 5 star accommodation. 5,5
4. Leaning tower. 4
7. Tagliatelle or rigatoni. 5
8. High street bank. 7
10. Noise. 3
11. Performance area. 5
12. Rapper Elliot John Gleave. 7
14. Jaunty, debonair. 6
16. Art Fund Museum of the Year 2020. 6
20. Hay fever. 7
23. See 1 across. 5
25. American or apple. 3
26. Permanent inks. 7
27. Pier owner's favourite felines. 5
28. Roman robes. 4
29. Jupiter has 79. 5

DOWN

1. Defence against poisonous gas. 7
2. Wolfgang _____. 7
3. Friday night _____. 6
4. Kebab bread. 5
5. Shepherd's charge. 5
6. Mineral spring baths. 4
9. Belonging to. 5
13. Cut grass. 3
14. Sunday lunch. 5
15. Cubes or cream. 3
17. Shakespeare play. 7
18. Countries. 7
19. Plaster ingredient. 6
21. Win a million on this. 5
22. Spanish red wine. 5
24. They sell bath bombs in the Beacon. 4

April crossword solution:

ACROSS 1. HALLE, 4. FACE, 7. APRON 8. LONGMAN, 11. DROWN, 12. EPISODE, 14. MARTYR, 16. ELAPSE, 20. SHINGLE, 23. BLIMP, 25. BAR, 26. SADDEST, 27. AWFUL, 28. PARK, 29. ROYAL

DOWN 1. HARBOUR, 2. LANGNEY, 3. EILEEN, 4. FUNGI, 5. CAMEO, 6. SAND, 9. NIECE, 14. MASKS, 15. TIN, 17. LIBRARY, 18. PAINFUL, 21. INDIA, 22. GREEK, 24. PALM

To win a 3 course meal for 2 (not including drinks) at Rustico in Eastbourne or Hailsham, find the hidden word in the shaded crossword boxes that reveals the birth place of pizza. Email answers to gail@bournefreemag.co.uk. A winner will be drawn at random on 8th June 2021.



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Green and pleasant

SPRING is in full swing, but the weather can still catch us out. Here on the south coast, May is a month when the more tender plants can be put outside, but only to harden off, and not in more exposed areas. This month usually hosts the *Chelsea Flower Show* and is famous for the “*Chelsea Chop*”, which is great for stopping some plants getting too big and leggy.

By **Geoff Stonebanks**

There is no flower show again this month, it's scheduled for later in the year, but read on for more about the chop and don't forget to feed your plants in order to get the best from them all this summer. The advent of the clocks going forward now gives us all more time to spend outdoors.

Purple power

One of my favourite colours hues in the garden is purple. A plant that abounds throughout my garden, especially in the beach garden at the front (shown in header), is *Verbena bonariensis*, which rises majestically from the gravel in huge clumps swaying in the breeze. I started off with a single plant and over the last few years it has self-seeded and

I just let it go. I love it and would recommend it to any garden owner.

Then there's a plant that I bought back in 2014, not knowing much about it, *Salvia 'Amistad'*. It has been incredible in my garden for seven years now producing blooms up to six feet tall in the beds by the fence. It's almost electric blue blooms make a really dramatic statement and visitors to the garden love it too.

The National Garden Scheme

Some of you may have managed to get your hands on a copy of the scheme's Sussex Booklet. I am very pleased to say that Driftwood features on the cover! With government restrictions being eased, month by month, the opportunity to go further afield and visit a garden will, I'm sure, be very attractive. There are a large number of gardens scheduled to open during May across Sussex, some will need pre-booked tickets

others will also allow you to pay at the gate. Go to: www.ngs.org.uk/east-sussex to see all the local venues and booking arrangements.

Chelsea Chop

Most gardeners will have heard the phrase, the *Chelsea Chop*, but what is it and what does it mean? It's a pruning technique used at this time of the year which helps to control and limit the size and flowering season of many herbaceous plants. According to the RHS, there are three suggestions or methods to ensure the *Chelsea Chop* is effective. Which method you choose will depend on the type of plant, how big your plant clump is and the effect you want to achieve.

- a) Clumps of perennials can literally be chopped back by one third to a half, using shears or secateurs. This will delay the flowering until later in the summer and keep plants shorter and more compact.
- b) If you have several clumps of one plant, try cutting back some of them, but leaving others. This will prolong the overall flowering time as some will flower early and the others later.
- c) Another method is to cut half the stems back at the front of an established clump, which will extend the season of flowering rather than delay it.

Fuchsias

Garden Fuchsias are really easy plants to grow, though can be slightly fussy about moisture and temperature. They work very well in containers, perfect for my garden and most will thrive in part shade to full shade, which is a real bonus for the north facing patio at the back of my house. They don't like to be too hot, and they especially hate dry heat. Fuchsias are also much-loved for their long-flowering period from summer through into the autumn. They bear hanging bell-shaped flowers in a

range of colours, including white, pink, purple and red, which are often referred to as ballerinas!

For those that get addicted, there's a huge number of different fuchsia varieties available to grow – some are hardy, while others are half hardy and require winter protection. Hardy types are grown as garden shrubs, whilst half-hardy plants are ideal for using as bedding in summer displays in hanging baskets or pots. Check out your local garden centre for your favourites.

Summer annuals

For a successful summer bedding display, be it in containers or in the ground, make sure you don't bring your plants out of the greenhouse until you know the frosty nights are behind you. It's also important to acclimatise them in your garden before you plant them into their final positions. I was caught out last month with the sudden change in the weather and had to fleece some of mine just to make sure no damage could be inflicted on them. When planting up in containers, a trick passed on to me by my Aunt, many years ago to help with containers drying out too quickly, was to always line the base of each one, especially the smaller ones, with some aluminium foil, to create an inner saucer that will always retain some moisture and avoid plants drying out too quickly. Trust me it works a treat for me.

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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