

08/21

Issue 014 August 2021

FUNDRAISING FOR ST WILFRID'S

St Wilfrid's Hospice has an exciting few months ahead with a calendar full of events.

Page 19

INCREDIBLE 50 YEARS AS A SAMARITAN

Joseph Ralph Homer is celebrating an incredible 50 years as a Samaritans volunteer.

Page 26

Bournefree



PIRATE DAY ON THE PIER 14th August 2021



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For breaking news 24/7, log onto our news website at **www.bournefreelive.co.uk**



Peter Lindsey, Editor

Contacts

Email: andy@bournefreemag.co.uk Telephone: 01323 430303

Editor

Peter Lindsey Email: pete@bournefreemag.co.uk

Advertising

Email: gail@bournefreemag.co.uk Telephone: 01323 430303

Production

Custard Design, Eastbourne Email: artwork@bournefreemag.co.uk Telephone: 01323 430303

Images

Cover: Maybugs Food&Drink: Brooke Lark Health: Sunny Ng Property: Kam Idris The Arts: Tide Mills Project

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





Why Making a Difference is so important

HERE we are in the middle of summer, and it does thankfully feel like the pandemic is coming to an end.

By Peter Lindsey

At least we all hope it is.

Here at Bournefree we continue to work tirelessly in the local community, and it really is such great fun.

We have always felt privileged when we are able to Make a Difference, and that was certainly the case with *Morrisons* in Hampden Park.

Their *Community Champions* really are just that – Champions – and it was a pleasure to help them with their laptop appeal.

New business

207 is an amazing number of laptops to have been donated – and they will all go to young people in the town who need them.



That showed the power of our online presence – both our website **bournefreelive.co.uk** and our buzzing Facebook page.

Please remember to go to our website daily and Like us – it really is building up huge traffic, and the level of debate is great – and very entertaining too. We are delighted to feature *Maybugs* on our front page, and on pages 10 and 11.

This is a great new Eastbourne business, and I have no doubt it will be a success. Pop in, if you haven't already.

We are always looking to innovate and introduce fresh ideas, and one of them can be found on page 47 today.

Wonderful work

We have launched a new Classified section. It's only £50 for businesses and I am sure it will grow in the coming months.

It is also a privilege this month to feature opposite – on page 3 – the wonderful work that *Brewers* does in the local community.

Brewers talk about 'Together;' and never has a word been more relevant as the community comes back to life.

Eastbourne and the surrounding area are all great places.

Let's hope the period between now and Christmas is a successful one and our economy can thrive once again.

Please get in touch with us if you want to be part of *Bournefree* moving forward.

Have an enjoyable month – and don't forget to go onto **bournefreelive.co.uk** daily.

Bournefree

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

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

Email: pete@bournefreemag.co.uk

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

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

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

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



Brewers – an amazing Eastbourne company supporting the local comunity

BREWERS is a leading example of how it helps the Eastbourne community.

By Peter Lindsey

Founded in 1904, Brewers Decorator Centres is a family run business, focussed on supplying decorators and homeowners the best in trade and designer paints, wallpapers and decorating accessories. Clement and Mary Brewer opened the first shop in Cavendish Place, Eastbourne and were very much part of the local community.

This tradition is something that Brewers still focus on today, over 100 years later, by being involved in local initiatives and supporting local organisations.

Greatly received

Recently Brewers donated 3 ply disposable face masks to a number of local Eastbourne organisations including the Salvation Army, The Hawthorns Retirement Village, Age Concern and The Samaritans Charity Shop.



The masks were greatly received and will be put to good use by colleagues, residents and visitors to each of the organisations. This is just one of the ways in which *Brewers* have supported the local community during the pandemic.

If there has been one message and one lesson throughout the last year, the importance of working, living and socialising 'Together' has got to be it.

We may have had to stay apart from our family and friends but it has definitely taught us to not take those around us for granted.

With this in mind, *Brewers* have worked with *Your Eastbourne BID*, a business led, and business funded organisation who strive to improve and enhance Eastbourne Town Centre. *Brewers* have supplied paint for a number of local pieces of art including the hoarding outside the former *TJ Hughes* building and the mural on the corner of York Road.

Together

The former *TJ Hughes* building in Eastbourne provided the perfect canvas to create a piece of artwork encapsulating the 'Together' message. Artist Will Mower created the piece of artwork that was used along the hoarding, brightening up the area



further and reminding passers-by that we are all in this 'Together'.

The *Brewers* Local Area Development Manager Tony was very happy to help and organised the donation of paint. The vibrant red background contrasts the colours used in the typography beautifully, to enhance the message of 'Together'. The colours in the typography are also the colours used in The *Brewers Towner Commission* (Artist Lothar Gotz) another local project that *Brewers* sponsored.

For the mural on York Road the artist wanted to create an image that inspired children; to make them feel important and that their actions are of significance. Volunteering on behalf of *Eastbourne Eco Action* network, the artist really wanted to create something bright and positive for the community. With children at the heart of the mural, the artist wanted to acknowledge that the younger members of the community bring light and happiness to society and deserve to feel heard.

These are just a few of the ways that Brewers have helped in the local Eastbourne community over the last year and will continue to support local projects for years to come.



Visit Brewers Decorator Centre, Birch Road, Eastbourne, BN23 6PL. Tel: 01323 434600



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





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

Issue 014, August 2021

Unsung Heroes Eastbourne's fire service 1824-1974

A NEW history book sheds light on the early years of Eastbourne's fire service.

By Peter Lindsey

It tells the story of the town's fire service from its beginnings as a church-based voluntary service when fire personnel were local tradespeople and shopkeepers.

That's in contrast to the more permanent and professional fire brigade, we know today.

For 150 years, Eastbourne operated its own fire service and was a municipal leader in fire services in England.

Shipping fires

From the early days of hand pumps through to horse-drawn steam fire appliances to motor-driven engines, the town's service kept up to date with firefighting techniques.

Unsung Heroes

Eastbourne's Fire Service 1824 - 1974

Stephen LeVine

The book covers the 19th and 20th centuries up to 1974.

That year saw the amalgamation of the town's fire service into the East Sussex Fire Service which later became today's East Sussex Fire and Rescue Service.

It covers two world wars as well as notable shipping fires such as the Norwegian oil tanker 'Sitakund'.

Author Stephen LeVine said, "Today, many people take our emergency fire service for granted.

"My research shows the history of Eastbourne's service, how it was formed, and the bravery and sacrifices made to protect local people over many years in the 19th and 20th centuries.

"I hope the book sheds light on a forgotten era of heroism that protected the town through challenging times.

"My thanks to local residents and former fire service members who have helped me with my research."

To find the book on Amazon which retails at £12.50, visit the Amazon site. https://www.amazon.co.uk/ dp/0993544134 ISBN: 978-0993544132

Stephen LeVine has published books on the history of Sussex's town halls and a Sussex army barracks.

He moved in 1985 to Hailsham and became a resident of Eastbourne in 1987. With a keen interest in the history of Sussex, this is Stephen's third book.









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Our experience, expertise and efficient approach have ensured that we have become an established and trusted name throughout Eastbourne and the surrounding areas with a reputation for courteous, professional service







Independent Shopping

AURELIE & Rose is a retro-inspired gift shop in the Enterprise Centre, Eastbourne. With its artful displays, this unique establishment represents everything good about independent businesses in the UK.

By Anastasia Baker

Aurelie & Rose is best known for its selection of unusual cards – from traditional, to hand painted watercolour, to humour. Chatting with the owner, Juliette Ramsey, we discuss where she finds all of these exclusive products.

"We try to stock designs by designers from small businesses rather than the bigger brands that you find in larger stores," she tells me, "customers can always find something unique."



Vintage inspired dresses

Another signature product at Aurelie & Rose are vintageinspired dresses, which have been a mainstay in an ever-changing stock of around 4000 products. Everything is always on-trend: for small businesses in particular, keeping up with new styles is essential to keeping relevant.

"We constantly monitor trends online to see what's popular and attend online and physical trade fairs," Juliette says of this topic, "our suppliers often give us advance notice of new and exciting things coming up."



Also, how difficult is it to make sure the stock appeals to everyone? I'm told it's the timelessness of these vintage pieces that make them so desirable to all age groups: "We look for good design, value for money and anything quirky – all of which are valued by all genders and ages."

We move onto the shop's branding, which has "always been based on a retro theme". It's safe to say Aurelie & Rose has progressed a lot since its establishment in 2009, and has adopted a very identifiable brand identity recently, with the latest incarnation being the 'pinup' logo adapted onto a vintage 1946 pickup truck. The truck recently featured in a photoshoot with Embrace to promote their Charity Ball.

Female led businesses

Aurelie and Rose does all this whilst also promoting other female led businesses, "We now have a Girl Bosses page on our website," emphasising the importance of individually-run trade.

The future will see more and more businesses moving online, with a demand for quick delivery and efficient ordering not just required of large companies. Convenience is something

www.aurelieandrose.co.uk

shoppers are always looking for – Aurelie & Rose accomplishes this with their easy-to-use website, click and collect service and social media shops on Facebook and Instagram.

Most people will tell you that they prefer real-life shopping, as browsing a packed shop like this is half the fun: however, for those quick purchases you make when you're in a hurry, having everything right there on your phone makes life much easier. In a shop like Aurelie & Rose, you're almost certain to find something extra you didn't expect, which is the charm of small and characterful establishments. "Being able to see and touch the products," is the preference for many customers; we recommend visiting Aurelie and Rose in real life for the full experience, but if you can't, online is almost as good.

On top of this, with new products sometimes even arriving daily, this is definitely a shop to visit more than once, and help support independent businesses whilst you're at it.

01323 640013

Enterprise Shopping Centre Station Parade Eastbourne BN21 1BD

Facebook **Aurelie & Rose Eastbourne** Instagram/Twitter **@aurelieandrose**

Eastbourne to welcome Britain's Got Talent winners for charity concert

TICKETS on sale now!

By Peter Lindsey

Britain's Got Talent winner and chart-topping opera singer Paul Potts will be heading to Eastbourne next month. He will be performing at the *Royal Hippodrome Theatre* in aid of *Chestnut Tree House* children's hospice.

He will be supported by four other musical acts, including fellow *Britain's Got Talent* winner, Colin Thackery.

There will also be music from classical crossover soprano, Joanna Forest, twin



sopranos *Classical Reflection*, and Eastbourne based choir, *Concentus*.

The charity concert takes place on **Thursday 16th September**.

Event organizer Andrew Parsons said: "I am really looking forward to this special concert with all profits going to the wonderful Chestnut Tree House. It's going to be a fabulous evening of great music."

Martin Styring, Community Fundraiser at *Chestnut Tree House*, said: "We are so grateful to Andrew for organising this concert in aid of *Chestnut Tree House*. "Without support from local events like this, and people who go above and beyond to fundraise for us, we wouldn't be able to continue offering vital care to local children and their families."

Tickets are priced at £27; concession £25 (plus booking fee) and are available online now from: **www.royalhippodrome.com** or by phoning **01323 802020**.

All profits from the concert will go directly to *Chestnut Tree House* to help provide vital care for local children and young people with lifeshortening conditions.

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You can talk to our Community Engagement Team by calling 01323 380270

or via email ask@lightningfibre.co.uk – or in person (our Community Engagement Team are happy to come to see you, just call to arrange a visit).



We know this Broadband Network Build causes localised inconvenience, some noise and dirt. As a local company we want to minimise the disruption to you, our neighbours. You are very welcome to contact us if you have questions, concerns, complaints or – of course – if you want to sign up to our AMAZING hyper fast, hyper reliable full fibre broadband.

Finally, we'd like to say thank you, Eastbourne, for all your support – many of you are cheering us on and can't wait to connect to Eastbourne's local full fibre network. Thank you for your understanding and patience, we really do appreciate it.

To find out more, go online and read our Frequently Asked Questions www.lightningfibre.co.uk/faqs

Lighting Fibre is a member of Visit Eastbourne, Eastbourne Chamber of Commerce and Eastbourne Hospitality Association.

How to know it's us? How to contact us?

We are Lightning Fibre, we are laying a new broadband network in the ground across the whole of Eastbourne. This work is underway and will continue into 2022.

We're not changing what's already there, or working on the BT Openreach network; we're laying a completely new network for Eastbourne.

If we're working in your area, you will know it's us:

1. We will hand deliver a Street Works letter to your home or business prior to our network build taking place on your street.



EASTSOURNE

HASTINGS

2. Our distinctive barriers include our company name – please note that a different, unrelated firm use similar coloured-barriers.



3. Our team wear work-gear that includes our name and logo



4. Our vans are also very distinctive.



By Peter Lindsey

RahRah Theatre Company is

Sharnfold Farm, situated on the Hailsham Road between

Eastbourne and Stone Cross.

It is taking place on August 21 and

22, with two performances each day, at 11am and then again at 2pm.

staging Teddy Bears Picnic at

Sharnfold to stage August theatre show for kids

ALL the fun of the theatre is coming to a popular East Sussex visitor attraction this summer.

This is a show inside a theatre aimed at children aged between two and six.

Huge investment

There will be plenty of singing and dancing and educational activities around areas such as counting and colours.

Donna Bull from Sharnfold said this is the first-time live theatre has come to the popular attraction.

She said: "We have been working very hard to improve the all-round

customer experience at Sharnfold, and the response has been more than encouraging.

"There has been huge investment at the site in the past 18 months, including a brand new and bigger cafe area.

Fun and exciting

"Summer is already really busy. The children love our play area and farm trail so we thought we would do something extra as well. "Bring along your favourite bear and join us on a fun and exciting adventure to get to the picnic on time.

"The show incorporates props, puppets and well-known songs, and we know it's going to be really popular so book your tickets now."

Entrance is £10 each for adults and children aged three and older, and £5 for under threes. This includes entrance to the show, play area and farm trail.

Tickets are available from www.ticketsource.co.uk/ sharnfold-farm

For more information, you can also call **01323 768490**.

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C&DENCE

E-Bike Hire.

Hit the trails this summer with our fleet of BMW Active Hybrid E-Bikes. Great for all abilities, we'll set you up with everything you need and provide some route ideas or leave you to set your own adventure.

Guided Tours.

We also offer guided tours from our Litlington hub in the Cuckmere Valley. Choose from one of our coast and countryside routes or tell us what you'd like to see, we'll do the rest. With stops to grab views, pictures, a drink and a bite to eat, we'll create a memorable and unique trip. Our tours are ideal for groups of up to 10 people.

Find Us/Book.

In front of the Congress Theatre in Eastbourne Wilmington Gardens, BN21 4JN Call 07789 761309 / Email info@cadencecycle.club Visit cadencecycle.club and join our mailing list to get 15% off e-bike hire.







Our Cafe.

We're open daily serving up our own locally roasted coffee, smoothies, toasted sandwiches, cakes and bakes. If you haven't discovered our grab and go menu yet, it's time you stopped by.



Win a fabulous Maybugs hamper

TO CELEBRATE *Maybugs* opening their new store in Eastbourne, they are offering one lucky reader the chance to win a fabulous *Maybugs* hamper* worth over £200 stuffed full of beautiful things and amazing brands.

By Peter Lindsey

Maybugs is now fully open in Eastbourne town centre.

The store is packed full of beautiful gifts and homewares, and some of the most desirable brands including *Wrendale Designs, Jellycat*, *Inis Fragrance* and *Carrie Elspeth Jewellery*, plus they have lots of exciting new things in store too!

You will find the new store on Terminus Road, close to the junction with Bolton Road.

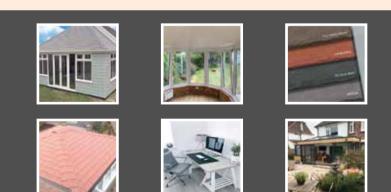


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Bitcoir







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NEW STORE NOW OPEN TERMINUS ROAD

www.maybugs.co.uk



If the mayor can do So can you! With a fully fitted out commercial kitchen on site too, catering for events is a breeze.

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

By Peter Lindsey

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



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

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

The larger big top can hold audiences of up to 700 people while the smaller one holds up to 300 and the outdoor venue with the capacity up to 2000 people like the fabulous event last summer involving circus performers using large machinery like JCBs and tractors for their tricks sat around 1,000 people socially distanced outside. Once the guests, including showbiz Peter Lambert and Jay Rawlings from *Britain's Got Talent* and World Record Breaker, Eran Backler, were seated, head teacher, Carlos Gaudencio, talked them through Louise's journey and how everyone is proud of her achievements.

Renato and the team hope that their circus school and venue will be a hub for performing arts in the area as well as being able to offer something for everyone. Upcoming events in August: Flying Trapeze every day from 10am to 12pm and *Acting Moon Circus* from the 18th to 29th with performances at 3pm and 7pm.

The venue will be able to host touring shows of all types in addition to holding events such as corporate events, parties and weddings

They believe their school will be a centre for learning performing arts that people from all over the country and beyond will flock to.

If you would like to know more about what ESSCA will offer, please call 01323 325957 or email info@ eastsussexschoolofcircusarts.co.uk

Use Promo Code: BF20 for 20% OFF on our upcoming Circus this August.





To book tickets visit: www.actingmoonevents.com

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Celebrate with Roubarb and claim your FREE gift



POSITIONED behind the Grand Hotel in Eastbourne, 'Roubarb' is your local independent gift shop with a difference.

By Lesley Fish

'Roubarb' is all about offering a relaxed environment with a choice of something a bit different whether buying for yourself or someone else.

We've unique, creative and unusual items including some made locally.

Beautiful handcrafted glassware and ceramics, vintage transport

and colourful animal ornaments, artistic coastal designed pottery and fabric gifts, scented candles plus a selection of seaside and motivational prints and posters from Becky Bettesworth including the new 'Stay Wild' design for 2021 also featured on cards, mugs, coasters, tea towels and mirror compacts.

Much more to see for home and garden and that special someone and

for kids young and old, a fabulous range of handmade puppets.

Free gift

We'd love to welcome you as we re-open fully for the summer and in August if you visit us and mention the code **AUGUST21** you'll receive a free gift with any purchase.

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Looking for that Special Gift ...











...or a Treat for You?

Roubarb has all your favourite gifts and greeting card selections from before but with lots of new ranges for all ages and budgets. To celebrate the summer we'll be running several promotions during August with weekly special offers, a prize draw and a competition for the kids.

We'd love to see you and if you visit us this month use Code: AUGUST21 and get a free gift with any purchase. **DON'T MISS OUT**



3 Grand Hotel Buildings, Compton Street, Eastbourne, East Sussex BN21 4EJ Tel: 07926 273606 gifts@roubarb.co.uk www.roubarb.co.uk



THE 'Italian Job' was a great film featuring Michael Caine as a gang leader stealing gold bullion and then fleeing in a fleet of Minis.

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

And in one of the scenes, the gang had hacked the traffic light system so that all the lights were flashing red, amber, and green bringing the whole of Milan to a gridlock.

Gridlock in the travel world

I was reminded of this film with the traffic light system for travel introduced by the government some while ago, because the continual changing of colours on the 'traffic lights' has resulted in the same thing as in the film – gridlock.

The first green list to be introduced featured the Falklands and South Georgia, not exactly ideal summer holiday destinations even if you could fly there (you can't!) and the latest features North Korea as a 'desirable' country to visit.

Certainty soon

The big problem now can be put down to one word – uncertainty. There is little point in going for a relaxing holiday abroad only to find that the status of the country has changed whilst you are away and you must isolate at home on your return, or even worse, must pay a high price for staying at a mandatory hotel for quarantine. So, what to do?

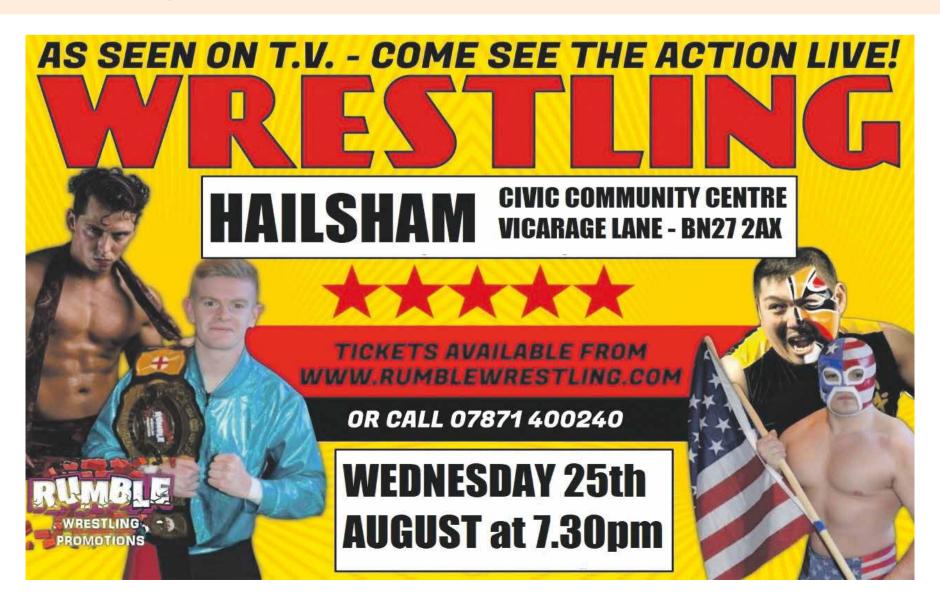
The first thing is to await some better information from the government so that confidence can be restored, and you can be sure that you will be able to return as scheduled without quarantine, and the other caution is to choose a package rather than booking flights and hotels separately.

If flights are booked directly with any airline, and it operates as scheduled, then you will get no refund whatever the restrictions on your return may be, but if a holiday is booked using a tour operator, the operator is responsible and if the holiday cannot be operated as scheduled, a change of date or refund will be given.

I feel that we are not too far away when we can get at least some certainty on the major tourist destinations because of the success of the vaccinations here and to a slightly less extent, in continental Europe, but fear that it will be some time before we can travel freely to some of the more far-flung exotic countries.

The travel trade has had an extraordinarily bad time since March last year and has been made worse by all the time and resources necessary to either make changes in client's bookings or obtain refunds, obviously they can't charge for all this extra work – if we could charge solicitors rates for every letter and telephone call, we would all be rich!

One thing I do feel certain about, and that is that there will be a strong demand when restrictions do disappear, so called 'staycations' may be OK for many in the current circumstances, but with the absence of guaranteed sun and many inflated prices, a foreign holiday is going to look even more appealing.



The personal shopping service

PORTAFINI Boutique is an independent ladies clothing business based in Eastbourne, selling tops, casual dresses, brilliant magic trousers, scarves as well as knitwear and handbags. Penny Cattermole, the owner handpicks the range, which are mostly from Italy.

By Gail McKay

I asked Penny how it started.

"As the Covid crisis hit I saw a gap in the market as more and more women's clothes shops shut up shop. Parking in Eastbourne had become increasingly expensive and I just couldn't find clothes I liked that fitted well at reasonable prices so I took up the challenge of setting up my own boutique at my home. I found clothes shopping a stressful rather than enjoyable time, I hated being surrounded by lots of other people, queuing to try clothes on or even worse not trying them on and having to take purchases back for a refund!"

Busy lives

Her first customers were mainly friends who were feeling the same, looking for clothes that were a reasonable price, comfortable and stylish.



"I have lots of customers who are juggling busy lives and love the time they can spend on themselves at my salon, uninterrupted taking time to find clothes they really love."

Penny has built her business steadily through word of mouth.

Penny has lived in Eastbourne for 30 years, and she see's how difficult it is for women to have a satisfying clothes shopping experience. "I wish I had quit my corporate job and started this sooner, because I love it."

Although Lockdown has proved challenging, Penny has found video calls have made for very useful and in-depth conversations with clients to find out what they really need.

Events

I asked her how the business is growing? "I do several events, I've done a few country shows and recently done a ladies shopping event at *The Aqua Club* in Pevensey Bay which was wonderful. I've hosted *Bizzybirds* networking meeting too. I offer hosted clothing parties, basically it involves a group of friends getting





together over a coffee or a glass of fizz and clothes shopping, what could be better? The host receives a voucher from *Portafini* so it works very well. I'm always looking to do more events i.e hotels ladies events, so again happy to work with other local businesses as I love networking."

How it all works

This unique approach to clothes shopping means that you have an hour slot to come and browse without the interruptions of normal life. You have time to try clothes on and see what looks great on you. There are no other shoppers, you have time to try on clothes, feel the fabrics and not commit to buying until you are happy. You can bring friends along if you like, as it's nice to get a second opinion.



"Most of the ladies I know love a personal touch, on line is great for the masses however I offer a personalised space where there are no other shoppers, no expensive parking charges and reasonable prices. I really get to know what my customers like and therefore become a personal shopper for them. I can source clothes from several suppliers so can offer choice and quality."

The quickest and easiest way to make an appointment is to call or message Penny on **07766 368025** or email **sales@portafiniboutique.com**

If any local businesses are interested in a collaboration, please get in touch.

There is new stock in weekly on Facebook with sizes 8–24 **@portafiniboutique**.

Bournefree readers get a 15% discount on clothing for August. Please quote: *'Bourne15'*

www.portafiniboutique.com



The Eastbourne Vintage Festival is nearly here!

IT will be taking place from August 27–30 over the Bank Holiday Weekend at Gildredge Park. Best of all, the Festival is FREE entry and the only one of its type in the South.

By Faiza Shafeek, Carrot Events

This massive Vintage and Retro festival will be covering all that is wonderful from the 1920's to the 1970's. With amazing attractions such as Artisan Foods of all kinds, Antiques, Vintage Vehicles of all types, Art and Prints, Dance & some great Live Music, Victorian Children's Funfair, Gin and Rum Marquee and Variety of Bars, Vintage Collectables and much, much more.



Pictured are just some of some of the amazing line-ups that will be gracing the Festival Stage over the four days. We can't list them all but you will be able to see the full list on our www.facebook. com/EastbourneVintageFestival page and the events website over the next few weeks. You can pre-book your **FREE** tickets for the festival at:

eastbournevintagefestival.co.uk/ tickets or can also gain entry to the festival on each day at the gate.

See you all at the festival... a great event for all the family and the community."



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16

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zildredge park

27 to 30 AUGUST 202

FOR MORE INFORMATION AND TO BOOK TICKETS GO TO:

/ww.eastbournevintagefestival.co.uk

Why Bill was a very special manager at The Beacon...

BILL Plumridge has retired after 31 years managing The Beacon – formerly the Eastbourne Arndale Centre.

By Peter Lindsey

Why? Because he cared, he always had time for people, and he always wanted to do the best for you.

Rarely will you meet a more popular man.

He also means a lot to many charities. Not just because he



Carr Taylor GOLD Vineyard Tour Voucher was £79, now £40 NO EXPIRY DATE!

"A guided group vineyard tour, tutored wine tasting, and ploughmans lunch for 2 guests"

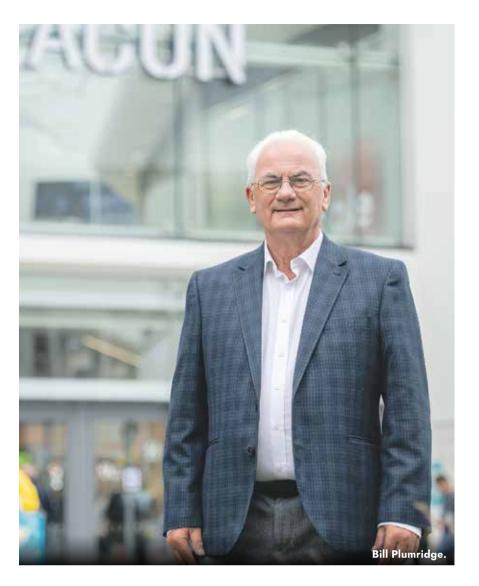
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was £49, now **£30** NO EXPIRY DATE!

'This is for a Guided Tour, Tutored Wine Tasting and Cream Tea for 2"



Carr Taylor Vineyard, Yew Tree Farm, Wheel Lane, Westfield, East Sussex TN35 4SG 01424 752501 sales@carr-taylor.co.uk OPEN DAILY, 10am -5pm



allowed them to be in the Centre, but because he also showed a genuine interest in what they did.

Win A Car means a lot to many of us. I can remember going to Bill with that idea many years ago. The result: more than £340,000 raised for charity, thank you Bill.

I will leave it to others to pay their tributes:

Andrew Rice, Fund Manager

for Legal & General, said: "I would like to personally thank Bill for his dedication, hard work and contribution to *The Beacon* over the last 31 years. Bill has been an exceptional centre manager and it has been an absolute pleasure to work with him. Bill will be sorely missed, but I wish him a very happy and well-deserved retirement."

Cllr David Tutt, leader of Eastbourne Borough Council,

said Bill had been "part of the fabric of the town." David said: "Bill has always been very approachable and has supported a significant number of local community groups, including one very close to my heart – Young Enterprise, which identifies and trains young entrepreneurs. Bill has provided the group with space in the shopping centre on an annual basis. And anybody who saw Bill ride a Harley-Davidson through the centre, complete with black leather jacket and sunglasses, will know that he also has a great sense of humour."

Eastbourne MP Caroline Ansell

said: "Bill has been at the heart of our wonderful town for many years. He has been involved in so many great community activities and events that he will leave a large gap to be filled. I do hope he will continue his involvement in – and love for – the town long into his well-deserved retirement."

Christina Ewbank, Chief Executive of the *Eastbourne*

Chamber of Commerce, said: "In addition to the invaluable part Bill has played at *The Beacon* over the past three decades, he was also a key person in the *Chamber of Commerce* as a past president and a director for many years. His dedication to the centre and Eastbourne will be greatly missed."

Bill will be sorely missed...

Fundraising events are back at St Wilfrid's Hospice

ST WILFRID'S Hospice has an exciting few months ahead with a calendar full of events.

By Peter Lindsey

On Saturday August 21, intrepid hospice supporters will be taking on a 40km walking challenge across the stunning East Sussex countryside in celebration of 40 years of the hospice's care. Starting at Southease, the route will take you over the hills through Alfriston and Eastbourne before finishing at Normans Bay. The walk is broken down into three stages so you can choose a shorter distance if you like.

Entry is £40 per walker for the full route, £15 for a single stage, and



£30 for two stages. The cost of entry includes route instructions, refreshments, a 40th Anniversary T-shirt, and a challenge medal on completion. Sign up today at **stwhospice.org/wilfwalk**

...or a colourful family fun-run?

Gather your family and friends and join St Wilfrid's on Saturday September 18 for their brand-new family event, *Rainbow Run*.

Taking place at *Nash Street Farm* in Hailsham, this is a 5k fun run with a difference.

With a burst of colour at every kilometre, you will be covered head to toe in your own rainbow by the end of the course. This isn't a race against the clock, and whether you walk, skip, run, wheel, or dance around, all that matters is that you have fun! There is no upper or lower age limit for *Rainbow Run* either and the course takes place across large, flat fields.

Entry is £20 for an adult and £15 for a child. Under 5's go free and family and group rates are also available. Register your place today at **stwhospice.org/rainbowrun**

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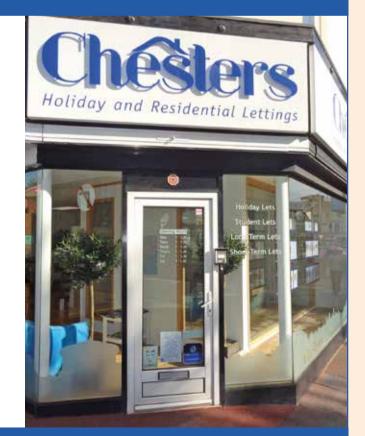
Due to the pandemic the English seaside towns and villages are in demand.

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TheChaseleyTrust

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

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

We offer residents:

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

We offer staff:

- Comprehensive training
- Free Lead Adult Care Worker courses & apprenticeships

- Competitive rates of pay
- Rewarding work
- Career development
- Fixed 5 week rolling rota
- Benefits include free health scheme and life insurance cover

We offer the community:

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

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



Meet the Chaseley Residents

FOLLOWING on from national *Care Home Open Week* and *Glad to Care Week*, we wanted to showcase some of our wonderful residents here at *Chaseley* and share with you some of their success stories.

By Jodie Cornford

Alvin has a neurological disability from an acquired brain injury that affects motivation, planning, social behaviour, and language and speech production.

He moved to *Chaseley* early 2020, and his progression has been amazing, within nine months he had gone from being bed/chair bound to being able to move independently and participate in some of the daily activities on offer.

Art is not only Alvin's favourite activity, but it is also a great form of exercise for him and really helps with his hand, eye co-ordination. In July Alvin opened his room to staff and residents for his first art exhibition.



Nice food

Mark was just 36 when he suffered from a stroke with a severe bleed on the right of his brain.

He has been a resident at *Chaseley* for five years and shares with us "I love it so much because the staff and residents are great, and the food is nice. I'd been to five homes before *Chaseley* and this is the best by far."

Mark recently joined a walk along Eastbourne seafront that was organised by *Eastbourne Access Group* to identify some of the access and safety issues that occur when accessing the seafront, especially for disabled people living with mobility, visual, hearing, cognitive and mental health impairments.

This walk was organised following meetings and discussions that the access group have had with both *Eastbourne Borough Council* and *Sussex Police* about cycling/escooter safety on the seafront and the impact upon vulnerable people. It also addressed concerns disabled people have about using public spaces post-pandemic.

Book club

Pip has progressive Multiple Sclerosis and has been living at Chaseley for three and a half years.

Pip loves to have books read to her and back in May whilst in garden listening to one of our Well-being





Team read to her, it was noticed how many other residents were listening in. From this, a book club was naturally formed, and Pip is absolutely thrilled about this. Now, the book club are reading Clare Balding's 'My Family and Other Animals' and next up is a book about a donkey.

Here at *Chaseley* we are proud of each resident and their achievements whilst living here.

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

Today, The Chaseley Trust team delivers first-class long and shortterm nursing, respite care and rehabilitation to approximately 150 residents with complex disabilities, who, without intervention, face a deterioration in their condition. Residents come from all parts of the UK to stay at their 55-bed home, because of their specialism in caring for people with a brain or spinal cord injury and other neurological disabilities.

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



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

If you feel that you could support Chaseley by making them your Charity of the Year or potentially host an event on their behalf, please contact Jodie on **01323 744200** or **fundraising@chaseleytrust.org**



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Organised by Eastbourne Historic Vehicle Club Ltd



Katie and Matt scoop £50k on Dragons' Den

WHEN Kate and Matt Ball were invited to pitch for an investment on top *BBC One* show *Dragons' Den*, they made it a family affair.

By Peter Lindsey

It certainly paid off Thanks to the help of four of their six young children, Kate and Matt were successful in attracting £50,000 investment from Dragon and top entrepreneur, Sara Davies.

Kate and Matt pitched successfully to the panel of Dragons, alongside their children.



During the *Dragons' Den* episode, the children demonstrated on each other how to perform abdominal thrusts, using the *Actfast Anti Choking Vest*, as taught in the *Mini First Aid* Kids class.

The children told the Dragons what number to call in an emergency and showed them how to put teddy in the recovery position.

Sara Davies is founder of *Crafter's Companion* a multinational company with a turnover of over £34 million per year.

The investment is aimed at developing the retail and marketing section of the business.

Exciting ideas

Sara brings to the table not only her investment, but a wealth of experience in this field.

Sara said: "Kate and her family gave us a hugely impactful pitch in the Den and I was instantly impressed by her and *Mini First Aid*. "I am thrilled that Kate accepted my offer. I'm looking forward to working with her and making our plans come to life."

Kate said: "The whole *Dragons' Den* experience has been incredible.

"Family is right at the heart of everything we do at *Mini First Aid*, so it felt completely right for the children to be involved. "Bringing our youngest set of twins was just too tricky though! Sara and I have some really exciting ideas, so watch this space!"

Mini First Aid

Kate Ball set up *Mini First Aid* from her kitchen table in 2014, running first aid classes for parents and carers in her local area.

Kate saw the potential for growth and together with her husband Matt, franchised the business across the UK. *Mini First Aid* now teaches basic and lifesaving first aid to around one thousand adults and children a week.

During the pandemic, *Mini First Aid* has trained thousands of people online in infection control, to ensure that businesses are COVID safe. In April 2021, *Mini First Aid* launched their 'Healthy Minds' programme, to help children and young people understand how to stay healthy mentally as well as physically.

Mini First Aid East Sussex, Brighton & Hove

07484332421 jen@minifirstaid.co.uk eastsussex.minifirstaid.co.uk



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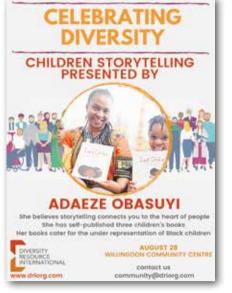
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10.30an Dance Troupe - Front of Pier 10.0am Aroung - Front walking up to Bar 10.0am Acounstic Set - Bar 10.0am Anolies - Front of Pier 10.0am Shamolies - Front of Pier 10.0am - 3.00pm The Jackais Band - Bar 10.0ap - 3.00pm Acounstic Set - Bar 10.0ap - 3.00pm Captains Beard Band - Bar 10.0ap - 8.00pm 10.0ap - 8.00pm 10.0ap - 8.00pm

St Wilfrid's Hospice



By Peter Lindsey

As a result of the lockdown, we have seen an increase in isolation which has negatively impacted the well-being of many.

For this reason, the need to bring people together and provide spaces for individuals to connect and feel celebrated has become increasingly important.

Diversity Resource International is organising an event in Eastbourne

Celebrating Diversity in East Sussex By bringing people together recognise and celebrate of differences, organisers hop

THIS past year has proved to be difficult for ethnically diverse communities due to the disproportionate impact of COVID-19 and the systemic inequalities highlighted by the murder of George Floyd.

to celebrate diversity and facilitate community cohesion in East Sussex.

It will be accessible to people from all backgrounds.

Family friendly

Food is a great way to bring people together and learn about different cultures, therefore organisers will be providing catering from a range of international backgrounds. To ensure inclusivity and accessibility, there will be a variety of family friendly activities, including henna tattoos, football (in collaboration with *Nations United FC*, one of the UK's first all-refugee team), face painting and storytelling.

Adaeze Obasuyi, a published author, will read some of her children's books and international DJ *T.A.S.K* will be bringing us together through music. By bringing people together to recognise and celebrate our differences, organisers hope to unite people from all walks of life and work towards creating a more inclusive county.

If you would like to come along, you can contact: **community@driorg.com** or you can get tickets directly from *Eventbrite* at: **www.tinyurl.com/ sussexdiversity**

The event will be held on the 28th of August at the *Willingdon Trees Community Centre* in Eastbourne, from 12:00 PM – 4:00 PM (BST).

Volunteers are needed for the day.

Diversity Resource International (DRI) is a non-profit-making Social Enterprise Company that was incorporated in December 2004.



A CARER MIGHT LOOK DIFFERENT TO HOW YOU EXPECTED...



Absolutely anyone can be a carer. 3 in 5 people will become one at some point in their lives, and it's often a role people are thrown into overnight. Throughout COVID many carers had to shield in their homes almost 24/7 with the person they care for. Now we are returning to a new normal, can **YOU** spare a little time to make THEIR normal a little easier?

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info@associationofcarers.org.uk

www.associationofcarers.org.uk

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- Fundraising
- Lunch clubs
- and more...

An incredible 50 years as a volunteer Samaritan

JOSEPH Ralph Homer is celebrating an incredible 50 years as a *Samaritans* volunteer.

By Peter Lindsey

Eastbourne & District Samaritans welcomed CEO Julie Bentley to acknowledge Ralph's amazing efforts. He lives in Eastbourne and was also a Branch Director from 1976 – 1979.

Current Branch Director, Gillian Mills said "I didn't want this event to go unnoticed.

Helped thousands

"Ralph has been a tremendous asset to our Branch over the years and so I contacted Julie in desperation.

"She answered my messages in minutes, and agreed to come and make a personal visit, I was so thrilled."



Ms Bentley made the special trip to the Branch for a lunchtime celebration, and she said: "It was such a privilege to join *Eastbourne Samaritans* to thank Ralph for an extraordinary 50 years of service as a *Samaritan*.

Very modest

"He is a remarkable man who, through his dedication and hours of listening to those in distress, will have helped thousands of people over the years."

A very modest Ralph added "It's very nice that so many people should take the trouble to turn up on this occasion, but it's not just for me it's an opportunity for everyone to get together for a change, but I'm pleased to be the excuse!"

The Samaritans has 201 branches across the UK and Ireland and, in 2020, more than 20,000 people volunteered their time spending over one million hours answering calls for help.

This was via the unique 24-hour listening service, email, letter, face to face and Welsh language service.

If you're in need of emotional support please call **116 123** or email **jo@samaritans.org**

Eastbourne Samaritans is in Bolton Road.



TEL. 01323 360 246 WEB. WWW.EMOTIONSCOOTERS.CO.UK

Sea so much more this summer on Eastbourne Pier



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.

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





The Candy Shop

From fudge and biscuits to super sour sweets, you'll find a massive variety in the candy shop!

We stock a huge selection of rock, traditional and retro sweets and vegan and sugar free treats too.

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!





Wok and Waffle Takeaway freshly made noodles and waffles with a variety of toppings and extras.

Look out for a grand opening date soon...



All Decked Out Beach food, eat on the beach or takeaway.

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

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

You'll find us 'underneath the pier'.

Gift Shops

Food

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Everything the car and van owner needs, all in one square.



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Food&Drink





@eastbournefoodpartnership



Churchill's Fish & Chips is now open at the at the Langney Shopping Centre in Eastbourne.

The splendid new 2,000 sq ft 50 seater restaurant has created 30 new jobs in the local area and is home to award-winning Fish & Chips, built on a family tradition since 1923. A couple of weeks ago we sat down and chatted with Paul Goodgame, Managing Director of The Chesterford Group (home to Churchill's Fish & Chips).

So Paul, how did the grand opening go on Monday 5th July?

It was a fantastic day!

It was great to have The Mayor and Mayoress come down to cut the ribbon and officially open the store. From the moment we opened our doors until the store closed that night - we didn't stop!

A big shout out and thank you to our fantastic team for all their hard work! We really appreciate their incredible efforts, commitment and dedication into launching our new store and serving our customers delicious fish and chips.

What can customers expect when they visit the new restaurant?

We like to think of Churchill's as a modern family friendly environment that will deliver a premium quality experience at affordable prices.

Customers of all generations can choose to be served via the ordering channel that suits them, not us!

Whether that's the good old-fashioned way of ordering a takeaway over the counter, online/digital ordering, or sitting down in our restaurant and ordering via our "pay at the table" service – there's something for everyone! Oh and let's not forget we offer delivery too, using our own fleet of vehicles and using our own drivers to ensure we can offer our customers a great Churchill's experience however they choose to order!

We understand that technology plays a key part in the food retail sector. How does your restaurant use technology?

We are continuing to evolve and utilise technology to provide great food and put a smile on our customers faces. The Eastbourne site has given us the opportunity to adapt our operational set up to all the changes around digital ordering and delivery trends that have grown significantly during the pandemic. Our Churchill's Langney restaurant features an innovative quick service restaurant concept; combining self-service kiosk ordering, click-and-collect, home delivery and a traditional takeaway service.

What is Churchill's outlook on Sustainability?

We are incredibly proud of our sustainability credentials and work hard to lead the way in our industry.

Our aim is to serve fish and chips for generations to come.

All of our fish fillets are fully sustainable and we have recently started working with the Marine Conservation Society to enable us to give our customer complete transparency over our great products and view them in full detail through the "Good Fish Guide".

We refuse to sell items that are widely listed as endangered species, including some menu items that could be regarded as everyday fish and chip shop classics, such as Skate and Rock

Eel (Huss).

Over the last 30 years we have built unique relationships with our Icelandic fisherman that enables us to provide our customers with not only the best quality fish we can buy but more importantly, fish that is fully sustainable. We believe that our fish comes from the most well managed Seas in the world, which have strict rules around bycatch and fish quotas.

Ensuring we have fully sustainable fish is extremely important to us, as is reducing our impact on the environment. We use fully recyclable packaging, sustainably sourced vegetable oil and even convert our waste oil into biofuel. We know we have a lot more to do but we are fully committed to achieving Net Zero emissions as fast as we possibly can.

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. Follow Churchill's Fish & Chips on Facebook/Instagram or head over to churchillsfishandchips.co.uk to find out more.



HIGHER WELFARE, BARN-REARED BRITISH CHICKENS

















CHURCHILL'S AWARD-WINNING FISH & CHIPS At Langney Shopping Centre



Want to order from the comfort of your home? *Tired of queuing?*

Then wait no more with our Click & Collect and Home Delivery services! DOWNLOAD OUR APP TODAY!





Or visit our website www.churchillsfishandchips.co.uk to place an order!



Treat yourself at lunch with great quality and great value!

Enjoy a tasty regular fillet of sustainably sourced Icelandic Cod cooked in our own recipe batter served with delicious freshly prepared golden chips...for only

£4.99!









churchillsfishandchips.co.uk







CHURCHILL'S











ACC REAL



Mandy's doing a roaring trade in East Dean





A NEW café and restaurant has opened in East Dean.

By Peter Lindsey

Sheppard's Café/Farm/Shop/ Kitchen is focused on serving and selling local produce.

It is a daytime cafe and weekend restaurant with oven ready freshly cooked meals also delivered locally. Mandy, the owner, is trying to be as community focused as possible.

August's featured artist is Vicki Disney, and everything displayed on the Art Wall is for sale. Vicki is also displaying some smaller canvasses

Its first Quiz and Curry evening is now fully booked, and a second one is planned for September. Takeaways and packed lunches are also available from 9am to 2pm daily!

Join Mandy every Saturday from 5–7pm for half price cocktails and nibbles.

To book please email: sheppardscafe@gmail.com Or call: 01323 423081

www.sheppardscafe.com

Eastbourne Food Partnership:

'WE must improve this broken system.'

By Peter Lindsey

A food partnership has been set up in Eastbourne – one of seven across Sussex.

The focus is on common food issues across the county and to share information and good practice.

In July, Part Two of the *National Food Strategy* was published – the first comprehensive review of the food system in 75 years.

It calls for historic reform to the food system to protect the NHS, improve

the health of the nation and save the environment.

Health risks

Caroline Tradewell is *Eastbourne Food Partnership* steering group member and development officer at 3VA.

She said: "We are delighted that whole-systems approaches and collaborative, partnership working are being clearly recognised as crucial to improving our broken food system. "The national strategy sets out clearly the risks to health and the environment from current practices, and clear recommendations to change this, from national to local policy.



"The Eastbourne Food Partnership brings together the network of foodrelated organisations, individuals and policy makers, and we are currently collaborating on a town-wide food strategy document.

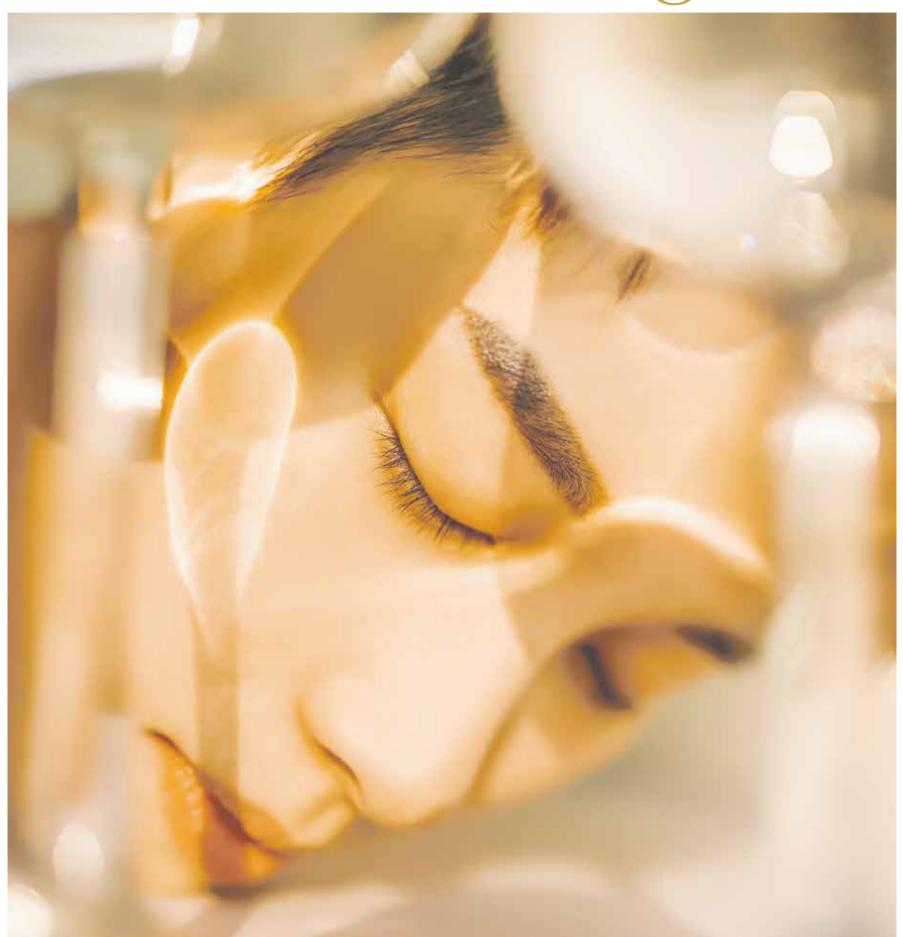
"So, we particularly welcome the recommendation for all local authorities to put in place a food strategy, developed with reference to the *National Food Strategy's* goals and metrics and in partnership with the communities they serve."

The local partnerships call on government and food businesses to implement the Strategy's 14 recommendations. These include a landmark *Sugar and Salt Reformulation Tax,* expansion of *Free School Meals* and a major overhaul of food education.

Facebook/Instagram: @eastbournefoodpartnership



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33

Martin Bell is DGH Hero of the Month



MARTIN Bell, Clinical Orderly is the winner of the Trust's Hero of the Month award.

By Peter Lindsey

Martin works on Berwick ward at Eastbourne DGH and was nominated by the ward Matron Sarah Wilkinson-Cox.

Matron Sarah Wilkinson-Cox said: "Martin joined Berwick in March 2020 at the most difficult time, he adapted really well to the new position and has made a real improvement to the audit scores on the ward. Martin not only cleans the ward with great pride but spends time talking to patients and reporting concerns to the nursing staff."

"Martin works really closely with the housekeeping team and works above and beyond his role. The whole ward adores him and staff walk around saying how hard working he is at all times. He has turned the ward around with his hard-working ethic and his great team spirit. We really love him and feel that he needs to be the staff member of every month."

Trust Chairman Steve Phoenix presented Martin with a certificate and gift token.

The Hero of the Month awards recognise the great work of colleagues who demonstrate how the Trust Values are lived out as part of everyday working life.

Each month staff nominate their colleagues for the award. Eight Divisional Heroes of the Month are selected by Divisional Leads who then go forward to be selected as the overall Trust Hero of the Month by the Trust Executive.

Pictured: Matron, Sarah Wilkinson-Cox, Clinical Orderly, Martin Bell and Chairman Steve Phoenix.

Eastbourne Walking Festival returns this September

ENCOURAGING residents and visitors to put their best foot forward, *Eastbourne Walking Festival* is set to return from 17th – 26th September.

By Peter Lindsey

The inclusive 10-day festival features more than 75 free-tojoin walks with rural, urban and coastal guided routes, alongside a wide range of self-guided itineraries, providing the perfect walk for everyone, no matter their age or ability.

Eastbourne Borough Council Lead Cabinet Member for Tourism and Leisure, Councillor Margaret Bannister said "With more people than ever reconnecting with nature and reaching for their walking boots over the past 18 months, the *Eastbourne Walking Festival* promotes the endless health and wellness benefits of walking whilst encouraging walkers to discover a part of Eastbourne and the surrounding areas they may have never explored before. "The varied walk calendar includes a wide range of themed and informational walks, from 'Nordic Walking' taster sessions to a history packed route featuring 'Downland Trails and Smugglers Tales' ensuring that, whether you are an avid rambler or are new to walking, you are bound to find a walk to suit you.

"Plus, with the South Downs Way recently being named as the '10th most beautiful hiking trail in the world' there is no better reason to start exploring Eastbourne on foot!"

More information on the *Eastbourne Walking Festival*, including booking guided walks through the event's online calendar, can be found at: **eastbournewalkingfestival.com**

With limited spaces available on each walk, booking early is recommended to avoid disappointment.



Top honour for charity

THE work of an Eastbourne-based charity that provides vital medical equipment to hospitals has been recognised with the award of a national honour.

By Peter Lindsey

Medi Tech Trust founder Bob Lewis and his small team gathered at a special ceremony in Hove to receive the Queen's Award For Voluntary Service from Lord Lieutenant of East Sussex, Sir Peter Field.

The volunteers were among 241 charities, social enterprises

and voluntary groups from across the UK to be awarded the QAVS – the highest accolade given to UK charities.

Formed in 2002 by Bob Lewis, *Medi Tech Trust* is dedicated to the provision of cutting-edge medical equipment to hospitals and medical centres. Over these years, Medi Tech Trust has supplied more than £1 million of equipment to Sussex hospitals, giving patients access to ground-breaking treatments.



The Queen's Award judges made a special designation to Medi Tech Trust for its momentous efforts at the height of the Covid pandemic, when it moved swiftly to source and supply thousands of pieces of PPE equipment for NHS staff, care workers and the vulnerable. Through the provision of two bladder scanners to allow home monitoring of three times as many patients, many hospital beds have been freed up.

Receiving certificates at the awards ceremony at All Saints Church, Hove, were representatives of some of the Brighton and Hove surgeries to whom *Medi Tech Trust* has donated over 170 pieces of medical equipment to aid their 270,000 patients. Also present was *Medi Tech Trust* co-founder and urology surgeon Graham Watson, who has helped the charity train some 500 overseas doctors across the African nations and Sri Lanka.

Pictured at the awards ceremony with Sir Peter Field in the centre are the *Medi Tech Trust* team, left to right, Jose Valero-Gil, Caroline Watson, Graham Watson, Bob Lewis, Sandra Lewis, Jonathan Payne and Alison White.

It's a marathon not a race! It is a quick way that we can become grounded in the present moment. This

.....

SOMETIMES it feels as though life is travelling at 101mph.

By Daniel Middleton

This is amplified when we arrive at those big turning points in our lives that result in change. It can be scary not feeling you are not in control but there are ways that you can make this experience a lot less intimidating.

When we experience this feeling, we are often experiencing a type of cognitive distortion known as magnification. This is where we make something out to be a lot larger than it actually is. There are many different ways to tackle this. A popular example is to breathe, focusing on each breath that you take. The best thing about this technique is that you don't need any special equipment to do it. It is a quick way that we can become grounded in the present moment. This can help us to look at the thing that made us stressed from a different, more grounded and present focus.

Another way that you can feel more in control is by starting a new hobby.

This can be something that you could put all that nervous energy into. It can also be something that you can celebrate when you learn a new skill. Studies have shown that starting a new hobby can lower blood pressure as well as cholesterol which can build up when we feel more stressed. Another plus side is that it can provide you with a needed break. Taking breaks can prevent burnout and stress that have a massive impact on our mental health.

Whilst sometimes it feels as though life is travelling faster than you may want it to, there are ways that you can slow down and ground yourself to the present and what is going on around you. Remember that life is not a race. You don't have to know everything by a certain age or be someone at another. It doesn't matter how long it may take you to get to your destination. It's your life so live it.



Nightingale Homecare

WOULD YOU LIKE TO BE A NIGHTINGALE COMMUNITY CARER? We are looking for Caring & Compassionate individuals to join our amazing team of Community Carers in Eastbourne, Hailsham & Surrounding Areas. This rewarding role will mean you can make a real difference to the lives of those we support in your local community.

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01323 730020

or email: info@nightingale.care www.nightingale.care

Bit of exercise for the brain!

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														
В	0	W	L	T	Ν	G	В	Α	В	0	U	Ν	С	Е
D	0	D	G	Е	В	Α	L	L	L	L	S	W	Ρ	0
S	R	т	S	0	F	т	В	Α	L	L	0	F	S	т
С	D	Α	т	н	L	Е	т	Е	S	R	0	Α	E	R
0	0	R	Е	D	Е	F	S	С	н	0	С	Κ	Е	Y
R	R	Μ	Α	L	0	0	Ρ	Т	Т	Т	С	В	т	В
E	Е	Ρ	Ρ	T	R	L	В	В	D	Т	Т	Υ	E	Α
L	L	1	н	Е	L	Е	Α	Α	R	Ν	С	В	U	S
В	L	т	S	0	Т	L	K	С	S	н	Т	G	Q	Κ
В	Α	С	Α	0	L	Т	T	0	R	Е	Ν	U	0	Е
I.	В	н	U	Е	С	0	Т	В	0	0	В	R	R	т
R	D	S	Q	Е	Т	С	Ρ	T	Е	Ν	S	Α	С	В
D	Ν	Χ	S	Т	S	D	Е	R	0	т	S	S	L	Α
L	Α	0	G	Α	т	1	Ν	R	Е	Ν	G	F	E	L
R	Н	0	Μ	Т	Е	U	Q	Ν	Α	т	Е	Ρ	н	L
Е	Μ	Α	т	С	н	Т	Ν	н	Ρ	L	Α	Υ	T	R
D	S	Е	L	т	т	T	Κ	S	Μ	Т	L	W	L	Е
Ν	Ν	1	U	Μ	S	В	G	Ν	T	L	R	U	н	С

ATHLETES	FOOTBALL	POOL
BASEBALL	GOAL	RUGBY
BASKETBALL	GOLF	SCORE
BILLIARDS	HANDBALL	SKITTLES
BOUNCE	HOCKEY	SNOOKER
BOWLING	HURLING	SOCCER
COMPETITION	LACROSSE	SOFTBALL
CRICKET	MATCH	SQUASH
CROQUET	PETANQUE	TENNIS
DODGE BALL	PITCH	THROW
DRIBBLE	PLAY	WATER POLO

		1		2	3		4		5	
6										
7					8					9
				10						
11					12			13		
14			15			16	17		18	
					19					
20		21		22			23			24
					25					
26							27			
	28				29					

ACROSS

- **1. Jelly**. 5
- **4.** Platform out to sea. 4
- 7. Nancy ____, first woman MP. 5
- 8. Layered pasta dish. 7
- **10.** Tai ____. 3
- **11.** Spanish red. 5
- **12.** School or College. 7
- **14.** Jane _____, writer, born 1775. 6
- **16.** Aim. 6
- **20.** Risotto rice. 7
- **23.** Overall. 5
- **25.** Wise bird. 3
- **26.** Bivalves, nice with beer. 7
- **27. Frozen dome**. 5
- **28.** Hardworking insects. 4
- **29.** Dawn. 5

DOWN

- **1.** Doings. 7
- **2.** Cotton. 7
- 3. Gluten Allergy. 6
- 4. Rigatoni. 5
- 5. Two under par. 5
- **6.** Match. 4
- 9. Home of the Nile. 5
- Metro system in South London. 3
- **14.** Prevents burglaries. 5
- **15.** Pair. 3
- **17.** Gardens with Amphitheatre in Hollywell. 7
- **18.** Part of a Deerstalker. 7
- **19.** Bird sleeps. 6
- **21.** Sink. 5
- **22.** Smells bad. 5
- **24.** Noble gas. 4

July crossword solution:

ACROSS: 1. TRANSYLVANIA, 8. BOY, 9. NOTREDAME, 11. TOTEM, 14. LIBERTY, 17. AUBURN, 18. BUTLER, 21. NIAGARA, 23. SAYSO, 24. DAVENPORT, 28. CUB

DOWN: 1. TABITHA, 2. ANY, 3. SIN, 4. LATELY, 5. ARE, 6. INA, 7. VERY, 10. DYE, 12. TIBIA, 13. MYRNA, 15. BLUES, 16. RELAY, 19. RHOMBUS, 20. JADORE, 21. NUDE, 22. GEE, 25. VAN, 26. NEV, 27. TAI, 28. CSI

Issue 014, August 2021

Property







"Passionate about Property"

Tel: (01323) 701 702 info@gssalesandlettings.com

How to survive and THRIVE in this fast-paced housing market

ONE thing you won't have failed to notice, if you are hoping to move home this year, is how quickly properties are selling.

By Ben Surridge, Director, Surridges Estate Agents Ltd.

Many buyers and sellers we speak to are feeling overwhelmed with the pace of the current housing market. Demand for appealing properties is at an all-time high – blink and you will miss that dream home!

However, the benefits of such a market can be enjoyed by following this key advice:

Get yourself into a strong buying position BEFORE searching for your new home. Although many homeowners will feel uneasy about selling their existing home first, in a seller's market where demand outstrips supply, it really is the only successful approach to securing your ideal onward purchase. Home sellers and estate agents favour "ready and able" buyers, and with so many buyers to choose from, you will get overlooked if you are not already in a proceedable position.

Find an agent who is determined to help you maximise your sale price





A motivated estate agent will optimise the marketing of your home via eyecatching, quality photography, enticing descriptions and extensive online exposure. Attracting more buyers will help to fetch the best possible sale price, leaving you with a bigger budget and greater choice when it comes to finding your next home.

Once you're ready to proceed, start that property search with a vengeance!

- Contact local agents and ask to be registered for property. It is vital to make your requirements clear, sound keen and emphasis your ability to act quickly for the right home. Make sure you give them the best method to contact you quickly, so you can book a viewing at the earliest opportunity.
- In addition (not alternatively), check the property portals like *Rightmove* and *On The Market* at least once every day. Better still, set up property alerts and keep a regular eye on these.

Book to view at the very earliest opportunity. Buyers who wait for that convenient weekend viewing will likely miss out in this fast-paced environment.

 Be ready for your dream home to come along: make a strong offer and have proof of your ability to purchase ready to provide to the estate agent, such as a mortgage promise and details of your chain/ selling agent.

In summary

- Be proactive and resilient.
- Seek out a determined estate agent.
- Maximise your budget.
- Set up alerts.
- Be prepared to act decisively.

Visit the *Contact Us* page on our website to register your property requirements or book your **FREE VALUATION**.

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Close to shops and transport links. The property comprises of an entrance porch, entrance hall, w/c, lounge, dining room, open plan kitchen/breakfast room, FIVE DOUBLE BEDROOMS with two en suites and family bathroom.

The property further comprises of front and rear gardens and single garage. The property is being sold CHAIN FREE!!

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Freehold **£585,000**



Looking to sell like these properties have? Call and book a free market appraisal on 01323 701702

"Passionate about Property"



What is Equity Release?

THERE are two types of Equity Release: Lifetime mortgages and Home Reversion Plans. Both of these are regulated by the financial conduct Authority (FCA).

By **Zoë Robbins**, Robbins Financial

Equity Release can play a crucial role in retirement funding and the flexibility and safeguards which are built into plans that comply with the Equity Release council product Standards.

There are many reasons people choose to take out an Equity Release plan. These include money for Home Improvements or holidays. Funds to pay for care costs. Financial gifts for loved ones. You can even use Equity Release to pay towards the purchase of a new home.

Equity Release is available to anyone over the age of 55 years. You do not even have to own your own home, if indeed you would like to purchase a new one. There are a lot of misconceptions regarding 'Equity Release' -

You may have heard comments such as "The interest rolls up and there is nothing left to give to your beneficiaries."

"It is all a con and interest rates are high."

"You cannot move home."

"You cannot make any payments or repay the loan."

It is important to note that Equity Release is fully regulated by the FCA (Financial conduct Authority), and subject to the protections afforded by the Financial Ombudsman.

Under the umbrella of lifetime mortgages there are various options available –

- You do not have to make repayments; however, you can choose to make payments to avoid the interest rolling up.
- You are able to move home if required. You can transfer the lifetime mortgage to a new property or pay it off in full *(charges may apply for this)*.

• You can take a lump sum only, or you can have a lump sum with a drawdown facility which means you can have more income at a later date.

What most people don't realise is that you can in fact use a Lifetime mortgage to purchase a new property — For example, you may not wish to downsize, you may want to move to the home of your dreams but do no not have the excess funds to do this — In this case you can purchase using a Lifetime mortgage.

Robbins Financial can help you to understand the steps involved, talk you through your options and of course they can also explain the full benefits of Equity Release.

There will be a Fee for arranging your Equity Release and the Fee amount will depend on the type of Equity Release you are arranging.

The agreed Fee is payable on Completion.

This is a lifetime mortgage. To understand the features and risks ask for a personalised Illustration.

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Thinking of changing letting agent?

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"Passionate about Property"



The Arts

We're bringing Tide Mills back to life!

THE TIDE MILLS PROJECT

Heritage Celebratory Week: 22 – 26 September 2021

www.tidemillsproject.uk

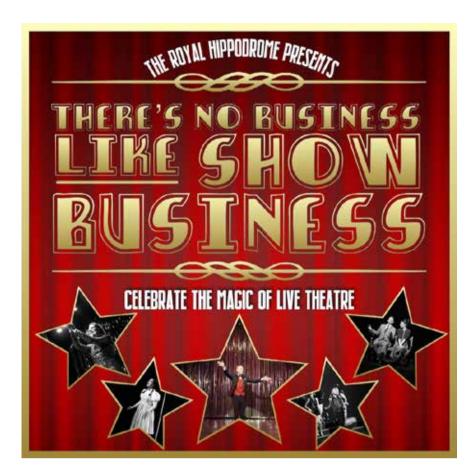
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FFF RETER





Come along and enjoy the Wednesday night show – on all summer

'THERE'S No Business-Like Show Business' is a celebration of all things theatrical!

By Laura Sivers

After three socially distanced performances in May, the cast are back with a full-length version, bigger and better than ever!

Join us every Wednesday evening throughout the summer for a whistlestop tour of musical genres through the years, with comedy, exciting dance routines and much, much more. Our cast of local professionals – with Comedy Host Grant Martins at the helm – will celebrate and commemorate live theatre at *The Royal Hippodrome*.

So, 'let's go on with the show'!

Full Price: £16.50 Concessions: £15

www.ticketsource.co.uk/ royalhippodrome/

If you love LIVE music this is the show for you!

Issue 013, July 2021

JOIN *Duality* (Paula & Barney Pout) and their awesome band and singers, *The Rhythm Crew*, in a brand-new regular Sunday night feature not to be missed!

By Laura Sivers

Sunday Night Live! is a musicpacked show that will take you on a nostalgic journey through the world of Pop, Motown, Blues & Country.

With an outstanding live band on stage Sunday Night Live! celebrates the distinctive sound of The Carpenters, Neil Diamond, Barbra Streisand, Carole King, Ray Charles, Billy Joel, The Supremes, Lionel Richie, Frankie Valli & The Four Seasons and more! With over 30 hit songs recreating the iconic sounds of the 60's, 70's & 80's Duality brings a truly electric night of music to *The Royal Hippodrome Theatre*.

Book tickets now!

Sunday 15th Aug 2021 – 3:00pm Sunday 29th Aug 2021 – 8:15pm Sunday 26th Sep 2021 – 8:15pm Sunday 31st Oct 2021 – 3:00pm

Full Price: £18 Concession: £16

www.ticketsource.co.uk/ royalhippodrome/



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Christian Funnell Super Sculptor!

ONCE again, as part of *Heritage Celebratory Week*, we continue to explore a local exhibition taking place at The Tide Mills Village near Newhaven and Seaford which will be celebrating a variety of artists and musicians, along with their work.

By Samuel Kavakli

Another talented artist on the guest list is local sculptor, Christian Funnell. Christian has worked on projects for the public and local communities to enjoy for around 35 years – designing and creating gates, sculptures and various outdoor pieces.

He is well known locally for creating the *Bandstand* and *Cormorant* in Newhaven. These were designed in an attempt to divert people's eyes away from the comings and goings of the port and encourage them to look at the natural world around them! He is also known for creating the *Shoal* community seating project in Seaford. His inspiration for this came from observing the movement of fish through water.

Looking into the future, Christian is working on plans to create a large metal water wheel to be placed at the gate to the old mill. This will be powered by the very sparse tidal flow system which still remains. On every revolution a mechanism will click round and display to the audience a different species of plant or animal connected to the *Tide Mills* site. This latest project will be created in conjunction with students from *Bowden House School.*

Christian Funnell is an amazingly talented sculptor, whose use of plants and animals allows him to make his work both inspirational and beautiful!

For more information on Christian, please follow: **@funnellchristian** on Instagram and visit his website: **christianfunnell.com** for information on upcoming events or to take a look at his past and current projects.

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



THE TIDE MILLS PROJECT

Heritage Celebratory Week: 22 - 26 September 2021

We're bringing Tide Mills back to life!

LYT Productions and the team behind the Tide Mills Project are delighted to be sharing the unique and diverse history of Tide Mills to new audiences through immersive and interactive installations, workshops and musical performance. Scan the QR code to find out more and plan your visit!

/tidemillsproject

ARTS COUNCIL SOUTH DOWNS

@tidemillsp

(O) @tidemillsproject

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Classic games



FIFA 21 is the 28th installment of the Fifa series and it is available to play on the Xbox One, Xbox Series X, the PS4, the PS5, the Nintendo Switch, Stadia and Microsoft windows!

FIFA 21 is a video game that allows you to control the football players on the pitch by yourself! You can either play against your family and friends using existing teams such as: Chelsea, Barcelona and Manchester United in what they call the kick

FIFA 21 – EA Sports

Released: Oct 2020

off mode, create and build your own teams using your favourite players from across the world by packing players in Ultimate team or you can explore what it's like to be a manager or player in career mode!

This is a game that gets rereleased every year and some may find that boring, however, with each installment the gameplay improves and the graphics get better. It's so realistic, you'll actually believe that Ronaldo is on your TV, doing what you want him to do!

Metacritic gave both the console and PC versions decent scores out of 100, so if you're a football fan then it's definitely worth giving it a go!

MUST-PLAY games that became huge hits.



Minecraft is a 3D world of creativity and survival, available in several different editions across several different platforms!

The regular world of *Minecraft* allows you to play in creative mode where you can use hundreds of blocks to create iconic builds. Alternatively, you can choose to play survival mode where you have to quite literally survive each day by collecting gear, cutting trees, fighting mobs, eating food and mining underground! If you grind long enough, you get to find yourself

By Samuel Kavakli

MINECRAFT – Mojang

Originally released: Nov 2011

diamond gear and travel to the End and fight the monstrous Ender Dragon! Either way, *Minecraft* is fun to play in any mode with your friends and family.

In addition to the normal game modes, there are many servers where you can play many different mini games and explore creators' different builds. Servers allow players from around the world to play together or against each other to win or compete in tournaments and games!

As one of the most popular games in the world, it is constantly being improved and updated. *Minecraft* is fun and entertaining and it allows you to relax and be creative! *Metacritic's* scores are reasonably high, especially for the newest version, so listen to those reviews and give it a try, whenever you can!



Moving away from video games now and on to a family board game that is sadly not as well known by many people now, as it was in the 80's!

Trivial Pursuit is a game for two to six players that allows family and friends of all ages to get together and put their general knowledge to the test! The questions can be divided into kids or adults questions and then categorised into six areas: History, Geography, Entertainment, Arts and Literature, Sports and Leisure and Science and Nature, so there really should be something for everybody!

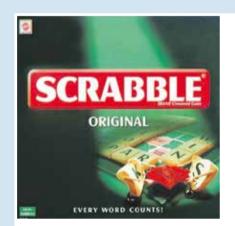
TRIVIAL PURSUIT FAMILY EDITION – Hasbro

Originally released: Dec 1979

The aim of the game is to roll the dice, move your way across the board, answer the questions correctly and fill up all six pieces of the pie! When you've done that, all you need to do to win the game is to get to the middle and answer your final question!

Over the years, *Trivial Pursuit* has expanded and new versions of the original game are released every so often including one available as a video game. In recent years, separate packs of questions have been released for people with specific interests. Two of the most popular being *Trivial Pursuit Friends* and *Trivial Pursuit Harry Potter*.

This is a game that has stood the test of time and provided you keep your questions up to date, it really is the perfect family favourite!



A board game for 2–4 players that allows you and your family to simply score points by forming words!

Each player starts with a certain number of letters and they take turns to create words that need to join or overlap in some way. Each letter has a different value and certain squares on the board can increase your score depending on what it says. It's not always the big words that get you the greatest points, sometimes a short word using a letter with a high value or on a special square can even treble your score.

SCRABBLE – Mattel

Originally released: 1938

At 83 years of age, there are of course many different versions of *Scrabble*, whether it be simply an update of the original or a new branded version – often based on a film or show with a few extra rules thrown in to make it more interesting.

Nowadays you can even play Scrabble on the go with an App that allows you to play online against the computer or even against Scrabble fans around the world! Scrabble has brought families together for many years.

It is a lot of fun for everybody but at the same time, a great learning tool not only for the youngest members of the family but also for the older ones, whose grammar and spelling may have gotten a little rusty!



Green and pleasant

THE last official month of summer is the perfect time to enjoy your garden while it's still at its best. Children are on school holiday, lawns are in full use, and there's plenty of delicious fruit and veg to fill your dinner plate. If you're planning a holiday in August, enjoy. I'm pretty sure the one thing we will all be hoping for is some warmth and lots of sunshine. I know my garden will. It has been so wet and the sunshine will bring the flowers back to life.

By Geoff Stonebanks

Last month was so disappointing with so much rain at the start of the month, all the flowering annuals were beaten down and blooms had to be cut off as they all became very mushy! That said, the garden certainly looked lush all month but lacked overall colour, with just a few pockets, where the blooms were a little hardier.

Hydrangeas

With immense flower heads, hydrangeas flaunt an old-fashioned charm in summertime that's hard to resist. While these flowering shrubs are low-maintenance, proper care will keep them blooming. Unrivalled in the shrub world for beautiful flowers, these elegant plants are easy to

cultivate, tolerate almost any soil, and produce abundant blooms. Colours beguile with clear blue, vibrant pink, frosty white, lavender, and rose blossoms—sometimes all blooming on the same plant! They are excellent for a range of garden sites from group plantings to shrub borders to containers. Varieties abound (every year, it seems, breeders present us with more options!), and gardeners' expectations of bloom size and colour are boundless. I have several types in my garden, the one in the header is "Annabelle". It is a stunning, large flowered white hydrangea, often producing football sized flower heads over 10" in diameter. The enormous, densely packed heads of creamywhite flowers appear from July to September above pointed, dark green leaves. Unlike the better-known blue and pink hydrangeas, Annabelle blooms reliably every year, even after severe pruning or intensely cold

winters. The huge blooms will appear in profusion without fail. Some people plant 'Annabelle' as a hedge since it can be cut back severely in the winter for a tidy effect. Deciduous and with an upright growth habit, hydrangea Annabelle makes a gorgeous feature for a partly shady border with moist, well-drained soil. It will also be happy in a roomy patio planter, provided it is kept well fed and watered in the growing season. The large flower heads can also be cut for use in a vase, and are particularly suitable for dried flower arrangements too. I've had mine a few years now and it grows in a large pot behind the house. Check them out and maybe consider planting some.

National Garden Scheme

As the summer moves towards its close, readers will find there are fewer gardens opening for the scheme. Later in the month, Butlers Farmhouse, the County Organiser's garden, in Butlers Lane, Herstmonceux, opens the garden gate over the weekend of the 21st and 22nd August with entry £6. The added bonus is you can listen to jazz in the garden too. Also opening is *Camberlot Hall*, Camberlot Road in Lower Dicker near Hailsham over the weekend of the 14th and 15th. It is a relaxed country garden planted and maintained to encourage wildlife, also £6 entry. Both gardens offer refreshments too, so why not pop the dates in your diary. Full details can be found at **www.ngs.org.uk**

Summer tip

At this time of year, especially with the extremes of weather we have been experiencing, a little trick you might like to pinch is one that I always employ. I start to relocate some of my own garden sculpture and ornaments, so that your eye is drawn to them, rather than the not so perfect plants around them. Trust me, you might notice the change but visiting friends and family will not. It works a treat and helps keep the garden looking fresh even when some of your plants are not looking their best. Another idea is to slide grown on plants or bulbs into any gaps you might have in your borders, so they can burst forth when your other Summer plants are no longer looking their best. I always plant up extra containers in my garden, knowing I will need them as the summer progresses, to take the place of those which are past their best.

August jobs

A task some gardeners seem to forget at this time of year is to ensure all Camellias and Rhododendrons are really well watered. Many of us wonder why buds fall off before developing. By keeping plants watered you can ensure that next year's buds develop well and do not dry out.

Jobs to this month might include planting out bulbs that will flower in the Autumn. There's not really room in my garden to do this now but I'm guessing your garden is probably not as packed as tight as mine! You could give your plot a real lift for later in the year with lots of new colour and fresh blooms. Nerines are a good example to fit this bill and look good planted in groups together but make sure they have good drainage.

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

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

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