

FREE

MBE FOR HOWARD

WIN FREE TICKETS

Eastbourne Foodbank's very own 'Mr Inspirational' is honoured by the Queen.

Enter our competition to win a family ticket to 'family friendly' Rumble Wrestling in Hailsham.

07/21

Issue 013  
July 2021

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# Bournemouthfree



Lightning Fibre  
Hyperfast Broadband

Win 1Gb Full Fibre Broadband for a year with Lightning Fibre. See page 11

## THEATRE GUIDE

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## Sapphire Lights

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



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Our next edition will be  
 distributed from August 5th.  
 Make sure you are a part of it.

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# Another busy but very enjoyable month here at Bournefree

**WELCOME to the July edition of *Bournefree* magazine, and once again we really hope you enjoy reading it.**

By **Peter Lindsey**

**It is our pleasure and privilege to work with so many different businesses, groups and organisations.**

One of my greatest pleasures was to visit the *Eastbourne RNLI* station with young Oliver, 12, and his mum Anna.

Oliver's amazing drawings of boats were turned into postcards by *Bournefree*, and Oliver handed over an incredible £901.24 to this amazing lifesaving charity.

We have printed more packs – where to order them can be found on page 7.

Oliver is simply incredible – and thanks to the readers who have bought packs. It is greatly appreciated.

### Growing figures

This month, I want to place particular emphasis on our growing website, both from a news and advertising viewpoint.

Our website, [bournefreelive.co.uk](http://bournefreelive.co.uk) is updated daily – indeed there are 10 new stories on each day, and that is weekends too.

We break news and we tell news, as well as focusing on the very best in Eastbourne, Hailsham and the surrounding areas.

### Local debate

Our website figures are growing, and that's what we want, because we also want to see more advertising on the site.

Some advertisers still rely on print, others want digital – many want both print and online, and we are determined to cater for that.

We have banners and other prime advertising spaces on our website.

If you are a regular online reader of *Bournefree*, thank you.

If you are not, please give us a try at [bournefreelive.co.uk](http://bournefreelive.co.uk)

There are always four new articles on by 9am each day, and then more as the 24 hours unfolds.

Our *Bournefree* Facebook is also a great place for local debate – and most of it is good fun.

The content of our magazine is also of paramount importance to us, and it's great to focus on so many different subjects, whether it's food and drink, theatres, shopping or health and beauty.

### Pick up

Thanks also to all the outlets where you can pick up your *Bournefree*. We added *The Hydro Hotel* to the list this month.

As ever, contact us and be part of the *Bournefree* success story.

Thanks once again.

## 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)

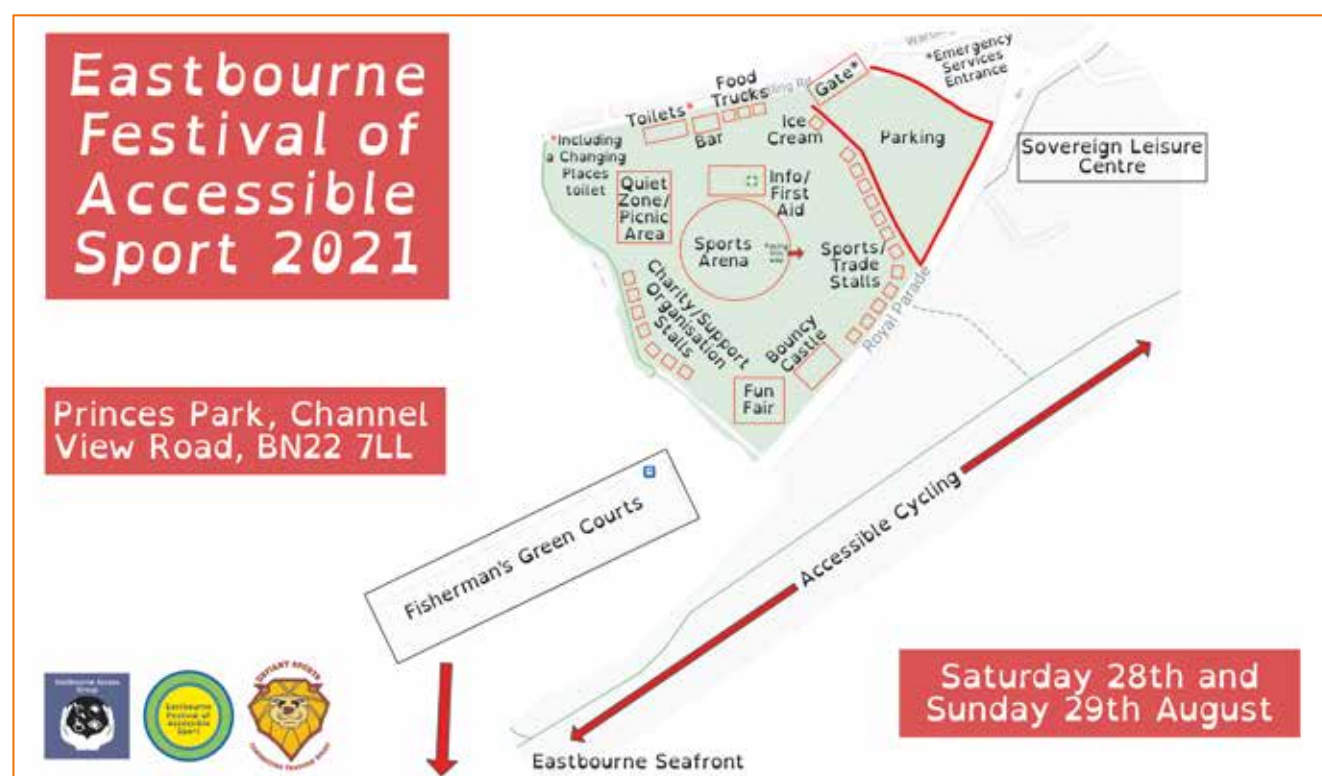
Do you want your company to stand out from the crowd? Do you want to raise awareness of your organisation?

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.





This festival is set to be the first of its kind nationwide, combining music and sports to create a fully accessible and inclusive festival.

The aim is to promote the message that people with disabilities should not simply be an afterthought, they should be the initial thought.

Therefore this festival is for anyone and everyone with a disability, mental health condition, long-term health condition, or any form of accessibility issues that cause them to be excluded.

There will be disability toilets and a changing places toilet at the festival, so you can enjoy yourself in an inclusive environment.

*Embrace* will also be providing a quiet play area behind the arena, so if you face sensory overload or feel overwhelmed, there will be somewhere for you to relax and continue to enjoy the festival.

### Scan to book

Tickets for the *Eastbourne Festival of Accessible Sport* are **FREE** and include entry into the raffle draw.

Book your tickets using the QR code to enjoy a weekend of fun, inclusive and accessible sports, and music!

SCAN ME



# Don't miss the first ever Eastbourne Festival of Accessible Sport

**THIS is going to be amazing – and it is happening in Eastbourne next month.**

By **Peter Lindsey**

**Defiant Sports and Eastbourne Access Group have joined together to organise the first ever Eastbourne Festival of Accessible Sport.**

The festival aims to promote inclusive sports on offer in East Sussex to residents, especially those with barriers to fitness such as disabilities or mobility issues.

### Sporting displays

Everyone deserves the chance to enjoy the benefits of an active lifestyle, that's why *Defiant Sports'* motto is 'Inclusion For All', with their mission being to give everyone equal opportunities in sport.

The festival will be held on August Bank Holiday weekend in *Princes Park*, running 10am–5pm on Saturday 28th and 10am–4pm on Sunday 29th.

So far, the festival is set to include various accessible sports, including archery, basketball, cycling, Swoove dancing, and yoga to name just a few.

The Sports Arena, which will be in the centre of the field, will have various sporting displays/sessions for festivalgoers to enjoy, and it's all free of charge!

### Delta 7

There will also be plenty of support organisations and charities there to

give you information on what they do, and how they can assist you, with the likes of *Embrace*, *Amaze*, *Eastbourne Access Group*, and *Rainbow Fairies*.

And it wouldn't be a festival without live music, which is why local celebrities and recent BAFTA nominees *Delta 7* will be headlining the festival!

You can catch their performance on the Saturday at 4pm, with other local singers such as *Stevie Caitlin* also due to perform.

If you get a little peckish, there will be food and drink at the festival too, including *Bestie Burgers* and *Guido's Bar*.

There really is something for everyone at the *Eastbourne Festival of Accessible Sport*!



<https://onlineticket seller.com/events/?id=3968&event=eastbournefestivalofaccessiblesport>



# 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**



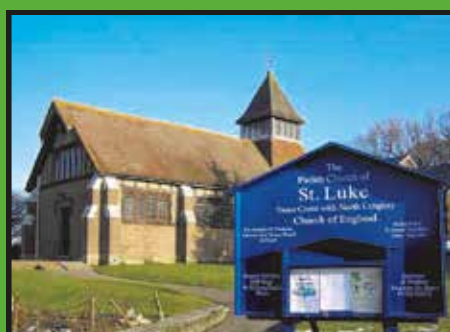
**Gateway Church**  
**Wednesday 10:00 till 12:00**

## 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



# 'Mr Inspirational' is honoured by the Queen

**"PEOPLE at Eastbourne Foodbank tell me that I inspire them, but I honestly don't think I do."**

By **Peter Lindsey**

**The very modest words of Eastbourne's very own Mr Howard Wardle – or as of now Mr Howard Wardle MBE.**

He received the honour in the Queen's Birthday Honours List for his work in the community since he first came to Eastbourne with his family back in 1991.

Quite simply, Howard has made a huge difference – which explains why he is such a popular and influential individual.

## Overwhelming demand

Howard recalls: "I was sitting in the office in the morning when the phone rang and it was the Cabinet Office, asking me for my email address.

"It came as a complete shock and they called back at 2pm to ask if I was

happy to accept an award which of course I was."

Howard recalls how *Eastbourne Foodbank* was set up in June 2011, which at the time was the 99th across the country. Now there are more than 500 centres.

"I was working for a community church on the Bridgemere Estate, and I set up a debt project which involved taking people shopping because they had no money. The demand was overwhelming.

The church bought the *Foodbank* franchise for Eastbourne, and then in 2012, it became an independent charity.

We were offered a building in Cornfield Lane, and we were there until December 2018. Originally, we had agreed to only use one room in that building but very soon we were completely overflowing.

We had to leave those premises three and a half years ago due to



redevelopment and we honestly thought we may have to close due to lack of a suitable building. Fortunately, we found our current warehouse site in Brampton Road which was perfect."

## Difficult situations

Demand is growing and last year Eastbourne Foodbank supported 16,500 people – a rise of 1,000 from the previous year. That's around 165,000 meals provided to people in need.

Howard says that poverty is often very hidden and knows that there are many more people who need help and support. It's quite worrying that foodbank is still not reaching them.

"For many, they are in difficult situations because the benefits level is too low and housing costs are too high.

"There is no such thing as food poverty – the issue is that people simply can't afford to buy it. Just giving people food is not the long-term answer – that's why we ask questions when our clients come in.

## Sticking plasters

"Sometimes asking those questions can make some very wary and anxious. We want to help them, not just by feeding them but by finding longer term solutions and at times we have to ask some difficult questions.

"Some have described Foodbanks as 'sticking plasters' rather than a permanent solution. A 'sticking plaster' of food helps the immediate problem and gives us time to find a proper solution."

There are now nine centres across Eastbourne, with a strong emphasis on South Langney, Willingdon Trees, Devonshire ward and The Hydneys in Hampden Park. Advocacy and debt advisers are always on hand.

Howard said: "Eating food obviously keeps us alive but it's not the long-term solution to poverty. We can't address the huge issue of poverty in the town on our own, and we will always work with others with the same objectives to see social justice and equality."

## So why was he singled out for an MBE?

"People tell me what I do is an inspiration, but I genuinely do not believe that.

"I provide the vision and we have a brilliant, committed friendly staff and volunteer team with a strong ethos of teamwork all wanting to make a difference.

"It was total disbelief when I received the email from the Cabinet Office. Of course, I am pleased and very proud."



Howard with the brilliant Foodbank warehouse & office team.





# Going up

**IT'S all happening in *Millies of Hailsham*, a delightful independent shop, selling all manner of lovely things – women's clothing, homeware, gifts and accessories.**

By **Gail McKay**

**And they are adding to their already well stocked shop by adding a third floor.**

*Millies of Hailsham* is a beautiful shop, bursting with flattering and surprisingly affordable Italian ladies clothing.

"We have a wonderful selection, something for everyone" says Sue Mills, the owner.

They certainly do, from little sundresses and tops, to more dressy outfits, perfect for weddings and special occasions. A wide selection in glorious silks, cottons and linens.

They also have a collection of ever changing handbags, jewellery, scarves and accessories.

## A little different

Their gorgeous selection of pretty and well priced gifts is second to none and they are the perfect place to find something a little different.

They also have a fantastic and wide offering of homewares.

To celebrate the opening of their vintage inspired third floor, they are delighted to offer **20% OFF ALL CLOTHING** until 31st July 2021.

"We pride ourselves on offering a very enjoyable and unique shopping experience!"

## Millies fix

"Although we sadly closed our Eastbourne branch last year, we are quite certain that, if you've been missing your 'Millies fix' you will fall in love with *Millies of Hailsham*!"

Sue and the team promise a very warm welcome.

We recommend you go and discover for yourself why everyone loves *Millies of Hailsham*.



Visit:

**14 High Street, Hailsham  
East Sussex BN27 1BJ**

Follow on Facebook and Instagram:  
**@milliesofhailsham**







Oliver and mum Anna with members of Eastbourne RNLI.

# Oliver's artful gift to the RNLI

**BOURNEFREE wants to thank all its wonderful readers who have bought Oliver's amazing cards in aid of the RNLI.**

By **Peter Lindsey**

**Our combined efforts have ensured that Eastbourne RNLI has already received over £900 – and more is on the way.**

## In print

Oliver, who lives in Eastbourne, is 12 and autistic, and just loves drawing boats, and he always wanted them printed.

So Bournefree producer *Custard Design and Print*, based on the Birch Industrial Estate, printed 80 sets of eight different cards, free of charge, to be bought for £10 per set.

All 80 packs sold quickly, and Oliver, with proud mum Anna, went to the Lifeboat Station to personally hand over the money.

Custard has now printed another 50 sets of the postcards.

## How to get yours

To order a pack, please email [pete@bournefreemag.co.uk](mailto:pete@bournefreemag.co.uk)

They are also on sale in **Langney Library** inside the shopping centre and **Rainbow Wishes** in Pevensey Bay.

We are all so proud of Oliver!



# Keep Cool this Summer

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# Ambassador for the BBC



## HOW Cerrie has overcome her disability to land plum role at the BBC.

By **Peter Lindsey**

### Cerrie Burnell was born without a right forearm.

She was riding at two, did ballet from three, and swimming a bit later.

She grew up in Eastbourne and went to Cavendish School.

Cerrie is now an actress, author and former *CBeebies* presenter.

And she has just become the BBC's first Disability Ambassador.

Cerrie will work closely with commissioning and production teams over the next 12 months to champion authentic on-screen portrayal of disability.

### Tangible changes

Earlier this year, she presented BBC Two documentary *Silenced: The Hidden Story of Disabled Britain*, part of a slate of content to mark the

25th anniversary of the Disability Discrimination Act.

### Enlightening

She said: "I'm beyond excited to be working with the BBC to elevate disability narratives so they become integral to all storytelling and ground-breaking content in a deeply authentic and enlightening way."

Kay Ashton, *BBC Creative Diversity Disability Lead*, says: "I've lived with a disability all my life, so I know how important it is to see people with disabilities, and our lives, portrayed accurately and authentically."

"We must continue to reframe how we represent people with disabilities and if the BBC is to lead the industry in all areas of creative diversity, then we must make tangible changes now. I'm excited to get to work."

### Positive targets

The BBC set out its 50:20:12 workforce targets in September 2020, which will see the broadcaster employ 50 percent women; at least 20 percent black, Asian or minority ethnic staff; and at least 12 percent disabled people.

St. Vincents Residential care home is an incredibly special place where residents find new friends to enjoy the later years. We have an amazing long serving staff team who are well trained in the needs of our resident's care and it's delivered with a kind and caring ethos. Check out our web page on [stvincentscare.co.uk](http://stvincentscare.co.uk)

### Support and Independence

We encourage independence as much as possible and welcome anyone over 55 into our ensuite rooms. We believe in providing a full nutritional meal with choices.

### Visits from Loved Ones

We are working with Government guidelines and currently visits can be in the home. We also have a designated summer house for visits.

### Lots to do!

We run a variety of activities including craft, outdoor walks to the park, celebrating birthdays.

New residents with a negative PCR test coming from own home no need to self-isolate. Give our lovely manager Jo a call on **01424 211244** for a chat or email us on [info@stvincentscare.co.uk](mailto:info@stvincentscare.co.uk)



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— Residential Home —

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# The 2021 Vintage Festival

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

By **Faiza Shafeek**, Carrot Events

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

## 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 stall holders, exhibitors and traders.**



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# WIN, WIN, WIN

**LIGHTNING Fibre and Bournefree magazine have teamed up to give one lucky Eastbourne resident a year's worth of FREE 1Gb full fibre broadband with free installation.**

By **Rob Reaks**, Lightning Fibre

**To be in with a chance of winning a whole year of hyper fast, hyper reliable 1Gb symmetric home broadband simply register your interest online before 31st July 2021 and we'll select one winner at random.**

We are rolling out our network build across Eastbourne and will eventually reach 53,000 homes and businesses – if your home is not ready to

connect, we'll hold your prize for you until the network is completed.

Register online here:  
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By registering your interest, you accept our Standard Terms and Conditions. Which you can read here: [www.lightningfibre.co.uk/privacy-policy](http://www.lightningfibre.co.uk/privacy-policy)

Eastbourne, we're seriously upgrading your broadband. We're installing a completely new, 100% full

fibre broadband network across the town, bringing hyper fast and hyper reliable broadband to Eastbourne.

We do prioritise areas of high demand, so the more people registering in a specific area the better – we may well reach you sooner than expected. If we are live in your area you can switch online, just choose your package and install date and off we go! Prices start from just £29 per month for a 24 month 100Mb domestic package. If we're not live in your area just yet, you can register for updates – the team will

then call or email once we know a more accurate date for install.

This is a major infrastructure upgrade, and it takes time and a multi-million pound investment; we appreciate all the support and encouragement – and most of all – patience of all the households and businesses in Eastbourne who desperately want and need our reliable broadband.

Prize Draw Terms and Conditions:  
[www.lightningfibre.co.uk/post/win-a-year-of-free-1gb-broadband-with-lightning-fibre](http://www.lightningfibre.co.uk/post/win-a-year-of-free-1gb-broadband-with-lightning-fibre)



## Pro Touch Hair and Beauty launches new training academy in Eastbourne!

Opened in 2016 at the Enterprise Shopping Centre; home of Eastbourne's boutique independent businesses; entrepreneur Emily Lockyer has continued to grow her Company over the years.

Emily has built up a remarkable business; offering all types of hair and beauty treatments and has just launched her newest project, a training academy located in South Street, Little Chelsea.

Emily first specialised in permanent make up but now offers a full range of hair, nail and beauty services as well as aesthetic treatments.

There is now an exciting opportunity for a skilled hair stylist to join this growing business in the heart of Eastbourne.

If you are interested in joining a great team, please contact Emily at [info@protouchbeauty.com](mailto:info@protouchbeauty.com)

To find out more about the services offered or to book an appointment, please visit their website [www.protouchbeauty.com](http://www.protouchbeauty.com) or telephone 07494 508200.

PRO TOUCH BEAUTY, THE ENTERPRISE SHOPPING CENTRE, EASTBOURNE, BN21 1BD

01323 749798 | [www.protouchbeauty.com](http://www.protouchbeauty.com)

# Win FREE tickets to Rumble Wrestling coming to Hailsham



**RUMBLE Promotions are bringing their family-friendly wrestling show to *Hailsham Community Centre* on Wednesday 25th August with a bell time of 7.30pm.**

By **Peter Lindsey**

**Bournefree have teamed up with the Kent-based outfit to offer a chance to win a family ticket in our competition.**

Favourites from the Rumble roster including the Maidstone-based Rumble Champion and favourite of the kids as well as the mums and dads, *Syd Manelli*.

He will be out to continue his winning streak in a solo clash, but he will have

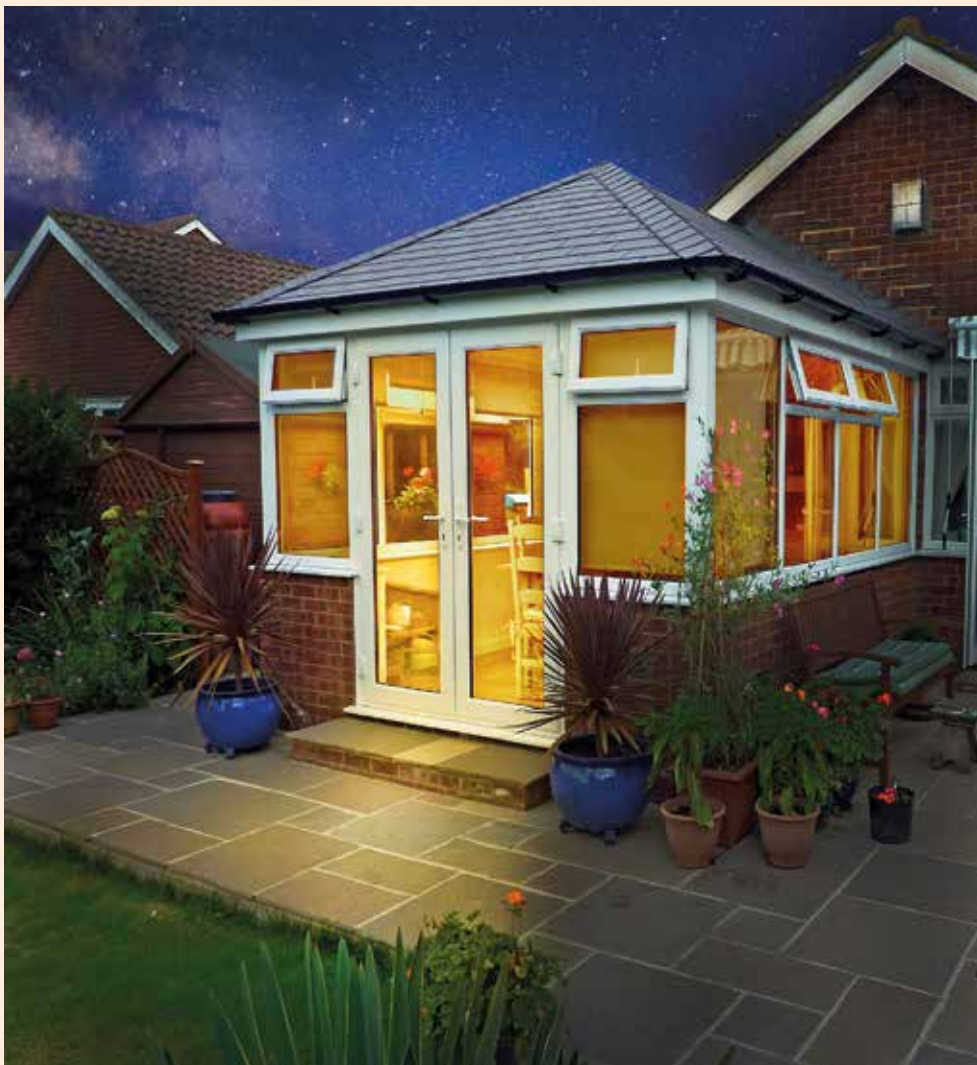
his work cut out as he faces the flag waving outspoken American masked campaigner *Mr USA*.

The two-hour show will also feature some of the most exciting and high-flying young stars who will also be involved in the *Hailsham Rumble*. Two wrestlers start in the ring and a new wrestler joins the action every 60 seconds, and the only way a wrestler can be eliminated is to be thrown over the top rope and both feet must touch the hall floor.

It is friend v friend, foe v foe with the last man standing the winner and they will receive a special silver trophy and be the evening's King of the Ring.

**To win: What is the name of the event where wrestlers are thrown over the top rope until one is left?**

Email your answer to:  
**[gail@bournefreemag.co.uk](mailto:gail@bournefreemag.co.uk)**  
by August 5th.



## A night on the tiles!

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# CASH OR AUCTION

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Sold for £28,500



Sold for £3,100

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Any quirky items

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# Eastbourne Auctions

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

Auction House, Finmere Road, Eastbourne BN22 8QL



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# Caring charity is offering free sessions

**RAINBOW Wishes** – a charity based in Pevensey Bay – is offering 20-minute FREE private sessions for anyone that needs a bit of extra space and time.

By **Peter Lindsey**

**They are on Tuesday morning and Saturday afternoon.**

The shop in North Road is closed, and staff make adjustments that will benefit the user.

## **Incredible feedback**

The sessions allow people with additional needs the opportunity to relax and be themselves.

They can sit, play, try new things and ask questions.



Director Tracie Owen said: "We have many sensory aids not on display that are available, and we work with people to find items that will benefit them.

"Feedback on sessions has been incredible and we want to make sure everyone knows they are available should they need them.

## **Community support**

"Fidget toys are a huge craze at present but the service we provide is far beyond that.

"Our pure focus is to make children and parents happy by providing them

with a relaxed, friendly experience, a huge ever-expanding range and knowledgeable advice. Our store is fun, interactive, and unique.

"We work with schools and service providers and continue to support our local community.

"Fidgets and sensory items are for everyone with or without registered needs, they provide a social experience along with brain stimulation and calming features."

Please visit *Rainbow Wishes* at: [www.rainbowwishes.co.uk](http://www.rainbowwishes.co.uk)

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# New August date for Pride



**EASTBOURNE Pride 2021 is now on Saturday August 7th.**

By **Peter Lindsey**

**It was due to take place on Saturday July 17th.**

But after Lockdown was delayed by four weeks, organisers from the LGBT group *BourneOut* took the decision to change the date.

*BourneOut* chair Betty Gallacher: "Nothing changes apart from the date.

"The event is still going ahead, and will be the same as was planned for July 17th – it will just be three weeks later."

You must gain your free wristband in advance to enter the arena in *Princes Park* for the day. It includes seven hours of entertainment from 11am until 6pm.

For more information and to reserve your place, please visit: [www.eastbournepride2021.co.uk](http://www.eastbournepride2021.co.uk)



# Sign up for the Beachy Head Lighthouse Challenge today

## IT'S back – The Beachy Head Lighthouse Challenge.

By **Peter Lindsey**

**There are very few days when it is possible to walk around the lighthouse as it has to be during spring tides, when it is light enough and, on a weekend, – this year it will take place on Saturday 24 July 2021.**

### **Saving the stripes**

The original event in 2013 was organised by the *Rotary Club of Eastbourne AM* in conjunction with the "Save the Stripes" to raise money to repaint the Beachy Head Lighthouse at a cost of some £30,000.

Had this not been undertaken, the iconic red and white stripes would have been allowed to fade and eventually disappear.



Photograph by Andrew Lalchan.

Due to the popularity of the event, *Eastbourne Rotary Club AM* has continued to organise the Challenge every year since with the help of volunteers.

Part of the funds raised are set aside towards the next re-paint of the lighthouse with the rest donated to local charities.

Organiser Martin Wellings said: "We are delighted that we can stage this very popular Challenge again.

### **Limited numbers**

"But note, we are having to limit numbers due to Covid, so it is important you book early.

"In past years, hundreds of people have booked in on the day. That cannot happen this year as we must control numbers."

The arrival point will be at the kiosk at the foot of the Downs by *Bede's School* in Eastbourne.

On arrival, participants proceed up the lane for about half a mile to Whitbread Hollow where they will see the check-in desks alongside a gazebo.

### **Off we go**

Once checked-in, we set off across the Downs to Cow Gap (approx. 15 minutes), down the steps to the beach and over the rocks, boulders, sand and slippery seaweed to the lighthouse (approx. 50 minutes).

On return, all participants will receive a certificate to authenticate that they



Photograph by Andrew Lalchan.

are one of the few people who have undertaken the "Lighthouse Challenge".

### **Safety guidelines**

To take part in this event, you need to be reasonably fit for a mixture of walking and clambering. You must be aged 16 years or over unless accompanied by an adult.

There is the option to complete only part of the walk, enjoy the stunning views and then turn around and return to avoid the more challenging sections.

### **Entry fee**

There is an entry fee of £8.50 for adults & £3.50 for under 16s.

This year it will not be possible to register on the day as we are required to restrict numbers due to the impact of COVID.

### **How to book**

Bookings can be made online by visiting: [www.eventbrite.co.uk](http://www.eventbrite.co.uk) and searching for **Beachy Head Lighthouse Challenge 2021**



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**[careuk.com/bowes-house](http://careuk.com/bowes-house)**







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The luxury care home provides residential, dementia and nursing care, giving families peace of mind that their loved ones have a home for life even if their care needs change over time.

## Fulfilling lives

Every colleague in the home is passionate about enabling residents to enjoy a fulfilling lifestyle, tailored around their needs and preferences. If your loved one enjoys a quiet cup of tea in bed or enjoys a chat over a beer, the team will make it happen.

The lifestyle team organise a variety of group and one-to-one activities, with plenty going on, from baking and art classes to dancing and cocktail evenings.

The home has its own cinema, café and hair salon – perfect for ensuring your loved one can enjoy the very best in luxury facilities.



The chef-led team provide delicious meals and treats made from quality fresh ingredients in-house. We take time to learn about your loved one's dietary needs and favourite foods, so there'll always be plenty on the menu they enjoy.

**Our care home is part of award winning provider Care UK – one of the UK's most successful care home operators. Care UK has over 35 years' experience of delivering high quality care to older people, with more outstanding rated homes than any other provider\*.**

**Contact us now to find out more or to arrange a show round.**

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**01323 888 480  
karen.milligan@careuk.com  
careuk.com/bowes-house**



# What is, or who is, a Rotarian?

**OVER** the past five months I have tried to highlight What is, or who is, a Rotarian? I hope that I have managed to offer some insight of who we are and of the amazing work that Rotarians do to help their communities.

By **Faiza Shafeek**

**Below are in my opinion the 10 top reasons for becoming a Rotarian.**

## 1. The Development of Ethics

Rotarians practice a 4-Way Test that governs their ethical standards. Rotarians are expected to be ethical in business and personal relationships.

## 2. Friendship / Fellowship / Community

Rotary provides one of the most basic human needs: the need for friendship and fellowship. It is one of two reasons why Rotary began in 1905.

## 3. Personal Growth and Development

Membership in Rotary ensures continuing growth and education in human relations and personal development.

## 4. Rotary in the Community

Membership in a Rotary club helps develop better community citizens. The average Rotary club consists of the most active citizens of any community, who work hard to help in whatever way they can. The Rotary motto is "Service above Self".

## 5. Citizenship in the World

Every Rotarian wears a pin that says, "Rotary International." There are few places on the globe that do not have a Rotary club. Every Rotarian is welcome – even encouraged – to attend any of the 30,000 clubs in 194 nations and geographical regions. This encourages new friendships in both local and world communities.

## 6. Development of Social Skills

Every meeting and at various events and functions, Rotary develops one's personality, social skills, and people skills. Rotary is for people who like people.

## 7. Entertainment

Every Rotary club and district has parties and activities such as conferences, assemblies, fund raising events.

## 8. Public Speaking Skills

Many individuals who joined Rotary were uncomfortable about speaking in public. Rotary develops confidence and skill in public communication and the opportunity to practice and perfect these skills.

## 9. Fun (with a purpose)

Rotary is a fun and exciting place to be.

**And finally, Rotarians are nice people!**

Many months ago, I said "That I have been a Rotarian since 2011, the friendships that I have made as a Rotarian over those years, has given me much joy." Those words still stand today. Faiza Shafeek, President of the Rotary Club of Eastbourne Sovereign and Assistant District Governor of Rotary District 1120.

If you wish to know more or are interested in becoming a Rotarian please contact: Faiza Shafeek, Assistant District Governor of Rotary District 1120 at: [faiza.shafeek@carrotevents.co.uk](mailto:faiza.shafeek@carrotevents.co.uk)



## CARR TAYLOR

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OPEN DAILY, 10am -5pm







# 'The premium offer for a Saturday night out' reopens

**IT'S the high-class venue for a stylish Saturday night out – and it reopens on July 24th.**

**The Embassy Grand Cafe and Late Lounge in Eastbourne Town Centre – owned by Gino Forte, 36 – is something very special.**

It is what he calls 'the premium offer' for that extra special Saturday evening, open from 10.30pm until 4.00am.

The amazing venue is on two floors with the VIP area upstairs.

## **Premium live acts**

Capacity – reached every week – is 400 and the emphasis is on content.

Here's Gino: "It is a high end, luxury, selective nightclub, and we

By **Peter Lindsey**; Photography by **Daniel Sherwood**

make the 'night out of the week' a very special one.

"We have a variety of DJs from London as content is so important to me.

"We invest heavily in premium live acts, US superstar Jason Derulo being one example, and we combine live PAs with exciting extras such as fire breathers and aerial artists.

"Our music is Urban and Commercial led, including R&B and Hip Hop."

Gino bought the property on Pevensey Road in 2016 and opened The Embassy in 2017 after investing heavily into the venture. Lockdown means it had been closed since March 2020.

## **Exclusive**

Clients have a choice of buying Standard admission or pay the extra to be upstairs in the VIP area, which is served by its own VIP bar, dedicated hostess table service, with tables for up to ten and an exclusive smoking terrace.

Gino says: "The Embassy is non-price sensitive because of what we offer here every Saturday evening.

## **Very intimate**

"It may be on two floors but it's also very intimate as well. Our people just love it and keep coming back.

"I went to *St Andrew's School* and *Eastbourne College*, and I can always remember sitting on the school bus thinking 'what's that place all about' as I passed by.

"Well now I know what it's all about, and I couldn't be prouder."





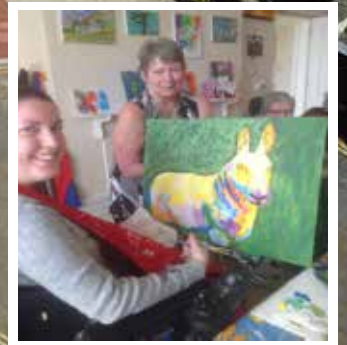


# TheChaseleyTrust

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)







# Who are The Chaseley Trust?

**THE Chaseley Trust is a unique, independent charity owned 55-bed home that specialises in long-term nursing and respite care for people with complex disabilities, such as Acquired and Traumatic Brain Injury, stroke, spinal cord injury and degenerative neurological conditions such as Multiple Sclerosis, Motor Neurone and Parkinson's disease.**

By **Jodie Cornford**

**Chaseley's multi-disciplinary approach to care and rehabilitation includes physiotherapy, occupational therapy and recreational activities.**

The team ensure their person-centred approach is focused on individuals regaining as much independence as possible, so that their psychological well-being and emotional balance

are maintained. In addition to this the home has an on-site, fully accessible gym specifically designed for people who are disabled and living in the community.

## Working together

Each resident is involved in planning their rehabilitation and supported holistically in working toward goals. The Therapy team assess and identify individual needs, as well as how neurological conditions have impacted on day-to-day life. Working together with the individual they create a treatment plan, whether that be rehabilitation, prevention of deterioration, improving quality of life or advice on managing the condition, and each plan is focused around each individual's needs and goals.

## Supporting independence

Chaseley creates a supportive living environment for residents and the home has been specially designed to promote independence and enable people to live full lives. Facilities include rehabilitation rooms, therapy rooms, activity rooms, Activate Gym, dedicated dining areas, including the CasBar their very own on-site Bistro as well as outside terraces and decked spaces with wonderful sea views.

## Relying on donations

The main source of Chaseley's funding comes from residents' fees, which cover the cost of their care package and contributes to the daily running costs of the home. Various commissioning bodies fund the majority of resident care packages



and they have just 5% surplus to fund all their additional costs, including the upkeep of their beautiful building, upgrading their equipment, and to provide the extra social and recreational activities and services that enhance the comfort and well-being of their residents, which is why they rely on donations and fundraising.

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



The Chaseley Trust turns 75 this year and as part of their anniversary plans, they have recently launched a £375,000 fundraising appeal to modernise, update and refresh Chaseley. If you would like to donate to Chaseley's 75th fundraising appeal, please visit their website at: [www.virginmoneygiving.com/fund/Chaseley75thAnniversaryAppeal](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)



# SCHOOL'S OUT

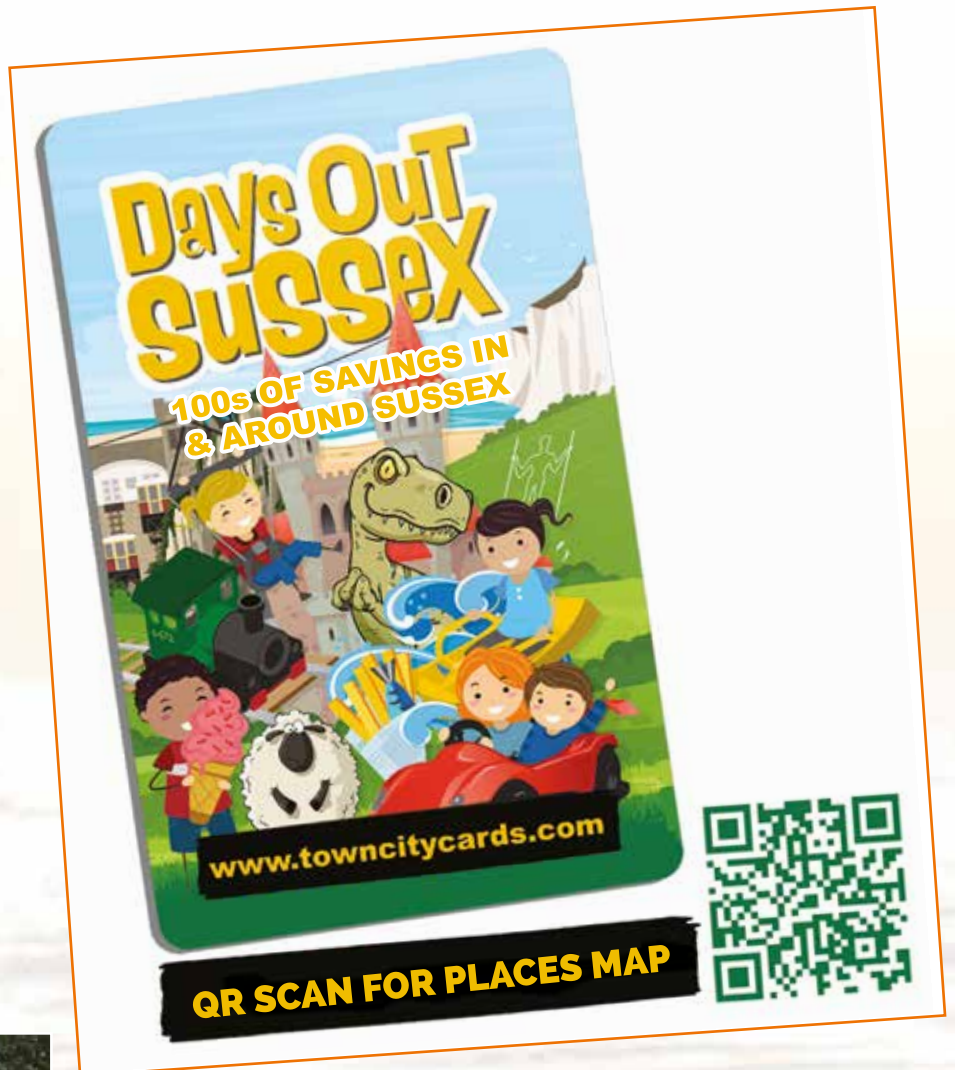


## Get Five Months FREE!

**THE exciting *Days Out Sussex* Card gives you unlimited discounts in Sussex until 2023.**

Just show your card and save money at Blue Reef Aquarium, Branching Out Adventures, Clambers, Battlezone Live, Hastings Miniature Railway, Knockhatch Adventure Park, Paradise Park, Pup Station, The True Crime Museum, Smugglers Adventure & loads of shops & restaurants! Scan the QR code to see all the featured places.

Order the *Days Out Sussex* Card (£10 + FREE postage) from [www.towncitycards.com](http://www.towncitycards.com).



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## A Railway Adventure in Eastbourne

**TRAVEL** behind the famous one-eighth scale miniature locomotives as they meander for nearly a mile around the beautiful country park.

Enjoy a pleasant stroll around the five-acre lake, visit 'Grandmas Garden' then get lost in the maze. For the children there's an adventure playground and a toddler area for the under 5's. Relax with a beverage, lunch or Cream Tea from the railway style cafe.

Visit [www.emsr.co.uk](http://www.emsr.co.uk) or telephone **01323 520229**.





# FOR SUMMER



**THE ORDINARY CLIMBERS**  
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## The Ordinary Climbers

**A NEW indoor Climbing Gym in Polegate offers a huge range of activities and challenges for all ages.**

Great for beginners and enough to challenge an experienced climber. We offer classes, parties and private groups.

- A 10 session punch pass allows you flexibility.
- Monthly membership and gear rental available.
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Stay up to date with our School Holiday events via Facebook and our website [www.theordinaryclimbers.co.uk](http://www.theordinaryclimbers.co.uk)

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**Unit C3, Chaucer Business Park,**  
**Polegate BN26 6QH**

## Summer Holiday Sessions at Defiant Sports

**DEFIANT Sports** – a wonderful charity based at Sovereign Harbour – has been chosen again as a provider for activities during the summer holidays.

Places are limited, and they are being funded by East Sussex County Council.

Email [info@defiantports.org.uk](mailto:info@defiantports.org.uk) to find out more (criteria applies to FREE places, paid option also available at £19.50 per day for those not eligible for a funded place).

These are summer holiday sessions aimed at children and young people with SEND, or other barriers to participation.

- 26th July – 29th July, 11am-3pm • 2nd August – 5th August, 11am-3pm
- 9th August – 12th August, 11am-3pm • 16th August – 19th August, 11am-3pm

There are accessible coached sports, a free play in community zone with pool table, table tennis, board games, arty stuff, sensory equipment, and more!

Fun, games, and time to chat. Packed lunch provided. Accessible toilet. Experienced Staff. No personal care given but carers welcome to support!







Photograph by Marc Najera.

# 'Lets' stay in the UK

**HOLIDAYING in the UK is undergoing a boom. When lockdown restrictions eased in 2020, UK travel businesses witnessed a massive surge in bookings.**

By **Louise Thompson**, Chesters

**2021 is looking the same and there is every reason to predict a continuing surge. 2021 is a great time to get into the short term letting business.**

The travel industry is expecting international travel to still be under certain restrictions for some time causing the local holiday market's revival to continue for quite a while.

People are choosing to stay closer to home for many reasons.

One is to reduce their carbon foot print by avoiding flying.

Brexit has meant European travel will cease to be as convenient as it once was. The pound has weakened against the Euro, making European travel less attractive and more attractive for foreign visitors.

It's easier for pet lovers to bring their pampered pooch along too.

## **The market is massive and it's still growing**

Airbnb has played a large role in the short term rental boom, changing consumers' behaviour when booking a short break or summer holiday.

It created a large market of more diverse properties. As last-minute 'minications' became a thing last summer AND Britons scrambled to book a fun break, relatively close by. This is leading to permanent changes in behaviour and UK holidaying is becoming the norm for many people.

## **Local beauty spots**

As a nation, we are discovering the beauty of the UK, with 15 national parks, beautiful walks, cycle rides and lakes, miles of coastline, there's so much to love about the outdoors in the UK.

## **Letting your property**

If done right, landlords can earn significantly higher yields for short-term holiday rentals than long-term rentals. You can make more in a week than in a month compared to long term lets.

There can be major tax benefits of holiday let properties which ordinary buy to let landlords can't obtain. These can make a huge difference to the profitability of your property.

You can pay business rates instead of council tax, you can claim more business expenses, and there may also be benefits for Capital Gains Tax (CGT) and Inheritance Tax (IHT) depending on how you operate your holiday let business. It's essential to consult an accountant to find out exactly what tax advantages a holiday let could offer you.

To qualify here, your property will normally need to be a furnished holiday let (or FHL as it's known), available for letting at least 210 days a year and let for at least 105 of those.

## **Using an agent**

There is a higher level of administration with a holiday let, as there is higher turnover. So this is where a reputable, established agent can come in. Allowing you to reap the rewards of a lucrative holiday let investment without any of the hassle.

Speak to the team at *Chesters*, an independent letting agency, based near the station in Eastbourne for advice on letting your property in this lovely holiday town.



Stunning UK Airbnb property.

# Chesters

**12 Station Parade, Eastbourne  
BN21 1BE**

**[chesterslettings@chesters-eastbourne.co.uk](mailto:chesterslettings@chesters-eastbourne.co.uk)**

**01323 721216**





# At last! The Grove Theatre reopens

**THE Grove Theatre in Eastbourne Town Centre is back in business – and after a tumultuous year of lockdowns since it opened in December 2019, it's third time lucky.**

By **Peter Lindsey**

**It was previously known as the Under Ground Theatre, situated underneath the library in Grove Road.**

It is a very popular arts and community venue now run as a not-for-profit enterprise by *Redwood Productions*, on a 10-year-lease.

Stefan Antoniuk, CEO at *Redwood Productions* and the team are very excited.

## Diverse range

He said: "It is just wonderful to be open again. We offer a very diverse range of entertainment, and we very much want to be seen as a resource for the community.

"We have made considerable investment into the theatre, including setting up a new charity, *The Grove Theatre Trust*, to provide opportunities to participate in the performing arts that people might not otherwise be able to access.

## Vintage cabaret

"It's a nice intimate venue which gives the performers the chance to build a rapport with their audience.

"We are looking at variety, vintage cabaret and a whole range of ideas for the local community.

"This is our third relaunch after the various lockdowns, and we couldn't be more thrilled to be back in business."

To see what is going on at The Grove Theatre, please visit:

**[www.groveeastbourne.com](http://www.groveeastbourne.com)**

# Chesters

## Chesters Lettings Agents

Successfully letting and managing property in Eastbourne since 1983

**It is that time of year when Chesters Eastbourne are looking for new holiday homes to add to their portfolio.**

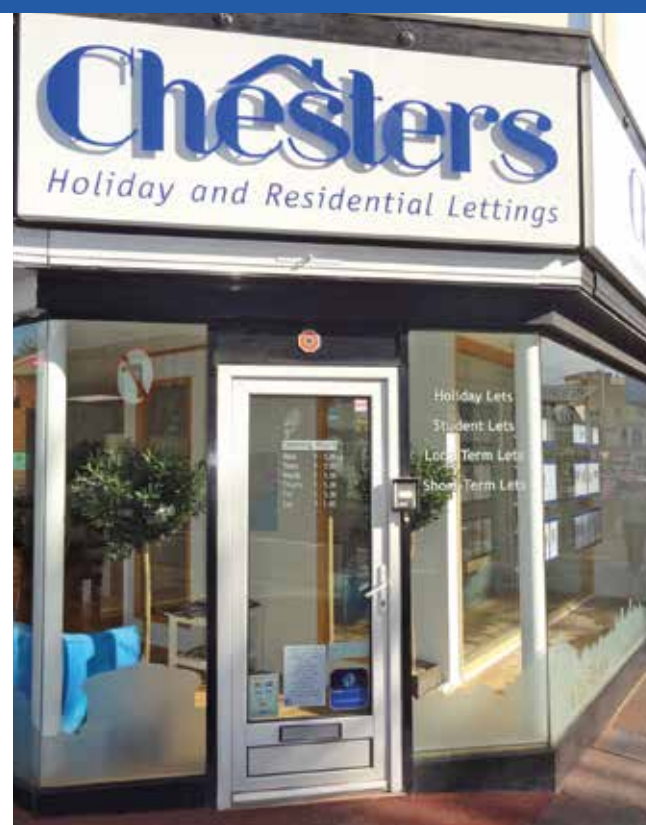
Due to the pandemic the English seaside towns and villages are in demand.

Chesters Eastbourne take care of your holiday home, and our service includes a furnishing service if required, advertising your property, taking payment, overseeing maintenance problems that might occur, and organising key collection.

We have a prominent office which is conveniently located close to the train station.

Please call on **01323 721216** or e-mail us at: **[chesterslettings@chesters-eastbourne.co.uk](mailto:chesterslettings@chesters-eastbourne.co.uk)** for our terms of management.

**We are happy to discuss all aspects of holiday lettings.**



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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

Just opened on Eastbourne Pier.  
A beautiful selection of gemstones and crystals.

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



## 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.

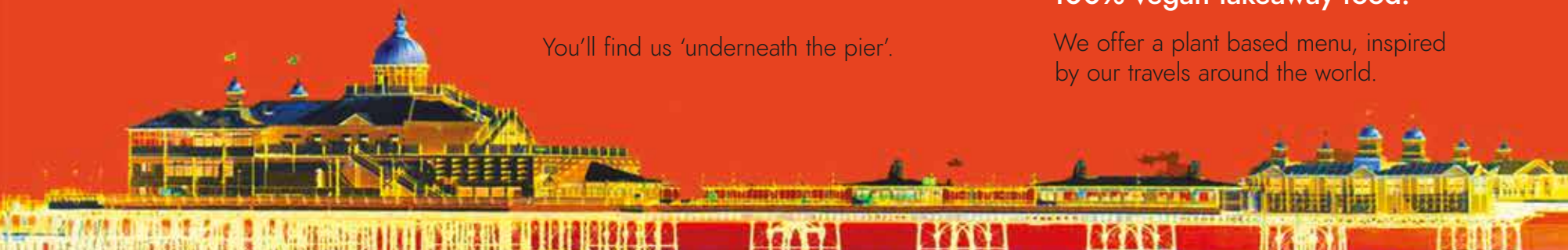
You'll find us 'underneath the pier'.



## 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

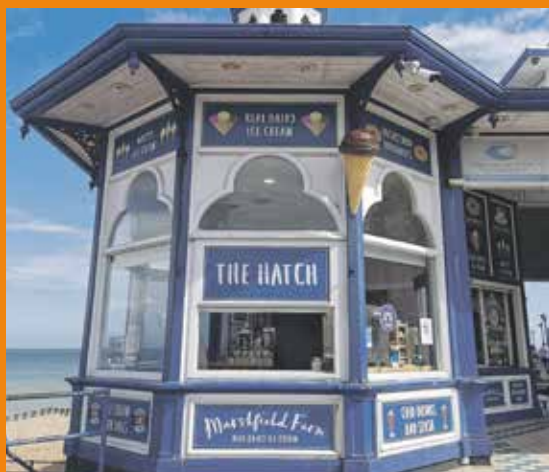
Tea & Coffee

Drinks

Live Music



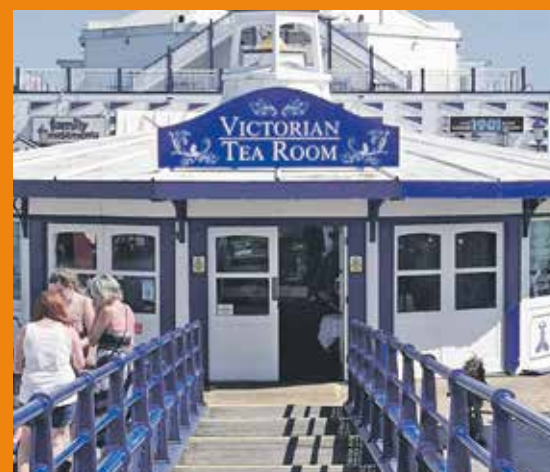
# ...on Eastbourne Pier



## 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 artificial silk flowers.

Established on the Pier since 1968.



## 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 on 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

Live Music



# www.chiddfestchapter.co.uk

Chiddingly Music and Beer Festival



# CHIDDFEST

## CHAPTER

in aid of St Wilfrids Hospice  
Nash Street, Nr Chiddingly (Hailsham)

**Friday 23<sup>rd</sup>-Sunday 25<sup>th</sup> July 2021**

## CHIDDFEST MUSIC & BEER FESTIVAL CHAPTER 7

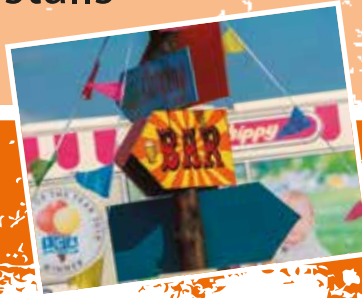
**This family friendly festival is action packed  
with a full line up of great music.**

### Artists confirmed for 2021

- Katrina from Katrina and the Waves, • Aswad • Space •
- Geno Washington • Dario G •
- Noble Jacks • Cormac Neeson • Tankus the Henge •
- Nick Ball & the Wrong Crowd, • The Speak •
- Marshaland Pete • Groove Hoover • Fat Belly Jones •
- and many more.

**13 bands Saturday, 11 bands Friday and not forgetting  
the amazing line up for Tribute Sunday 2021 with tributes to:**

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- Black Eyed Peas • Queen • Elton John •
- Glamping • Camping • VIP upgrades •
- Kiddies Corner • Bar • Great Food •
- and lots of stalls







There is a new activity sheet for the youngsters to fill in as they go around the short, medium, or long route, which can take up to one hour.

The cafe has more than doubled in size and — along with the new menu — there is an exciting Afternoon Tea offer for everyone. It's only available for a maximum of 16 people daily so to avoid disappointment, pre-booking is essential.

There is also a new breakfast offering, and the cafe opens 9.30am daily.

### Stay the day

Donna said: "Stay and play all day is our motto. There really is so much to do at Sharnfold Farm for the whole family.

"For families with older children, the parents and friends can enjoy a coffee while the kids are playing.

"We have enhanced what we have on sale in our shop so there's now a wide attraction of gifts, cards and other attractions.

"We have animals to see, including Highland cows, pig, goats and sheep, and Pick Your Own strawberries is coming soon, and that is always very, very popular.

"So too is our Butcher's and our fresh fruit and vegetables.

"We are trying to improve what we can offer so families feel like they can come here and stay the day."

Families wishing to use the play areas and farm space need to buy a wristband in the shop. It's £2.50 per person aged three and over, or £8.50 for two adults and two children or indeed four adults.

Pre-booking is not required and wristbands can be purchased on arrival from the farm shop or cafe.

**For information please visit:**  
[www.sharnfoldfarm.co.uk](http://www.sharnfoldfarm.co.uk)

# Sharnfold Farm set for a bumper summer

**A TOP visitor attraction has used lockdown to make a series of improvements in preparation for summer.**

By **Peter Lindsey**

**Sharnfold Farm — situated on the Hailsham Road at Stone Cross — has installed a new adventure playground.**

It has also enhanced its popular Farm Trail with three new Swiss Lodge playhouses, interactive panels and many more activities for the children.

A new menu has launched in the cafe, which has more than doubled in space in the past year after huge investment, including a special Afternoon Tea offer seven days a week and revamped breakfast offers.

And there are plans for live entertainment for the kids later in the summer.

### Wonderful time

Sharnfold Farm has also launched a new fresh logo.

Business Director Donna Bull from *Kent Entertainments* is excited about Sharnfold Farm.

She said: "Over the past year, we have all been faced with many challenges and we have had to learn to adapt and change so we can carry on and live side by side with COVID-19.

"Like many other businesses, we sadly had to close our doors in January,

and this provided us here at Sharnfold with an opportunity to take a look around the farm and give us time to plan changes to improve our offering.

"We are continually looking at ways to enhance our attraction, and we all hope everyone has a wonderful time down on the farm.

"We are open seven days a week so there is ample opportunity to put us on your 'must visit list' and we look forward to welcoming you soon.

"We've had a very busy time since fully reopening — and we would thank our loyal customers and new faces for their support. Now we are focusing on making summer fun for everyone by giving everyone the chance to have a really nice time during their visit with us."

### New activities

The new adventure playground is 'an assault course for the under 10s' and is in addition to the popular existing play area already on the farm.

Phase one of the enhanced Farm Trail includes three new Swiss Lodge playhouses, a woodland fact and spotting station, hidden letters, tree people, and a selection of activity panels and play shop fronts.





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All Churchill's cod, haddock and plaice comes from sustainable fishing waters around Iceland.

# Churchill's Fish & Chips has landed at the Langney Centre, Eastbourne...

Last week we sat down and chatted to James Lipscombe, CEO of The Chesterford Group about the launch of their exciting new Churchill's Fish & Chips restaurant, that recently saw a £500,000 investment creating 30 new local jobs, opening at the Langney Shopping Centre on Monday 5th July.

**So James, tell us a little bit about your family business...**

Without cricket, my family's love affair with fish and chips would never have started. In 1923, my great Grandfather Harold Lipscombe was playing cricket for Accrington who were widely regarded as one of the top Cricket club sides in the UK.

My Great Grandfather Harold was good with both the bat and the ball and when he used to score 100 or take 5 wickets, the crowd would show their appreciation by making a donation for his efforts. Because Harold was a good player, he saved all of the money he was given by the supporters, quit his job as a coal miner, and moved down to Essex where he bought his first fish and chip shop. His son, my Grandad, continued the family tradition, purchasing a busy fish and chip shop in Romford in 1952 and then my father Hugh, carried on our family tradition in 1971 creating and growing his own business. It's now up to me to continue our love affair with fish and chips and cricket!

We have now expanded to 40 locations but continue to keep to our core family values and deliver the best experience possible for the commu-

nities we strive to serve. It's essential we limit our impact on the world by ensuring we create an ethically minded business that puts the planet and its people at the core of everything we do.

**What makes the Churchill's brand different to other Fish & Chip Shops and Restaurants?**

First and foremost, our people! They are the ones that make the magic happen every day in our stores and we are incredibly fortunate to work alongside highly passionate, caring and motivated people. Alan the store Manager, has over 25 years experience and so what he doesn't know about preparing and cooking great fish and chips isn't worth knowing!

We have direct relationships with the fisherman in Iceland that catch our fish, we know the Captain's, crews and owners of the vessels and we visit them often in Iceland to ensure they can continue to catch the best quality, sustainably sourced Cod & Haddock for our customers. We have worked with them for over 25 years and I cannot underestimate the strength of our relationship which means our customers get the best quality, award winning fish and chips every time they come into one of our stores.

We have the same relationships with our potato suppliers and when you sell 80,000 portions of chips a week, that we freshly make in store from raw potatoes every day, you have to know that the quality and consistency of the potatoes is simply the best. Customers come back to us time after time because they know they can rely on

the consistent quality of our products and when you operate a business such as ours, you have to have a discipline and laser like focus on producing consistency across every area of your business.

We take the same care with all of our products from the 100% British Red Tractor approved Pork that goes into our sausages to the British beef that goes into Red Tractor approved Hamburgers, quality, ethically sourced products that our teams are proud to serve and our customers love, without doubt is one of the reasons why we have won so many industry awards.

We have invested heavily in technology which means our customers can order in a manner that suits them, whether that's through delivery or click and collect using our own Churchill's app, or by simply walking into our store. Our 50 seater Quick service Restaurant offers our customers to order and eat their favourite food in a great environment at take-

away prices, this offers customers great value for money and a chance to relax in a really welcoming environment.

**What is your company's outlook on Sustainability?**

Sustainability and protecting the planet for future generations, is incredibly important to us and something we take very seriously at The Chesterford Group. We care about the environment we live in and want to make sure that, as a company, we are constantly finding new, innovative ways to reduce our impact on the world we live in.

We only source fish from sustainable fishing sources, which means we only purchase our cod, haddock and plaice from Iceland, where four vessels catch to our specific requirements. In Iceland it is illegal to discard any by-catch and a strict quota system is run by scientists, to ensure the continued health of fish stocks for generations to come.







Churchill's will be delivering their Award-Winning Fish & Chips in their own fleet of delivery vehicles.



We also strive to reduce our carbon usage by ensuring that all waste oil is collected, recycled and converted into biodiesel. We recycle our waste oil products into bio diesel and offset not only our own carbon output but that of our customers' travel to our stores.

All of our packaging is either made from recycled material or fully recyclable, and in store, we have dedicated food waste and recycling bins. As a business we do as much as we can to reduce the amount of material that goes into landfill, its simply the right thing to do.

**Tell us something that you are particularly proud of...**

I am incredibly proud that our company has been awarded the best chain of fish and chip shops in the UK at the National Fish and Chip Awards. Not forgetting, our recent news that we have been announced as finalists at the 2021 British Takeaway Awards! I am also proud to be part of a company that recognises talent, passion and hard work, with 75% of our Managers starting as Team members and our Managing Director and myself, starting on the shop floor, giving opportunities for people to grow, develop and reach their potential

is something that means a lot to us. Myself and our MD still cook fish and chips in our stores every Friday night alongside our teams as we can't lose sight of where the magic happens!

**What can customers expect at the new restaurant at the Langney Shopping Centre?**

Delicious fish and chips, banging burgers, succulent Norfolk fresh chicken, vegan/meat free options and much, much more. All served with a smile in a family friendly environment, whether you use our click and collect service, sit in our restaurant, take your food away or use our

home delivery service!

Not only that, but we will also be serving our gluten free menu every Monday and Tuesday! We look forward to welcoming all of our new customers from the 5th July!

You can enjoy Churchill's award-winning sustainably sourced fish and chips at their new quick service restaurant and take away at Langney Shopping centre from 11.30am on Monday 5th July. Follow Churchill's Fish & Chips on Facebook/ Instagram or head over to [churchillsfishandchips.co.uk](http://churchillsfishandchips.co.uk)



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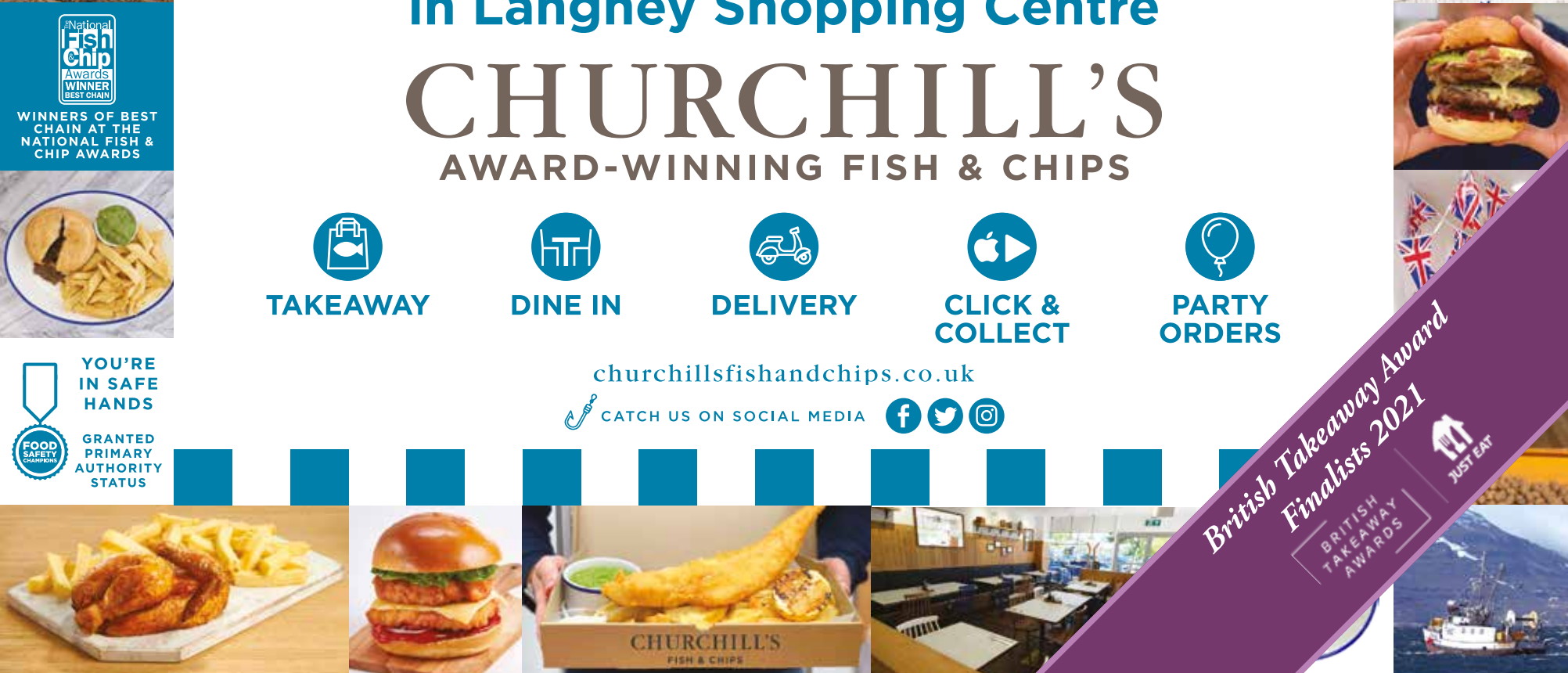


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**Cold laser therapy is strongly anti-inflammatory, making it useful for neurological issues.**

# The benefits of cold laser therapy

**COLD laser therapy is the use of light as a medical treatment. It is safe, painless and non-invasive with a wide range of health benefits.**

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

**Cold laser therapy has existed for over forty years with over four-hundred double-blind trials conducted proving its efficiency.**

Cold laser therapy is also referred to as low-level laser therapy (LLLT) and photobiomodulation therapy. Back in the 1960's, a Hungarian physician was the first to publish a study that found cold lasers could accelerate wound healing. He further published studies in the 1970s about its therapeutic effects on skin ulcers and founded the *Laser Research Center* in Budapest.

In the 1990s, NASA began studying cold lasers for their effect on wound healing and helping muscle and bone atrophy. They also discovered that cold lasers could activate plant growth in space, even without sunlight.

Due to the vast amount of evidence about the benefits of cold laser

therapy over the past four decades, it is approved by the *FDA* (the medical governing body in America) as a type of medical treatment and is now commonly used by doctors, dentists, physical therapists and other medical professionals. It offers a great alternative for those patients seeking a treatment without the use of surgery or drugs.

## What is a cold laser?

Cold lasers are essentially based off of the near-infrared light found in sunlight. Sunlight emits a wide range of radiation from infrared and visible light to ultraviolet light. About 16% of all sunlight is near-infrared light, as it gives us a wide range of health benefits.

Cold lasers emit condensed near-infrared light at specific therapeutic frequencies. Hot lasers can heat body tissue to the point of destroying it, however, cold lasers

don't heat any tissue and can regenerate tissue. They do not emit any sound, heat or vibration.

## How cold lasers work

During a treatment, cold lasers are placed a few centimetres away from the skin for up to two minutes on each area of the body where it's needed. Since it is not a hot laser, a patient may not feel any sensations, but that doesn't mean it's not working.

The light from the laser is able to penetrate beyond the skin by about five centimetres. The light travels until it reaches the mitochondria inside our cells. Mitochondria are where respiration occurs—where oxygen and glucose are converted into energy. Our mitochondria also contain receptors that absorb near-infrared light that help provide us with energy and stimulate other biochemical pathways in our body. Similarly, plants have receptors in the cells of their leaves that allow them to convert sunlight into energy. Our mitochondria absorbing near-infrared is almost like a human version of photosynthesis.

## Multiple benefits

Once these receptors absorb near-infrared light, they stimulate a “physiological reaction that promotes regeneration,” according to *Healthline*. This means cold laser therapy can help cells repair and heal themselves. Because of this, it is commonly used for skin rejuvenation, ulcers, autoimmune diseases, arthritis, wound healing, oedema and skin issues.

In addition, cold laser therapy has also been shown in studies to boost blood flow and mitochondria function, making it useful to boost energy, promote longevity and ease stress, anxiety and depression.

Since cold laser therapy is strongly anti-inflammatory, it is used for most neurological issues including hearing loss, Parkinson's, Alzheimer's, migraines, dementia and cognitive impairment. Because near-infrared is both regenerative and anti-inflammatory, cold laser therapy is most commonly used for those that suffer from pain.

Cold lasers are even used as a replacement for needles in acupuncture, called laserpuncture. Laserpuncture is thought to have added benefits to cold laser therapy, as it also stimulates acupuncture points. The *Journal of Chiropractic Medicine* published a study where forty-five students showed significant reduction in their blood pressure after several treatments of laserpuncture.

## Not for everyone

Since cold laser therapy works well at regenerating new cells, it is not recommended for those with cancer. It is also not suggested for infants or pregnant women.

Some people may need a series of treatments before seeing results, depending on the severity and duration of the condition. It is recommended that cold laser therapy is only performed by a professional.

To book an appointment for cold laser therapy or laserpuncture please visit my website below.

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

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



# A winning combination

**WHEN** Eastbourne, along with the rest of the country went into lockdown last year for the first time, it was obvious that small local businesses in Eastbourne were going to suffer.

By **Gail McKay**

**In the case of Bliss Spa & Beauty salon, as a close-contact service provider, this meant real uncertainty about the future of the business for Marie Lopez, co-owner and manager of the well-established beauty salon in Meads Village.**

## New direction

*Mugshots Café/Deli* was able to re-open sooner offering take away coffees and snacks, but it was not going to prove sustainable long term and it was clear a new business direction needed planning.

Kiran Kaul, owner of *Mugshots'* and lover of dogs had always welcomed customers with their four-legged friends and thus the opportunity to



develop the business into *Tall Tails Groomers and Pet shop* was born!

## Joining forces

Fast forward to the 3rd lockdown and it was a friendly chat between these two enterprising businesswomen that led to a joining of forces in the shape of their pamper packages for *Beauty & your Beast*.

It is a wonderful example of local businesses working together during adversity to help each other and service the local community in Meads village and beyond.

The Pamper packages include a *Blissful Beauty & Brunch* option which includes a wonderful platter of Sussex's finest cheese served with Prosecco catered by *Tall Tails*.

**Now we think that is a winning combination!**

## Tall Tails

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# Strava to win

**ONE You East Sussex, the county's free healthy lifestyle service, are promoting their July campaign to help local residents increase their physical activity levels.**

By **Dan Ford**, One You East Sussex



**During the month of July, residents are challenged to sign up to their Strava group to help us get from East Sussex to Tokyo in time for the July Olympic games.**

## Activity support

Alongside the motivational Strava group there will be blogs and support available to help local residents increase their activity levels.

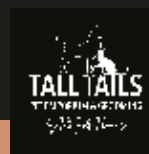
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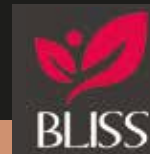
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# Cellulite – Why? & Can you really do anything about it?

**WE know, it doesn't matter how much exercise you do, how much water you drink, or how good your diet is, it just doesn't shift.**

By **Kevin Stemp**

## Why is it there?

**The simple answer is it comes down to your hormones, age, lifestyle habits and your hereditary lineage.**

If your mother had or has quite bad cellulite and you take after her more than your father then yes, you will more than likely develop cellulite in

the same area(s). More often than not it's the backs of your legs (hamstrings) and bum that take the lions share with the fronts (quads) of your legs coming in second place. We have found over the last eight years that if cellulite is going to manifest itself (naturally) it will be in your late teens/ early twenties or shortly after having children. This is not to say that there will be no other situation where you can develop cellulite, this is simply to say that in the large majority of cases this will be why. In other cases your lifestyle choices

and habits may have accelerated the process, though we have seen people with appalling diets and lifestyle choices that have zero cellulite.

## What is it?

Cellulite is caused by a build-up of fat underneath the skin, it forms when fatty tissue deep in the skin pushes up against connective tissue. It's estimated that more than 85 percent of all women 21 years and older have cellulite.

## Now, in a world where everything is over promised, can anything be done that is effective and of a lasting effect?

Three years ago the answer would have been no, not really. Of course you could have been sold something only to then find out for yourself that it was indeed, a waste of time. The Aesthetics industry is almost entirely based on technological advancements, think of televisions over the last 30 years and you'll have a comparative analogy to Aesthetics in the last five/six years.

Being at the forefront of cutting-edge procedures that stem from years of thorough research and development is paramount to providing an effective, results driven service such as ours. This time of year is the most popular time of year for cellulite reduction and skin tightening treatments. The weather is, well, meant to be resembling something like summer and providing you can fly to a green listed destination at the drop of a hat then you'll be getting a holiday. An increase in the temperature means a decrease in clothing layers, so shorts, dresses, skirts, all reveal the condition and skin tone of your legs and therein lies the issue. Cellulite.

## Incredibly effective

Enter the *Lipofirm Pro*. Quite literally the shining example of what, heavily funded and scientifically backed research and development can achieve. We've been doing this treatment solidly for three years now and in that time have found it to be incredibly effective at reducing if not completely removing, cellulite.

The treatment works by using a patented technology called *Tri-Lipo Radio Frequency with Dynamic Muscle Activation*. Radio frequency works by heating the subcutaneous layer of fat to a point where it is then secreted through a lymphatic drainage mechanism causing immediate collagen contraction and cell renewal. *Lipofirm* is the only currently available treatment for cellulite that works on the muscle and the skin layers at the same time (hence the patent).

Sessions are weekly, non-invasive, relatively pain free and involve no downtime. For the large majority of people, eight sessions is enough to see a very considerable difference, a difference that will give you the confidence to put on those shorts and be happy about how you look.

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Julie using her *Instepp®* for Alternate Deltoid Raises.

# Instepp®

She says of *Instepp®*, "It gets you outside, and if you get outside every day, you will get your endorphins from the fresh air and exercise. This method keeps you upright, great for posture, it makes you look up and around you. Improving mental as well as physical health."

"A friend asked her father with Parkinson's Disease, to try it. He has limited mobility, and was hesitant, but it had a wonderful impact on his confidence and movement."

## Stepping up

**I MET up with Julie Ford, a local PE teacher, for a cup of tea recently at her home just outside Eastbourne, where she put me through my paces with her radical new exercise system.**

By **Gail McKay**

***Instepp®* is a resistance training exercise where individual bands are attached onto your foot underneath your trainers, and have handles to pull the bands up and down.**

Julie is originally from Wales, but studied at the *Chelsea College of PE and Movement* in Eastbourne in the 70s. She then met a local lifeguard whom she married, and has been in Eastbourne ever since.



Georgia Harrison on *Love Island*.

With her amazing resistance training system she has been collaborating with Liz Earle, and various influencers, including Georgia Harrison (of *Love Island* fame).

*Instepp®* has appeared on various shopping channels including *Primal Living* and you can catch her on *Gemporia* from July 9th.

### Where did *Instepp®* start?

Julie had a health scare ten years ago, and after successful treatment for breast cancer, she had a rethink about how she approached fitness. Julie found she wasn't interested in the gym anymore and loved being outside walking where she would bring weights. But this wasn't practical on a long walk and so began devising ways of creating a full resistance workout whilst walking in the beautiful fresh air.

### Prototype

She worked with Steve Mucklow, formerly of *Sports Direct* on her prototype, and he helped her source a supplier to mass produce them.

She would describe the nature of the workout as "Jane Fonda with resistance training, it's the golden

ticket. It builds strength and bone density without bulk."

I have to agree. I was treated to a demonstration around her beautiful garden. I found walking with the bands (attached to your feet, under your trainers) very comfortable. It adds a 5lb resistance workout as you bend your arms at the elbow as you walk. There are hands free clips for sitting down and having a coffee.

After an energetic hike around her garden, she introduced me to the next step on *Instepp®*'s journey.

### A workout class to music

We had a brilliant time. Julie showed me so many dance moves with the bands, all incorporating various ways to create a really satisfying workout.

### *Instepp®* across the country

She runs *zoom* classes and hopes to start training instructors to run *Instepp®* classes up and down the country.

Money isn't Julie's motivation, she says, "I want everyone to feel as good as I do every day."

"It's like patting your head and rubbing your stomach. The action of moving your arms and legs together improves neural pathways."

### Exercise snacking

Exercise snacking has become a buzz word for desk workers at home. If you can fit in bitesize bursts of activity, you can create a positive effect on your long term fitness. So Julie is also developing a travel *Instepp®*, for sitting down for long periods of time, at your desk, or on a plane. The increased movement boosts circulation. Improved circulation is important when trying to prevent DVT (deep vein thrombosis).

Julie is remarkable, at 68, and as fit, and energetic as ever. She'd love to get the product on *Dragons Den*, as she truly believes her energy and enthusiasm combined with a very unique and cost effective exercise product would be a roaring success. We need her on the telly!

Find out more about Julie and *Instepp®* on Instagram, youtube, Facebook and Twitter [@insteppfitness](https://twitter.com/insteppfitness)

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

“

***Instepp®* is built on the established methods of exercise therapists to combine the benefits of resistance training with fundamental movement. Put simply *Instepp®* was designed to activate, tone, and strengthen your whole body.**



# Property



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



# A guide to selling a property for caring fees

**DURING the 36 years we've been serving the people of Eastbourne and Hailsham, we've supported many families selling property to help pay for care fees, often for care homes.**

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

**This can be an extremely difficult time for everyone involved. You may be a homeowner who needs to fund care in your own home or your place in a care home. The person whose home it is may not be able to explain their wishes or express their feelings.**

Sometimes, there are many family members involved. Sometimes, you're dealing with an awful lot on your own. Both situations come with their own challenges.

We understand that it may involve more than the practicalities of selling a building. It can also mean coming to terms with new needs and responsibilities. The feelings of grief you may experience as you embark on this process can make it difficult to navigate.

We never forget how overwhelming it can feel. And that's why we can assure you you'll always receive a patient, polite, and professional service should you decide to sell your home with us.

Our aim is to help and guide you to make the best decision for you and your situation.

After reading, you may find it helpful to have a no-obligation, no-pressure chat with us if you are facing this journey.

**If you are considering selling your home to fund the costs of care...**

Ensure you have checked with your council about what you're entitled to before you begin the process of a property sale. Councils have a duty



to ensure they signpost you towards the correct services, even if you are self-funding. This might mean funding for care within your home, a place in a care home, or specialised care provision. There are also other services available, like adaptations for inside your home. Care needs assessments from adult social services are free. They can support you to uncover the variety of options open to you. There are also carers' assessments if you have a carer.

**The assessments can be very helpful to identify how your needs might have changed.**

It can be easy to downplay things, often because you are used to coping. You may think it's just your family fussing over you. An independent opinion can be beneficial for clarity, as well as accessing any support.

**Although moving to a care home can feel like a big change, there are many advantages.**

There's regular company, cleaning, and meals are taken care of for you. If you need it, you can have help with

personal and nursing care (depending on the care home). It is also reassuring to know there are people around for you if you need them.

**We've put together a FREE GUIDE to answer all of your questions, such as:**

- **Can I reduce my assets so they're not part of a financial assessment?**
- **If I put my property into a trust, will I avoid care fees?**
- **I know the property needs selling. Where do I start?**
- **I really don't want to sell but I know I'm going to have to. What are the downsides if I delay?**

**Call our friendly team on 01323 440678 for any advice or a copy of our guide.**



Please scan the QR code to learn more.

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- Help out family
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There will be a fee for arranging your Equity Release and the fee amount will depend upon the type of Equity Release that you are arranging. This agreed fee is payable upon completion.

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Zoë Robbins trading as Robbins Financial is an Appointed Representative of PRIMIS Mortgage Network. PRIMIS Mortgage Network is a trading name of Advance Mortgage Funding Limited which is authorised and regulated by the Financial Conduct Authority.



## Thinking of changing letting agent?

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**Call us today on 01323 701702 for more information.**

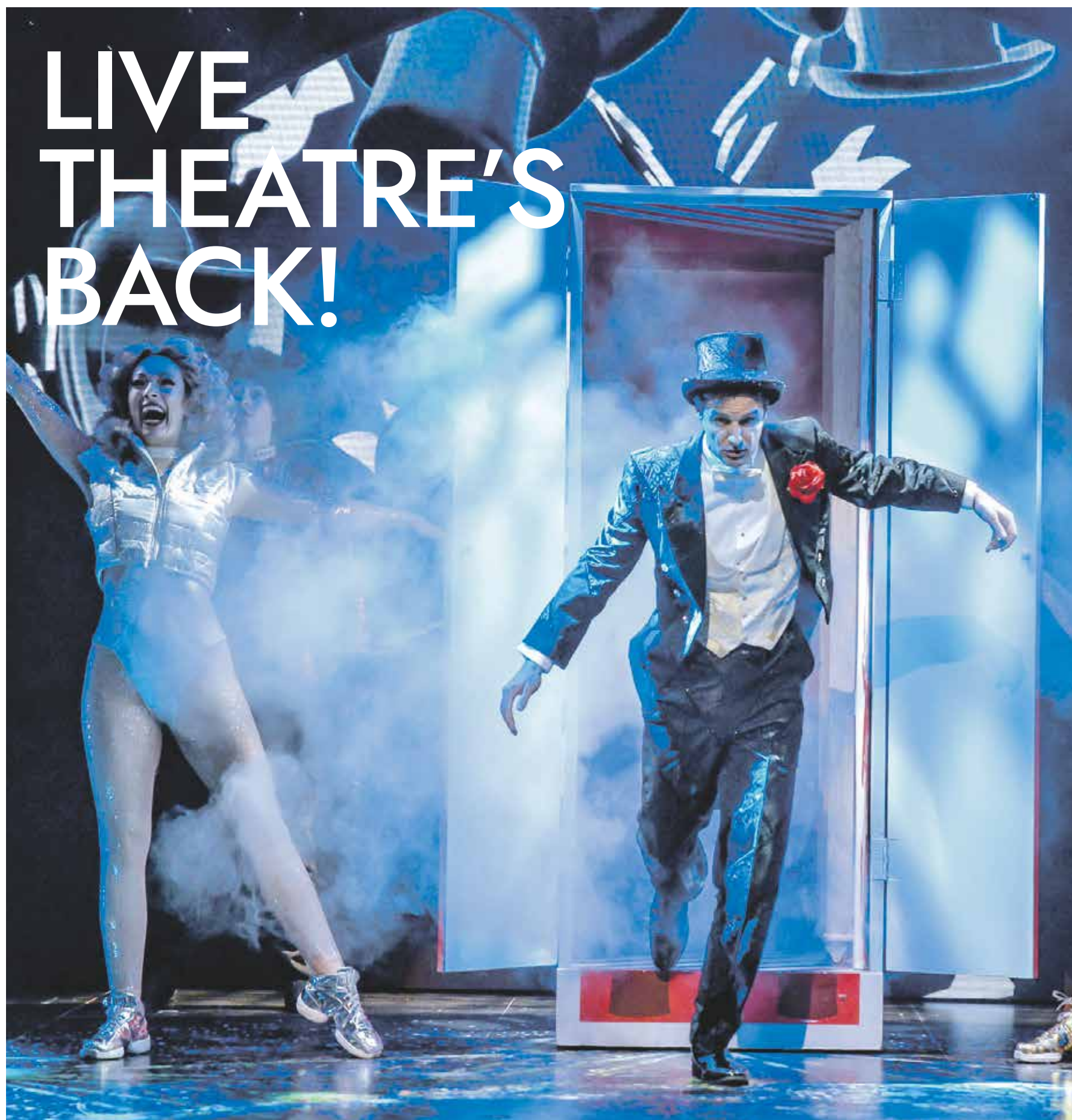


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# The Arts



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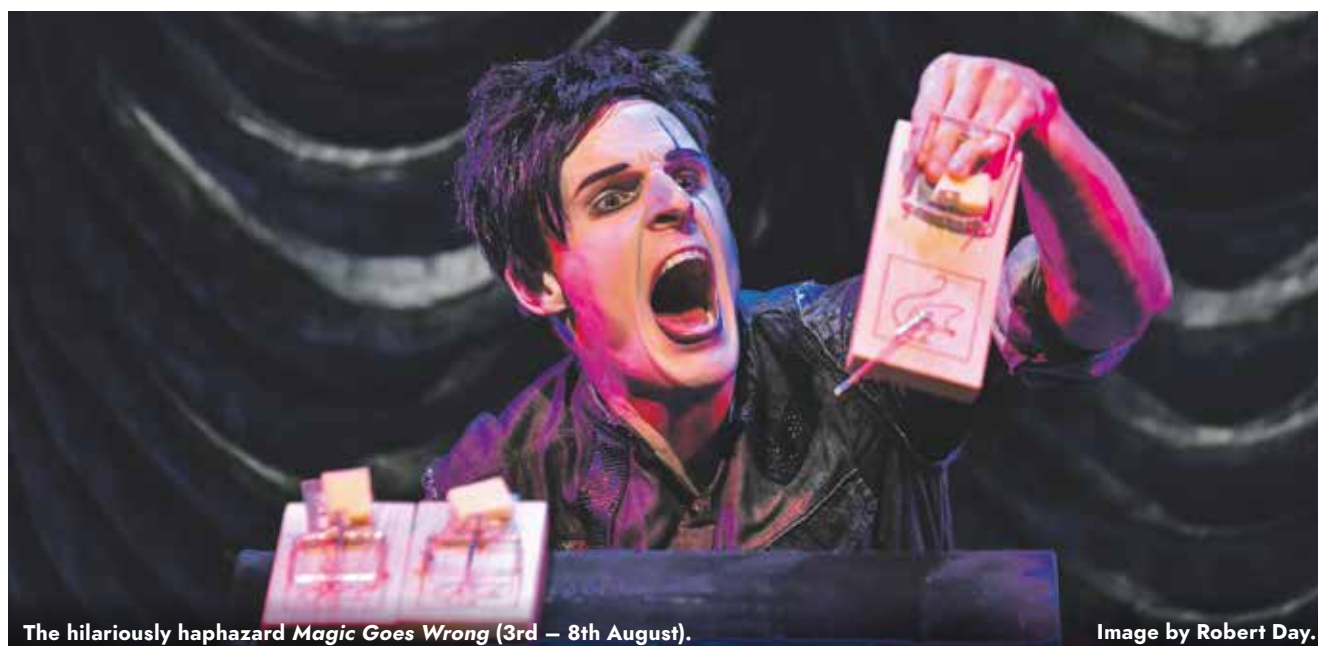
The hilariously haphazard *Magic Goes Wrong* (3rd – 8th August).

Image by Robert Day.

# Make this a sensational summer with live theatre

## EASTBOURNE Theatre's summer season from July – September 2021

By **Sharon Thompson**

**As the nation looks forward to a brighter summer, Eastbourne Theatres invites everyone through its venue doors to rediscover great drama, joyful music, friendship, laughter, and encourages you to try something new.**

July begins with a socially distanced live show from punk-pop high priestess **Toyah (2nd July)** kicking off a hot summer of live music acts – West Coast Country Rock band the **Illegal Eagles** bring the very best from the Eagles' catalogue of classics including *Hotel California*, *Desperado* and *Take It Easy (10th August)*, BAFTA award-winning entertainer **Jane McDonald** reclaims the stage **13th August** with live band and backing singers in her **Let the Light In Tour** and experience the UK's longest running musical theatre concert tour **Beyond the Barricade** this August **(14th August)**. If swings your thing the **Len Philips** orchestra, regulars on BBC Radio 2 and Jazz FM, celebrate a century of swing from Duke Ellington and Count Basie to Michael Bublé and Harry Connick Jr. **(22th August)** and **Rumours of Fleetwood Mac** bring a night of pop-rock on **26th August**. September shows include **That'll Be**

**the Day (9th September), Sixties Gold (11th September), Elvis tribute The King is Back (16th September), Go West & T'Pau (17th September) and Joe Brown (29th September).**

Do you hear comedy calling you? Start your summer with guaranteed smiles as the famous fictional drama group Cornley Polytechnic present the hilariously haphazard **Magic Goes Wrong (3rd–8th August)**. This latest award-winning comedy drama from the Mischief Theatre company is in association with world-class magicians Penn & Teller! (Warning: this show contains real magic done brilliantly as well as eye-wateringly wrong and is not for children under 11 years). The show that started it all for Mischief, **The Play That Goes Wrong** also heads to Eastbourne **(30th August–4th September)** following previous sell-out successes. Enjoy stand-up with **Jongleurs Laugh Out Loud** hosted by **Sean Williamson (21st August)** and more big names including **Rob Brydon (10th September)** and **Jon Richardson (25th September)**.

Taking it outdoors are local amateur dramatics company EODS who present classic Shakespeare **The Taming of the Shrew** in the atmospheric surroundings of Eastbourne's outdoor Italian Gardens **(23rd July – 7th August)**, and new for 2021,

Devonshire Quarter is delighted to host the world premiere of a specially written piece of music to be performed outdoors on the rooftop of the Congress Theatre – experience **Music for Rooftops** created by Eastbourne composer Clive Whitburn, and performed by internationally acclaimed Onyx Brass on **28th August**.

Families can include the magic of theatre in their summer plans with the brand-new **Dragons and Mythical Beasts (21st–22nd July)** from the creators of Dinosaur Live. Discover the colossal Stone Troll, the mysterious Indrik and Japanese Baku, the Tooth Fairy (not as sweet as you would think) and who doesn't need to meet an adorable unicorn right now!?

Magic fans too young for the 'Goes Wrong' version can delight in **Sooty's Magic Show (21st August)** as Sooty, Sweep and Soo perform impossible tricks and side-splitting jokes and Classic TV character **Fireman Sam** invites youngsters to come along to Pontypandy and watch the adventures unfold as the circus visits Pontypandy **(27th August)**.

Theatre is just getting started! Check out more about these shows and find out what other great entertainment is coming your way in 2021/22 at: [eastbournetheatres.co.uk](http://eastbournetheatres.co.uk). The doors are open, venture in.

## Reclaim, return, resume

### CONGRESS Theatre is open AGAIN!

By **Aimee Pugh**

**Eastbourne's Congress Theatre proudly opens its doors again this summer, with a selection of shows which offer audiences the chance to return, resume and reclaim their nights out in a safe and controlled environment.**

Audiences are encouraged to have confidence to get back to the *Congress Theatre*, the largest theatre on the South Coast. To create new memories, to treat themselves to a night out and support the venues; with the knowledge that a no-quibble refund is offered should there be any COVID related issue with either the show, or the ticket-holder.

A large season of entertainment including; West End smash-hit comedy *The Play That Goes Wrong*, live music plus comedy nights from *Rob Brydon* to name but a selection of highlights. The full-summer season and can be booked online at: [eastbournetheatres.co.uk](http://eastbournetheatres.co.uk)

The theatre proudly boasts the Industry accredited See it Safely Mark which proves the venue is being run with full COVID security measures in place.

To experience the thrill of settling into a red velvet theatre seat, as the house lights go down and the stage lights go-up after such a long wait is sure to be a goose-bump inducing moment for every audience member lucky enough to be there!

Be one of them and book now, see [eastbournetheatres.co.uk](http://eastbournetheatres.co.uk)



# Looking forward

## EASTBOURNE Theatres re-opens

By **Aimee Pugh**

**Eastbourne Theatres, like so many cultural spaces, is now open and embracing the opportunity to show audiences what they have missed. A renewed sense of optimism and excitement ripples through the venues as the front doors are due to be swung open again to customers.**

### Feeling of excitement

"We really can't wait to have that bustling feel of a show coming in again," said Box Office Manager Kirsty MacPherson as she was seated in the arrestingly impressive glass-fronted Welcome Building. "That feeling of excitement as the audience starts filtering through on a warm summers evening is something wonderful to be a part of."

During the lockdown period the Congress was transformed into the Congress MOVIE Theatre, where visual affects (smoke, lighting effects, pyrotechnics and even snow) were used to enhance the theatrical experience of seeing an especially curated season of films.

### A welcome vibe

Live theatre was finally able to return in May and band the *Wild Murphy's* were greeted by a relieved socially distanced sea of masked smiles and laughter, as they brought a long-missed party feel back to the largest Eastbourne Theatres venue. A new vibe is now evident in the Congress Theatre and adjacent Welcome Building.

The nearby *Winter Garden* is undergoing refurbishments and is set to open with a season of events later in the year. The 'grand dame'

of them all, the Grade II listed *Devonshire Park Theatre*, sits quietly at the moment, awaiting her moment to shine this Autumn as essential maintenance work continues during the summer months.

It has been a turbulent time for the arts and theatre, without question the worst that has been experienced in living memory, but the time is right for audiences to feel secure and safe to return. And it is time for Eastbourne Theatres to begin another chapter.

### Something for everyone

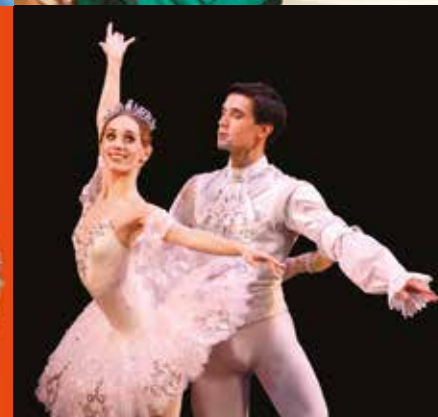
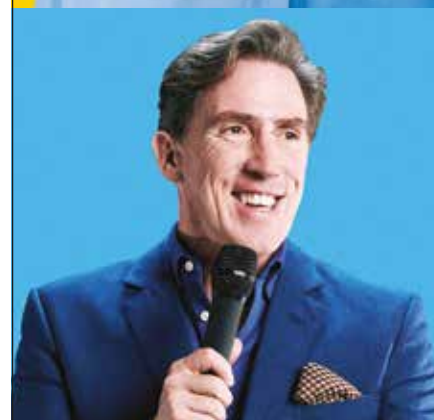
Chris Jordan, Theatre director said, "It has been a really tough year for the whole theatre industry and Eastbourne Theatres is no different. However, I am thrilled that we are now on the brink of finally opening our doors to full capacity once again and I think we have a cracking programme of shows with something, I hope, for everyone."

"Most of all I'm looking forward to welcoming back our audiences. We will continue to offer our 'Book with confidence Guarantee' so that in the unlikely event of any Covid-related cancellations there will be full no-quibble refunds available. We have also enhanced our cleaning regimes and will continue to have hand sanitising stations in place in all our venues so people can feel confident, safe and secure when returning to us to 'reclaim their nights out'."

### Special night out

"As always, we appreciate our audiences continued support and I really look forward to seeing them for a special night out at the Theatre very soon."

For the full list of shows coming to Eastbourne Theatres in 2021/22 visit: [eastbournetheatres.co.uk](http://eastbournetheatres.co.uk)



**Highlights include:** Waitress 19 – 23 Oct | Rob Brydon 10 Sep  
My Best Friends Wedding 6 – 11 Dec | Magic Goes Wrong 3 – 8 August  
Ballet 28 – 30 Oct and so many more.

**Book with Confidence at Eastbourne Theatres and reclaim your nights out!**

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# Summer **AMC HEIMS**

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Sam performing at the Radio 2 Folk Awards.

# Sam Lee – A master of the folk song!

**AS part of *Heritage Celebratory Week*, The Tide Mills Village near Newhaven and Seaford will be hosting an exhibition celebrating a variety of artists and musicians along with their work.**

By **Samuel Kavakli**

**One Musician on the guest list is the Mercury prize nominee and folk singer, Sam Lee. Known to many as an Inventive singer and folk song interpreter, a passionate environmental and wildlife activist, a committed song collector and a successful creator of live events, Sam plans to run some improvised singing workshops on site as well as performing live to finish off the week's celebrations.**

This winning promoter, broadcaster and activist has shaken up the music scene with his company, *The Nest Collective*, breaking the boundaries between folk and contemporary music. He has changed the way that folk songs are perceived by introducing a renewed passion into this old material, helping to develop its revival by not only enticing a new generation of listeners but also by questioning what the messages in these old songs mean to us today.

Taking his work to the next level, last year he also released his critically acclaimed album: *'Old Wow'*. An emotional and compelling production that explores the world and its relationship with nature. This year, he also released his first novel: *'The Nightingale, notes on a songbird'* telling the story of an endangered bird and its place in cultural folklore, folksong, music and literature throughout the millennia.

Sam Lee is an inspiration when it comes to folk music and he inspires us more by using his music to connect to nature and the environment!

For more information on Sam, follow [@samleesong](https://www.instagram.com/samleesong) on Instagram and visit his website: [samleesong.co.uk](http://samleesong.co.uk) for information on his upcoming events, his book and album and of course the man himself!

The *Tide Mills Project* will be running from 20th–26th September 2021.

To find out more about this exciting event, please visit: [www.tidemillsproject.uk](http://www.tidemillsproject.uk)

## A new art gallery lights up Eastbourne

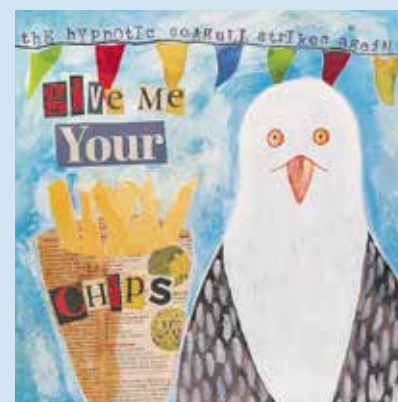
***THE Lighthouse Gallery* on Cornfield Terrace is set to open its doors later this summer bringing an exciting new arts venue to Eastbourne.**

By **Gail McKay**

**Showcasing the work of local artists and makers, it will feature paintings, textile art, ceramics, jewellery, woodwork and glass, the perfect place to shop for unique, handmade pieces of affordable art.**

### Grade 2 listed building

A stunning stained glass window featuring *Beachy Head*, made by local glass artist Ruth Fisher, provides a beautiful backdrop to the gallery and served as inspiration for its name. Owners Caroline and Tim Repchuk are keen to retain the glamorous Art Deco vibe of the Grade 2 listed building and have been working hard to create a warm, welcoming space.



### Relaxed and lively

"The aim is to create a lively art space," says Caroline. "We want the gallery to have the same relaxed feel as the Artists Open Houses, so we decided to retain the existing cafe aspect, so customers can muse over potential art purchases while enjoying a cup of coffee."

### Workshops and events

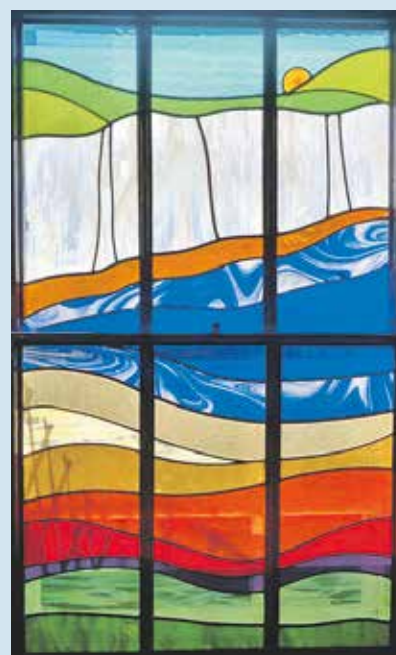
Plans are in place for art classes and workshops later this year. "The hope is that it will evolve to become a lively art space offering opportunities to try a wide range of arts and crafts, with one-off special events and exhibitions."

Enroute from the town to the *Towner*, *The Lighthouse Gallery* will be serving coffee, cakes, sandwiches and sharing platters and is set to open in September.

### The Lighthouse Gallery

**07748 354879**

**19 Cornfield Terrace,  
Eastbourne BN21 4NS**





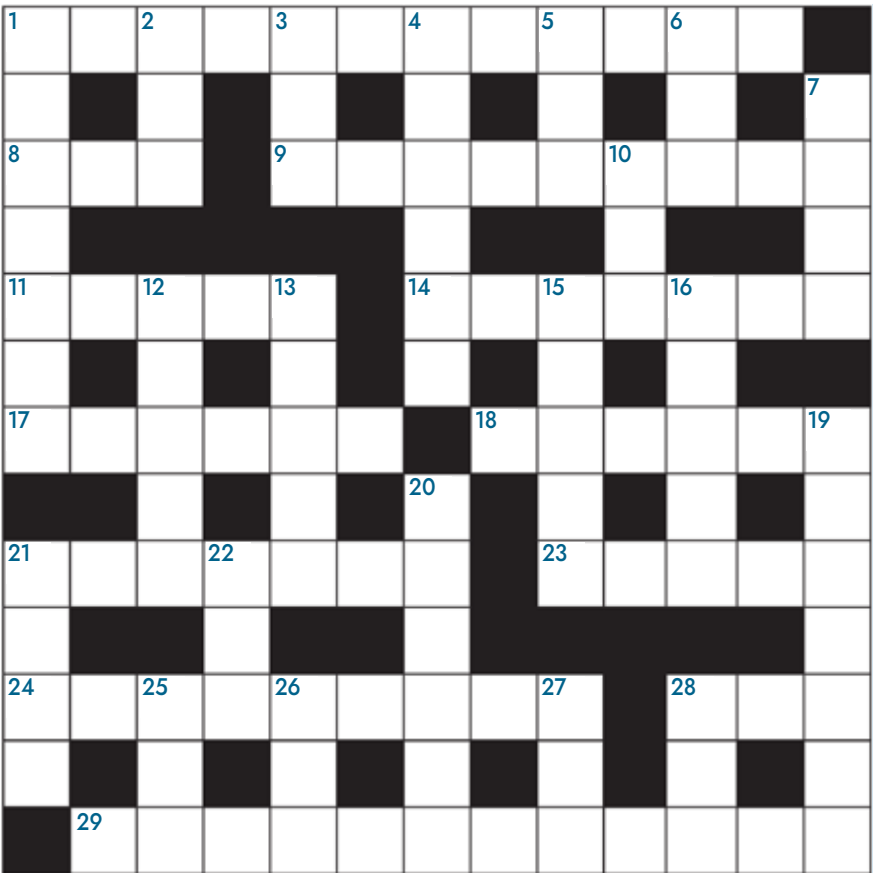
# It's just a bit of fun!

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

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

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

- ARCADE  
BATHROOM  
BEDROOM  
BEDSTEAD  
CEILING  
CHIMNEY  
COLONNADE  
CORRIDOR  
DOORSTEP  
DORMER WINDOW
- DRAINPIPE  
FIRE ESCAPE  
FLOOR  
FOUNDATIONS  
GARAGE  
GUTTER  
HAT RACK  
HOLLOW WALL  
KITCHEN  
OFFICE
- PATIO  
SHUTTER  
SITTING AREA  
STOVE  
STUDIO  
TURRET  
WALL ANCHOR  
WELL  
WINDOWSILL



## ACROSS

1. Dracula's home. 12
8. Lad. 3
9. Quasimodo's place. 9
11. Clan's emblem. 5
14. Independence. 7
17. Reddish Brown. 6
18. Manservant. 6
21. Classic Marilyn Monroe film. 7
23. Authority. 5
24. Sofa. 9
28. Baby bear. 3
29. What 1, 9, 17, 18 ,21 and 24 Across all are. 12

## DOWN

1. TV witch. 7
2. \_\_\_ way you slice it. 3

3. Gluttony, for one. 3
4. In recent days. 6
5. /s plural. 3
6. Garden of foodie fame. 3
7. To the extreme. 4
10. Colour. 3
12. Fibula neighbour. 5
13. Loy of old Hollywood. 5
15. Rhythum sidekick? 5
16. Team race. 5
19. A type of parallelogram. 7
20. Love, en français. 6
21. Unclad. 4
22. "Golly!" 3
25. Boxlike vehicle. 3
26. The Silver State, for short. 3
27. \_\_\_ chi. 3
28. CBS hit drama. 3

## June crossword solution:

ACROSS: 1. ALLOW, 4. VISITOR, 8. FIN, 9. VACCINATE, 10. FIRER, 11. OYSTERS, 13. ADVERTISEMENT, 16. WORSHIP, 18. ULTRA, 19. FERDINAND, 21. OVA, 22. RAPTURE, 23. ROSES

DOWN: 1. ALFAFA, 2. LANDROVER, 3. WAVERER, 4. VICTORIA PLACE, 5. SAILS, 6. TEA, 7. REAKS, 12. ELECTIONS, 14. ECUADOR, 15. TEABAGS, 16. WAFER, 17. HAIKU, 20. RIP



# SIGNTEK

## *Spruce Up!*

**Good signage tells people who you are and what you do!**

As sign makers, graphic designers & fabricators we know just how important it is that we, ourselves, look the part!

It's been a busy week producing the print and fabrication work for our unit signage. From the start of the year we have been aiming to fade out our old logo, it's yesterday's news and we want to stick with our vintage logo. Its a lot more versatile and creative, just like us!

Our full refit included two shutter wraps, a container wrap, a bespoke entrance canopy made out of folded aluminum paneling, that included plasma cut aluminum letters and and the star of the show, our four layered elevation sign tray with built up letters and RGB halo illumination!

**CCTV footage of our RGB sign in action!**



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# Special garden welcomes you

**A STUNNING garden spanning 1.5 acres is now open to the public every Wednesday until the end of October.**

By **Peter Lindsey**

**There is also the opportunity to enjoy the wonderful *Arlington Bluebell Walk Wood* out of season, something never before offered to visitors.**

*Bates Green Garden* at Arlington, near to Hailsham is part of the 130-acre farm, which first came into the McCutchan family in 1921, having been part of the *Michelham Priory Estate*.

## Colourful and tranquil

John McCutchan's late wife Carolyn started work on the garden back in 1968. She was a self-taught keen plantswoman and created the most amazing colourful and tranquil garden, full of unusual plants and shrubs.

From 1988 she annually opened her garden under the *National Garden Scheme* (NGS) and for other charities.

Sadly 2015 was her last year, but now it is going to be open every Wednesday from June 9th until October 27th.

Carolyn was ill for seven years before her death in December 2019, when her former student of 2002 and dear friend Emma Reece from Burgess Hill, came with her partner to offer their condolences to John.

## Former glory

Emma and John decided to start a project to restore *Bates Green Garden* back to its former glory.

Emma with part time help, keeps this garden looking absolutely fabulous, as it is a varied and diverse garden designed for colour all year round.

The adjoining five-acre conservation meadow has mown paths, so visitors can enjoy the many wildflowers until it is cut for hay in early August.

John said: "I am thrilled that *Bates Green Garden* will be open to the public every Wednesday between now and the end of October from 10am until 4pm.

"We have just enjoyed a lovely five weeks opening the *Arlington Bluebell Walk*, with a successful online

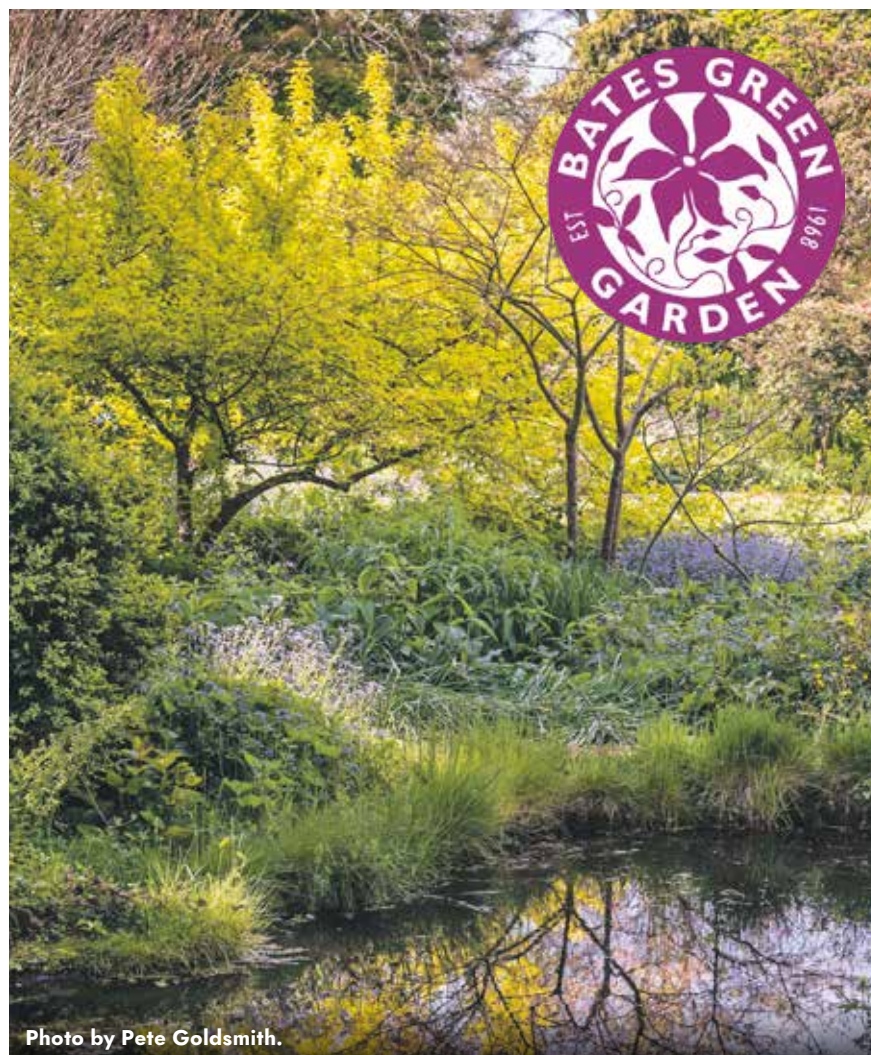


Photo by Pete Goldsmith.

booking system, which meant we could welcome around 12,000 visitors.

"Now Emma and I feel the time is right to open it to the public one day a week.

"My daughter Phillipa Vine, who owns *Bluebell Farmhouse Kitchen* ([www.bluebellfarmhousekitchen.co.uk](http://www.bluebellfarmhousekitchen.co.uk)) will supply light lunches and refreshments.

## Full of birdsong

"Also, for the first time, we will be inviting visitors to walk around *Beatons Wood* – otherwise known as the *Bluebell Walk* – out of season."

In 2002 Emma secured a one-year placement with Carolyn at *Bates Green Garden*.

She then went on to have an exciting career in the industry, primarily in the heritage sector, and she also taught at *Plumpton* and *Chichester* Colleges.

Emma said: "*Bates Green Garden* is typical of the English style of gardening.

"It is planted in a relaxed and naturalist way with self-seeders positively encouraged.

"The garden sits comfortably surrounded by fields and woods, and is always full of birdsong.

## Plantswoman's paradise

"I am proud and delighted to be responsible for the restoration of this plantswoman's paradise, as sadly many areas had been neglected for a number of years.

"I was privileged to be taught by Carolyn and we become close friends, so it's only right that we should celebrate Carolyn's achievements by opening the garden on a regular basis."

You have to book online to secure your ticket. Cost is £7 for adults and £3.50 for children. If you wish to also visit *Beatons Wood*, there is an additional charge of £5 for adults and £2.50 for children, so when you buy your ticket for the garden you have the choice of purchasing a combined ticket.

To book your tickets, please go to [www.batesgreengarden.co.uk](http://www.batesgreengarden.co.uk)

*Bates Green Garden* will also be open on other days for groups of 12 or more by appointment.

Email: [info@batesgreengarden.co.uk](mailto:info@batesgreengarden.co.uk)  
Telephone: John McCutchan on **01323 485151**  
Instagram: [@batesgreengarden](https://www.instagram.com/batesgreengarden)



Photo by Pete Goldsmith.





# Green and pleasant

**WITH the advent of July, we can hope for long, warm days that continue late into the evening, perfect for those of us who enjoy pottering in the garden after work, maybe hosting barbecues, and more importantly enjoying our beds and borders as they reach their peak. We must all hope there will be no more restrictions placed upon us later in the month, enabling us to maximise our enjoyment of the garden with friends and family.**

By **Geoff Stonebanks**

**This month also heralds the time of year when we are most likely to have to engage in many hours spent watering our plots too. If, like me, you find it therapeutic, all well and good, if not, then it can be a real chore but a very necessary one if you want to keep your blooms in tip top condition.**

## Roses

Although I am not a great lover of roses, I do have a few in my garden that look pretty good. The one in the header above is called Tess of the d'Urbervilles, a gift from two garden volunteers a few years ago. I have a gorgeous rambling rose too, Vielchenblau, given to me as 50th birthday gift quite a few years ago!

It has beautiful, large clusters of small, orange-scented, semi-double, white-streaked, dark magenta flowers in June and July and light green leaves.

Roses are a classic and instantly recognisable plant, ideal for almost every style of garden. They flower abundantly from early summer in a choice of colours including pastel shades of pink, peach, cream or snowy-white; vibrant yellow and gold; orange, crimson or red. Many roses are fragrant. Some types flower in one flush of blooms while others flower all summer long. Some have colourful fruits (hips) too. They come in a range of forms, from traditional shrubs and climbers to miniature plants for patio containers. Care is easier than you might think, anyone can grow them successfully. Plant your roses in a sunny location with good drainage. Fertilize them regularly

for impressive flowers, water them evenly to keep the soil moist and prune established rose bushes in early spring. Watch for diseases like powdery mildew or black spot.

## National Garden Scheme

This month, there are a number of gardens which will open, without pre-booking. Over the weekend of the 17th and 18th, the Peacehaven and Woodingdean trail has three gardens, including a brand new one for 2021. Sunday 18th sees 29 Fairlight Avenue open in Hastings as well between 11am and 5pm. On 31st July and 1st August, 33 Wivelsfield Avenue in Saltdean will open on its own, having been part of a group previously. All the details, prices and times can be found at [www.ngs.org.uk](http://www.ngs.org.uk). If you have not yet seen my garden, Driftwood, it opens on 13th July but it is by pre-booked tickets only through the scheme's website.

## Watering

This can be the bane for many during really hot spells. If I'm in the mood, I find it can be quite therapeutic! It also gives you the chance to physically check all your plants at the same time. It can take five hours, non-stop, to water my plot, front and back, but I tend to split it into three sessions to ease the burden. The experts recommend watering at dusk to reduce evaporation and to use mulch to retain moisture around plants. I certainly do the latter but do prefer to water in the very early morning at Driftwood. Terracotta pots are prone to evaporation, so dampen the pot down to keep roots inside cool and damp. A trick my Aunt told me about, many moons ago, is to line the pot with a piece of tinfoil to create an inner saucer. That way, when the soil gets really dry, water will not flow all the way through, the foil will retain some, allowing it to be soaked up by the dry compost!

## Macmillan Garden Trail

Last year, the annual garden trail I organise for Macmillan Cancer Support had to be cancelled. This year, a scaled down event will take place over the weekend of the 24th and 25th July. There are 14 gardens scheduled to open, eight in Brighton and six in Seaford, across the two days, several selling garden art and offering home-made refreshments too. All allow dogs on leads too. There are three brand new ones for 2021 among the 14 as well. You can see all the gardens and trail details at [www.macmillangardentrail.co.uk](http://www.macmillangardentrail.co.uk) or for more information please call **01323 899296**.

## Dead heading & feeding

By regularly deadheading your bedding and perennial plants, throughout the summer, you will encourage new blooms for as long as possible. If you have hanging baskets, cut back growth, as this too will encourage new flowers and foliage and will revive your display. It is always good to feed your baskets well after doing this. If you have hardy geraniums and delphiniums, you can also cut these right back after their first flush of flowers to extend flowering. Regular readers will know that I wholeheartedly recommend feeding all my plants and shrubs in the garden, every couple of weeks in the season. You will be amazed at the difference it will make.

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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