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01/22

Issue 019  
January 2022

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# Bournefree



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Our next edition will be  
 distributed from February 3rd.  
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# Here's to a happy and successful 2022 (hopefully)

**SO, we've made it! 2021 has gone and now we  
are all looking forward to a New Year...**

By **Peter Lindsey**

**Because of Christmas deadlines,  
I am writing this mid-December  
when there remains huge  
concern about the new variant.**

Everyone at *Bournefree* hopes that  
you all managed to have a happy  
festive period and a positive start  
to 2022.

### Success stories

And it's worth reflecting that while  
the last two years have indeed been  
very tough, there has also been some  
great success stories as well.

So many businesses have come out  
of Lockdown with new ideas, new  
plans — and indeed new successes.

The big highlight for Eastbourne  
over Christmas surely has to be the  
amazing *Winterland Ice Rink* situated  
at the *Enterprise Centre*.

It was a great initiative and just what  
our town needed at a difficult time.

So many shops continue to do so  
well, and 2021 saw *Maybugs* —  
which already had a shop in Hailsham  
— open in Eastbourne Town Centre.

What a great addition it is to our town!

*The Port Hotel*, along the seafront,  
has been attracting national publicity  
for Eastbourne since its opening  
earlier this year.

Again, an amazing place, a huge  
boost to our hotel offering, and it's  
bringing people to our town.

Go to Meads High Street where  
*Clinic 33* opened up after Lockdown  
— another top-quality business  
moving into Eastbourne.

Times remain challenging, and  
the decision by the *University of  
Brighton* to pull out of Eastbourne is  
a huge blow.

### Staying positive

It looks inevitable, and this will be  
a huge blow to our economy, but  
we must look forward and we must  
continue to be positive.

At *Bournefree*, we are very excited  
about 2022. We want to grow, both  
online and in print, and we are  
confident we can achieve that.

We are working with more  
businesses and more community  
groups than ever before.

And that's the way we want to  
continue this year!

**Happy 2022 to everyone!**

## Bournefree

**We want YOU to be a part of *Bournefree*,  
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***Bournefree*: here for the people of  
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# It's been a bumper Christmas panto at Eastbourne Theatres once again

**WE** live in uncertain times but Chris Jordan and his team pulled it off once again with their cracking production of *Sleeping Beauty*.

By **Peter Lindsey**

Thousands of us have watched the panto, and for those of you who pick up this January edition, it does run until January 9th.







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# New system for DGH Maternity

**A NEW digital patient record system called 'Badgernet' has been introduced in the DGH maternity department, which means paper maternity notes are now a thing of the past.**

By **Peter Lindsey**

**Babies Edward and Hudson, born at Conquest Hospital and Eastbourne Midwifery Unit respectively, became the Trust's first "Badgernet babies" as their births were the first to be recorded on the system, followed shortly after by babies Phelix, Rudy, and Rupert.**

*BadgerNet* provides a full electronic patient record for pregnancy, birth and the post-natal period.

Pregnant people can access information about their pregnancy through the *BadgerNotes* app, whilst clinicians can input information in real-time during appointments.

This completely removes the need for them to carry paper copies of their notes.

Emma Chambers, Associate Director of Midwifery at *ESHT*, said: "Until now, pregnant people have had to carry hand-held paper notes about their pregnancy and remember to bring them to every appointment.

"It hasn't been unusual for these notes, which contain personal information about pregnancy, to get lost or be mislaid.

"Introducing the *BadgerNet* system removes these issues as they will now be able to access the information via an app which is easy to use and will give them all the information they need, including appointment dates and test results, on their smartphone or other device. This also will give greater security and privacy as only those with the correct login details will be able to access the information.

"In addition, midwives and doctors will now be able to add information to the digital notes during appointments, rather than spending time afterwards writing up paper notes. This will give them



Baby Hudson with mum Hayley.

more time to spend with the families we care for, which we hope will further improve the already fantastic service that we currently provide. Many other maternity services locally and nationally are moving to the *BadgerNet* system and are giving excellent feedback on it.

"Introducing a completely new digital system is challenging at the best of times, but to do it during the pandemic is a great achievement. I want to say a big thank you to everyone in the project team who has worked so hard to introduce *BadgerNet* and also to all my colleagues in the department for the enthusiasm and support they have shown."



# Cash boost for Seaside Community Garden

**GREEN projects – including *Seaside Community Garden* – are in line for a welcomed cash boost thanks to the public's generosity.**

By **Peter Lindsey**

**East Sussex County Council teamed up with Crowdfunder to support community projects committed to addressing the climate emergency by offering a share of £25,000 match funding.**

## Projects that Matter

Six projects were chosen from across East Sussex to take part in the *Projects that Matter* competition, and all will receive at least £2,500 of match funding from the county council if they hit the fundraising targets.

The six projects chosen to receive a share of the match funding include;

- *Pop Up Pantries.*
- *The Newhaven Green Centre.*
- *CPP workshops for schools, groups and organisations.*
- *Seaside Community Garden.*
- *Eco Heat the Y Centre by naming a radiator.*
- *Wildside – community orchard.*

## Accessible to all

*Devonshire Collective* is hoping to raise as much as possible to turn an unloved site on Seaside Road, Eastbourne, into a new community garden, safe and accessible to all.

The funds raised will enable the group to securely fence the perimeter using sustainable and reclaimed local wood, landscape the area and create an accessible area with raised planters and a potting shed.

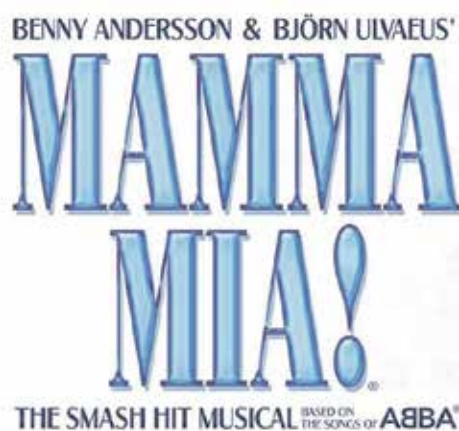
The group will be working with local makers at *Eastbourne Studio Pottery*, who will help design and decorate the garden and with the *Rough Sleepers Initiative* on the landscaping and maintenance.

*Seaside Community Garden* has so far raised £2,079.

To find more and pledge support visit: [www.crowdfunder.co.uk/projects-that-matter-east-sussex](http://www.crowdfunder.co.uk/projects-that-matter-east-sussex)



# Mamma Mia is coming to Eastbourne



**MAMMA Mia is massive – and it's coming to Eastbourne at the start of March.**

By **Peter Lindsey**

**It's coming to the Congress Theatre from March 1st until March 12th.**

You can enjoy the ultimate feel-good factor at the world's sunniest and

most exhilarating smash-hit musical in Eastbourne.

Set on a Greek island paradise, a story of love, friendship and identity is cleverly told through the timeless songs of ABBA.

Sophie's quest to discover the father she's never known brings her mother

face to face with three men from her distant romantic past on the eve of a wedding they'll never forget.

This irresistibly funny show has been thrilling audiences all around the world and now there's never been a better time to see this unforgettable musical in Eastbourne.

Whatever age you are, you can't help but have the time of your life at *Mamma Mia!*

It's been a massive hit in the West End and tickets are sure to sell fast for the Eastbourne run.

For bookings, visit:

[www.eastbournetheatres.co.uk/events/mamma-mia](http://www.eastbournetheatres.co.uk/events/mamma-mia)

**Prices:**

Mon – Thu: tickets starting at £32.  
Fri & Sat: tickets starting at £35.

Concessions: £3 off.

Under 16s and Students: £5 off.

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# Great British Care Awards finalist

## **EAST Sussex College apprentice has reached regional finals of Great British Care Awards.**

By **Peter Lindsey**

**Paula Wright is currently studying as an apprentice at the College doing a Lead Adult Care Worker Level 3 Apprenticeship.**

Her day-to-day job is as a Health Care Assistant at *Radfield Home Care*.

She works in domiciliary care and predominantly looks after people in their own homes.

Apprenticeships with *East Sussex College* are fulfilled by *Sussex Skills Solutions*, the College's in-house apprenticeship and skills training provider, who are dedicated to matching students to the right employer/industry.

Paula attended the awards event in Brighton after being nominated for *The Care Newcomer Award*.

Whilst she narrowly missed out on the award, Paula was regarded as 'Highly Commended' and the College is extremely proud of her achievements.

The *Great British Care Awards* website was full of praise for Paula, and read, "Paula came across very personable, genuine and caring. She has made a huge career move and change when joining care, and she is excited for

the future and her progression in the social care industry."

Paula said, "I'm impressed (about being named highly commended for the award). It was for the whole of the South East which is a lot of people really. The awards evening was really good fun, we really enjoyed it.

"We were submitted onto the course about six months ago, I had an email to tell me I'd made it through to the final. And then I had to do an interview for it, and then we attended the awards ceremony which was really good. It was a nice experience, and there was an amazing atmosphere there."



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# ESSCA Graduates

Showcase performances took place on the 25th November 2021, 4 students participated and passed in flying colours. In difficult times, this showcase was a triumph for both the performers and the East Sussex School of Circus Arts (ESSCA) team.

The showcase took place in one of the two big tops at ESSCA and included many guests such as showbiz writer and producer Chris Gidney and retired professional dancer and dance teacher Katherine Mansi.



Group photo of the Students, Judges and ESSCA team



The 4 Graduates

The 4 graduates included Diogo Dias, Celina Mariani, Matilda Kirk and Pedro Chumbinho (shown left). Each of them had to chose a discipline of focus, and once chosen, they had to come up with a routine that they would have to perform to music.

On the day of the showcase there was a passionate display of precision and intensity that was both exhilarating and full of 'artistic flare' from start to finish. At the end of each performance there was rapturous applause.

The judges conferred to decide on their feedback for each of the graduates, which consisted of praise and the only criticism being to have a better connection with the audience. Overall, everyone was impressed and amazed to see in such a short time period how each of the graduates came up with such complex routines. All the judges remarked on the level of care which had gone into each performance and said they all had big potential for the future. After the showcase, the guests were shown around the site by the proud founder, Renato Pires, as he explained how the site could work as a venue for events and shows as well as a circus school.

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



Principal, Renato Pires

## Upcoming Event:



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# Carbon zero by 2030

**EAST Sussex College are committed to becoming carbon zero by 2030.**

By **Peter Lindsey**

**In addition to ESC's continuing efforts to become carbon neutral, 500 trees were planted with the production of the College's recycled Christmas card.**

The College is committed to reducing its carbon footprint, offering eco-friendly and sustainable options where possible.

Building work on *East Sussex College's* zero carbon project commenced last September after securing government funding. The College joined the likes of Sky with the aim of becoming carbon zero by 2030.

The College also signed up to the *Mvula Carbon Capture Project* in 2020, run by *United Nations Association Eastbourne*, to plant 5,000 Mvula trees (*Melicia excelsa*) and 1,000 fast growing 'companion species' (*Terminalia superba* and *Maesopsis eminii*) in Equatorial Uganda.

The Mvula tree, also known as Iroko, can capture an exceptional amount of CO<sub>2</sub> over a period of 80 years, estimated to be five times that of an oak tree in the UK. Furthermore, scientists have shown that a significant part of the captured carbon is as a rock which means the captured CO<sub>2</sub> is a long-term carbon sink.



The College Group calculated that it produces 5,786 tonnes of CO<sub>2</sub> per year, so the initial batch of trees planted will comfortably offset the college's emissions. It is expected within the next 20 years these 6,000 trees will capture at least 60,000 tonnes.

Rebecca Conroy, CEO at *East Sussex College*, said, "This is a really exciting and important step for the College Group as we take action to reduce our carbon footprint.

"Supporting this project means that we are doing our bit to make the changes we need for the good of our community and the planet and help to replenish trees that are fast becoming

an endangered species due to unsustainable logging."

Along with offsetting emissions, the College has already made significant steps in reducing the amount of energy it uses. All of its campuses use energy-efficient bulbs, they have increased the number of recycling points across each campus, and in 2019, the College installed solar panels on the roof of the Ore Valley Hastings campus to provide up to 72% of the campus' electrical power.

You can visit the UNA Eastbourne website at [www.unaeastbourne.org](http://www.unaeastbourne.org) for more details about the project and for the scientific evidence for the carbon capture rates for trees planted.

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Rosemary's Coffin Art is an Eastbourne based company and was created by Rosemary Pill an artist trained at Chelsea and Putney College of Art and Design.

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# New YouTube channel to promote our markets

## MARKETS have never been more popular.

By **Peter Lindsey**

**Just look at the marvellous weekly *East Dean Village Market*, which attracts hundreds of people every Wednesday.**

Over the past year, farmers markets and craft fairs across Wealden have grown in popularity as people rediscover this way of shopping amid the pandemic.

Stallholders and councillors are hoping it's a trend that will continue in 2022.

*Wealden District Council* is proactively working with local market co-ordinators to help share best practice across the district and has launched a new video on its YouTube channel showing how markets create a community hub and support small businesses.

Farmers and craft markets have been popular in the UK before, but with

the ubiquity of supermarkets, most people tend to shop in store or online.

However, in French culture, markets have been a staple of life throughout time and are often the hub of rural market towns. They are great places to spend time and a good way to connect to your neighbourhood. They are also a huge attraction for visitors.

Councillor Roy Galley, who oversees *Wealden District Council's Community and Regeneration Team* and is the lead member for economic development, is hoping the resurgence is a lasting change.

Councillor Galley said, "I am delighted the 'Shop and Dine Well in Wealden' campaign is now promoting our markets across the district. As well as raising their profile on social media, we've produced a new video to showcase what is on offer. We hope by working together, the individual markets will go from strength to strength."

During lockdown, loneliness and isolation became a real issue for many people, including those living alone, the retired and home-workers.

Councillor Galley said, "Visiting farmers markets and local craft fairs is a great way of getting out and meeting people as well as discovering fresh, seasonal produce and unique items. Markets are also places where traditional Sussex crafts and artisan trades are kept alive."

Matt Holmes runs *Hillside Coffee* and has a stall at the popular *East Dean Market* which takes place each Wednesday.

He said, "It's important for people to get out and meet each other, whilst spending more locally. I and other stallholders here have noticed a big shift in people buying more locally, which is good for the local economy and smaller businesses have a chance to thrive."

Maddy Bishop from *Green Planet Paper* is a stallholder at *Forest Row Market*, which is held on the first Saturday of every month. Her business offers a range of environmentally friendly cards, gift tags and recycled wrapping paper, which grow once planted into the ground.

Maddy said, "There was a waiting list to have a stall at *Forest Row Market* as it's so popular. There is a really good community spirit here and everyone wants to support locals and meet the people behind the products."

Joanne Rogers, MD of *Prowse & Co*, which delivers the 'Shop and Dine Well in Wealden' campaign on behalf of *Wealden District Council*, said buying from local markets is good for the environment too.

"You can find delicious fresh and seasonal produce, grown in close proximity to where you live, rather than supermarket food which is often shipped in from overseas," said Joanne.

"When you shop from a local grower or farmer, you will know the provenance of what you are buying."

Councillor Roy Galley added, "Local markets are an integral part of our community life in Wealden acting as a source of income for a huge range of businesses and as a force for social cohesion."

"After the pandemic, I have found that many people are pleased to support them and get back to meeting friends and neighbours. It's good to join in and support local businesses and communities."

Discover more about Wealden's markets at: [www.healthywealden.co.uk/wealden-local-markets/](http://www.healthywealden.co.uk/wealden-local-markets/)

View the new Wealden Markets video at:

<https://youtu.be/H4VO5rL93MY>

You can also follow the 'Shop and Dine Well in Wealden' campaign at: Facebook – [@ShopDineinWealden](https://www.facebook.com/ShopDineinWealden) Twitter – [@ShopDineWealden](https://twitter.com/ShopDineWealden)



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# Vote for your favourite children's book

## SIX children's books have been shortlisted for the *East Sussex Children's Book Award 2022*.

By **Peter Lindsey**

**Children aged between eight and 11 years old are being invited to read the newly published books before voting for their favourite in May. An awards ceremony to announce the winning author will be held in June.**

All the shortlisted books, including e-books, are available to borrow for

free from East Sussex libraries and families and primary schools across the county are being encouraged to take part.

Participating schools will receive a Book Award support pack and invitations to author events. Pupils will also be able to enter competitions and submit questions for the shortlisted authors. It is free for schools to register.

Cllr Claire Dowling, lead member at *East Sussex County Council*, said:

"The *East Sussex Children's Book Award* encourages older primary school children to read for pleasure, promoting a life-long love of reading.

"I hope that many local schools will join us in this celebration of children's literature and register to take part in the awards.

"And I urge our young readers to read as many of the fantastic, shortlisted books as they can before voting for their favourite next spring."

The shortlisted books, which include enchanting fantasy, thrilling adventure and gripping mystery, are:

- ***The Hatmakers*** by Tamzin Merchant.
- ***The Way to Impossible Island*** by Sophie Kirtley.
- ***The Valley of Lost Secrets*** by Lesley Parr.
- ***Jaz Santos vs. the world*** by Priscilla Mante.
- ***A Shelter for Sadness*** by Anne Booth.
- ***The Boy Who Met a Whale*** by Nizrana Farook.

For more information on each book and details of how to register and vote, please visit:

[www.eastsussex.gov.uk/ESCBA](http://www.eastsussex.gov.uk/ESCBA)



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# Make it a new you for 22



**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 For 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 For 22** will increase brand awareness and cement One You East Sussex as the go-to service for weight loss and movement support.

We have helped 1000's of people lose weight in East Sussex and continue to help residents 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 conference based room support). However as and when we are safely able to do so we will be brining 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](http://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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Working alongside your dedicated advisor you will receive free support, advice and guidance to help you achieve your health goals in 2022.

- Choose from our MAN v FAT leagues, our 1-2-1 Health Coach Programme, our Group Weight Management Courses and our Digital Weight Management programme – Gloji

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REMEMBER ALL OF OUR PROGRAMMES ARE **FREE!**





# End of Life Care for people with Learning Disabilities

**SUE Marsden (pictured, second from the right) is the End-of-Life Care Facilitator for Learning Disabilities at St Wilfrid's Hospice.**

By **Peter Lindsey**

**Her role is the result of a one year Masonic Charitable Foundation grant (facilitated through Hospice UK) with the aim to widen access to palliative and end of life care for people with a learning disability. After eight months in the job, she has now shared how the project is going and why her role is so important.**

## Why do people with Learning Disabilities struggle to access End of Life care?

Sadly, people with learning disabilities are often diagnosed with cancer or other life-limiting illnesses quite late. This is partly due to the differences in communication ability and identification of symptoms. By the time a person is diagnosed, and it's been established whether they can be treated it's sometimes too late to get someone home from acute hospital. Therefore, more people with a learning disability die in hospital than people who don't have a learning disability.

We also know that carers and families find it hard to talk to people with learning disabilities about death and

dying, so it can be hard to find out people's wishes. Carers may not be aware of the community role that palliative care can play, so may not think about referrals.

## What has the project achieved so far?

We decided quite early on that we wanted to share the learning as far as possible and reach the biggest audience in Sussex that we could, so we've run several training sessions for staff members across the hospice and learning disability services in Sussex. Three sessions have taken place so far, covering all sorts of topics from learning disability awareness through to breaking bad news and dealing with distressed behaviour.

We have also been working with several families who have a relative with a learning disability or autism, supporting them with how to share information about an illness or life limiting condition. Alongside this, we are working with GPs to help identify people in their practices who have a learning disability and may be at risk of dying in the next year. This means that we can support them with appropriate referrals and advance care planning, and we're also working with the *Learning Disability Health Team* to become more confident in advance care planning work.

## What's next for the project?

More of what we're doing already! We've got a few more teaching sessions planned and hopefully one further big engagement event across Kent, Surrey and Sussex. At this event, people who are interested in end of life care and learning disabilities can come together to share experiences and ideas.

In addition, we are hoping to run some advance care planning workshops for people with a learning disability and their families or carers.

## If someone with a learning disability or their family member or carer wants to find out about our care, where should they go?

They should contact our 24/7 Nurse Line on **01323 434222** and they can always ask to speak to me. I can support team members within the hospice with their assessment and care planning, as well as any adjustments or specialist resources needed as a result of the person's learning disability or communication needs.



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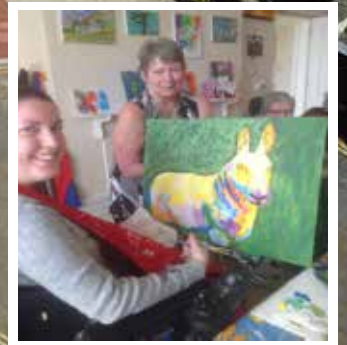


# TheChaseleyTrust

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)







# Happy New Year from Chaseley's CEO

**WHERE did that year go? It just seemed like January 2021 a minute ago and here we are at the start of 2022 already.**

By **Emma Rich-Spice**, CEO

**The last year has led us, as have we all, to face the greatest challenge with COVID-19. A challenge we have all hit head on. During the pandemic, this year, the Board of Trustees at Chaseley, entrusted me to take over as CEO. For most of my career I have chosen my path within care and to lead a Trust as passionate as Chaseley is an amazing honour and one I have enjoyed every moment of achieving.**

Leading a Trust like *Chaseley* comes with great responsibility and this means working continuously to develop the capabilities of not only *Chaseley* as a building, but also that of its residents and workforce. It's been about understanding the world around which *Chaseley* resides and the development of a holistic setting, which protects the precious people we are lucky enough to look after and those key staff who work tirelessly every day to provide the best possible care there is.

As a team we have worked in a structured manner to handle the pandemic, co-ordinating efforts and following recommendations from the authorities, ensuring that the basis for management's decision-making is continuously up-to-date. This has enabled *Chaseley* to continue to grow and keep our residents and staff safe.

This year we are intending to continue our growth by embarking on our 15-year refurbishment plan to improve not only the cosmetic look and feel within our beautiful home, but also improve and future-proof the external elements of the building. We look forward to doing this with full input from our residents.

Last year we celebrated our 75th birthday and this year we set the foundations for the next 75 years and beyond. I am forever grateful to the local community and our residents' loved ones for all their love and support to us.



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

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

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)





2022



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AT THE

**WINTER  
GARDENS**



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**GET FIT IN 2022**

**8 WEEKS FREE TRAINING**

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# Success Stories





# JOSH BABARINDE.

Eastbourne A-Level alumni, Josh Babarinde, was awarded an OBE in December 2020 for his 'Services to Criminal Justice, Social Enterprise and the Economy'. Following his time at college, Josh founded Cracked It, an award-winning technology business that has supported over 200 ex-offenders away from crime and towards employment.

Josh is now a member of the College Board and in November 2021, was voted to succeed Stephen Lloyd

as the Liberal Democrat candidate. Staff always said Josh would be Prime Minister one day! **Watch this space!**

Scan here to read more.



## SPORTING SUCCESS.

ESC Sport students in Eastbourne benefit from brand new classrooms and gym facilities at the Sports Park, run by Wave Leisure.

The refurbished space opened at the end of 2021 and includes Technogym equipment - the same brand used by athletes training for the 2020 Olympic Games.



*The space is ready to accommodate future sports stars, following in the footsteps of our successful football students.*

In 2021, Davide Rodari signed his first professional contract with Crawley Town FC, and made his debut 24 hours later in the FA Cup fourth round against Bournemouth FC!

At the same time, alumni Benn Ward signed with Premier League side Burnley FC! And, in a hat-trick of sporting success for the College, later in 2021, it was announced that three ESC students made the Association of Colleges Sport England Men's Football team!

## AMITA SUMAN.

Performing Arts alumni, Amita Suman, landed a role in the number one rated Netflix series, Shadow & Bone, which premiered in April 2021. Nepali born Amita attributes her course at ESC to giving her the tools she needed to get into drama school and carve out a successful acting career.

She also praised advice from her tutor, Kerry Smallhorne,

## A YEAR THAT WAS...

The last few years have been challenging, but East Sussex College is pleased to celebrate the accomplishments of individuals within the College Group, its work supporting the local community during lockdown and beyond, and new initiatives to deliver a sustainable future. As we emerge into the new year with a more positive mindset, East Sussex College begins by taking a look back and recognising achievements from 2020/21. **This is the year that almost wasn't...**

## SUPPORTING THE NHS.

Sussex Skills Solutions (SSS), the apprenticeship arm of the College, teamed up with Brighton & Hove Albion FC and NHS East Sussex Training Hub, to support internal training in local GP practices. The project sees existing NHS staff take on apprenticeship roles, to deliver improved services to patients. During lockdown, apprenticeships were in demand, and there's now a record number of apprenticeship vacancies available through SSS.



## ALI MOHAMMADI.

Talented alumni, Ali Mohammadi, moved one step closer to his dream of becoming a doctor after gaining a place at Brighton and Sussex Medical School during lockdown 2021.

Ali, who studied Access to HE Medicine at ESC, impressed so much during his medical school interview, he was offered a place on the Bachelor of Medicine Bachelor of Surgery degree a few hours later!

## ARCHIE WHITE.

Archie White became one of the world's oldest graduates last summer at the age of 96, proving it's never too late to follow your passion. Archie, who spent his working life as a solicitor, first picked up a sketchbook at the age of 72. He pursued his passion for art, starting his Fine Art Degree course at ESC in 2018.

Lockdown didn't stop him achieving his dream, and he made the headlines when he graduated in 2021. Archie didn't stop there. Local galleries now want to sell his work and he is in the process of starting up GradAid with East Sussex College, a charity giving aspiring artists more opportunities to hone their craft.



ARTWORK  
FEATURED  
ON THE  
COVER





who helped her to achieve without limitations and not be stereotyped to roles. Shadow & Bone is based on the book series by Leigh Bardugo. Series 2 airs on Netflix later this year.

# NETFLIX

## FRANCESCA LANGFORD.

Health and Social Care courses have always been popular with ESC students, both at college-level and degree-level.

Francesca Langford completed her Healthcare Practice HND in 2018 and is now working in her dream job, in a managerial role of a care home in Battle. Francesca has worked in the Care industry since the age of 16, but it was only when she was looking at A-Level options for her daughter during an Eastbourne Open Event, that she enquired about the Degree courses. She started her Healthcare Practice a week later!

## MYA HITCHCOCK.

Following in the footsteps of ESC alumni and WorldSkills Beauty Therapy champions Kaiya Swain and Rebecca West, Mya Hitchcock is the latest ESC student impressing judges in the WorldSkills competition.

Mya reached the 2021 WorldSkills national finals held last November at Coleg

Cambria, Wales, and won the bronze medal!

**Mya can now compete for a place on Squad UK, with the hope of reaching the grandest stage of all, the WorldSkills Finals, Shanghai 2022.**

## ANUBIS FINCH.



ESC Performing Arts alumni, Anubis Finch, took to the stage in the role of Shrek during her time at college. **Most recently, Anubis graced our TV screens in RuPaul's Drag Race UK.**

Now, the talented performer has won an award on the back of her appearance on the show, being voted 'Miss Congeniality' by her fellow contestants, an award handed to the Drag Queen who is the kindest and most helpful on their respective series.

## JOANNE WILKINSON.

During Stress Awareness month, Complementary Healthcare degree student, Joanne Wilkinson, shared her expert advice

on the correlation between sleep and stress. In the summer of 2020, Joanne launched her own business, offering online support to people who were struggling during lockdown.

Joanne said that one of the most serious issues that came out of the pandemic was the extreme amount of people suffering from stress, mental health, and sleep issues.

She recommended complementary therapies such as Reiki, Reflexology, Aromatherapy, Massage, Qi Gong/Tai Chi, Nutrition Advisors, and Meditation to support these issues.



## KAIYA SWAIN.

College is about following your passion and taking opportunities, and no-one knows that better than Beauty Therapy alumni, Kaiya Swain.

Kaiya entered the UK Skills competition during her time at ESC, and succeeded through each stage of the competition, representing the UK in the WorldSkills finals in Abu Dhabi in 2017! It was on the world stage where Kaiya faced her biggest challenge, but won the gold, becoming



## GOOD FOR THE ENVIRONMENT.

The College is committed to reducing its carbon footprint, offering eco-friendly and sustainable options where possible. Building work on East Sussex College's zero carbon project commenced last September after securing government funding. The College joins the likes of Sky with the aim of becoming carbon zero by 2030. The College also signed up to the Mvula Carbon Capture Project, run by United Nations Association Eastbourne, to plant 5,000 Mvule trees in Equatorial Uganda. The Mvule tree can capture an exceptional amount of CO2, and the College Group calculated that it produces 5,786 tonnes of CO2 per year, so the initial batch of trees planted will comfortably offset the college's emissions.

**An additional 500 trees were planted with the production of the College's recycled Christmas card last month.**

Scan here to find out more.



the World's Best Young Beauty Therapist! Kaiya now runs her own successful business, Kaiya Rose Beauty. Most recently, she returned to ESC Eastbourne to inspire the new cohort looking to succeed in the Beauty industry. Kaiya now runs her own successful business, Kaiya Rose Beauty.

**"It was an absolute honour to represent my country. This is a dream come true!"**





# Cycling's success story

**WE have dusted off old bikes and borrowed or bought new ones in unprecedented numbers since the pandemic started.**

By **Peter Lindsey**

**Through cycling, many of us are reclaiming a little freedom, exercising more, saving money, and having fun.**

And local business, *Cycleshack*, is part of cycling's success story having opened its latest store in Polegate last year.

Long-established in Lewes and at *Deers Leap Bike Park* in East Grinstead, *Cycleshack Eastbourne* looks and feels a little different to many traditional high street bike shops.

It's a welcoming space, designed to make you feel comfortable popping in for information and advice whether you're a novice or serious cyclist. You can browse a huge range of bikes, even stop for a coffee.

Along with mountain, gravel, road and hybrid bikes, *Cycleshack* is an e-bike specialist. An established *Trek* dealer, they stock brands such as *Bergamont*, *Orbea*, *Raleigh*, *Salsa*, *Whyte* and *Frog* for kids.

Their online store is just as helpful, with real-time stock levels, the option

to reserve a bike for just £50, videos of the team road-testing bikes, plus information on Cycle to Work Schemes, and more.

If you haven't yet, find them in the **Connect 27 Business Park** off Dittons Road, just beyond *Lidl* Polegate.

*Cycleshack* is open Mondays to Saturdays from 9am – 5pm. Visit [www.cycleshack.co.uk](http://www.cycleshack.co.uk) Follow [@cycleshack.eb](https://www.instagram.com/cycleshack.eb)

## Bike servicing & repairs

*Cycleshack* offer full service and repair facilities via their on-site workshop which is staffed by *Park Tools* / *ProTech* / *Cytech* and/or *Bosch*-qualified mechanics.

**Until the end of January, they are offering 20% off their servicing packages.**

It's a great time to get a service to ensure your bike is in shape for winter riding and to get ahead of the crowd in the Spring, when everyone digs their bike out of the garage.

*Cycleshack's* service menu has clear and transparent pricing, ranging from an 'MOT' to the 'Ultimate Service', along with hydraulic brakes servicing and a range of other options.



For details visit [cycleshack.co.uk/workshop](http://cycleshack.co.uk/workshop)

## 20% OFF for Bournefree readers

*Bournefree* has teamed up with *Cycleshack* to offer **20% off** any *Trek Dual Sport* in stock between 1 – 31 January. To find out more, contact the team on **01323 406832** / [sales@cycleshack.co.uk](mailto:sales@cycleshack.co.uk) or pop in to see them.

T&Cs: Offer valid 1 – 31 January 2022 in-store only and subject to in-stock availability. Offer not available on online purchases.



Trek Dual Sport.

## CYCLES HACK



Scan for directions

**Open Mon – Sat, 9am to 5pm  
01323 368457**

Connect 27 Business Park, Polegate BN26 6GP

## 5-Star customer reviews

The team at *Cycleshack* really know their stuff and match their expertise and enthusiasm with a friendly, helpful approach, earning them some great Google reviews ...

*"This is a great bike shop. Sorted both my bikes quickly and with a great price. They were knowledgeable and communicated what needed doing and the different options I had quickly and efficiently. Will definitely be my go-to bike shop now."* Ben

*"10/10 excellent service from everyone at Cycleshack. Ordering me in a Trek bike in the size needed, keeping me informed about the delivery of my bike to Polegate – and a free coffee with every bike purchase!"* Charlotte

*"I bought a lovely Orbea road bike and had 2 MTBs serviced. The services were terrific, bikes looked like new. Thanks to Sam for his knowledge, experience, patience and professional service."* Alastair







"We also have one of the best equipped workshops and we have top on site facilities."

"Customers are excited when they come through our doors. They know they are going to see something very special."

"We have specialist software which means we can be one of the very best. People trust us and come from all over the world."

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*JAGtechnic* is part of *HPC Classics*, a classic car dealership and restoration business based on the same site. *HPC Classics* also look after the prestige cars, but from yesteryear – all the way through to today's performance machines, Chris our technical director spent time in McLaren's development department, so we even have an understanding of the newest tech on the market. Including electric cars and classic electric conversions, we can cover all bases!

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# JAGtechnic is a true Eastbourne success story situated on the White Knight Business Park

**QUALITY not quantity is the motto for the only independent factory trained Jaguar workshop to offer a full range of Jaguar services in East Sussex.**

By **Peter Lindsey**

**And it's not just Jaguar.**

Here's Sales Director Miles Hardy: "We bought the business about 18 months ago as a Jaguar Land Rover specialist."

"We also service and maintain other makes of prestige car as well as buying and selling them, the cost of our vehicles for sales ranges from £15k to £200k."

"One of our biggest joys is the very high number of customers who return to us in the future. They've

had a very good experience with us and have no hesitation coming back because they trust us."

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The Lightning Fibre team at Winterland Ice Rink.

# Lightning Fibre launches in Seaside – providing 6,000 more homes and businesses with full fibre connectivity

**LOCAL, independent broadband 'alt net', *Lightning Fibre*, have completed their network build in Seaside, bringing their new Gigabit network to homes, businesses, B&Bs and hotels in Eastbourne.**

By **Peter Lindsey**

**The much anticipated launch is part of a 'full town roll out', which will eventually reach every home and business in Eastbourne.**

The locally-based company is also building simultaneously in Hastings, Heathfield and Hailsham.

Ben Ferriman, *Lightning Fibre* CEO, said "We understand that poor connectivity really frustrates

people in East Sussex, so last year we announced our decision to level up Eastbourne with our brand new, dedicated fibre optic network to give the community the connectivity they

deserve. We're delighted to now launch our service in Seaside."

Research shows that once an area has a full fibre 1Gbps network,

property prices and local economies are positively impacted. *Lightning Fibre* is building high quality networks across East Sussex, creating quality local jobs and delivering a high-quality service at an affordable and competitive price.

The latest powered distribution cabinet was unveiled by the Chair of *Eastbourne Hospitality Association*, Mark Cotman of *York House Hotel*. When cutting the ribbon, Cotman commented, "This private investment in Eastbourne to deliver hyper fast broadband is very much welcomed by the *Eastbourne Hospitality Association*. *Lightning Fibre* have engaged with us throughout the build, and are fully paid up members of the Association.



Mark Cotman of York House Hotel.





“

**Research shows that once an area has a full fibre 1Gbps network, property prices and local economies are positively impacted.**

### Faster and more reliable

Our members are crying out for faster and more reliable broadband, and the new network will enhance the in-venue experience of their customers today and in the years ahead. It's refreshing that a truly local company has provided this new opportunity for our members and we're delighted to have this opportunity to support *Lightning Fibre*."

Full fibre optic networks are not just the fastest, they are also the greenest – a full fibre network creates 88% less greenhouse gas per 1Gb compared to other access technologies.

### What's next?

The network is live in Old Town and almost completed in Meads, and the company will also be starting Sovereign Harbour and Langney in early 2022. Eventually, the whole of Eastbourne will benefit from a brand new, symmetrical full fibre network. The company are also building across Hastings, St. Leonards on Sea, Hailsham and Heathfield and new areas are under consideration in East Sussex.

The Heathfield network has been built incredibly quickly, and by March 2022 all 5,000 homes and businesses will be able to connect to the network. With 100Mbps delivering speeds from 2.5 times faster than average download and 8 times faster than average uploads, this symmetric network enables households and businesses to work and play faster with a more reliable

connection, having removed the old copper wire that struggles with the data transfer demands of the Digital Age. The copper wire has served us well for many decades, but simply can't cope with the needs of today. The network can actually deliver up to 10,000Mbps, making it 250 faster (downloads) than the current East Sussex average.

Back in July, Eastbourne MP Caroline Ansell unveiled the Old Town distribution cabinet, serving over 7000 homes and businesses.

Caroline commented at the time, "It's my great pleasure to support this local business; I have followed their progress from the early days of securing funding through to today, a great day for the firm and for Eastbourne. Not only is *Lightning Fibre* levelling up the area, for the digital age, it is also creating local jobs and contributing to the local economy."

### The Eastbourne Lightning Fibre Ice Rink was a huge success and 'sold out' for the Christmas season

The *Eastbourne Ice Rink*, delivered by *Your Eastbourne BID* and *Visit Eastbourne*, at 'Winterland' at the *Enterprise Shopping Centre*, was made possible by the generous support of many local businesses, individuals and associations.

*Lightning Fibre* was delighted to Headline Sponsor the rink, which included an Ice Hockey match, ice hockey training sessions and some

special 'quiet' slots with fewer people on the ice, no loud music or flashing lights for those children and adults who need a more 'relaxed' and calm environment.

Winterland included a FREE Santa's Grotto, Christmas gift shops and festive food and drink stalls.

Rob Reaks, Head of Sales and Marketing, commented, "We're thrilled that Eastbourne had an Ice Rink again after almost a decade, and we're proud to be Headline Sponsor. I'm delighted the sessions sold out, such was the demand for this great Christmas initiative. Well done to Your Eastbourne BID for making this happen."

*Lightning Fibre* also supplied their multi-gig network at the rink so everyone could enjoy free, hyper fast broadband during this event!





# Contributing over £50,000 to local causes

**SUPPORTING local causes, especially at this difficult time, is close to our hearts here at Crane & Co. The last couple of years have been extremely challenging for us all, but especially so for those that work so hard to support our community.**

By **Mike Crane** of Crane & Co

**We are very privileged, as a result of a very buoyant housing market in 2021, to have been able to increase our support to charities, schools, groups and organisations in Hailsham, Eastbourne and the surrounding areas through the Crane & Co Community Support Fund.**

Funding for charities has been severely affected due to a loss of fundraising during the pandemic. Our fund has provided support to schools, sport clubs for children and adults, music groups and charities.

We are honored to be able to support two very special charities, *You Raise Me Up* and *St Wilfrid's*

*Hospice*, and are delighted to have received an award from *St Wilfrid's Hospice* for our work with them over the last couple of years.

The wonderful *St Wilfrid's Hospice* aims to transform end of life care for the people of Eastbourne, Seaford, Hailsham, Uckfield, Heathfield and all points in between. Please find out more about them on their website [www.stwhospice.org](http://www.stwhospice.org).

*You Raise Me Up* is a very special charity providing support to families that have lost a young adult between the ages of 16 and 25. Please find out more about them by visiting [www.youraisemeup.co.uk](http://www.youraisemeup.co.uk).



Receiving certificate from *You Raise Me Up*.



Receiving award from *St Wilfrid's Hospice*.



Donating laptops to schools.



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Derek Rochford.

# A Telecoms company that's all heart

**Derek Rochford has been running his business, *Telecom Direct* since 2013. While 2021 has been tough, he's weathered the storm and kept his clients happy.**

By **Gail McKay**

## How did *Telecoms Direct* begin?

*Telecom Direct* was established in 2013, the company was formed after 16 years of industry knowledge, I could see the way the ever-evolving industry was moving from 'Traditional Telephone Systems' to new 'Hosted Platforms' (VOIP). I was keen to set up on my own at the right time when hosted VOIP was in its infancy to get a head start on the competition. I also wanted to secure a stable future for myself and my children.

## I asked Derek what kind of year it's been?

Certainly the first part of 2021 was very uncertain times for a lot of UK businesses not just ours, we continued to work through from home with streamlined operations, and managed to support our customers and keep them happy which has been a great achievement so far and as the year progressed we managed to secure new offices through our continued drive and determination to keep delivering excellent customer service and continuing to grow the business by adding new customers.

## What do you love about your business?

I love helping people save time and money by listening to their requirements and providing solutions that they actually need. I also love being on the forefront of an ever-evolving industry it never gets boring with new technology always being added.

With a wide portfolio of products, we can truly meet any business or residential requirement. Here are a few services: Leased Line, FIBRE, FTTC, Broadband, Hosted Telephony, Mobile Phones (O2 & Vodafone), Wi-Fi, CCTV, Installations and Support. Have a look at our website, [www.telecom-direct.co.uk](http://www.telecom-direct.co.uk) for a full range of products or call the office on **0800 0901552**. We support all our products and services and provide them on one monthly bill.

## Where are you based?

We have just moved to a modern office in Redoubt House (Eastbourne), which is a great location for us to handle local businesses and residents in and around Eastbourne.

## What kind of companies do you usually work with?

We work with all SME's, hotels, insurance companies, catering companies, retail, creative agencies, pubs, clubs, bars, estate agents, accountants, financial, builders, windows companies. The list is endless. We also offer fantastic residential packages for Full fibre and Wi-Fi.

## What's next?

Hopefully 2022 will have a better start for us than 2021 did. We will hopefully be expanding the team throughout 2022 and adding new products and services that become available.

Now Eastbourne is getting full fibre ready, a product that we have been supplying for over eight years now, more and more businesses and residential users will be in a position to benefit from superfast speeds available from the full fibre network. With more and more people set up to work remotely from home, they'll benefit from superfast full fibre internet speeds fully supported by *Telecom Direct*.

**TelecomDirect**  
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Analogue and Digital services will be switched off in 2025. Are you ready? If not, get in touch to discuss what's available in your area and how we can help.

## What's so special about *Telecom Direct*?

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Call: **0800 090 1552**

View: [www.telecom-direct.co.uk](http://www.telecom-direct.co.uk)

**But don't just take our word for it here are some 5\* reviews from what our existing customers have said on Google:**

"Derek has always provided us with a great, friendly service and is always on the end of the phone to help. We have been able to reduce our costs by switching to Telecom Direct and are very happy with the reliable and professional service we always receive."

"It was a pleasure to do business with Telecom Direct. Derek Rochford was very informative about the products they offer and made sure we had a system that worked for us. The transition of systems ran smoothly. Excellent service! I would definitely recommend this Company."

"Great company. Derek makes your life easy, from sorting out the right deal with the right equipment and then excellent service, back up and advice going forward."

"Derek gave an excellent service from quotation stage, through installation and including great after sales care."

"We would not hesitate to recommend Telecom Direct."



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## TWO IMPORTANT QUESTIONS

### TO ASK BEFORE YOU SIGN WITH AN ESTATE AGENT



**THE FIRST question a seller always asks an estate agent is: “How much can you sell my property for?” The second is: “What is your fee?”**

By **Mike Crane** of Crane & Co

**This focus on price and fees makes perfect sense; understandably every seller in Hailsham, Eastbourne and the surrounding areas wants to get the best possible property deal.**

But before you jump in and choose an agent based solely on these two things, ask two more questions to determine if an agent is telling you the truth or a load of porkies.

Before you sign a contract, ask:

- Is there a tie-in clause in the contract? If so, how long is it?
- Can I terminate the agreement if I'm unhappy with the service?

Unfortunately, many sellers skip these questions, and it's not until things go awry that they realise they're locked into an unfavourable deal.

#### **Tie-in periods**

Some agents don't do tie-ins at all, while others will ask that you commit to allowing them a minimum period, usually a few weeks, to market the property.

Other agents go so far as to lock you in for 24 weeks (with a 28-day notice period on top of that).

It's up to you to decide what length of tie-in is reasonable — but make sure you understand from the outset what you're getting into.

#### **Overvaluing a property**

It's also worth questioning why an agent wants a 24-week tie-in. If they genuinely believe in their pricing strategy, why do they need nearly half a year to shift the property?

Unless, of course, they've deliberately overvalued your home to secure your custom. They know that eventually you'll have to drop the price, but they don't care — they've got you cornered.

The whole thing is a ploy to get your business. It wastes time and can jeopardise your next purchase, especially if you're in a chain.

#### **Bad service**

Also, be wary of long notice periods. Some contracts not only commit you to an extended tie-in but require that you serve notice if you want to terminate.

So, you get to the end of a long tie-in, and think 'hallelujah, I'm ditching these cowboys' only to discover you're still locked in.

Often, the longer the tie-in and notice period, the worse the service

because the agent knows you can't go elsewhere.

#### **Top tips**

- Always do your research before choosing an agent.
- Never sign a contract you haven't read.
- Remember, you can negotiate tie-in periods. They're not set in stone, even if an agent tells you otherwise.
- Go with a local agent with a reputation for excellent service and delivering on their promises.

As for ourselves at Crane and Co, for many years now we have offered all our clients a contract with **ABSOLUTELY NO TIE IN** and **NO MINIMUM CONTRACT PERIOD**. This means that sellers are free to leave at any time, without charge, unless they are absolutely delighted with the service and results we provide.

If you would like to find out more why not give us a call on **01323 440678** or take a look at our website **www.craneandco.co.uk**





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# UK house prices soared in 2021 and Eastbourne was no exception

**THE market saw a 7.1% annual rise in house prices, with prices rising by an average of £16,000.**

By **Peter Lindsey**

**That's according to Zoopla's latest price index revealed.**

## **Record year**

The total value of the UK housing market was up £670bn in 2021, taking it to a total of £9.5tn.

The average home now has a market value of £240,800 compared to £224,800 a year ago.



Property for sale at Ginger & Sanders. [www.gssalesandlettings.com](http://www.gssalesandlettings.com)

"This year has been a record year for the market, with the stamp duty holiday and the pandemic-led 'search for space' among homeowners resulting in the highest number of sales since before the financial crisis, with 1.5 million transactions," said Grainne Gilmore, head of research, Zoopla.

## **Snapped up**

"Such a busy market eroded the number of homes available to buy, as properties were being snapped up so quickly," said Gilmore.

"This imbalance between demand and supply has put upwards pressure on prices."



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Gilet	£23.50
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Hi-Vis Short Sleeve T-Shirt	£17.50
Hi-Vis Hoodie	£24.00

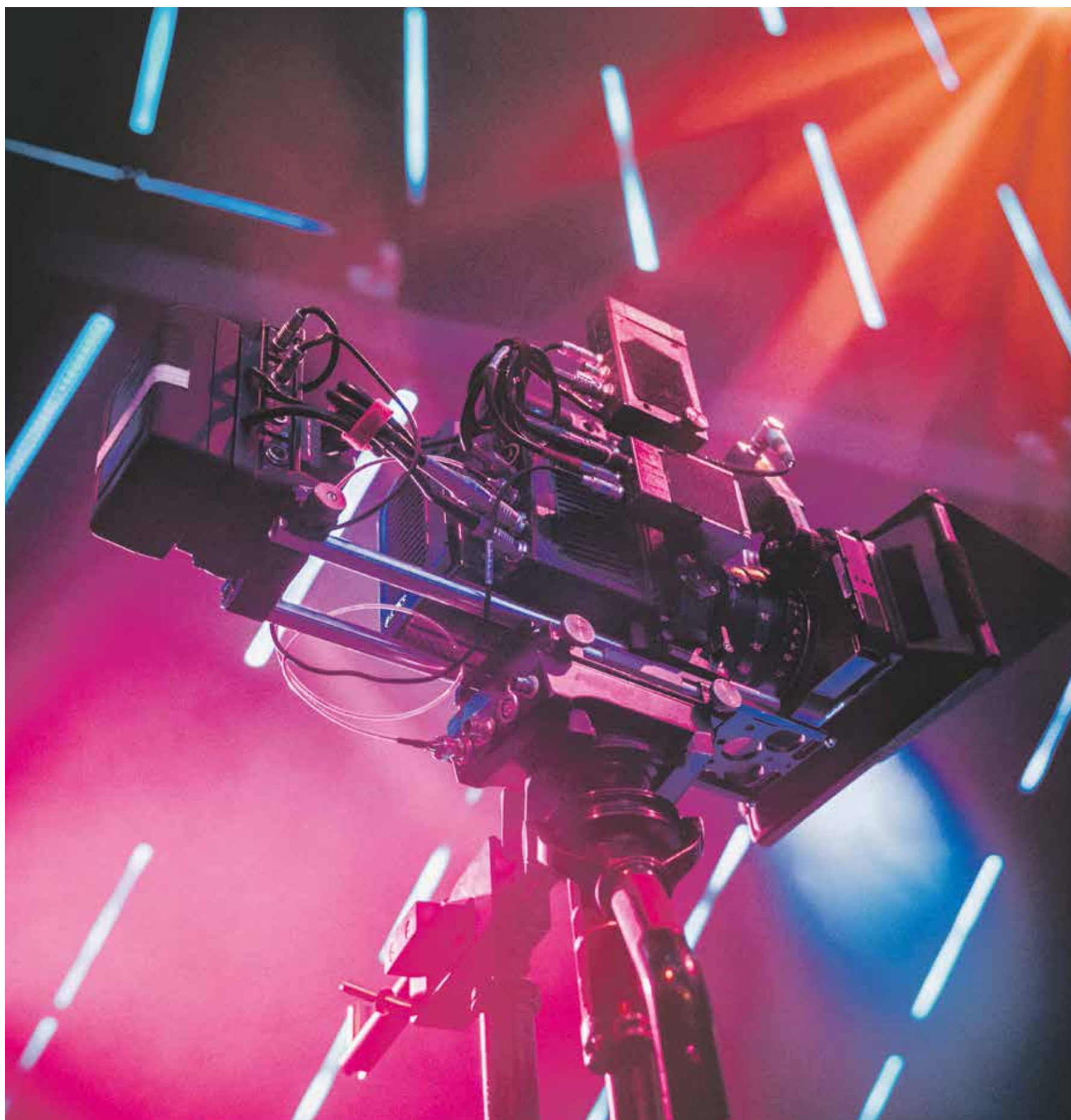


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# The Arts



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# Winter Garden Jazz Music Eastbourne

**DEVONSHIRE Park Jazz Sessions is a series of monthly live music events, showcasing swinging groovy music from established local artist and instrumental musicians, including acclaimed UK bands.**

By **Jazz Lounge Seaside CIC**

## The Promoter. The Fan. The Musician.

**Why are the Sessions happening here in Eastbourne?** "I think its because I got lazy," says the promoter, Yinka Adelanwa.

"Don't get me wrong, I enjoy the local jazz gigs down here. But I love the music coming from the burgeoning London jazz scene, too." But that's a two-hour journey to reach the capital and returning home to Eastbourne in the early hours, if you want to experience that music scene.

Grassroots music venues, home to jazz gigs, have always faced challenges in keeping their doors open. The pandemic forced those doors closed, some for good.

Yinka says he got motivated to do something about this by a quote, from the venerable Dr Maya Angelou, 'Make every effort to change things you do not like'. "OK, so we're told we have to learn to live with this virus, right? That means all the personal

responsibilities of staying at home when we're told to or show signs of symptoms. What the places we enter should have, like good ventilation and enough space to social distance. Etcetera." So, this promoter has found a venue where everyone can be seated at tables, as a social-distance measure. And, has modern ventilation systems. This being the refurbished *Winter Garden* located in Eastbourne.

**Who are the bands that go on stage to perform?** *Sussex Jazz Magazine* hails the Sessions as 'a new place to experience live jazz'. With artists from the local area, Brighton's *Butxaca* and Hastings-based *Hexagonal* jazz bands, performing alongside acclaimed acts from around the UK.

**What to expect?** Not the formal jazz music variety found in concert halls

(still, that is what *Winter Garden* is). But the improvisational artform of jazz – new melody, harmony, and rhythms played over chord progressions of established standards. Live music at its best, with intensity lent from an enthusiastic audience to the performing artist and instrumental musicians. We are seated listening to that cool jazz thing, a bit of the mean old weary blues in the groove, from a band exploring the depths to which mere sound has no business to go.

**But jazz is elitist music?** "If that's what jazz music is... why is someone like me putting on these sessions," Yinka quipped. "I'm definitely not elitist, for sure." He goes on to add, "I remember seeing *Shabaka Hutchings Quartet* at the *Crypt St. Giles* London in December 2014, *Marius Neset* at *Brighton Dome Studio Theatre* April

2015, *Christian McBride* down at *Komedia Brighton* March 2016, and as well as, *Ezra Collective* at *Patterns Brighton* November 2017 – they were launching their self-released album. These are not elitist people or exclusive venues." He mentions them all because he has not had the chance to see these artists again, since their emergence, because of high ticket prices and the COVID-19 pandemic. The *Devonshire Park Jazz Sessions* are an opportune event where a lot more people get the chance to see talented artists and instrumental musicians, as their careers begin to take off.

But, Yinka says, importantly, "I would really like everyone who hasn't yet, as a new year's resolution, to come and not just try but experience a different kind of music: listen to live jazz music."

**Devonshire Park Jazz Sessions begins on Saturday 26th February 2022 with mid-afternoon 3pm and evening 8pm shows at Winter Garden Eastbourne.**

Visit [www.jazzbournemusic.com](http://www.jazzbournemusic.com) for more information and tickets.



Emma Rawicz.



Hexagonal.



Butxaca.



Ant Law.



# Eastbourne's International Film Festival

The 6th annual edition of *Crossing The Screen* is approaching fast, running in three venues from 28th – 30th January 2022.

By Anna Arnone

The films on show will range from shorts to feature length, covering documentary, fiction animation and experimental films.

*Crossing The Screen* will have three venues for the festival. The fully accessible **Eastbourne Mencap's Hive Day Centre**. Along with **The Hart** pub which has consistently supported the Festival by hosting past years screenings. We are also pleased to announce the upstairs at **Bibendum** pub will be our third venue.

Tickets are available from:  
[www.onlineticketseller.com](http://www.onlineticketseller.com)

**FEATURE DOCUMENTARIES**

**THE SOUND OF US (USA)**

"THE SOUND OF US" CHRONICLES A SERIES OF WIDE-RANGING, DIVERSE STORIES THAT EXEMPLIFY THE POWER OF MUSIC AND THE TRIUMPH OF THE HUMAN SPIRIT.

**HIS NAME IS RAY (USA)**

RAY ONCE HAD EVERYTHING. A JOB THAT HE LOVED WITH THE COAST GUARD. THE FATHER TO A FAMILY. BUT HIS HEROINE ADDICTION TOOK IT ALL AWAY. NOW, THE FORMER SAILOR LIVES ON THE STREETS OF TORONTO WITH AN ENTIRE POPULATION THAT SEEMS TO HAVE JUST FALLEN THROUGH THE CRACKS.

**HER STORIES (SYRIA)**

AFTER TEN YEARS OF THE WAR IN SYRIA, THREE WOMEN HAVE MANAGED TO BREAK CULTURAL BARRIERS AND BECOME SOMEONE THEY NEVER THOUGHT THEY COULD BE BEFORE THE REVOLUTION.

**GETTING ACROSS (UK)**

REFUGEE MIGRATION AND THE POLITICS IT PRODUCES HAS ALWAYS BEEN A COMPLICATED ISSUE IN SOCIETIES AROUND THE WORLD AND THE UK IS NO EXCEPTION. MIGRANTS FLEEING VIOLENCE AND PERSECUTION INCREASINGLY LOOK TO THE WEST TO SEEK ASYLUM, MEANWHILE THE POLITICS OF IMMIGRATION ACROSS EUROPE CONTINUES TO CAUSE DIVISION.

**FEATURE FILMS**

**MIGRANT BIRD HEART (CHINA)**

A YOUNG GIRL WHO HAS BEEN STRUGGLING ALL THE WAY FROM RURAL GANSU TO URBAN DEVELOPMENT, SHE HAS BEEN WORKING HARD IN A DISTANT CITY FAR AWAY FROM HER HOMETOWN. SHE GRADUALLY IGNORES THE EXISTENCE OF HER LOVED ONES IN THE STRUGGLE IN THE WORKPLACE ONE DAY SHE SUDDENLY RECEIVED THE NEWS THAT MOTHER FANG WENZHI SUFFERS FROM SERIOUS ILLNESS.

**ONLY HUMAN (MACEDONIA)**

WHAT IS MAN? ONLY HUMAN SHOWS SIX FACES, SIX PHASES IN CLEVERLY-CONNECTED, BLACKLY COMIC EPISODES AS DESPERATE CHARACTERS MEET UNWITTINGLY IN A MODERN METROPOLE IN THE ETERNAL SEARCH FOR THE MEANS TO SURVIVE, AND FIND SOME KIND OF LOVE.

**NEVER A MASTER PLAN (UK)**

AFTER TEN YEARS OF THE WAR IN SYRIA, THREE WOMEN HAVE MANAGED TO BREAK CULTURAL BARRIERS AND BECOME SOMEONE THEY NEVER THOUGHT THEY COULD BE BEFORE THE REVOLUTION.

**ELECTION NIGHT (UK)**

"AS THE ELECTION RESULTS POUR IN, FIVE LIBERAL-MINDED FRIENDS GATHER TO WATCH THE TV COVERAGE. IT'S A DRINK-FUELED NIGHT THAT COULD BE A HUGE CELEBRATION, BUT OUTSIDE NBP SUPPORTERS ARE RIOTING AND CLAIMING A RIGGED ELECTION. THEN THERE'S A KNOCK ON THE DOOR AND THREE PEOPLE DESPERATELY SEEKING SHELTER FROM THE VIOLENCE AS THE POLICE LOSE CONTROL.

**BETWEEN THEM (CANADA)**

RAY ONCE HAD EVERYTHING. A JOB THAT HE LOVED WITH THE COAST GUARD. THE FATHER TO A FAMILY. BUT HIS HEROINE ADDICTION TOOK IT ALL AWAY. NOW, THE FORMER SAILOR LIVES ON THE STREETS OF TORONTO WITH AN ENTIRE POPULATION THAT SEEMS TO HAVE JUST FALLEN THROUGH THE CRACKS.

**SHELLFISH (USA)**

AFTER TEN YEARS OF THE WAR IN SYRIA, THREE WOMEN HAVE MANAGED TO BREAK CULTURAL BARRIERS AND BECOME SOMEONE THEY NEVER THOUGHT THEY COULD BE BEFORE THE REVOLUTION.

## SHORT FILMS FESTIVAL PROGRAMME



### Black Slot N1: Sussex Filmmakers

**The Hive, 29 Jan, 18.00 pm**

Film Titles: The Telscombe Hauntings, The Chased, The Passing of the Moment, The Greatest Expectations, What's In your pocket

### Purple Slot N2, 28 Jan, The Hart, 12.00 pm

Film Titles: Remake Remodel, New York Minute, Aliens On Halloween (Director's Cut), Trasmission, Massachusetts



### Red Slot N. 4, 28 Jan, The Hart, 20.00 pm

Film Titles: CALIFORNIA, Tim, LAID, Alterify, Nil difficile volenti, In Isolation



### Turquoise Slot N. 6, 29 Jan, The Hive, 15.00 pm

Film Titles: Baby Boy, S.A.M., Myrtle, Rotweiler Transmission, 2020, Bistro Girls



### Orange Slot N. 8, 30 Jan, Bibendum, 15.00 pm

Film Titles: Zarra, Survivors, Court Number 5, KINDRED, CHOUETTE



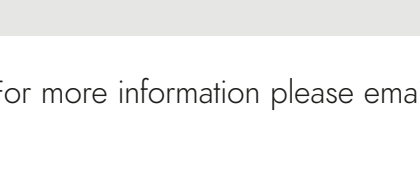
### Brown Slot N. 10, 30 Jan, The Hive, 12.00 pm

Film Titles: 1000 Days, Wellow, Navozande, the musician, Cognition The Saverini Window



### Dark Green Slot N. 12, Jan 30, The Hart, 15.00 pm

Film Titles: Holding On, The Knell, so This is What Drowning Feels Like Between The Headphones



## CROSSING THE SCREEN International Film Festival



### White Slot N. 3, 28 Jan, The Hart, 15.00 pm

Film Titles: Absence, Shortcuts, F3:35 to Boston, Les Dieux Changeants, As organism', Zonder Meer



### Cobalt Slot N. 5, 29 Jan The Hart, 18.00 pm

Film Titles: This is not a suitcase, The Night Train, A Bitter Pill, Mad How Life Works, Learning To Walk Again, Betty



### Pink Slot N. 7, 29 Jan, Bibendum, 12.00 pm

Film Titles: Covid Tales: House Party, Are you Scared, Summer Time, Vodnik Many Years After the Rainstorm, \$75 000



### Grey Slot N. 9, 29 Jan, The Hive, 12.00 pm

Film Titles: On / Off, Part of Me, The Wind and the Whimpering, SWIPE, vAfrica Express Present: EGOLI



### Aqua Blue Slot N. 11, 28 Jan, Bibendum, 15.00 pm

Film Titles: GARY KEMP - IN SOLO Max and Anna Smoke and Ocher







# Green and pleasant

**JANUARY might be the middle of winter and usually the coldest month of the year, but as the days lengthen the garden starts to grow, now is a great time to plan for the coming gardening year and to order seeds and plants. Enjoy the fresh air, on dry sunny days, and check your winter protection, stakes, ties and supports are still working after any severe weather. Also put out food for birds and leave some garden areas uncut, a little longer, to provide shelter for wildlife in your plot.**

By **Geoff Stonebanks**

**Forward planning can also include picking a date to visit some of the amazing snowdrop gardens opening for the National Garden Scheme over the next two months too. Their 2022 website went live last month with all the gardens opening throughout the year and I'll talk more about that below.**

## New Year's resolutions

Have you made any gardening related resolutions for 2022? I certainly have. As part of my desire to ease the burden of opening the garden to the public by simplifying the layout and complexity of planting, it still has to have the wow factor. The many containers, packed to the

gunnels with annuals, creating vast canopies of colour, will no longer be a main feature of the garden. Part of the overall plan for creating the new sunken garden was to drastically reduce the number of containers throughout the plot. The weather over the last few years has tended to beat their contents down and there is nothing worse than a soggy petunia! The challenge this Spring will be to create interest from the amazing sculpture in the garden and to create mini vistas that catch visitors eye as they wander around. I already have much rusty metal and it will go so well with the new bank of up-ended railway sleepers. The use of specimen palms and shrubs that had disappeared into the previous layout will not come into their own and be appreciated. A gorgeous fuchsia, that belonged to my father, has always faded into the mix of other plants, this

summer it will look extra special on its own at the top of the garden.

## National Garden Scheme Snowdrop openings

This year Sussex can enjoy six plots opening their garden gates to display snowdrops, through late January and February. Four of those six will require you to prebook your visit online, so why not take a look and pick your slot now. The first is *5 Whitmans Close* in Cuckfield, opening on ten different dates between 25th January and 17th February. *Pembury House* in Clayton, will open every Tuesday to Friday between 10th February and 11th March. Over in West Sussex, *Denmans Gardens* in Fontwell opens on the 19th February and *Bates Green* in Arlington on the 20th February. The other two, *Highdown Gardens* in Goring by Sea on 16th February and the *Manor of Dean* near Petworth on 6th February can be visited and paid for on the day! Log on to [www.ngs.org.uk](http://www.ngs.org.uk) for all the garden details on each of the seven and remember to book your visit as slots go quickly.

## Frosty weather

The header this month shows a lovely image from my garden of the frost on a beautiful shrub that can be relied upon to flower all through the year, *Coronilla glauca* which hails from the Mediterranean. It is a perfect addition to the garden for the winter months as the flowers brighten up your outlook, with or without the frost! More importantly, they thrive on neglect. It is a small bushy evergreen shrub with blue-grey, pinnate leaves and heads of fragrant rich yellow flowers. The plant grows happily in a range of sunny, sheltered habitats and is generally pest and disease free. That said, the one pictured is in a very exposed part of my beach garden and does well.

I love a layer of frost across my garden, it transforms it into a winter wonderland as the droplets of ice edge all the rusty metal sculptures and features, a sight to behold on a cold wintry morning I can attest.

## Garden tidy up

January is a good month, on dry crisp days, to clear away soggy, collapsed stems of perennials and compost/discard them. I've got some wonderful hellebores in the beach garden and have just removed foliage marked with black blotches, to limit the spread of leaf spot disease. Check that any small alpines in your garden don't become smothered by fallen leaves and other wind-blown debris, resulting in them rotting away. If you have some displays of winter pansies and other bedding then make sure you deadhead regularly, and remove any foliage affected by downy mildew. Don't forget to check on any plants in your greenhouse to ensure they have not dried out. Mine is so crammed full of plants, it is quite difficult to get around and access them all. I've always felt like I was completing a jigsaw each autumn, trying to pack everything in. I always find it quite useful to employ a moisture meter to check the compost before watering. Any plants that are over-watered through the winter stand less chance of survival.

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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01/22 Issue 019  
January 2022

BECOMING THE  
FUTURE YOU

East Sussex College provide  
the opportunity to develop new  
skills and gain qualifications.

Pages 2 & 47

ARCHIE PROVES  
IT'S NEVER TOO LATE


Archie White became one of  
the world's oldest graduates  
last summer at the age of 96.

Page 24

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# BECOME THE FUTURE YOU!

As we emerge into the new year with a positive mindset, East Sussex College is looking forward to offering you the chance to become the future **YOU!**

East Sussex College is a place where you will meet life-long friends, learn some incredible skills and be ready to take those next steps into whatever it is you want to do. Whether your ambition is to go to university, you're inspired to start an apprenticeship, or you're motivated to retrain in pursuit of your dream career - East Sussex College is the place where you can do that. The College is constantly evolving and improving their courses to provide you with

new exciting experiences, the opportunity to develop new skills, and gain valuable qualifications including GCSE Maths & English.

The College boasts a plethora of success stories ranging from a 96-year-old graduate, to adults returning to education in order to pursue their dream career. Read on to learn more about some of their success stories, and find out how **YOU** could become the next!

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EAST SUSSEX COLLEGE

## TOP 5 REASONS WHY IT'S NOT TOO LATE TO EDYOUcate.

As the largest education provider in East Sussex, East Sussex College is constantly evolving and improving their courses to provide you with the opportunity to develop new skills, and gain valuable qualifications.

If you're looking to try something new in 2022, read the top five reasons why you should come and learn with ESC.

### 1. Learning is good for your wellbeing

Learning is a great way to improve wellbeing and mental health. The College's vast range of courses can help to stretch your mind, keep it active, and keep it functioning well. For instance, picking up a paintbrush is a great way to relax, learning a new language is enjoyable, and training in counselling to help others is extremely rewarding.

### 2. You can gain qualifications

Lots of their part-time courses offer you the opportunity to gain qualifications. You can put these on your CV, refer to them in a job application, or, if you've always dreamed of going to university, then they can help you make that dream a reality.

### 3. You can level up your skills to progress your career

Many of their courses are geared up to help you take that next step up the career ladder. They have online courses in management, short courses in beauty treatments, and a highly sought after qualification in Human Resource management.

### 4. Rediscover your confidence

Taking the time to invest in yourself can boost your self-esteem. This is your chance to do something for yourself and build your confidence. It is the perfect opportunity to meet like-minded people, build friendships, and embrace the openings that learning can bring you.

### 5. Unleash the entrepreneur inside of you

Now is the time to start the ball rolling on that brilliant business idea you had, or turn your hobby into a thriving career. You can boost your business credentials with a Business degree, finally master your finances with an AAT qualification, or get pumped for starting a Personal Training business.



## FRANCESCA LANGFORD.

Our Health and Social Care courses have always been popular with students, both at college-level and degree-level, and it's no surprise they've increased in popularity since the COVID-19 outbreak forced the world to a standstill. Healthcare workers, NHS staff, and carers became national heroes for their tireless work during the pandemic. They inspired so many, and now, lots of people are turning to colleges and universities to retrain and start a new career in this rewarding industry.

*"I was a bit apprehensive about returning to education at my age, but my tutors were amazing. They've been an inspiration to me. The smaller class size really helped me to thrive because I had lots of time with my tutors for in-depth discussions around the topics. We even set up a WhatsApp group which meant I always had support, even outside the classroom."*

- Francesca Langford

Francesca Langford completed her *Healthcare Practice HND* with East Sussex College back in 2018 and is now working in her dream job. Her degree helped her climb the career ladder into a managerial role in a care home in Battle.

She is now encouraging other people who are thinking about changing careers to return to education at East Sussex College.

*"I was looking at A-Level options with my daughter and enquired about Health and Social Care courses. I got chatting to the course leader, and within a week, I started the Healthcare Practice at the Lewes campus!"*

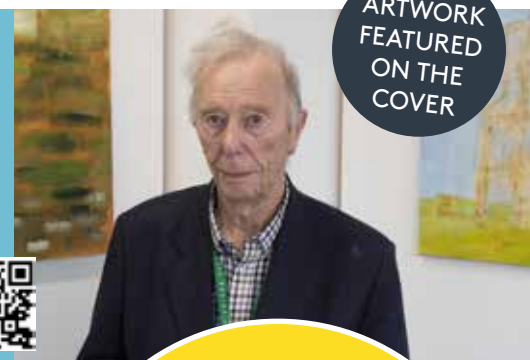


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ABOUT FRANCESCA.

## ARCHIE WHITE, FINE ART DEGREE ALUMNI, AGE 96.

*"I have thoroughly enjoyed studying here, and the experiences have been fascinating"*

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TO FIND OUT MORE  
ABOUT ARCHIE.



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## JO GEERING.

*"I have gained a better understanding of managing employees and their rights along with business practices and management. Practically we are learning new colour techniques/trends and colour theory too. Even though I have been in the industry for many years, I am still learning new things every day, which will help me grow my talents and my business, to strive and succeed for a better future."*

East Sussex College student and salon owner, Jo Geering, returned to college to complete her Level 4 Salon Management qualification. Very few positives come to mind when we think of the global pandemic and the disruption it has had on our lives over the last two years.

However, Jo's research project for her course, looking into the positives that have emerged from the global crisis, has now been showcased on the highly regarded National Hair & Beauty Federation website!



SCAN THE QR  
TO READ MORE  
ABOUT JO GEERING.



## ARCHIE WHITE.

Archie White became one of the UK's oldest graduates at the age of 96 last summer. Archie, who was born in 1925, worked as a solicitor up to the age of 92, but decided to take up his passion by studying a Fine Art degree at East Sussex College. He started his BA (Hons) degree in 2018 and wanted to explore the works of some of the finest artists in history. Archie really enjoyed the challenge of learning new skills in pottery, traditional photography methods, and learning the basics of Photoshop.

You may have also seen his TV interviews, or read his story in the media.

At 96 years and 56 days, Archie was thought to be the oldest person in the UK to complete a degree. However, a degree wasn't enough for Archie who is now working towards setting up a charity to give aspiring artists more opportunities to develop themselves. Archie is proof that age is just a number and you are never too old to learn. If you have been inspired by Archie and would like to study a degree with East Sussex College, then visit their website for more information.

*"I finished my degree last summer, which I have thoroughly enjoyed, even though I'm 96. I'm not too bothered about being the oldest graduate or not. I've just enjoyed being part of the course. There is no doubt that I have had great help and great pleasure here."*

## OUR PLEDGE.

Since the pandemic began in March 2020, East Sussex College has invested £1.5m in focused work, helping furloughed adults to upskill, retrain, or get a new job. We continue with this pledge to support adults in 2022.

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