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Eastbourne Mencap launch
a pilot work placement program.

FESTIVE FOOD DELIGHTS

Enjoy making delicious recipes
for your family and friends.

12/21

Issue 018
December 2021

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Burnefree

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AT
MAYBUGS



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Barbers*
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Lightning Fibre
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RINK**



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Enterprise Shopping Centre

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visiteastbournetickets.co.uk/icerink

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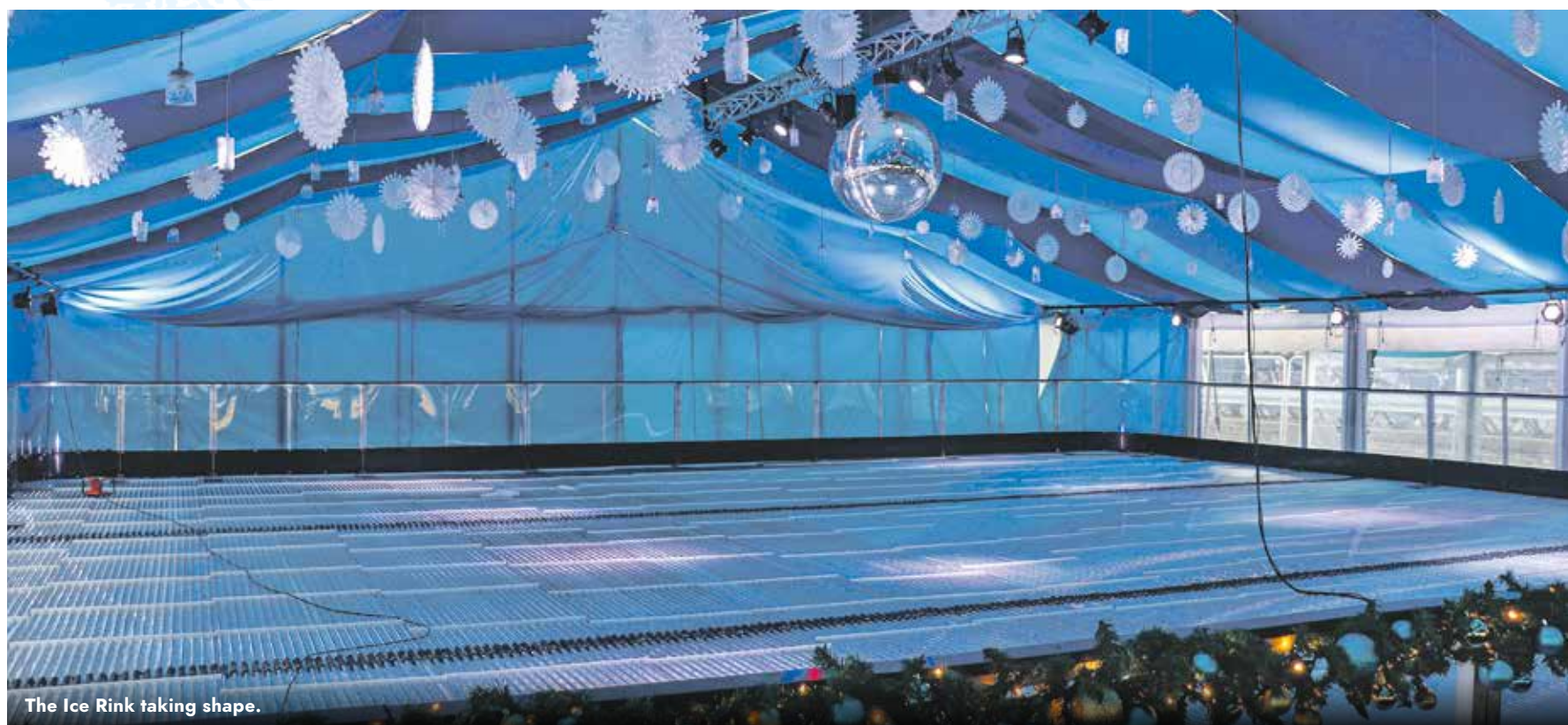
Customer service and personal relationships remain at the heart of the W. Bruford philosophy and this, combined with a unique range of bridal wear and world-renowned jewellery brands, create a complete customer experience.

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Shop online at: www.wbruford.com



The Ice Rink taking shape.

A Sunshine Coast Christmas

THE days are getting shorter, the weather is getting colder and December is right around the corner. Christmas is getting closer and closer, and what better way to get into the festive spirit than with Eastbourne's Lightning Fibre Ice Rink!

By **Robbie Lees**

Eastbourne's first real ice rink in over a decade will be opening on the 1st of December between the Enterprise Shopping Centre and Eastbourne Train Station.

Alongside the ice rink, there will be Eastbourne's *Winterland Park* which will be free to enter. *Winterland* will include 12 chalets selling a variety of Christmas goodies such as mulled wine and tasty treats, a Christmas Grotto where you and the family can meet Santa along with children's rides.

Book early!

Eastbourne's local businesses are also excited about the *Ice Rink* and *Winterland Park*. *Lightning Fibre* are the headline sponsors of the Ice Rink and have been great in supporting the build from start to finish! *Booksy* have sponsored the ice rink penguins, giving those less confident skaters a helping hand on the ice. *Booksy's* booking software is also being used for Santa's Grotto, and we encourage you book your visit to avoid disappointment on the day.

Multiple businesses have already booked a corporate night on the rink, including local building contractor *Colbran & Wingrove*, *The Eastbourne Chamber of Commerce* and *Willingdon Park Manor Care Home* who will be joining our community in 2022.

Winter Olympians

On the 4th of December, *Eastbourne Edge*, our local inline hockey team, will be hosting Eastbourne's first ever official Ice Hockey match on the rink! They will take charge of the rink for an hour at 9am to showcase Ice Hockey to the local community. During December they will also be hosting some 'Learn To Play' sessions, hoping to find Eastbourne's next winter Olympians!

As well as the *Ice Rink* and *Winterland Park*, Eastbourne will have its own Christmas Market from the 16th to the 19th of December. It will be hosted on Terminus Road, from banker's corner all the way down to the opposite end of *The Beacon*. The market will have a great selection of food & drink, local traders and will be joined by *The Hive* events stage. *The Hive* will host a variety of local music artist and buskers, keeping us warm during the cold weather.

Eastbourne will also host the UK's first outdoor interactive Christmas tree. Fully mapped, this 6.5m tree will dazzle those young and old and include Christmas messages from friends and families far and wide. The tree will take pride of place at Bankers Corner surrounded by other businesses who are competing in town to win Eastbourne's inaugural "Best Christmas Window" competition 2021 and a cash prize of £750.

It's a cracker

And what about those shopaholics? This year the *Eastbourne Cracker of A Christmas* returns with shoppers able to redeem their receipts for a free raffle ticket to win a bundle of prizes including a Flat Screen TV from Leo Leisure, tickets to the Panto and £100 of shopping vouchers. Simply bring your receipts from any shop, bar, cafe or restaurant that you have spent in the town centre (BID area) from the 1st Dec to 24th Dec to the ice rink for your chance to enter!

Stephen Holt, Chief Executive of *Your Eastbourne BID*, said "We are over the moon with the reception that Eastbourne's Christmas activities have received so far, and I want to say a huge thank you to all our partners.

This is a local team, everyone who is delivering the project is from Eastbourne and we want you to have a great time in the town we love!"

Love Local, Shop Local

"We all know how important Christmas is to families but for businesses a good Christmas can really help them too! So, that is why it is so important that people show their support to their local high street by shopping locally. Don't help *Amazon* launch a rocket into space – help our town launch itself into 2022. Remember – Love Local, Shop Local"

For further information visit www.eastbournechristmas.com and to book a ticket for the ice rink visit www.visiteastbournetickets.co.uk/icerink. Visitors can also get tickets in person from the ice rink, the Bandstand, the *Welcome Building* in Eastbourne or the *Tourist Information Centre* in Seaford.

Eastbourne's Christmas activities have been brought to you by Your Eastbourne BID, Visit Eastbourne, Lightning Fibre and the Enterprise Shopping Centre. It has been co-funded by the European Regional Development Fund via the Welcome Back Fund.

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



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Our next edition will be distributed from January 4th. Make sure you are a part of it.

custard
 DESIGN MARKETING PRINT

ignite
 PR & Engagement

What a year it has been at Bournefree

SO, we have reached our December edition already! It doesn't seem possible after what has been a challenging 2021 for everyone.

By **Peter Lindsey**

But we have got there – we have arrived at the festive period and here at *Bournefree* we can look back on what has been a year of rapid growth and development.

And what's more, we have some big plans for 2022.

First, we are pleased with the community engagement now in our monthly *Bournefree* magazine.

We have some great distribution outlets – and we thank each and every one of them for stocking the magazine. We make sure that every month 99 per cent of copies are picked up by the public.

Our list of advertisers – and indeed our revenue – continues to grow, which again is very pleasing indeed.

It's not easy out there, as other publishers will tell you, but our market share grows each month.

We were particularly pleased to publish a Christmas full colour glossy, which attracted the likes of *Boom Battle Bar*, *The Beacon*, *The Lansdowne Hotel* and *W. Bruford*.

Our plans do include more colour magazines in 2022.

Social media

Online growth is key to any publishing business, and we were fortunate that Lockdown did enable us to build the audience.

Our website **bournefreelive.co.uk** now attracts more than 80,000 people each month – and we update between 8 and 10 stories EVERY day of the week.

That then transfers onto our social media, including our incredibly popular *Facebook* page.

One story alone last Sunday was read by more than 30,000 people – a glowing example of our growing reach.

So, what for 2022?

Well, we want to become more community focused than ever.

We want to support community events and be involved where it matters.

We would like to increase our distribution further but that can only be done if the revenue goes up at the same time to cover the added costs.

And we want to see our website grow as well.

Our January edition will be out on the streets early in the New Year, and until then we want to say a big Thank You to everyone who has supported *Bournefree* over the past 12 months.

Happy Christmas to you all and a very merry New Year.

Let's hope for a happy and relatively Covid-free 2022!

Bournefree

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

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

Email: pete@bournefreemag.co.uk

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

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

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

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

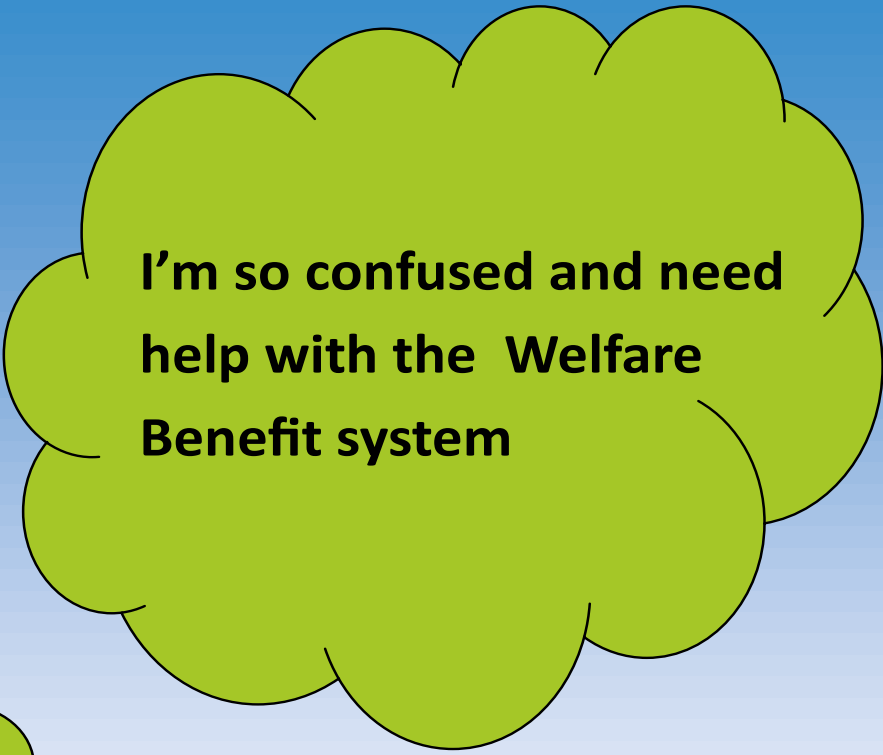
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**These debts
just keep
mounting up**



**I'm so confused and need
help with the Welfare
Benefit system**



**How am I
going to feed
the family ?**



**Is this
you ?**

you?

Call in for a free coffee and have a chat with one of our experienced team who can point you in the right direction - absolutely no pressure, just clear straight forward advice to make life easier.

Available in Langney at : St Richards Church Centre, Langney Community Centre

Willingdon area : Gateway Church & Willingdon Trees Community Centre

Town centre : All Souls Church & St Saviours Church

Advice is not available at St Lukes Church or St Elisabeths Church but there is food a very friendly welcome and a time to chat

www.eastbourne.foodbank.org.uk/locations

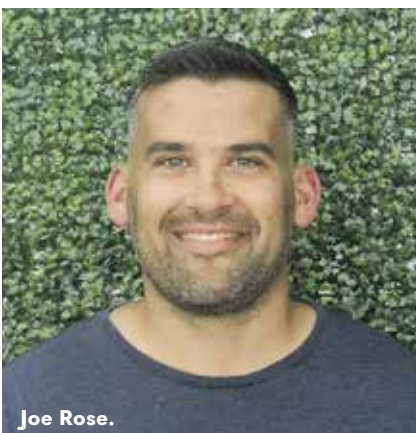


Purevo Hygiene – Working to create a sustainable Eastbourne

ESTABLISHED in 2018, *Purevo* and *Purevo Hygiene* are two brands owned and operated by Joe Rose in Eastbourne. *Purevo* initially started importing an innovative plastic free cleaning range called *Evie Blue*, the range is distributed across UK & Ireland to distributors that sell the products to SME's, hotels, restaurants and offices.

By **Peter Lindsey**

Also working with brands to improve their environmental impact *Purevo* has now been involved with reducing the plastic output of all their customers by over 27 tons per annum, a huge positive impact on the environment.



Joe Rose.

Purevo Hygiene was started October 2019 to become the local sales/wholesale operation of *Purevo* to provide customers across Sussex and beyond with the broadest range of sustainable cleaning and hygiene solutions in the UK.

Purevo Hygiene not only distributes the compostable *Evie Blue* range imported by *Purevo*, but also supplies a vast range of probiotic cleaners, bamboo toilet roll and various other solutions to the circular economy. As Joe Rose Managing Director says "The goal with both of our businesses is to have the greatest environmental impact we can, whilst also making our customers lives easier through technology and innovation. We have already helped various national customers and liquid manufacturers become more sustainable through the innovative products we offer. Our focus for 2021/22 is to make the greatest impact we can on our home town of Eastbourne and the wider Sussex area."

Based on Firle Road near the centre of Eastbourne, *Purevo Hygiene* is the only remaining cleaning wholesaler in the town, offering collections and even same day delivery on in stock items ordered before 12 noon, providing flexibility to its customers to order only when products are required.

With customers such as *Best Western*, *Vauxhall*, *British Land*, *Facebook* and many more *Purevo Hygiene* is working hard to grow more of a presence in Eastbourne and help the local economy become more sympathetic to the environment.

A perfect example of working with a customer to create a sustainable future is the work done with *Consult Cleaning* based in Alfriston covering Sussex, Managing Director Gavin Galloway had this to say "Joe and the team at *Purevo* have helped *Consult Cleaning* and its clients move to a fully circular economy with our cleaning operations. With operations and sites across London and

Sussex and key customers such as the *National Trust* in the county, *Consult Cleaning* can improve its customers environmental impact by using circular economy solutions from *Purevo*. We look forward to working across more sites in 2022 with the team".

Purevo also offers recycling services for hard to recycle products such as medicinal blister packs, PPE and other mixed plastics — a unique service in the town.

If you're interested in making your business sustainable whilst also saving time and money drop the team at *Purevo* an email at: info@purevo.co.uk or visit www.purevo-hygiene.com



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Rebecca Hoyle
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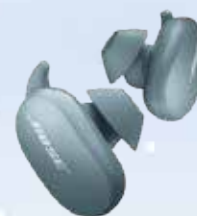
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Brew Monday



SAMARITANS are turning Blue Monday into Brew Monday and helping people connect over a cuppa.

By **Sonia Caprari Dabbs**
Deputy Director of Branch Marketing

Brew Monday is a Samaritans takeover of 'Blue Monday' – the third Monday in January, which is often dubbed 'the most difficult day of the year' (although there's no scientific evidence to back this up).

At Eastbourne & District Samaritans we know there's no such thing as 'Blue Monday' and that feeling low isn't just reserved for Mondays or a random day in January. So, we're saying out with the blue and in with the brew!

The Samaritans are encouraging people to reach out to a friend, family member or colleague for "a cuppa and a catch-up" in participating cafes across Eastbourne, Hailsham and Seaford.

The message is that really listening to another person could help them work through what's on their mind.

To help people connect and talk about their worries and concerns, Eastbourne & District Samaritans are encouraging cafes and eateries to sign up to become supporters of Brew Monday before 23rd December, 2021, because now more than ever, sharing a cuppa is more than a drink – it's about reaching out, checking in and staying connected.

For those that want to get involved, visit the Samaritans website: www.samaritans.org/eastbourne where you can get early access to the 2-4-1 drinks voucher and a list of participants by signing up to our newsletter.

For more details and to sign up email: brewmonday@eastbournesamaritans.org or visit our website at: www.samaritans.org/eastbourne

The Samaritans is a charity with 201 local branches across the UK and Ireland and, in 2020, more than 20,000 people volunteered their time spending over one million hours answering calls for help via our unique 24-hour listening service, email, letter, face to face and through our Welsh language service.

Eastbourne Samaritans began in February 1965, in rented rooms in Christ Church, Seaside.

The branch moved to Terminus Road, at the start of the seventies and then to Susan's Road. In 1992 due to the generosity of a benefactor, the Branch moved to its present home, The Haven in Bolton Road.

Branch Stats: In 2020 the branch answered 16456 inbound calls, 5110 hours on calls. 107 outbound calls and 2956 emails with approximately 70 – 100 volunteers a 30% reduction of volunteers during the pandemic.

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



SAMARITANS

Eastbourne & District

#BrewMonday

Registered Charity No 1170508

Support the Samaritans by signing up your café or restaurant to help on...

BREW MONDAY - Cuppa and a Catch-up Monday 17 January 2022

Sign up and you'll be helping people to reach out and connect on the third Monday of January sometimes referred to as "BLUE MONDAY."

As a **SUPPORTER** you'll benefit from free advertising in our Brew Monday features in local newspapers where a 2-4-1 voucher will be printed. AND, listen out on local radio & social media!

Out with the BLUE ... and in with the BREW!

BREW MONDAY is all about encouraging people to meet up **SHARE A CUPPA and Catch-up** with a friend at participating eateries where they will be able to use their **BREW MONDAY VOUCHER!**

For more information on how to Sign Up your business or where to get a 2-4-1 Voucher, visit our website

samaritans.org/eastbourne

or email: brewmonday@eastbournesamaritans.org

Follow us: @EastbourneSams



JESTERS

SPORTS & MUSIC BAR

What's on in December

03/12/21	Bedraggled	11/12/21	Unihorn	19/12/21	I and V Karaoke
04/12/21	DJ Vish	12/12/21	Twilite Karaoke	21/12/21	Jacob World and Mental Health Pub Quiz
05/12/12	Twilite Karaoke	17/12/21	Stereo Kings	28/12/21	Jesters Xmas Pool Comp
10/12/21	Oasis Tribute Band	18/12/21	Owen Donovan	31/12/21	New Years Eve Party with DJ Jelly Funk



SUNDAY KARAOKE NIGHTS

5th November 2021	13th March 2022
28th November 2021	27th March 2022
12th December 2021	17th April 2022
19th December 2021	1st May 2022
16th January 2022	22nd May 2022
30th January 2022	12th June 2022
13th February 2022	10th July 2022
27th February 2022	24th July 2022

FREE ENTRY 6 - 10pm

DRINK DEALS  **CASH PRIZES**

COME AND BE A LEGEND !



FOOD AND DRINKS DEALS

Monday	£6 pint and burger meal £9 pizza and pint £9 wrap meal and pint
Tuesday	Buy one get one free pizza Buy on get one free cocktails £6 pint and burger meal £9 pizza and pint £9 wrap meal and pint FREE Pool games all day
Wednesday	Buy one get one half price main meals £6 pint and burger meal £9 pizza and pint £9 wrap meal and pin
Sunday	FREE Pool games all day Watch out for Our All day breakfast and Beautiful Roast Specials
Every Day	2 bottles of Beer £5 - Jugs of beer £17



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Adele tribute singer performs for charity



Helen Ward-Jackson

EASTBOURNE'S amazing Adele tribute singer Helen Ward-Jackson is absolutely thrilled to be starring in a pub's charity fundraiser.

By **Peter Lindsey**

She is appearing at the Rodmill – opposite the DGH – on Sunday December 12th between 1pm and 4pm.

All money raised will be go to *Macmillan Cancer Support* and *SASBAH* (Sussex Association for Spina Bifida and Hydrocephalus).

SASBAH CEO Rom Sanglaji said: "Both Helen and The Rodmill are great supporters of our charity, and

we are delighted that we are one of the beneficiaries.

"Helen is just amazing as an Adele tribute singer and she is so kind to perform in support of us.

"Julie, the manager of *The Rodmill*, has also been a real supporter of *SASBAH*, for which we are all very grateful.

"Both charities do such worthwhile work for the community and we urge

people to come along for what will be a great afternoon."

Macmillan Cancer Support also has a great following in the local community, providing much needed support for people and their families affected by cancer.

The Rodmill is a great supporter of community projects.

Entry is FREE with a charity raffle.



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unsung heroes of this billion-pound industry are the local host families. They provide a really critical part of the student's experience. *British Council* research showed that the issue that international students rate as the most important is where they live: put simply, if they don't feel happy where they live, nothing else really matters.

"Not only are the host families providing a comfortable and friendly home for students who may be experiencing culture shock and homesickness, they are also unofficial ambassadors for the UK," said Mark. "The families show our students the history and culture of East Sussex, and allow international students to see what makes the UK tick from living within a local family.

"Many of the long-term international students are from quite wealthy families and they are aspirational about their own careers — so when they return home and move into employment, they keep their fond attachment to East Sussex and bring great 'soft power' to the UK whether by doing business with East Sussex or by promoting the UK and bringing family and friends back for holidays.

"We believe that our students also give something in return by providing diversity and vibrancy to the local communities — and through giving local families an opportunity to learn about their country and culture. Sometimes even a holiday back to the student's home country!

"One of our experienced hosts, Davina said, 'It's a lovely experience. You get to know the students really well and it's exciting talking to them about where they come from and their culture. I highly recommend being a host as you get so much out of it.'"

Mark concluded, "It's lovely to hear the feedback from our hosts without whom the UK would be £26bn worse off!"

If you are interested in talking to *East Sussex College* about being a host family contact, please reach out to: accommodation.esbnandhst@escg.ac.uk

The 'Unsung Heroes' of a multi-billion-pound industry

MOST people who live locally will be aware of the normally large number of overseas students who enjoy our hospitality and beautiful, historic towns, either in the summer or year-round.

By **Peter Lindsey**

But not so many people will be aware of their economic contribution to the UK.

A recent piece of research published in *The Guardian* said one year's intake of international students at UK universities is worth £390 for every person in the UK and that just ten international students will contribute £1m to the UK economy during a three-year degree.

When the additional students from colleges and language schools are added, this makes the UK's international education industry worth well over £26bn.

Despite the pandemic limiting global travel, *East Sussex College* has continued to recruit students from a wide range of countries.

Economic boost

International director, Mark Allen, explained how it all works and the critical role of the network of local host families and businesses.

"We've been delivering programmes to overseas learners in Hastings, Eastbourne and Lewes for 30 years and in that time we've seen a lot of changes. But one thing that hasn't changed, is the appeal of East Sussex and the welcome our students get in the towns. People in Hastings, Eastbourne and Lewes have been welcoming overseas students for many years and are familiar with

the economic boost the towns get especially in the summer.

"When I first started in Lewes back in 1996 it was English language courses that were growing. Sadly, that has declined now due to the pandemic, but we have been surprised at the tenacity of students to come even during the pandemic for other types of programmes. We've seen a growth in students who want an 'academic gap year' experience. They come and join academic and vocational courses before returning to complete education in their home country which reflects the increasing level of English ability in many countries.

"We also have students who come to us for a two-year course before moving to a UK university — some of these will study in the UK for five or six years before returning home having contributed a six-figure sum to the UK economy through tuition fees, host family payments, and through using local services such as food outlets, taxis and hotels for family visits.

Ambassadors

"I'm very lucky to have a very experienced team and our College has a very inclusive ethos but the



College teams up with world-renowned architectural artist

TO launch 'My Town' art competition for second time.

By **Peter Lindsey**

The highly regarded competition is once again in collaboration with world-renowned architectural artist, Stephen Wiltshire MBE.

Much like the previous year, the 'My Town' competition theme revolves around local architectural views, buildings, favourite places or landmarks from the towns of Lewes, Eastbourne or Hastings.

This year's competition is open to our current students and students from partner schools in Lewes, Eastbourne and Hastings. Submissions will be split into three age categories of 11–13, 14–16 and 17–19.

Published artwork

The competition gives students the chance to have their work published in the local press. All you need to do to enter is create a sketch, drawing or illustration in pen, pencil, or ink. The

medium should be paper, a sheet no bigger than A2 (420mm x 594mm, 16.53 x 23.39 inches), in a style like Stephen Wiltshire – preferably inspired from memory.

Should your submission be selected as a winner of the competition you will have the opportunity to meet Stephen at his gallery in London with lunch and travel paid for. The three winners from each category will receive a £100 gift voucher and the three runners up from each category will receive a £50 voucher. The winning prizes will also give six lucky students the opportunity to receive a signed copy of his book and a copy of a signed Stephen Wiltshire print.

Art to be proud of

Upon the launch of the 'My Town' art competition, Stephen said, "I'm teaming up with the college to relaunch this unique competition. This is a great way for young people to develop their creativity over the next few weeks and for them to hopefully produce a piece of art that they can be proud of."

Entries should be submitted via email to nigel.ryan@escg.ac.uk by 5pm on Monday 24th January.

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15. Mistletoe Christmas Decoration x4
16. Powder Mustard Gloves x25
17. The English Soap Company Christmas Reindeer Soap Bar x6
18. William Morris Screw Top Drinks Bottle x12
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ALL MANNER OF LOVELY THINGS
This Christmas

TechResort is back in Seaside

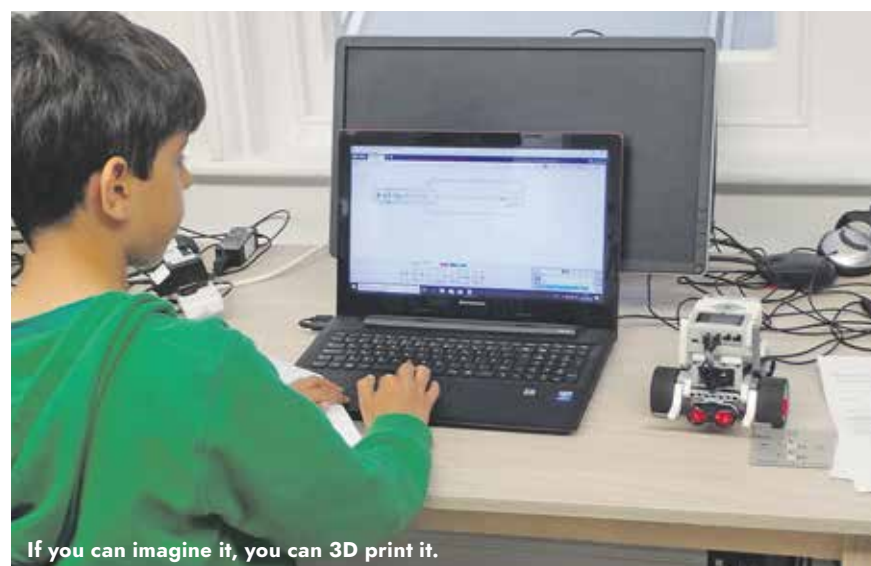
THE digital skills outfit *TechResort* is putting the finishing touches to its new premises on Cavendish Place, ahead of opening in January.

By **Will Callaghan**

A wide variety of affordable sessions are planned. Families will enjoy an 'introduction to Lego Robots' with programmable Mindstorms gear. Teens and adults can find out how to use 3D printers, and make digital images from vintage film cameras.

New events are being added all the time, so visit techresort.org/events for the latest. Also ideas for sessions are very welcome!

TechResort has been sharing digital skills in Eastbourne since 2013. They've started code clubs for young people around the town, the latest at *Cavendish School* in Old Town. During lockdown, the group 3D printed protective face visors, and provided refurbished laptops to those in need.



For the last couple of years, *TechResort* has been based at the Eastbourne campus of *East Sussex College*. It was a great base, but the group really wanted a shop front in the middle of town so they could help more people. They previously had premises on Marine Road, so Seaside was the best place to start looking for a new home.

One of *TechResort's* founders, Will Callaghan, explains: "Many people in Eastbourne lack the skills, kit and confidence to get online. The

lockdown made life very difficult for them. Our new base will enable us to do a lot more."

Activities are either free or low cost, so as many people as possible can attend. *TechResort* receives no government funding, and raises money from grants, consultancy work and donations from people and businesses.

To find out more, visit their website at www.techresort.org or drop in to *TechResort's* base from early January – **23A Cavendish Place BN21 3EJ**.



DOVECOTE Garden at West Dean opens its doors for the Advent Weekend Market on Saturday 11th and Sunday 12th December from 10am to 4pm.

By **Peter Lindsey**

Mouth-watering cakes and savouries in the Farrowing Barn from the *All Saints Church* team as well as fresh coffee and tea and home-made soup.

Long Man Brewery from Litlington will be here for the weekend with their Beers and Ales using barley from the valley.

This year the old Georgian Barn is home to over 20 artisan makers and artists who will have stalls with great gifts for those hard to buy for family and friends.

West Dean Advent Market weekend has all the Season's good things

In the Ox Yard there is a huge Christmas tree, a log fired brazier to sit around and a Plantsman with wreaths and Christmas plants.

West Dean Farm grown and local Christmas trees as well as wood gifts are all to be found from the woodman's shed by the Ox feeding troughs.

Raystede Centre for Animal Welfare is the Charity for this year and next and *West Dean Church* has a tombola to visit in the Barn.

There is **FREE** parking in the field opposite the church and entrance to this fantastic event is also **FREE**.

Dogs are welcome on a short lead. WC facilities are in the car park.

Contact: Julian Martyr at Dovecote Garden West Dean, East Sussex BN25 4AL

Tel: **01323 870323**
info@dovecotegarden.co.uk
www.dovecotegarden.co.uk

New Leaf Café is now open

EASTBOURNE Mencap have launched a pilot work placement program at Leaf Hall Community Arts Centre, for people with learning disabilities.

By **Peter Lindsey**

The New Leaf Café will teach people catering skills under the experienced Clare Hackney-Ring, formally of Community Stuff.

It is part of an ambitious plan to develop a social enterprise to enable adults with a learning disability to gain experience in

a working environment. Whilst learning valuable knowledge and skills that they will hopefully use in everyday life.

Initially this cutting edge new venture, will involve service users from the *Hive Day Centre* just around the corner from the *Community Centre*.

Domenico Della Valle, manager of the *Hive*, is very excited about the programme: "We are very lucky to



roll out this type of programme, by offering training opportunity in a real environment, its ripple effect allows us to tackle social problems, improve people's life chances, provide training and employment breaks for those furthest from the market and support local communities."

People will be involved in all aspects of café life, in menu planning, food preparation, waiting at tables and also customer service.

Eastbourne Mayor Pat Rodohan and his wife launched the exciting new venture at *Leaf Hall* on Thursday 25th November.

The New Leaf Café will then be open every Thursday with Mencap Clients serving a delicious 2 course lunch for £4.50.

We hope you will want to support this great new project.

Booking is essential. Please e-mail: dom@eastbournemencap.org.uk or ring or text Clare on **07902 214809** to book your table.

**eastbourne
mencap**



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Visit the amazing Santa's Grotto at Sharnfold Farm

IT'S a fabulous Christmas experience at the visitor attraction situated on Hailsham Road at Stone Cross – and it runs until December 23rd.

By **Peter Lindsey**

This is what is on offer:

- **Meet the Elves.**
- **Watch a short film.**
- **Walk through the winter forest.**
- **Elves workshops.**
- **Meet Santa.**
- **Collect a real Christmas tree.**
- **And decorate the tree.**

Donna Bull, from owner *Kent Entertainments Limited*, said it's going to be exciting at *Sharnfold Farm* this Christmas.

She said: "We are determined to put a smile on people's faces this festive season after what has been a very tough 18 months for everyone.

"Christmas is a lovely time of year, and we are inviting the public to join us at our beautiful Santa's Grotto.

"This is no usual Santa's Grotto; it is very special, and we know that young people and their families will absolutely love it.

"We have created a special festive Christmas area on the farm complete with our Elves and the chance to meet Santa of course.

"The short film is naturally very festive too and our Elves workshops are there to both educate and entertain.

"Everyone will also get a Christmas tree with the chance to decorate it as well.

"We have put a great deal of time and effort to develop this fantastic Christmas experience. Please come and join us."

The cost is £15 per child. To book, go to: www.bookfatherchristmas.co.uk/sharnfold



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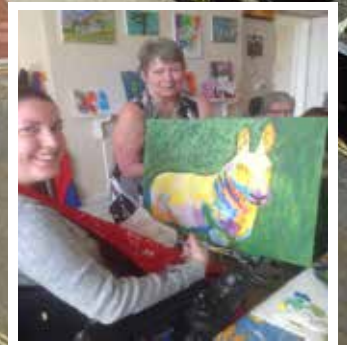


The Chaseley Trust

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

www.chaseley.org.uk



The Chaseley Trust is a Registered Charity. Registration Number: 1090579. Registered with the Care Quality Commission.



Chaseley says a very big Thank You

WHILST 2021 saw continued lock downs and strict restrictions on life at Chaseley, residents, their loved ones, staff and volunteers have all remained positive and built a stronger Chaseley family.

By **Jodie Cornford**

There have been many positives throughout the year, and we wanted to focus on these as the year comes to an end.

Firstly, we want to thank our staff and volunteer team who have worked tirelessly to ensure the health, safety and well-being of our residents has been maintained throughout. Their hard work has been recognised nationally; winning the *Best Independent Charity Owned Care Home Award* in the South East and our Well-Being Team placed in the top 5 Activity teams across the country.

Secondly, thank you to our residents and their loved ones for their continued understanding, kindness and support throughout the year. We recognise 2021 did not go as we had all hoped, but you have all embraced the year for what it was, and it was so lovely to be able to have afternoon tea with you all in our gardens as the Summer ended.

Thirdly, thank you to all our supporters who have helped to raise a wonderful amount of money for Chaseley across the year. We held a successful virtual balloon race, Superheroes took to the streets of Eastbourne and Hastings and residents sold their artwork at Eastbourne's *Vintage Festival*.

We have received some wonderful monetary and gift donations from a variety of individuals, including the amazing £10k donation towards our *75th Anniversary Appeal*, as well as a whole host of raffle prizes and garden items.

We have had great support from *Concord BNI*, who chose Chaseley as their chapter's charity for the year, *Heringtons*, the *Enterprise Centre, Bournefree*, *Eastbourne Lottery players* and *Amazon on-line shoppers*.

Finally, thank you to all the Trusts & Foundations who have supported Chaseley with a variety of grants; *The Froggnal Trust*, *The Girdlers Company Charitable Trust*, *The Rowan Bentall Charitable Trust*, *Arnold Clarke*, *The Ofenheim Charitable Trust*, *The Percy Bilton Foundation*, *Catherine Cookson Charitable Trust* and *The Queen Mary's Roehampton Trust*.

Thank you to everyone who has supported Chaseley throughout 2021 and we look forward to seeing you all in 2022.



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Safety from Scammers

PEOPLE wanting to steal your information, money, or lifestyle are getting smarter and sneakier. Never fall for scammers tricks again.

By **Rachel Lucas**

Technology is amazing. We can see what loved ones are doing, watch the news and do the weekly shop. Though, not everyone is using the web for good.

Emails

Emails are perfect for business and talking to anyone. But sometimes, scammers can get ahold of your email address. If you ever see an unknown



email address, a third party may be sneaking. Research thoroughly and make sure you can trust the sender before you click open. We have all heard of the “foreign prince” scam, but any unfamiliar email can pose a threat. Keep your wits, and don’t take any risks.

Texts and calls

Furthermore, ignore texts from unknown numbers. Some scammers include links, but you should never press them. If you are sure that the connection is safe, still search for the website in your browser yourself. This step lowers your risk of hidden viruses or the like. Everyone has been on their phones during the pandemic, and scammers are taking advantage. Keep yourself and your information safe.

Anyone

But you have heard this a thousand times before. “It can’t happen to me, right?”.

Well, unfortunately, it could.

Scammers hunt for the vulnerable. These people may be elderly, lonely, stressed or naturally trusting. Although overconfidence too can be a downfall. Educating yourself is the best way to stay secure and careful. Make sure to triple-check everything because it is better to be safe than sorry.

Here are our top tips for staying safe and keeping tricksters away.

1. Be alert to the fact that scams exist. Never ignore the fact that there are people out trying to trick you. Constantly educate yourself on the latest scamming methods.

2. Beware of requests for your details or money. Never send money or give credit card details, online account details or copies of personal documents to anyone online. Block and report them and keep your details protected.

3. Choose your passwords carefully. Strong passwords include a mix of upper and lower case letters, numbers and symbols. Do not use the same password for every account, and do not share your passwords with anyone.


4. Keep your details secure. Like you should shred official documents to keep them private, keep your passwords and PINs safe by keeping them secret. Be careful about how much personal information you share on social media sites.

5. Know who is talking to you. Do your research. Use google image to verify any photo attachments. Also, if an email comes from a friend, but it seems out of character, call them up to check if it was them who sent it.

6. Never open suspicious texts or pop-up windows. They are scams or viruses waiting for you to click. Remember, if it looks too good to be true, it probably is.

“

Scams rocket by 33% during the pandemic.



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Ladies show us all how it should be done

ON November 3rd, 1971, a new Club was Chartered. Now it's celebrated its 50th birthday.

By **Peter Lindsey**

***Polegate and Willingdon Rotary Club* was very successful, but the wives wanted to have their own club.**

Hailsham Inner Wheel Club was just a bit too far away for the ladies to join, but with the help of *Hailsham Inner Wheel* ladies, a new *Inner Wheel Club* was developed, *Polegate and Willingdon Inner Wheel Club*.

There were 22 ladies and two of those, Val Proctor and Pat Booth, are still members.

In 1990 *Hailsham Inner Wheel Club* sadly folded, but two of

those members Judith Cooper and Hayzen Elphick joined *Polegate and Willingdon Inner Wheel Club*.

In 1997 it was decided that the club would be renamed, and it became *Eastbourne Sovereign Inner Wheel Club*. Today it has 20 members with four, Val, Pat, Judith and Hayzen having dedicated 50 years each to *Inner Wheel*.

On November 5th, the club – together with other *Inner Wheel Club*

members – celebrated their birthday with lunch at the *Hydro Hotel*.

MOC Sheila Grainger presented Joint Presidents Val Proctor and Pat Booth the Golden Jubilee Certificate, and all four ladies, Judith Cooper, Hayzen Elphick, and joint Presidents Val and Pat were presented with certificates for their 50 years' service.

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Drusillas has opened the first attraction of its kind in the UK

A NEW immersive experience – *SPARK* – has opened at *Drusillas Zoo Park* near Alfriston.

By **Peter Lindsey**

And it's the first interactive attraction of its kind in the UK.

Harnessing the very latest in immersive technology, *SPARK* is the UK's first and only fully interactive play experience of its size.

Extensive 360° projection software transforms an ordinary space into an extraordinary world, offering a highly unique, sensory experience.

Drusillas invites visitors to burst into a 'technicolour world of pure imagination' and embark on a fantastical sensory adventure.

See little eyes marvel in wonder as they discover a magical world where reality and technology collide, in an explosion of colour and light.

Walls, floors, and little minds come alive as you manipulate imagery and interact with wild animals on an

augmented reality journey that truly illuminates the senses.

Exciting

Explore the vibrant jungle walls, touch and play with the wondrous watery floors, slide into a magical seabed, visit the plains of Africa, and get lost in the enchanted forest.

Deputy Managing Director, Ollie Smith, spoke about the project:

"This is one of the most exciting projects we've ever embarked on, and we've not seen anything quite like it before ourselves!"

"*SPARK* has been over 18 months in the making, and the finished result is truly extraordinary — we couldn't be happier seeing our vision come to life. We worked extremely closely with the developers, Interactive 365, to create bespoke play experiences that no attraction has ever had, and an extensive offering of nine individual interactives — there's barely an inch of the space that can't be manipulated by visitors which makes it so incredibly immersive."



SPARK's nine interactive games have been cleverly designed to seamlessly flow from one to another throughout the space: dive into the coral reef, leap across the lily pads and splash among crocodiles on the magical interactive floor. Grab yourself a giant pencil and watch the walls animate as you colour in the beautiful animals of the enchanted forest, or design your own animals and release them into the digital wild. Watch as colourful fish follow on your way down the coral reef slide, take aim in the ball pool and watch as your strikes feed the hungry animals, and manipulate the clever illustrations with jumps and leaps!

State of the art

And, don't forget to take a wild ride before you leave and commemorate

your adventure with an awesome augmented reality photo and video atop a rhino, ostrich or zebra!

Drusillas have invested half a million pounds in the state-of-the-art attraction with the unique offering taking its place among their already considerable menu of experiences including zoo, rides, playgrounds, splash pad, soft play, train ride, and Jurassic Jungle, securing their place as one of Sussex's most loved family destinations.

A number of high profile social media influencers, including Binky Felstead and her family, attended a pre-launch event with hundreds of colourful posts flooding the Park's feed as users were keen to share the unique visuals with their audiences.



North Pole Express

SANTA'S letters for children returns as special North Pole post box is installed.

By **Peter Lindsey**

Christmas is coming and this year children in Eastbourne can deliver their letters to Santa for free at the town's Visitor Centre – and they will receive a personalised reply from him by Christmas Eve.

The special North Pole post box is located in the *DQ Terrace Bar & Café* in the *Welcome Building*, between the *Congress Theatre* and *Winter Garden* in the heart of the *Devonshire Quarter*.

The postal service is being co-ordinated by Visit Eastbourne and is completely free. Letters to Santa need to be posted by Friday 17th December at the very latest, so they reach the North Pole in good time.

Parents should include their home address and personalised replies will be sent to the children to arrive by Christmas Eve.

Eastbourne Borough Council's Lead Member for Tourism and Culture Councillor Margaret Bannister said, "It really is the most wonderful time of the year and we know how important it is that Santa receives letters to him with requests for gifts and wishes."

"That is why we have installed a special North Pole letter box in the *DQ Terrace Bar & Café* inside the *Welcome Building*."

"Children can post their letters to Santa in the post box and we will make sure they get to him in time so he can reply to each child personally by Christmas Eve."

"And while the youngsters are posting their letters, other family members can enjoy their visit to the *Welcome Building* too. As well as the *Visitor Centre* where gifts, souvenirs and theatre gift vouchers can be purchased, there is also the *DQ* pop-up book shop."

"Make sure you leave plenty of time too to relax with a visit to the *DQ*



Terrace Bar & Café for a cup of coffee, a sandwich or a slice of cake. Or take advantage of the *DQ* special – a festive gingerbread latte with cream and cinnamon for £3.30 on offer at the moment."

The *DQ Terrace Bar & Café* is open daily from 9am–4pm in the *Welcome Building*, Compton Street, Eastbourne BN21 4BP.

For more details on Christmas events and attractions, pop into the *Eastbourne Visitor Centre* in the *Welcome Building*, from 9am–5pm (Mon to Sat) or 9am–4pm (Sun) or visit www.VisitEastbourne.com.



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International Holocaust Memorial Service to be held at the Congress Theatre

THE 27th January marks the anniversary of the Liberation of Auschwitz, and is the date we remember the atrocities of The Holocaust annually.

By **Peter Lindsey**

The aim is for schools and other local organisations to study and keep this day each year to ensure that such a tragedy is never repeated.



The programme of events is designed to educate, remember and celebrate with messages from survivors, poetry, music and film contributions. Topics covered include Holocaust perpetrators and deniers, concentration atrocities and the Ughurs.

There will also be an account of the *Liberation*, presented by Dorit Oliver Wolff B.E.M.

Steven Rosenberg, one of the organisers, emphasises the importance of the event, "Since the inception of the holocaust against the Jewish Race, sadly there are now many more genocides being committed worldwide. This action must not be allowed to continue. We are grateful to the Eastbourne Borough Council for their continued support of this annual event."

Dorit Oliver Wolff, author, public speaker and singer, is always

passionate when speaking about human rights.

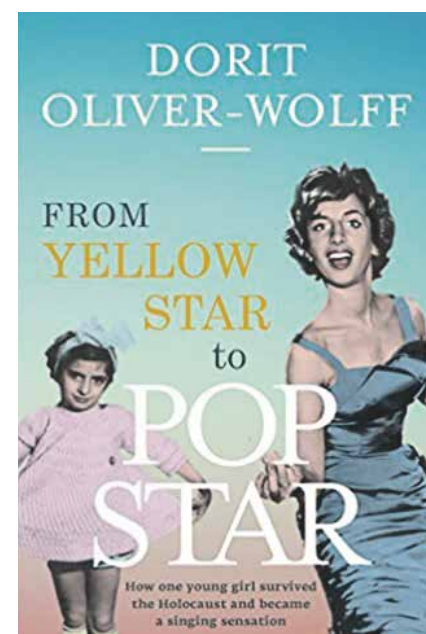
"This kind of atrocity must never again happen! Everyone has the same right to life and living, regardless of their religion or colour. Life and fellow humans are to be treated with equal respect. I feel very honoured and privileged to be able to share this special Holocaust memorial day with the Eastbourne people. I am proud to call Eastbourne my home. Do come and let us remember those millions of innocent people who have been murdered only because of being Jewish."

The event will be **free of charge**, with tickets ordered in advance via the Welcome Building box office and online. Bournefreelive.co.uk will publish booking details when they are confirmed.

There will be a tombola afterwards to raise money for the Mayor's Charities.

The Worshipful the Mayor, Councillor Pat Rodohan, has chosen to support three charities; *Amaze*, *Holding Space* and *Community Wise* during his Mayoral year.

You can pick up a copy of Dorit's amazing autobiography, at the event and read about her journey surviving in hiding in Hungary during the war, and her stunning singing career in Germany. 'From *Yellow Star* to *Pop star*'.



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The Pollard sisters.

All rise to the occasion

'TO THE RISE', a family business, born in lockdown and based in Eastbourne and growing into one of East Sussex's most talked-about independent bakeries. Supplying artisan breads and baked treats to both local eateries as well as to hordes of hungry locals.

By **Gail McKay**

"I had always been the chef in the family", says Lauren Pollard, founder of To The Rise. "I spent my childhood experimenting in the kitchen. Waffles were my first 'speciality', they were always a hit with my siblings!"

This passion for baking led Lauren to enrol at *Westminster Culinary College* in London. During this time, she also worked at several bakeries across the capital. Customers quickly became friends, colleagues became

family. People didn't just come to eat; they came for its community.

Her sisters, Morgan and Josie Pollard, had both held jobs across hospitality, and like Lauren, saw an opportunity to create an inclusive, open-door bakery in their hometown of Eastbourne – with sourdough being their signature speciality (a bread both Lauren and Morgan had spent months perfecting).

Each day, the pair would bake two sourdoughs, one for the Pollard household and another for a lucky friend or family member. It was when the friends started coming back

insisting to buy the next loaf that they knew they were on to something, and bought a home bakery oven which was set up as part of a cosy micro bakery built by their father, Rupert Pollard. *To The Rise* was born. The menu has evolved to include a range of specialty and unique sourdough breads, 5-seed rye bread, olive oil focaccia, seasonal jams, cinnamon buns, chocolate brownies and so much more.

What is next for To The Rise

They spent this summer visiting markets all over the county.

Almost two years to the day from our opening, the demand is so great that they are relocating to a larger bakery.

"We have found a shop Terminus road/Victoria Place. This is where we need YOUR HELP, to put plaster on the walls, tiles on the floor and purchase that all important commercial bakery oven.

"We are fundraising through *kickstarter* to raise £10,000 in order to contribute to our bakery build out.

The deadline is until the 9th January 2022 to raise the full amount or we walk away with nothing. This is why we ask for your support, by pledging for our dream, sharing this article with friends and family. By scanning the QR code below it can send you straight to the *kickstarter* page and watch the video to learn more about us."

<https://www.kickstarter.com/projects/totherise/to-the-rise-bakery-needs-your-help>

With more space they will be able to deliver further and wider to wholesale customers.

"We want to continue to provide home delivery to the Eastbourne boroughs and will still provide the bread subscription, allowing customers to have a rolling weekly bread delivery. You will be able to see the bakers in action, pick up a loaf or stay for a chat and enjoy a cup of beautifully made local tea."

What is unique about To The Rise

What makes *To The Rise* unique is its influence from German heritage and bringing the European flavours and style of buns to the sunshine coast of Eastbourne. This can be seen on the menu with the streusel bun, a bun bursting with vanilla bean sugar, topped with a light crumble. Or the classic cinnamon bun which is a prominent staple in bakeries across Scandinavia. Cardamom knots are also a best seller.

They use the best ingredients available, using organic UK flour and support the community by buying ingredients locally. If there are any extras at the end of the day, they donate them to local charities; a local domestic violence refuge and also *St Wilfrid's Hospice*.



Please scan the QR code and watch the video to learn more about us.



to the rise

07545 553540

hello@totherisebakery.com

www.totherisebakery.com

Festive Food Delights

Enjoy making these two delicious recipes for your family & friends this Christmas.

By **Suzie Brown**

There's nothing more enjoyable than home cooking over Christmas, when we entertain and feed our guests.

These two recipes are quick and easy to do and scrumptious... eating just one is never enough!



MINCE PIES

Jazz up shop-bought mincemeat with a little extra fruit and zest.

You will need a deep muffin mould with 12 holes, a round pastry cutter and a fluted pastry cutter.

- ⌚ Prep time: **30 mins**
- ⌚ Cook time: **20 mins**
- 🍽 Servings: **12 to 14 pies**

INGREDIENTS

FOR THE PASTRY

- **375g plain flour.**
- **250g butter**, softened.
- **100g icing sugar.** Plus extra for sprinkling.
- **2 medium free-range egg** (1 for pastry, 1 for egg wash).
- **Splash of milk.**

FOR THE FILLING

- **2 x 400g/14oz jars mincemeat.**
- **1 orange**, zest grated and flesh finely chopped.
- **1 apple**, finely diced.

INSTRUCTIONS

- 1.** Preheat the oven to 200C/400F/Gas 6. To make the sweet pastry, rub the flour and butter together until it looks like bread crumbs, mix in the icing sugar. Mix the egg in with a blunt knife, add a splash of cold water until it just comes together as a dough. Do not overwork the dough. Wrap the pastry in cling film and set aside to chill in the fridge while you make the filling. (at least half an hour.)

- 2.** To make the filling, turn the mincemeat out into a bowl, grate the zest of the orange into the mincemeat, then peel and chop the fruit. Throw the orange and apple pieces into the bowl and mix.
- 3.** Roll out the pastry to a 3mm / 1/8in thickness. With a round pastry cutter, cut out 6 x 9cm / 3 1/2in discs of pastry. Press the pastry into the muffin cups and fill each one with a good helping of the mincemeat mixture, so that it reaches three-quarters of the way up the side of the pastry-lined cup.
- 4.** Mix the egg with a little milk and whisk to make an egg wash. Brush the edges with a little egg wash.
- 5.** With a fluted pastry cutter, cut out 6 x 8cm / 3 1/4 in pastry circles for the lids (slightly bigger than the top of the muffin cups). Place a lid on top of each pie and gently push down.
- 6.** Brush the tops with egg wash.
- 7.** Bake for 20 minutes, then transfer to a wire rack to cool. Dust with icing sugar and serve warm with fresh cream.



VEGGIE SAUSAGE PLAITS

These sausage plaits are made with stuffing mix, soya mince and flavoured with soy, miso or marmite for extra punchiness.

- ⌚ Prep time: **30 mins**
- ⌚ Cook time: **20 mins**
- 🍽 Servings: **6 individual, or one large Wellington**

INGREDIENTS

- **50g mixed seeds.**
- **85g vegan stuffing mix** – I used Paxo Sage & Onion.
- **100g dried soya mince.**
- **2 tsp vegan stock powder** (such as Marigold Bouillon Powder).
- **Splash olive oil.**
- **1 onion**, finely chopped.
- **2 garlic cloves**, crushed.
- **2 tsp Marmite or Miso paste.**
- **2 tbsp chopped fresh rosemary, parsley or thyme** (or a mixture of all three).
- **Plain flour**, to dust.
- **500g block puff pastry.**
- **1 tbsp Soy sauce mix with a beaten egg to glaze.**
- **Cranberry sauce**, to serve.

You will need a baking sheet lined with compostable baking paper.

INSTRUCTIONS

- 1.** Heat the oven to 200°C/180°C fan / gas 6. Put the seeds and stuffing mix in a large heatproof bowl and cover with 175ml freshly boiled water. Stir and set aside.
- 2.** Put the soya mince and stock powder in a large mixing bowl and pour over enough freshly boiled water to cover well, then stir and set aside for 10 minutes.
- 3.** Heat a pan with a splash of olive oil, then fry the onion over

a medium heat, stirring, for 10 minutes until browned. Add the garlic, miso or marmite and cook for 1 more minute. Add to the stuffing bowl with the herbs and a good pinch of salt, and ground black pepper. Drain and squeeze out any excess water from the soya mince, then mix into the stuffing mix. Taste and adjust the seasoning. and set aside to cool.

- 4.** Turn out the pastry onto a lightly floured surface, then roll to a rough 30cm x 35cm rectangle. Cut into 2 equal sized rectangles approx 30cm x 15cm
- 5.** Spoon the filling lengthways down the centre of the pastry. Cut the pastry on either side of the filling into strips around 3cm apart angled at right angles to the filling, all the way down the length of the filling. Brush the pastry lightly with beaten egg (or dairy free milk if making vegan), then alternating from side to side, plait the strips over the filling to create a lattice effect.
- 6.** Transfer them onto a baking sheet lined with non-stick baking paper. Mix 1 tablespoon of soy sauce into the egg wash and brush them all over.
- 7.** Bake for 20 minutes. (30–35 if making one big one.) Serve hot, or at room temperature with cranberry sauce.





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CLINIC33

CLINIC 33 – The story so far

It's December 2021 and another year has passed, our Meads clinic has been open now for almost nine months and currently it's so far so good.

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

I thought this would be a good time, as it's the end of the year, to share our story and give you an insight into the journey so far...

2013 – 2016

We started out as a husband and wife couple that had a business idea, we met in the health, wellness, fitness and nutrition industry so our outlook and attitude towards life was fairly similar.

We are both passionate people so aligning our energy and experience to open the company together seemed like a good call. We could see that things were changing, clients were looking for answers beyond nutrition & exercise and technology lead treatments were quickly becoming a worthwhile endeavour.

In the beginning we had our philosophy and values but were almost a touch lost in what we wanted to be and what part of the industry we saw ourselves in, did we want to be a general aesthetics clinic that did a selection of non-invasive procedures... or, were we something a bit different...

The late Steve Jobs once said... "you cannot connect the dots looking forward but success leaves clues so its much easier to connect the dots looking back".

Unfortunately for us there was no one to really model ourselves on, the industry was pretty much brand new and we were one of the first through the door.

In 2013 and 2014 we knew we had something that was completely different to 99% of other clinics around at the time. We were finding our feet with different technological

advancements, some good, some not so good, which manufacturers had the best support and what brands had the highest quality equipment.

From the outset the purpose of Aesthetics is relatively simple, to provide a solution to a problem that cannot be overcome through conventional methods.

We wanted to offer non-invasive procedures that aided towards fat reduction, skin tightening, cellulite reduction and various skin conditions, BUT, we wanted to incorporate our knowledge, experience and skill set to deliver a much more rounded and comprehensive customer experience. It baffled me back then and still does today how other clinics can offer similar services but not take other contributing factors into consideration, or, for that matter, even practice what they are preaching.

The fitness and nutrition world is about results, goals and problem solving. It's a case of:

1. **This is where you are today.**
2. **These are the key factors holding you back.**
3. **This is what you want to achieve.**
4. **This is the roadmap to achieving it.**

By late 2016 we had our identity, we knew what treatments worked, where the innovations were going to come from and how to deliver the service as a rounded package.

2016 – 2019

By the end of 2016 non-invasive procedures such as Radio Frequency (skin tightening) and Cryotherapy (fat reduction) were getting more and more advanced and consequently more and more effective.



On the fat reduction side we were helping clients achieve sustainable and consistent weight loss through nutritional consulting and then aiding this journey by using Cryotherapy to permanently spot reduce body fat on hard to shift areas such as the lower stomach or love handles. We then took this approach and applied it on all other services that tilted towards giving people progress.

We only wanted to offer procedures and treatments that were going to improve or give progress to the health, skin condition and confidence of an individual.

A few examples:

- **Facial vein removal and reduction = Thermavein & Dermalux LED light therapy.**
- **Cellulite reduction = Lipofirm Pro Radio Frequency with DMA technology.**
- **Fat reduction = Cryotherapy (Fat Freezing).**
- **Anti-ageing = Micro-needling, Meso Therapy, Facial skin tightening.**

By the start of 2018 we had identified a clear market segment that encapsulated our philosophy and values, we knew exactly what treatments to provide that gave the maximum benefit with the minimum risk. In truth (and to the best of our knowledge) we were back in 2013 and still are now the only Aesthetics clinic that focuses on solutions to problems with a combination of cutting-edge procedures with a wellness and holistic approach.

2019 to date

On one side you have our Weight loss and Fat reduction service, This involves the non-invasive procedure (as previously mentioned)

which is seen as an alternative to liposuction, known as: Fat Freezing or Cryolipolysis as a technical term. There are other clinics that now offer this treatment but none that do so with a full body bio impedance data scan that can assess a multitude of different health and performance factors. We use the *InBody 270* analysis machine for this, we then look at the individuals nutritional health and lifestyle to see if any changes need to be made, often without causing too much 'lifestyle' compromise. This combination enables us to achieve fast, sustainable, and healthy results in the most efficient way possible.

On the other side you have our skin care range of treatments and products.

We have worked hard here to source a multitude of different treatment platforms and skin care product ranges, there is a fair amount to choose from and this side is constantly evolving.

We currently work with 8 different brands and product ranges on the skin side to offer the best treatment programmes we can.

The future...

It's an exciting time for us and for you, scientific breakthroughs are happening all the time in this industry, you'll be amazed at what can be achieved.

CLINIC33

0333 011 0680

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www.clinic33.co.uk

**52 Meads Street
Eastbourne BN20 7RH**

A new you in 22 might be closer than you think



AT One You East Sussex we provided tailored 1-2-1 or group based support to help you lose weight or increase your activity levels.

By **Dan Ford**, One You

With a focus on encouraging people to make healthy lifestyle choices as part of their new year resolutions, the January campaign will promote weight loss and movement, encouraging East Sussex residents to join the Adult Weight management and Move More (CBC) arms of the One You East Sussex Service.

The campaign title, **A New You in 22** reflects the opportunity a new year gives to make positive changes to lifestyle behaviours, giving a fresh start and opening up possibilities for the future.

Using both digital and face to face methods, **A New You in 22** will

increase brand awareness and cement One You East Sussex as the go-to service for weight loss and movement support.

Since 2017 we have helped 1000's of people lose weight in East Sussex and continue to help those residents who need the support and guidance to make a positive change in their health and wellbeing.

Working alongside your dedicated advisor you will receive free support, advice and guidance to help you achieve your health goals in 2022.

We are currently providing a remote service (over the phone or internet) and conference based room support)



however as and when we are safely able to do so we will be bringing our services back face to face. We are a country wide service helping residents as far east as Falmer, as far west as Rye and everywhere inbetween!

Dedicated programmes include our **MAN v FAT** leagues, our 1-2-1 Health Coach Programme, our Group Based Weight Management Courses and our Digital based weight management programme – **Gloji**.

To access our services please visit our website at: www.oneyoueastsussex.org.uk or call us on **01323 404600**.

Remember all of our programmes are FREE!

We also have exceptional blogs and social media posts across all platforms including *Facebook*, *Twitter* and *LinkedIn*.



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*Competition runs from 1st December until the 12th day of Christmas, being 6th January
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Giving back to the community is important! We all need to look after each other more than ever.

The impact of corona-virus on small business has been apparent, it has caused a major economic shock. With the easing of lock downs and the UK slowly getting back to normal we thought it was only right that we gave something back to the community. We wanted to use our skills to help those in the retail and hospitality sector, as their doors had been closed for so long and what better way to show our appreciation than fabricating a bespoke, illuminated fascia! The fascia of a shop is highly important, it's the first point of contact you have with your customers and having what you truly want can be pricey.

Back in August using social media, we set up a competition that ran for a month, after many likes, shares and engagements we were ready to announce our winners! Eastbourne property shop came out on top. They are thrilled with their new illuminated sign, can't you tell.



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Watch Cinders as she goes from rags to riches and meets her very own Prince Charming! Anyone with a nervous disposition beware though, there will be two very ugly sisters, tight trousers and a few outrageous wigs!

We also have a special night for all the bigger boys and girls with our 18yrs+ performance! A great night to bring your friends and be naughty and do all the things at a panto that you normally couldn't do!

Grab your tickets to the ball now! Don't be late and wait til midnight!

PERFORMANCE DETAILS

Monday 13th December	-	1pm	-
Tuesday 14th December	10am	1pm	-
Wednesday 15th December	10am	1pm	-
Thursday 16th December	10am	1pm	-
Friday 17th December	-	-	6pm 🎅
Saturday 18th December	11am 🎅	2pm 🎅	6pm 🎅
Sunday 19th December	-	2pm 🎅	6pm 🎅
Monday 20th December	-	NO SHOWS	-
Tuesday 21st December	-	2.30pm 🎅	8pm 18+ All Tickets £15
Wednesday 22nd December	11am 🎅	2pm 🎅	-
Thursday 23rd December	11am 🎅	2pm 🎅	-
Friday 24th December	11am 🎅	2pm 🎅	-
Saturday 25th December	-	MERRY CHRISTMAS	-
Sunday 26th December	-	2pm	6pm
Monday 27th December	11am	2pm	6pm 11am Showing - Relaxed Performance
Tuesday 28th December	-	2pm	6pm
Wednesday 29th December	-	NO SHOWS	-
Thursday 30th December	11am	2pm	-
Friday 31st December	11am	2pm	-
Saturday 1st January	-	-	6pm
Sunday 2nd January	11am	2pm	6pm

Schools Show - £7 all tickets. No other discounts.

Opening Weekend - £8 all tickets. No other discounts.

Prime Time - Ticket £12.50, Concession £10.50, Family Deal £45

Prime Time Plus - Ticket £14.50, Concession, £12.50, Family Deal £49

Peak Time - Ticket £16.50, Concession £14.50, Family Deal, £57

Santa will be in his grotto at all performances marked with 🎅.
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Jazz up your Christmas

THE DEVONSHIRE Park Jazz Sessions are a series of live events, showcasing swinging, groovy music from established local artists and instrumental musicians, including acclaimed bands, at **Winter Garden Eastbourne, East Sussex.**

By **Yinka Adelanwa**

We invite you all to come join us, take a seat at one of the Sessions.

Listen to that cool jazz thing or a bit of the mean old weary blues. All this whilst the band explore the depths to which mere sound has no business to go!

Visit www.jazzbournemusic.com to see the listings of the artists and bands, and more to be announced. **And remember to use the discount coupon, a gift from us to you.**

We look forward to welcoming you all to this Local Live Music Experience that is for Everyone. Stay 'safe & well' and Seasons Greetings.



In the pink

EASTBOURNE Teacher and Textile Artist Claire Graves is opening up her home for the first time in two years for the Eastbourne Artist's Open House Festival.

By **Gail McKay**

The centre of Claire's exhibition are her kitchen based obsessions.

One range is a 'Saucy' based design used on a tea towel and an apron, including favourites such as Tabasco, Heinz ketchup, Coleman's Mustard, and modern classics such as Levi Roots and Nandos Peri Peri sauce. The apron can be personalised for a gift.

Another project that Claire got her teeth into was baking paraphernalia. As a child she spent hours learning to bake with her Grandma in their hometown of Worksop. Claire's fascination with packaging, nostalgia and all things beautiful in baking is clear to see in another tea towel and apron design.

Sarah Addems will also be selling beautiful botanical gifts including quirky succulents in stunning pots and containers.

It would be a shame to miss out on a visit to the Pink House this Christmas. Their outdoor light display is a regular feature in Green Street. Between all the Open Houses and Studios you'll be able to source many a beautiful and original gift for a love one, or indeed, yourself.

If can't make the Pink house you can find Claire's original embroideries, teatowels and aprons in her [etsy shop. \(ClaireGravesTextiles\)](https://www.etsy.com/shop/ClaireGravesTextiles)

The Pink House will be fund raising for *Holding Space* which supports mental illness for families in the local area.

Open House Brochure Hotline: **07768 387980.**

Information about the participating artists can also be found on Facebook.

Pink House
123 Green Street
Eastbourne BN21 1RS





It's Panto time... Oh yes it is!

IT'S BACK! Bigger, better and more bonkers than ever before! *Sleeping Beauty*, from the celebrated team behind Eastbourne's famed family pantos is here to make your Christmas dreams come true.

The show opens at the **Devonshire Park** on Friday 10th December and is the 20th pantomime from the Eastbourne Theatres team. *Sleeping Beauty* will be presented with all the colour and spectacle audiences have come to expect with surprises galore!

The cast includes returning favourites **Marytn Knight** as Dame Nellie and **Tucker** as Chester the Jester plus **Karen Mann** as Fairy, and new faces for Eastbourne, **Carli**

By **Peter Lindsey**

Norris (*EastEnders*, *Hollyoakes*) as Carabosse, **Nicholas Pound** (*CATS*), as King Clarence, **Rebecca Hoyle** as Beauty, **Ashley Emerson** as Prince Valliant and a full supporting cast, mayhem and merriment is guaranteed.

It is a local job for Eastbourne residents, comic Tucker who is more used to working internationally on numerous

cruise ships and West End actor Nicholas Pound who both live in the town. Karen Mann, who has previously appeared at the *Devonshire Park* in *The Hot Mikado* and pantomimes *Robin Hood* and *Jack and the Beanstalk* made the trip to Eastbourne from her home in nearby St Leonards.

Martyn Knight reunites with his long-term sidekick Tucker in

Sleeping Beauty and while 2020 saw a hiatus of the pantomime, their chemistry hasn't diminished, within 30 seconds of seeing each other there were belly-laughs backstage between them both.

The script for this year's show will see them continuing the laughs on stage with plenty of raucous silliness planned!

Sleeping Beauty at the *Devonshire Park Theatre*, Eastbourne from 10th December 2021 – 9th January 2022, tickets priced from £14.50 – £23.50.

To book call the box office on: **01323 412000** or online at: www.eastbournetheatres.co.uk

Coming to your TV's this Christmas...



'Twas the night before Christmas and all through the house, everyone's arguing, including the mouse! They are wondering which films to watch this Christmas time, whether it's an old or new one, neither's a crime.. So read on to find out which films give us cheer, whether it's all about Santa, an Elf or that Rednosed Reindeer!

By **Samuel Kavakli**



HOME ALONE

Home Alone is an American comedy directed by Chris Columbus and written by John Hughes. It is the first film in the *Home Alone* franchise and stars Macaulay Culkin, Joe Pesci, Daniel Stern, John Heard and Catherine O'Hara.

The film is about Kevin McCallister, an eight year old boy who is accidentally left home alone in Chicago by his family, who were on their way for a holiday in Paris. At first he is happy and sees it as an adventure, he's in charge and there is nobody around to tell him what to do! However, things take a turn when two thieves try to break into his home. Kevin decides he must protect his house at all costs and decides to take on the two con men! Will Kevin be able to protect his home?

The film has become a Christmas classic; an ideal family film that everyone can laugh at whether it be from Kevin's genius ideas to deter the thieves, or his own mischievous behaviour! It was given a rating of **66%** on *Rotten Tomatoes* and a **7.6/10** on *IMDB*.

This film was followed by a much anticipated and well received sequel, *Home Alone 2: Lost in New York*, where Kevin mistakenly gets on a flight to New York instead of Florida (where the rest of the family are heading!) It didn't end there. Three further films were made albeit with very poor reviews!



ELF

Elf is an American Christmas comedy directed by Jon Favreau, written by David Berenbaum and stars Will Ferrell and James Caan.

The film is about Buddy, a man raised by Santa's elves after he crawled into Santa's sack as a baby! As Buddy gets older, he begins to question his origins, realizing that he is different, a human, and that he can't keep up with the other elves. Papa Elf explains to Buddy that his biological father now lives in New York working as a Children's book publisher. Santa then reveals to Buddy that his real father is on the naughty list for showing signs of very selfish behaviour and suggests that Buddy could help to redeem him. Will Buddy's journey to New York be a success?

Elf has become a firm favourite amongst Christmas films; a good-natured comedy with a strong message that's perfect for the family to watch together, mainly due to Will Ferrell's funny and charming performance. It was given a rating of **85%** on *Rotten Tomatoes* and **7/10** on *IMDB*.

Since the film's release, it has been remade into both a video game and a musical. However a sequel to the film is unlikely as the suggestion was dismissed by Director Jon Favreau who genuinely doesn't want it to happen.



THE GRINCH

How the Grinch stole Christmas is an American Christmas comedy-drama, co-produced by Ron Howard and written by Jeffrey Price and Peter S. Seaman.

It stars Anthony Hopkins as the Narrator and Jim Carrey as the Grinch himself. The film is based on Dr Seuss's 1957 book of the same name.

The story involves an isolated green creature whose hatred for Christmas stems from being bullied as a child at school. He decides to ruin Christmas for everyone and sets out to steal every Christmas present, stocking and tree from the citizens of Whoville. However, the Grinch comes across a young girl called Cindy, who believes that everyone around her is focusing far too much on their presents than their relationships. Will meeting Cindy be a distraction in the Grinch's plan to ruin Christmas?

Jim Carrey's performance as the title character received a lot of praise from the critics and the audience. It was given a rating of only **49%** on *Rotten Tomatoes* but *IMDB* gave it **6.2/10**.

In 2018, Universal Pictures distributed an animated cartoon version simply titled: 'The Grinch'. This film grossed over \$511 million worldwide, becoming the highest grossing Christmas film of all time!



LOVE ACTUALLY

Love Actually is a Christmas-themed romantic comedy written and directed by Richard Curtis.

It features a superb cast of many of our leading British actors, including: Hugh Grant, Colin Firth and Emma Thompson.

As well as a stunning cast, the film is made up of several stories, all having an element of love and centering around family and friendship.

Some of the stories include: a tired old rock and roll legend who wants to get back into the charts and is given a second chance at a Christmas Number one. A Best Man-to-be struggling with the prospect of his duties as he's in love with the bride. A man, cheated on by his girlfriend and his brother, who drops everything and moves to France where he meets and falls in love with his housekeeper. A love story between the Prime Minister and a new junior member of the household staff and amongst others. A man struggling with grief and having to care for his step-son following his wife's death... and in some way or another, all their lives are cleverly intertwined!

For many people, this truly has become a Christmas favourite. It was given a rating of **64%** on *Rotten Tomatoes* and **7.6/10** on *IMDB*.

Eastbourne Concert Orchestra returns

ON TUESDAY 7th December 2021 the *Eastbourne Concert Orchestra* will be performing a concert of classical and Christmas favourites at *All Saints Church, Grange Road*.

By **Ann-Marie Brook**

The programme includes Tchaikovsky's ever popular *Swan Lake Suite*, Lehar's *Gold and Silver Waltz* and the overture to Humperdinck's opera *Hansel and Gretel* alongside our Christmas favourites: *Sleigh Ride*, *A Christmas Festival* and *White Christmas* amongst other pieces.

Doors open at 7pm with the concert starting at 7.30pm. Tickets are £10, available on the door (cash and card payments accepted) or in advance from the tourist information centre.

Under 18s are welcomed **free of charge**.

Visit our website at: www.eastbourneorchestra.com or our social media pages for more information.



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It is all systems go again for live music at the Hailsham Pavilion

AFTER two socially distanced sell-out shows with Albert Lee and Gary Stewart's Graceland, it was almost a full house for Sam Kelly and the Lost Boys when all seats were made available.

By **Harry Farmer**

Next up on Saturday 4th December is Peter Knight's Gigspanner Big Band.

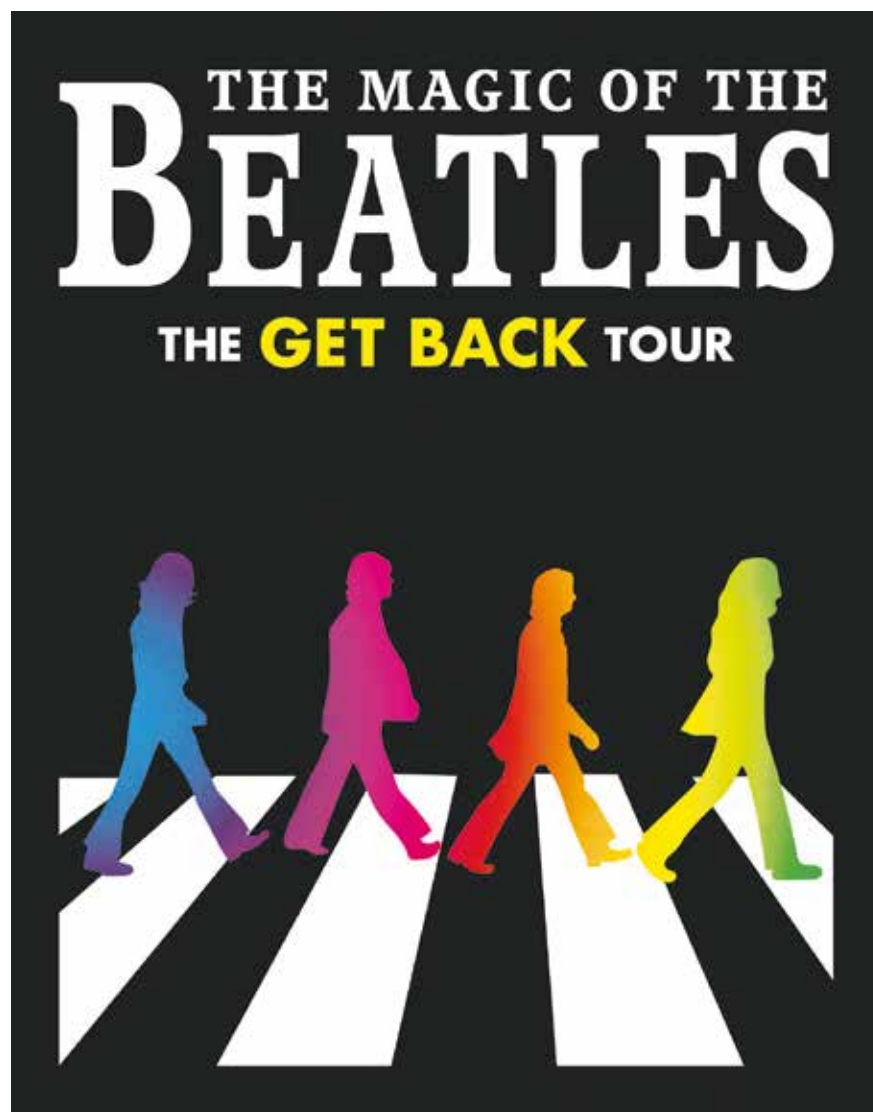
Legendary fiddle player Peter Knight, who spent almost forty years with *Steeleye Span* is joined by the dynamic percussionist Sacha Trochet, ace guitarist Roger Flack, the *Bellowhead* co-founder and melodeon player extraordinaire, John Spiers and the acclaimed multi-instrumental and Folk Award winning duo Phillip Henry and Hannah Martin. – this is the **Gigspanner Big Band**.

Characterised by riotous inventiveness, technically gifted

individual playing, this coming together of several of the biggest names on the folk-roots scene, combines a deep knowledge of roots traditions with a ceaselessly boundary pushing approach – **Seats £25.00**

Chris Leslie of *Fairport Convention* and *BBC Folk Award* Winners Chris While and Julie Matthews, make up **St Agnes Fountain** and they come to play the Pavilion Christmas show on Saturday 18th December.

Christmas would not be Christmas at the *Pavilion* without the Aggies for they bring joy, laughter, a few tears, sparkling musicianship and heartfelt renditions of favourite Christmas tunes, both original, and those we all know so well – **All Seats Sold**.



The New Year starts off on Friday 14th January with a night of films, nostalgia and live on stage one of the UK's leading tribute bands, **The Magic of the Beatles**.

Using authentic guitars and amps to ensure every note is just the way you remember, the stars of this lavish production not only sound like John, Paul, George and Ringo, they also generate the same incredible excitement.

So welcome aboard the *Magical Mystery Tour*, come and relive all the hits you know and love, including

Please Please Me, She Loves You, Sgt. Pepper's Lonely Hearts Club Band, Hey Jude, Let It Be and many many more – Seats £27.50.

All shows begin at 8.00pm. Seats bookable at the Hailsham Pavilion at: www.hailshampavilion.co.uk or call **01323 841414**.

Details at: www.spyboy.co.uk

HAILSHAM PAVILION



Gigspanner Big Band.



ST AGNES FOUNTAIN - LIVE - 18/12

Crossing the Screen

Eastbourne's 6th International Film Festival.

By **Anna Arnone**

The 6th annual *Crossing the Screen*, Eastbourne's own International Film Festival, will resume over four days from Thursday 27th to Sunday 30th January 2022 (programme to be announced) following this year's break.

The fifth took place online in 2020 in the midst of the COVID-19 restrictions. The Festival's organisers, Domenico Della Valle and Manfredi Mancuso, plan to offer online screenings along with the previous format of multiple live screenings running in parallel at diverse venues. The online screenings will enable film enthusiasts to see all the films rather than only those screened at their chosen venue.

Della Valle, whose energy and enthusiasm are impressive, is motivated by his love of film and commitment to the local community.

Multiple venues

Crossing the Screen will have three venues for this Film Festival. A new addition will be the fully accessible *Eastbourne Mencap's Hive Day Centre* in Seaside, managed by Della Valle in his day job. Along with *The Hart Pub* which has consistently supported the Festival by hosting past years' screenings. We are also pleased to announce that upstairs at *The Bibendum Pub* will be our 3rd venue.

Wide range

The films on show will range from shorts to feature length, covering documentary and fiction, from filmmakers at different stages of their creative careers around the globe.

There's a strong local presence with films by Eastbourne filmmakers Kai Zammit and Steven Lancefield.

Della Valle is seeking other venues for screenings, for filmmaker talks and seminars. This will continue the pop up nature of the Festival and spread the activities around Eastbourne. He's also seeking sponsors (business and individuals) to provide financial backing and volunteers to help in the day to day running of the Festival.

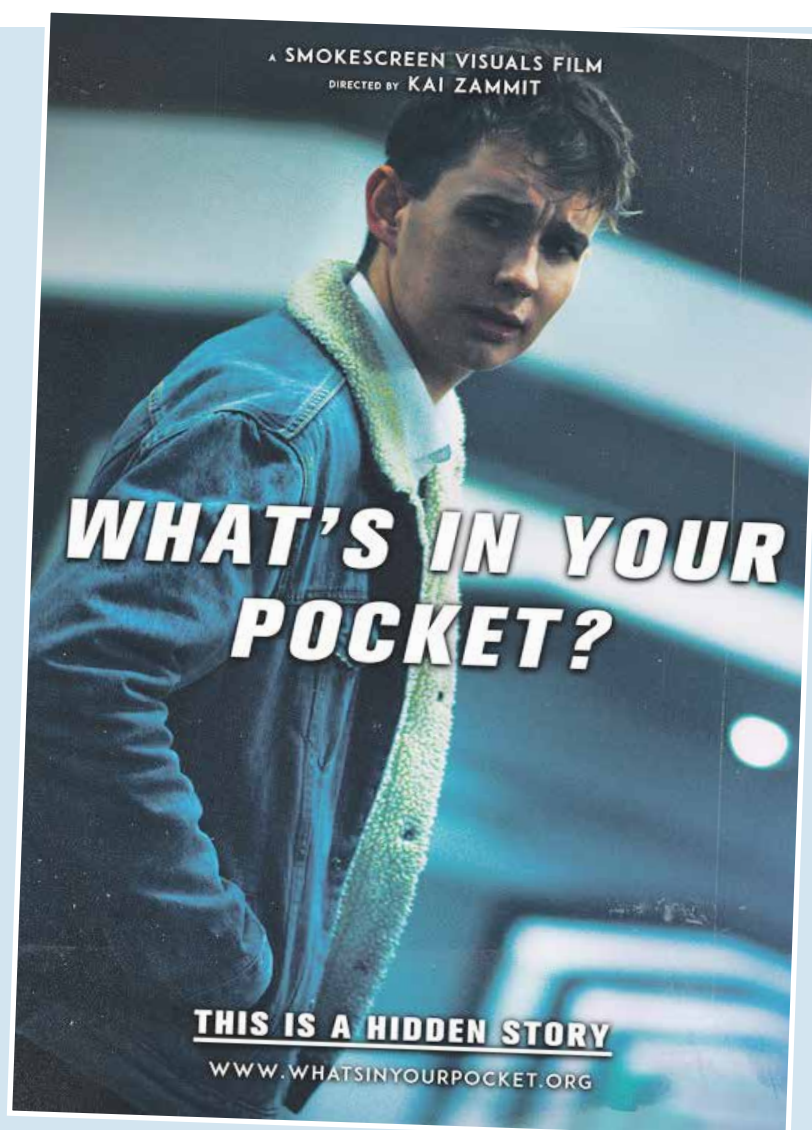
Volunteers can have fun and gain experience in all aspects of making a film and community event like this happen, including social media and publicity, working with the public front of house, and running the screenings.

For more information about the festival or to assist please email: info@crossingthescreen.org

Tickets available from: www.onlineticketseller.com

One of the many Local filmmakers from Eastbourne taking part is "*What's in Your Pocket*" by Kai Zammit.

One of the many foreign films taking part is "*Homo Only Human*" by Igor Ivanov from Macedonia.



CROSSING THE SCREEN
International Film Festival



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and Christmas
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Green and pleasant

DECEMBER can be a quiet month in the garden, but there are some things to take care of. With limited daylight hours as we approach the shortest day of the year, this month's crisp wintery weather can be strikingly beautiful and bitterly cold in equal measures. Check your winter protection and if you have a greenhouse make sure the heater is working. Hopefully there are not too many jobs left to do this year out in the cold so you will have time for some fireside garden planning and Christmas decorating too.

By **Geoff Stonebanks**

Outdoors, check your winter protection structures are still secure in place. Cold, wet, windy winter weather can damage trees, shrubs and garden structures such as trellis. Improving shelter, staking plants, mulching, wrapping pots and careful matching of plants to places will help to prevent this kind of damage. Meanwhile, indoors, read on!

Christmas trees

Have you decided whether to have a real Christmas Tree this year or not? We are being told they may be in short supply. Last year, due to the pandemic, I decided to order mine online, not really knowing what I would

receive. It has always been nice to go and see the trees and pick the one you thought was best suited to your home. I was so pleased with the delivered tree that I ordered again from them, back in October, and it should arrive this week. Last year, regular readers might recall, the tree and my Christmas decorations made it to a "live" broadcast on ITV's *This Morning* with Holly and Phillip. You can read all about this on my Christmas web site: www.geoffschristmas.co.uk

Natural Christmas decorations

Decorating your home for the festive season doesn't have to be expensive. In fact, it's quite easy to decorate with items that are virtually free. So why not opt for the simplicity of natural materials. A simple glass jar filled with branches and berries can be both elegant and festive to boot. If you use

the right kind of branches, you can also fill your space with a wonderfully fresh and Christmasy scent.

If you don't have the space for a full-size tree then go for a small container full of lush branches which you have collected while out walking or from your own garden, which can be a great alternative. Not only do they look good, but you get that natural smell of Christmas too. If you choose to hang ornaments on the branches try not to overdo it, as a display of this size will quickly become weighed down, both physically and visually. Choose a few favourites and use them sparingly.

Most people use cinnamon to add a little spice to foods and beverages, but cinnamon sticks also make wonderful and natural Christmas decorations. There are plenty of things that can be done with them including gluing or tying them around the outside of a candle, tying them together and hanging them as ornaments, and displaying them in bowls with pinecones and greenery. Keep in mind that when you use them in conjunction with candles the warmth releases some of cinnamon's wonderful aroma.

The rich red colour of cranberries makes for a perfect festive decoration. Whilst you will not have any growing, you should be able to pick some up at the supermarket. One of the best ways to display them is with candles. Simply fill a clear glass vase with cranberries and nestle a pillar candle within. You can also add greenery and pinecones if you wish. And if you really want to make an impact, make several of these candle holders and place them down the middle of your dining table to create a beautiful centrepiece.

One of the most common and traditional ways to make use of natural materials around this time of year is

with wreaths — especially evergreen wreaths. They're classic, beautiful, and work with any style of decor. They can be embellished with all sorts of ribbons and decorations too, but the truth is that they don't really need it. They're perfectly beautiful all on their own. If you want to decorate with natural Christmas decorations there's no better way than with a classic evergreen wreath. I've got a fair bit of holly growing in my garden, as in the header above and love to bring some into the house each Christmas along with the ivy I have growing all down the side of the house.

As a child, growing up in my parent's pub in the Cotswolds in the late 50's and 60's, we'd use holly and ivy to decorate the pub at this time of year. Initially I would help my mother and gradually took over. I used to spray some of the greenery silver or gold and mix this in with the natural colours. The lounge bar had a wrought iron frame above it and I'd intertwine the greenery across the whole frontage, creating a canopy of natural foliage. I'd then select a few specially chosen glass baubles and suspend them from the branches and delicately arrange a string of fairy lights across it too. It would look quite magical in the evenings. You could do something similar across a mantelpiece or table top!

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

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

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