

FREE

## BONNERS HITS THE HIGH NOTES

Bonnars has opened its fantastic new guitar, piano and keyboard store.

## AWARDS FOR THE IVY DEMENTIA CENTRE

Ivy House is the prime source of genuine care and support for the dementia community.

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September 2021

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# Bournefree



It's all about the Goodlife. The new concept Lifestyle store combining cocktail, coffee and barbering. See page 3

## THE TIDE MILLS PROJECT

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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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 The Arts: Tide Mills Project

Our next edition will be  
 distributed from October 7th.  
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**ignite**  
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# Full steam ahead for Bournefree

**THESE are exciting times at Bournefree – and we couldn't be more thrilled with how our expansion is going.**

By **Peter Lindsey**

**First, we have increased our print run to 12,000 – and who knows, we get the feeling that 15,000 is not that far off.**

Up until now, we have been delivering 10,000 to our 20 outlets around the area, but demand meant we must do more.

In truth, 12,000 isn't enough but there is a cost to every extra copy of the newspaper that we print so we must be sensible.

Second, we are now offering a new service where we will insert leaflets or a magazine inside *Bournefree*.

This is a great advertising opportunity.

Our first client for this is *East Sussex College*, and we have inserted 12,000 copies of their new brochure into *Bournefree*.

Email us if you are interested in this going forward. It's a winner – our

12,000 copies are all picked up, and to have an insert inside is a bonus.

Third, we are thinking of launching a new glossy magazine, which we are convinced will go down well.

We are still planning this to ensure it makes sense from a business point of view, but we think advertisers will love it as well as our loyal readers.

Christmas really isn't far off and that may be the ideal time to start. Watch this space.

Fourth, we continue to invest time into our expanding website, and the audience is growing incredibly well.

Don't forget, we have a minimum of eight new stories on our live website at [bournfreelive.co.uk](http://bournfreelive.co.uk) each day, including weekends.

And finally, the magazine itself continues to grow. We have some great features and adverts this month.

I've enjoyed working with the community on some great ideas ranging from *Maybugs* to *Cadence Cycles* and *Bonnors*.

That is one of our strengths – we are local, and we can work well with local businesses and groups.

We're going to keep it going and we hope more and more of you will come on board in the coming days, weeks, and months.

Send us an email today...



## 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@bournfreemag.co.uk](mailto:pete@bournfreemag.co.uk)

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

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

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

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





# Breaking barriers. The latest Goodlife store has just opened at The Waterfront in Sovereign Harbour, Eastbourne

**AN independent business, with stores located in Knightsbridge, London, Birmingham City Centre and it's original Worcester barbershop.**

By **Peter Lindsey**

**This is a completely new concept to Eastbourne, merging barbering and skincare with shopping, cocktails and coffee.**

## **All under one roof**

Boasting stunning harbour views, free parking and convenience to sovereign harbour residents, the new lifestyle store has it all under one roof. The space has been separated into three designated areas; a house of barbers with decades of experience combined, a shopping area selling *Goodlife's* own designed vegan

skincare, bespoke hair products and more. As well as a lounge complete with a free charging station, barista coffee and full bar, where you can find a selection of wines, spirits, beers, soft drinks and cocktails.

Barbershop services include traditional cut throat shaves, beard sculpting and trims, cuts from £15, tailored facials for both men and women and even waxing.

## **Affordable luxury**

Company director and head barber Kieran said "The idea is to break down barriers. We don't believe in excluding anyone. *Goodlife* is a space to unwind and treat yourself to well deserved affordable luxury.

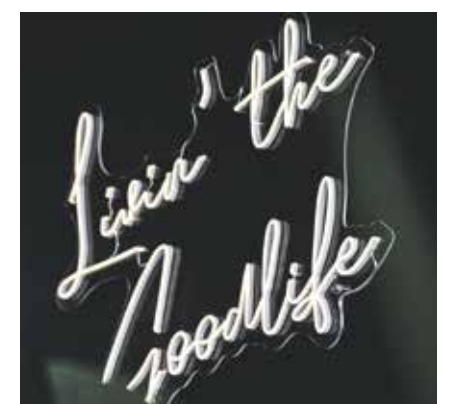
After living here myself since 2018, I felt it was lacking something that we could offer. We are a traditional barbershop, with classic services such as cut throat shaves, but we are a modern, ever-changing business, if we can offer you more, why wouldn't we?"

## **Treated like royalty**

With only 5\* reviews since opening, Eastbourne business owner Levi said "I've always been a little self conscious about my hair, receding hairline especially. Never found the right barber to give me a cut that suited my face. I left today feeling like a new man. Really confident and happy with it. Was treated like royalty throughout, even given a complimentary cocktail. The decor is very well done. All of the staff are incredibly welcoming. I would highly recommend *Goodlife* to anyone, a great new business that really looks after clients."

Walk-ins welcome or book online at [www.goodlifestores.co.uk](http://www.goodlifestores.co.uk) or [@goodlifestores](https://www.instagram.com/goodlifestores) on Instagram.

In addition, *Goodlife* will be open as a cocktail bar, 7pm – Late on Saturdays, and will be open until late on Fridays. The barbershop is also open until 8pm on a Friday.







# OPEN ACROSS THE TOWN

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**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**



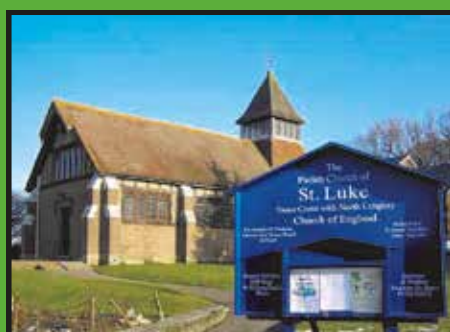
**Gateway Church**  
**Wednesday 10:00 till 12:00**

## 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





# Eastbourne's best music store hits the high notes with new opening

**BONNERS has opened its fantastic new guitar, piano and keyboard store in Hampden Park.**

By **Gail McKay**

**The move to a bigger, more relaxed setting away from the hustle and bustle of the town centre comes as Eastbourne's best music store celebrates 45 years of trading.**

Bonniers' new location is **9 Faraday Close, BN22 9BH** – halfway between *B&Q* and *Aldi*, and easy to reach by car, bicycle, bus or train.

It boasts a large **FREE customer car park** to make sure every visit to Bonniers is stress-free for drivers, with plenty of parking bays right outside its front door.

Alternatively, Hampden Park station is just a short walk away for customers travelling by train.

The new Bonniers store has dedicated, individual guitar and piano/keyboard showrooms with more instruments than ever before on display, all set up and ready to try.

Customers can experience a huge range of guitars from brands including *Gibson*, *Fender*, *Epiphone*, *Ibanez*, *Martin*, *PRS*, *Gretsch* and more.

There are acoustic pianos, digital pianos and keyboards from *Yamaha*, *Kawai*, *Feurich*, *Roland*, *Hammond Nord*, *Casio* and *Korg*. This gives the opportunity to compare models from all the major manufacturers to

ensure people are making the right purchasing decision.

Bonniers is a Martin Guitars 'Heritage Centre' – boasting a room full of Martin acoustic guitars. It also has a guitar & amp test booth where guitarists can crank up the volume, or just have somewhere to quietly make an informed decision about their next purchase!

The store's on-site guitar workshop and repair centre can handle anything from a basic re-string to more in-depth electronic repairs and pickup replacement.

**Bonniers is open Monday to Saturday from 10am – 5pm.**

Pop by and say hello – the Bonniers team would love to see you!

You can also visit online at [bonniersmusic.co.uk](http://bonniersmusic.co.uk)

## Bonniers is part of Eastbourne's history

**Bonniers was started as a small shop in Ivy Terrace in 1976 by musician Peter Bonner, who was a resident act at the Kings Country Club working alongside famous names such as Neil Diamond, Tom Jones and Dusty Springfield.**

The popularity of Bonniers meant more space was soon needed and it moved to a larger space next door, followed by a second shop in Grove Road in the 1980s.

Over the years, Bonniers has gone from strength to strength with a further move to Langney Road in 2005 to accommodate the ever-expanding business.

Owners Tony White and Myke Edwards have both proudly worked at Bonniers for more than three decades and took over the business in 2000.

Along with their experienced and helpful team, they have a reputation for giving first-class services whether they are using their specialist knowledge to assist existing customers or welcoming new visitors who want to try out instruments.





# Celebrate the great outdoors

## SMUGGLERS Tales, an Ancient Pilgrimage Path and WWII Aerodrome revealed at *Walking Festival*.

By **Peter Lindsey**

**Centuries of smuggling history and a pilgrimage to the Holywell Spring are just a few of the walks to be revealed at Eastbourne Walking Festival this September.**

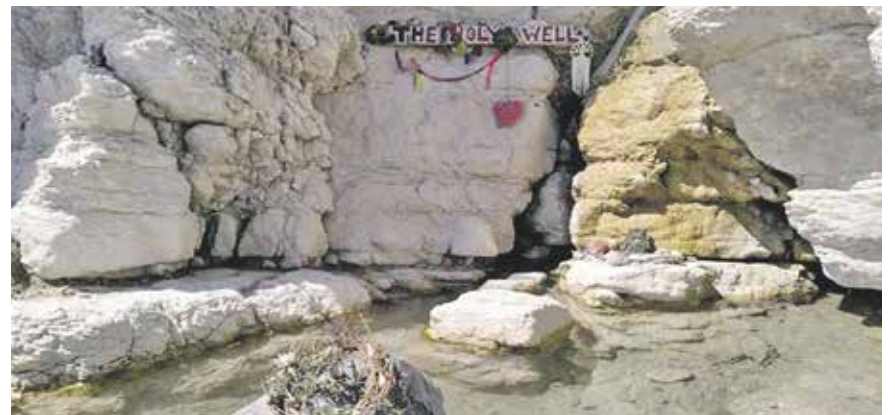
Featuring more than 50 free walks, keen ramblers can enjoy a spot of mindfulness, as well as Nordic walking, historical outings, nature and even a brand-new art trail.

The free walking festival which runs from 17th – 26th September will see Heritage Manager Jo Seaman guiding walkers from the *Beachy Head Story* through hidden coombes, while pointing out archaeological discoveries and popular smugglers haunts from the 18th and 19th century.

Andrew Durling from *Eastbourne Pilgrimage Project* will also be revealing part of the ancient Old Way pilgrimage path to Canterbury, while visiting Neolithic sites and the recently excavated *Holywell Spring*.



Images: Visit Eastbourne.



Artist Fenya Sharkey will be leading a walk to the brand new *Garden of Delights* sculpture trail, which features an art trail across seven allotments. Urban walks will also celebrate Eastbourne's 'East End', Old Town gardens and cemetery, the history of *Ratton Estate* – the former home of Lord Willingdon and Eastbourne's 'Radical History'.

**Eastbourne Walking Festival returns from 17th – 26th September.** Walks are free and must be booked in advance. To book, please visit: [EastbourneWalkingFestival.com](http://EastbourneWalkingFestival.com)

### Gentle rambles

Other walks will highlight Eastbourne's strong aviation links including the site of a WWI airship station and a WWII aerodrome, while bronze age burials will be revealed at the idyllic Crowlink.

Eastbourne Borough Council Lead Cabinet Member for Tourism and Culture, Cllr Margaret Bannister said "Walkers have never been more keen to put their best foot forward and our walk leaders have certainly managed to put on a fascinating and varied programme of walks this year, from gentle rambles and strolls along the prom, to challenging hikes across the Downs."

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# Free charity concert for our NHS heroes

**ALL NHS staff were real heroes as the nation fought the pandemic.**

By **Peter Lindsey**

**Now an event is taking place in Eastbourne where some of them can be thanked for their amazing work.**

Geoff Baker is organising a free concert for all NHS staff from the Brighton, Eastbourne and Hastings area to say thank you for all their hard work through these troubled times.

It will be staged on November 8th at *The Royal Hippodrome* theatre in Eastbourne.

Acts that have agreed to perform are **Duality and the Rhythm Crew**, **Grant Martins**, **Tandy Houghton**

(comedian), **Ken Langfield** (comedian), **Bourne Blue** and **Steve Hewlett**.

All staff can apply for two tickets each using their NHS e-mail to: **[geoff-baker55@sky.com](mailto:geoff-baker55@sky.com)**

Geoff said: "I would like to thank all the artistes and management of the theatre for offering their services for free.

"If you would like any more details don't hesitate to contact me."

What a lovely gesture for such lovely people! It's a fantastic community event and well done to Geoff and all the acts.



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# Hailsham's new weigh to shop

**SIMPLY Weigh is a zero waste and refill shop based in St Mary's Walk in Hailsham.**

By **Gail McKay**

**Their aim is 'to make a difference one small step at a time' by helping to reduce packaging and waste reducing the use of non-recyclable plastic and reducing food waste by buying as much or little as you want.**

You can bring your containers; it can be a favourite spice or flour jar or just a clean margarine pot or similar with a lid. But don't worry as there are always paper bags available if you want to try something first.



Your container is weighed, then you fill it with just the amount you want or need, they weigh it again and take off the original weight of the container and just charge you for the product you need. In this way *Simply Weigh* and their customers have saved over 5,200 pieces of plastic since the beginning of the year. An amazing amount that everyone can be a part of.

## Wide range of organic, gluten free and vegan

*Simply Weigh* has a wide range of food products including organic, gluten free and vegan, from flour and rice to spices and dried fruits. They also have *Bio-D* the only UK manufacture of hypoallergenic and responsible detergents including Grapefruit Washing Up, Lavender Laundry and Laundry Conditioning liquid. *Faith in Nature* hair and body products are also available as a refill.

The *Simply Weigh* Nut Butter machine is an Australian designed machine that makes amazing peanut butter that is delicious, fresh, healthy and preservative free with no added oils or sugar, nut butter. Mainly Peanut

Butter but occasionally the nuts are changed to Almonds or even better Hazelnut & Chocolate. You can bring your own jar and grind a smooth, medium, or crunchy nut butter to have on your toast, in your sandwich or just eat with a spoon!!

## Small changes, big impact

Katrina and her team are ordinary people who believe that together many people making small changes will have a bigger impact than a few people doing everything. Katrina says 'don't feel guilty or overwhelmed by the plastic we all use, if we all focus on making small changes in our habits one step at a time it will be possible to make long term swops. For example, we have locally made cloth sandwich bags.

There are some big issues that governments will need to address but as individuals we can make a difference – reducing and eliminating single use plastics, like plastic bags, straws, sandwich packets and water bottles and most food packaging.

Experts say that plastic production will amount to 15% of global greenhouse gas emissions by 2050 if consumption trends continue as they are. That is just 29 years away.

## Reuse, Refill, Recycle

We can all create less waste by using and reusing glass jars and bottles, cooking more at home, using reusable water bottles and hot drink cups, bringing your own bag and using bamboo products such as toothbrushes and kitchen utensils.

It's better to not use single use plastic but it's not always possible. *The Simply Weigh Blog* has an explanation of these of what packaging labels mean to help with local recycling. Check the council website for their recycling points, and where you can REUSE, REFILL, RECYCLE and be plastic conscious.

There is plenty of **free car parking** near *Simply Weigh* in Hailsham, they are **open six days a week from 10am to 4pm**.

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



# Taking great pride in a fantastic event

**EASTBOURNE Pride 2021 was a resounding success – and plans are already underway for 2022.**

By **Peter Lindsey**

**The event was organized by BourneOut LGBT group and staged at Princes Park.**

Around 3,000 people were there.

Main organizer Betty Gallacher has thanked everyone who supported Pride, including:

- *Maybugs*, the new store in Terminus Road, for their sponsorship.
- *Tesco* and *ASDA*, who provided refreshments free of charge.



- Everyone who displayed Rainbow flags and bunting across the town.
- Mr Gulzar for allowing the flag to be displayed from the top of *Eastbourne Pier*.
- *Eastbourne Borough Council* for flying the flag on the *Town Hall* and also at the *Bandstand*.
- *Soup N Tap* for their support.
- Everyone else who contributed in some way.

Betty said: "It was an amazing day, despite the weather, and it was enjoyed by so many."



"We do want to make 2022 bigger still, when *Eastbourne Pride* will once again be back."

"It's an important message to send out, one of equality, as well as providing a fun day with super entertainment."

To contact Betty, call **07855 796466**.

"We want more groups and businesses involved so please ring me."



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**PERSONAL Service Travel** have just become the only Eastbourne centre to offer PCR tests.

By **Peter Lindsey**

**PST are pleased to announce that for anyone needing a PCR test before travelling, this can now be done in Eastbourne at their office in Grove Road.**

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[www.pst-travel.co.uk](http://www.pst-travel.co.uk)



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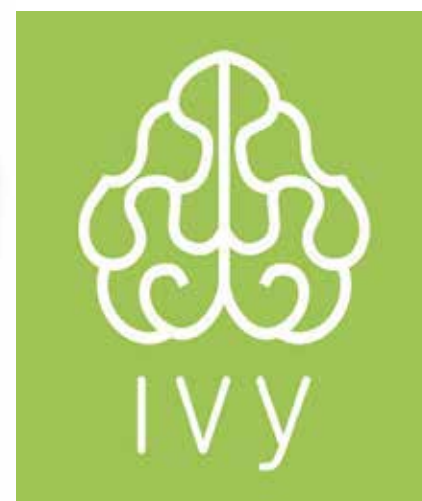


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dementia as well as their families. The hard work and passion of the Ivy team has been recognised and as a result they are proud and humble winners of not one but four awards.

Global Health & Pharma awarded Ivy, Best Dementia Support Centre in East Sussex, South England Prestige Awards chose Ivy as Specialist Day Care Centre of the Year, whilst Jane and the Ivy companion team were each presented with the Spirit of Eastbourne Award for their respective outstanding support to the local community. The Ivy team would like to take this opportunity and dedicate these awards to the clients, their families and the community, without them this would not have been possible, thank you.

If you or someone you know could benefit from expert support and advice, please don't hesitate to contact the Ivy team for an informal and confidential chat, it is never too early to get support.

Please also subscribe to the monthly newsletter to keep up-to-date with free support groups and dementia cafés within the community.

# The Ivy Dementia Centre – an award winning support provider and life-line to the dementia community

**THE Ivy Dementia Centre – is the prime source of genuine care and support for the dementia community.**

By **Peter Lindsey**

**The Ivy Dementia Centre founded in 2010 and directed by Jane Lowe is a support provision like no other.**

A unique and 100% holistic approach to dementia, supporting people living with dementia, and

working with their families to provide the best quality of life possible.

## Inclusion

Ivy stands for care, genuine care... in abundance. Its attendees are lavished with love and affection, stimulation and conversation, activity, purpose and acknowledgement.

What Ivy offers is a lifeline to its clients and their families. Jane's viewpoint is dementia is the common enemy, but those affected are individuals and must be treated as such, "the way we look at dementia support has to change". The illness may have changed them in some ways but nonetheless they are still the same person as they always have been, and ultimately still a person.

The clients treat Ivy as their own, aided and supported by the team trained by Jane. The team, known as companions work to a strict ratio of 1:5, which allows for much more person-centred care and attentiveness. The companions are on hand to support with all needs personal, stimulative and dietary.

Ivy is a place full of life and bustle – it is the Ivy House team themselves that are the proverbial cogs that turn this inclusive environment. Its their sincerity, the wholeheartedness that knows no bounds that combine together with the will of the clients to create this new extraordinary family.

## Moving on up

Now, with a decade gone, Ivy are in the process of relocating to new bespoke premises – Ivy are expanding their services and furthering their reach. This way, Ivy are able to continue championing against dementia and offer their support and services to even more communities as well as existing ones.

## Thank you...

Jane Lowe and her dedicated team at The Ivy Dementia Centre have had a truly bumper summer.

Jane and her team have worked tirelessly through the pandemic, continuing to provide first class support for their clients living with



Part of the team receiving award.



**01323 431 801**

19 Hartfield Road, Eastbourne BN21 2AR  
[support@ivyhouse-dementiacare.com](mailto:support@ivyhouse-dementiacare.com)  
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## A COMMUNITY environment and sustainable economy are at the top of the agenda for James Roberts.

By **Peter Lindsey**

**He's the new director at *The Beacon* following the retirement of Bill Plumridge, much loved throughout the town.**

# New director to oversee future growth of The Beacon

James takes on the role with a proven track record in the retail sector.

He wants to build on the centre's excellent relationships with key organisations in the town and ensure *The Beacon* remains at the heart of the community as it steps out of the Covid lockdowns.

"We have seen amazing stories of fortitude, resilience and a determination to dust ourselves down and bounce back into life as swiftly as possible. We are supporting our retailers as they welcome back customers to *The Beacon* for a great experience," said James.

James wants *The Beacon* to be the natural home for new community initiatives, independent retailers with a dream and the next generation of

business entrepreneurs looking for a creative space where they can share ideas and boost the local economy.

With the recent opening of the mall enlivenment in the centre, James has set his sights on delivering more exciting projects for the centre, including the rebranding of *The Hut* community space, and welcoming innovative new retailers into the centre.

"We have just seen the opening of *Boom: Battle Bar* on the first floor, which is a real first for Eastbourne.

"I want to look at dynamic new projects that will really add zest to *The Beacon*," James explained.

"I want to develop a community environment and sustainable economy that will attract new audiences in addition to our

fantastic shoppers who support us on a weekly basis.

"*The Beacon* is integral to the town and I want people to have a positive experience from the moment they enter the centre to the second they leave.

"Eastbourne is a vibrant town with a great mix of events and entertainment," he continued. "But it surprises me that there are still people outside the area who are unaware of our great offer. I will work tirelessly with our partners to shout about the opportunity and potential there is here."

James said the number of daily visitors to the centre was high compared to other seaside towns, but that he was keen to welcome even more people into the town.

## Tony Hylands

Tel: 07864 193 572

e-mail: [tony@ensigns.biz](mailto:tony@ensigns.biz)

or [antony.hylands@gmail.com](mailto:antony.hylands@gmail.com)



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# Thousands of runners set for BH Marathon

**THE *Beachy Head Marathon* is one of the biggest off-road marathons in the UK.**

By **Peter Lindsey**

**Formerly known as the *Seven Sisters Marathon*, it is popular for its scenic and challenging route through the *South Downs National Park* countryside. Great for runners, joggers or walkers looking to get fit.**

*The Beachy Head Half* is now in its second year and begins on Sunday 17th October.

The route will encompass much of the marathon route, however will detour into new surroundings which still have that amazing, picturesque scenery.

The 10K run will set off with a route comprising of breathtaking views and



challenges, taking a shorter looping route across the Downs to *Belle Tout Lighthouse* and back.

Start/Finish from Eastbourne Seafront at the start of the South Downs Way.

## **Marathon – 26.2 miles**

Saturday 23rd October will see the arrival of thousands of runners from around the world to Eastbourne for the *Beachy Head Marathon*, set within the stunning *South Downs National Park* and taking in the sights of the UK's highest chalk sea cliff.

## **Half Marathon**

Sunday 17th October 2021 welcomes back the *Beachy Head Half*! Set

within the stunning *South Downs National Park* and taking in the sights of the UK's highest chalk sea cliff. The perfect building block between 10K and the Marathon.

## **10K**

Introduced in 2013, the annual *Beachy Head 10K* will take place on Sunday 24 October and has grown every year and become a firm favourite for 10K runners looking to experience the cross-country course and also with those looking at taking their first steps in the running world!

Visit: [www.visiteastbourne.com/marathon](http://www.visiteastbourne.com/marathon)



**YOU may have noticed a trend over the last few years in attractive plantation shutters.**

By **Gail McKay**

**Alongside tidy front gardens and tastefully gravelled drives are colour coordinated shutters. They are now a hallmark of a fashionable urban area.**

"Popular colours are soft neutral shades, but we've seen a new wave

of darker, bolder colours from clients. Upmarket restaurants with Maximalist styles like the *Ivy*, are driving this trend for statement design." Says Jason, owner of *JV Blinds*, a company based in Eastbourne. They cover all of Sussex, Surrey and Kent. They offer their services to schools and businesses too.

Jason has 13 years' experience within the industry and his goal is to open a factory.

# Rooms with a view

## **Fundraising**

Jason likes to give back to the local community by sponsoring local charity fundraisers and local football teams. Last Christmas he raised over £300 to buy gifts for the residents of a local dementia care home.

## **Customer satisfaction**

He is very passionate about what he does and the quality of his work which is reflected in customer testimonials, which can be seen on the *JV Blinds Facebook* page. It's full of satisfied customers with rave reviews.

This has resulted in word of mouth bookings, so now they have taken on an apprentice, and are also recruiting for another fitter.

## **Free quote**

If you are thinking about sprucing up your windows, give Jason a call for a free home visit and no obligation quote. They offer a wide range of made to measure blinds and shutters, with many designs and fabrics to choose from. However awkward your space is, Jason will have a solution.

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At Care UK's Bowes House in Hailsham their compassionate and expert teams deliver quality care you can trust in a safe and welcoming environment.

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\*.**

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\* As rated by the Care Quality Commission in England and the Care Inspectorate in Scotland.



# It's in the bag

**WHO doesn't love bags? They're a centuries-old creation (actually 5000 years old) to carry our most precious belongings in. We carry our treasured items inside them, and if we lose our bag, our life becomes chaos.**

By **Leaan Meys**

**My name is Leaan (you can call me Lulu) and I make bags from beautiful, natural cork leather. I haven't always made bags, so let me go back a little bit.**

For the last 20 years I have worked in the Ballroom and Latin dance industry, designing and making sparkling costumes as seen on *Strictly Come Dancing* and for dancers like *Motsi Mabuse*, *Katya Jones* and several celebrities that took part in the show.

The last 15 years were spent working for myself; and I travelled all over the world to see my customers, giving them a bespoke and personalised service, providing gorgeous dresses and accessories.

## New journey

Like with many other small businesses, everything changed in 2020. The dance world came to a complete standstill and I was like a planet knocked out of its orbit. What on earth could I do now? So I began a new journey...

My creative mind and hands had to be satisfied, so I started making handbags.



I experimented with a variety of materials, but wanted more of a challenge. A product that was upmarket, durable and stylish. The luxury of leather, but not animal leather. I discovered cork leather, and was instantly smitten.

## Chemical free

Cork 'leather', or cork fabric, is not to be mistaken for the hard and crumbly notice boards and 80's wall tiles. It comes from the same tree – the cork tree, which is part of the oak tree family and can grow up to 300 years old.

Every eight to nine years a tree is harvested of its bark; and in the time that it's growing new bark, it absorbs three to five times more CO2. A small forest of cork trees can absorb approximately 20 million tones of CO2 per year, helping reducing greenhouse gas emissions.

After harvesting, cork is left to air dry for six months. Then, it's boiled in water only to get even more elasticity. Heat and pressure are applied to cork to press it into blocks, which are later sliced in thin sheets that can be transformed into a multitude of wonderful cork leather accessories.



Unlike the heavy chemical processing of animal leather, cork leather production is completely chemical free.

With over 50% of it's volume being air, cork is six times lighter than animal leather. Due to it's honeycomb structure, cork is highly abrasion resistant, and also stain and water resistant.

## Natural and vegan

The one thing my customers always comment on is the softness of the leather. They love that's it's 100% natural and vegan. Cleaning is as easy as using water and a small amount of soap.

My background is all about providing a bespoke service, individual pieces and problem solving, which I implement into each of my *Lulu's Bespoke Bags*.

For instance, how often do you hunt around in your bag for your keys? Well, I have a solution for that, with a specially designed key tab that comes as standard with each of my hand-made bags.



I help dynamic professionals design their perfect bag that fulfils all of their needs, using this amazing eco-friendly product, which makes it an ideal gift for a birthday, anniversary or Christmas present. Or perhaps, you just want to spoil yourself.

## Unique wearable art

*Lulu's Bespoke Bags* is not just about creating something beautiful from a flat sheet of material, it's also about creating a unique piece of wearable art.

I guess you could say that I am trying to save the planet one bag at a time.

If you want to see a bit more of my work, please go to:  
[www.lulusbespokebags.com](http://www.lulusbespokebags.com)

[www.instagram.com/lulu\\_m\\_designs](https://www.instagram.com/lulu_m_designs)

or contact me at: [designs.lulu@googlemail.com](mailto:designs.lulu@googlemail.com) for gift vouchers to start designing your perfect bag.







# #Startup September businesses opportunity for success

**THE Let's Do Business Group is hosting a month-long campaign throughout September for aspiring business owners.**

By **Peter Lindsey**

**The campaign is highlighting the range of services and support available to those looking to turn their hobby or idea into their own business, making business ownership accessible to all.**

## Offer loans

Aptly named #StartUpSeptember, there will be daily advice, recommendations, information on funding available, and details of the variety of Start Up Programmes delivered by the Group that can give those just starting out the right tools to get their business off the ground.

Registration for these three programmes is open, and details can be found on the *Let's do Business* website at [www.ldbgroup.co.uk](http://www.ldbgroup.co.uk).

The Group are also an official delivery partner of the *Start Up Loan Company* and are able to offer loans

from £500 to £25,000, alongside business support to get your idea off the ground.

Offering an all-in-one package, #StartupSeptember is set to really open up the opportunities available to the future business owners of the South East, helping to create the next generation of successful entrepreneurs, and the 'Let's Do Business Group' are right at the centre.

Launching #startupseptember Group Chief Executive Graham Marley said 'For over 25 years the Group has been supporting people in getting their businesses

off the ground. We will use #startupseptember to inspire and support people to explore their options, in a safe environment.

To celebrate the programme, I am delighted to announce that clients taking part in our #startupseptember programmes could win one of two cash prizes of £500 that will provide additional help to get their business launched.

For more information on #StartUpSeptember please visit [www.ldbgroup.co.uk](http://www.ldbgroup.co.uk) or follow **Let's do Business Group** on Facebook or LinkedIn.

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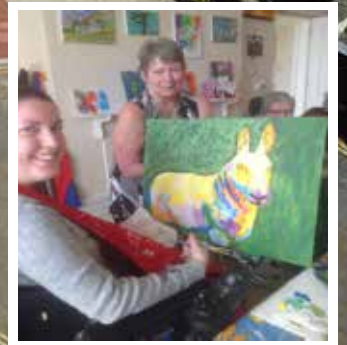


# TheChaseleyTrust

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



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



## We offer residents:

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

## We offer staff:

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

## We offer the community:

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

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

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







Chaseley in 1963.



This fundraising appeal aims to modernise, update and refresh Chaseley and the funding will help to:

- Upgrade the Activate Gym.
- Upgrade the resident kitchens on each floor, including the Therapy kitchen which is used to support resident transition when their care path and ultimate plan is to move home.
- Replace the flooring throughout the building with a more hardwearing material.
- Complete a full building survey to enable Chaseley to plan their next 10-year maintenance schedule.
- Complete a variety of building works to ensure the home can be preserved for the next 75 years!

Jodie Cornford, Fundraising Manager, says "The Chaseley building is a complicated one that has been altered and extended over many years and with a property of this size and complexity it is important to future plan any building works, including maintenance, repairs and improvements. We are hoping that with your help, we can reach this target and ensure our residents continue to receive the excellent care they require, whilst living in a first-class home that they deserve."

# Chaseley's £375,000 Fundraising Appeal

**THE Chaseley Trust turns 75 this year and as part of their anniversary plans, they launched a £375,000 fundraising appeal to modernise, update and refresh Chaseley.**

By **Jodie Cornford**

**Over the past 75 years Chaseley's services have developed greatly, leading it to become a unique, independent charity owned nursing home that specialises in caring for adults with complex neurological illness or physical disability.**

Residents at Chaseley have high, complex care needs that consist of a wide range of neurological

disabilities including spinal injury, acquired and traumatic brain injury, stroke rehabilitation and degenerative neurological conditions such as Multiple Sclerosis, Motor Neurone and Parkinson's disease.

Chaseley's main source of funding comes from residents' fees, which cover the cost of their care package and contributes to the daily running costs of the home.

Various commissioning bodies fund the majority of resident care packages and they have just 5% surplus to fund

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



Chaseley residents in 1947.



Chaseley residents in 2021.

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)**



# Morrisons' amazing work for community

**KIM Hatcher-Davies is the Community Champion for Morrisons in Eastbourne. Here she reflects on some of the work in the past few weeks:**

By **Peter Lindsey**

**What an amazing time we are having!**

We have supported two houses from Housing 21, welcoming their residents back together, one held

a ploughman's lunch today and the other a garden party.

Thank you to *Autumn Dunelm Eastbourne* | Community Support for the tablecloths and Linda and crew at the *Hampden Park Shed, Langney and Eastbourne Sheddars* for the beautiful welcome back banner.



I met with the lovely Carolyn from *Eastbourne Borough Council Homes*, first to discuss how we can help them moving forward, and we gave them some books and games for the communal room, so residents had something to do outside of their rooms.

## Future projects

We gave some of the food pallet to *Eastbourne Foodbank* and to Susie for the residents in Westham, plus a bag of goodies to the *nhs.uk covid vaccination centre* in the old *Mothercare* building.

We met and gave a 'Welcome to the Community' pack to our new neighbours *Bonnars Music* which opened recently – see page 5.

We also had meetings with Kirsten, *YMCA DownLink Group*, to discuss future projects the young people can get involved in.

Then we had a lovely chat with Mayoress Barbara and Dominic, the Mayor of Eastbourne's son, to discuss what sounds like an amazing event – *The Mayors Ball*. Please keep an eye open to purchase tickets for this fantastic event in April at the *Winter Gardens*.

## Artwork

Simon, the local PCSO, came in and we discussed what we can do to work together in the local area, and we hopefully have events in place coming up.

We have supported *The Matthew 25 Mission* and finished made a Hamper for the *Wayfinder Woman* at the *Eastbourne Vintage Festival 2021*.

We also went to *Knockhatch Adventure Park* and gave them a bee stick to support the conservation area and saw some of the artwork that *Compass Community Arts* have put in place.

We visited *Hampden Park Funday* in aid of *Ronald McDonald House*, and then off to *Willingdon Trees Community Centre* where Josh Babarinde OBE took great pleasure in throwing wet sponges at me.

We had a meeting with Claire and Sue at *Community Stuff* to discuss the amazing work they have been doing during the holidays and what they have planned going forward.

We then saw Jodie from *The Chaseley Trust* and discussed how we can raise awareness of this fantastic local charity, followed by a quick meeting with Carley at *Home Instead* to discuss the relaunch of the memory cafes and the other things they are hoping to start again in September.

Don't forget the grab bags are available at the front of the store for you to pick up to help *Eastbourne Foodbank*, and our residents in Westham.

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# Cadence E-Bike Hub & Café – A first for Eastbourne

**CADENCE Cycle Club has opened a new e-bike hub and café in the heart of Eastbourne's cultural quarter, just in front of the Congress Theatre.**

By **Peter Lindsey**

**It's the latest in a growing network of hubs connecting the South Downs Way and a first for the town with its fleet of BMW Active Hybrid e-bikes for hire.**

This month has also seen the launch of their new merchandise, including cycle clothing and their signature *Cadence Seasonal Blend* Coffee.

## A great way

According to Cadence co-founder, Roger Myall, "E-Bikes are a fantastic way to explore our

beautiful coastline and surrounding countryside. Within minutes of leaving our hub, you can reach the Harbour and continue east towards the Pevensey Levels and Cooden Beach or get onto the bridleways on the Downs and head out in the opposite direction.

"Hire is a great way to try an e-bike before purchasing too. A half-day or full-day rental is ideal for anyone thinking of investing in one. (We don't sell but recommend *Cycleshack Eastbourne* who have a great line-up and offer excellent advice).

"We have a range of frame sizes at the hub and we provide route ideas via apps such as Komoot, so the whole experience is really easy. Above all, it's a healthy, outdoor, fun activity for friends and family looking for something a bit different."

## Established hubs

The Eastbourne *Cadence* café is worth a visit too with its unique blend of locally roasted coffee and excellent 'grab and go' menu. Open daily, the hub is serving up coffee, smoothies, iced drinks and food-to-go, such as the enduringly popular Wiggo toastie

on sourdough, Sussex porky sausage and line up of cakes and bakes. Sensitive about its environmental impact, reclaimed, recyclable and compostable products and materials have been used throughout.

Since launching in 2020, *Cadence* have now established hubs in Eastbourne, Litlington, Truleigh Hill and Upwaltham, and launched e-bike hire (available in Eastbourne and Litlington) and guided e-bike tours (available from Litlington). Further *Cadence* cafés can be found at *Cycleshack Eastbourne* and *Deers Leap Bike Park* in East Grinstead, whilst their new merchandise is available online at [cadencecycle.club](http://cadencecycle.club)

Discover the new hub in the Devonshire Quarter Plaza, Wilmington Gardens, Eastbourne BN21 4JN, directly in front of the *Congress Theatre*.

Follow [@cadencecycleclub](https://twitter.com/cadencecycleclub) for the latest hub news and more. Or visit [cadencecycle.club](http://cadencecycle.club)







Images kindly provided by Rob Shearing Photography and Death Prone Images.

# Marvellous Wyntercon is back

**THE annual Wyntercon Charity Showcase is a family-friendly event celebrating all things fantasy, sci-fi, film and TV.**

By **Andy Kybett**

**On 30th & 31st October 2021 Wyntercon VIII returns to its original home, Eastbourne's newly refurbished Winter Garden along with the new exhibition halls located in the adjoining Welcome Building.**

## Helping the community

The Wyntercon charity's goal is to help the community and encourage individuals to gain confidence

through experiencing new activities and learning new skills.

## So much to see and do

At this year's event, you can join in one of our many workshops, including junk modelling, Makaton signing skills and accessible sports. Learn some awesome lightsabre moves to rival any Jedi (or Sith) by visiting our *Lightsabre Academy*. Or why not feed your imagination in a table top roleplaying game taster session? Circus Skills, Virtual Reality, Magic and more, there is so much to see and do at Wyntercon VIII!

Packed with exhibitors including a wide range of Businesses, Artists, Authors and other Creative Talents, a brilliant selection of goods will be on display and available for purchase. From graphic novels, film & TV memorabilia, props & collectables to RPG accessories, artisan confectionery and bespoke apparel, there will be something for everyone.

## Cosplay Competition

Our hugely popular Cosplay Competition will run both days including a separate children's category. With prizes and trophies to be won, this is a great opportunity to show us your creations. Please check out our website where you'll find our Cosplay Guidelines and Competition Entry Forms.

So mark the date on your calendar, program your droid to remind you and get your tickets now for a homecoming more exciting than Spiderman's!

For more information and to purchase tickets please go to:

**[www.wyntercon.org](http://www.wyntercon.org)**

Don't forget to follow us on Facebook and Instagram and remember our motto...

“

**It doesn't matter what world you come from, you're welcome in ours.**





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# Park Lane support Absolute Angels and the homeless

**THE Park Lane Group has announced its continued support for an Eastbourne charity.**

By **Peter Lindsey**

**It is backing Absolute Angels with the recent funding and supply of essential items, including sleeping bags, underwear, and deodorant.**

*Absolute Angels* provide support for those who are homeless, vulnerable, or struggling on low incomes in Eastbourne and the surrounding areas.

## **Provide breakfast**

Sue McGreevy, MD of *The Park Lane Group* is pictured with Maria and Oscar of *Absolute Angels* and *Matthew 25 Mission*.

*Absolute Angels* was founded six years ago by friends Maria, Sarah and Naomi and due to the charity's success, they have now affiliated themselves with the *Matthew 25*

*Mission* to try and help even more people in need.

Every day they provide breakfast to around 60 people and lunch to 80.

Their commitment and work is provided with sincerity and care and is sadly much needed.

You can find out more about *Absolute Angels* on their Facebook at **Absolute Angels For The Homeless**.

Meanwhile, on Tuesday (August 24th), *Eastbourne Borough Council's*

planning committee approved an application from developer *Park Lane Homes* to build 49 homes at the former *Woods Cottages* site, off Langney Rise.

The site already had planning permission for 35 homes from a previous applicant, which was approved by the committee in 2019.

As well as an increase in the overall number of homes, the revised scheme is significantly different in terms of its housing mix.

# Chesters

## Chesters Lettings Agents

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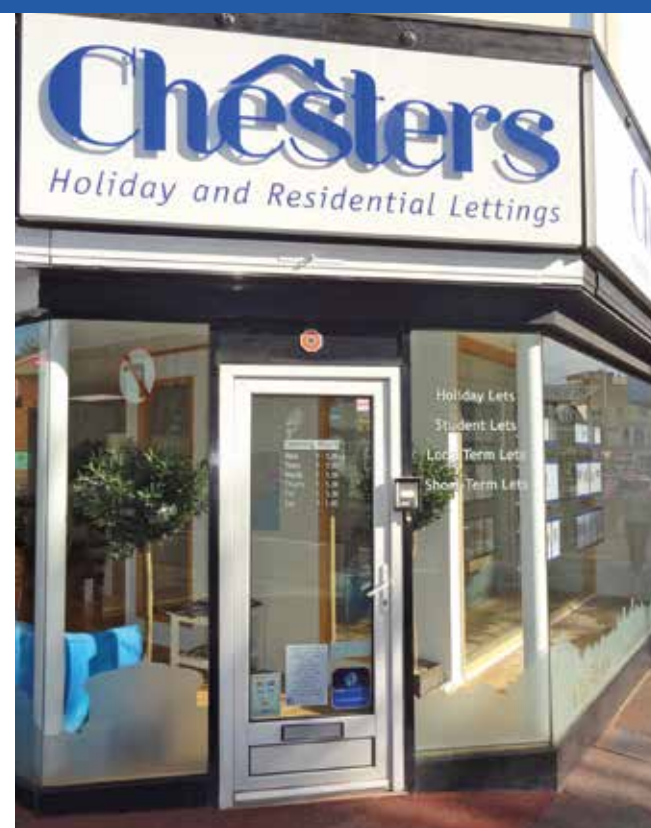
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# Why Maybugs really is that good...

**THE owners of Maybugs new store in Eastbourne were so confident we'd love their store that they invited us to make an unannounced visit and report on our experience.**

By **Gail McKay**

## First impressions

There's no doubt that what co-owners John and Greg have created in Eastbourne is stunning; The shop is simply beautiful, laid out well and full of gorgeous products. The store was very busy, but not jam-packed as we had seen the week before. They have really made so much of this beautiful old building and given it a fresh lease of

life. Plus it's dog friendly too, a big sign greets you at the door proudly stating, 'Fury friends welcome' although I'm not sure I'd try taking a horse in!

## The products

We were surprised at how many different products were available. Of course there are greeting cards, as you'd expect from a gift shop, however the range of product is huge including; Bath and Beauty, Candles, Kids Toys, Men's gifts, Jewellery, Scarves and Handbags, to all kinds of homeware,

Clocks, Mirrors, Lamps and Artificial Flowers. We were also surprised to see lots of things are made in the UK, and many in Sussex. Of course not everything is made in the UK, but what is really great is to see them supporting other local Sussex Businesses too by stocking their merchandise.

## The price

Well yes there are lots of 'stunning' expensive things available to buy (but maybe we just have expensive taste), however, we did find lots of things under £10, and many things for as little as £1. There was a real variety of prices for every budget, and the more expensive items were 'designer' or desirable brands. We did notice lots of 'opening special offers too.' The one thing that really did stand out, is everything looked of really good quality, and that it would last the test of time.

## The service

This is where Maybugs really stood out! We got a friendly hello and a wave from a lovely sales assistant as we moved through the store. We also asked several questions "where is this made?", "can you get this in other colours?" Both of which were answered knowledgeably and in a friendly manner. We did purchase a couple of items (we couldn't help ourselves,) and again a different sales assistant was chirpy and welcoming at the till. What was really nice was to get a lovely "thank you, see you soon" as we departed. Overall the team at Maybugs were warm and welcoming

but not pushy or hard selling, they just let us browse while keeping a watchful eye to see if we needed anything.

## Conclusion

Just one word needed... Fabulous!!!  
Welcome to *Eastbourne Maybugs*.





# Battle bar and leisure concept now open in The Beacon

**A NEW leisure concept, *Boom: Battle Bar*, has opened in *The Beacon*, Eastbourne, with the creation of 30 new jobs.**

By **Peter Lindsey**

**The battle bar, on the first floor of the centre, offers the chance to mix with friends and family for great food and drink, while challenging them to fun and crazy games such as Bavarian axe throwing, augmented reality darts, crazier golf and beer pong.**

## Axe throwing

James Roberts, director at The Beacon, said: "We're really excited to see *Boom: Battle Bar* now opened in *The Beacon*. It's a brand-new concept and as Covid restrictions ease and life starts to get back to normal, it's just what Eastbourne needs."

Rudra Mishra, who is running Eastbourne's *Boom: Battle Bar*, said: "The fit-out is looking fantastic and everyone here is really excited to do what we do best and see people enjoying themselves in a safe and secure environment."

"Yes, we have axe throwing, but we have strict rules around participation. We ensure that no customer is allowed to consume alcohol prior to taking part, there is a full safety run down, and a trained member of the team will always oversee the activity. There is a caged exterior around the axe lanes to keep everybody safe." Other outlets for your competitive socialising include:

## Electric darts

Interactive twist, mini games and extras.

## Crazier golf

Crazy golf with a zest of madness, including wild challenges for each hole, and in some cases, you don't even need a putter.

## Shuffleboards and beer pong

New games will be unveiled throughout the year.

*Boom: Battle Bar* has already proved a success at its sites in Norwich, Cardiff, Liverpool and Lakeside.



The decision to open in Eastbourne is part of a plan to make the concept accessible across the country.

A further 20 bars are planned for this year with further expansion plans

to nearly 100 venues within the next three years.

Bookings can now be made at: [boombattlebar.co.uk/Eastbourne](http://boombattlebar.co.uk/Eastbourne)





# Feel at home with Hallmark



CGI of Willingdon Park Manor Care Home.

**HALLMARK Care Homes is investing millions of pounds into Eastbourne with its new site off Kings Drive. Here we find out more about the forward-thinking company:**

By **Peter Lindsey**

**Community is at the heart of Hallmark Care Homes – both inside each of our 19 homes and in their wider neighbourhoods. Strong relationships are formed, laughter is actively encouraged and challenges are embraced. In fact, Hallmark recently supported the Wilf Walk, a charity walk in aid of St Wilfrid's Hospice, which brought many members of the Eastbourne community together for a local cause.**

Always seeking to add to our communities, we are pleased to announce that a handful of new Hallmark Care Homes are currently

under construction, and one – *Willingdon Park Manor Care Home* in Eastbourne – will be right on your doorstep. Due to open next summer, the 80-bed home will be set in stunning landscaped gardens, and will have a café serving delicious homemade treats, a state-of-the-art cinema, hair salon and therapy rooms. Oh, and a beautiful Victorian-style orangery.

As with our other homes, the standard of comfort and relationship-centred care will be exceptional and the happiness and safety of your loved one will be paramount.

## Residential care

When residents come to live with us, we focus on allowing them to maintain their lifestyle and independence as much as possible. We support both existing and new friendships and encourage hobbies, whether they are previous pastimes or new experiences our residents might like to try. We provide a variety of activities, including arts and crafts, games, gardening, cooking... We also arrange fun day trips – visit to the seaside, anyone?

## Nursing care

We support residents with both simple and complex nursing

needs – perhaps those who need rehabilitative care following a stroke or injury, people with physical disabilities, or those living with a long-term condition, such as Parkinson's disease, arthritis or respiratory illness. Our first-rate nursing team tailors each care plan to the individual needs of each resident to ensure the highest degree of care.

## Dementia care

With our new and well-structured 'Welcome Home' dementia care strategy, we aim to help residents feel 'at home' by fulfilling six 'senses': a sense of security, belonging, purpose, achievement, continuity and significance. How we fulfil these things will vary from resident to resident, but we've discovered that our team wearing regular clothes in the Dementia community, rather than uniforms and the implementation of a structured volunteer programme will both have a positive impact on how residents will feel more 'at home'.

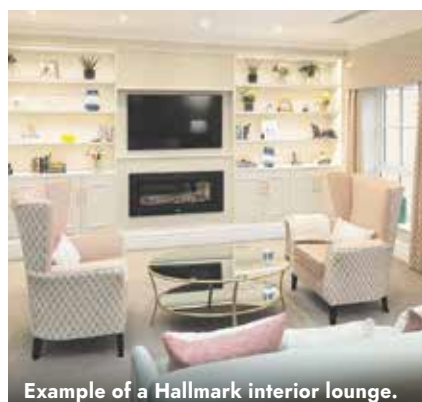
We also aim to satisfy these 'senses' for our residents' loved ones as we understand the significance of you putting your trust in us to care for your family member.

Hallmark is all about people, relationships and community. We would love to welcome you and your family into our new home.

The *Willingdon Park Manor Care Home* will be located at 282 Kings Drive, Eastbourne, East Sussex BN21 2YB. Feel free to drive past to see how its construction is coming along.

To find out more about *Hallmark Care Homes* or our new home, *Willingdon Park Manor*, visit [www.hallmarkcarehomes.co.uk](http://www.hallmarkcarehomes.co.uk).

If you have any questions, please call us on **01277 655 655** or email [willingdonparkmanor@hallmarkcarehomes.co.uk](mailto:willingdonparkmanor@hallmarkcarehomes.co.uk)



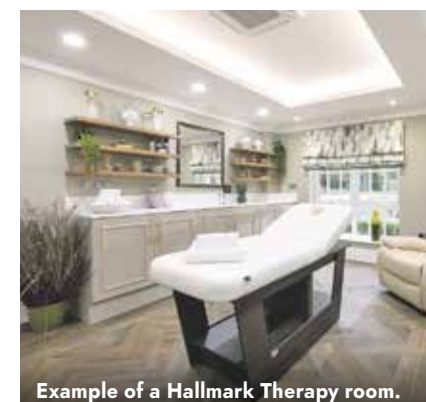
Example of a Hallmark interior lounge.



Example of a Hallmark private bedroom with ensuite.



Example of a Hallmark Cinema room.



Example of a Hallmark Therapy room.



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# Food&Drink



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# Yoku had me at Sushi

**YOKU Sushi, a taste sensation from Japan, here in Eastbourne. Japanese dining is back with a vengeance, possibly better than you imagined.**

By **Gail McKay**

**Do you have a craving for sushi? What about other Japanese cuisine? If so, there might be a place nearby that do takeout, but if you want a real, authentic experience that doesn't involve travelling half-way around the world, you'll find there is one restaurant in Eastbourne known for serving incredible Japanese food.**

The restaurants approach to food and eating is overflowing with attention to detail and unadulterated flavour.

"More customers are searching for honest, healthy foods and Japanese cuisine carries these values," says Tom, manager of *Yoku Sushi*.

"The restaurant is all about a modern interpretation of Japanese flavours. The *Yoku Sushi* menu is brimming with delectable offerings from spicy Tuna Sashimi, Salmon and Avocado Uramaki, to Spicy Pork Bulgogi and Chicken Teriyaki Don."

I would heartily recommend the chef's Signature Dragon Roll, avocado, grilled eel, Tamago and mayonnaise as well as the Korean favourite, Bulgogi, marinated meats in a lettuce wrap and chilli paste.

Tom goes on to say "Today's dining public want integrity in their restaurants and the food they eat. The Japanese have always been about perfection and integrity.

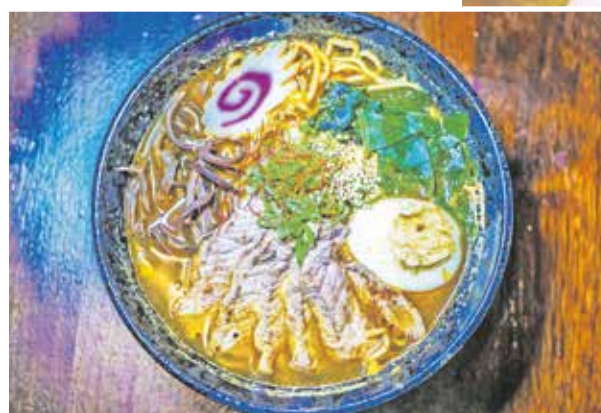
"I think all restaurant owners and chefs agree, customers have become more discerning over the years and healthy, sustainable and honest food is a must.

Diners have also become more aware and conscious of where their food is sourced. Ethical sourcing of food and using locally produced ingredients, wherever possible, is really important, making dishes that people want to eat.

If you are planning a visit, for a special occasion, or a light lunch, Tom and the team will bring you stunning, authentic, dishes that will have you returning for more.

So why not come and experience the most popular hot and cold dishes of Japanese cuisine in Eastbourne.

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**CLINIC**33



# How to control your 'state', to live your best life!

**CAN a change in diet result in a change in life? Yes, it can...**

By **Kevin Stemp**, Co-Founder of Clinic 33

**According to clinical psychologists, we constantly exist in one of two possible states of mind; resourceful or unresourceful.**

In the former, we feel like we can achieve anything. But in the latter, it is the opposite.

And while external factors such as definite ability or lack of knowledge with regards a particular task can influence these states, whether or not you spend an entire day (or even your life) in a resourceful or unresourceful state, can actually be influenced by what is on your mind and in your body.

**There are 5 key aspects which influence our state of mind:**

- **Nutrition.**
- **Physical condition.**
- **Personal relationships.**
- **Workload and environment.**
- **Finances.**

**I think, therefore I am...**

It is your present mental state that controls how you perceive and then process any situation. And this transpires into how you experience everything you do in life.

**“Like attracts like. What you think about, you bring about. What you choose to focus on expands.”**

**The domino effect: the impact of nutrition on your life**

When you eat rubbish food, after a while, you feel rubbish. In turn, your motivation and willingness to exercise starts to lower.

As a result, your body will start to release less endorphins, and won't be able to raise Dopamine or Serotonin levels.

This state then affects the stress regulation hormone, Cortisol, altogether meaning you will lack motivation and the ability to handle things effectively.

When you feel like this, it starts to radiate to others around you and your relationships will suffer.

When this is constant, you will start to drive positive forces away from you, attracting ones which mirror your current state, affecting the overall makeup of who and what is in your life.

If you're at this point then it's likely your work will also be uninspiring, which leads onto to the last point, your financial health.

Who knew that comfort food was actually causing so much discomfort?

**Getting resourceful**

Cut out the junk food. Plan your day's food, take control of your nutrition, and do not use food as a response to various emotions.



Kevin Stemp.

**“Every accomplishment starts with the decision to try. Make a start and start today.”**

Exercise. Make the time, energy makes energy.

Wake up 30 mins earlier each day and go for a walk or if you can, do some cardio based exercise. You'll feel better and less stressed throughout the day.

**Anxiety is a platform for weight gain,** use exercise to help you, to work for you, for your mind and for your body.

**If you take control of your nutritional and physical health then not only will you feel the progress, but you will see it and others will see it too, your energy will be different and people will be different with you; you will achieve more.**

You can literally put this to the test and watch the outcome. It starts with taking control and not letting your life or the story you tell yourself control you. Walk into a coffee shop with a smile on your face and a bounce in your step and you will be greeted with a smile back.

**If you control your state then you control your story and the outcome, people who focus on being happy as the goal, rarely are. Happiness is an emotional response to the outcome, control your state and live your best life!**

**My story**

Exercise has saved me time and time again, when I've been at my lowest, the most stressed and most heartbroken, exercise has always been there. When I lost my son who was 1 month old back in 2019, it was exercise and positive relationships that saved me.

Do not underestimate the importance of exercise on your physical and mental health, it cannot be replaced by any pill or purchase.

I've worked with clients who in the space of 6–9 months have gone from, a life of self-loathing and pessimism with negative relationships to, exercising, losing weight, dropping the anti-depressants, changing career and gaining positive relationships.

No one said it will be easy, but it will, be worth it!

**Support**

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# Join the One You East Sussex Stoptober challenge



**DID you know you are 4 times more likely to quit smoking for good with the help of the dedicated stop smoking service *One You East Sussex*?**

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

**Join the millions of people across the county taking on the *Stoptober* challenge.**

For those of you who don't know about the challenge we are asking you to stop smoking for the whole month of October.

If you need support with the challenge you can speak to our specialist stop smoking advisors over

the phone who will provide you with hints, tips and maybe medication to support your quit attempt.

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Cllr Carl Maynard.

## Have your say on health services for LGBTQ+ community

**MEMBERS of LGBTQ+ communities in East Sussex are being encouraged to share their views on health and care services across the county.**

By **Peter Lindsey**

**The council, working with a range of health, care and voluntary sector partners, is conducting a needs assessment for local LGBTQ+ communities.**

People are encouraged to have their say about their experiences of health, accessing local services and the impact of COVID-19 through an online survey to help improve services locally.

The survey is open to East Sussex residents (excluding Brighton and Hove) aged 16 or over who identify as LGBTQ+.

### **Input invaluable**

This may include people who identify as lesbian, gay, bisexual, queer, pansexual, asexual or any other sexual minority, or identify as trans, non-binary, gender queer, gender fluid, gender non-confirming, agender or any other gender minority, or have

a variation in sex characteristics (sometimes known as 'intersex').

Cllr Carl Maynard, lead member for *Adult Social Care and Health* at *East Sussex County Council*, said: "The input of those who use our services is invaluable to us. Hearing about the experiences of those in our LGBTQ+ communities will help us to develop our services in a way that benefits everyone.

### **Real change**

"We particularly want to hear from community members who are also part of intersectional groups as we recognise they are significantly under-represented in local engagement work. This could include communities

such as those who are LGBTQ+ with disabilities and/or neurodivergence, community members who are Black and/or People of Colour, gypsy and traveller communities, those aged over 50, and those with a variation in sex characteristics (sometimes known as 'intersex')."

The survey runs until Sunday, September 26th. To take part visit [eastsex.gov.uk/lgbtq](http://eastsex.gov.uk/lgbtq) or call **07599 101119** to arrange to complete the survey over the telephone.

Cllr Maynard added: "Similar projects in other areas have resulted in real change, such as LGBTQ+ training for GPs and the development of new and innovative services for LGBTQ+ communities.

"I encourage anyone who identifies as a member of our LGBTQ+ communities to complete the survey and help shape local services in the future."



# Celebrating wellbeing of older people

**HEALTH and Wellbeing of our older people has never been more important – especially after the Pandemic.**

By **Peter Lindsey**

**Now Interactive music sessions, day trips and lunch clubs are among a series of events to celebrate the role older people play in improving communities and the lives of local people.**

Following the easing of COVID-19 restrictions, the 14th annual *Older People's Day* programme – which

coincides with the *UN International Day of Older Persons* on October 1, will provide a mix of free and paid for in person activities and virtual events open to the 50 plus age group.

Running throughout September and October, this year's programme features activities including a day of activities at *Azur Marina Pavilion* in Hastings, music and tea at *St Saviours Church Hall* in Eastbourne, a trip to *Battle* and an information afternoon at *Trinity St John sub-Castro* in Lewes.

## Important role

Virtual events include an online quiz, a social media tutorial, a virtual paper craft morning and events to help carers take a break and connect with others.

The programme is supported by *East Sussex County Council*, *East Sussex Seniors' Association* and the *NHS*, in partnership with leisure centres, local councils, charities, community and voluntary organisations.

Cllr Carl Maynard, the county council's lead member for adult social care and health, said: "*Older People's Day* is about celebrating the important role older people play in our communities



and we are pleased to be supporting the event for the 14th year.

"I hope this year's varied programme of events and activities will help to promote an active and healthy lifestyle among our residents."

A full list of *Older People's Day* events can be found at <https://your.eastsussex.gov.uk/2021/08/25/celebrating-life-after-50/>

Event booklets will be available from libraries, council buildings and other community venues from early September.



**REFLECTING on the pandemic and one's personal experiences is so important for our own wellbeing.**

By **Peter Lindsey**

**A new art installation in Eastbourne will give residents a space to do just that.**

Councillor Steve Wallis, who was Mayor of Eastbourne when the

Covid crisis first struck the UK, felt it was important to have a permanent memorial of the turbulent and challenging times, a place for reflection on loved ones lost and the selfless support many have given to others.

Hampden Park councillors were delighted to have Elm Grove Field selected as the location for the *Tree of Reflection*.

## Extra planting

Councillor Murray said: "Hampden Park has always been the heart of Eastbourne, so we love the idea of the artwork being placed here."

# New art installation gives us a time to reflect

The sculpture is to be set in *Elm Grove Field*, which will also see some additional planting in the area in November.

Following a competition that saw several submissions from local artists, Louise Neter was commissioned. She said: "*The Tree of Reflection* is a sculptural representation of a combination of symbolic representations; the natural world; trees as the lungs of the world and as a symbol of the effect of Covid on the human lungs as one of its symptoms. *The Reflection Tree* has no leaves, symbolising a tree in winter, in rest while holding hope for change."

Funding for the installation has come from local businesses, residents and town councillors.

Councillor Murray added: "I'd like to thank all the artists that entered the competition. Sheila Hay, Cassidie Alder, Christian Funnel and Pippa Burley all produced beautiful and thoughtful designs and concepts. And many thanks to everyone who has donated to this wonderful project so far."

Fundraising is continuing to also create a video soundscape to be accessed from both the site and directly from [www.visiteastbourne.com](http://www.visiteastbourne.com)

If you would like to contribute please contact: [nicola.hubbard@eastbourne.gov.uk](mailto:nicola.hubbard@eastbourne.gov.uk)



# Property



Image from property recently sold by Crane & Co.

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# Solving the home moving 'CATCH 22'

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

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

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

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

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

## Let us explain...

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

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

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

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

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

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



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

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

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

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

## So what is the solution to this problem?

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

## THE SOLUTION

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

We have a hugely experienced team – independently rated as

one of the best estate agents in the country and all that ability and knowledge is at your disposal, so do get in touch and talk to us about your moving plans – **it could be the best move you make!**



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*“Passionate about Property”*





# 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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# Property market is still booming

**HOUSE prices continued to soar last month, despite the gradual phasing out of the government's stamp duty holiday.**

By **Peter Lindsey**

**Strong demand, low supply and cheap borrowing costs continues to support the market.**

This is great news for the property market in Eastbourne, Hailsham and surrounding areas.

The figures from Nationwide show that UK house prices growth climbed

by 11.0% in the last 12 months, up from 10.5% in July.

UK house prices are now around 13% higher than when the pandemic began, as lockdowns have driven demand for larger homes better suited for home working.

## Take advantage

In August alone, prices jumped by 2.1% – the second largest monthly gain in 15 years, defying expectations of a slowdown now that

the tax break on house purchases is being phased out.

It lifts the average house price to £248,857.

Robert Gardner, *Nationwide's* Chief Economist, said August's price rise is a surprise – and may be due to homeowners trying to take advantage of the smaller tax saving still on offer. A lack of supply is another factor.

## Substantial increase

He said: "The bounce back in August is surprising because it seemed more likely that the tapering of stamp duty relief in England at the end of June would take some of the heat out of the market. Moreover, the monthly price increase was substantial – at 2.1%, it was the second largest monthly gain in 15 years (after the 2.3% monthly rise recorded in April this year)."



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# The Arts



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Heritage Celebratory Week: 22 – 26 September 2021

[www.tidemillsproject.uk](http://www.tidemillsproject.uk)

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# Bigger better and booking fast

## The return of the dream Eastbourne pantomime

### **SLEEPING BEAUTY**

**Devonshire Park Theatre, Eastbourne**

**10th December 2021 – 9th January 2022**

By **Sharon Thompson**

**Make a date for your festive celebrations to see the favourite family pantomime, *Sleeping Beauty*, at the Devonshire Park Theatre, Eastbourne from 10th December. The team behind the last 19 Eastbourne pantomimes can't wait to whisk you away for a whimsical pantomime experience of pure escapist joy, colour and spectacle. It's bigger, better and booking fast!**

The *Eastbourne theatres* pantomime team are renown for the best show experience for audiences of all ages and this year they celebrate their 20th pantomime production packed with all the classic panto elements; the dastardly villain, a heroic Prince, of course a hapless comedy duo (guess who) and of course stunning visual effects.

Eastbourne favourites, dame **Martyn Knight** and comic **Tucker**, will be returning for their eighth time as the South's favourite comedy partnership. Martyn celebrates his 17th year as resident Dame and audiences can expect shenanigans a-plenty. The cast also includes **Carli Norris** (*EastEnders*), **Nicholas Pound** (*CATS*, *Les Misérables*) and **Rebecca Hoyle**.

**Carli Norris** makes her Eastbourne panto debut, better known for her long-running roles as Brenda Slater in *EastEnders* and Fran Rynolds in *Holby City* and Martha Kane in *Hollyoaks*.

Award-nominated Carli is a RADA trained actress who began her career in the West End as Eliza Doolittle in *Pygmalion* directed by comedy legend Ray Cooney, moving onto roles opposite stars including Prunella Scales. She has since enjoyed a long television career beginning with the title role in the ITV adaptation of Catherine Cookson's *Tilly Trotter*. She's also appeared in dramas including *Doctors*, *Agatha Raisin* and *Grafters*.

Another actor who will be making their Eastbourne panto introduction is seasoned West End actor **Nicholas Pound**, who also lives in Eastbourne! Nicholas, who moved to Eastbourne in 2016, is a professional actor/singer who has performed in theatre for over 35 years.

He has played leading roles in *Les Misérables*, *The Rocky Horror Show*, *Chess*, *Evita*, *Notre Dame de Paris* and *Man of La Mancha*, and has a long association with the role of Old Deuteronomy in Andrew Lloyd Webber's *Cats* and gone on to play numerous times in the West End and internationally.

Completing the line-up is the picture-perfect Belle, **Rebecca Hoyle**, Rebecca is an actor, singer and performer who has performed in numerous musicals including *Oklahoma!*, *Seussical the Musical* and *Slice of Saturday Night*.

Pantomime director **Chris Jordan** is delighted to have such a talented and versatile team on-board. Chris said: "We literally cannot wait to get



Eastbourne favourites, Martyn Knight and Tucker.

back to doing what we do best at the *Devonshire Park*, and that is present a truly traditional family pantomime full of colour and spectacle and this year we have so many exciting plans up our sleeves it's going to be a ball!"

Chris added: "It's great to have something so magical and fun to look forward to and what could be more wonderful than to end 2021 with a trip to the ultimate feel-great experience for all ages. We are ready to put on a fabulous show for

everyone to enjoy, and everyone certainly deserves it!"

The classic story of *Sleeping Beauty* will be presented in the traditional and slightly bonkers style that our audiences have come to love in the picture-perfect setting of the sumptuous *Devonshire Park Theatre*, with plenty of easy parking nearby and a wide range of eateries on the doorstep a trip to the Eastbourne panto is a must for a pre or post-Christmas treat.

***Sleeping Beauty*** the famed Eastbourne pantomime is at the **Devonshire Park Theatre, Eastbourne from 10th December – 9th January**. Tickets are priced from £14.50, to book call the box office on **01323 412000** or online **[eastbournetheatres.co.uk](http://eastbournetheatres.co.uk)** which now gives the option to print-tickets-at-home and choose your seat based on the views which it offers.



# November nights out

## DEVONSHIRE Park Theatre re-opens

By **Aimee Pugh**

**The grand dame of all Eastbourne Theatres, the beautiful Grade II listed The Devonshire Park re-opens this autumn with a season which promises a selection of perfect diversions from drama to chilling ghost stories.**

The doors will swing open in October with the slap-dash comedy smash-hit ***The Hound of the Baskervilles*** from 26th – 30th October followed by ***Being Mr Wickham*** from 4th – 6th November then ***The Legend of Sleepy Hollow*** from 23rd – 27th November.

All these shows are available to book at [eastbournetheatres.co.uk](http://eastbournetheatres.co.uk) or book via **01323 412000**.



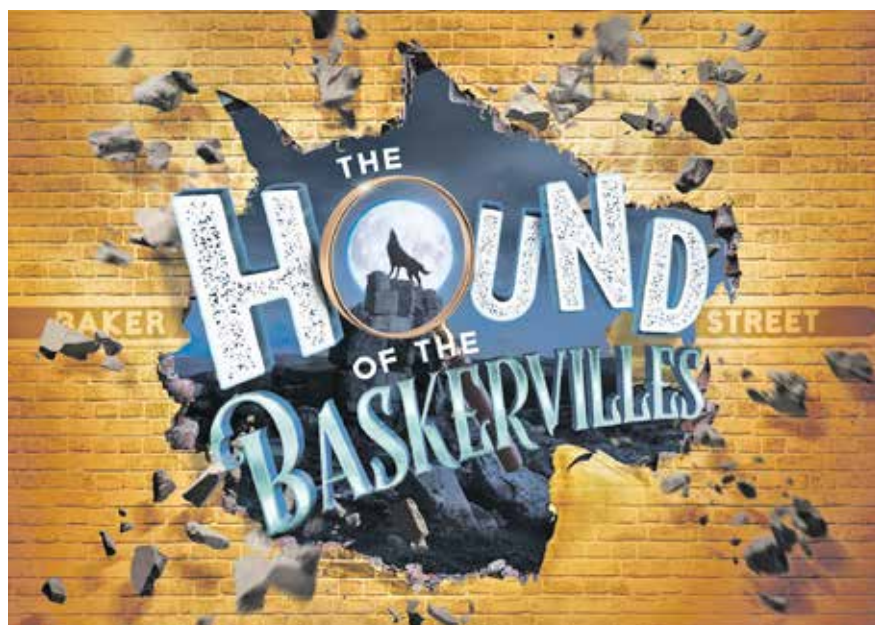
### ***Being Mr Wickham* 4th – 6th November 2021**

**Starring Adrian Lukis, this one-man show which charts the further life and times of *Pride and Prejudice*'s roguish anti-hero George Wickham.**

What happens when this rakish, debonaire man who relies on his charisma and charm to waft through life begins to grey at the

temples and start to ache and creak as the relentless march of time begins to take its toll on his revered good looks?

Written and performed by Adrian Lukis who portrayed Wickham in the iconic *BBC* adaptation this four-star rated critically acclaimed show is a perfect November night out.



### ***The Hound of the Baskervilles***

**26th – 30th October 2021**

**Three actors bring this epic cast of characters to life as in addition to their principal roles the actors will bring the entire ensemble to life in hilarious fashion.**

Audiences can expect quick fire costume changes a-plenty in Sherlock Holme's most famous case.

As the mist swirls across the moors and the eerie sound of a gigantic hound echoes across the barren landscape audience members

will be forgiven for feeling a chill down the spine... until the world-renowned detective and his faithful servant Dr Watson blunder in.

This fun-fast production is an exhilarating collision of farce, theatrical invention and wonderfully comic performances. The show is presented by Original Theatre (*Birdsong*, *The Habit of Art*) who also present *Being Mr Wickham* which plays the week after.



### ***The Legend of Sleepy Hollow***

**23rd – 27th November 2021**

**If you prefer your theatre with a little more bite *The Legend of Sleepy Hollow* will be perfect.**

Washington Irving's American gothic classic tale of the headless horseman comes to the 800 seat theatre and what could be better on a crisp November night than a trip to experience this chilling tale of horror and mystery.

*Coronation Street* legends Wendi Peters and Bill Ward lead the cast

as Ichabod Crane enters an eerie world of secrets and unsettling legends when he arrives in *Sleepy Hollow* to become the towns new schoolmaster. This new appointment is not by chance, for Crane harbours his own dark secret.

Age guidance 12+ as the anxiety levels will be ramped up in this nail-biting show.



**CHRISTMAS PANTOMIME RETURNS**

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AS BUTTONS

EASTBOURNE'S OWN  
**KATIE SANDERS**  
AS CINDERELLA

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# The Royal Hippodrome Theatre

**COMING up throughout September are some brilliant shows.**

By **Laura Sivers**

**Shows including the highly requested return of *The Circus of Horrors* (this is definitely not for the faint-hearted!!), *Luther*, *Petty Criminals* and *Lipstick On Your Collar*.**

We are also so excited to welcome Paul Potts for a charity concert where all profits will go towards Chestnut Tree House.

Below is more information about some of the amazing shows. Please visit [www.royalhippodrome.com](http://www.royalhippodrome.com) for our full listings.

## LUTHER

**Saturday 18th September 7.30pm**

The World's premier show in celebration of 'The Velvet Voice' experience all the hits from his amazing career, culminating over 40 million album sales and eight Grammy awards including many of the greatest dance anthems and love songs ever written, fronted by international *Luther Vandross* tribute Harry Cambridge and his 10-piece band.

**All Tickets £26.50**

## THROUGH THE RAIN

**A Celebration of Barry Manilow  
Friday 24th September 7.30pm**

Very Few performers have an effect on the modern pop culture that this man has. As a performer, as a writer and as a boundary breaker! With the largest fan base in the world, to do this man justice it has to be approached with the dignity and respect that he deserves. This isn't a tribute act, this is a genuine fan, paying homage to an incredible talent.

As tonight we celebrate a legend as we relive the music of *Barry Manilow*. With an incredible live band and stunning backing vocalists, this production celebrates the timeless songs and melodies of *Barry Manilow*, the man and his genius. With all of his classic hits from *Even Now*, *I Write The Songs*, *One Voice*, *Copacabana*, *Could It Be Magic*, *I Made It Through The Rain*, *Mandy* and so many more. Brought to you by Producers of *Rock For Heroes*.

**All Tickets £23**

## ROCK FOR HEROES

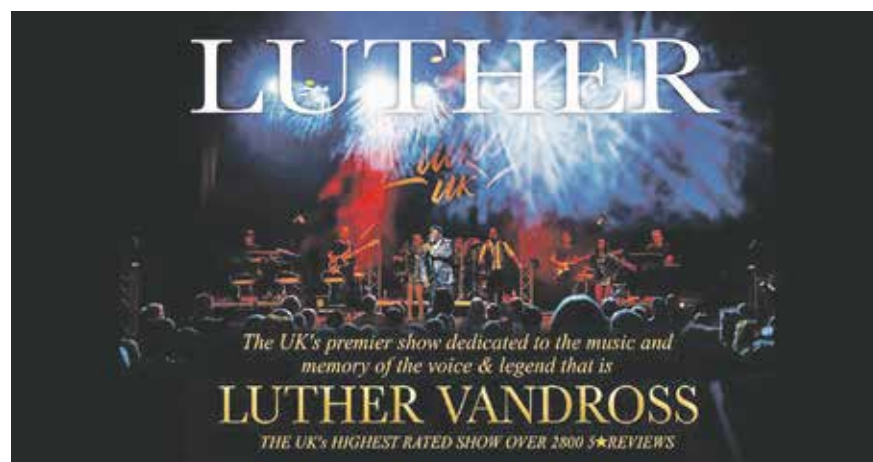
**Saturday 25th September 7.30pm**

And we're back! After what can only be described as an unprecedented year, the incredible 'Rock for Heroes' is back on the road for 2021; bringing the perfect combination of your favourite Rock songs delivered as only we can, continuing fundraising in support of the fantastic *Help for Heroes*.

We will be collecting for this amazing cause, after every show. Our aim is to raise 2.5 million (it's a long plan!!).

Performed by a full live rock band and our incredible singers, complete with brilliant personalities & hilarious comedy value this really is a night out unlike any other. With music from artists such as *Queen*, *The Eagles*, *Fleetwood Mac*, *Van Halen*, *Toto*, *Bon Jovi*, *Guns N Roses*, *AC/DC*, *Prince*, *Dire Straits* & so many more.

You won't see a bad wig here, this isn't a tribute act, this is simply paying



tribute, the way *Rock For Heroes* do it. Escape the 9 to 5 and let your hair down with the *Rock For Heroes* Family!! Book your tickets today and be part of *Rock For Heroes – Music, Laughter & A Rockin' Night Out!*

**All Tickets £23**

Thank you all for your continued support and patience during these ever-changing times and we are so pleased to be welcoming you all back to our beautiful theatre to enjoy some live entertainment.

## So... on with the show!

You can always buy your tickets 24/7 online at or, to save on booking fees, you can call the box office on **01323 80 20 20**

If you would like to take a look at our COVID-Safe policies and information about how we will keep audiences, cast and staff safe, please visit:

[www.royalhippodrome.com/covid-19-secure](http://www.royalhippodrome.com/covid-19-secure)

106–114 Seaside Road, Eastbourne BN21 3PF

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

**BOX OFFICE: 01323 80 20 20**

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The former Tide Mills village.

# LYT Productions presents The Tide Mills Project

**THE Tide Mills is being brought back to life through a creative heritage venture. Soon, it will be the subject of a celebration of life. From 20th–26th September 2021.**

By **Rachel Lucas**

**The remains of the abandoned village are part of a conservation area at Bishopstone. Key features are still visible in the area, including stables and a hospital for boys.**

The *Tide Mills Project* is a multimedia project that explores the history of the iconic site. It is presented by *LYT Productions* and is supported by several agencies.

The not-for-profit offers production services to the community. As well as running original cultural, music and heritage projects.

## History timeline

The piece and serenity of the site are indisputable. Though the area was once a beacon of activity and industry, far busier than today.

**1761–1768:** Thomas Pelham gained the right to use his land to build a mill for grinding corn. Construction took seven years.

**The 1800s:** In its heyday, the village became nearly self-sufficient and thrived. In 1883, the mill closed due to the opening railroad. The locals stayed and worked in agriculture or on the Newhaven docks.

**WW1–1920s:** The site was used as a seaplane base throughout the war. Afterwards, David Dale constructed

stables for lame horses. *The Chailey Heritage School* and *Marine Hospital* opened in 1924.

**1940–Today:** *Tide Mills Village* was declared unfit for habitation and was evacuated in 1940.

The area is now protected. The site has seen the blossoming of rare birds, butterflies, lizards and shrubs.

## Artists and projects

Augmented landscapes, created by **Art Lewry**, **Jack Beccegato** and **Gary Bruggenwrith**, will immerse you into the past and present.

**Filmspot** is depicting past lives through ghost-like characters that will be shown on screens.

The Station Masters cottage will be brought to life in a set by **Rachel Cunningham** and **Romy Loughman**. Complete with actors who will engage you in the project.

**Christian Funnell** showcases local plant life in his tidal-flow powered installation. Christian collaborated with **Hal Wheeler** on *Listening Sleepers*. A set with soundscapes to absorb you into the marine hospital. Independently Hal has created *Tide Light, Milled*.

**Guyan Porter** created the mesmerizing illusion of *Tide Mills, Waves*. He has also planned a community radio station called *Tide Wave Radio*.

**Kittie Kipper** creates ghost net woven rounds and will be weaving at the celebration.

**Alex Franklin Photography** is documenting the *Tide Mills Project*. He will produce a printed booklet as a keepsake.

**Big Egg Films** will be capturing the whole project on film as a documentary.

## Music

The talented **Sam Lee** is closing with his concert, *Singing with Waves*.

Folk singers **The Copper Family** will present a Sussex Song on Saturday 25th.

**Ellen Muriel** will lead *The Tide Mills Community Choir* through songs inspired by the project and landscape.

**Colin Chapman**, **Nigel Goss** and **The KITES** will all also be showcasing their musical talents.

**The Tide Mills Project is fun, FREE and interactive. It's not worth missing out!**

For more information, please visit: [www.tidemillsproject.uk](http://www.tidemillsproject.uk)



Scaffolding representing the tidal mill.



The Copper Family.



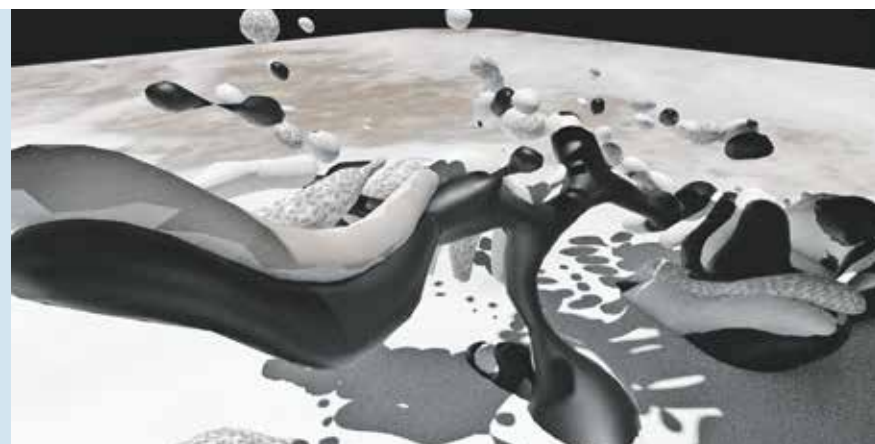
Filmspot – Chailey Heritage characters.



Members of 'Nippers' enjoy Tide Mills.



# Lucy Woodhouse Broken Water at VOLT



two brand new multimedia works for VOLT that each explore our relationships with medicine, technology and the environment.

Upstairs, a multichannel film contrasts the fluidity of the body with the push and pull of the tides, while downstairs an atmospheric sound installation uses an AI to generate ever-changing imagery.

## Devonshire Collective

VOLT is the Devonshire Collective's new gallery and project space. Established in 2016, and conceived as a social and economic regeneration project, Devonshire Collective is the umbrella organisation for VOLT, six artist studios, a makerspace and a learning space

split over three sites in the Devonshire West Ward of Eastbourne.

The *Broken Water* Exhibition runs from 2nd September until 17th October. It's open from Thursday to Sunday, 11am – 5pm.

DC Learn are working in collaboration with Lucy Woodhouse to run a free, family workshop, plaster casting on the beach. The workshop will be held on Saturday 25th September. Booking via website [www.devonshirecollective.com](http://www.devonshirecollective.com)

VOLT Gallery and Project Space is part of Devonshire Collective 67–69, Seaside Road, Eastbourne BN21 3PL

**VOLT'S next exhibition will feature a feast of new audio-visual work by Lucy Woodhouse.**

By **Gail McKay**

**Combining this with plaster and glass sculptures, Woodhouse will turn VOLT into an immersive installation that explores our relationships with the body, medicine and the environment.**

'Broken Water' opens 2nd September. Lucy Woodhouse, born in 1976 in Brighton, lives and works in London.

## Multimedia

Woodhouse works across a variety of media including online technologies, live broadcast, photography and sculpture. She often involves people from the local area and communities where she works. She has created

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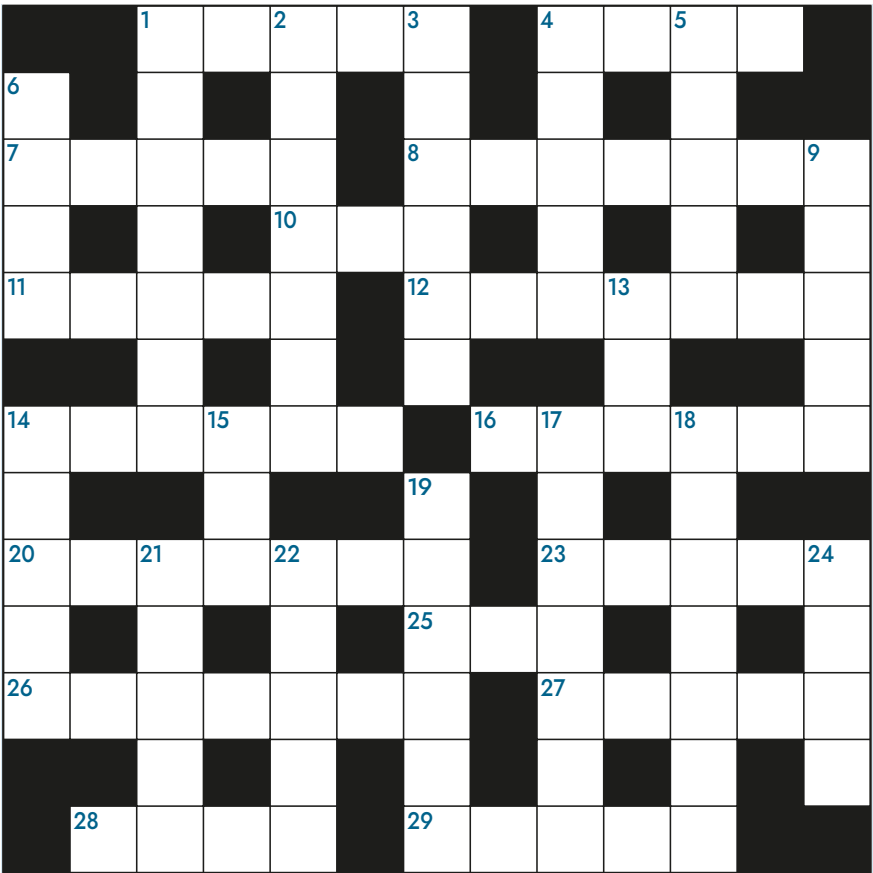
# It's just a bit of fun!

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**

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

- APPETITE  
BASKET  
BEVERAGES  
BLANKET  
BUTTER  
CAMEMBERT  
CAN OPENER  
CHEESE  
COFFEE  
COOLER  
COUNTRY AIR
- DISH  
FOLDING CHAIRS  
FRENCH BREAD  
GLASSES  
HEAT  
INSECTS  
MARGARINE  
MEAT  
MILK  
PARK  
PEPPER
- SALAD  
SANDWICHES  
SAUCES  
SAUSAGE  
SHEET  
SNACKS  
SPICES  
STRAWBERRY JAM  
TOMATOES  
WINE



## ACROSS

- 4th Month. 5
- Nice with peas. 4
- Small oval fruit, makes oil. 5
- Blasphemous curse. 7
- Tree with Die back. 3
- Crown. 5
- Mother \_\_\_\_\_. 7
- Italian ice cream. 6
- Pictures. 6
- Gift shop on page 11. 7
- False statement. 5
- Lavatory. 3
- Greek currency. 7
- Airless tyre. 5
- The\_\_\_\_\_ Alfriston, Hotel  
Inspectors new venue. 4
- \_\_\_\_\_ TV on page 7. 5

## DOWN

- Mike Leigh play, '\_\_\_\_\_'s  
Party'. 7
- To perform again. 8
- Sapphire \_\_\_\_\_ Page 1. 6
- Crest. 5
- Estate Agent, \_\_\_\_\_ & Co  
on page 40. 5
- Art Gallery, page 51. 4
- Not Spring tides. 5
- Wendy Craig's character in  
Butterflies. 3
- Played video game. 5
- Police Alert Bulletin (US). 3
- \_\_\_\_\_ Cocktail, petrol bomb. 7
- Bird innards for gravy. 7
- ITV show, Love \_\_\_\_\_. 6
- Fungus that turns sugar into  
alcohol. 5
- Theatre employee. 5
- She makes vegan bags,  
page 18. 4

## August crossword solution:

ACROSS: 1. ASPIC, 4. PIER, 7. ASTOR, 8. LASAGNE, 10. CHI, 11. RIOJA, 12. ACADEMY, 14. AUSTEN, 16. DIRECT, 20. ARBORIO, 23. APRON, 25. OWL, 26. MUSSELS, 27. IGLOO, 28. ANTS, 29. SUNUP

DOWN: 1. ACTIONS, 2. PERCALE, 3. CELIAC, 4., PASTA, 5. EAGLE, 13. DLR, 14. ALARM, 15. TWO, 17. ITALIAN, 18. EARFLAP, 19. ROOSTS, 21. BASIN, 22. REEKS, 24. NEON



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# Green and pleasant

**SEPTEMBER is here, and there's still plenty to be done while you're outside in the garden, assuming we have seen the end of this year's incessant rain. Let's all hope we can be enjoying the last of the year's warmth. If you grow fruit and vegetables then there will be all your crops to harvest which will keep you busy this month. There's plenty of work to do tidying and maintaining plants and equipment as well.**

By **Geoff Stonebanks**

**Like July, August was a disappointing month of very mixed weather, we had so many downpours and gales in Seaford that the garden started to give up. So, maybe we are set for an Indian Summer through September, we can but hope. We will certainly see the nights start to draw in before the dreaded clocks go back next month, so make the most of the month!**

## Cosmos Cupcake

Back in the Spring I ordered a range of plants online. One of those I chose was *Cosmos Cupcake*. You can see some of mine pictured in the header. They have been so successful, if a little taller than I had expected. Many

visitors have commented on them too. They are very easy to grow too. Cosmos are ideal for border designs and container growing. All of my ten plants were placed in containers and burst up through the other summer annuals planted around them. Interestingly, they have coped well with the wind and the rain too, looking great come rain, shine or drought. If you have not tried them, maybe invest in a few plants for 2022.

## National Garden Scheme

As the season draws to a close, the charity has a few gardens still to offer across Sussex. A couple you might like to visit in the area are *Knightsbridge House* in Hellingly, near Hailsham, which will open on both the 8th and 11th September. It is a delightful garden in a traditional setting with contemporary planting. It will open both days from 1pm to 4pm with entry £6. A firm favourite that opens

for the *National Trust*, *Nymans*, has a dedicated day raising funds for the scheme too on the 25th of the month. It is in Staplefield Road in Handcross and opens from 10am to 5pm with entrance £14.70. It has several rare and unusual plant collections of national importance. Both gardens allow children in free and full details can be found at [www.ngs.org.uk](http://www.ngs.org.uk)

## Garden tidy up

Towards the end of last month, we were able to get away to Dorset for a couple of weeks, the net result on our return was a very untidy garden. Mine is not the sort of plot you can ask a friend to keep an eye on for you. I set up my automatic watering system to try to keep the garden watered but it does not cover every container in the garden unfortunately. Many of my summer annuals had begun to go over before we left and have now really finished and need to be removed. This month is going to be particularly challenging as I have commissioned some work to be undertaken next month creating a large patio at the rear of the house. My task this month is dig up all the plants I want to utilise in the new arrangement and keep them safe while the work is undertaken. More on this next month.

While tidying up, it is well worth remembering that your camellias and rhododendrons are well watered at this time of year to ensure that next year's buds develop well. Lots of people complain that their buds are dry and fall off in the spring, watering now will help prevent that.

Part of your tidy up routine might include picking off rotting fruits from pear and apple trees, they will spread disease if left on the tree.

## Houseplant holiday is over

A good idea this month is to bring any houseplants that you moved outside over the summer months, back indoors, before the temperatures start to drop. I have a large collection of aeoniums, a few cacti and succulents that don't really like the cold, especially the frost. It's a pretty big job in my garden to lift them all and carry the containers back to their winter homes. I've probably got over 70 containers with aeoniums and I try and place as many as I can in the front and back porches of the house. They are such beautiful plants to look at, it always seems a shame to shut them away in the greenhouse! However, any that I can't find room for, have to spend the winter in the heated greenhouse.

As far as your indoor plants go, now is the time to start watering them less as they prepare for the colder months too.

## Forward planning

September is a great time to look forward to 2022. Maybe sit down and think about spring bulbs you'd like to have in your plot next year. Spend time looking through catalogues or searching online. It's not too early to even start planting some you may already have. Some easy examples are the good old favourites, like crocus, hyacinth and daffodils. Make the most of the remaining warmth while you can!

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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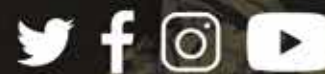


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