

FREE

CHESTNUT TREE HOUSE

VOLUNTEERS WEEK

Take on an adrenaline-fuelled challenge with the White Cliffs abseil 2021.

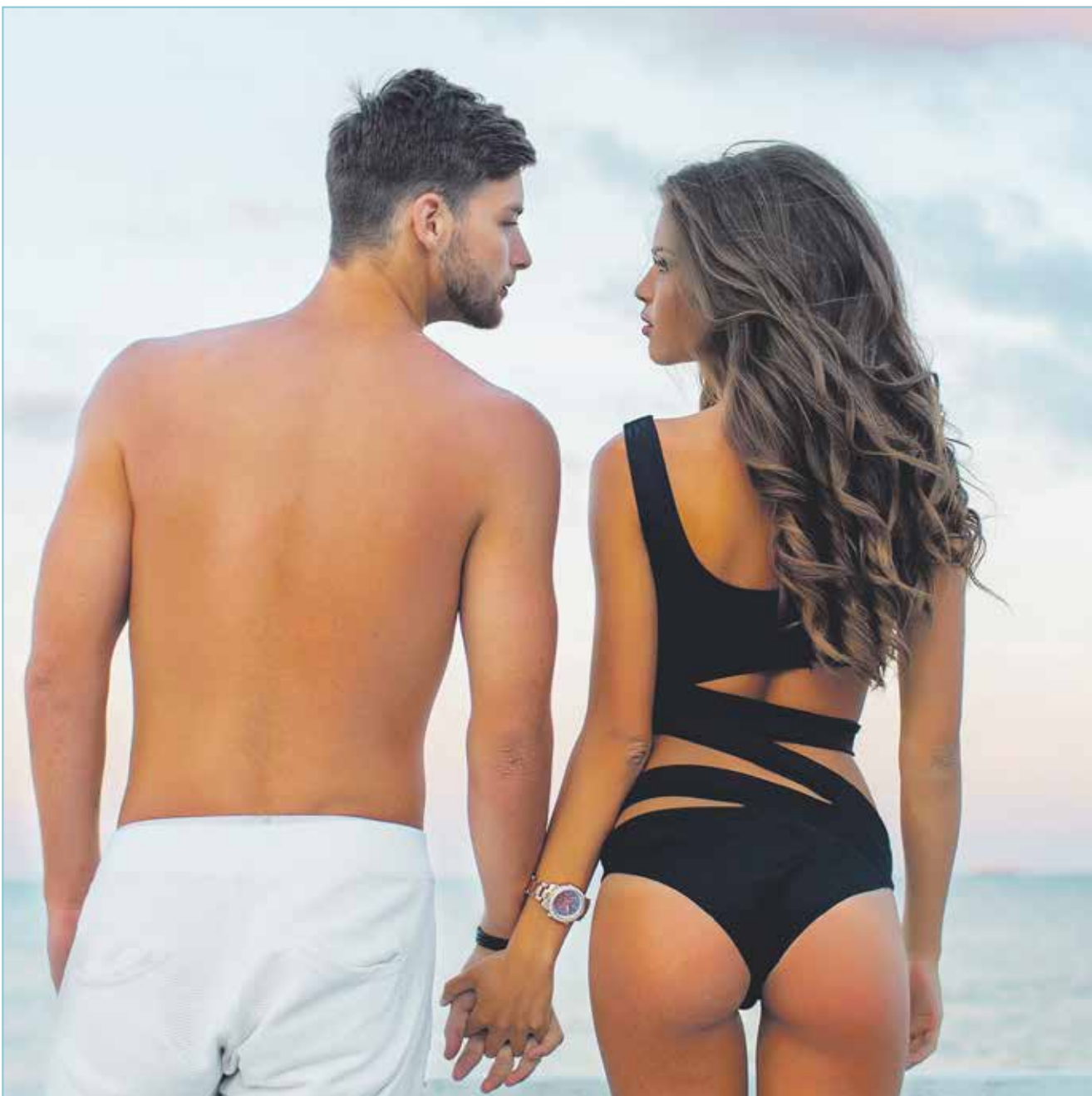
Bournefree is proud to highlight the super work volunteers do across East Sussex.

06/21 Issue 012  
June 2021

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# Bournefree



Fat reduction, cellulite and bum-lift treatments at Clinic 33, 52 Meads Street. Turn to page 38.

CLINIC33

'DRIFTWOOD' GARDEN IS OPEN AGAIN

Page 24



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Eastbourne Pride 2021 – Saturday July 17th  
[www.eastbournepride2021.co.uk](http://www.eastbournepride2021.co.uk)





For breaking news 24/7, log onto our news website at  
[www.bournefreelive.co.uk](http://www.bournefreelive.co.uk)



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 Productions

Our next edition will be  
 distributed from July 7th.  
 Make sure you are a part of it.

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 PR & Engagement

# Bournefree – on the up and up as our economy bounces back

**IT'S been a busy but rewarding month for the Bournefree team as we continue to make a big impact across the area.**

By **Peter Lindsey**

**First, our print magazine and we are delighted that we now have a consistent and regular list of outlets each month.**

*The Beacon* have kindly allowed us in from May 17th, and that was the last outlet we were determined to secure.

Our key outlets remain well spread across Eastbourne, Hailsham and the surrounding area, and we are grateful to everyone.

It is going to be a bumper summer on *Eastbourne Pier*, and that is another relatively new outlet for us.

**Figures are soaring**  
*Langney Shopping Centre* is another key place for us to be in, and we thank Neil and his team for allowing us that privilege.

We are seriously looking at whether we should increase the 10,000 copies we currently print each month.

Online, and figures are soaring on our website at [bournefreelive.co.uk](http://bournefreelive.co.uk)

Please go on there – on average there are ten stories a day, sometimes more – and 'like' the page if you can.

## Flexible package

Our Facebook posts also provide great local debate and entertainment daily.

We have talked before about the importance of partnerships, and we continue to develop those.

New advertisers are coming to us on a weekly basis, and that is very encouraging for us. We can offer a flexible package for your business or group.

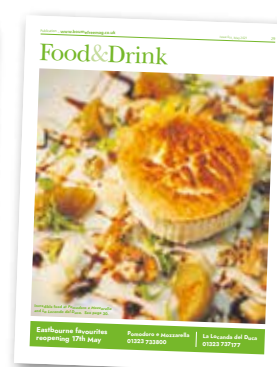
There's no doubt that the economy is bouncing back after Lockdown.

Yes, we have some empty shops and yes, sadly we lost some local businesses.

But all the signs are there that we are bouncing back.

Here at Bournefree, we are determined to be part of that.

Get in touch. Reach out to us. We want to work with you all.



## 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](mailto: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](mailto:gail@bournefreemag.co.uk)

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



# Maybugs is heading for Eastbourne!

**MAYBUGS**, the Hailsham-based independent gift and homewares retailer, is to open a second much larger branch in Eastbourne this summer, breathing life into a large empty site in the centre of the town.

By **Peter Lindsey**

**Opening at the end of July, Maybugs will be taking over all three floors of the former Laura Ashley site on Terminus Road.**

Greg Rose and John Dale, the co-owners of *Maybugs* and driving force for local independent retail in Hailsham, are pressing ahead with their ambitious expansion plans despite the pandemic and lockdown setbacks over the past 12 months.

## Secretly excited

Greg Rose said "John and I are just too excited, we've been working on this in secret for months. Covid delayed our expansion plans, but not even that was going to stop us.

"We are ready and raring to bring beautiful things to the fabulous people of Eastbourne.

## Maybugs magic

"We have so many wonderful customers that come from Eastbourne to shop with us in Hailsham, or order online via our website, that it was a natural move for us to open a second store here.

"The shop location is such a beautiful old building but has begun to look rather sad since it's been left vacant.

"We can't wait to get stuck in and help rejuvenate that end of the town with a bit of *Maybugs* magic.

There's a lot of work to do to get the store up to scratch over the next few weeks, and if all goes to plan, we hope to be flinging our doors open at the end of July ready for the summer season."

John Dale said "Of course we'll be stocking all the regular brands that our customers have come to know and love, however those of you who remember it as *Laura Ashley* will know how big it is!

## Fabulous brands

"In fact, just the ground floor is more than double the size of our Hailsham branch, which as you can imagine has enabled us to source lots of new fabulous brands which will be available exclusively in the new Eastbourne store.

## That special something

"And we are not giving all the secrets away just yet. We have something special planned for the 1st and 2nd floors which will be opening next spring."



Greg and John outside the Hailsham store.

*Maybugs* is owned by couple Greg Rose and John Dale. They opened their first branch in Hailsham's Vicarage Field in 2018. In 2020 they opened *Flowers by Maybugs*, a contemporary florist and floral design studio next door to their Hailsham gift shop.

*Maybugs* stock a huge variety of gift and homewares including brands such as *Wrendale Designs*, *JellyCat* and *Inis*. Prices start at just £1 and go up to £300 for some of their most luxurious items.

The new store opening will create eight jobs initially, which will increase to 20 when the 1st and 2nd floors open in 2022. Vacancies will be advertised on our *Maybugs* social media in the coming weeks.

***Maybugs Eastbourne* will be open 7 days a week.  
9.00am to 5.30pm Monday to Saturday and 10.00am to 4.00pm on a Sunday.**

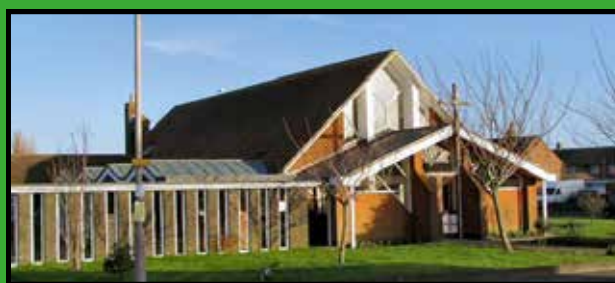
**[www.maybugs.co.uk](http://www.maybugs.co.uk)**





# OPEN ACROSS THE TOWN

## SOUTH LANGNEY



ST RICHARDS CHURCH HALL  
MONDAY 10:00 TILL 12:00



LANGNEY COMMUNITY  
CENTRE  
THURSDAY 10:00 TILL 12:00



ALL SOULS CHURCH HALL  
TUESDAY 10:00 TILL 12:00



ST SAVIOURS CHURCH HALL  
FRIDAY 10:00 TILL 1:00

## TOWN CENTRE

## OLD TOWN



ST ELISABETHS CHURCH  
TUESDAY 10:00 TILL 12:00



SALVATION ARMY  
TUESDAY 1:45 TILL 2:45



GATEWAY CHURCH  
WEDNESDAY 10:00 TILL 12:00

## THE HYDNEYE

## WILLINGDON TREES



COMMUNITY CENTRE  
WEDNESDAY 10:00 TILL 12:00



ST LUKES CHURCH  
FRIDAY 10:00AM TO 12:00

## STONE CROSS / NORTH SHINEWATER



# Chestnut Tree House White Cliffs abseil 2021

**WE all need a breath of fresh air after a difficult year, and what better way to get it than to take on an adrenaline-fuelled challenge.**

By **Kelsi Troullos**

**Spaces are filling up quickly for Chestnut Tree House's White Cliffs Abseil.**

On Saturday 3rd July, adrenaline-seekers will take in some spectacular views as they make a 120ft descent down Peacehaven's White Cliffs. And you can join them too. The abseil is naturally socially distanced so if

you're looking for an extra thrill while fundraising for your local children's hospice, Chestnut Tree House has you covered.

**Jayne braved an abseil last year and explains why you should sign up:**

Jayne signed up to abseil for Chestnut Tree House last year to say thank you for the ongoing support they have given her daughter, Lydia, who has Rett Syndrome – a rare genetic disorder that affects brain development.

It was an experience she will never forget, and she urges others to take on the challenge too. "This was the first time I had ever done anything like this, I was really out of my comfort zone," says Jayne. "But I knew that I was doing something for an incredible charity, and that helped me through it."

"If you're thinking of taking on an adrenaline challenge, then please, just do it. You'll be making such a difference to local families like mine."



Jayne abseils the Spinnaker Tower.

It costs just £40 to register (£32 with code 20ABSEIL), with a minimum sponsorship of £150 per person.

Sign up today to be abseiler-extraordinaire for local children's hospice care: [www.chestnut.org.uk/whitecliffsabseil](http://www.chestnut.org.uk/whitecliffsabseil)

## ARE YOU READY TO FEEL THE RUSH?

**Abseil for children's hospice care**  
**Saturday 3 July 2021**  
**Peacehaven Cliffs**



## LAST CHANCE TO REGISTER

For 20% off of registration use code 20ABSEIL at checkout:

[www.chestnut.org.uk/whitecliffsabseil](http://www.chestnut.org.uk/whitecliffsabseil)



Registered charity no 256789

**C**  
**Chestnut Tree House**  
{Children's Hospice Care}





# NINKACI – A new bar for Eastbourne

**REGULAR** visitors to the Enterprise Shopping Centre over the past few months may have caught a glimpse of the striking deep blue interior of Eastbourne's newest venue with its gold logo glistening luxuriously and ambient lighting enticing you in, it is our latest new business, *Ninkaci*.

By **Emily Sander**  
Photos by **Alex Read**

**An eye-catching dried floral display, lovingly created by Flowers of Eastbourne, frames its entrance, providing the perfect backdrop for your selfies too!**

## Jo and Andy's vision

This eagerly awaited Craft Beer Store and Taproom has finally opened for business! Jo and Andy Plumbley, from the award-winning pub *The Crown* in Old Town, have brought their skill and expertise to this new venture.

## Local breweries

What can you expect then when you visit *Ninkaci*?

A place to enjoy a perfectly served glass of beer, either from the tap or from one of the many cans which adorns its shelves, carefully sourced from local breweries and further afield. A thoughtfully curated wine list is available to choose from; including a sparkling red which is definitely one to try! For the whiskey lover, *Ninkaci* sells an extensive range by the measure or bottle.

## Snack paddles

Snack paddles laden with savory treats including hummus & pitta chips and chorizo manchego dedos are available to compliment your choice of drink and you can even select a hand rolled Cuban cigar from their in-house humidor.

If you want to take a bottle of something home to enjoy then *Ninkaci* can help, with expert recommendations to suit your tastes. If beer's your thing then why not purchase one of their special Growlers, fill with your choice of beer and then bring it back for a refill when you're ready.



## Speakeasy

After the Enterprise Centre closes for the day *Ninkaci* can be accessed via their 'speakeasy' entrance located to the rear of the Enterprise, clearly marked with their logo.

For more information and to book a table, contact: **01323 573528**

“

**This eagerly awaited Craft Beer Store and Taproom has now finally opened for business!**







# Welcome to Cycleshack Eastbourne.

**We're here to help with bikes and accessories, repairs, servicing and more.**

Discover our new store and meet our super-friendly team. We're a Trek dealer, an Orbea and Whyte stockist and we're passionate about cycling. Whether on or off-road is your thing, we can help you find the right bike, or get you back on yours with a repair or service. We have some great route ideas and are looking forward to leading some rides and sharing our cycling knowledge and bike maintenance tips. Think of us as your go-to for all things bike and cycling.

You'll also find a Cadence hub inside with great coffee, cakes and savouries. Stop by and say hello. We're open Mondays to Saturdays from 9am to 5pm with free parking outside. And check us out [@cycleshack.eb](#).

## Bike Sales, Repairs & Servicing.

In-store, you'll find electric bikes, mountain bikes, gravel bikes, road bikes, kids' bikes and a fantastic range of accessories.

We're online too, with real-time stock levels so you can check across our Eastbourne and Lewes stores, at our store at Deers Leap Bike Park in East Grinstead, and direct with the brands.

We offer full repair and service facilities by qualified staff at our on-site workshop. Expect clear pricing and excellent service. To find out more, call in to see us or give us a call on 01323 368457 and we'll get you booked in.

## Visit Cycleshack Eastbourne.

Our new store can be found just off Dittons Road in the Connect 27 Business Park in Polegate. We're close to the A27 and the A22 with free parking outside our store and level access. The National Cycle Route 2 passes close by and the nearest mainline station is just minutes away in Polegate. We hope to see you soon.

### Location.

Cycleshack Eastbourne  
Unit 22, Connect 27 Business Park  
Twin Oaks Drive, Polegate BN26 6GP  
Open Mondays to Saturdays, 9am – 5pm

### Contact.

Phone: 01323 368457  
Email: [info@cycleshack.co.uk](mailto:info@cycleshack.co.uk)  
[www.cycleshack.co.uk](http://www.cycleshack.co.uk)  
Instagram: [@cycleshack.eb](#)







**LANGNEY**  
the centre of your community

The community is at the heart of so much that we do at Langney Shopping Centre.

# Post Office is booming

**LANGNEY Post Office reopened in August 2020 after a great community effort – and it's all paid off.**

By **Peter Lindsey**

**The Williams family is delighted with how business is going since they took over the running of the Post Office, as well as Sweetie Choices, a traditional sweet shop also based there.**

Sholeh Williams said: "It is going extremely well. The Post Office is very busy, and so too is our sweets section.

"We pride ourselves on first class customer service and we greet everyone with a warm, friendly welcome.

"We are always on the lookout for new ideas to expand what we offer.

"Our latest addition is a slushing machine, and that's proving very popular with the summer sunshine.

"Langney Shopping Centre is definitely on the up, and we are so pleased to be a key part of it.

"There is clearly the demand for a thriving Post Office, and that is what we are.



"The local community was very upset when the previous Post Office closed. We're open, business is looking good, so come in and say hello."

## A sweet experience

Sweetie Choices is also run by the Williams family and is proving very popular as well.



# Vape shop success

**VAPOUR Vamps UK is situated outside Boots offering a wide range of e-cigarettes for those looking to stop smoking.**

By **Peter Lindsey**

**It is well-established, having been in the centre for seven years, and owner Persia Williams says it's a great success.**

She said: "We provide expert and valuable advice for anyone who wants to quit smoking.

"Come to us and you will see a varied range, plus we have that individual and caring touch as well. If you need advice, we offer that as well.

"That is the difference between shopping with us or going to a big national supermarket chain."

The varied range caters for everyone, from starters to experienced users. Starter packs are from £22 while the most expensive package can be up to £150.

Persia said: "Our huge variety is a real attraction. We are the best place to come because of our years of experience in this area.

"Come and find us in the centre outside Boots. We look forward to seeing you."

Go to: [www.vapourvamps.co.uk](http://www.vapourvamps.co.uk)



# Eastbourne Pride 2021 is coming

**EASTBOURNE Pride 2021 will take place on Saturday July 17th – and it's a FREE event.**

By **Peter Lindsey**

**Princes Park is the venue, and you must claim your wristband in advance to attend.**

Main organiser Betty Gallacher said: "2020 was certainly a trying year for us all so we look forward to this year's *Pride* with great enthusiasm.

"There is so much interest in *Eastbourne Pride* – both from within the town itself and much further afield.

## **Welcome one and all**

"It will provide a much-needed economic boost for Eastbourne, and it's fully inclusive. Everyone is welcome."

*Eastbourne Pride* is a not-for-profit free event organised by *BourneOutLGBT*

and supported by local individuals, businesses, and organisations for the benefit of the community.

Betty is chair and urges everyone to look at: [www.eastbournepride2021.co.uk](http://www.eastbournepride2021.co.uk)

She said: "That's where you will find everything you need to know about the event.

"We have some super acts, it's going to be a great day, and then we have an after-party at Eastbourne Bandstand.

"We are taking all Covid precautions, and we want to see as many people – including families – as possible.

"We took the sensible decision to cancel the parade for this year only. Come to *Eastbourne Pride 2021*."



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**Taster Days are a great way to find out what it will be like to become an East Sussex College student.**

You can try all the subjects you are interested in, to help you with your choices when you apply to us in Year 11.

#### **Eastbourne**

Monday  
21st June

Tuesday  
22nd June

#### **Lewes**

Thursday  
24th June

Friday  
25th June

#### **Hastings**

Monday, Tuesday  
& Wednesday

28th, 29th  
& 30th June

We have arranged a date with your school, and you can sign up on our website. Visit [www.escg.ac.uk/whats-on/taster-day](http://www.escg.ac.uk/whats-on/taster-day) for more information.

**JOIN OUR EDY@UCATION**

We can't wait to meet you!

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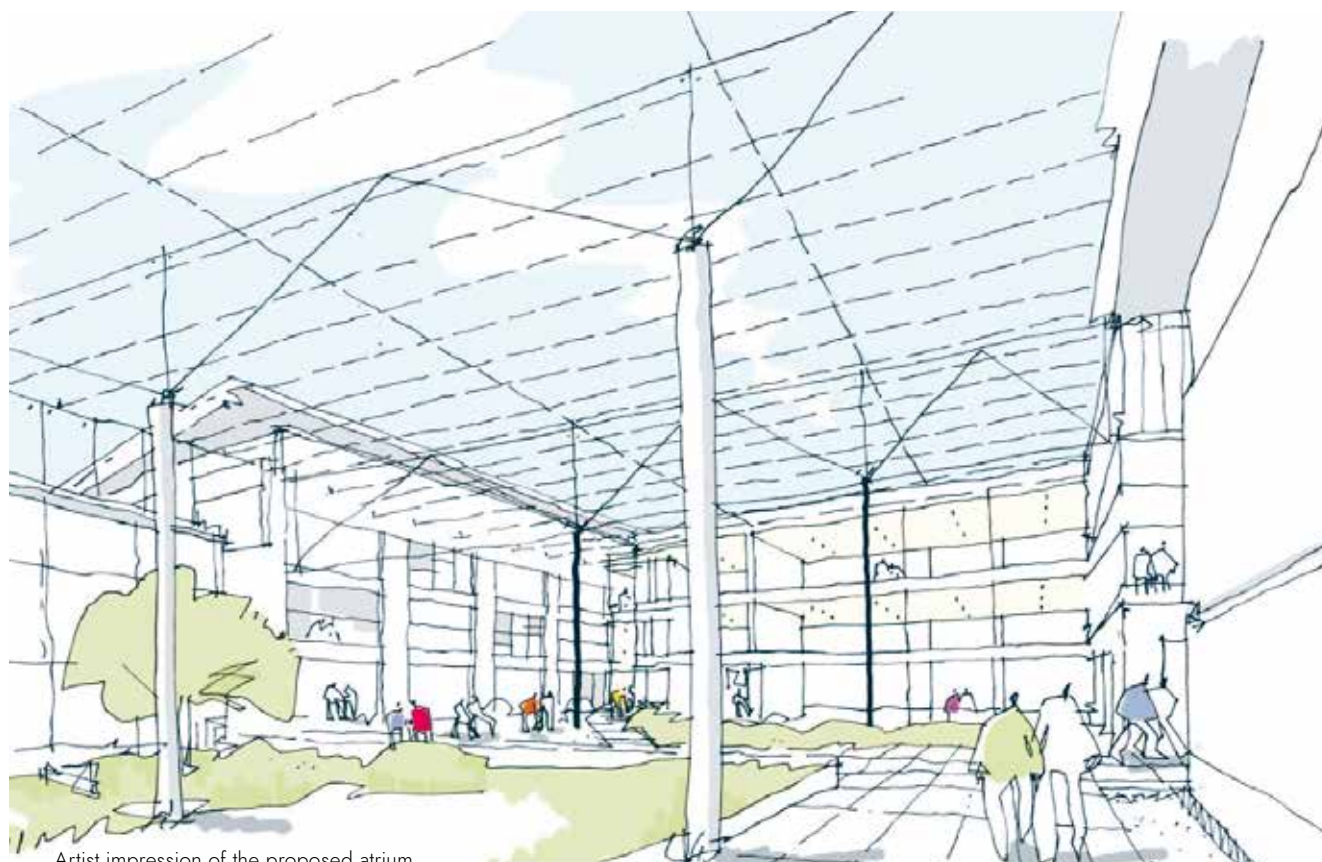




# Future vision

**EAST Sussex College reveals its eagerly anticipated, multi-million-pound vision for the future.**

By **Zara Baker**



Artist impression of the proposed atrium.

**East Sussex College (ESC) has revealed its three-year plan in a virtual public consultation.**

Through interactive displays and videos, visitors to the Virtual Town Hall can explore ESC's exciting vision and strategic intentions, giving feedback in the process.

Alongside its Eastbourne campus, East Sussex College has sites in Lewes, Newhaven, and Hastings.

## Ambitious intentions

This new strategy outlines ESC's ambitious strategic intentions for the next phase of its journey and invites comments and feedback from the public.

Rebecca Conroy, CEO and Principal of ESC, said, "Our new strategy has allowed us to reflect and refresh on everything that we've done so far.

We merged in 2018 [Sussex Downs College and Sussex Coast College Hastings merged to become East Sussex College] and since then we've had Brexit and COVID, and seen a real change and shift in the needs of the community, so our plans reflect that."

Rebecca admits the proposed plans are ambitious, but equally, exciting. "It really does deliver," she continues. Most importantly, they're realistic too, as Rebecca points out, "it's to improve and extend on what we're already doing."

Proposed changes to the estate will make the biggest, immediate difference, particularly in Eastbourne.

## Best experience

Plans include reallocating existing buildings, the Brickwork centre for one, to a centralised position on campus. A new building and covered courtyard space for socialising also features.

The first stages of development are due to start this month, with work being completed by 2024. College-wide, ESC has already received £1.82m from the government this year to make initial developments possible, with further stages due for completion by 2023/24. In Eastbourne, an £8m grant to refurbish and relocate sites has been submitted to the government. This will give the college a modern update and provide the best 'in-class' experience for its students.

## Strengthen skills

The consultation also focuses on ESC's core offer. The college will strengthen its specialisms at each campus to ensure the curriculum offer better meets the needs of the local community, and equips students with the skills sought-after by employers, both locally and nationally. This will give students the upper hand when they finish their time at college. "We already work closely with employers to ensure what students are preparing for is absolutely what's needed in the workplace," Rebecca continues.

"There have been some shifts since COVID and Brexit, but we're encouraging students to keep training and to keep working with us as we come out of lockdown fully and see what the job market is looking like."

East Sussex College has already identified trends and needs here in Eastbourne, with clear specialisms reflecting this. "We will always offer a broad range of courses but we will develop the courses that feed into the local community's needs and the job market," Rebecca explains. "Here in Eastbourne, we will specialise in Health Sciences, Construction and the Business and Visitor Economy."

## Local partnerships

Partnerships with local employers, such as the East Sussex NHS Trust, enables the college to give students the right progression routes. Work placements were halted due to lockdown – an integral part of the learning process for students – but at the end of May, students had the opportunity to engage in a week of virtual work experience activities, to help them understand what the world of work is looking like and manage their expectations.

East Sussex College launched its Public Consultation at an exciting time, when campuses reopened to all students and lockdown restrictions began to ease.

## Development opportunities

Talking about the past year, Rebecca comments, "I cannot sing the praises of our students highly enough. We have seen such resilience from them. They have adapted to different types of delivery for their lessons – some courses don't instantly lend themselves to being taught at home, brickwork or hair and beauty for example! Tutors have been creative in how they've connected to students throughout lockdown, ensuring they have everything they need at home. However, we are thrilled to now be back on campus, as we can ensure students have those vital and valuable skills to take them onto the next step."

Feedback to the Virtual Town Hall has been positive so far, with the community keen to find out about the college's plans. In Eastbourne, the college is fortunate to be space rich, providing ample opportunities for development.

**The Public Consultation is open until the end of June. The public are invited to see the plans and feedback.**

**[east-sussex-college-consultation.virtual-engage.com](http://east-sussex-college-consultation.virtual-engage.com)**  
**[escg.ac.uk/docs/east-sussex-college-virtual-consultation-2021](http://escg.ac.uk/docs/east-sussex-college-virtual-consultation-2021)**



**SATURDAY 17TH JULY 7 - 11PM** **BIBENDUM**  
OPPOSITE THE TOWN HALL

# EASTBOURNE LIVE!

**TOM FITZPATRICK** **THE CAST OF PHONEY FOOLS AND HORSES** **NINA HEWLETT AS GLORIA ESTEFAN**

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**PLUS AN AMAZING RAFFLE!**  
Drawn by Eastbourne & Willington MP Caroline Ansell and Leader of Eastbourne Borough Council David Tutt  
Prizes include: Tea for Two at the Grand Hotel, flowers from Beau-K, House of Commons wine, meal for two at Bibendum, gift voucher for Nuts Hair Design, Marks & Spencer goodie parcel, Waitrose hamper

**Fundraising for the families of Alfie & Betsy**

**TICKETS £10**  
To book a table or buy raffle tickets, phone Don on 07791476669 or email [a.mcphee05@hotmail.co.uk](mailto:a.mcphee05@hotmail.co.uk)  
Donate at: [JUSTGIVING.COM/CROWDFUNDING/EASTBOURNE-LIVE](http://JUSTGIVING.COM/CROWDFUNDING/EASTBOURNE-LIVE)

Eleven year old Alfie suffers from childhood ALD, and six year old Betsy has suspected atypical Rhett syndrome

**HelixLaw** **Kindly sponsored by** **call-a-cab**  
**Madeira** **BM HEPBURN LIMITED** **GPF Productions**

# Don't miss Eastbourne Live

**THE Eastbourne entertainment community is coming together in July to support a terrific cause.**

By **Peter Lindsey**

**Eastbourne Live 2021 is taking place on Saturday July 17th to support two local families.**

They are the family of six year old Betsy who has been diagnosed with suspected atypical Rhett syndrome, and also for the family of eleven year old Alfie who suffers from childhood ALD.

Eastbourne Live 2021 is from 7pm until 11pm at *Bibendum* – opposite Eastbourne Town Hall.

Here are some of the acts:

- Singer Tom Fitzpatrick.
- Jade Powers as Tina Turner.
- Nina Hewlett as Gloria Estefan.
- Ratton School Irish Dancers.
- Hollie Poole.
- And the cast of Phoney Fools and Horses.

*And that's just to mention a few!*

Sponsors include *Madeira Windows*, *Helix Law* and *Call-a-Cab*.

You can pay for your entry and raffle tickets here: [www.justgiving.com/crowdfunding/eastbourne-live](http://www.justgiving.com/crowdfunding/eastbourne-live)

Tickets cost just £10.



## Another day at the office!

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

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[info@solidconroofs.co.uk](mailto:info@solidconroofs.co.uk)







# VOLUNTEERS' WEEK

## A time to say thanks

Volunteers Week takes place during June, and Bournefree is proud to highlight the super work volunteers do across East Sussex.

## Radio DGH

**THE first of our Volunteer features turns the spotlight on *Radio DGH* Eastbourne, which runs 365 days a year, 24 hours a day.**

By **Peter Lindsey**

**This includes throughout the pandemic. There is music for everyone, humour, news, weather, requests, what's not to like!!**

An Eastbourne Radio station for all those in hospital and online to the wider community.

*Radio DGH* is a registered charity run by volunteers. We have people of all ages and professions to give listeners a terrific range of music and experiences.

### Generous support

As with everything in life, nothing is for nothing. Although free to air, the radio station can only exist with the generous support of sponsors and benefactors.

We have to pay for things like performing rights, news feeds, insurance and upgrades to the technical equipment which is beyond the knowledge of most of us! Why not invest a little and help many?



Try getting the better of this chap!  
Adrian Figgess, a *Radio DGH* presenter with his vinyl collection which he draws on for his Thursday evening show and patient requests.



Presenter Shaun Crowhurst.

Our studio is in the bowels of the hospital. It is an intimate little space, in fact it is two studios but Studio 2 could be described generously as bijou. The hall is lined with hundreds of CDs so we can satisfy the requests of our listeners.

Mentioning requests, I once had one from a husband whose wife was in the hospital and wanted a romantic record by Nat King Cole. I played Stardust. He called me back to thank me and explained the reason he wanted it was because his wife had looked after Nat King Cole for three weeks when they were in Australia.

### Human touch

That is what *Radio DGH* is all about. Lovely human stories for those in hospital and the wider community, through the wonders of the Internet. If you have not listened to us give it a go, we are on our website at: [www.radiodgheastbourne.com](http://www.radiodgheastbourne.com), the Tunein app and your smart speakers.

We hope you enjoy it as much as we do.

**Roger Dakin**

### HOW OLD IS RADIO DGH?

**Post from the President.**

**It predates the current hospital by many years as it all started in 1951 when some enthusiastic volunteers took a record player around the wards of St Mary's Hospital.**

After a year or two, wiring was installed to broadcast through headphones and patient request programmes followed, continuing to this day.

Wiring was then put into the other hospitals until the new DGH was opened in 1976 when the current studios were opened, followed eventually by 'Phase 2'.

### Switched on

The headphones were replaced by bedside systems offering free radio alongside paid TV systems. Then, in a major improvement, *Radio DGH* became an online station which allowed 'switched-on' listeners to listen via their computer or smartphone allowing patients' family and friends to listen and even make requests.

What progress over 70 years! What is next? Well hopefully patients will still be able to listen in and get requests.

### Valuable aid

Many studies over the years have suggested that relaxed listening to radio, especially music, is a valuable aid to recovery. With the addition of online broadcasting, it could be thought that listening to *Radio DGH* outside of hospital could be a way of keeping well!

**Phil Moon**

### A PRESENTER'S TALE

**What it's like on the desk.**

**Hospital Radio has a special feel for me. I love working on *Radio DGH*. When I settle in front of the complex, switch on, log in, and three screens come alive I feel about to start on an adventure with friends. Just you, me and the programme.**

### A journey

My Tuesday Magazine is designed as an amiable mix of easy music, the odd short story, anecdotes from my sixty years of travel round the world. You and I relaxing together.

At least, you relax. I must concentrate on the buttons, slides and the making of music. All for your entertainment. All for us to communicate. I see you in my head and speak directly to you.

### Dedication

I try to give you a pleasant hour of light-hearted interest, music, and fun. We even chuckle through the times I press the wrong button or start the wrong record. But what the heck. Do not panic. That is live broadcasting. The peril of the OOPS is always there. We combat it together.

All my colleagues in *Radio DGH* have the same dedication to entertain and interest you in our wonderfully different styles. We work for you. And hope you enjoy what we do.

**John Newton**







# VOLUNTEERS' WEEK

## A time to say thanks

Volunteers Week takes place during June, and Bournefree is proud to highlight the super work volunteers do across East Sussex.



Purple Tuesday 2019. Access Group volunteers and staff.



Clare Westgate, volunteer 2020.

Accessible Sports, and our local retail sector this July. We have a great deal of fun, and always go home with a real sense of achievement.

**If you are happier to help online,** we welcome you to join our Communications and Admin group. We would also love to find someone who could type up the recorded meeting minutes and circulate them online, and maybe help with agendas and campaign literature. (Our Chairs would be thrilled!)

**If you would rather volunteer once every 2–3 months,** we would welcome your help setting up our events, or delivering our amazing Access Guide to places such as libraries, community centres etc. (As few or as many as you like!)

**And finally, if you would like to help with the Access Guide itself,** we would love your help, checking and updating our information each year.

**So, you see, there are many ways you can help! So, what should you do now?**

Please contact 07810 317185 or [admin@eastbourneaccessgroup.org.uk](mailto:admin@eastbourneaccessgroup.org.uk)

**WE CAN'T WAIT TO MEET YOU!**



# Eastbourne Access Group

**WOULD you like to help us make Eastbourne more accessible for people with disabilities? If so, we would love to hear from you!**

By **Margaret Parker**

We are a friendly group of volunteers, meeting once a month on zoom. We discuss issues and find solutions and share information with members, local public bodies, and the wider community.

We also follow national Access campaigns and look at ways that they can benefit the people of Eastbourne.

## OUR NEWEST VOLUNTEER M SHARES WHY SHE HELPS US.

M has been a Parent-Carer for many years, and having more time, now that her daughter was studying,

she felt she would like to help make Eastbourne more accessible for young people. She joined a meeting and enjoyed it so much she decided to volunteer with the group.

M quickly found that her experience of using social media whilst being housebound was just what they needed! She started with Instagram, and then offered to help at an event. (How amazing to see real people again!)

Volunteering has really helped M rebuild her confidence. She is happy to share that the team have supported her in everything she has done and will do the same for you!

## SO, HOW CAN YOU HELP US?

**Well, it's absolutely up to you!** We would love to you to join one of our meetings (on the 4th Wednesday of the month, from 10.30am – 12.30pm). We are looking forward to promoting Access to the Arts in our Autumn meetings, hearing from local theatres in September and *The Towner* and the award-winning *Project Art Works* in November.

**If you enjoy meeting new people,** we would love you to help us at our events. At these we address a particular issue, such as co-hosting



Ray Blakebrough, Deputy Chair, Access Group.



**This Volunteers Week we would like to say a BIG THANK YOU to our fantastic team of volunteers. Much of what we are able to offer to our local community would not be possible without your skills and commitment - including the Covid Help Point, Befriending, Playgroups, Toddlers Allotment, Family Café, Donation Station, Friday Club for 55's +, Craft Club, Gardening Club, Community Events and more!**



**[www.willingdontrees.org.uk](http://www.willingdontrees.org.uk)**







# VOLUNTEERS' WEEK

## A time to say thanks

Volunteers Week takes place during June, and Bournefree is proud to highlight the super work volunteers do across East Sussex.

# Who is the Eastbourne Education Business Partnership (EBP)?



**EASTBOURNE EBP delivers work-related activities that enhance teaching and student learning outcomes and contribute to economic growth and prosperity.**

By **Faiza Shafeek**

We are an independent registered charity that works closely with Eastbourne Borough Council, East Sussex College and the Chamber of Commerce in brokering partnerships and contributing to workforce planning and employability. We are also active members of the Eastbourne Strategic Partnership, Youth Partnership and Coastal Community Team.

### EVENTS AND ACTIVITIES

Faiza Shafeek, Chair of Eastbourne EBP, writes, "Eastbourne EBP has continued to build on over 30 years of achievements in its aim of brokering a meaningful

### OUR 2021 PROGRAMME:

- Young Engineers Challenge (Years 6–7), TBC
- In-Bloom Finals (Years R–6), 12th March
- The BIG Futures Show, (Years 10+), 13th July
- 20th Anniversary EYR! (Years R–13), 9th – 11th June
- In-Bloom Planting (Winners), 10th June TBC
- Young Chef Finals (Years 7–10), TBC
- Junior Engineers Challenge (Year 2), 5th July
- Junior Enterprise Challenge (Year 4), 4th October
- Answer Back – EYR (Years 6–13), 12th November
- Eastbourne Youth Radio (Years R–13), 17th – 19th November
- Pantomime Technology Challenge (Years 4–5), 3rd December

partnership between education and business. In particular, the EBP provides a wide range of events and activities as exemplified by the 2021 schedule above (some postponements due to ongoing

COVID-19 lockdown), aimed at enriching the curriculum and student learning. The momentum behind the organisation continues to maintain the diversity of the programme, whilst dedicating much energy to

the most far-reaching projects, such as *Eastbourne Youth Radio* which celebrates its 20th Anniversary and which now takes place on the 9th and 11th June and of course *The BIG Futures Show*, that attract the participation of over 3,000 students and will be taking place on the 13th July 2021 at Eastbourne Sports Park."

### CAREER DEVELOPMENT

Work is ongoing to expand employability and skills activities around *BFS* and the Gatsby Benchmarks for career development and guidance. We welcome ideas for new work-related learning events and can tailor for individual school delivery.

For further information, contact [tim@eastbourneebp.org.uk](mailto:tim@eastbourneebp.org.uk) or call **07890 388624**.

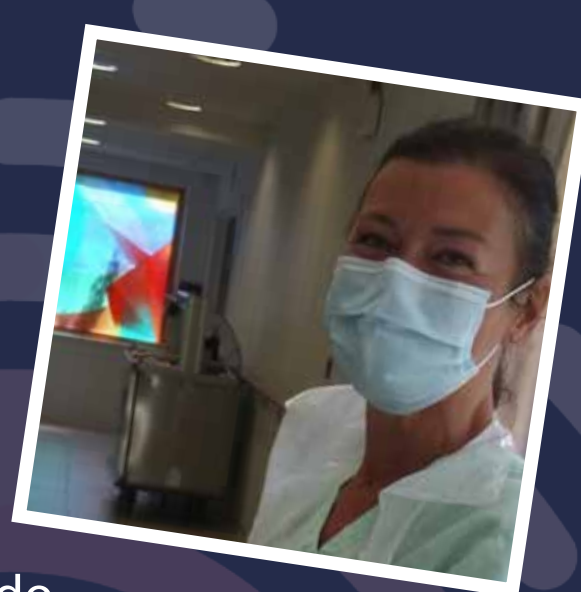


2019 Eastbourne Youth Radio.



2019 Big Futures Show.





At the heart of all that we do

# Thank you to all the volunteers at St Wilfrid's Hospice

We couldn't provide our support without you! There's no doubt it's been a really difficult year but our volunteers have risen to the challenge. You have gone above and beyond in continuing to provide vital support on our Inpatient Unit and through the hospice community

Thank you to each and every one of you

## Join the hospice's Retail Team

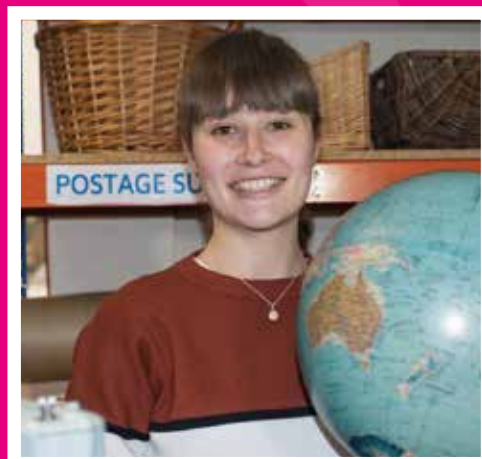
With its shops reopening after a long period of time and its online shopping getting busy, St Wilfrid's is on the look out for some new retail volunteers.

You could be helping in the shops, sorting donations, researching eBay items or upcycling some of the fabulous furniture we get donated.

There is sure to be a role for you... all we are asking is just a few hours of your time each week.

Think you might be interested?

Find out more at [stwhospice.org/volunteering](http://stwhospice.org/volunteering)



Registered Charity No: 283686



## Volunteering for St Wilfrid's

There are so many different volunteer roles at St Wilfrid's including those we are currently recruiting for: retail volunteers, hosts at the hospice, help in the café, complementary therapists, Community Support Volunteers to befriend patients in the community and Young Clinical Volunteers.

Volunteering helps you to make new friends, build confidence and give a great feeling of giving something back.

Interested?

Then go to: [stwhospice.org/volunteering](http://stwhospice.org/volunteering)



**[stwhospice.org](http://stwhospice.org) • 01323 434200**



# The 2021 Vintage Festival

**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.**



## It has everything

A massive Vintage and Retro festival that will be covering all that is wonderful in vintage and Retro and best of all there will be a **FREE Open Air Cinema** over three nights featuring these brilliant Sing-along-Movies, *Grease*, *The Greatest Showman* and *Mamma Mia*.

## Book your FREE tickets now!

Don't miss out as bookings 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 for the Open Air Movies go to: [eastbournevintagefestival.co.uk](http://eastbournevintagefestival.co.uk) or call **01323 455755**.

If you are a stall holder/Exhibitor/trader or vintage vehicle owner and are interested in making the festival brilliant then contact us at: [fs@carrotevents.co.uk](mailto:fs@carrotevents.co.uk) or visit: [eastbournevintagefestival.co.uk](http://eastbournevintagefestival.co.uk)

Early bird discounts available for holders, Exhibitors and traders.

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for  
£50,000



Sold for £9,500



Sold for £500



Sold for £3,100



Sold for £1,900



Sold for £6,500



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Sold for £8,500



Sold for £28,500



Sold for £3,100

## Items Wanted

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Any quirky items

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# Eastbourne Auctions

[www.eastbourneauction.com](http://www.eastbourneauction.com)

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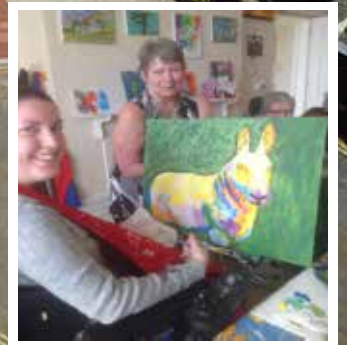


# TheChaseleyTrust

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



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



## We offer residents:

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

## We offer staff:

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

## We offer the community:

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

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

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





# Chaseley is ready for lockdown to end



**WHILST the lockdown restrictions have slowly been easing over the last few months, residents at Chaseley have been eagerly awaiting guidance from the Government that would outline the plans for when they could leave their home.**

By **Jodie Cornford**

**With the exception of medical appointments, residents have not left the Chaseley grounds since March 2020.**

After nearly 14 months of living life in just the Chaseley building and gardens, you can imagine the delight and excitement felt by the residents when it was announced that from early May they could leave their home and take a trip out with a loved one or carer.



## Feeling free

Resident Mark was filmed on his first trip into Meads as he told anyone who would listen "I'm out, I'm out, it's the best!"

Sandra went on to tell us "It was a lovely day and very nice to see the sea. It was great to get out. I felt free" and Malcolm said "The weather was really good. The wind was blowing gently in my face. It was good to be out, it made me exceedingly happy seeing different people".

Emma, CEO shares with us that "after the hardest year within our sector, my entire resident and staff team were overjoyed to support our Chaseley community re-accessing local areas after shielding for so long due to COVID-19.

## Incredibly proud

"To witness the joy on their faces and getting back to normality has been humbling and made me realise how much we take for granted. I am incredibly proud and in awe of how the residents have been able to pull together with us to keep motivated during this time and also my staff team for the incredible touches they do every day to keep our residents happy and healthy and safe.

## Looking forward

"We are truly honoured to hold such responsibility and want to thank all our families for their love, support and patience. We have so enjoyed welcoming families back to Chaseley and look forward to a summer of fun, love and laughter."

Whilst these comments share an insight into everyone's thoughts and emotions on that memorable day, the pictures really show the happiness and freedom felt by all residents.

What a momentous day for everyone at Chaseley.



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](http://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](mailto:fundraising@chaseleytrust.org)



a better mix

95.6

Seahaven FM



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# The station with the most on the sunshine coast



**Come and meet us at The Hut in the Beacon Centre on Saturday July the 3rd. We will be there from 10am to 4pm.**

Your local radio station on 95.6FM and online in Eastbourne, Polegate and Pevensey Bay.

Flooding back memories from the last eight decades, mixed with the best of today's music.

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SEAHAVEN FM**

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a **Roberts** radio  
on the day!

*Roberts*



**[www.seahavenfm.radio](http://www.seahavenfm.radio)**





# Stunning 'Driftwood' garden opening again

**GARDEN expert and writer Geoff Stonebanks is opening his award winning garden again for visitors over the next three months with all proceeds going to charity. I caught up with him.**

By **Rachel Lucas**

## Why did you start opening your garden?

**Geoff was offered early retirement aged only 51. After moving to beautiful Seaford, the next chapter of his life could begin.**

"After sorting the house out, decorating and building work, I got bored and started gardening." Geoff was a born gardener. He was

"bullied" into opening for *Seaford in Bloom* in 2009. Soon after, Geoff was accepted into the *National Garden Scheme*. He first showcased his garden in 2011. Since then, its beauty has been marvelled over 140 times, seen 21,000 visitors and raised over £137,000 for charities.

## Where do you get your inspiration?

Inspiration is found at all times and in all walks of life. Geoff often gains his ideas from shop window displays, images on social media, flower

shows like *Chelsea* and *Hampton Court*, magazines and online features. Of course, his best creations are sudden and can just come to him. "I often feel like I am dressing a film set when creating areas in the garden." It is no wonder he feels this way! All eight garden rooms allow for different spaces and ideas to mould into an awe-inspiring display.

## When will you be opening your garden?

The stunning views of the garden are open this year until the 12th August. As part of the *National Garden Scheme*, Geoff's garden will be open on 29th June, 13th July and 1st August. Though **YOU MUST PREBOOK** on their website at [www.ngs.org.uk](http://www.ngs.org.uk), otherwise you will miss out! Geoff has organised the *Macmillan Garden Trail* since 2012 and his garden is open as part of it on the 24th and 25th of July. Full details are available at: [www.macmillangardentrail.co.uk](http://www.macmillangardentrail.co.uk)

Geoff offers private visits, between those dates when people can book tea and cake or a light lunch and enjoy the garden with family and friends. Please call Geoff on **01323 899296** to arrange.

## Tell us about the charities you are supporting

Geoff's garden supports two charities, the *National Garden Scheme* and *Macmillan Cancer Support*. To date, Geoff's attraction has raised £137K for these well-deserving charities.

"I am always keen for money raised to be spent locally and that works well for *Macmillan* as it all goes to the *Horizon Centre* in Brighton." Please support Geoff and these charities and book your tickets!

## What can we expect from your garden?

The many 5\* reviews on *TripAdvisor* are truthful; you will be wowed by the views. The garden won Best Small Garden in the UK with *Garden News* in 2012. In 2016 it was a finalist in *BBC Gardeners' World* magazine's Best Small Garden competition and featured on *BBC TV's Gardeners' World*. It featured on *Good Morning Britain* a few years ago too. This garden is truly a wonder and undoubtedly an unmissable attraction.

## What is your favourite plant?

Sunflowers, succulents and Sage all come to mind. Geoff has "many, many favourite plants". Aeoniums and Agave are particular loves of his. His grand collection was his giveaway. The garden has three display areas of aeoniums, probably amounting to over 80 individual plants. Likewise, the beach garden at the front of the house has over 40 agaves on show.

To find out more about the garden's opening, please visit Geoff's website, [www.driftwoodbysea.co.uk](http://www.driftwoodbysea.co.uk)



Enjoy delicious tea and cakes in beautiful surroundings.

Image: John Glover.





# We all want to be Just Friends – and nothing else

**JUST Friends is a social group for people who live alone, including carers, who do not want romance, a partner, or a relationship.**

By **Peter Lindsey**

**Here's founder Frederick Smith:**  
**"We enjoy activities including lunches, walking, days out, theatre, steam train journeys, weekend breaks and much more.**

"There is no membership fee, no age limit and no expectation ... Just Friends.

## A friendly welcome

"Now that Covid restrictions have eased, we have resumed our meetings in Eastbourne and Bexhill at the following locations:

- In Eastbourne on the first and third Tuesday of the month at *BIBENDUM* (opposite the Town Hall), 1 Grange Road, Eastbourne BN21 4EU between 10.00am and noon.

- In Bexhill on the first and third Friday of the month at *Bexhill Town Square Social Club* between 10.30am and 12.30pm."

Meetings are also held in Hailsham and Seaford. Further details can be found at: [www.just-friends.uk](http://www.just-friends.uk).

To mark *Loneliness Week* which is hosted by *Marmalade Trust* – an annual campaign which raises awareness of loneliness and gets people talking about it – *Just Friends* will be manning a stand in the *Beacon Centre* on Tuesday 15th and Thursday 17th June 2021 from 10.00am.

Come along and meet some of the members and local dignitaries whilst you enjoy music from local groups and discuss the many activities you can become involved in.

## DON'T BE SHY – GIVE US A TRY

For further information please contact: Frederick Smith (Founder and Chairman) on **01323 725882** or [frederick@just-friends.uk](mailto:frederick@just-friends.uk) or Zoe Harris (Administrator) on **07933 371337** or [zoe@just-friends.uk](mailto:zoe@just-friends.uk)

# Chesters

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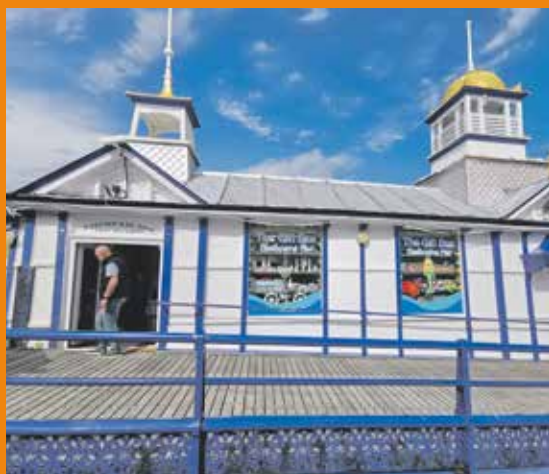
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# Sea so much more this summer...



## The Gift Box

Souvenirs – Gifts – Confectionery.

Newly renovated & under new management. Great selection of traditional & retro souvenirs of Eastbourne. Delicious Fudge, Biscuits and Preserves. Large range of Nautical style decor for the home & garden.

Something for everyone.



## The Candy Shop

Huge Selection of rock, fudge, biscuits and jams.

Retro, traditional, sugar free and vegan sweets plus a large American Candy range.

Open 7 days a week, 10am – 5pm

## Crystals & Candles

Coming soon to Eastbourne Pier.  
A beautiful selection of gemstones and crystals.

Soy Wax Candles – Aroma Lamps – Humidifiers – Wax Melts – Dream Catchers & Buddhas – Beautiful Jewellery & Gifts

Opening soon.



## All Decked Out

Beach food, eat on the beach or takeaway.

We have a gorgeous new decked area where you can sit and enjoy Eastbourne's beautiful beach in comfort.

We serve barista coffee, seafood, sandwiches, paninis, homemade sausage rolls, cakes, smoothies, frozen yoghurt, real dairy ice cream. Vegan options available. Draft & bottled beers, cider and wine too.

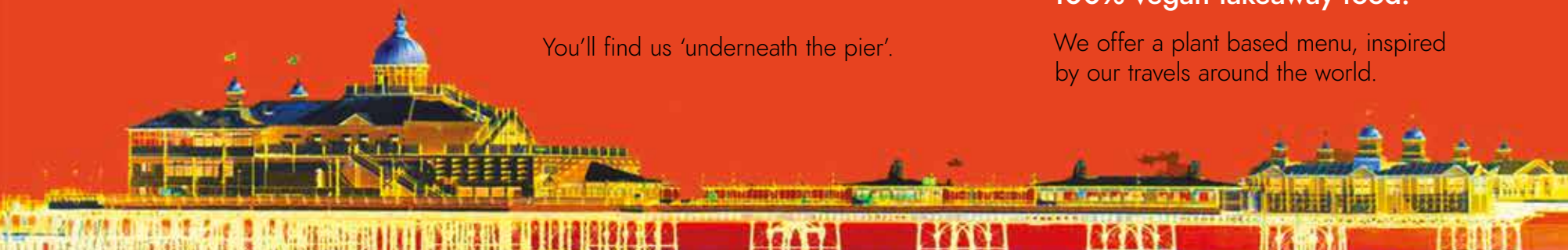
You'll find us 'underneath the pier'.



## The Gourmet Surf Shack

Pop along to the Gourmet Surf Shack for delicious, nutritious, 100% vegan takeaway food.

We offer a plant based menu, inspired by our travels around the world.



Gift Shops

Food

Ice Creams

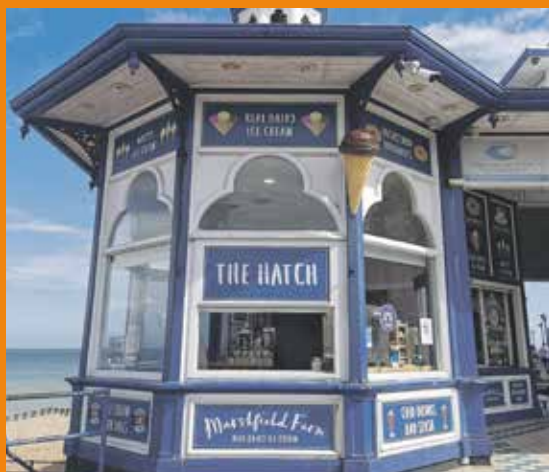
Tea & Coffee

Drinks

Fishing



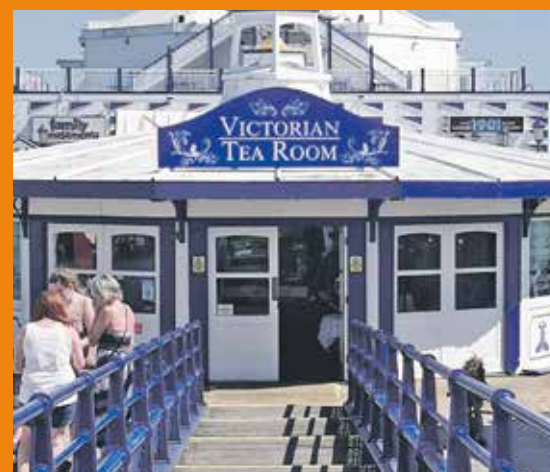
# ...on Eastbourne Pier



## The Victorian Tea Rooms

A warm welcome awaits you as you step back in time.

Relax, and enjoy a traditional, homemade, afternoon tea, with glorious views of the sea and the South Downs.



## The Hatch

Cold drinks and slushies at the pier entrance. Get your coffee and tea to go.

Marshfield real dairy ice cream. Fresh doughnuts, hot chocolate. See you on the pier!



## The Glass Studio

Stunning handmade glass models. Free demonstrations of this fascinating craft.

Open all year round. Large selection of beautiful silk flowers.



## Drop in The Ocean

Perfect summer venue for food, drink and music.

Breathtaking 360 degree views. Try our exciting new food menu. Plenty of outside and indoor seating. Acoustic day sets, live bands, evening refreshments.

## Chippy @ The Pier

A traditional Fish and Chip shop located at the front of the Pier.

With made to order freshly battered Fish and fluffy Chips, our experienced kitchen staff are able to produce the perfect dish to takeaway and enjoy on the plenty of benches provided along the open deck. Vegan menu available.



Gift Shops

Food

Ice Creams

Tea & Coffee

Drinks

Fishing



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By **Peter Lindsey**

**The Hampden Park Shed situated on Brassey Parade is a very special place.**

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These include sewing of all kinds by hand or machine, woolcraft, crochet, knitting, felting, mosaics, glasswork, drawing and painting.

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Co-ordinator Linda Plumley said: "We welcome anyone over 50, both experienced people and those wanting to learn.

"It works well because the experienced can share their knowledge with the learners.

"Tea, coffee, and biscuits are always on offer as is company and conversation.

"We do charge our shedders and the charge is very reasonable. It's £100 a year or you can set up a standing order of £10 per month or £5 per visit.

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If you are interested, please get in touch.

Call: **01323 351291**  
Email: [linda.plumley@ageconcerneastbourne.co.uk](mailto:linda.plumley@ageconcerneastbourne.co.uk)

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# Education in Rotary

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

By **Faiza Shafeek**

**Did you know that Rotary also leads in education? The Rotary Foundation is recognized as one of the most effective and well-managed charitable organizations in the world, with 12 consecutive four-star ratings from *Charity Navigator* and an A-plus rating from *CharityWatch*.**

## Investing in our future

The Foundation Trustees established many programme objectives and have asked Rotarians to select candidates who will best support these objectives and the Foundation's mission. The Rotary Foundation and Rotary clubs are very much focused on investing in our future leaders and philanthropists by funding scholarships for undergraduate and graduate study all over the world.



## Promoting goodwill

These Rotary Ambassadorial Scholarships are supported and given by individual clubs and are open to anyone except Rotary members and their families. The Ambassadorial Scholarship programmes further the Rotary Foundation's mission of improving health, supporting education, and alleviating poverty. The purpose of the scholarship is to promote international understanding and goodwill through study in another country. Scholars expected to serve as Rotary's ambassador of goodwill while maintaining high standards of academic achievement.

While abroad, scholars also serve as goodwill ambassadors to the country where they study and give presentations about their own culture to Rotary clubs and other groups. Back home, scholars share with Rotarians and others the experiences that deepened their understanding of another culture.

## Ambassador values

- They increase great awareness of and respect for cultural differences by sending ambassadors of goodwill to study in another country.

- They instil in scholars the Rotary ideal of Service Above Self through active participation in Rotary service projects.
- They encourage scholars to dedicate their personal and professional lives to improving the quality of life for the people of their home community and country.
- They develop leaders who can address the humanitarian needs of the world community.
- They make an impact on all areas of the world through a balanced geographical distribution of scholars.
- Finally, they foster a lifelong association between Rotary and its scholars.

## 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](mailto:fs@carrotevents.co.uk)**

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# The sensitive foodie

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

By **Gail McKay**

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

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

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

Website: [www.thesensitivefoodiekitchen.com](http://www.thesensitivefoodiekitchen.com)  
 Courses: [www.courses.thesensitivefoodiekitchen.com](http://www.courses.thesensitivefoodiekitchen.com)  
 Facebook: [facebook.com/thesensitivefoodie](https://facebook.com/thesensitivefoodie)  
 Instagram: [Instagram.com/the.sensitive.foodie](https://Instagram.com/the.sensitive.foodie)

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



## SAVOURY CARROT FLAPJACKS

⌚ Prep time: **10 mins**  
 ⌚ Cook time: **20 mins**  
 🍴 Course: **Lunch**  
 🍽️ Servings: **8 portions**

### INGREDIENTS

- **200 grams finely grated carrot.**
- **175 grams oats**, gluten free if needed.
- **1 1/2 tbsp ground flaxseed.**
- **5 tablespoons water.**
- **1/2 teaspoon Dijon mustard**, (optional).
- **1 teaspoon mixed herbs.**
- **1/4 teaspoon garlic powder**, (optional).
- **1 tablespoon mixed seeds.**
- **2 tablespoons nutritional yeast.**
- **Salt and pepper.**

### TOPPING

- **1 tablespoon hemp seeds.**
- **2 tablespoons nutritional yeast.**

### INSTRUCTIONS

1. Pre-heat the oven to 180°C. Line a 20cm square baking tin line with non-stick baking paper.

2. Mix the ground flaxseed, water and Dijon together in a small pot and leave a few minutes to thicken.
3. In a large bowl, add the oats, carrot, herbs, garlic powder, seeds, salt and pepper. Mix together.
4. Add the flaxseed mix and stir well to combine. After a minute or so the mix will start to stick together.
5. Press the mix into the tin and spread it out to all the corners.
6. Sprinkle the hemp seeds and nutritional yeast over the top and gently press into the surface.
7. Place in the oven and bake for 20 minutes until the top is lightly browned.
8. Remove from oven and leave to cool in the tin then cut into 8 slices. Once completely cool, transfer to an air-tight tin and keep in the fridge for up to 4 days.



## CREAMY CELERY SOUP

⌚ Prep time: **5 mins**  
 ⌚ Cook time: **30 mins**  
 🍴 Course: **Soup**  
 🍽️ Servings: **6 portions**

### INGREDIENTS

- **1 medium onion**, chopped.
- **1 medium potato**, scrubbed and chopped.
- **2 heads celery**, including leaves.
- **75 grams cashew nuts.**
- **750 ml vegetable stock.**
- **450 ml dairy free milk of choice.**
- **Pinch celery salt.**
- **Salt and pepper to taste.**
- **Fresh chopped parsley**, to serve (optional).

### INSTRUCTIONS

1. Add a couple of tablespoons of water to a large saucepan and place it over a medium heat.
2. Add the onion, potato and celery. Pop on the lid and sweat for 5 minutes, stirring from time to time so the veggies don't stick. Add a little more water to the pan if they do.

3. Add the cashew nuts and the stock, scrapping up any browned bits from the base of the pan. Pour in half the dairy-free milk and add the celery salt.
4. Bring to the boil (be careful as it has a habit of suddenly boiling over if your back is turned!). Reduce the heat and simmer with the lid on for 20 minutes or until all the veggies are soft.
5. Turn off the heat and blend to smooth with a stick blender. Add more dairy-free milk as need to get the consistency you want (I like mine super thick!). Season with salt and pepper.
6. Serve with a garnish of fresh chopped parsley if desired.



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#### Belgrave Sands Hotel & Spa, Torquay, Devon

Mon 26<sup>th</sup> - Fri 30<sup>th</sup> July

#### Included in your holiday price:

- Entrance to Babbacombe Model Village
- Dartmoor scenic coach drive of Dartmoor with some time in Widecombe in the Moor
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- Dartmouth Circular River Cruise
- Porterage (*depends on Covid 19 restrictions at hotel at the time of travel*)
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£50.00 deposit per person  
Balance due by Monday 31st May 2021



### Warner's Bembridge Coast (Half Board)

#### Bembridge, Isle of Wight

Mon 2<sup>nd</sup> - Fri 6<sup>th</sup> August

#### Included in your holiday price:

- Live entertainment
- Executive coach travel throughout
- Visits to Ventnor & Godshill
- Entrance to Godshill Model Village
- Entrance to Osborne House
- Porterage (*depends on Covid 19 restrictions at hotel at the time of travel*)
- Door to door transfer (within 10 miles of Hailsham) - a charge may apply if not within our free pick up area

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### June Day Trips

● Fri 11	Ardingly South of England Show <i>The region's biggest celebration of British countryside and farming, with superb displays covering every aspect of country life.</i>	<b>Ad</b> £39.50 <b>S/C</b> £38.00 <b>Ch</b> £21.00
● Tue 15	Cambridge ~ the cosmopolitan city	£30.00
● Tue 29	Chichester and Tangmere Military & Aviation Museum	£35.00

### July Day Trips

● Thu 8	RHS Hampton Court Palace Garden Festival <i>Enjoy the good life at Hampton Court Palace Garden Festival. Gardening's best gets down to earth at this year's show, so be ready to make the most of your garden.</i>	£63.50
● Sun 11	RHS Hampton Court Palace Garden Festival <i>Enjoy the good life at Hampton Court Palace Garden Festival. Gardening's best gets down to earth at this year's show, so be ready to make the most of your garden.</i>	£63.50
● Tue 27	Camden Canal Cruise & free time <i>Enjoy a 45 minute cruise, departing from Little Venice. From there, we sail through Regents's Park &amp; London Zoo before reaching the famous Camden Lock. We disembark at Camden Market, a chance for individuals to have lunch (not included) before stepping into a thriving area full of 1,000+ unique shops, stalls, bars and cafes.</i>	<b>Ad</b> £42.00 <b>S/C</b> £39.00 <b>Ch</b> £39.00

### August Day Trips

● Sun 1	Bluewater Shopping	£20.00
● Sun 1	Monkey World, Dorset	<b>Ad</b> £43.00 <b>Ch</b> £40.00
● Tue 3	The Mary Rose Museum, Spinnaker Tower & 2 course lunch	£67.50
● Tue 3	Stansted Park House & Gardens	£38.00
● Wed 4	Great Dixter House & Gardens	£31.50
● Thu 5	Hatfield House, Garden & Park	£46.00
● Thu 5	Walton Waters - Cruise with Ploughman's Lunch	£55.50
● Fri 6	National Trust - Sheffield Park Garden <i>Originating in the 18th century and developed by each subsequent owner, this garden of colour, perfume and sound excites your senses as you enjoy winding paths, majestic trees, ponds and dappled glades.</i>	<b>Ad</b> £28.50 <b>C/O</b> £15.00
● Sat 7	Lymington on market day	£30.00
● Sun 8	Greenwich, Lunch & The Emirates Cable Car	£55.00
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● Tue 10	Port Lympe Safari Park, Wild Animal Reserve	<b>Ad</b> £39.50 <b>Ch</b> £36.50
● Wed 11	Canterbury & 2 course Lunch at Abbots Barton Hotel	£43.00
● Wed 11	National Trust - Quebec House & Emmett's Garden <i>We start the day off by visiting Quebec House, Westerham, Kent. Step back into history at the childhood home of General James Wolfe and see what makes this small but intimate 18th-century house so special. We then make our way to Emmetts Garden, Sevenoaks. A charming Edwardian Estate, offering panoramic views over the unspoilt Weald.</i>	<b>Ad</b> £37.00 <b>C/O</b> £20.00

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**Taking 250mg of ginger powder daily decreased migraine symptoms about as well as Sumatriptan, a prescription drug for migraines.**

# Hormonal headaches?

**HEADACHES can be caused by many factors; however, the constant fluctuation of hormone levels in women can trigger monthly hormonal headaches.**

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

**Over 70% of all migraines occur in women, and the majority of these are hormone related.**

## Hormonal headache symptoms

How do you know if your headache is hormonal? The most telling symptoms of a menstrual migraine is that it often begins on only one side of the head, lasts for several days, throbs and may induce nausea, fatigue, decreased urination, constipation, cravings and sensitivity to bright lights. About half of all women report symptoms either right before or during their cycle.

## Imbalanced hormones

The main female hormone that naturally drops to its lowest levels during a cycle is oestrogen.

Both oestrogen and serotonin, a neurotransmitter that controls our pain and mood, constrict blood vessels, including the blood vessels in our head. While the exact reason for hormonal headaches still remains somewhat a mystery, *Hopkins Medicine* believes once oestrogen levels drop at the start of a cycle, it

can dilate the blood vessels in our head, creating a headache. Since men don't have fluctuating oestrogen levels, their headaches are likely more connected to changes in their serotonin levels, which can occur with an alter of pain or mood.

## Oestrogen dominance

Oestrogen dominance may explain why some women experience hormonal headaches, while others don't notice any changes.

If a female is used to high levels of oestrogen throughout the rest of the month, a large, sudden drop of oestrogen can be the trigger for a migraine type of headache. This is similar to how removing caffeine can create headaches. The more the daily intake of caffeine, the greater the headache—oestrogen behaves the same way.

Oestrogen dominance is not only linked with hormonal headaches, it is often linked with increased risk of breast cancer. Signs of oestrogen dominance include tender breasts,

acne, bloating, anxiety, hair loss, trouble staying asleep, fertility issues, night sweats and irregular cycles.

## Fake oestrogen

Just how do women become oestrogen dominant in the first place? Most of the time, women are unknowingly exposing themselves to high amounts of fake oestrogen on a daily basis. This fake oestrogen, called xenoestrogens, are foreign chemicals that are found in our environment and mimic real oestrogen in our body, but in reality they are stored and accumulate in our fat cells and can alter the function of our hormones.

Xenoestrogens exposure is strong enough to also affect male reproductive health as well. Xenoestrogens are found in plastics, herbicides, pesticides, soaps, make-up, clothing, nail polish, Tupperware, birth control pills, sunscreen, lotions and food preservatives.

The best thing we can do to limit our exposure to xenoestrogens is to limit our exposure to these items and choose more organic and chemical-free products. Treatments, such as acupuncture and cold laser therapy, can also be beneficial in balancing hormones, such as oestrogen and serotonin, for both men and women.

## Hormone balancing nutrients

There are a few nutrients that are consistently found to be low in women who suffer from hormonal headaches. The first is magnesium, which is important for the prevention and treatment in a number of conditions relevant to women's health including insomnia, constipation and nerve sensitivity. In relationship to hormonal headaches, magnesium can reduce the amount of excess oestrogen in the body.

Another nutrient to help hormonal headaches is zinc. According to the *Journal of Medical Hypotheses*, zinc can help boost progesterone production. Zinc can help both female and males with fertility by increasing the amount of hormones used by the body for reproduction. Since oestrogen also increases the absorption of copper, which blocks zinc from being absorbed, it is extra important for a woman to have sufficient levels of zinc.

Additional supplements that have been found in studies to help control hormonal headaches CoQ<sub>10</sub>, B<sub>6</sub> and ginger. In particular, a study from *Phytotherapy Research* found that taking 250mg of ginger powder daily decreased migraine symptoms about as well as Sumatriptan, a prescription drug for migraines. This may be because ginger can increase serotonin levels, which helps keep the blood vessels in the brain constricted and free from migraine triggers.

## Oestrogen bacteria

Our gut flora also plays a big role in oestrogen balance. There is a collection of bacteria in our gut that makes specific enzymes that can push excess oestrogen meant for excretion back into our blood. Eating a diverse rainbow coloured diet filled with fruits and vegetables will help feed the correct type of bacteria in our gut to regulate oestrogen.

## Exercise

Studies published from *Breast Cancer Research* show conclusively that exercise can lower levels of oestrogens. Only three hours of mild to moderate exercise a week is needed to significantly reduce excess oestrogen. Women with oestrogen dominant headaches will benefit from such exercise.



**Relax**

Any relaxing treatments, like guided imagery, breathing techniques, Cognitive Behavioural Therapy, massage, and biofeedback can help reduce hormonal headaches by lowering stress levels, which automatically helps regulate imbalanced hormones.

**Cold showers**

Cold therapy for headaches has been used in medicine for over one hundred and fifty years. The cold can constrict blood vessels and help reduce pain. Taking a cold shower or having an ice pack for twenty minutes on the painful area of the head has been found in studies to have the best effect.

**Moderate sleep**

Both too little and too much sleep can trigger a migraine. According to groundbreaking studies published from *Missouri State University* in 2011, a lack of sleep increases proteins in the brain that cause pain and even trigger migraines. However, over nine hours of sleep a night can imbalance serotonin levels that also induce headaches.

**Stay hydrated**

Being dehydrated is one of the biggest triggers for headaches. When the brain is dehydrated, it can shrink from fluid loss. This shrinking can

create the pain we feel as a headache, which is relieved with more intake of water. *Hopkins Medicine* recommends having about 1.5 to 2 litres of water each day for the most optimal amount of water to keep dehydration trigger headaches away.

**Avoid headache triggers**

Besides changing our lifestyle to help balance our hormones and ease headaches, it's equally important to also avoid known migraine triggers. These include aged cheese, alcohol, cured meats, sulphate containing food (like red wine and dried fruit), chocolate, additives (like MSG), excessive caffeine and stress.

Lastly, keeping a headache diary may help you determine further what triggers your hormonal headache for the future. Notice what day of your cycle headaches begin and how long it lasts. Also, note how much sleep you received the night before, the food you ate, the amount of exercise you had and any changing levels of stress.

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

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# Uplifting for charity

**REBEL REBEL Fitness is based in Polegate – and they've been involved in something amazing.**

By **Peter Lindsey**

**Nicola Simmonds completed a 100-deadlift challenge at 80 kilos (bodyweight) per lift.**

This was part of the Captain Tom 100 Challenge in memory of Captain Tom Moore, who died earlier this year.

He had lit up Lockdown for so many of us with his incredible charity walk, raising more than £30 million for our NHS.

Well, Nicola wanted to play her small part too, raising £275 for the *Ronald McDonald House Charities UK*.

It's a charity close to members at the Polegate club as one of the owners was helped by the RMCH on the arrival of their premature child.

There is still time to donate.

Go to [www.justgiving.com](http://www.justgiving.com) and search for **Nicola Simmonds** or **Nicola's 100 Deadlifts CaptainTom100**.

*Rebel Rebel* is on the Chaucer Business Park in Polegate.



Nicola Simmonds at Rebel Rebel.



# Cryotherapy – A way to permanently reduce body fat?

**CRYOTHERAPY, commonly known as ‘fat freezing’ or technically referred to as ‘Cryolipolysis’, has been in the UK since 2013.**

By **Kevin Stemp**, Co-Founder & Senior Aesthetic Practitioner, Clinic 33

**The origins of the treatment stem from innovative use of extreme cold therapy pioneered by Harvard Medical School in the early 2000’s.**

We were the second clinic in the UK to offer this treatment back in 2013 and in the early years we focused entirely on this one service. Coming from a health, fitness and nutrition background enabled us to make big changes in peoples’ lives when incorporating this procedure.

## What is it? How does it work? and what is the catch?

Fat freezing works in a relatively simple way, an anti-freeze membrane is placed on the skin, a vacuum head (multiple application sizes) is placed on top and suction pressure is applied to create an air-tight seal, the vacuum head then freezes the chosen area of body fat down to – 6c. The adipose tissue within the subcutaneous cell cannot withstand the temperature and cell apoptosis takes place resulting in your body flushing out the liquid contents of the fat cells through your lymphatic system. What this equates to in the real world is a very noticeable fat reduction in otherwise hard to shift or hard to target areas such as: inner thighs, outer thighs, love handles, lower stomach etc.

The treatment is relatively pain free and takes between 3 – 9 weeks to see the full effect and as your fat cells cannot re-inflate once they have been through this process, results are permanent.

There is no magic wand and there never will be, we always encourage, emphasize and support a healthy and balanced lifestyle but now more than ever, cutting edge treatment technologies such as Cryotherapy and many others are leading the way for non-invasive solutions to face and body concerns.

Clinic 33 is a Weight loss and Skin Aesthetics clinic. We provide the best of cutting-edge treatments for non-surgical solutions to a variety of skin and fat reduction concerns.

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# Solving the home moving 'CATCH 22'

**ONE of the questions we are asked every day is whether a seller should place their property on the market before or after they have found a home to purchase.**

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

**Many sellers express that they are keen to move would prefer to withhold selling theirs until a suitable property becomes available.**

On the face of it this may seem like the obvious route but in practice this approach can severely limit your chances of being offered the best homes – if any at all, from many estate agents.

Unfortunately this approach is almost guaranteed to end in failure or cost you many thousands of pounds **in lost selling price value and lost negotiating ability on your next purchase.**

## Let us explain...

So, you've decided to find your perfect home before you place your home on the market – sounds sensible enough. You've got a property that will

sell quickly so the plan is to start house hunting, find the home you'd like to buy – get yours on the market, sell it quickly and BINGO! – everything falls beautifully into place.

Unfortunately, in the real world it doesn't work quite like that.

The vast majority of estate agents still have an old fashioned disposition towards, what they call, HOT BUYERS (someone who can buy today – a cash buyer, or someone who is already under offer themselves and set up with a buyer).

Let's say an estate agent places on the market EXACTLY the property you have told them you're looking for – location, accommodation, condition, parking – it's got it all.

The truth is that even though you might be on that agents list you are not on their radar. They are looking



to sell the property quickly to a ready and able buyer and at the moment that's not you.

Perhaps worse still is the scenario where you do actually get to view the perfect home and fall in love with it only to find it sells to someone else the same day when sellers naturally favour buyers who can proceed.

## For many sellers the alternative prospect of selling first then finding the next home holds different, but equally daunting, concerns

What if I can't find? How long will my buyers wait? I don't want to be under pressure to find a home quickly!

## So what is the solution to this problem?

- How do you regain control of the whole situation?
- How do you take the pressure off?
- How do you get yourself to the top of the HOT list?
- How do you give yourself and your agent time to fully explore all the possible interest in your home over a couple of weeks or more to absolutely maximise your selling price?
- How do you get yourself into the situation where you can walk into any property you want to buy and reserve it there and then?

## THE SOLUTION

To find out how to solve this home-moving conundrum scan the QR code and visit our Active Reservation guide where you can view our film explaining the Crane & Co solution to this age-old problem and download our guide and fact sheet.

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# The Arts

FRANKLY SPEAKING PRODUCTIONS PRESENTS



## TOM'S MIDNIGHT GARDEN

*A Midsummer Ballet*

Based on the novel Tom's Midnight Garden by Philippa Pearce  
First published in 1958 © Oxford University Press





A scene from successful tour of *The Snow Queen*. Photo by Martin Sinnock.

# Outdoor dance company to bring ballet magic to Eastbourne gardens

**TOM'S MIDNIGHT GARDEN, Philippa Pearce's classic tale of the boy who wakes up to a world of adventure when a mysterious grandfather clock strikes 13, has been a favourite of readers since it was first published over half a century ago.**

By **Frances Livesey**

**Now, for the first time, the story will be told through ballet, on tour through some of Sussex's most beautiful and celebrated garden spaces this summer.**

Produced by Lewes-based dance company *Frankly Speaking Productions*, this new open air, COVID-secure production sets off on tour in late June, with the show running until early August. Destinations include the iconic *Italian Gardens* on Eastbourne seafront,

*Sussex Archeological Society's Michelham Priory, and Wealden Literary Festival, among many others.*

"*Tom's Midnight Garden* is an unforgettable story from so many of our childhoods," says producer Frances Livesey. "It's simply one of those stories we fall in love with again and again.

## Rarely seen

But adaptations have rarely been seen in the old garden settings similar to those that inspired Philippa Pearce's novel. Moreover, the story, from its epic ascents to the ever-memorable

scene where Tom and Hatty skate through the frozen Fens, almost seems made for ballet — and yet has never been told through dance before. So this feels like a really special project."

## Critically acclaimed

The critically acclaimed piece of post-war literature tells the story of Tom Long, a young boy exiled to his aunt and uncle's apartment while his brother recovers from measles. Stuck inside with only his aunt and uncle for company and no garden to play in, Tom fears that his holidays are doomed. However, as he lays awake at night and hears the old grandfather

“

**Tom's Midnight Garden is an unforgettable story from so many of our childhoods.**

clock bizarrely strike thirteen, the gloomy building reveals a multitude of enchanting secrets full of magic and adventure. *Tom's Midnight Garden* has previously been adapted for film in the 1999 motion picture directed by Willard Carroll, as well as for TV in 1968, 1974 and 1988 by the BBC, and for the stage in 2001 by David Wood.

"The show is perfect for children of all ages, and for adults too. It's a show designed to be loved regardless of your age," continues Frances. "And it's a celebration of the spaces we're performing in as well. The *Italian Gardens*, for example, is rightly celebrated as one of Sussex's most remarkable and charming garden spaces, perfect for a summer picnic followed by a paddle in the sea."

## Successful tour

*Frankly Speaking Productions'* desire to continue to drive the performing arts industry safely forward despite the coronavirus pandemic led to a successful ballet tour of Hans Christian Andersen's *The Snow Queen* in winter 2020. Now, as life slowly regains a sense of normality, *Frankly Speaking* seeks to reintroduce the public to the joy of the performing arts and bring people together with the magic of one of Britain's most celebrated pieces of children's literature.

All performances are COVID-secure and strictly adhere to government guidelines.

Instagram: [@franklyspeakingproductions](https://www.instagram.com/franklyspeakingproductions)  
Facebook: [@franklyspeakingproductions](https://www.facebook.com/franklyspeakingproductions)  
Twitter: [@franklydance](https://twitter.com/franklydance)  
TikTok: [@franklydance](https://www.tiktok.com/@franklydance)

## Dates & Times:

**7th & 8th July — Italian Gardens (Eastbourne), 4pm & 6pm**  
**22nd & 23rd July — Michelham Priory, 6pm & 8pm**

Tickets available at: [www.franklyspeakingproductions.co.uk/tomsmidnightgarden](http://www.franklyspeakingproductions.co.uk/tomsmidnightgarden)





# Eastbourne Pride Party in Princes Park

**RUNS from 11am until 6pm. It's free, family friendly and inclusive.**

By **Peter Lindsey**

**You must claim your wristband in advance to gain FREE entry.**

They are available from the BourneOut LGBT office in *The Labyrinth* in Eastbourne Town Centre, or call **07931 456783**.

There are stalls, live entertainment and a true party all day.

## After Party

The 80s themed After Party is at *Eastbourne Bandstand* from 8pm until 11pm. Tickets are £10.

You can book your tickets here:

[www.eastbournebandstand.co.uk/pride](http://www.eastbournebandstand.co.uk/pride)



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Fibre artist, Kittie Kipper.

# Kittie Kipper – Inspiring kindness to our seas!

**As part of Heritage Celebration week, The Tide Mills Village near Newhaven and Seaford will be hosting an exhibition celebrating a variety of artists and their work.**

By **Samuel Kavakli**

**One of those artists is Kitty Kipper. An experienced fibre artist and a weaver, Kitty uses foraged plastic materials, primarily ghost nets, to create her pieces of work.**

## Ghostly dangers

So what are ghost nets and why are they a danger to our seas? Quite simply, ghost nets trap underwater sea life and more often than not, once trapped they will then die. As well as this, those larger animals who prey on the sealife can often then become trapped too.

These nets begin life as fishing nets but when lost overboard they are often irretrievable, so they float off to sea, therefore becoming “ghost nets”.

Artists like Kitty are making a huge contribution to saving our seas. Kitty herself has produced hundreds of weaving kits which have been distributed during lockdown to schools and homes in the local area.

## Inspirational message

Kitty's plan is to use the nets to create one large piece of artwork by enlisting people to weave hundreds of woven circles together. When linked together she believes it will highlight the dangers of the nets and the importance of getting them out of the sea. Kitty is passing on her skills and sharing her message by producing craft kits and video tutorials!

Kittie Kipper is an inspiration to many of us that care for our oceans and seas. For more information and interest in her craft kits and tutorials please follow **@plasticfreeseaford** on Instagram and help Kitty save our seas!

# An artist in the spotlight

**STUART McCORIE (1926 – 2017).**

By **Peter Patterson**

**Stuart was born in 1926 and grew up in Dorset. After an abortive period as a medical student, he switched to art studying initially at the Beckenham School of Art under Carol Weight and subsequently at Bournemouth Art School.**

Here he graduated with an Art Teachers Diploma and took up a post at *Wimborne Grammar School*, Dorset and later at a special needs school in Yorkshire. In 1957 he took up a position in *Bexhill Grammar* school where he taught for the next 35 years. Here he became a most popular teacher, admired and respected by students and colleagues alike.

## Instantly recognizable

Throughout his long teaching career, he worked equally hard at his own work quickly developing a very strong and personal style that is instantly recognizable. This can be seen in equal measure in

his painting and sculpture which he also produced until he retired. Artists that bridge both disciplines in a convincing way are few and far between and Stuart was surely one of them. Although he did produce some oil paintings his chosen medium was gouache, an opaque water-based paint.

## One man shows

Stuart regarded himself primarily as a teacher and shielded away from any form of overt self-promotion and never attempted to extend his reputation beyond Sussex where he exhibited throughout his career and well into his retirement. He had one man shows at *Michelham Priory* in the 1960's and in various galleries in Eastbourne and Brighton.

There is no doubt that, under different circumstances, Stuart's talent and output would have generated a far greater recognition, standing and significance but it is equally true that he would not have wanted to have lived any other way. Stuart died in 2017, aged 90.

*newartgallery* is preparing to have an exhibition of Stuart's work.

Details to follow on our website at: [www.newart-gallery.co.uk](http://www.newart-gallery.co.uk)





# The art of the 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**

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

- ABSINTHE

AMOROUS

ARTIST

BARCELONA

BLUE

CHANGE

CIVIL WAR

CONCHITA

CUBISM

DEPRESSED

DRINK

ETCHINGS
- EVA

FIGURES

GUERNICA

JACQUELINE

LOLA

MADRID

MARCELLE

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MOUGINS

MUSEUM

NUDES

OEUVRE
- OLGA

PALOMA

PERIODS

ROSE

RUIZ

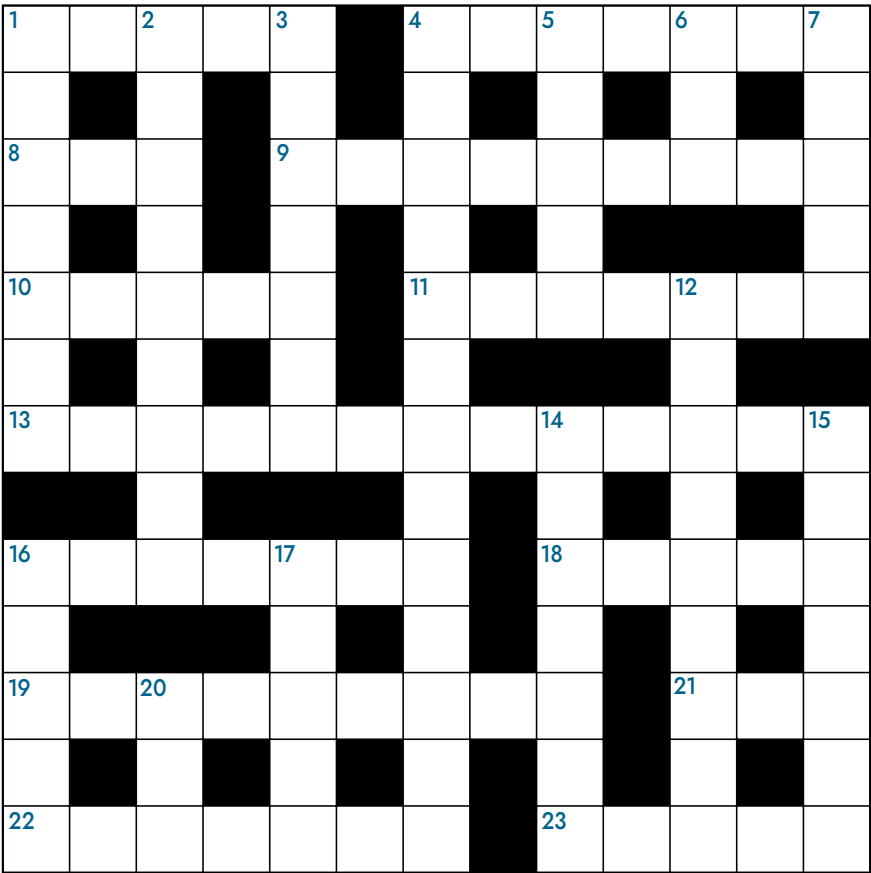
SCULPTOR

SPANIARD

STILL LIFE

STUDIO

SURREALISM



## ACROSS

1. Let. 5
4. Guest. 7
8. Fish part. 3
9. Jab. 9
10. Shooter. 5
11. Mollusc delicacy. 7
13. Paid for notice. 13
16. Adore. 7
18. Extreme. 5
19. Franz \_\_\_\_\_. 9
21. Female gamete. 3
22. Pleasure. 7
23. Sweet smelling, prickly flowers. 5

## DOWN

1. Sprouts. 7
2. 4x4. 9
3. One who hesitates. 7
4. New name for Terminus Road. 8,5
5. Arms of a windmill. 5
6. \_\_\_\_ or Coffee. 3
7. Stinks. 5
12. Public voting. 9
14. Equatorial country. 7
15. PG Tips or Tetley. 3,4
16. Ice cream cone. 5
17. Japanese poem. 5
20. Tear. 3

## May crossword solution:

ACROSS: 1. GRAND, 4. PISA, 7. PASTA, 8. NATWEST, 10. DIN, 11. STAGE, 12. EXAMPLE, 14. RAKISH, 16. TOWNER, 20. ALLERGY, 23. HOTEL, 25. PIE, 26. TATTOOS, 27. LIONS, 28. TOGA, 29. MOONS

DOWN: 1. GASMASK, 2. AMADEUS, 3. DINNER, 4. PITTA, 5. SHEEP, 6. SPAS, 9. THEIR, 13. MOW, 14. ROAST, 15. ICE, 17. OTHELLO, 18. NATIONS, 19. GYPSUM, 21. LOTTO, 22. RIOJA, 24. LUSH

HIDDEN WORD: NAPLES



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# Green and pleasant

**JUNE brings us the longest day with extra hours of warmth and sunshine. In 2021, the solstice occurs on Sunday, June 20th, marking the start of summer in the Northern Hemisphere. The threat of frost has now long past and we can start planting in earnest. There's certainly plenty to keep you busy in the garden but also plenty to sit back and enjoy!**

By **Geoff Stonebanks**

**This month also marks, probably the busiest time of the year to visit open gardens. It is certainly the National Garden Scheme's busiest month. The easing of lockdown and hopefully the lifting of all restrictions later this month, mean we can all get out and enjoy those venues that open their garden gates for us all to share.**

## Geraniums: Garden favourites

Geraniums are popular summer plants in the UK. They add fragrant foliage and bright blooms wherever they're planted, whether that's in pots, planters or containers. They love bright sunny climates and moderate to regular watering, as long as they are planted in well-draining soil. They're relatively low-maintenance and are excellent choices for container gardening. Geraniums tend to thrive

when they're contained in pots as they keep the plants coralled and can also be easily moved to ensure they are receiving enough bright sunlight. Some geraniums grow best with a bit of afternoon shade as well. You can find them with blooms in vibrant orange, brilliant red, and eye-catching coral. The ivy geraniums bloom in white, red, coral, rose, and lavender hues too and you can get upright or trailing. All in all, a great choice for your garden this summer.

## Driftwood this season

After remaining closed through 2020, due to COVID-19, I am opening my garden again for visitors over the next three months. Things will however be slightly different. On all three dates for the *National Garden Scheme*, 29th June, 13th July and 1st August, all visitors will have to pre-purchase their tickets and book a timeslot in order to visit. Unfortunately, no one will be able to arrive on the day without booking ahead. You can do this via

the home page of my website or by looking the garden up at: [www.ngs.org.uk](http://www.ngs.org.uk). In addition to this, the garden will be open for private "by appointment" visits between 21st June and 12th August with all the entry and refreshment proceeds going to *Macmillan Cancer Support*. Full details are on the event page of my web site. The other two public days will be as part of the *Macmillan Coastal Garden Trail* which will take place on the 24th and 25th July when all visitors will be able to just turn up, more on that next month. [www.macmillangardentrail.co.uk](http://www.macmillangardentrail.co.uk)

## Garden tasks for June

As well as enjoying your plot this month there are a few jobs to be getting on with too. Something I'm not very good at, as I get impatient and want to plant summer annuals, is to wait until spring bulb foliage has died back naturally before cutting back! If you have sweet peas, start to pick as soon as they flower to encourage more growth. As new shoots appear on climbing plants such as honeysuckle and clematis, make sure you tie them up, to train them where you want them to grow! I have a few oriental poppies and they need to be cut back to the ground to stimulate new growth. Likewise, any hardy geraniums will benefit from a cut back after flowering to encourage more to follow. This month is the time to pinch out the tips of fuchsias too thereby creating a more-bushy plant and more blooms.

## Tropical influence

If, like me, you want a little tropical influence in your garden, then why not invest in a thoroughly hardy plant like *Aloe striatula*. (See mine in header). It is an evergreen succulent with bushy, scrambling stems. It can be grown under cover or outdoors! The stems

and leaf sheaths are striped light and dark green. Yellow racemes of flowers with protruding orange stamens are produced on spikes 40cm high in summer. They always remind me of mini bananas, once they have turned yellow! I have two large specimens, both in the ground in the gravel garden at the back of the house, one either side of the central path up to the summer house. Indeed, one had got so big last year that I had to cut it back last Autumn and masses of small new growth has now emerged on the woody stems. They need no winter protection in my garden! They originate from South Africa and look pretty amazing planted with palms and grasses. Outdoors protect from excessive winter wet by ensuring very sharp drainage and plant in full sun.

## National Garden Scheme

In addition to the many gardens that open on pre-planned days for the scheme each month, there are also many venues that open by arrangement only. These are listed on page 12 of the Sussex booklet or if you don't have access to one, via the web site, [www.ngs.org.uk](http://www.ngs.org.uk) Just click 'find a garden' then select 'gardens open by arrangement' followed by 'discover by region'. There are 32 gardens in Sussex this month that will be happy to take your bookings and provide the appropriate catering for your visit.

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

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



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