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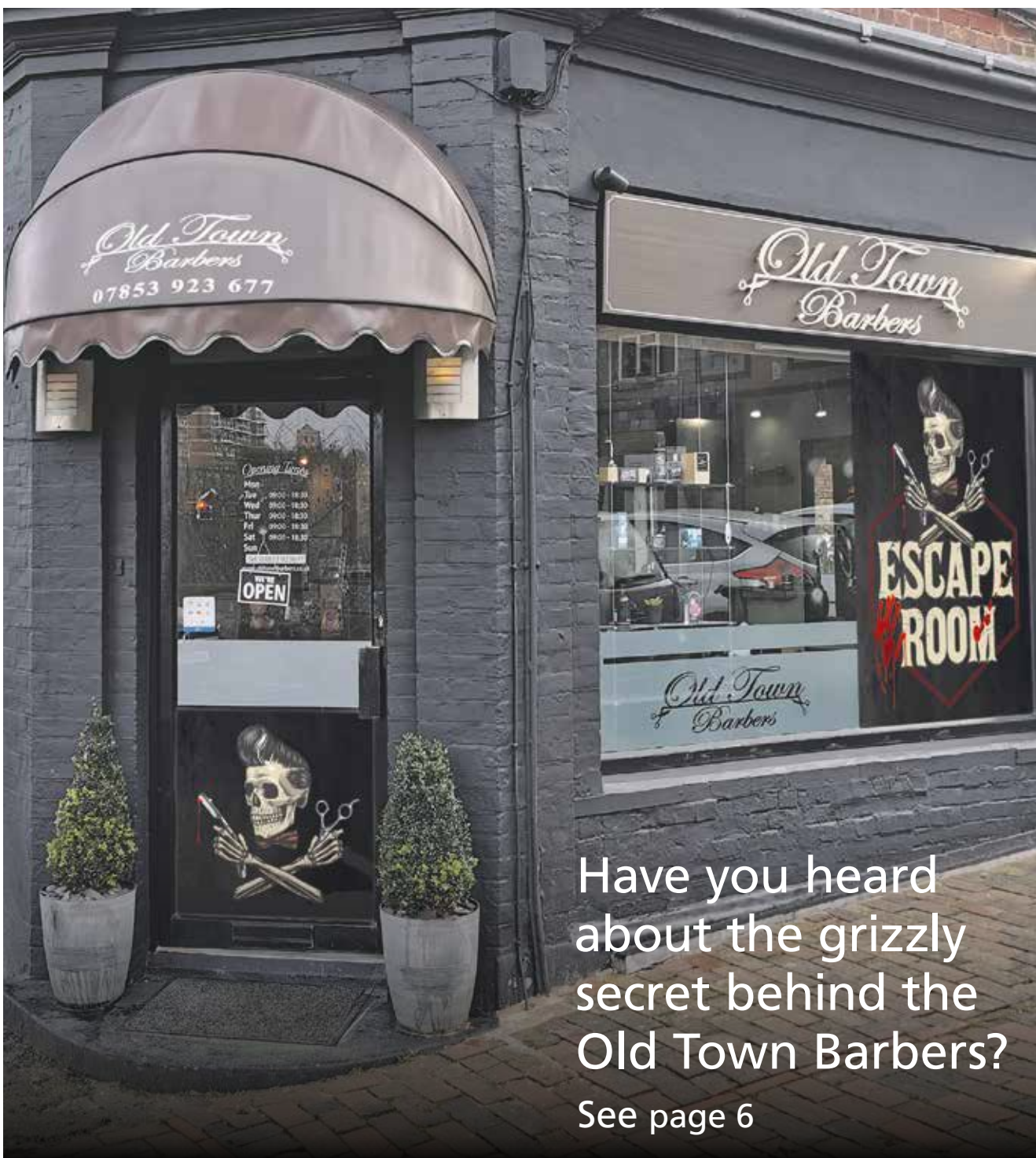
02/22

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February 2022

Pages 25–35



B♥urnefree



Have you heard
about the grizzly
secret behind the
Old Town Barbers?

See page 6

JBM MUSIC PRESENTS...

Page 45




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

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Let's salute everyone at East Sussex College

WELCOME to the February edition of *Bournefree* – and let's start with a massive cheer for Rebecca Conroy and her team.

By **Peter Lindsey**

She is the woman who has finally led East Sussex College from the struggling position it has been in for far too many years.

Eastbourne needs a thriving and successful college for our young people – and now we have one again.

OFSTED has been in for a very full inspection and judged that the college provision is Good.

That is massive news for Eastbourne. Far too many of our young people have been forced to study in Bexhill or Brighton because *East Sussex College* has not been able to offer what they want.

The OFSTED Good is so important for the college, and Rebecca has

brought about that change since her arrival in charge.

Well done Rebecca and everyone at the college!

Next onto *Langney Shopping Centre*, and what a revival it is undertaking too.

New shops galore, and now we even have a new car showroom coming in April (see pages 14 and 15).

I recently went to meet Ben Smith, the Sales Director at *MG Seaford*, and it's exciting that it will be opening in Langney in March.

The shopping centre really is taking off – with the added attraction of free parking, which is so important to so many.

Back here at *Bournefree*, we've had a top month, and we particularly enjoyed putting together our 12-page Food & Drink pull-out inside.

Looking forward, we may well do one special Feature like this each month – and it's a great opportunity to advertise and promote your business.

Don't forget to log onto our website daily – it's full of news, features, and some great opinions from YOU the readers.

Stories on the bin strike in particular attracted comments galore, and that's how it should be because people will react to issues they care about.

Thankfully, the bin strike is over, it was generating far too much negative publicity for our great town.

Onwards and upwards, spring is coming, and hopefully the virus is easing. We can but hope...

Bournefree

TODAY *Bournefree* launches the first of its monthly centre pull-outs – and its Food & Drink.

Each month, we will produce a feature in the centre of *Bournefree*, and we are delighted with the response for the first.

We will do more Food & Drink every month, so if you like what you see, then contact us.

For March, our planned pull-out is Home & Gardens.

It may be kitchens, bedrooms, bathrooms, furniture, gardens – absolutely anything that involves the home and garden.

Available are full pages, half and quarters. There is also the opportunity for editorial too.

Contact us today and be featured in *Bournefree* next month.

**gail@bournefreemag.co.uk or
harry@bournefreemag.co.uk**

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The grizzly secret behind Old Town Barbers

YOU may have walked past *Old Town Barbers* attractive Victorian frontage, many times, without realising the grizzly secret that lurks behind the seemingly innocent façade.

By **Gail McKay**

Maza Belicova, an experienced and successful barber, is responsible for keeping the chaps of Eastbourne, young and old, looking smart and smooth.

Maza's business partner, Derek Lee made very good use of his time in the first lockdown. He was intrigued by the recent increase in popularity

of escape rooms, and loving a puzzle himself, he knew he could create his own immersive world for the enjoyment of other fans.

His engineering background meant he was well placed to design and create the puzzles and games needed to entertain a group for 60 minutes.

It was also obvious to Derek and Maza that they should theme it around Sweeney Todd, since it was behind their Barber Shop.

You can find the truly gruesome *Escape Room* on the Goffs in Old Town.

Riveting adventure

An escape room is a riveting, 60-minute, real-life adventure game. If you enjoy shows such as the *Crystal Maze* and the *Adventure Game* (One for the Older generation), you'll love giving your brain a twist at the *Escape Room* in Old Town, Eastbourne.

It would spoil the experience to describe any of the games, but there

is more than enough to keep a group of friends engrossed for the hour that they have to ESCAPE.

It's recommended for any age from 13 years and up.

35 The Goffs, Eastbourne, BN21 1HF
01323 335045
oldtownbarbers.co.uk/escape-room



Lightning Fibre CEO Ben Ferriman hands over the money raised to Chris Downton at CWCF.

LIGHTNING Fibre and Alfriston School have raised £350 for Children with Cancer Fund in Polegate.

By **Peter Lindsey**

When local broadband infrastructure builder and ISP Lightning Fibre were unexpectedly stuck with dozens of cable reels, which are usually returned to the supplier, they offered them to the public for a donation to local children's cancer charity, Children with Cancer Fund.

When *Alfriston School* requested some large reels and realised they wouldn't quite fit in their car, *Lightning Fibre* offered to deliver them to the school on a truck, free of charge. The school used them for their Reception Class outdoor area and the main school playground.

Jumper day

Alfriston School then held a Christmas jumper day for *Children With Cancer Fund*, raising £117.79

Lightning Fibre and Alfriston School raise money for CWCF charity

which when combined with the other cable reel sales by *Lightning Fibre* meant a total donation of £350 was made to the charity.

Helping secure future

Chris Downton, *Children with Cancer Fund* Founder and CEO, said, "We're grateful for the local support of organisations like *Lightning Fibre* and *Alfriston School*, raising much needed funds for our charity. We're able to help so many more families with support like this, and this year we've launched a capital fundraising

appeal to help us buy our office, securing our future in Polegate."

Rob Reaks, Head of Sales and Marketing at *Lightning Fibre*, said, "As a community-centric local business it's important to us that we support charities like *Children with Cancer Fund*. We've been supporting *CWCF* for a few years and plan to continue doing so. The charity covers pretty much the same geographical area as our broadband network, and they do amazing work across East Sussex."

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Fabulous Flowers

SITUATED next to Eastbourne Station, and at the front of the Enterprise Shopping Centre, *Flowers of Eastbourne* is a wonderful independent florist. They are currently busy taking orders for Valentine's Day.

By **Gail McKay**

You can choose the ultimate classic expression of love, a stunning red rose bouquet. The long stem, scented roses will certainly impress your loved one and gain you brownie points.

Romantic

As well as the traditional red roses, you can also opt for soft pinks and purples. There are bouquets with Memory Lane roses, these have a wonderful scent. Clematis, the climbing flower can be added to your bouquets to enhance a romantic feel.

There are arrangements to suit all tastes. Modern additions include brassicas (cabbage), eucalyptus and craspedia, these are quirky looking yellow balls.

Large orange Chrysanthemum blooms lend a bright twist to a bouquet and they're all available at the moment.

English wine

To compliment your flowers, why not upgrade with a bottle of fabulous *Blanc de Noirs* from *Hidden Spring* in Horam, a delicious alternative to Champagne.

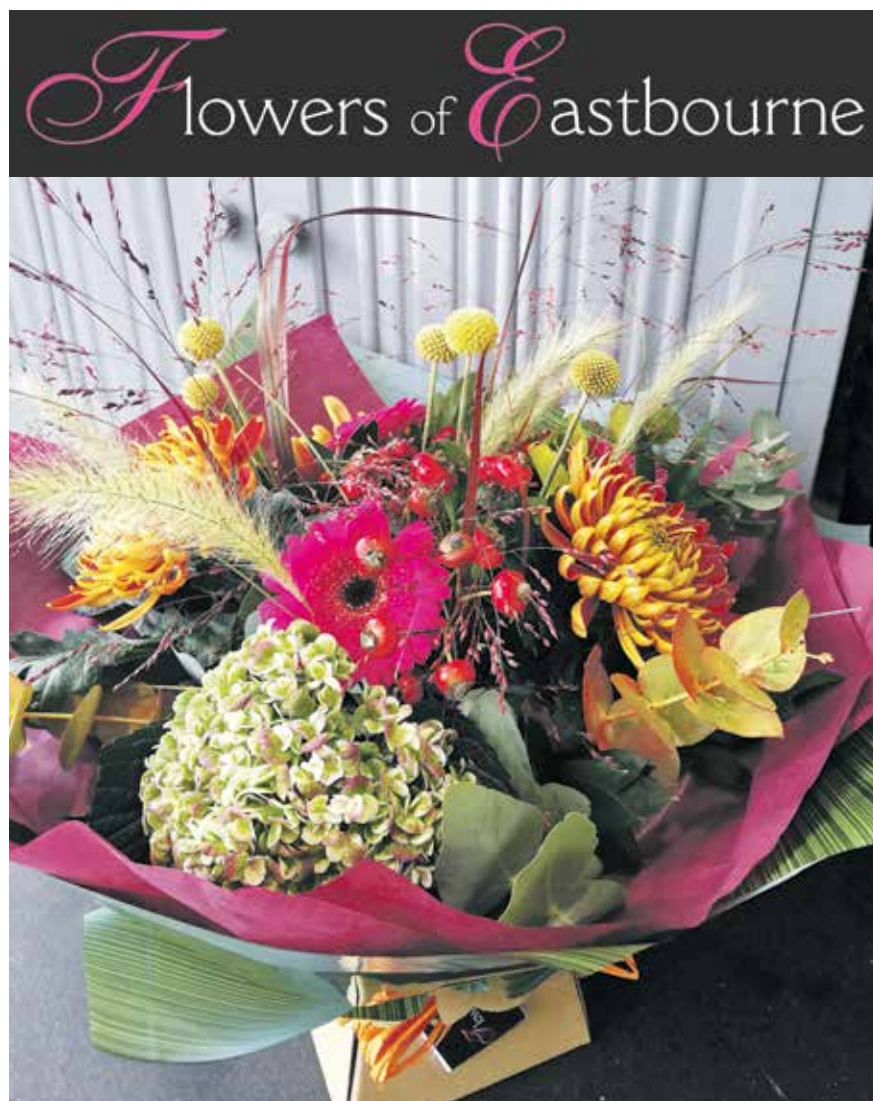
Chocolates can melt the coolest of hearts, so add a box of *Lily O'Brien* to impress your love.

Flowers of Eastbourne is a bright airy shop, worthy of a visit if you haven't already popped in.

They've recently expanded to include homeware and gifts. Gisela Graham, is very popular with customers with vases, frames, purses, ceramics and all sorts of tableware.

Open on Sundays

They are the only Florist in Eastbourne to open regularly on Sundays, and will be available for your last minute emergency blooms on Sunday 13th February. They'll have some ready-made bouquets to grab and go if you've forgotten to order one already.



Flowers of Eastbourne is an established, local business with a great team of 'happy to help' florists who will strive to capture your vision.

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Eastbourne's Amber is one of the UK's top '30 under Thirty'

A YOUNG event professional from Eastbourne has achieved national recognition as one of the industry's most talented rising stars.

By **Peter Lindsey**

Former Causeway School pupil, Amber Rose, 29 was recognised at the '30underThirty' awards following her nomination by colleagues at Identity, Europe's fastest growing events agency with its HQ in Eastbourne.

The national award celebrates the most innovative, impactful and creative people in the live events industry under the age of 30.

Amber said: "I'm thrilled to feature within the 30UnderThirty programme. It is a huge achievement to be recognised amongst so many talented individuals. I joined *Identity* over two years ago and I've learnt so much since then. We've delivered some remarkable projects for amazing clients such as the *Royal Air Force*, *Panasonic*, *Unilever* and, of course, *COP26* in Glasgow. I can't wait to see what 2022 will bring."

Prior to joining *Identity*, Amber studied at *Reading University* and worked for *Eastbourne Borough*

Council and *St Wilfrid's Hospice*. She is now a senior account manager at *Identity* and looks after some of the agency's key clients, including the *Royal Air Force*.

Identity's Commercial Director, Rebecca McCreath said: "We all want to say a massive congratulations to Amber. Everyone at *Identity* is incredibly proud of Amber's achievements. She is an extremely valued member of the team and as popular with her clients as she is with her colleagues. This award is thoroughly deserved and it's

wonderful to see her hard work being recognised in this way."

Identity's work has been in continuous demand across the private and public sectors, making it one of the few continuous rising stars in the events sector – even amidst the pandemic. In 2020 the agency received a *Queen's Award for Enterprise in International Trade*, the highest honour available to a UK business. With its HQ in Sussex and a new office in central London, *Identity* boasts some of the sector's most experienced and highly creative professionals.

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What is Equity Release?

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

By **Zoë Robbins**, Robbins Financial

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

There are many reasons people choose to take out an Equity Release

plan. These include money for Home Improvements or holidays. Funds to pay for care costs. Financial gifts for loved ones. You can even use Equity Release to pay towards the purchase of a new home.

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

There are a lot of misconceptions regarding 'Equity Release' –

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

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

"You cannot move home."

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

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

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

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

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

What most people don't realise is that you can in fact use a Lifetime mortgage to purchase a new property – For example, you may not wish to downsize, you may want to move to the home of your dreams but do not have the excess funds to do this – In this case you can purchase using a Lifetime mortgage.

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

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

The agreed Fee is payable on Completion.

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Please contact Zoë Robbins for a FREE, no obligation initial discussion by telephone or in the comfort of your own home.

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



Winning team at the 2021 NFRC Awards Ceremony.



Clarke Roofing receive multiple awards

HAPPY New year to all our customers, suppliers and friends. We are all back in the office and our teams are busy working on some wonderful projects both on site and in the office.

By **Lisa Pickard**

Whilst we head cautiously into 2022 with Covid still lingering we would like to reassure you that we are still working within current Guidelines and taking extra precautions where necessary especially when working in private properties and other occupied buildings.

It's gold again

We wanted to look back at 2021 with positivity and share some of

our good news with you all. In April we won our 12th Gold Award in a row from the *National Federation of Roofing Contractors (NFRC)* at their annual *Safety in Roofing Awards*. The scheme aims to promote health and safety amongst member companies and recognises those that have taken positive steps to reduce accidents and implement a safety culture throughout their business.

Highest quality

We were winners at the *Sussex Heritage Awards* for our substantial roofing and restoration work at a Farmhouse near Newhaven and a

property near Alfriston. The works to the Farmhouse were carried out using traditional materials and heritage techniques, ensuring that the works were sympathetic to the age, status and character of the property which is located within a conservation area. The *Sussex Heritage Trust Awards* are designed to recognise and reward the highest quality conservation, restoration and good design of newly built projects while encouraging the use of traditional skills and crafts.

Double success

Moving onto November we had double success! Firstly, our Farmhouse project won the *UK National Tiling Award* and our Health & Safety Adviser, Ian Pickard, picked up the *Individual Health & Safety Award* for his strong and positive impact on Health & Safety and Wellbeing. Both awards were presented at a glittering awards ceremony in London hosted by the *NFRC*.



Lloyd Clark and Karl Strudwick receiving award.

Over 70 years of dedication

Clarke Roofing was formed in 1949 and has expanded greatly over the last few years by extending the roofing and building divisions with most trades based in-house and employing a number of management trainees and apprentices from the local area.

As well as working on large heritage and commercial projects we have a dedicated small works team for repairs ranging from leaking gutters, broken and missing tile replacement, valley renewals and storm damage and much more. Our teams are currently working on sites in Portsmouth, Dover, Brighton, Lewes and London as well as numerous local roofing and construction projects in our home town of Eastbourne.

For advice on any type of roofing or construction work please call the office on **01323 640777** or visit our website at **www.clarke-roofing.co.uk**



Award winning works at the Farmhouse.

Five fun things to do with friends

ALL of us want to meet up with our friends more often. It can lower anxiety, reduce stress and be a great way to improve your mood.

By **Rachel Lucas**

We looked around and found some affordable days out that you will remember in years to come.

Watch a show

When you meet your friends, you want to have a good time and laugh. The best way to do that is to go and watch a show. Plays, musicals,

comedy acts; there is an option for everyone. It is a great way to hang out. Just sit back and relax. Because there is such a variety of shows, there is a wide range of prices. So you can go out no matter what your budget may be. You can even keep the ticket at the end as a souvenir!

Camping

If you have a tent or a car, camping is a must! You can sing songs around the campfire, tell scary stories and

use a questionable toilet. Jokes aside, camping is a brilliant way to connect with your friends and have fun. You can go camping any time of the year too – make sure to pack an extra jumper if you go in the winter, though.

Arcade

The arcade is home to our favourite games. Pac-man, Space Invaders, and Donkey Kong are a few. Arcade games are constantly changing, and there is something for everyone. If you're more competitive, why not try out the basketball hoops too? They are open all year round and are a great cheap day out with your friends. Just empty your piggy bank and get going!

Play tourist

Eastbourne and other towns are known for their tourism. So why not take advantage and play tourist? Grab a friend and dress up. Wear matching clothes or hats and walk around the town. Ask the locals for their favourite locations or spots, and you might find places that you have



never seen before in your hometown. It's a great way to laugh around with your friends and find secret gems.

Try geocaching

Geocaching involves using GPS to find hidden containers ("caches") outdoors. It is a brilliant way to explore new places with friends. You might find something special too! This activity is perfect for a chilled day out without costing a penny. Use the free Geocaching app and show off your finds!

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The BIG Futures Show returns

THE BIG Futures Show returns to Eastbourne Sports Park on Tuesday 26th April 2022 from 9.30am – 4.00pm

By **Tim Sorensen**

The show that first opened back in 2016 is the largest employability and skills event in the area and is aimed at students (aged 14+) from across East Sussex as well as parents, carers and anyone looking for work or training.

80+ organisations will be providing interactive exhibits and guidance aimed at inspiring tomorrow's workforce. Employers will be looking for new talent and explaining what qualifications they require and what training and apprenticeships they offer in the work place.

Colleges and training providers will be on hand to promote their offer and where it fits with employer's requirements and what they are seeking from students.

The Show is organised by *Eastbourne Education Business Partnership*, a registered charity, in association with *Eastbourne Borough Council* to help support local community and economic development agendas and brings a wide range of expert advice and guidance all under one roof.

Entry on the day (individual or family) is £3 (or with DWP voucher) inclusive of comprehensive show guide.

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A new car showroom for Langney Shopping Centre

THERE'S soon to be a new attraction to Langney Shopping Centre – and it's a brand-new car showroom.

By **Peter Lindsey**

The centre is probably best known as a place to get your weekly shopping, including some bargains, and enjoy a coffee.

But we all know there's so much more inside now – and it's about to get a whole lot better.

In April, MG Dealership *Jermyn and Sons* will be opening up with a huge site at the Tesco end of the centre.

Sales Director Ben Smith said: "We have been looking for new sites locally and we have had a lot of successful product placement events before in *Langney Shopping Centre*.

"So when I started talking to centre manager Neil Avis, he was really

helpful and I'm thrilled that we will be moving in during April.

"We are very excited at the opportunities this presents to expand our business, moving back into Eastbourne."

Real opportunity

Family-run *Jermyn and Sons* originally had three sites when it launched in 1972 – Seaford, Eastbourne and Uckfield.

Now it has just the Seaford one, in Claremont Road, but that's all about to change.




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The new site will be where the Barclays bank used to be, stretching all the way down to the main road. The taxi rank has been moved and car parking spaces have gone.

Ben said: "It's a big site, and a real opportunity for us. There will be a forecourt and showroom, new and used cars for sale, service centre and workshop, and we also offer Motability vehicles."

From strength to strength

"We joined the MG franchise back in 2018 and since then the brand has gone from strength to strength. We're confident Eastbourne will be a great location for our new showroom."

"The new showroom will offer the full MG range varying from the hatchback MG3 to the UK's first fully electric estate car, the MG5."

"As a business we have continued to grow throughout Lockdown and we're looking forward to Eastbourne becoming the new home for MG."

For more details, go to:
www.eastbournemg.co.uk



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*Offer expires 1st March 2022





By **Peter Lindsey**

'A Twin Room' draws upon Jon's experience of living in a seaside town to create a fictional resort named 'Somerton-on-Sea'.

It features a cast of characters facing life changes against the backdrop of a town that has seen mixed fortunes.

The main character, Munro, takes a journey that touches upon his childhood, his entire working life, and his hopes for the future.

Jon's debut novel is a big hit

JON NEAL is a local author who lives in Eastbourne and his debut short novel 'A Twin Room' has reached number 29 on one of Amazon's bestselling books lists.

Jon said, "I hope that readers enjoy getting to know some of the residents of Somerton-on-Sea as much as I've enjoyed building them in my imagination. The town is entirely fictional, but I'm sure its mix of nostalgia and modern life will be particularly familiar to many Eastbourne residents."

Truly rewarding

When asked about the experience of writing a novel, Jon replied,

"Embarking upon a creative project – such as writing a book – is both thrilling and nerve-racking. To have received such encouragement along the way and warm feedback upon sharing the book with the world has made it a truly rewarding experience."

And as to whether there may be more stories to feature Somerton-on-Sea? "That probably depends on whether readers want more," said Jon. "I'm definitely open to the suggestion..."

Jon holds a master's degree in Professional Writing which he completed at Swinburne University whilst living in Australia. In 2010 he was runner up in the Sydney Mardi Gras short story competition and has been shortlisted for various other prizes.

His journey can be followed on Twitter at: www.twitter.com/jon_neal_author

'A Twin Room' can be purchased at Amazon.



Jon Neal.

Airbourne 2022 People's Charity

EASTBOURNE and District Samaritans is Airbourne's People's Charity choice for 2022, topping the public vote which took place pre-pandemic.

By **Peter Lindsey**

The Eastbourne-based charity will be one of three chosen charities assisting in the daily bucket collections at this year's airshow.

This will be alongside the Rotary charities of the Royal National Lifeboat Institution (RNLI) Eastbourne

Station and the Children with Cancer Fund, chosen by members of the Sovereign Harbour Rotary Club and Hailsham Rotary Club.

Both rotary clubs manage the collection with over 200 buckets out and about across the town during the four days of the airshow, with the three charities between them receiving a share of 30% of all donations received.



Photo by Matt Kuchta.

The bucket collection has become integral in securing a vibrant flying programme at the airshow, with 70% of donations helping to fund the flying displays and the remaining 30% of donations being split between three local charities, all of whom support the show with volunteer collectors.

Sonia Caprari Dabbs, Deputy Director of Branch Marketing at Eastbourne and District Samaritans, said "Eastbourne and District Samaritans would like to say a huge

thank you to everyone who voted for us to be the Airbourne People's Charity 2020. It's hard to believe that two years have passed since then.

"Being the Airbourne People's Charity will be an invaluable contribution in helping us to support people who find themselves in deep distress and are struggling to cope. Everyone in our branch is a volunteer so fundraising is an important part of our work so that we can keep our branch open, to provide training for new volunteers and to support our community."



Award winning care homes

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February Fitness

ONE month into 2022. Same story each year. You work hard and reach your goals ... for about a month.

By **Rachel Lucas**

We don't blame you! It can be hard to take up a new hobby or make a lifestyle change.

Many people use the new year to improve their health and stay fit. But committing to the gym can be a constant struggle.

Here are alternatives to the gym — and you can do them all in your sweatpants.

Dancing

Put down the trainers and put on some fluffy socks. Dancing can be done in the comfort of your own home and is central to your health. Whether you're dancing the macarena or freestyling, you will give your muscles a workout. Better yet, in 30 minutes, you could burn up to 300 calories. Websites like *Youtube* offer thousands of videos to help you through a routine. Get moving!

Running

If money is a concern in the new year — don't give any of it to a gym! The world outside is perfect for all your cardio needs. Running outside this new year is a great idea. A run along the shore or in woodland can be a great way to see new areas and improve your health.

Yoga

Yoga can be done at home or outside with friends (if you can handle the cold!). Yoga has many

benefits, including improving flexibility, reducing inflammation and easing anxiety. A beginner-friendly pose is a 'Mountain Pose', so get practising, and you'll be able to brag to your *Facebook* friends.

Walking

If running isn't quite your speed, why not take a walk outside. Taking a walk can decrease your risk of heart disease and can be done anywhere. Instead of taking the car to work, take the opportunity to get some fresh air and improve your fitness.

Cycling

If you're anything like me, you will have a bike sitting in the back of your garden shed. But that old clump of metal is perfect to get moving. For example, local cycle paths are a great way to see new areas of your town. To strengthen your bones and stay fit, take a cycle.

This year, keep your body moving. If you're able to go to the gym — then take advantage of it! But walking to work and dancing in your room at midnight are great ways to keep active.

Why not take photos of your progress or share a song recommendation with us? Use **#bourneactive** to show us how you are getting on or tag us **@BourneFreeMagazine** on *Facebook*.

From Babies to the Board — siblings take the reins at Drusillas

BROTHER and sister team, Ollie Smith and Cassie Poland, have officially taken the reins of *Drusillas Park*.

By **Peter Lindsey**

Their parents Laurence and Christine Smith acquired *Drusillas* after selling their nationwide recruitment business in 1997. It meant Ollie and Cassie were frequent visitors as infants.

They both worked their way up the ranks over the years, taking on various roles in the zoo, retail, education, and marketing departments, before spending time at the helm under the experienced guidance of their parents.

At the heart of *Drusillas* is a very strong set of family values, and the succession announcement continues this core family-centric tradition, as the baton is passed down a generation.

Cassie said: "I feel very privileged to be doing a job I love and am thankful I get to work closely with my family. I have worked across many departments within the park and I feel that's given me a fantastic understanding of the business. I am very excited about the future of *Drusillas* and will continue to work hard to ensure it remains a place where families can create magical fun-filled memories together."

Exciting plans

Ollie said: "It has been fantastic to return to the Park where I spent my childhood. What I love about working at *Drusillas* is the variety of roles and responsibilities it brings. We have some very exciting plans in the pipeline but are also focused on the challenges that we face, as the task is not always straight forward! However, the objective is simple; keep *Drusillas* as the number one attraction in the Southeast."



Joanna Lumley 'stunned and thrilled' after receiving top award

WHEN John Wilton was *District Governor of Rotary 1120* back in 2008/9, he presented several well-deserved *Paul Harris Fellowships*.

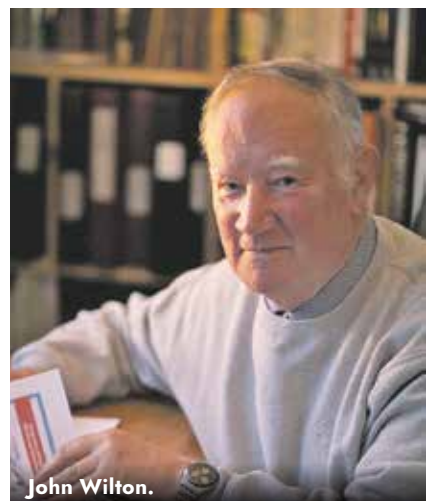
By **Peter Lindsey**

One was given to famous actress Joanna Lumley for her amazing work supporting the Gurkhas.

She was unable to attend the packed conference in Eastbourne to receive the award.

But 13 years later, she has finally received it – and she is over the moon.

John – now a member of *Eastbourne AM Rotary Club* – recalls: "It was a wonderful conference with around 1300 people, one of the most popular ever.



John Wilton.

"Bryn Perry, the founder of *Help the Heroes*, was nominated for a PHF and so too was Joanna. She did such great work helping the Gurkhas.

"Recently, I heard she was due to attend an event at *The Ritz* so I thought finally I should present – with the help of the *Gurkha Trust* – Joanna with her *Paul Harris Fellowship*, and she really was very happy to receive it.

"Joanna did great work to get the Gurkhas settled in this country and she also fought valiantly for their pension rights.

"She was fully deserved of a PHF, and her reaction goes to show how valued the *Paul Harris Fellowships* are when awarded to very deserving non-Rotarians."

Joanna has now been in touch with John.

She said: "I am so stunned and thrilled to receive this tremendous honour, and I am far, far happier to get it now rather than 11 years ago as it brings back with a rush all those exciting and pretty challenging days struggling to get the Gurkhas' cause over the line.

"This beautiful little medal and the citation mean the world to me, thank you so much for a very unforeseen and undeserved recognition.



"You are so kind to have taken the trouble to do this dear John."

She helped Gurkhas who retired before 1997 win the right to settle in the UK. Gurkha welfare groups.

She said back in 2011: "Our campaign had moral right on our side, and the vast majority of the

British public wanted the government to amend the law to allow Gurkhas to settle in the UK."

Ms Lumley's supporters insist that her campaign successfully reversed decades of discrimination against older Gurkhas who fought for the British army yet were denied the right to retire in the UK.

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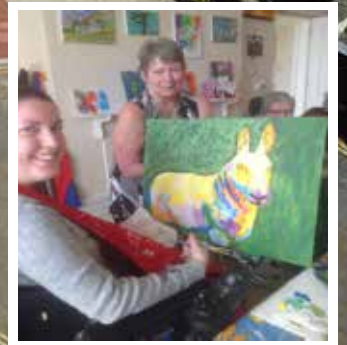


TheChaseleyTrust

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:

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- 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



Help enrich the lives of residents at Chaseley



HERE at Chaseley we have a large staff team, all of whom play their part in supporting our residents and their loved ones every day. It is the team's passion that drives our success and we are governed by the simple principle that the people who use our services are at the heart of everything we do. Ultimately, our home is their home.

By **Jodie Cornford**

As an employer, we offer excellent opportunities for career progression, alongside the chance to make a real difference to the lives of our residents and other service users. We work as part of a supportive, compassionate, empowering and friendly team, which is why some people have been with us for many years.

As well as great job satisfaction, we offer all employees the following benefits:

- Competitive rates of pay.
- 5.6 weeks annual leave per year to include bank holidays.
- Enhancement for additional full shifts.
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- Westfield Health Care cash-back scheme after probationary period.
- Free life insurance.
- Contributory pension scheme.
- Shift flexibility within our rolling rota.
- Free on-site parking.
- Comprehensive induction and training programme.
- Free 24/7 Employee counselling.
- Subsidised staff meals.

Alen tells us "I started my career at Chaseley as a Support Worker, and with great support from Chaseley, I soon became a Moving and Handling Trainer, then Senior Support Worker and now I work as a Quality Assurance Assistant. I've found myself a place to work and a place where I can reach my goal. At Chaseley I feel comfortable and supported in every way and I would recommend to anyone to join our Chaseley team."

We offer a variety of roles across a diverse range of professions, so if you are interested in joining our team and helping to ensure our residents receive the quality of care they deserve, then please contact us on recruitment@chaseleytrust.org

If you cannot find a suitable vacancy on our website, please get in touch as we would still love to meet you and we have many opportunities available for people at all levels, whether you are new to care or you're highly experienced.



The main source of Chaseley's funding comes from residents' fees, which cover the cost of their care package and contributes to the daily running costs of the home. Various commissioning bodies fund the majority of resident care packages and they have just 5% surplus to fund all their additional costs, including the upkeep of their beautiful building, upgrading their equipment, and to provide the extra social and recreational activities and services that enhance the comfort and well-being of their residents, which is why they rely on donations and fundraising.

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.

Their multi-disciplinary approach to care and rehabilitation includes physiotherapy, occupational therapy and recreational activities, ensuring their person-centred approach is focused on individuals regaining as much independence as possible, so that their psychological well-being and emotional balance are maintained. In addition to this their facilities included an on-site, fully accessible gym specifically designed for people who are disabled and living in the community.

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

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24 hours in memory of PJ

AN endurance runner will be running 32 lengths of Eastbourne Seafront in memory of his 'good friend' PJ for a Willingdon charity.

By **Peter Lindsey**

Paul James, a father of two, was a train driver for *Southeastern Railway* and also worked as an associate ambulance practitioner based in Polegate.

He was just 43 when he suffered a cardiac arrest in June last year.

Important 32

Now Richard Gardiner, 44, is running 32 times from the *Holywell Cafe* to the *Southern Water Treatment Works* at Langney Point on Friday May 20th.

It will take him more than 24 hours, and 32 is important because it represents the number of years Richard knew PJ.

Richard said: "I knew PJ for 32 years; we went to senior school together and then played football together for *Eastbourne Fishermen's Club*.

"He was fit and healthy and always looked after himself so it came as



Paul James.

a complete shock to hear of his sudden death.

"I was taking part in a 100-mile endurance race at the time. Needless to say, I didn't finish that race.

"However, I then decided in memory of PJ that I would run to fundraise for the first ever time.

"I spoke with PJ's family and we are raising money for the *Children with Cancer Fund*, based at The Triangle in Willingdon.

"PJ was always keen to sponsor people when local charities were to benefit, that is the kind of person he was.

"What better way to combine my passion for running along with raising money for children and their families affected by cancer."

Get involved

Richard wanted to complete the run locally rather than somewhere outside of Eastbourne so people can join him for a short run too and also hopefully locals seeing him will pledge money to the charity.

He said: "I will start at 8am and I will obviously run past hundreds and hundreds of people, especially if the weather is nice in May.

"I would love people to get involved."

Stacey James, Mr James' wife, said at the time of his death: "PJ was just the kindest most wonderful man who loved all of us and we all loved him.



Richard Gardiner.

An inspiration to all

He is an inspiration to us all for his strength and love of life and that will live on in all of us. He will be eternally missed by everyone."

Mr James was a pitch-side medic at *Brighton and Hove Albion Football Club*.

A spokesperson for the club said, "Everyone at *Brighton and Hove Albion* was extremely saddened to hear such terrible news. Paul was a member of a vital team who worked hard to provide the club with valued and essential medical support on match days at the Amex.

"He will be missed by his family and many friends, to whom our thoughts and prayers are with at this very difficult time."

To sponsor Richard, please go to:

www.justgiving.com/fundraising/richard-gardiner06

Eastbourne's own eco and music festival

THE E-Festival is an exciting new event for Eastbourne, held over three days in late July at various locations along the seafront.

By **Gail McKay**

The festival has various attractions that the whole family can enjoy, these include a music arena, a street food village, a free electric car show and much more.

FREE entry is available to the Princes Park arena and the Food Village on the Wish Tower Slopes.

Tickets are required for the music arena situated at Western Lawns.

Updated details on the bands can be found via the ticket pages on efestival.onlineticketseller.co.uk

PRINCES PARK

This area opens from midday each day. The leading manufacturers in electric and clean energy vehicles will be showcasing their latest eco friendly offerings, talk to staff at their trade stands about what exciting offers are now available. Climate exhibitors and traders will be on hand all weekend to visit, the latest in home energy offers, clean living, advice on lowering our carbon footprint, renewable energy and more can be found at these stands. A wide selection of children's attractions, kids soft play, street food, bars, live entertainment, music and much more will be available each day.

WISH TOWER

A large street food village will be situated in this popular area of Eastbourne serving everyone's favourite tasty treats, the vendors will have a wide variety of food to suit all tastes including vegan & plant based options, they will also be concentrating

on the theme of the eco festival by using biodegradable packaging and recycling all food waste.

WESTERN LAWNS

This amazing area on the seafront will be the main music arena. Big named artists such as **Toploader**, the **Ibiza Symphonic Orchestra** and **Craig Charles 'Funk & Soul Show'** will be performing. They will be supported by a whole host of superb acts, tickets will be required for entry to enjoy all the music but make your purchases early to avoid disappointment as on the door tickets may not be available.

Fully licensed bars & street food will be available inside the arena.

For tickets please visit:

efestival.onlineticketseller.co.uk

Check Facebook for regular updates **@E.Festival.Eastbourne**

Together, Let's Make A Change

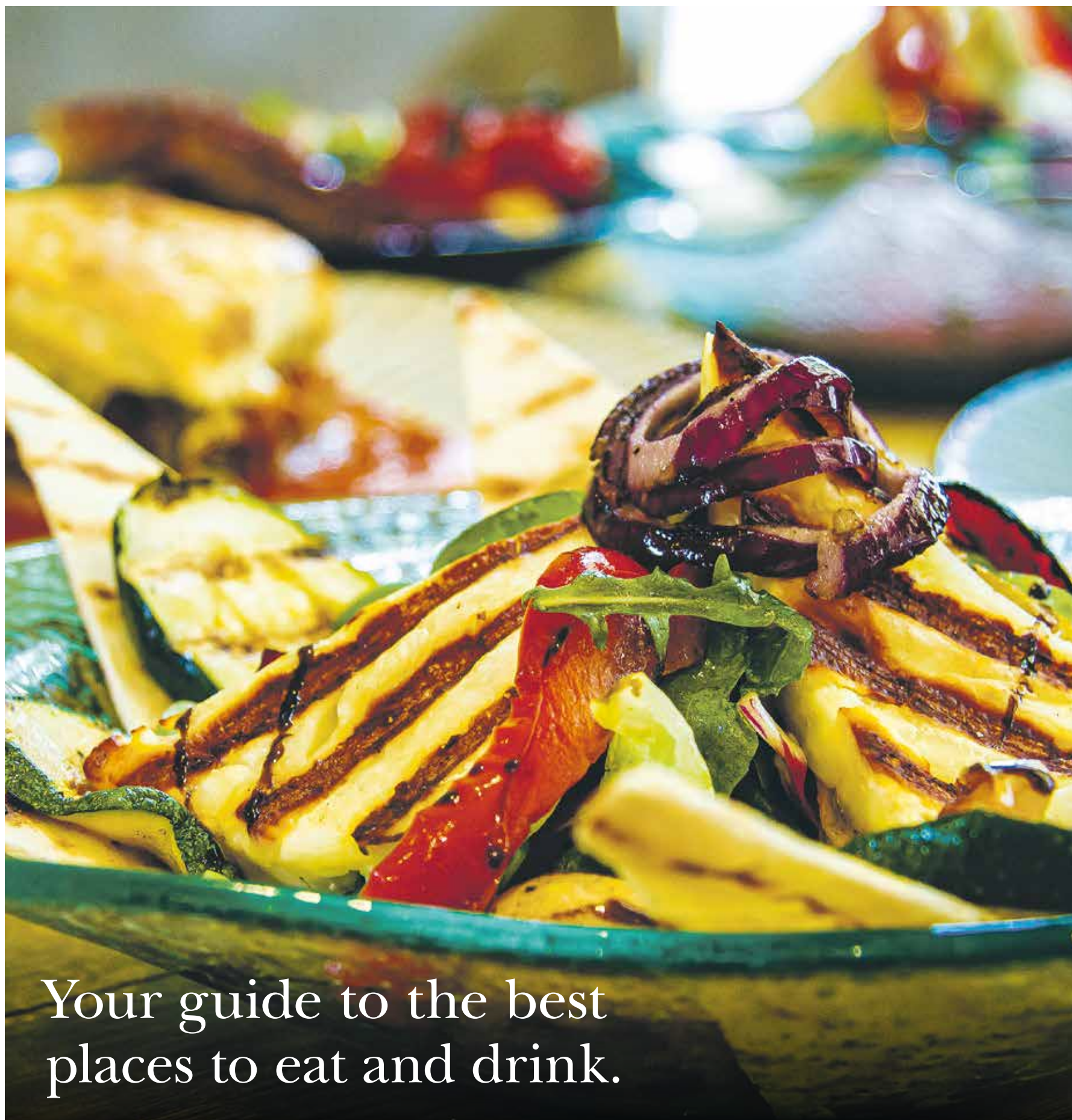
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Eastbourne

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For Ticket Information : efestival.onlineticketseller.co.uk

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Mandy's doing a roaring trade in East Dean

MANDY spent many years working as a chef both at *The Tiger Inn* in East Dean and under Bill Collison at *Bill's Restaurant* in Lewes.

By **Peter Lindsey**

Now she is making a huge impact in East Dean again with her new family-run cafe and restaurant, *Sheppard's* in Downlands Way.

It opened last June and it's quickly become incredibly popular.

Mandy Mulford — Eastbourne born and bred — said: "We are perfectly positioned in East Dean because we attract the village residents as well as people in

Eastbourne and Seaford. We're only five minutes' drive over the hill from Eastbourne and the bus stops are right outside which is handy if you want a cocktail or two!" As a fully licensed establishment we are able to offer a wonderful selection of wines, beers, ciders and spirits from across Sussex and beyond. Our cocktails are to die for and every Friday and Saturday we offer Half Price Cocktails from 5–7pm.

Highest quality

"We have quickly established a reputation for top quality food, which is reflected in our amazing online reviews.

"More than 90 per cent of our produce is sourced from within Sussex, which means we have had no supply issues recently but also means what we can offer is of the very highest quality.

"We open at 9.30am during the week (closed Mondays) and our all day breakfasts are proving most popular. As well as the traditional British breakfasts we offer things like Blueberry Pancakes, French Toast and Indian Eggs (daal, coriander fried potatoes, topped with a fried egg).

"Our lunches are served from noon until 2.30pm with a varied

menu including the *The Reuben*, a New York style toasted sandwich with pastrami, Swiss Cheese and sauerkraut, Chorizo and Potato Hash and more traditional items such as Jacket Potatoes, sandwiches and a daily, homemade soup.

"We also have our very own *Sheppard's* coffee blend roasted for us by *Hillside Coffee* in East Dean.

"But we offer so much more in our very comfortable surroundings, both in and out. Have a full look at our menu on our website."

The cafe and restaurant

"We are open five days a week and once a month for Sunday Brunch. It's closed Mondays, opens 9am until 3pm Tuesday to Thursday, and then 9am until 10pm Friday and Saturday with evening meals from 6pm. Booking is advised for the evenings.

"We also run regular quiz nights and we take bookings for private parties on Tuesday and Thursday evenings.

"You can also order direct from *Deliveroo*. We offer takeaway and delivery. There's free parking and where we are is a real sun trap which is perfect for our outdoor seating area. The atmosphere in the cafe is great, very welcoming and friendly. We welcome dogs and muddy boots! We also have a private space upstairs which can be used for meetings."

01323 423081
sheppardscafe@gmail.com
www.sheppardscafe.com





Great Greek food is sunshine on a plate!

IF you are a fan of Greek food, you won't be disappointed at Gr/eat.

By **Gail McKay**

Fresh, rustic and utterly authentic Greek food created with the best local produce.

Vicky and Vasilis, the owners, are passionate about creating authentic Greek food.

Famous dishes

There's the meze style dips and starters that you would expect plus some specialties that are punchy and exciting.

Try one of Greece's famous dishes, Souvlaki which means pieces of meat skewered with a small wooden stick, char-grilled and spiced up with salt, pepper, oregano.

Specialities include the Feta sousami, sesame covered feta topped with honey, keftedakia Yaourtou (greek sausages in tomato sauce).

For everyone

They cater for vegetarians, and there are many gluten free options like the beetroot mousse with walnuts and pita bread, and the stifado manitarion is a warm satisfying vegan dish. There's a wonderful sharing Aegean seafood platter.

Gr/eat Greek cuisine is located at Victoria Place, a lovely street leading to the sea, full with small independent businesses.

gr/eat
Greek cuisine

**215–217 Terminus Road,
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www.gr-eat.co.uk**



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- 2) Longman best battered cod**, triple cooked hand cut chips, house tartare, lemon, minted pea puree
- 3) Longman Best battered Banana blossom**, triple cooked hand cut chips, house tartare, lemon, minted pea puree (Vg)
- 4) Aged 7oz burger**, Sussex charmer cheddar, sweet onion mayo, salad, poppyseed brioche, triple cooked hand cut chips
- 5) Plant burger**, v cheese, sweet onion mayo, salad, V brioche bun, triple cooked hand cut chips (Vg)
- 6) 3 Cumberland sausages**, buttered mash, seasonal vegetables, rich onion gravy & parsnip crisps
- 7) 3 Plant based sausages**, creamy mash, seasonal vegetables, rich onion gravy & parsnip crisps (Vg)



T&C's: Only available as 2 for 20, no alterations. If 3 guests, 1 meal will be full price. Subject to availability, deal can be removed at any time, not available on bank holidays, easter, valentines, any other holidays.

Fantastic food at Flames

FLAMES Restaurant & Bar is a family run business offering fantastic inhouse made meals, top quality steaks and burgers cooked on our state-of-the-art grill and a wide selection of delicious alcoholic and non-alcoholic drinks.

By **Michelle Taylor**

Come dine with us and watched our fantastic team of chefs cook your food from our open plan kitchen whilst being looked after by our wonderful front of house team.

Our chef team love creating new recipes on a regular basis and are constantly coming up with new and exciting dishes to add to our menu. The same applies to our bar staff, we love creating new and unique drink recipes whether they be alcoholic or non alcoholic and we are always willing to come up with a specific request if we are able to.



We are open Wednesday – Sunday from 11:30am serving tasty lunches and all-day breakfasts up until 5pm and a selection of main meals all day.

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Food with a view

SERVING up light bites, sweet treats, brunches and beyond since opening it's doors in 2019, the *DQ Terrace Bar and Café* is set to launch a brand new menu this February.

By **Harry Farmer**

Featuring feel-good food, customers can enjoy a wide selection of options to suit all dietary requirements.

From brunch favourites — including smashed avocado and creamy feta crumble on sourdough toast

and Sussex ham with melting Emmental cheese on a deliciously buttery croissant, to warming jacket potatoes and decadent sandwiches, with a wide variety of fillings to tickle your tastebuds. Or why not opt for one of our delectable sharing boards? Filled with tasty treats, choose between a selection of charcuterie or our vegan friendly option, both inspired by Mediterranean flavours featuring

sundried tomatoes, olives, warm pitta breads and hummus, perfect for enjoying over a glass of wine with friends or a loved one.

Not forgetting our delicious homemade cakes and scones, lovingly prepared to satisfy your sweet tooth and a firm favourite with our regular customers!

Situated in the *Welcome Building* at the heart of the *Devonshire Quarter*, the light and airy *DQ Terrace Bar and Café* boasts unbeatable surroundings overlooking the award-winning *Devonshire Park* tennis courts and is the perfect place to sit back and enjoy the

views while soaking up the sun on our spacious terrace, or through the floor to ceiling windows during the colder months! In a hurry? No problem, all of our meals, hot drinks, treats and more are available to takeaway upon request.

We're open daily from 9am — 4pm and 10am — 4pm on Sunday, we'd love you to pop in and say hello! While you are here, why not pick up one of our popular loyalty cards? We'll stamp your loyalty card for each drink purchased and you'll receive a free hot drink of your choice for every six stamps you collect.

**DQ Terrace Bar and Café,
Welcome Building, Compton St,
Eastbourne BN21 4EQ**

**01323 415400
devonshire.quarter@lewes-
eastbourne.gov.uk**



Classic Cru

THIS relaxed, welcoming wine bar and kitchen in Hyde Gardens has been an Eastbourne staple for a few years.

By **Gail McKay**

It's chic and informal, and Hardy, the owner speaks passionately about the ingredients they source with their talented and passionate chefs; Matthew Coates and Ross Davey.

The food is the star. They spend more time sourcing their food than a lot of Michelin starred restaurants.

Hardy and his chefs travel up to the iconic and historic Smithfield Market to choose the very best grass fed, organic scotch beef for their steaks and short ribs. They also source local Sussex cattle and salt marsh lamb for other menu items.

Gordon Ramsey and Tom Kerridge use the same supplier.

Dry aging

A few years ago, they invested in a state of the art, dry ageing fridge, especially designed for maturing beef.

It meant they could control the time, temperature and humidity themselves. They age their sirloin for at least 50 days, the fillet for around 35 days and also serve a juicy tomahawk sharing steak here too.

If you are struggling to find really fresh seafood in Eastbourne, *Cru* speak to four fishermen every morning to find out what's available that day. Whilst they will always have locally and sustainably caught fish on their menu, they have specials like monkfish tails, octopus, cuttlefish and razor clams when available.



The tails and octopus go especially well cooked on charcoal on their Japanese konro Barbecue, which is perfect for fish.

Wine expert

Wine is a big deal at *Cru*. Hardy won the prestigious 'Hakkasan award' for student of the year whilst studying for his degree in wine at Plumpton and his partner, Jordan also holds wine qualifications.

"We're continually tasting to source the very best wines to bring down to Eastbourne and offer them at a very reasonable price. The concept of *Cru* is all about serving the best produce we can get our hands on and serving it in a relaxed, fun and

informal venue. There aren't many other places I can think of that you can enjoy dry-aged steaks and a bottle of fine wine whilst David Bowie or the Cure are playing in the background!"

It's a relaxed venue for drinks and nibbles but equally suitable for a celebratory dinner.



8a Hyde Gardens BN21 4PN
01323 646494
www.cruwine.co.uk



Food of Kings

IF you want top food, the go to *Kings Restaurant*, which is part of *East Sussex College* on Kings Drive.

By **Peter Lindsey**

It is very popular and the food is very tasty too.

It offers lunch and special themed dinner events with the finest quality food and wine in intimate surroundings.

Award-winning students prepare, cook and serve guests in the restaurant under professional supervision as part of their training.

The restaurant is open to the public, staff and students throughout term time. Booking is recommended.

Kings Coffee Shop offers a range of freshly prepared breakfast items,



cakes and sandwiches, as well as barista style coffees.

Go to: **www.escg.ac.uk/shops-services/kings-restaurant/**



Magic Beanzzz

BEANZZ Coffee & Kitchen in Grove Road is like home from home – and it's incredibly popular.

By **Harry Farmer**

Bianca and Carl Bradwell bought the well-established business three and a half years ago.

With their vision and creativity they put together a kitchen and menu that brings you a great choice for breakfast and brunch, and now it's one of the most popular coffee shops in Eastbourne.

Bianca said: "We moved premises in 2020, still in Grove Road, and created a vibrant light and airy space for all to enjoy."

"We aim to provide great value for money using top quality ingredients and in a very warm and welcoming atmosphere."

"We open from 7.30am until 5pm Monday to Saturday, and 9am until 4pm on Sundays."

"Our menu is varied, including breakfasts, pancakes, burgers, sandwiches and a good few vegan options. We also have a menu for the under 10s."

"We also have a great selection of homemade cakes, brownies, sweet and savoury treats. For drinks we serve coffee, tea, hot chocolate, smoothies and milkshakes and also available are beers and ciders."

Very warm welcome

For Bianca and Carl, the personality of the venue is all important.

They said: "We have a great team of staff, offering a very warm welcome, just as if you are at home."

"They always have a smile on their faces and they are always ready to help. That's why we have such a high number of regulars and new regulars who enjoy the warm welcome at Beanzzz."

"Our portions are fairly big, but it's not just the size, it's making sure what we serve is top quality – and it is."

"We are very proud and passionate at delivering the home from home feel. Beanzzz is all about people meeting new and old friends for a chit chat, eating, drinking and generally unwinding. So whether you plan to relax and chill solo, with friends, family or with your furry best friend (dog friendly), we are ready to welcome you."

Carl, Bianca and the Beanzzz Team.

Beanzz
Coffee & Kitchen

43 Grove Rd, Eastbourne BN21 4TX

07790 805446

@beanzzcoffee

beanzzcoffeekitchen@gmail.com

www.beanzzcoffeekitchen.co.uk



Carl and Bianca Bradwell.



We welcome you to
our mother's cuisine
from God's own
country, Kerala.

Marvelous Malayalam

MALAYALAM, opened by entrenched food fanatics, brings authentic rustic Kerala flare blended with exciting an dining experience and has become the new hot spot in East Sussex.

By **Gail McKay**

This eatery from Kerala offers traditional Kerala fare in a tranquil and home feel inviting atmosphere.

Our devotion to detail is impeccable and the food delectable. Our menu offers guests a true taste of Kerala cuisine, showcasing both traditional classics and modern staples.

Completely hand ground spices and fresh coconut shavings give

the freshness we always wanted. Like the food, interior itself is warm and inviting with bucolic wood finishes and home comprehensive decorations. Everything makes MALAYALAM exemplar for a casual tranquil meal yet sophisticated enough for a great meal with your loved ones.

Cultural journey

Dining at *Malayalam* is not only a gastronomic experience but also a cultural journey where Kerala's way of life is reflected in every

single detail. This philosophy can be recognized, perceived and experienced from our menu and the food we cook for you.

Luscious dishes

Your sense of taste will allow you to feel the connection between the tremors of the Earth and our chef's hands that have the knowledge to renovate natural produce into luscious dishes. This ancient knowledge discovered and established through time is exactly the great heritage of our noble gastronomy.

Awarding yourself the prospect to know how our Kerala food at *Malayalam* will open your world to a new dimension of pleasure and the desire to live in Kerala.

Malayalam will guide your senses along the way, projecting itself towards the future without leaving its roots behind.

**229–231 Terminus Road
Eastbourne BN21 3DH**

01323 722227
www.malayalamrestaurants.com



Sneha Xavier and Sajith Philip Varghese Kottappallil, founders of Malayalam.



SKYLARK

CAFE
RESTAURANT

SITUATED in *Little Chelsea*, hailed by the *Sunday Times* magazine as one of the top ten coolest neighbourhoods in the UK, *Skylark* is a breath of fresh air on the Eastbourne food scene.

By **Harry Farmer**

The Scandi-inspired restaurant comfortably seats 30 with a delightful courtyard garden at the rear, which is a haven on summer days.

Breakfast and lunch are served every day with dinner exclusively on Thursday, Friday and Saturday evenings. Specialty coffee is supplied by West Sussex-based *Cast Iron Roasters*, and you can enjoy fresh fruit juices and smoothies along with loose leaf teas. Daytime delights include full English breakfasts, Moroccan shakshuka and buttermilk pancakes through to wild mushrooms on sourdough toast, Sussex beef burgers and fresh fish delivered daily from the local fishmonger.

Candlelit elegance

In the evening *Skylark* transforms into an elegant candlelit restaurant, where diners choose from a concise a la carte menu that boasts a selection of seasonal dishes showcasing the chefs' talents. In summer the kitchen makes the most of its proximity to the coast serving fresh Eastbourne-landed mackerel and in winter months you will find local wild venison fillet and root vegetable and gruyere gratin.

Skilled bartenders produce hand-crafted cocktails as well as serving beers from many local breweries, and the varied wine list includes award-winning Sussex wines sourced from some of our county's finest vineyards.



Skylark was a finalist at the *Sussex Food & Drink Awards* for 'Newcomer of the Year' in two consecutive years, 2019 and 2020, and won 'Place to Eat/Drink' at the *Eastbourne Excellence in Business Awards* in 2020. Impressively, it has proudly maintained its spot amongst the top 10 restaurants in Eastbourne on *TripAdvisor*, after reaching number 1 before their first birthday.

This small, independent eaterie is well-supported by regular and loyal customers, consistently delivering delicious, local and thoughtfully sourced food and drink.

**52 Grove Road, Eastbourne,
East Sussex BN21 4UD**

01323 417000
info@skylarkeastbourne.co.uk
www.skylarkeastbourne.co.uk



“
Impressively, it has proudly maintained its spot amongst the top 10 restaurants in Eastbourne on TripAdvisor.

Pasta perfection at Rossi's

ROSSI'S is a new top quality Italian restaurant on Cornfield Road in Eastbourne Town Centre.

By **Peter Lindsey**

Formerly known as Solo Pasta, owners Emiliano Rossi and wife Aneta are very excited with their plans.

And the message is simple: high quality food and drink – especially pasta – for our valued customers.

They have owned the restaurant for the past three years, and Emiliano has been chef for seven years.

He said: "From February 5th, we have a new name and a new fresh look. We have a new and exciting menu, and we are striving to be that bit better, that extra bit of quality when we open as Rossi's.

Like no other

"Our big strength is homemade pasta cooked fresh every day. We will be like no other Italian restaurant in town.

“

Our big strength is homemade pasta cooked fresh every day.

"We will stand out from the rest with our emphasis on top quality food and customer experience.

Unique recipes

"We have new recipes from Italy that nobody else uses locally. Our menu will be shorter than before but such good quality, I will be using some of the recipes from my family back home.

"We will be selling tasty fish and meat as well as pasta and most of our products are sourced locally, which is very important to us.

"Everything is freshly made in our kitchen. We have seating for up to 26 plus we have a room downstairs which can be hired for parties or group meetings.

"Make no mistake, we are very excited. Rossi's will be very well known in a very short period of time for its quality, and being that much better."

Rossi's is open Monday to Saturday from noon until 3pm and then 5pm until 10pm.

Emiliano said: "We will be better, that bit higher than the rest."

Rossi's relaunches on Saturday February 5th.

Pay a visit – you will not be disappointed!

10% discount if you present the Bournfree magazine.





A dining experience to suit everyone

B12 BAR & Kitchen is a hidden gem, situated in the heart of the market town of Hailsham, East Sussex.

By **Harry Farmer**

B12 opened its doors in 2019 and has proven extremely popular with the local community. The restaurant boasts a unique Al-a-Carte menu, where you can enjoy local, freshly sourced produce in every creation.



Nathan Court, the Executive Chef has put together an exquisite, on-trend, seasonal menu which includes the famous King Prawn Linguine, Pan Seared Duck Breast and Spiced Sussex Pork. They also have a great Vegan and Gluten Free menu.

As well as a fabulous restaurant B12 has an extensive Wine and Cocktail list, You can find over 35 different cocktails, made by their experienced mixologists. You should check out their sensational

cocktail trees. B12 offers Bottomless Brunch and Bottomless Gin nights throughout the year, which is great for groups of friends or families to enjoy and soak up the ambience.

B12 Bar & Kitchen's Owner, Melvyn Funnell-Strange, explains "We pride ourselves on the use of local, high-quality produce and staunchly support our friends and local businesses. We offer a friendly and personable experience to everyone who walks through our doors".



Whilst from the outside this looks like a small intimate venue, great for couples and friends alike, when you step inside you will soon realise the building has so much more to offer. As you explore upstairs you will find the fabulous *Marlow lounge* and *Marlow room*, where you can hold parties, weddings, business meetings and all types of events.

B12 host lots of events throughout the year including live music, Ibiza classic nights, charity events, local business evenings, and a lot more.

Open from 10am Tuesday–Saturdays, for freshly ground coffee, lunch, dinner and late night evenings.

To find out more visit:

www.b12winebar.co.uk

or follow them on *Facebook* or *Instagram*.

12 High Street, Hailsham, BN27 1BJ

01323 351898
enquiries@b12winebar.co.uk





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Property



GINGER &
SANDERS
PROPERTY SALES & LETTINGS



*“Passionate
about Property”*

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



Karen, a Sales Consultant at Crane & Co, shares her experience of helping thousands of people move home.

Unbelievably (and far too quickly) I'm in my 30th year working in estate agency. How the time has flown! Some of my colleagues weren't even born, in fact, their parents probably hadn't even met when I started working here, which makes me feel very old!

Back 'in the day' properties were marketed with a single black and white photograph and lots of descriptive text plus a weekly advert in the local paper. Many hours were spent stuffing property details into envelopes and being taken to the post office.

Computers didn't really exist although we did have an electric word-processor – the highest tech at the time. Nor did we have mobile phones or the internet. Now we have 3D tours, property films, stunning colour photography, online virtual viewings, global marketing and social media. How times have changed!

Although the way we market properties has changed substantially from when I first started, the way we deal with people through the moving process remains importantly the same. Whilst we sell properties what we actually do is help people onto the next chapter of their lives.

I have spoken to and helped thousands of people move home - some of them several times and we have grown older together. It's been a pleasure seeing their families grow up and then helping them with their moving plans. People move for a variety of reasons some of which can be stressful or emotional and these feelings can be prevalent even before they have started the often daunting task of selling or buying a property.

For others it may be the most exciting and joyous experience like a first purchase or moving to a bigger property.

Whatever the reason, as anyone who has sold or bought a property knows, it can be a roller coaster of emotions and let's face it a costly experience.

What I've learnt is how important it is to support people and gain their trust through the moving process, especially those who are already in difficult circumstances. To listen and understand their concerns and needs whilst keeping them informed is ultimately important and explaining matters clearly through what is a life changing time of their lives has to be considered a top priority for us.

Estate Agents are often maligned but I know how hard myself and my lovely colleagues work to provide the very best service we can – perhaps this is why so many clients come back to us time and time again and recommend us to family and friends.

Seeing people move on with their lives makes a career in Estate Agency very worthwhile.

I'm very proud to have worked for Mike Crane and Crane & Co and wouldn't have worked here for so long if the company's values of being professional, honest, diligent and empathetic didn't reflect my own.

In these difficult times it has become even more apparent that we all care more for each other more than we may have recognised before.



Karen McLay
Sales Consultant

01323 440678
karen.mclay@craneandco.co.uk

Hailsham



5 bedroom detached family home. Located in a private lane. Gardens wrapping around the property.

Price guide £575,000 - £625,000



Scan here to see full property details.



Hailsham



3 bedroom mid-terrace house. Incredible location. Suitable for families or young couples.

Price guide £275,000 - £300,000



Scan here to see full property details.



Hailsham



Detached chalet design offering flexible accommodation. Close to schools.

Price guide £335,000 - £365,000



Scan here to see full property details.



Herstmonceux



Spectacular 5 bedroom detached family home. Popular village location. Double garage.

Price guide £445,000 - £485,000



Scan here to see full property details.



Hailsham



Exclusive 5 bedroom detached family home. Private gated entrance. Versatile living accommodation.

Price guide £825,000 - £875,000



Scan here to see full property details.



Herstmonceux



Perfect country home. 5 bedroom detached. Lots of character, style and space.

Price guide £835,000 - £875,000



Scan here to see full property details.



Crane & Co

Get in touch today on 01323 440678,
or visit our website www.craneandco.co.uk

GINGER & SANDERS SALES AND LETTINGS CELEBRATES 10 YEARS IN BUSINESS



2012-2022

For all your property needs, call us on

01323 701702

We thank you for all your support

Ginger & Sanders 12 month giveaway!

TO CELEBRATE 10 years in business, *Ginger & Sanders* are launching a competition that will run through the whole year.

By **Gail McKay**

They want you to find their board (pictured), which will be placed somewhere around Eastbourne, take a selfie with it and post it on their Facebook page.

Instructions are found on the board and the location will change every couple of months.

Each time a winner will be chosen at random and given a bottle of wine.

Ginger & Sanders started out as a lettings Agency, then when Daniel Crick partnered in, 5 years ago, he added a Sales department. They rebranded and have been growing ever since.

Daniel estimates they have moved over a thousand individuals and families over the years.

Ginger & Sanders offer a very friendly, approachable service, and are regularly reminded by their tenants, landlords, buyers and sellers for the professional and helpful service they've received. The office is often filled with cards and chocolates.

As a company, they stay connected with local charities like the *Children's Respite Trust*, *St Wilfrids* and the *Salvation Army*, by donating time and gifts.

Ginger & Sanders can be found at the end of Langney Road, and are very happy to chat with you about your housing needs.

01323 701702
info@gssalesandlettings.com
www.gssalesandlettings.com

185a Langney Road
Eastbourne BN22 8AH



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



CARLISLE ROAD, EASTBOURNE, BN20

Ginger & Sanders are delighted to offer this ONE BEDROOM FIRST FLOOR APARTMENT in the sought-after Lower Meads area of Eastbourne.

Close to the sea, shops, and theatres. The property comprises of an entrance hall, lounge/diner, modern fitted kitchen double bedroom and family bathroom.

The property further benefits from a private terrace. The property is considered to be in superb condition further boasting high ceilings and new fitted bespoke shutters. This is ideal for a first home, investment or holiday home.

An internal inspection is highly recommended.

For full details please visit:
www.gssalesandlettings.com

£194,950



MARKING 20 YEARS

World Cancer Day 4 February

Ribbons on shutters!

In aid of world cancer day we will be applying vinyl ribbons on shutter doors around Southbourne business park, bringing a bit of colour to the estate and most importantly raising awareness for cancer.

Every business has had the choice to choose their ribbon. Giving each unit the choice of ribbon felt necessary as we have all have effected by this awful disease in one way or another.

Installs will be happening on the 3rd Feb, ready for world cancer day on the 4th!

Come by and have a walk around, maybe there's a ribbon colour on a shutter that resonates with you...

Scientific, BM Auto, Tateys, Invictious, Signtek, Algar, LM productions, Collier web, Parkers, IPC, Performance Fitness, Sequoia, All copy, RH CNC Lightning fibre, CDS, SPS, Peskett, Sussex FirePlace Gallery, Hepburn.

Don't forget to tag us on FB / Instagram if you pay any of the shutters a visit!

01323 642625 | www.signtek.co.uk | sales@signtek.co.uk



The Arts



Running for the third time, *Sophie's Secret Postcard Auction* launches in March 2022.

Full details on submitting your postcard in our next issue.



THE *Devonshire Park Jazz Sessions* are a series of live events, showcasing emerging local artists and instrumental musicians, including acclaimed bands.

By **Jazz Lounge Seaside CIC**

This is fusion, post-bop, straight-ahead jazz music.

Expect the groove and freestyling of a backstreet jazz club, where the band explore the depths to which mere sound has no business to go!

Come join us, take a seat at one of the Sessions. We look forward to welcoming you all to this **Local Live Music Experience For Everyone.**



***Butxaca* Plays Simon D'souza**

Saturday 26th February 2022 at 3pm

***Butxaca* are a 6-piece band playing an eclectic mix of jazz-influenced music. Arranged *Butxaca* style, with three frontline horns and a solid three-piece rhythm section driving the groove.**

Whenever *Butxaca* play there is always a palpable and infectious sense of the deep camaraderie within the band. The interplay between the tight rhythm section and the lively harmonic conversation within the horn section creates a

musical momentum that never fails to engross players and listeners alike.

Butxaca was originally formed to play the music of the renowned and much-missed saxophonist, composer, and music educator Simon D'souza. For this, the first of many live music experiences on the *Devonshire Park Jazz Sessions*, the D'souza songbook is showcased in the signature *Butxaca* style, bringing to life a unique and influential voice of the Sussex jazz community.



Ant Law Quintet

Saturday 26th February 2022 at 8pm

Guitar innovator Ant Law brings his *The Sleeper Awakes* album quintet to the opening night of the *Devonshire Park Jazz Sessions* to deliver his warm modern jazz sound, with rhythmic groove and improvisational intervals, of guitar, piano and saxophone interplays.

Ant Law comes to the *Devonshire Park Jazz Sessions* cumulating 2021 with multiple appearances on the *EFG London Jazz Festival*. Law's wheedling of his All-fourths

tuned guitar in demand as a textural sound device.

The *Ant Law Quintet* is a talented musicianship delivering Law's imaginative compositions. As heard in his instrumental arrangement of the song *Pure Imagination*, from *Charlie & The Chocolate Factory*.

Expect a virtuosic performance for enthusiasts looking for "a new jazz guitarist with fresh ideas". With catchy guitar melodies and spacious rhythmic interplays with saxophone and piano.

**Visit our website at: www.jazzbournmusic.com
to see the listings of the curated artists and bands displayed here, and more to be announced.**



JBM Music are bringing it on

JBM Music are excited to bring three huge concerts and festivals to Eastbourne and Hastings.

By **Harry Farmer**

Kicking off this spring on April 16th with the UK collective **Soul II Soul** who will be performing their smash hits 'Back to life' & 'Keep on Movin' for an evening of RnB, Funk & Soul from **Soul II Soul** and many more.

The JBM Music team will also be heading up the brand-new concept **The Eastbourne Reggae Carnival**, which is set to shake up Winter Gardens this Spring on 17th April 2022, with one of the heaviest reggae line-ups to come to Eastbourne including **David Rodigan**, **ASWAD** and over 10+ reggae artists playing on the day.

With even more shows to be announced in the coming weeks.

Heading into Summer, JBM Music are bringing **STEPS** Live in concert to The Oval, Hastings, transporting all attendees back in time to when the 90's iconic supergroup released 'Tragedy' '5,6,7,8' 'Last Thing on My Mind'.

More acts are still to be announced for this incredible day at The Oval on 31st July, dancing to one of the biggest phenomenon's that brought us all loads of joy throughout the 90's.

JBM Music

www.jbmmusic.com



TIME FOR THEATRE IN EASTBOURNE



Spring season of theatre highlights include:

MAMMA MIA! 1 – 12 March | An Hour and a Half Late, 7 – 12 March
Billionaire Boy, 24 – 27 March | Lord of the Dance, 29 March – 3 April
School of Rock, 12 – 16 April | The Addams Family, 10 – 14 May

eastbournetheatres.co.uk

01323 412000 |   

EASTBOURNE THEATRES
**CONGRESS
THEATRE**

EASTBOURNE THEATRES
**DEVONSHIRE PARK
THEATRE**

Book something to look forward to in 2022

THE Congress and Devonshire Park Theatre Promise Something for EVERYONE!

By **Harry Farmer**

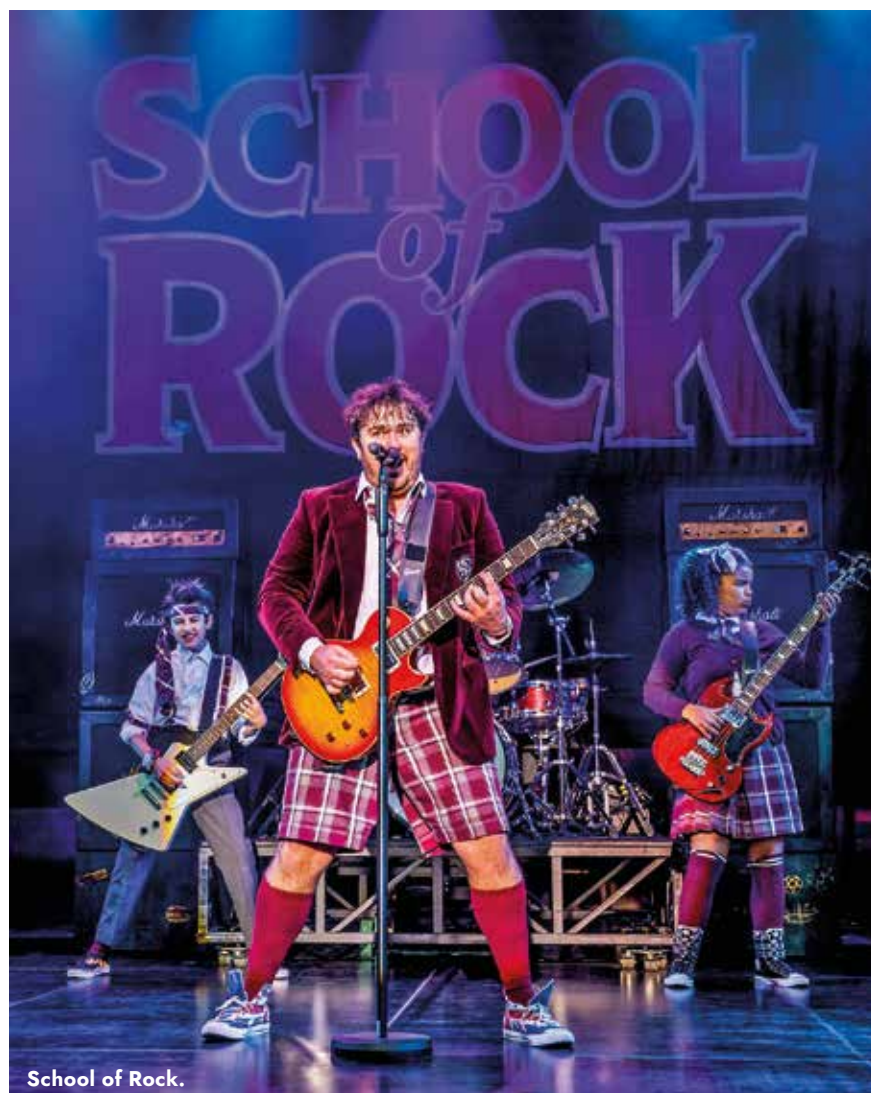
Eastbourne Theatres's Spring season's packed with a huge range of theatre shows for all tastes, so you're sure to find something to delight!

Enjoy big Eastbourne debuts with musical phenomenon's ABBA's **Mamma Mia!** (1–12 March), global hit **School of Rock** (12–16 April), **The Addams Family** (10–14 May), **Bat Out of Hell** (24–28 May) plus the award-winning **SIX** (31 May–5 June) and the captivating and devastatingly funny drama **An Hour and a Half Late** (7–12 March) starring *Olivier Award* winners **Griff Rhys Jones** and **Janie Dee**. The *Three-Inch Fools* debut with a wildly inventive retelling of the British folktale **Robin Hood** (3–5 March) featuring musical instruments and incredibly quick costume changes from the talented cast of 5 and don't miss 5-star comedy **The Three Musketeers** (17–21 May), on BMX bikes!

Returning comedy titans include Mischief Theatre with celebrated new farce **Groan Ups** (21–26 February), **Romesh Ranganathan** (25–26 March), **Rob Beckett** (23 April) and **Barry Humphries** (28–29 April) who reveals the *Man Behind the Mask*, **Julian Clary** (3 April), **Jasper Carrott** (17 March) and kids comedy with David Walliam's **Billionaire Boy** (24–27 March).

Audience favourites include Irish dance phenomenon **Lord of the Dance** (29 March–3 April), *Strictly* stars Anton and Erin's **Showtime** (25 February) and for drama lovers, the haunting gothic horror **Frankenstein** (15–19 March). Soar the spirit with *Russian State Opera's* **Aida** (15 March) and **Carmen** (16 March) and *English Touring Opera's* **La Boheme** (16 May) and **The Golden Cockerel** (17 May).

The full sensational Spring season is listed in the latest brochure which can be viewed or downloaded at the **brand-new look** website at eastbournetheatres.co.uk. Box Office **01323 412000**. Socials search **@EBTheatres**.



School of Rock.



Bat Out of Hell. Photo: Chris Davis Studio.



Groan Ups. Photo: Pamela Raith Photography.



Lord of the Dance.



Groan Ups.

Photo: Pamela Raith Photography.



School of Rock.

Abstract Acrylics

LEILA Godden is a contemporary painter specialising in seascapes and abstract paintings using acrylics.

By **Peter Patterson**

Her seascapes explore the vast panorama of changing light, dramatic weather and powerful water, framed by rocks solid with history, yet transient with time and the rhythm of the earth. Brought up on the coast, this environment has a deep resonance within her.

In response to the events of 2020 her work became more gestural and abstract, reflecting time spent at home in her garden. She abandoned

a limited palette, creating paintings imbued with the vibrancy inspired by sunlight on petals. Moments of simple joy in an uncertain world are translated into shapes and gestural marks which have been allowed to form and settle. This new experimentation is producing nuanced pieces in which elements are pared back, inviting space into the composition.

Her paintings are intended to evoke a visceral response in you, the viewer, something deeper than just "seeing". Perhaps it taps into a memory or feeling personal to you. Beyond words but sensed and understood.



Based near Lewes in East Sussex, she exhibits in London with the *Free Painters and Sculptors (FPS)*. Closer to home her paintings are with *newartgallery Eastbourne*. Her work has been selected for *ING Discerning Eye* and the *Society of Women Artists (SWA)* at the Mall

Galleries in London, *The Royal West of England Academy* in Bristol and *C24 Gallery* in New York City.

01323 406442
07970 549873
info@newart-gallery.co.uk
www.newart-gallery.co.uk

newartgallery

LEILA GODDEN

We are holding an exhibition of Leila Godden's work from Saturday 19th February until Sunday 3rd April



Seascape image
Coastal Reflections
72 x 72 cm, Acrylic



Gardenscape image
Through the Leaves
31 x 31 cm, Acrylic on board



Abstract
New Beginning 4
10 x 10 cm, Acrylic on cradled panel

Leila is a contemporary painter specialising in seascapes and abstract paintings using acrylics. Her seascapes explore the vast panorama of changing light, dramatic weather and powerful water, framed by rocks solid with history, yet transient with time and the rhythm of the earth.

Recently she has also been inspired by time spent in her garden that helped to create Gardenscapes and Abstract images.

Opening Times: Tuesday to Saturday 11.00am to 5pm. Sunday 11am to 4pm

Contact details: 7 Hyde Gardens, Eastbourne BN21 4PN Tel: 01323 406442

Peter Patterson: 07970 549873 Ian Shearer: 07971 851777 info@newart-gallery.co.uk www.newart-gallery.co.uk

ROYAL HIPPODROME THEATRE



Friday 4th
February
7.30pm

All Tickets £17



Friday 11th
February
7.30pm

All Tickets £24



Saturday 12th
February
7.30pm

All Tickets £25



Monday 14th
February
6pm

All Tickets £17



Tuesday 15th
February
7.30pm

Tickets £13 - £49



Wednesday
16th February
7.30pm

Tickets £27 - £62



Thursday 17th
February
7.30pm

Tickets from £23.50



Saturday 19th
February
7.30pm

Tickets from £20.50

Box Office 01323 802020 | royalhippodrome.com
106-114 Seaside Road, Eastbourne, BN21 3PF

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MARDI GRAS
BALL**

FRIDAY 25/2/22
8-3AM £27.00*

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HASTINGS

**FAT TUESDAY
MUSIC FESTIVAL**

5 DAYS OF MARDI GRAS ON THE SOUTH COAST

*inclusive of fees.



THE MAGIC NUMBERS

SATURDAY 26TH
FEBRUARY 2022
Tickets £17.50



HASTINGS

**FAT TUESDAY
MUSIC FESTIVAL**

5 DAYS OF MARDI GRAS ON THE SOUTH COAST

Tickets available from hastingsfattuesday.co.uk. Doors 8pm



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BRASS**





Hastings Fat Tuesday team announces 2022 festival

HASTINGS *Fat Tuesday*, the ultimate mid-winter carnival, has announced details of the 2022 festival. The five day town wide celebration is the UK's largest Mardi Gras event.

By **Harry Farmer**

Embrace the spirit of New Orleans

Tickets are on sale for *Le Grand Mardi Gras Ball* at the *White Rock Theatre*; a full-on night of fantastic revelry. Dance the night away with the revolutionary genre bashing *Mr Wilson's Second Liners*, the Rock'n'Roll Crime-Gospel outfit

The Future Shape Of Sound and festival favourites and global disco ambassadors, the DJ collective *Horse Meat Disco*.

Unplugged Saturday

The popular Saturday Unplugged tour returns with *Danny George Wilson* and the *Savage 2nd Line* joining the 60 local and national bands touring 30 pubs and bars throughout Hastings and St Leonards, with five New Town venues joining the tour. The day

culminates with indie rock band *The Magic Numbers* headlining at the *Brass*. The band have just celebrated their 15 year anniversary with an extensive autumn tour across the UK.

Preservation Sunday

An explosion of colour, music and fun for all the family, *The Umbrella Parade* is a firm Hastings Fat Tuesday favourite, and all you need to take part is a decorated umbrella. The parade culminates in Preservation Sunday at *St Mary in the Castle* with a host of second line brass bands, drummers and dancers.

Fat Tuesday

The five days of revelry culminate in *Fat Tuesday* itself, with a jam

packed bill of acts touring the pubs of Hastings Old Town. Already announced are *Will Varley*, *Ese & the Voodoo People* and *Miss Melody*. Plus *Fat Tuesday's* very own reggae event, *Reggae Room Party*, at *The East Hastings Sea Angling Association* featuring a host of guest selectors on the decks and singers on the boards. And to ensure the festival goes out on a high, the infamous *After Party at The Brass* featuring high-calibre live music from *Buddah Triangle* with *Kid Kapichi* DJs and special guests.

Details will also soon be announced of the Unconvention music conference, aimed at music students and emerging musicians, and the experimental, audio visual and electronic mash up Sunday Sonics.

For full lineups and tickets visit: hastingsfattuesday.co.uk



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Green and pleasant

IT'S February and Spring is in our sights. This month we'll expect to find signs of the approaching spring, with wildlife waking up as light levels and temperatures hopefully begin to increase. There's also plenty to do indoors this month to prepare for the season ahead. Outdoors, as the garden comes to life again, it's time to prune shrubs and climbers, such as Wisteria as well as evergreen hedges.

By **Geoff Stonebanks**

The next few weeks can almost feel like a turning point in the garden. It's still cold outside, but a wonderful indicator of the upcoming Spring are all the amazing bulbs slowly emerging from the ground, and more importantly, the days are finally getting longer.

Sunshine in February

Euryops pectinatus, the grey-leaved euryops, (pictured in the header) is a species of flowering plant in the family Asteraceae, endemic to rocky, sandstone slopes in the Western Cape of South Africa. It is a great stalwart to have in your garden. It's beautiful flowers looking like pure sunshine on a grey winter day. It is a half-hardy, fast-growing shrub, bearing bright yellow daisy-like flowers on long stalks, above grey-green foliage.

It blooms from early summer to mid-autumn, and is perfect for growing in a sheltered sunny border. Its flowers are hugely attractive to pollinators, including bees and butterflies. The milder weather in recent weeks has meant mine are looking pretty amazing in February. Another dazzling sunshine yellow can be appreciated from the delicate flowers on coronilla glauca too. I've got three in my front beach garden all looking spectacular this month, along with the beautiful, stand-out, fluorescent flowers of my hellebore argutifolius.

Snowdrop Heaven

Last month I mentioned all the *National Garden Scheme* gardens opening for snowdrops, this month I'll focus on just one of them. *Pembury House* in Clayton, near Ditchling. It has been opening its garden gate for many years now and is taking bookings each morning, 10:30 to 12:30, every Tuesday to Friday from the 10th of the month through

until the 11th March. All slots are advertised on the scheme's website at www.ngs.org.uk. You can book as an individual, couple or small group. Depending on the vagaries of the season, their hellebores and snowdrops are at their best now. It is a country garden, tidy but not manicured. There is always in progress on new areas. The plot's winding paths give a choice of walks through its three acres of garden, which is in and enjoys views of the *South Downs National Park*. The owners highly recommend wellies, macs and winter woolies, what's more you can take your four-legged friends on a lead too. Home-made teas are included in the £10 entrance. Booking is open now, so log on and secure your tickets for a wonderful morning out.

Jobs to do in the garden

This month is the perfect time to prepare yourself for the summer. Check your tools are sound and your garden machinery is in good working order and apply a little TLC to anything that needs it. While you're at it, why not tidy your shed ahead of the imminent planting & sowing season — I'm pretty sure you'll thank yourself for a clean and tidy space later! Weather permitting have a go at blitzing perennial weeds in your beds and kitchen garden. Dig them up, roots and all, to get a head start on the blighters before the weather warms up.

If you haven't already, cut back the old foliage from ornamental grasses before any new growth appears, clip them to within a few centimetres of the ground. Overwintered fuchsias can be pruned back to one or two buds on each shoot. If you have any winter pansies out there, make sure you remove the faded flowers, to stop them setting seed. More importantly, this will encourage a flush of new flowers when the weather warms up.

Visiting Driftwood in 2022

This year sees a vast reduction in my garden opening. Age and a pair of dodgy knees certainly focuses the mind on what you can and cannot do anymore. Driftwood will only open for two public days this summer, over the weekend of the 23rd and 24th July, as part of the *Macmillan Coastal Garden Trail*. A big bonus will be the presence of TV Gardener, Christine Walkden, who has generously agreed to travel to Sussex on the 23rd and open the event at *Driftwood*.

Anyone wishing to view the garden this year will need to book a visit, any day between the 1st June and the 31st July. I'm sure there will be a lot of interest with the redesign project I undertook at the back, last Autumn. Certainly, the many positive comments I received on social media indicate that. *Driftwood* is currently listed in the *National Garden Scheme's "Garden Visitor's Handbook 2022"* and will, once again, be listed in *BBC Gardeners' World 2for1* offer booklet which comes out in their May issue. Tickets for both the *Macmillan Trail* and private visits to the garden can also be booked online through *Macmillan Cancer Support* too. Full details can be found on the events page of my website.

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.

FREE

GOOD PROVIDER

ESC STORIES

Introduction from East Sussex College CEO & Principal, Rebecca Conway.

Why East Sussex College have achieved this impressive Ofsted grade.

02/22

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February 2022

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EASTBOURNE | HASTINGS | LEWES | NEWHAVEN

Ofsted
Good
Provider

EAST SUSSEX
COLLEGE ACHIEVES
'GOOD' OFSTED
GRADE!

Ofsted announces East Sussex College's 'Good Provider' status following an inspection at its campuses.
(Eastbourne, Hastings, Lewes and Newhaven)



GOOD NEWS!



TURN TO THE BACK TO
READ MORE!

I am delighted to share that following our first Ofsted inspection on 23-26 November 2021, we are very proud that inspectors judged East Sussex College to be a 'Good Provider' with good outcomes in every aspect of our delivery.

The report conveys how our high expectations motivate students and apprentices to achieve their best. We are extremely pleased that our various strengths have been recognised.

Ofsted identified the inclusive and supportive environment of the College and recognised what it's like to be a student with us, as well as the quality of our fantastic teaching and support services.

In the same week as our inspection, we launched our new **Strategic Plan**. The next stage of our journey will see further transformation of our curriculum offer, estate, and digital capacity, to ensure that we provide an outstanding student experience in the years to come.

Rebecca Conroy
CEO & Principal, East Sussex College



Scan the QR
to visit our website
and read the full Ofsted
inspection report



Scan the QR
to view our
Strategic Plan
2021-24



EAST SUSSEX COLLEGE ACHIEVES 'GOOD' OFSTED GRADE!

Following an inspection in late November 2021, it has been confirmed that East Sussex College has achieved 'Good' ratings in all areas:

- Quality of Education
- Behaviour and Attitudes
- Personal Development
- Leadership and Management
- Education Programmes for Young People
- Adult Learning Programmes Apprenticeships
- Provision for Learners with High Needs

The College is looking ahead to a positive, bright, and successful future after the Ofsted inspection report praised the excellent progress it has made since merging in 2018, identifying the high expectations tutors have of all students and apprentices.

The inspection examined the whole East Sussex College cohort, which, along with students

studying academic and vocational programmes, included its 1,702 adult students and 1,634 apprentices.

Rebecca Conroy, CEO at East Sussex College, said, "We are absolutely thrilled with the latest Ofsted report which confirms that we have achieved a 'Good' grade. This is entirely down to all staff and students for their high quality work and ambition. The report conveys how our high expectations motivate students and apprentices to achieve their best. We are extremely pleased that our strengths have been recognised."

An East Sussex College campus tour is the perfect opportunity to come and have a personalised experience, view the fantastic facilities, and find out everything you need to know about starting college.

If you would like to visit one of ESC's campuses, **scan the QR** for more information on how to contact the College and they will be in touch to organise a time to welcome you.



"The report continues our positive growth and progressive aspirations"



GOOD Student Experience.

The quality student experience at East Sussex College was recognised by inspectors. This includes academic and vocational students aged 16-18, and the College's adult provision and apprentices.

"Students and apprentices speak very positively of the support they receive from their teachers who, they say, 'make you believe in yourself, because they believe in you.'"

- Ofsted report 2022



Ofsted found that students enjoy attending East Sussex College and recognise the importance of good attendance and punctuality. The students share ideas and encourage each other during discussions, building confidence and resilience.

East Sussex College prides itself on providing an inclusive education for all, and this was reflected in the Ofsted report, which identified a strong culture of mutual respect and tolerance that leaders, managers, and staff have created.

Ofsted recognised that students and apprentices feel safe at the College and at their place of work. The supportive and inclusive environment of East Sussex College was praised, along with the extensive range of well-planned courses which help students achieve their goals and move on to higher levels of learning at the college or to employment and independent living.

GOOD Quality of Education.

Providing a high quality of education is an area that East Sussex College prides itself on, and the Ofsted report outlined this as another strength of the College.

Ofsted noted that students benefit from an extensive range of well-planned courses, as tutors carefully and logically plan their teaching. The questioning, repetition and assessment strategies by teachers were praised, alongside the high expectations that they hold for all students and apprentices - including those with high needs.

"Teachers are enthusiastic about their subjects and committed to their roles. They use their extensive knowledge, skills and experience effectively to inspire students and apprentices and help them to develop their knowledge and skills." - Ofsted report 2022

GOOD Community Links.

East Sussex College effectively utilises relationships with local and regional partners to benefit students. Staff work closely with community partners to ensure that the provision meets students' needs.



"[East Sussex College has] developed and changed the curriculum offer appropriately to meet local needs successfully. Leaders have formed strong links with local and regional partners that help them understand and meet the needs of people in Sussex and beyond."

- Ofsted report 2022

Ofsted praised the College's work with members of East Sussex Local Enterprise Partnership in developing engineering and construction courses to improve 'life chances' in Newhaven and Hastings. The report also identified the College's work with partners such as Job Centre Plus, a partnership which led to the development of courses to counter unemployment in Newhaven, Hastings and Lewes.



GOOD Leadership & Management.

Rebecca Conroy was appointed CEO in October 2020. David Smith took over as Chair of Governors in March 2020.

Speaking at the time, David Smith said, "Since taking on the leadership role, Rebecca has made a huge amount of progress in stabilising the College's finances, supporting students and staff through the challenges of Covid-19 as well as providing significant community resources to the NHS and those in need of free retraining opportunities."

Just over a year later, the College's progress was praised by Ofsted within their report.

"Leaders benefit from strong governance, with highly experienced and knowledgeable governors. Leaders have developed and changed the curriculum offer appropriately to meet local needs successfully and focus effectively on improving teaching and training."

- Ofsted report 2022



GOOD Provision for Learners with High Needs.

During lockdown, the College responded quickly to student needs, ensuring home learning was set up and efficient. As soon as they were allowed, SEND (Special Educational Needs and Disabilities) students were supported in returning to College, as the need for in-person learning for this group was identified.

"Staff work effectively with students with high needs. Support staff are adept at motivating and encouraging their students and work closely with teachers."

- Ofsted report 2022



East Sussex College further supports SEND students with the addition of Sensory Wellbeing Care Dog, Paddie, spending time with students in Eastbourne. Pet Therapy is a popular therapeutic approach, and 'college dog' Paddie is often on hand to give students a boost. Proud owner, Tracie Lawrence, is a Learner Support Assistant in Oak House and Paddie has been fully assessed, registered and insured as a Sensory Wellbeing Care Dog with the Canine Concern Charity to support SEND students at the College.

To view the full report and read about ESC's Strategic Plan, visit the College's Ofsted web page here.



Scan the QR to read more on Pet Therapy.

GOOD for Apprenticeships.

East Sussex College, works collaboratively with employers to deliver the job training and qualifications that apprentices need to complete their learning programme. Apprenticeship roles cover all industries, but across the board, employers are finding a positive outcome.



"Apprentices complete a 'professional development plan' through discussions with their assessors and are well informed about and understand their next steps."

- Ofsted report 2022

The Powdermills Hotel, in Battle, is home to many apprentices who are currently studying at East Sussex College, and last month the hotel was listed as a finalist in the Sussex Apprenticeship Awards.

Scan the QR to read more about College apprentices at The Powdermills Hotel



Chloe Whiteside, a restaurant supervisor at the Powdermills Hotel, said, "We've found that the benefits of working with the College include building morale throughout the team. The training of the apprentices has really made them work efficiently. To work as an apprentice here, you need to have a good work ethic, strong time keeping and a focus on progression."

Calum Barnes, a member of the hospitality team at the hotel, said, "I decided to become an apprentice because it gave me more independence, I could earn a wage and it gave me more experience in the real world. I'd definitely recommend an apprenticeship to others."



"I decided to become an apprentice because it gave me more independence, I could earn a wage and it gave me more experience in the real world."
- Calum Barnes, Apprentice at Powdermills Hotel.

GOOD Future.

East Sussex College remains committed to reducing its carbon footprint, offering eco-friendly and sustainable options where possible. The College joins the likes of Sky with the aim of becoming carbon zero by 2030. East Sussex 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.

Building work on the College's zero carbon project commenced last September after securing government funding. The project includes solar PV, electric vehicle charging points, new ground source heat pumps (GSHP) and air source heat pumps (ASHP) installations. The College aims to become carbon zero by 2030.

Scan the QR to read more.



EAST SUSSEX COLLEGE PLANTED 500 TREES LAST MONTH



EAST SUSSEX
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'GOOD' OFSTED
GRADE!

WE ARE EAST SUSSEX COLLEGE.
WE ARE GOOD.
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