

FREE

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Spotlight on successful  
Eastbourne women.

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03/22

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March 2022

Pages 20-26

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# Bournefree



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Page 51



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For breaking news 24/7, log onto our news website at  
[www.bournfreelive.co.uk](http://www.bournfreelive.co.uk)



Peter Lindsey, Editor.

### Contacts

Email: [andy@bournfreemag.co.uk](mailto:andy@bournfreemag.co.uk)  
 Telephone: 01323 430303

### Editor

Peter Lindsey  
 Email: [pete@bournfreemag.co.uk](mailto:pete@bournfreemag.co.uk)

### Advertising

Email: [gail@bournfreemag.co.uk](mailto:gail@bournfreemag.co.uk)  
 Telephone: 01323 430303  
 Email: [harry@bournfreemag.co.uk](mailto:harry@bournfreemag.co.uk)  
 Telephone: 07809 443027

### Production

Custard Design, Eastbourne  
 Email: [artwork@bournfreemag.co.uk](mailto:artwork@bournfreemag.co.uk)  
 Telephone: 01323 430303

### Images

Cover: Ginger & Sanders  
 Food&Drink: Sorin Popa  
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 The Arts: Carne Griffiths,  
 Bench Allen, Birgitta Sif,  
 Tracey English

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

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 PR & Engagement

# A bumper month for Bournfree

**IT'S been a great month for *Bournfree* – both online and in print.**

By **Peter Lindsey**

**We just love putting our magazine together each month with new ideas, new advertisers, and new features.**

We've been out and about talking to new businesses opening after Lockdown – and this is always a pleasure.

I met Zoe and her partner who have opened a mobile café at Friston Forest, popped into *Beerarama* which is new to Bolton Road, and the *Victoria Coffee Lounge* is just great at the far end of the Town Centre near to the seafront.

We have also produced two special features for this edition – Home Improvements and Successful Women.

For Home Improvements, I was delighted – and indeed impressed – to meet Dave Longman, who has opened *Schmidt* in Grove Road this month. It's well worth a visit.

I also feel encouraged when someone I wrote about 12 months ago comes back asking for more.

Andy Albon owns *Sussex Footcare* in Watts Lane and is running a great campaign on Heel Pain from March 7th until March 20th, with FREE appointments available. There is no catch, and he runs a top business.

Our website and social media is also going great guns, with our most viewed article this month the great Old Town storm video where the

falling tree just misses the cars – and indeed fortunate no people were outside there at the time!

Remember – our website **[bournfreelive.co.uk](http://bournfreelive.co.uk)** contains around six new stories a day and our Facebook page is the site for some great debate, both local and national!

Join the *Bournfree* journey! Contact us, get involved, and see how we can work together!



## Bournfree

**Bournfree is becoming more and more popular each month, and we want to make it easier for you to promote your business of organisation.**

**Gail and Harry are here to help you with your marketing and to raise awareness of what you do.**



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Mike Stevens and Zoe Laughton.



# How Zoe and Mike answered the call of nature...

**WHEN a Yoga teacher and plumber decided they want to do something different, they meant it!**

By **Peter Lindsey**

**The only criteria was that it had to be outside surrounded by nature.**

The result for Polegate couple Zoe Laughton and Mike Stevens is an amazing new eco-friendly mobile café at Butchershole car park in Friston Forest.

## Huge hit

It only opened at the end of January and already *The Snail and the Chick* is proving a huge hit.

Here's Zoe: "Nature was so healing when recovering from a personal illness, so it was really important in our decision making. We have always

had a passion for quality coffee and food and kept talking about how lovely it would be to find a place like this in the forest.

## Catering for all tastes

"Asking ourselves, what would we like to see in nature? We soon provided ourselves with an answer.

"We absolutely love what we are doing now, and we are building up the business in time for what we are hoping will be a bumper spring and summer as it gets warmer.

"We pride ourselves on being environmentally-friendly and our aim

is to cater for all tastes, including vegans and vegetarians. We also like to have at least one sweet and savoury gluten free option available too. We use local suppliers for our grass-fed meat and milk, where the cows roam freely. We also offer oat and soya milk alternatives.

## Freshly prepared

"We sell cakes and other savoury refreshments, and our food is all freshly prepared by local suppliers.

"We use *Liquid Spirit* coffee roasters for our bespoke coffee blend and also serve colourful lattes, 100 percent natural teas to include English breakfast and hot chocolates, all made with the finest ingredients.

"At present, we are open Friday, Saturday and Sunday, 9am until 3.30pm and we may be increasing our hours gradually.

"We are out in nature doing something we love, and we feel very lucky to be able to do this."

Zoe and Mike have had a great response from locals, including dog walkers.

## Bring your own

They also offer free dog treats and a daily affirmation. Almost all of their packaging is fully compostable and they also encourage people to bring their own cup and receive 30p off.

## It's well worth a visit.

For more details you can follow the Facebook page at:

**Snail and the Chick**,  
Instagram: [@snailandthechick](https://www.instagram.com/snailandthechick)  
Website coming soon at:  
[www.snailandthechick.com](http://www.snailandthechick.com)



# During 2021



9,420 Adults received  
3 days food

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1,335 parcels of 3 days food  
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# The Mayor's Charity

**THE Mayor's Charity is the official platform for Eastbourne Borough Council, which allows the Mayor to support, and raise funds and awareness for local registered charities during their term of office.**

By **Harry Farmer**

**The Mayor has chosen three small local charities who need additional funding so they can continue to meet the increasing demand for their vital services within our community.**

## The Mayor's Charity Ball

The primary fundraising event is the *Mayor's Charity Ball* – a black-tie event taking place in the newly refurbished *Winter Garden*.

The *Winter Garden* is located in Compton Street, Eastbourne BN21 4BP.

## Attending the Charity Ball

**Tickets cost £65 per person.** Individuals, couples and groups are welcome to book, however complete tables seat ten people.

Arrival from 6.15pm to a Welcome Reception sponsored by *Lightning Fibre*, with music by harpist

*Margaret Watson*. Dinner from 7:15pm for a stunning meal.

Entertainment during the meal by *Steve Hewlett* and *Arthur Lager*.

Following the meal will be a Raffle and Silent Auction, then dancing to the live band '*The Chandeliers*', with the event finishing at 1am.

To let us know how you are able to support this event and to book your tickets, please contact the Mayor's Office on: **(01323) 415020** or email: [mayorsoffice@lewes-eastbourne.gov.uk](mailto:mayorsoffice@lewes-eastbourne.gov.uk)

Tickets are also available online through *Eventbrite* at: [www.eventbrite.co.uk/e/mayor-of-eastbournes-charity-ball-2022-tickets-255394350377](http://www.eventbrite.co.uk/e/mayor-of-eastbournes-charity-ball-2022-tickets-255394350377) (booking fees apply).



### Amaze

Supports children and young adults with additional needs.  
[www.amazesussex.org.uk](http://www.amazesussex.org.uk)



### Community Wise

A busy community centre in Old Town.  
[www.communitywise.org.uk](http://www.communitywise.org.uk)



### Holding Space

Supports families struggling with mental health.  
[www.holdingspace.org.uk](http://www.holdingspace.org.uk)



## Support

**There are a number of ways for businesses and others to support this important event to help our chosen charities and promote your business:**

### Gold sponsor

**£5,500 – Naming rights for the event.** Feature on event promotion materials and advertising at venue. Two tables of 10 included.

### Silver sponsor

**£3,500 – Feature on event promotion materials and advertising at venue.** One table of ten included.

### Entertainment sponsor

**£1,500 – Feature in event programme.**

### Table decoration

**£750 – Feature in event programme.**

### Charitable donation

**£100–£500 – Listed in event programme.**

### Advertising in the Event Programme

(Full colour advertisements)

- Inside back cover – **£125**
- Full Page – **£100**
- Half Page – **£60**

### Donate a Silent Auction or Raffle Prize.

If you would like more details about any of the sponsor packages, would like to book an advertising space, or are able to donate a prize for the raffle or silent auction, please contact the Mayor directly at: [mayorsoffice@lewes-eastbourne.gov.uk](mailto:mayorsoffice@lewes-eastbourne.gov.uk)

## Entertainment throughout the evening

*Britain's Got Talent* 2013 finalist, comedy ventriloquist **Steve Hewlett** will be bringing his unique style of humour to the evening, featuring Steve's puppet 'Arthur Lager'.

**The Chandeliers** are a high energy covers band, renowned for getting audiences to their feet, singing and dancing the night away!

Playing tracks from across the decades and genres.

**Margaret Watson** is one of the busiest professional harpists in the South East. She has played for Royalty, given concerts at *National Trust* properties and performed at venues including *Glyndebourne Opera House*, *Covent Garden*, and *The Savoy* and *Ritz hotels*.

**Richard Griffin** is a multi-award winning magician who, for over 25 years, has entertained audiences worldwide. He has performed for the likes of Duke and Duchess of Cambridge, Michael Jackson and Members of Parliament at the *House of Commons*.





# Help is available for men suffering mental issues at Mankind

**WHEN a close friend took his own life in 2019, Eastbourne friends Ian Pickard and Paul Roskilly decided they wanted to do something.**

By **Peter Lindsey**

**Both had experienced their own mental health issues in the past, realising that for men very often it's hard to talk about their problems.**

**Mankind** was born.

It started just before the first Lockdown and only one (or two) meetings were held face to face before they transferred to Zoom.

Ian and Paul haven't looked back.

## **We never judge**

Ian said: "Every Wednesday we have a meeting so that people can talk and be listened to.

"It's a completely non-pressure environment, and if people want to stay quiet then they can.

"You can do exactly what you want. Our aim is to help people, and for

many the hardest thing is to accept you have a problem.

"It may be anxiety, depression, stress, alcohol, sexuality, something that happened when you were a child, it could be family issues.

"We are here to help. We never judge."

## **In person or virtually**

Meetings are held every Wednesday. Some are on Zoom, others at *The Old Bank Wellbeing Trust*, the former NatWest in Hampden Park.

Some people prefer to meet in person, others like to be on Zoom, where you can remain anonymous.

Ian said: "You can join a meeting but you don't have to say a word if you don't want to. You do what you feel happy doing.

"On average we have between 12 and 20 people per session.

"It's about opening up about how you feel. We listen, talk about

coping strategies and also pay for counselling if that is what's needed.

"And it's not just people from Eastbourne. Because of being online, we have people from all over the country, and since we started we have helped 89 people.

## **Great support**

"*The Old Bank Wellbeing Trust* has been great and at present six of our guys are going there for help and support."

Ian said Lockdown was inevitably difficult for many people's mental health.

"Suddenly, many of us had lost our escape, going to work, meeting a friend or going down the pub.

"It can be very lonely if you are suffering from anxiety or depression. What we provide is safe, friendly and relaxed.

"Many of our clients will typically be late 40s to mid 50s but we have seen younger people lately, some university age.

"We also run a *WhatsApp* group where people can post messages if they are feeling low. This results in other group members replying and often offering reassuring words.

"I know that without our help, some people would not be here now, and that is why what we do is so important.

"And that is also why we want to do more. We are currently looking at opening a light industrial unit in Eastbourne. It will be a coffee shop, where people can come to chat, and also a woodworking shop where people can do meaningful work. It will be self-funding, our guys will make items for sale."

## **Confidential**

Ian and Paul want to emphasise what they do is 100 per cent confidential, and you can be anonymous if you want to. One person only revealed his identity after six weeks of meetings.

Ian said: "We go round the room, asking people to pitch in, but only if they want to, about how they are coping, and we also look forward to the next seven days as well.

"If people say they are a 10, then that is great, if they are a one then they are absolutely struggling. Five and above is OK.

"There is no charge for coming to us, and we like to think there are suitable options for everyone.

"We never believed it would be so successful, we really do look after each other."

The group needs to fundraise and recently the renowned Pevensey Plungers did a Saturday morning dip to boost funds.

To contact *Mankind*, go to *Mankind Support Group – Mental Health Help for Men*.

[www.mankindic.co.uk](http://www.mankindic.co.uk)







# Presents The Queen's Platinum Jubilee 4th June 2022

## **EASTBOURNE Carnival registration is now open!**

By **Mina O'Brien**

**We are delighted to share that our new website for Eastbourne Carnival is now live, which means registration is now open for entrants and for marshals!**

The theme for this years' Carnival is *The Queen's Platinum Jubilee* – and

we are encouraging the community to come alive in a celebration of colour, costume and creativity for this historic event.

We will be supporting the community to get creative with their performance and costumes by holding a series of

Dance Workshops hosted by local dance school – *Cherry Dance*, and Costume Making with *Cotton Candy* and *Mucky Mermaids*. See our Facebook page for dates and times, and to sign up.

*Eastbourne Carnival* welcomes the *Enterprise Shopping Centre*, and *Lightning Fibre* as Platinum Sponsors.

Local businesses and organisations can get involved by sponsoring the Carnival, signing up to be part of the

parade or volunteering as Marshals and bucket collectors.

A big thank you to our Sponsors for supporting this years' Carnival, and for *RJM Digital* for doing a superb job on the website.

[info@eastbourncarnival.com](mailto:info@eastbourncarnival.com)  
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# Andrew Albon is very well known locally as a podiatrist

**HE is the owner of *Sussex Footcare* in Watts Lane, Old Town, has played sport locally to a high standard, and has also worked in both the NHS and private sector for more than 10 years.**

By **Peter Lindsey**

**And he's only 32.**

Now Andrew – an experienced podiatrist – is taking part in a national podiatry campaign running from the 7th–20th March called **#podshealheels**

Here's Andy: "Very often, people who have heel pain self-diagnose and either buy insoles over the counter which aren't bespoke for them or they just learn to live with the pain.

"Plantar fasciitis is the most common type of heel pain, it is also often misdiagnosed. There are over 30 common causes of heel pain. If pain has been present for more than 2–3 weeks, it is unlikely to be plantar fasciitis."

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- Sports injuries.

"During the two-week campaign Sussex Footcare will be offering free advice to patients from our social media platforms and we also have an open day planned in the summer."

"The open day will be taking place on Friday 1st July, where we will be offering FREE advice. You can either book an appointment or just pop by for a chat. We will also be celebrating our 1-year anniversary at the new clinic between 11am–1pm with refreshments.

"We are the feet specialists, so it makes sense to see a podiatrist if you have heel pain. The pain can often lead to affecting normal daily activities such as walking, which we feel should not be the case"

"It is important to know our scope of practice and when to refer on. We are proud to say we work closely



with other local podiatrists and one evening a week we have specialist musculoskeletal podiatrist Ms Dao Tunprasert from *Rebalance Foot & Ankle* services treating patients specifically with foot pain."

"We also have links with local orthopaedics and can directly refer in if needed.

Our aim during the campaign is to provide free advice via the *Sussex Footcare* Facebook page so please follow us for all the tips and facts regarding heel pain at '*Sussex Footcare*'.

*Sussex Footcare* has had to adapt during Covid and expanded their business by moving into its Watts Lane premises one year ago, and it's been a very busy 12 months for them.

Andy said: "We have had a successful year, both with people coming to us and the home visits we offer. I have employed two members of staff who work alongside me, and we continue to grow, we don't want to stand still.

"We also work in a number of Residential care homes all over Sussex, while our clinic has seen plenty of repeat business and also new clients mainly through word of mouth."

"We have just re-launched our brand-new website so have a look at what we offer, and appointments can be booked online."

Andy said: "We are excited to also announce that we have recently invested in some of the latest technology regarding bespoke 3D scanner Custom Made Foot Orthoses, precision engineered.

"They are environmentally friendly. The material they use to fabricate the devices is a renewable material derived from vegetable castor oil. Not

only better for the environment but are lighter, thinner and stronger than the previously used polypropylene (plastic).

"We can also adapt the insoles to fit any type of shoe including high heels, sports shoes, skiing boots and many more. More importantly we can target specific conditions such as plantar fasciitis, posterior tibial tendon dysfunction, mortons neuromas and many more.

"For us, technology is forever improving, and we are always keen to develop our knowledge by attending various training courses that, in my view, sets us apart from any competition."

Look out over the two week campaign for the **#podhealheels** as advice will be offered from podiatrists all over the country.



**Andrew Albon BSc (Hons) MRCPod.**




**5 Watts Lane, The Mews  
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# A railway adventure in Eastbourne

**EASTBOURNE Miniature Steam Railway is celebrating it's 30th anniversary!**

By **Harry Farmer**

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Enjoy a pleasant stroll around the five-acre lake where nature and wildlife may be seen in their natural habitats.

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love to "let off steam" in the adventure playgrounds and watch the model railways.

Relax with a beverage, lunch or Cream Tea from the railway style cafe then end the day with a browse in the Railway Gift Shop.

EMSR is open daily from 2nd April, 10am–5pm.

For further information and prices visit [www.emsr.co.uk](http://www.emsr.co.uk) or telephone **01323 520229**.

# The BIG Futures Show news

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

By **Tim Sorensen**

**The show 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.**

The Show is organised by *Eastbourne Education Business Partnership* in association with *Eastbourne Borough Council*. 80+ organisations will be providing interactive exhibits and guidance aimed at inspiring tomorrow's workforce.

Organisations booked to attend include; *Wrightflow Technologies*, *Sussex Downs*

*National Park Authority*, *DV8 Sussex*, *Flying Time*, *East Sussex College*, *Stagecoach South East*, *Morgan Sindall Construction*, *Visit Eastbourne* and *Lansdowne Hotel*. The full list of exhibitors and floorplan will be included in the April edition of *Bournfree*.

A dedicated job-seekers area, sponsored by *Recruitment South East*, will be promoting current job and training opportunities for those seeking a more immediate choice. Entry on the day is £3 (or free with DWP voucher) inclusive of comprehensive show guide.

[hello@bigfuturesshow.org.uk](mailto:hello@bigfuturesshow.org.uk)  
**07890 388624**  
f **BigFuturesShow**  
t **@BIGFuturesShow**  
**#BIGFS2022**



..... the .....  
**BIG FUTURES SHOW 2022**

**APRIL 26**

EASTBOURNE SPORTS PARK,  
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9:00AM - 4:00PM

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

**The largest employability and skills event in East Sussex**

The Show is aimed at students (aged 14+) from across East Sussex as well as parents and anyone looking for work or training.

With over 80 exhibitors, all visitors will experience an interactive and inspiring Show to help guide them toward their 'BIG Future'.

**Admission on the day £3** (including show guide)

Logos: Eastbourne, East Sussex College, NHS, Bexhill Sixth Form College, RSE, Sussex Downs, Eastbourne Education Business Partnership



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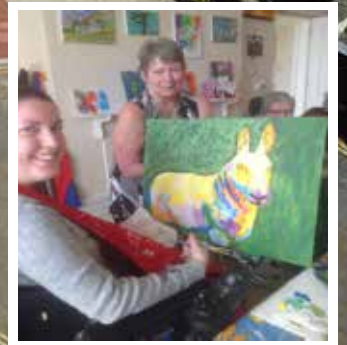


# The Chaseley Trust

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



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



## We offer residents:

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

## We offer staff:

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

## We offer the community:

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

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

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





# Chaseley presented with a Social Care Award



**THE Chaseley Trust have been awarded the Most Innovative Nursing Home Charity in Sussex Award at this year's GHP Social Care Awards.**

By **Jodie Cornford**

**GHP's Awards aim to recognise the enormous contributions of global organisations and professionals who have provided the best possible care and support within the social care sector, particularly during the incredibly challenging COVID-19 pandemic.**

Their awards are highly revered because the awards are based on best industry practice, innovation, leadership, adaptability and overall performance. Nominees must be able to demonstrate their work matches GHP's awards criteria and show they have gone above and beyond their duties to deliver excellence in a social care setting.

## Huge honour

GHP believe that to be nominated for one of their awards is a huge honour. Being recognised for your dedication and talent, praised for your achievements and outstanding accomplishments all based 100% on merit and no judgement is made based on the length of service, the number of employees or the size of the company.

Emma Rich-Spice, CEO at Chaseley shares with us "On behalf of the whole team at Chaseley, we are so proud to have won this award. We are particularly honoured because we

know that every other Care Home in the running put forward its best game. Coming up with innovative ways to ensure the best possible care for our residents has had its challenges, especially during the pandemic and our whole team require a certain amount of dedication, which isn't always easy to find. However, we do what we do every day because we love it. So receiving this award is a great pleasure for us because it's an award for doing what we love."

## All wonderful

Residents were very excited by the award and quick to congratulate the team, Lian shared "It's great isn't it? They are all wonderful", and Mark tells us "Of course they won, they are the best".



**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](mailto:fundraising@chaseleytrust.org)



## The London Philharmonic takes Eastbourne by storm

With a remarkable repertoire of Mussorgsky, Shostakovich and Borodin on Sunday, you could hear a pin drop in the sold out Congress Theatre. Thoughts of Covid were put to one side as the capacity crowd brought the young cellist, Sheku Kanneh-Mason, and conductor, Jonathan Bloxham, back on stage with the London Philharmonic Orchestra for several encores.

It was refreshing to hear that such an unusual repertoire was so well received.

Sheku played to 2 billion people globally when he performed at the wedding of the Duke and Duchess of Sussex in 2018, to great acclaim.



*Sheku Kanneh-Mason*

Both the cellist and the conductor were a delight to watch at the Congress as they were both so expressive and engaging; Jonathan Bloxham and Sheku Kanneh-Mason are names to watch!



*Martin Bartlett*

On March 13th get ready to see the young pianist, Martin James Bartlett, winner of the BBC Young Musician of the Year. Another expressive performer, Bartlett has starred at the BBC Proms, played

for the Queen's 90th birthday, won numerous prestigious competitions and received accolades from audiences and critics around the world. His breath-taking performances are spellbinding and he is an inspiration to budding young pianists and seasoned concert goers alike.

Get ready to enjoy the Fantasia on Welsh Nursery Rhymes by Vaughan Williams, a heart on the sleeve romance with the Rachmaninoff Rhapsody on the Theme of Paganini and Tchaikovsky's Symphony No.1.

**It will be a memorable concert so visit [www.eastbournetheatres.co.uk](http://www.eastbournetheatres.co.uk) to book your seats, before they sell out!!**

## First Chamber Curry Club - booked to capacity!

**The first Curry Club held by the Chamber was booked up so quickly we are holding another on Thursday 31st March!**

Our members met at the Indian and Nepalese restaurant The Dolma Kitchen where Rashmi and Deepak made all the dishes fresh that day including Momo dumplings, spinach and onion bajees, poppadoms, their own coriander, mint and mango chutneys, Korma, lentil curry, vegetable curry, freshly baked naan and a tender lamb curry to die for!

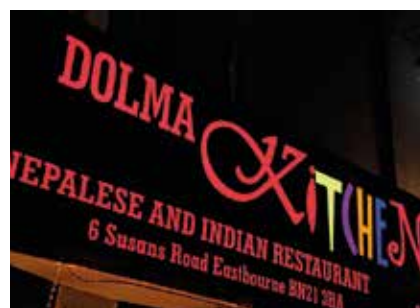
This was followed up by their family recipe for rice pudding with nuts and spices and the lightest red velvet and black forest gateaux made fresh that day and covered

in lashings of whipped cream. Doggy bags were very popular as Chamber members took portions of everything home with them.

Rashmi and Deepak welcomed everyone, ran through the dishes and explained how they had bought the restaurant after coming on holiday and falling in love with Eastbourne.

In March the banquet will be completely different but again, everything will be cooked fresh from scratch.

**If you would like to join us, please book on the Chamber events page: [www.eastbourneunltd.co.uk/events](http://www.eastbourneunltd.co.uk/events) on March 31st at 6pm.**



## Join today and reap the rewards!

**Eastbourne unLtd Chamber of Commerce is the largest town based Chamber in the South East, so becoming a member will connect you to a large business network offering support, advice and opportunities for you and your business to grow.**

Our members not only benefit from the varied events programme we offer but membership also enables them to submit an editorial for inclusion in this publication. This offer is free exclusively for our Members.

**Annual membership starts from as little as £59+vat per year – Join today, it's a complete no brainer!**



## Up, Up and Away! for Local Cider Maker Ascension

### How has Business Coaching Helped this Local Company?

**As a young man Matthew Billing experimented with brewing his own ales and making ciders at home. Now he is making cider in significant volumes and selling all over the UK and into Europe.**

During Matt's early career he worked in a specialist cider shop and as a bar manager, learning about cider and other beverages including the role of managing a cellar. This background information provided great experience and expertise of the drinks trade, which has proven very helpful. He also learnt the skills necessary to manage people through great relationships, across all stakeholders in the hospitality arena: bar staff, customers and suppliers.

In his first full-time role, as an employee for a brewery, Matthew gained further industry knowledge and experience. There, at his instigation, he was instrumental in the development, launch and growth of a new cider brand.

Like many business owners though, he realised that he wanted to make his own way based on his passion. In 2017 Ascension Cider was born as a collaboration between Matthew and his father, Martyn. From launching their first core, and now very popular, Pilot cider, the range now extends to three apple ciders of varying strengths, plus over ten fruited and one-off single variety ciders.

The business has grown dramatically, including surviving and prospering during the lockdown, assisted by direct sales to home customers. In addition, there is growth through the wholesale channel, with distributors across the UK and into some European markets. Crucially, the company has had great success supplying around 300 local outlets, achieving a great reputation and a growing following.

Matthew understands a lot about cider and the hospitality industry, but not everything he needed to know about running his own business. Like many company owners, there is so much to learn, other than what you are good at in your specialised field.

Luckily, Matthew's father is an experienced business owner, too and an equal partner in Ascension Cider. Martyn has added his wealth of marketing knowledge and experience to their success. But being in business together, it's hard to be a dad or son at the same time as fulfilling all the roles within a rapidly growing company. You have to wear many different hats. Lines of communication between roles on a personal level and a business level become blurred. Ask any married couple running their own business! It is demanding!

Matthew and Martyn decided to work with local business coach Rachel Stone to build in the accountability and enhance their business knowledge and skills. Rachel says "Coaching is a process



Matthew Billing

*of guiding and teaching, supporting and challenging. It is helpful to have another set of eyes and ears in the business. We work together to build systems and processes."*

*At ActionCOACH we aim for all our clients to build a profitable commercial enterprise which works for you - the business owner. Each time we meet we agree and set goals, then make a plan to ensure the business is moving forward in the right direction."*

So far, Rachel's work with Matthew has included supporting him to create the company's vision, mission and values, build an outline business plan, plus create the routines and habits for a successful day/week/month. Rachel is working with Matthew using the world famous ActionCOACH Six Steps coaching framework. ActionCOACH is the world's biggest and most successful coaching company, which was founded by Brad Sugars over 27 years ago. The framework is used



Rachel Stone



in over 80 countries worldwide with outstanding results. Rachel has 10 years' coaching experience across a range of different types of businesses and sectors.

Matthew says "Rachel has helped me to gain control and structure and to see how we can build the company to achieve the success we see for Ascension and for our own lives. I am managing my time much more effectively, so that I can focus on the important strategic matters of the next quarter. I have a clear 90-day plan. I'm much happier in myself and I'm enjoying my work more as a result."

**If you are interested in Ascension Cider, please check out their website:**

**www.ascensioncider.co.uk**

**If you are interested in a free 2 hour coaching session with Rachel, please call 01435 872495, or email enquiries@iq4business.co.uk**

## New members for January and February

Nic Gray PA Ltd • JCS Meats and Provisions • East Sussex Hearing • Foundry Eastbourne • Fox and Sons Eastbourne  
Juice Electrical Services • Bodiam Meat and Pie Company • Plastic Free Eastbourne CIC • Claire McNulty Marketing  
University of Brighton • BigHat Digital • Eastbourne MG • Renn Group • Bramber Bakehouse • Bamb  
Sheppard's Cafe • Neupauer Training • Yeomans Toyota Brighton • Blightie • Cloud Voice and Data • Wise Waves Coaching  
Sussex Independent Financial Advisers • Ahead4Hair.



# Your lifestyle, your way at Care UK



At Care UK we deliver award-winning care and we put your quality of life at the heart of everything we do.

Our team at Bowes House learn all they can about your personality, preferences and wishes so that they can create a care and lifestyle plan tailored to your unique needs. Here you can live life in the way you choose, and always with the best care.

At Bowes House our Lifestyle team is dedicated to making each day fulfilling and fun, whether you like to help with light tasks around the home, enjoy getting out and about on outings, or love to experience live

entertainment. We organise a variety of daily group and one-to-one activities too.

When you join us, you're welcome to continue enjoying lifelong



hobbies or discover something new. We'll introduce you to likeminded people so you can make new friends. And how about taking part in activities with local groups and schools? It's all possible at Bowes House.

## Everything you need under one roof

Bowes House is a new, purpose-built care home where every luxury has been thought of. There's a café, hair salon, cinema and bar and lovely landscaped gardens all waiting for you.

Is there a wish or goal you'd like to achieve? Hang your wish on our wishing tree and we'll do our best to make it happen!

Recently, residents of Bowes House have been enjoying everything from lively music and movement classes, to baking and themed days. Many residents are animal lovers so the visits from Gizmo the dog are a particular highlight. He's a little dog with a big personality. And the smile on residents' faces when he rolls over for a tummy tickle speak for themselves!

Be sure to 'like' us on Facebook to keep up-to-date with what's happening at our home.

## Here for you

To find out more about the fulfilling lifestyles we offer at Bowes House please call us on **01323 887994** or email **[karen.milligan@careuk.com](mailto:karen.milligan@careuk.com)**

**Bowes House care home**  
**25 Battle Road**  
**Hailsham BN27 1DU**  
**[careuk.com/bowes-house](http://careuk.com/bowes-house)**



# Hosting a language student

**HOSTING a language student can provide many benefits, financially and socially, and it's very easy to get involved.**

By **Sue Lawrence**

**An application form is completed when one of our representatives visits your home for inspection.**

Once the initial visit and application is completed, guidelines are given to hosts for information on what is expected from our students. As long as a clean comfortable single or twin room is provided along

with a warm welcome we can offer placements to you.

We pay our hosts a good rate by cheque or BACS. This can be discussed during our visit to you. Students book for either short stay (3, 4 or 5 nights) or 1–2 week courses. Full programmes are given to you on their arrival.

If you are interested in becoming a host family for us, please contact me at *Homestay International* on **0845 643 9584**.



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If you would like to register call **07948 280488** or email [info@homestayinternational.co.uk](mailto:info@homestayinternational.co.uk) we will arrange a suitable time to visit you.

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# 'Flattered' to be CEO at Chaseley

**WHEN I left school, I went to university to study business because I wanted to work in a bank.**

By **Emma Rich-Spice**

**"It was either going to be a career as an air hostess or work in a bank and I decided to go for the bank and ended up working in London at one of the big multinational banks.**

"I realised that I missed the human contact in the work I did. I wasn't speaking with the customers, it was all in front of a screen, so I took myself back to college and trained in care – I did a degree in forensic mental health and care management.

## Caring nature

"I think my interest in care came from my childhood, my dad is a vicar, and my Mum was a nurse, so I grew up in a family that had a very caring nature; so, I threw caution to the wind, left my career in banking, and went to be a domestic in a care home! I wanted to start completely at the bottom.

"I did two days a week at college doing my NVQ's in care management,

following on from that I started to work as a chef, then as a carer, then a senior carer, then when I was working with the learning disabilities, I had the wonderful opportunity to become a deputy manager. This gave me a lot of confidence and made me realise I could do things myself.

"So, at a young age of 24, I started running my own home as a registered manager and I absolutely loved it! For me, I feel that so much emphasis goes on when we come into the world with much celebration and so much love, yet when we leave the world, it's very much not talked about, very hush, hush. I wanted to make a difference as to how we leave the world, still with as much love and celebration.

## The Chaseley Trust

"I worked as a registered manager, regional manager, compliance director, all different kinds of roles within the care sector for the next fifteen years. I was contacted by *The*



*Chaseley Trust* in 2020 to see if when the current CEO retired if I would be interested in taking over.

"I was and still am incredibly flattered to be in this role, so in February 2021 I joined *The Chaseley Trust* as CEO.

"It's a trust, and a charity that really empowers you, it really gets under your skin. The client group that we work with predominantly are adults with progressive neurological conditions, such as Huntington's, Multiple Sclerosis, Parkinson's, Stroke, but we also care for members of the community that have had accidents, through no fault of their own that have left them with a permanent brain injury. So, we work a lot with rehabilitation to enable people to get back out into the community to live their lives as best as they can considering their injuries.

## An honour

"It can be misunderstood that just one tiny thing that you do, that you can take for granted might have such a huge impact on their lives, there's a lot of restrictions they have on things that we do automatically in our day-to-day, that they have to work hard to achieve. If I can get a smile or a laugh from someone in one day, then I'll go home happy. We have the most vivacious characters with the biggest dreams and my role is to make sure those dreams still happen, I find it an honour to be here!

"We've just celebrated our 75th year and are looking at how we're going to be here for the next 75 years.

"It's been tough for the care sector through the pandemic and a lot of companies have struggled immensely throughout this period. Our plan is to completely refurbish this beautiful building over the next fifteen years to make sure that the building is here for another 75 years, enabling us to grow.

## Drive and passion

"That's part of the plan, but also, we plan to develop our therapy service team and expand more into the community, in respective areas of care that are currently not covered in this area of Eastbourne and East Sussex. So that's still in development, but for me, it's looking at whether we can assist more with paediatric care.

Personally speaking, I know friends and family that have had to travel to Kent or out of the area to get that level of care that their youngsters need.

"It's unlike anywhere I've ever worked before and I absolutely love it, and I feel so privileged to have this role and be here, I'm also lucky to have the most incredible team of staff, that have as much drive and passion as I do."

Emma Rich-Spice  
The Chaseley Trust  
**#Brilliantbusinesses**



Emma with Chaseley client.





Artist's impressions of the new 2 & 3 bedroom homes at Wateringbury Way, launching soon.

recently to talk with Year 11 students at *St. Catherine's College* and *Ratton School*. It's great for us to be able to provide information on careers in construction and the different routes students can take. It's also especially important for girls. Addressing the low number of women in the sector needs to start at school age to ensure girls feel that a career in this sector is feasible and appealing.

"We were also pleased to be involved in a recent project by *Culture Shift* and *East Sussex College Lewes*. Gavin Gregory, our Commercial Director, mentored construction students by providing inspiration and technical guidance on their designs for the redevelopment of the Bedfordwell Pumphouse site.

"We look forward to going into more schools and colleges throughout 2022–23 and helping to inspire, encourage and impart useful, practical information for young students locally."

# Local MD breaks the bias

**#BREAKTHEBIAS is the theme for this year's *International Women's Day*. And when it comes to the workplace, few need challenging as much as the construction industry.**

By **Gail McKay**

**Just 15% of the UK's construction workers are women and the percentage is even lower at senior management level.**

Against the odds then, Sue McGreevy has pursued a successful career in the sector. Breaking down barriers and challenging industry norms as Managing Director of local housebuilder, *The Park Lane Group*.



Sue McGreevy.

The company, which is currently based in St. Leonards, plans to relocate to Eastbourne bringing investment to the town as it continues to grow. Operating throughout East Sussex and into Kent, *The Park Lane Group* builds, sells and lets high quality new homes, managing every aspect of its operations in-house. As a result, Sue is involved in such areas as land acquisition, planning, construction, sales, and lettings.

"It's a hugely varied role and it can be a challenging one at times" comments Sue, "but I'm proud to lead a great team of men and women. People may have certain prejudices, but if you work hard and deliver results that's a pretty effective way of challenging them."

## New homes coming soon

Here in Eastbourne, *The Park Lane Group* have recently completed several small developments near *Langney Shopping Centre*, and they are about to launch their latest collection of 2 and 3 bedroom homes named *Wateringbury Way*, just off *Swanley Close*.

Details coming soon to **[parklanegroup.net](https://parklanegroup.net)**, on *Instagram* **[@theparklanegroup](https://www.instagram.com/theparklanegroup)** and *Rightmove*.

## Building a career in construction

As well as gender inequality, the sector also faces an acute skills shortage. According to Sue, "We're pleased to be working on a local labour agreement to encourage people to follow a career in construction.

"As part of this, our Construction Director Steve Foord, took time out

## Recruitment

*The Park Lane Group* is currently recruiting and looking for people with experience to join their team, including Site Managers and a Construction Buyer.

To find out more, contact them with your CV and background via **[mail@parklanegroup.net](mailto:mail@parklanegroup.net)**



THE  
**PARK LANE GROUP**



Artist's impressions of the new 2 & 3 bedroom homes at Wateringbury Way, launching soon.



# Meet the women of Bizzybirds

**IN a month where we celebrate women and their achievements, *Bizzybirds* has been providing a supportive community for women in business throughout East Sussex.**

By **Gail McKay**

**Jane King, the founder, left her corporate job to set up her own business, so she could have flexible hours around the demands of her family.**

"Networking is a key part of establishing and maintaining your business in your local area, but sometimes those networking groups aren't flexible enough for women who tend to take on a greater proportion of childcare responsibilities."

Jane had tried a lot of networking options, and knew there was a growing demand for a new way of doing things.

"Six years ago I set up *Bizzybirds* for women like me, who want to get their business up and running while still doing the school run."

*Bizzybirds*, meetings are in Eastbourne at *The Works*, Station Street and the *B12 Bar & Kitchen* in Hailsham.

[www.bizzybirds.co.uk](http://www.bizzybirds.co.uk) and Facebook [@bizzybirds](https://www.facebook.com/bizzybirds)

## JULIE BROOKER Styling For The New You

**I am an image Consultant / Personal Stylist and work from my studio in Wannock, just outside of Eastbourne. I also do online colour and style consultations, so you do not need to live locally to use my services.**

Working with an Image Consultant can have a huge impact on you, your business or your career. Your image impacts not only how you feel about yourself, but how others interact and communicate with you.

We've all made mistakes on what to wear versus what suits us at some point. So what I do is match what suits you with what you want to wear, by showing you how to wear it!

I trained with a leading image consultancy and I am a member of the Federation of Image Professional International. I set up my styling business in 2015 and enjoy helping people become more confident in dressing for themselves and their changing lifestyles and bodies.



Investing in some professional advice for colour, style and wardrobe guidelines is an invaluable investment in yourself. It will save you money moving forward, giving you guidelines to make thoughtful considered purchases and also introducing new ways to wear the clothes in your wardrobe.

I offer one to one appointments, online consultations and group workshops/parties.

To find out more about the services I offer please see:

[f](https://www.facebook.com/stylingforthenewyou) [i](https://www.instagram.com/stylingforthenewyou) [stylingforthenewyou](mailto:julie.brooker@icloud.com)  
[julie.brooker@icloud.com](mailto:julie.brooker@icloud.com)

## GLYNNIS WISBEY Utility Warehouse

**As a mum of two, (one of whom is profoundly disabled) trying to find work that fitted around the school day, there just didn't seem to be a way to return to work that I enjoyed and was paid well for.**

Then in 2013 my friend's husband showed me how *UW* (*Utility Warehouse*) worked and I realised that it could easily fit in to my life without the need to retrain or buy anything.

To be honest I started slowly, but the pandemic revitalised the way we work, enabling me to support team members and customers anywhere in the UK by conducting our business using our phone!

I have met some incredible people as a partner with *UW* and had some amazing experiences including dinner with our Chairman and I love how my team and our customers now have peace of mind about their financial wellbeing.



In the past year I have qualified for my first *UW* holiday and the *UW* mini, but what I love most is helping my team members to grow their business and watch their income grow for helping people to save time and money to spend on what they enjoy.

If you are looking for a simple way to reduce your bills or boost your income I'd love to show you how I can help at a time that suits you.

**Glynnis Wisbey**  
**Senior Team Leader**  
**07986 252558**  
[www.uw.partners/glynnis.wisbey/partner](http://www.uw.partners/glynnis.wisbey/partner)



## KAREN HAYLER Gong Vibrations

**Experience the relaxing and healing sounds of a gong bath. Since the beginning of mankind, sound has been key to our wellbeing. Whether to relax or entertain, sound has proven to be healing on many levels.**

The vibrations and resonance of the Gongs induces the slowest brain wave state, usually only obtained in our deep sleep or in the deepest meditation state. It is during this level of relaxation our body can reset and heal.

Karen Hayler from *Gong Vibrations* facilitates gong baths in and around Hastings and Eastbourne.

Individual and group sessions available as well as Cacao and Gong journeying.

The next event in Eastbourne is on the 16th April at 7pm, *Conqueror Hall*, Horsa Close, Eastbourne BN23 6TL.

Tickets available at:  
[www.ticketsource.co.uk/gongvibrations](http://www.ticketsource.co.uk/gongvibrations)

**07986 911083**  
[www.karenhayler.co.uk](http://www.karenhayler.co.uk)



## CLARE DAVIS

### Travel Counsellor

**Hi, I'm Clare and I am a Travel Counsellor based in Seaford. I have lived on the south coast now for 18 years. I have worked in the travel industry for over 19 years and I became a Travel Counsellor in 2015.**

I am passionate about travel and I love to help turn clients holiday dreams into a reality. My secret to success is caring more than anyone else and always going above and beyond for each client, no matter how big or small their trip is.

*Travel Counsellors*; the best kept secret in travel...in my opinion anyway! From a bespoke tailor-made service to 100% financial protection, I make booking travel easy. All you need to do is pick the holiday for you, pack your case and turn up on time! Booking a holiday can be overwhelming and time consuming. I am here to take the stress out of the research



and booking stage and to look after you at each stage of the journey. Being an independent agent means I will only offer a product that I believe suits your needs and I make myself available at a time convenient to you. I offer all aspects of both leisure and corporate travel from your staycations to complex tailor-made itineraries, and all trips in between. Next time you are looking at getting away, get in touch and we can discuss how I can help you!

**01323 888560**  
[clare.davis@travelcounsellors.com](mailto:clare.davis@travelcounsellors.com)  
[www.travelcounsellors.co.uk/clare.davis](http://www.travelcounsellors.co.uk/clare.davis)

## JANE KING

### X-Hail

**As well as running the popular *Bizzybirds Networking Group*, Jane has been teaching the people of East Sussex to learn how to relax. Because when you have achieved that, you can become a happier, healthier version of yourself.**

*X-Hail* sessions combine mindful movement, breath work and meditation with chilled music. It's a workout for the soul! You don't have to be a guru! Just trust the process.

Do you take the time at home to sit quietly? Commit to a weekly session with Jane and you can feel that calm. You can relax your body. You can let your nervous system relax.

You can empty your brain for a while. You can feel your body submit to the floor beneath you. You can help the lymphatic system flow.



You can experience peace like never before.

Sessions are at the *Natural Fitness and Therapy Centre*, Eastbourne and *Eden Blue* in Eastbourne Old Town.

Online classes also available.

# X-HAIL

See the Facebook page **X-hailwithjane** for more details.

**07719 122554**  
[www.x-hail.org](http://www.x-hail.org)

## PENNY CATTERMOLLE

### Portafini Boutique

**Hi, I'm Penny and I set up Portafini Boutique in November 2020 as I saw a huge gap in the women's clothing market for clothing that fits well and makes you feel fantastic at a reasonable price.**

My salon is based at my home and I offer a personalised space to browse at your leisure without interruptions and try on. You are able to bring friends as who doesn't like a girly shopping trip.

I also offer the opportunity to host parties at your home or at mine. The concept is very easy. Just call and book a date and I turn up with lots of lovely clothes for you and your friends to look through. The great benefit of hosting a clothes party is that the host receives a voucher so a win, win!

My range is very versatile and fits from size 8–22. Lots of Italian tops, famous magic trouser as well as tees, dresses, sweatshirts



and jumpers. I also do events as I love the opportunity to meet new clients.

This year I'm at *South of England Show*, *Manor Barn Bexhill* and *Ladies Night at Aqua Club*, Pevensey Bay.

Please contact me for more information. The best way to keep up to date with my collection is to follow me on Facebook **@portafiniboutique**

**07766 368025**  
[sales@portafiniboutique.com](mailto:sales@portafiniboutique.com)



## GAIL MCKAY

### Custard Design

**I've been representing Custard Design and Marketing for the last six years, bringing in new business and managing accounts. *Bizzybirds* has helped me make connections with a wide variety of businesses.**

Here at *Custard*, we are a dedicated team of design, marketing and print professionals with many years' experience in both traditional and digital media.

We handle all manner of print projects including all merchandising, uniforms, large outdoor banners, small runs of business cards, and huge magazine print runs, including this publication, *Bournefree*.

We delight in putting our customers' needs first and always go the extra mile to ensure they are happy with our services and products.

You can drop in for a Custard cream at the Birch Estate on Lottbridge Drive.

**01323 430303**  
[gail@custard-design.co.uk](mailto:gail@custard-design.co.uk)



# It's International Women's Day!

8th March 2022

Rebecca Conroy is CEO and Principal of East Sussex College. Her career in education spans more than 25 years and includes roles in schools and universities as well as Further Education (FE) colleges. Her passion lies in supporting young people to appreciate their unique abilities and contributions.

She is an accomplished and values-led leader, whose most recent success has been at the helm of East Sussex College Group, which has campuses in Eastbourne, Lewes, Hastings and Newhaven. The College's extensive offer includes Further Education, Adult Education and Higher Education (degrees), apprenticeships and skills training, and an international college! (It's exhausting just to list them!).

At the start of 2022, East Sussex College was announced as an Ofsted Good Provider, a fantastic accomplishment for the College Group and its for its illustrious leader and all the teams.

We catch up with Rebecca ahead of International Women's Day to celebrate an inspirational female and an inclusive College which champions women everywhere...

**Why do you think it is important to celebrate International Women's Day?** - International Women's Day is a day steeped in history and is important for us to celebrate and reflect. It's 2022, the world is not perfect by any stretch, and we know that discrimination is still a real issue for many. It is a day to come together and inspire each other. In my role this means inspiring all students to believe in themselves, find their passions, work hard, and be kind... I believe these are the four best ingredients!

**Have you faced any barriers in your career due to being a woman and how did you overcome them?** - I have always used challenges and barriers to motivate myself to work harder and prove myself. Being underestimated or being considered 'too nice' is something that I have experienced, but I don't let that hold me back or change me...

**How do you lead East Sussex College to be inclusive?** - Promoting equality, diversity and inclusion at the College is a huge driver and priority for me and it starts with a culture of respect and celebration. East Sussex College has courses for students of all ages, abilities, backgrounds and students from all over the world. It is what makes us such a wonderful college, where people can truly

be themselves and reach their enormous potential.

**What is happening at East Sussex College at the moment?** - There is a real buzz in the air at East Sussex College right now. Our students are really enjoying things getting back to nearly "normal". We have rebooted enrichments, clubs, societies, industry placements and fun trips, which is just fantastic. What's more, our tutors are industry professionals and really inspire our students and work hard to give them a real picture of what it is like in their chosen industry.

**Why do you think diversity in the workplace is so important?** - A diverse workplace will lead to diverse thinking, diverse experience, and diverse ideas. Without this, organisations will not fulfil their potential and could be in danger of becoming obsolete or irrelevant. As a people-based organisation, East Sussex College must stay relevant and in tune with the many communities we serve so we give students and the local industry what they want from us. We cannot do this if our people and our culture is not diverse. It is that simple.

**What is the most important message you want to send out to young women thinking about their careers?** - Value what you bring to the table and appreciate your unique skills and talents. Be ready to take on new challenges, even if they make you feel terrified inside as this will build your resilience! Have faith that you will learn and grow. Learn from every job you do and every opportunity



**Rebecca Conroy**  
CEO & Principal

"International Women's Day is a day to come together and inspire each other. In my role this means inspiring all students to believe in themselves, find their passions, work hard, and be kind... I believe these are the four best ingredients!" - Rebecca Conroy.

**Ofsted**  
Good  
Provider



you can grab hold of. Work hard and be kind too.

**Have you seen a shift in the number of women in leadership roles in the sector?** - The sector is full of amazing women and always has been. I have been inspired by many women in my career and it is brilliant to see so many women progress to the top of organisations to be role models. The new FE Commissioner, Shelagh Legrave, is the first woman in this role which is fantastic!

**What is the most important piece of advice you have been given?** - One of my early managers always used to urge her team to 'think the best' in any situation where negative assumptions could spiral. This is something I try to remember every day. We are all different; you may not always understand someone's actions or behaviour but most people are trying their best most of the time so it's a pretty good place to start.

Scan here to  
visit [escg.ac.uk](https://escg.ac.uk)



**EAST  
SUSSEX  
COLLEGE**



International Women's Day is a unique and valuable opportunity to celebrate the success and achievements of women, and raise awareness of the deep inequalities in society as collectively we must strive for gender equality. East Sussex College is no different when it comes to the target of achieving a gender equal world.

Meet some of the talented women at East Sussex College!

### KAIYA SWAIN, WorldSkills Gold Medalist.

College is about following your passion and taking opportunities, and no-one knows that better than Beauty Therapy alumni, Kaiya Swain. Kaiya entered the UK Skills competition during her time at East Sussex College, and succeeded through each stage of the competition, representing the UK in the WorldSkills finals in Abu Dhabi in 2017!



It was on the world stage where Kaiya faced her biggest challenge, but she won the gold, becoming the World's Best Young Beauty Therapist! Kaiya now runs her own successful business, Kaiya Rose Beauty. Most recently, she returned to ESC Eastbourne to inspire the new cohort looking to succeed in the Beauty industry.

### MAIA WOOLF, A-Level Alumni at Lewes.

Maia Woolf achieved an incredible four A\* grades in Maths, Further Maths, Physics

and Music. Transgender student, Maia, received her results last summer, after exams were cancelled for a second time due to COVID-19 and grades were based on Teacher Assessed Grading.

Speaking at the time, Maia said, "I'm so thankful for the amazing effort all my teachers put in to make sure we could have the best education, but it has been really challenging to do so much online, especially in practical subjects. In fact, it was more meaningful this year, as it meant my tutors believed that I was working at that grade, even when I wasn't quite sure that I was!" Maia went on to study Maths at Cambridge University!



### NATALIE MANN, Visually Impaired Alumni.

Natalie Mann shared her story during her time at ESC, to raise awareness about the opportunities for students living with sight loss.



Speaking at the time, Natalie said, "Living with sight loss and having very little understanding about all things IT, 'my world' felt incredibly small. I had resigned myself to the idea that the working world was off limits to me. What could I - an ex-Nurse with significant sight loss and low self esteem - possibly have to offer an employer?"

Nowadays you'll hear me say 'This is what I can offer and this is what I'll need in the workplace in order for me to achieve it'."

### WOMEN IN FOOTBALL

The College is extremely proud of the progress the Football Academy partnership has made since launching around six years ago. The partnership's expansion with the introduction of the women's football academy means both male and female students from across Hastings, Bexhill and Eastbourne have the opportunity to excel in sport.



James Hopkins, head coach at Hastings United Women's academy, said, "Our facilities for women's football are probably the best in the area, and what we give the girls is probably the best in the area. But we still know more can be done."

### AMITA SUMAN Performing Arts Alumni.

Performing Arts alumni, Amita Suman, landed a role in the Number One rated Netflix series, Shadow & Bone, which premiered in April 2021.

# NETFLIX

Nepali born Amita attributes her course at ESC to giving her the tools she needed to get into drama school and carve out a successful acting career.

She also praised advice from her tutor, Kerry Smallhorne, who helped her to achieve without limitations and not be stereotyped to roles. **Shadow & Bone** is based on the book series by Leigh Bardugo. Series 2 airs on Netflix later this year.



Find out what you can achieve at East Sussex College. Scan here to learn more at [escg.ac.uk](https://escg.ac.uk)



East Sussex College is home to many successful female alumni, many of whom have challenged gender stereotypes to pursue their passion in what is still considered to be largely male dominated industries.

Maisie who studied Painting & Decorating Level 3.



Art & Design, Trinity Bird and others who won Royal Opera House Design challenge.



Painting & Decorating apprenticeship.



EAST SUSSEX COLLEGE



# From pioneer to constructing excellence

**WHEN Sarra Hawes first started in the construction industry back in 1988, she was working for a large local contractor *Walter Llewellyn & Sons* as their first female management trainee.**

By **Peter Lindsey**

**She then progressed to become their first female site engineer/site manager, working on and running contracts throughout the South East. These projects included various *Sainsburys* stores, a Church in Forest Row, the external works connected to a large diving pool for the *Defence Explosive Ordnance Disposal Service (DEODS)* in Upnor Kent, and various schools for *East Sussex County Council*.**

After taking a career break to have her third child, in 2013 Sarra and her husband Bruce decided to set up a construction company in their own right. They both saw a need for a mid-sized contractor with a good reputation and client-focused outlook. They were able to combine their experience of main contracting with having a directly employed workforce and a robust selection of subcontractors, to work on projects throughout Sussex and on values ranging between £250k and £1.5 million.

## Business development

Sarra now project manages the occasional project, but mainly looks after the business development side of *Hawes Construction Group*. She ensures that the company is both up to date with and complies with all the accreditations for Health & Safety. She completes all the necessary paperwork needed to

fill out the various Prequalification questionnaires and bid submissions for tenders. She also attends various events, meeting potential clients and consultants to promote the business and expand her network.

She ensures that every member of the workforce is all up to date with their training qualifications. *Hawes Construction Group* also believes in home-growing their workforce, to which end they regularly take on apprentices and support young people entering the construction industry. This allows them to teach

their apprentices to ensure that they have a solid foundation with the right ethics and practices in place.

## Enterprise advisor

Sarra is also passionate about encouraging young people to get into the construction industry, which is why she volunteers as a STEM Ambassador and locally as an Enterprise Advisor linked to *College Central* in Broderick Road, Hampden Park. These roles involve visiting schools and colleges to talk to the students and raise their awareness of the opportunities for them in construction. This can take the shape of presenting assemblies, running demonstrations, and answering any questions they may have. Sarra is

particularly passionate about raising the profile of women in construction.

More recently Sarra was elected as the chairperson for the *Constructing Excellence Sussex Club*. This is the local division of a national group which brings together inspiring professionals in construction and associated industries, to encourage collaboration, education, innovation and connecting of likeminded people.



**01323 483085**

**info@hawesconstructiongroup.co.uk**

**www.hawesconstructiongroup.co.uk**



Sarra Hawes.



Sarra at Loughborough Estate site.



First female management trainee.



# Home Improvements

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HOME **SCHMIDT** HOME

**SCHMIDT EASTBOURNE :**

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BN21 4TX - Tel: 01323 408333



## Schmidt

### Eastbourne's newest home living specialists

The perfect fusion of German quality and French design.

Schmidt is a leading manufacturer of bespoke home living solutions for the entire house.

Whatever your needs and style, Schmidt offers an innovative range of elegant and functional solutions for kitchens, dressing rooms, lounges and bathrooms.

Founded in the Alsace region of what is today France, Schmidt has become renowned for its large choice of colours and finishes, and huge choice of different units and sizes. Over the centuries, the Alsace region has moved between French and German control, but it is these influences that give Schmidt its solid German quality and sleek French design to breathe life into your projects.

The living solutions experts work very closely with suppliers including Quooker, Blanco, AEG, Bosch, Neff and Siemens to offer a choice that will match any budget. Customers can also choose from a large number of worktop choices, including laminate, real wood, Corian, natural stone, and quartz.

### The sensational **NEW** showroom

With a network of over 500 showrooms worldwide, Schmidt is proud to open its most recent showroom in Grove Road, Eastbourne. Showcasing an impeccable selection of kitchens, bathrooms, built-in wardrobes, TV solutions, and other home interior must-haves...

The showroom also has a creative studio where customers can choose from over 128 door choices, 24 cabinet colours, and a large number of laminate and stone worktops.

“

Taking interior design projects to the next level, the showroom's design lab lets you view your new design in virtual reality, enabling you to immerse yourself and see your dream kitchen come to life.

**David Longman** *Owner*  
Schmidt Eastbourne

”





## Your **expert** home living consultants

Heading things up in Grove Road is David Longman, an Eastbournian with a passion for exceptional service complemented by the very best products. Having worked locally all of his career, David has expertise in electrical and bathrooms prior to deciding the time was right to bring the Schmidt brand to Eastbourne.

David, who also has a degree in business management and leadership, fell in love with the Schmidt ethos of high quality and incredible choice, which he says is the perfect combination when it comes to kitchen and home interior trends. David is supported by two highly experienced designers, Tyrone and Jonathan. Together they have over 30 years' experience in the home interiors industry.

The team will be excited to discuss your up and coming projects over a cup of tea or coffee. Their passion and dedication for stylish, high-quality interior designs means they can easily find a solution that matches your needs and, more importantly, your investment value.



## Supporting the **community**

The team at Schmidt will also be an important part of the community as it supports a local charity, St Wilfrid's Hospice. Starting with the Starlight Stroll, Schmidt will be sponsoring a number of charitable events this year, aiming to raise as much money as possible for a charity that is close to David's heart. The hospice supported David's family when his Dad needed end of life care. David's wife currently works there as a community nurse.

Raring to go with a new **project**? Let us help!

If you are looking for a luxury new bathroom, thinking of renovating your kitchen or you need an innovative solution for your bedroom, call or drop in to speak to the home living solution experts.

HOME **SCHMIDT** HOME

**SCHMIDT EASTBOURNE :**

39 Grove Road, Eastbourne, East Sussex  
BN21 4TX - Tel: 01323 408333



# Supporting local businesses. Serving the local community

**EXTENSIVE** range of kitchens, doors, joinery, flooring & hardware, passion to deliver excellent customer service along with a best local price guarantee.

By **Jacqui Evans**

**Howdens Joinery Polegate depot, located on the new Connect 27 Business Park, has a brand-new showroom including state-of-the-art design suite along with a large**

**warehouse covering over 7,000 sqm to store a wide range and quantity of stock.**

Emma, the Manager, and her team with over 50 years combined experience in the business pride themselves on delivering the best service to their customers, along with a promise to provide Best Local Prices.



They provide a Free CAD Survey & Design service which includes a home assesment, face to face design appointment, hands on experience with products, 3D Plan using leading design software.

Howdens only sell to the Trade but they will be more than happy to help you find a local tradesman to

work with you on your projects. If you are in the Trade and would like to open a trade account to receive all the benefits please contact the Polegate team on **01323 262200**.



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info@solidconroofs.co.uk**

# Home improvement

## OUR number 1 top tip... Full Fibre to the Premises – #FTTP

By **Gail McKay**

**Today, more than ever, connectivity (and reliability) at home is top of our list of 'must haves' when it comes to the perfect home.**

On average, a British family now has 28 devices connected to the internet – and online activity has peaked during the pandemic with more of us confined to our homes for work and study. Families are spending more and more time on their smartphones and browsing social media, in fact, smartphone use has rocketed by over 150 per cent since the first lockdown in March 2020. 28 devices? Seriously? Yes, the

average household includes four smartphones, four smart TVs, three tablets and two laptops, two PCs, two Bluetooth speakers, two smart speakers, two games consoles and two digital radios. (source: BT).

### Fast internet access a must

What's more, if you're planning to move, research by Estate Agency Yopa shows that fast broadband is important when attracting buyers – 28% would pay more for a home with 'fast' internet access, and a further 71% would reject an otherwise ideal home if they knew the broadband was not quick enough.

We're also getting 'smarter homes', with more and more devices – and security equipment – relying on a broadband connection. 'Smart homes' now boast a boiler and

thermostat, vacuum cleaner, health equipment like scales, security cameras and doorbell and watches, all connected to your Wi-Fi. No wonder old copper/fibre hybrid services from the Mainstream providers isn't up to the job. Full Fibre broadband gives the reliable bandwidth needed for the Digital Age. *The Gadget Show's* Ortis Deley summed up our new way of life, "Connected devices have fast become a key part of our everyday lives, and highlights the importance of a reliable, quality broadband connection around the home\_".

### Low latency

For online gamers, a 1Gbps, symmetric low latency home connection will help you win more games, but without a hyper fast (full fibre) broadband supply, going



'all-online' with the *PS5 Digital Edition* won't be possible at all.

To find out more about the Full Fibre revolution, and how your home could be improved from as little as £29 per month with *Lightning Fibre's* brand new locally built and operated Full Fibre, multi-gigabit network, give them a call or go online.

**01323 380260**  
**[www.LightningFibre.co.uk](http://www.LightningFibre.co.uk)**



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## SO, you're keen to sell your home in Eastbourne or Hailsham, but you're just not getting any offers. What's going on? How can you make your home more attractive to potential buyers?

By **Mike Crane**, Crane & Co.

### What's that smell?

Your home is your castle, but your pong is also your pong. If a buyer walks into a property and is hit with a bad smell, it's likely they won't be coming back. Whether you've just been cooking cabbage, or you've got a whiffy pet, always air your home before a viewing. Light

some scented candles, bake some cookies, and be sure to empty those bins before letting anyone in.

### Mess and clutter? No thanks

Buyers walking into a cluttered home may find it difficult to see past the mess. Got a lovely fireplace? No one can see it past the litter tray and old toys. Shelves stacked with stuff, clothes on the floor, overflowing bins... the list goes on.

Top tip: Before you put your home on the market, have a clear out. A tidy home makes a real difference.

### OTT

Now, we all love a bit of leopard print (don't we?), but if you've got animal print wallpaper, a neon pink feature wall or heavily patterned carpets, your taste might be putting buyers off.

When selling, try to ensure that the décor is as neutral as possible. That might mean investing in a pot of paint or hiding those bling bling vases in the attic. (Note: It might also mean changing those red satin bed sheets after Valentine's Day.)

### Ugly on the outside

They say never to judge a book by its cover, but sometimes, the outside of a property is so unattractive that buyers write it off before even entering. If any of the following apply to your home, make sure to get them sorted.

- Broken gutters or pipes.
- Overgrown weeds and dead plants.

- Damage to exterior walls.
- Abandoned toys.
- Smelly bins.

An external makeover should help increase the enquiries you get about your property.

### Quick fixes

Unless your buyer is looking for a 'fixer-upper', most people don't want to be confronted with countless issues as soon as they walk into a property. Obvious repairs — such as small damp patches, peeling wallpaper, broken doors/windows/fitted units — need sorting.

If there are structural or damp problems that you've decided not to tackle, don't hide them.

Be honest and be realistic; this will affect the value and desirability of a property.

**If you want to sell your home, call us at Crane & Co on 01323 440678**

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#### New Carpets

I am full of admiration for the way your fitters did their work. All the carpets are a great success— not forgetting the carpenter and his excellent work!

Mrs. B  
Eastbourne

#### Carpet cleaning

The carpets at St. Marys Road have come up very well and we are extremely pleased with the result. By the way, the agent asked if we had bought new carpets for the house!

Mr. O – Eastbourne

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“

One hundred years on, Brewers is still offering the same friendly support, advice and service.

# Creating your space

**BREWERS Home offers top designer paint brands, the finest and widest selection of wallpapers and a great range of furniture, lighting, blinds, shutters and soft furnishings – everything to help realise your vision for your home.**

By **Peter Lindsey**

**Plus if you would like that little bit of help, there are experienced advisors on hand to help you achieve your dream interior.**

They'll work with you to get the look. By combining knowledge of current trends and products available

throughout the range of wallpaper, paint and fabrics, they'll help you put your ideal interior scheme together whatever your budget.

To this day, the business is still a family-run concern, continuing the hard work and dedication that its founder, Clement Brewer, put into it when he opened his very first branch in 1904. Brewers was awarded a Royal Warrant for the company's service and product supply to a

number of Royal households and one hundred years on, Brewers is still offering the same friendly support, advice and service that Clement strived so hard to achieve.

So to start creating your space, visit *Brewers Home* located in *Brewers*, Birch Road, BN23 6PL, off Lottbridge Drove, opposite Tesco.

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“

**Mozzarella that was the freshest I've had outside of Naples.**



# Pasta, Pinot and Pollo

**ON a rainy night in February, Aneta and Emiliano were able to realise their dream of opening a truly authentic Italian restaurant, here in Eastbourne.**

By **Gail McKay**

**Originally called *Solo Pasta*, they have been working on perfecting their menu to include fresh pasta, which they make fresh every single day.**

They invited friends and local businesses to ensure as many people as possible could sample their fabulous food.

## **Launch night**

*Bournefree* were alongside some very lucky guests, including the Mayor & Mayoress.

We were brought out a mixed platter of antipasti including the sweet, salty prosciutto, garlicky mushrooms on bruschetta, tomatoes drizzled in a basil dressing, and a huge ball of mozzarella that was the freshest I've had outside of Naples.

## **Fresh pasta**

Then we had two types of pasta, a spaghetti in a seafood sauce with parsley and tortellini filled with wild boar and mushrooms in a tomato sauce. Both were tender and perfect.

Lovers of Italian food know that the key is keeping everything simple and perfect. It's about letting quality ingredients speak for themselves.

## **Roasted vegetables**

Next up was grilled salmon with a creamy saffron sauce and roasted vegetables. Then Pollo Ciociara, which is chicken escalopes wrapped in pancetta, stuffed with sage and onion with a porcini mushroom sauce

and gorgonzola potatoes and even more roasted vegetables.

Every time more food was brought over we thought we couldn't manage another mouthful, but it was all was so tasty, we kept going, blissfully fit to burst.

## **Tiramisu**

There's always room for pudding. I had no idea how much I loved tiramisu until I tasted Emiliano's.

We drank classic Pinot Grigio, which seems to go well with all manner of Italian dishes.

On display, you'll find *Gigi Bigi Pottery* which brings a lovely bright addition to the restaurant.

I urge you to go and see for yourself what it's like to visit Italy for the evening. I've only scratched the surface. I'm looking forward to trying the steak, pizza, salads, and the rest of that dessert menu.

Rossi's is a great place to enjoy a midweek supper, celebrate a special occasion and raise a glass to really good Italian cooking.

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Eastbourne BN21 4QG

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[www.rossieastbourne.co.uk](http://www.rossieastbourne.co.uk)





# Why we left London to open a fab new bar in Eastbourne

**JAMIE Mooney and John Spriggs were both living and working in London – Jamie as a surveyor and John in education.**

By **Peter Lindsey**

**Now they have left the capital, moved to the seaside, and opened a new bar in the heart of Eastbourne.**

*Beerarama* is situated in Bolton Road in the building which used to be *The V Bar*.

It's had a complete transformation, and they're excited about their new business.

Jamie said: "We are a proper beer shop selling craft beers, wines, and non-alcohol drinks. We have around 200 craft beers and some lovely Belgian beers.



"Most of our drinks are sourced locally, which is very important to us. For example, four of our taps are from local breweries.

"We are also serving food, looking at tapas, snacks and perhaps some Sunday specials as well.

"We have a nice outdoor space for when the weather improves, a nice seating area downstairs, and a large upstairs too.

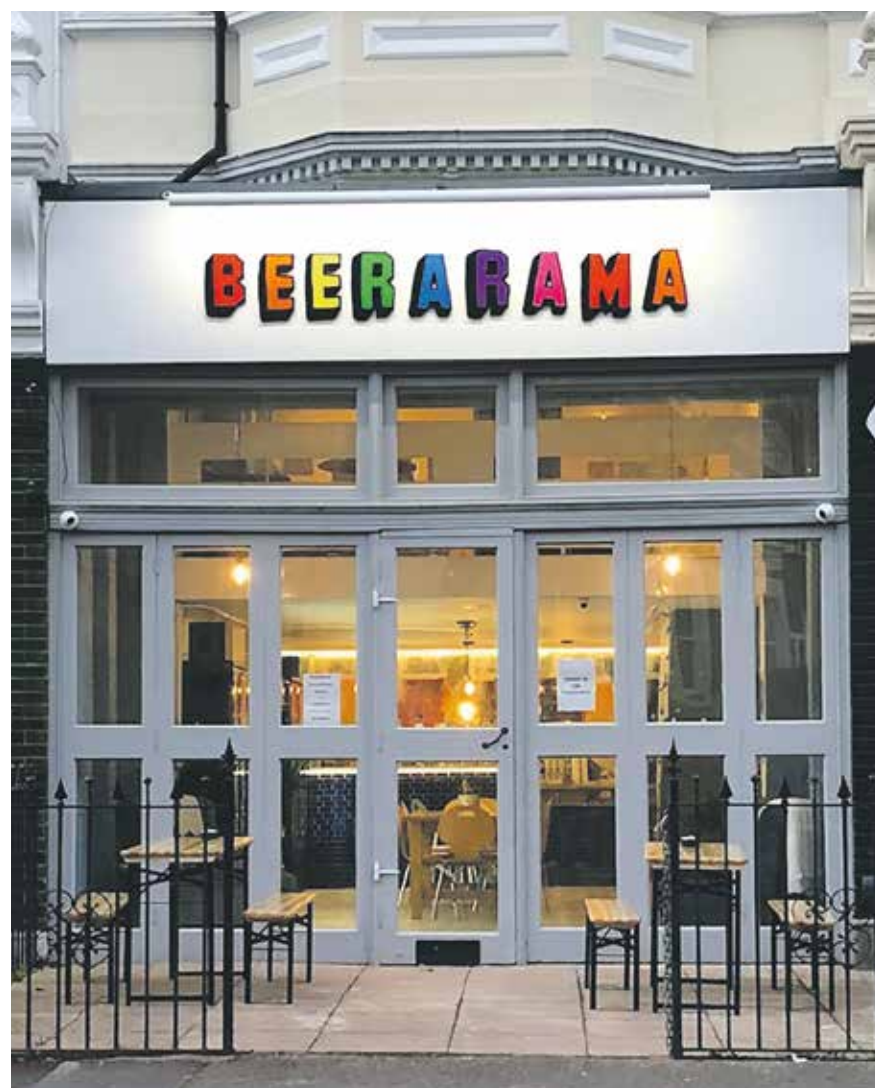
"We are open seven days a week from noon and we are planning live music

on Sunday afternoons and some Tasting events with different breweries."

Jamie and John have already made contact with suppliers *Rathfinny Wine Estate* at Alfriston and *Hidden Spring Vineyard* at Heathfield.

The walls are adorned with beer-related art by Sarah May Warner, a friend, which is for sale.

There are sofas, luxury chairs and attractive tables at the sit-down venue, which will stay open until 11pm on Friday and Saturdays.



**Beerarama**  
**7 Bolton Road, Eastbourne**  
**East Sussex BN21 3JU**

Facebook: **Beerarama\_**  
**beer@beerarama.co.uk**  
**www.beerarama.co.uk**







“

**Our paninis are like no other, they are very special indeed.**

The coffee shop is open normal hours but it stays open until 11pm on Friday and Saturday as a wine/cocktail bar.

Emma said: “There is definitely a younger vibe with the bar in the evenings, and we have already noticed that weekends are busier.

“We are committed to doing what we do well and we want to give this end of Terminus Road another boost.

“We have outdoor seating and bifolding doors, meaning that once it gets warmer it will be very special here.

“We are very excited to be here and to see this end of Terminus Road flourish even more.”

# New coffee lounge and wine bar opens – and it’s looking just great

**VICTORIA Coffee Lounge – and wine bar – is new, and it’s set to be a massive success.**

By **Peter Lindsey**

**Emma, Tony and children Charlotte and Zoe are the team at the new business at 225 Terminus Road – the site of the former *Mo Mambo* restaurant.**

They opened at the start of February and are optimistic about the year ahead.

Emma said: “We moved from Surrey four years ago and decided that we wanted to do something different.

“And this is it. It’s our first shop and we are determined to work very hard as a family and make it a success.

“We started work in October and we have given the whole site a complete refurbishment.

“We are pleased with how it looks and the feedback from customers has been very positive indeed.”

## So what does it sell?

- Tea, coffee and hot chocolate
- Milkshakes
- Iced tea and coffee
- Iced coolers
- Frappuccinos
- Victoria shakes
- Oreo kinder bueno malteaser.

As for food, Tony said: “Our paninis are like no other, they are very special indeed.

“We also sell pastries, waffles and pancakes, and we are looking to develop our food offering in the coming months.”

Cream teas are also on the menu.

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# Property



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# You don't have to be crazy to be an estate agent

**HOW many times have you said it's crazy at work today?**

By **Pauline Canham**, Sales Consultant, Crane & Co Estate Agents.



**It's almost become the normal thing for us to say to each other daily. You would think with our team of 15, which is quite large for an independent agency, we wouldn't have that much work. You couldn't be further from the truth! I work hard and I really love my job but if the opportunity to become a rich housewife arises – I'm taking it!**

Here at *Crane & Co*, we don't just stick to our own job roles, we're a busy team and we all help each other. We do have certain job roles that are specialized, such as valuers, videographers, marketing and an office manager. The important person in this team, however, is you the client. We work together to help you buy or sell a home, so when we need to go that extra mile, the whole team are contributing.



## Going to crazy lengths

Photography is a prime example. Photographing a property is so important since the way we shortlist and buy houses has changed. There are no longer the weekly property papers or house of the week in local papers (I'm showing my age now). We all look on the internet portals first, *Rightmove*, *Facebook*, *Zoopla* to name just a few. We are attracted to a property by the photos in a similar way as we 'eat with our eyes' with food – if we find it appealing, we are more likely to try something new.

I'm sure you've looked at property details and bypassed the property because you don't like the look of the photos of the bathroom or kitchen. Could you have just dismissed your dream home? (would a better photographer have got you thinking more?)

Our photographers go to crazy lengths to get the perfect shot so don't be surprised to see them sat in your bath (no water of course) to get that eye-catching shot of a small bathroom or to re-arrange an entire room to show it to its full potential.

## Icebreaker

Viewings can also often have crazy moments too. One of my colleagues recently had to snap into first-aid mode at a viewing when someone

fainted during the appointment! After easing her to the floor and raising her legs for a few moments our viewer quickly came to. Quite an icebreaker you could say!

## Marvelous viewing

When you attend thousands of viewings every year there are one or two that stick in your mind. On one such occasion a sudden gust of wind (on an otherwise still day) slammed shut the front door while my colleague was showing the clients the parking arrangements outside (the one and only time she left the keys in the back door – so she tells me!). There was no rear garden access, but being a resourceful sort, she knocked on the neighbour's door and asked to borrow their ladder, scaled the 6ft garden fence, hauled herself over and dropped to the grass in a 'Marvel Avengers' style, stood up, straightened her hair and clothing and serenely walked back through the house to let the viewers back in through the front door and continue with the viewing.

Its these crazy, funny, moments that stick in our minds as do the lovely

comments and praise we receive from viewers when they recognise the work we are doing to show off your home to its full potential or make your viewing experience an enjoyable occasion. It is probably the biggest sale/purchase you'll ever make so it needs to be as stress free and simple as we can make it for you.

## Best service

I'm proud to say at *Crane & Co*, we are all devoted to helping our clients and we all do our best to give the best service & most honest assessment of all situations, to make that choice easier and clearer for you.

You don't have to be crazy to be an estate agent, you just need to be prepared to go that extra mile, have incredibly superhero tenacity, keep calm, smile and carry on regardless to create the outcome buyers and sellers desire.

Happy Hunting!

**[pauline.canham@craneandco.co.uk](mailto:pauline.canham@craneandco.co.uk)**  
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# How to avoid a home seller's biggest frustration

**IN this two-minute read, we look at what homeowners can do to reduce the risk of their property sale falling through.**

By **Mike Crane**, Crane & Co.

**It's fabulous to receive an acceptable offer you're delighted with, but there are still lots of potential twists and turns along the road to selling successfully.**

You don't want your sale to hit roadblocks that slow the moving process down and raise the chances

of it falling through and sending it back to square one.

When that happens, it's frustrating, stressful, and time-consuming.

The good news is that you can do simple things to raise your chances of getting the sale through to the finish line in a timescale you're happy with.

The tips below can help speed up the process by up to two months!

• **Tip 1:** When looking to instruct a conveyancing solicitor to handle your sale's legal side, pick one who agrees to give you a weekly update. Ask your agent for recommendations of conveyancers who communicate consistently.

• **Tip 2:** Before putting your home up for sale, get 'market ready'. It's a great idea to fill in a Property Information Questionnaire (a good agent will be able to provide you with one). It's a form that asks several questions your conveyancer needs to know. This will help them review the information you have supplied and help you resolve any issues or replace missing documents. Doing this before your home is under offer (or even on the market) will significantly speed things up when a deal (subject to contracts being exchanged) has been agreed upon.

• **Tip 3:** Remember that the conveyancer is working on your behalf and should be responsive to your calls for updates.

This isn't an article bashing conveyancers — quite the opposite. Good conveyancers work wonders with agents and for their clients.



A communicative conveyancer AND a proactive estate agent are often the differences between a successful sale carried out in a quick timeframe or a slow, frustrating experience that raises the risk of a fall-through.

Here at Crane & Co, we have an expert team working tirelessly from instruction through to completion. Amongst the team we have expert sale progressors, with many years of experience, ready to guide your sale forwards and make the process as smooth as possible. A good sales progressor can be worth their weight in gold. With us, you can rest assured that you're in safe hands.

**If you have any questions about the selling process, get in touch with us on 01323 440678 and we'll answer them expertly and honestly for you.**

## Are you thinking of selling your home in 2022? We can help.

Selecting the best agent to help you sell your property is a big decision, especially with so much already going on in your life. Here's why we like to think you might choose us to work for you:

### Experience

We've been helping the people of Hailsham buy and sell their property since the 1980's. Collectively, our team has more than 100 years of experience, so they can empathise and understand your situation.

### Results

Crane & Co are rated, by Rightmove and Zoopla, as being the most accomplished estate agent in the area - selling more property and dealing with more enquiries than any other competing estate agency.

Get Agent (agent comparison website) shows that Crane & Co achieve the highest selling prices in the area - this extra money often more than covers our estate agency fees.

Our completion success rate for seeing deals through to the finish is one of the highest in the industry at 96% (the industry average is 66%).

### Reviews

You can gain a lot of reassurance by seeing what past clients think about us:

**Facebook - 112 Reviews with an average of 4.9**

**Google - 124 Reviews with an average of 4.8**

See more client reviews on our website [www.craneandco.co.uk](http://www.craneandco.co.uk)

### Always Looking Ahead

We have invested heavily in virtual viewings, video tours, and a raft of other new technologies. This means you know your property will be expertly marketed, which leads to achieving premium prices.

### You Focused

We are focused on you. That means getting you the results you are looking for. We don't just talk the talk, we walk the walk. We will be with you every step of the way to advise, support and celebrate with you.

We've built our reputation on the quality of our relationships and the number of transactions. This has led to most of our business coming from word of mouth.



### FREE DOWNLOAD: 7 Secrets to a Successful Sale'

Our free guide shows you how a few simple steps can make your family move a happier and less stressful experience, and explains how to avoid the most common pitfalls.



Scan the QR code here to get your free copy



Crane & Co

Call Crane & Co today on **01323 440678**, or visit our website [www.craneandco.co.uk](http://www.craneandco.co.uk)



# 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**

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# The Arts



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[www.sophiespostcard.com](http://www.sophiespostcard.com) #sophiespostcard





# JBM Music brings Spring to Summer selection of live events

**STEPS, Two Reggae Festivals, Soul II Soul and 90s dance music show all come to the Southeast Coast this Spring and Summer.**

By **Harry Farmer**

**JBM Music brings a jam-packed offering of events, live shows and festivals including a huge family friendly festival!**

Kicking off the series is **90s Baby** on 15th April 2022 at Eastbourne's historic *Winter Gardens*.

Nothing quite sums up the 90s like the **Vengaboys**, joined by **Liberty X**, **Alex Party**, the **Cheeky Girls** and more! This night is guaranteed

to deliver feel-good nineties nostalgia all night long.

Dance music pioneers hailing from the 90s, **Soul II Soul**, known for their track *Back To Life (However Do you Want Me)* join us live on 16th April at Eastbourne's *Winter Gardens*, supported by **Trevor Nelson** and **Shola Ama**. If you love your RnB and Soul, this is not a night to miss.

On 17th April, *Eastbourne Reggae Carnival* is set to bring a massive reggae, roots, and dub line up at *Winter Gardens*. **Gentleman's Dub Club**, **David Rodigan**, **Aswad**, **General Levy** plus more sound systems you can shake a stick at!

You know what Summer means, less rain, and the tacit promise of sunshine; against this backdrop, we bring you the biggest family-friendly *Hastings Reggae Festival* on 31st July. **UB40** featuring **Ali Campbell** perform live in memory of former band member **Astro** and are joined by **The Dualers**, **Collie Buddz**, **The Marley Revival** and many more. The family can expect great food, magical fairgrounds, and plenty of bars!

Reformed 90s pop group **STEPS** perform Live in Concert in Hastings on 31st July. Yes, you read that correctly, the iconic British 5-piece pop group known for their 5, 6, 7, 8 line dancing classic along with **Tragedy** and **Stomp** joins us in Hastings this Summer.

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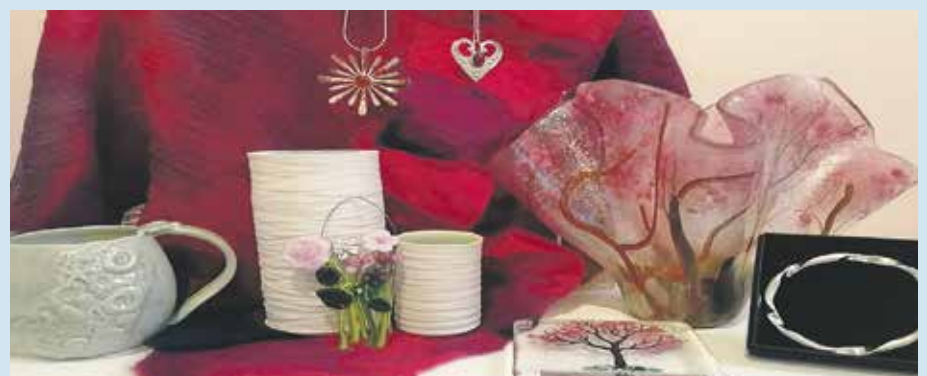
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## The gift of art

**MOTHER'S Day at The Lighthouse Gallery – It's a gift!**

By **Gail McKay**

Bursting with beautiful handmade glass, jewellery, ceramics, wood, textiles and paintings, **The Lighthouse Gallery** on Cornfield Terrace is just the place to find the perfect gift – for Mother's Day or any occasion.

Featuring the work of 25 local artists, they also have a wide selection of cards available. Come and ponder your purchase over coffee and cake – again, all local and handmade! If you haven't discovered this lovely gallery yet, it's high time you did.

**The Lighthouse Gallery**  
**19 Cornfield Terrace**  
**Eastbourne, East Sussex**  
**BN21 4NS**

**Open Tuesday to Saturday, from 10–5pm.**







# Super soprano

**AN evening with  
Lesley Garrett – Royal  
Hippodrome Theatre,  
28th April 2022.**

By **Harry Farmer**

Join leading soprano **Lesley Garrett CBE** for an evening of wonderful music with support from **BGT** finalist **Faryl Smith**, **BBC Young Chorister of the Year 2021 Ruby Skilbeck**, **Eastbourne Choir Concentus** and the **Royal Hippodrome's Trapdoor Theatre School**.

Lesley has regularly appeared in opera, musical theatre, concerts, television and radio. For more than 30 years she has enjoyed one of the most successful careers of any modern day classically trained sopranos winning both critical acclaim and the affection of many fans and music lovers through the breadth and diversity of her work.

As a recording artist she has released 14 albums including *Soprano in Red*. On television she has appeared in programmes such as *Lesley Garrett Tonight*, *Who Do You Think You Are*, *Countdown*, *Strictly Come Dancing* and *Songs of Praise*.

All profits go to *St Wilfrid's Hospice*.



## Sweet Sounds

**A FEAST of Fiery Fiddles, Hot Jazz, Western Swing and Sweet Soulful music at the *Hailsham Pavilion*.**

By **Harry Farmer**

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And the members of the band, the Low Riders, they too have been around the block, performing and recording with many of the stars shown above, along with amongst

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# Calling all artists

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

By **Gail McKay**

***St Richard's Catholic College's*** postcard-sized art fundraising sale, ***#sophiespostcard*** is taking place for the third time during Summer 2022. Since 2018, the school has raised over £46,000 for ***The Royal Marsden Cancer Charity***. ***#sophiespostcard*** is in memory of former pupil, Sophie Maria Taylor, who was cared for by ***The Royal Marsden*** but lost her life to cancer on 5th April 2017.

**#sophiespostcard** is a secret auction consisting of original postcard-sized artworks, made and donated by professional artists, designers and illustrators, plus up-and-coming artists from *St Richard's Catholic College* and the general public. As the auction is secret and bidders don't know which artist's work they're bidding on, part of the fun is trying to recognise the signature style of the hand that drew the artwork.

## Enormous support

*St Richard's Catholic College is extremely grateful to have received enormous support from hundreds*



**Sophie Maria Taylor.**

of artists, printmakers and designers who have contributed so many incredible works of art over the years. Previous donated artworks included world famous artists and printmakers such as: Sir Quentin Blake, Axel Scheffler, BP Portrait Award winner Susanne du Toit, Laura Quinn Harris, Ian Murphy, Jennifer Anderson, Loui Jover, Carne Griffiths, Kate Brinkworth, Matthew Burrows, Luke Martineau, Bob and Roberta Smith, Mark Curryer, Richard Spare, John Dilnot, Claire Fletcher and Rebecca Denton.

Authors and illustrators who have taken part include: Thomas Taylor, Liz Pichon, Dame Jacqueline Wilson, Jamie Smart, Rosalind Monks, Jane Porter, Riken Parekh, Tracey English, and those with talents better known in other fields such as Harry Hill and Fearne Cotton.

## Unique works of art

**#sophiespostcard** offers collectors and first-time buyers the chance to purchase unique works of art by leading figures from the art and cultural world or perhaps by a Year 7 pupil. All postcards have a starting bid of just £1 and are auctioned on eBay, making it accessible to buyers around the globe.

For more information please see  
**[www.sophiespostcard.com](http://www.sophiespostcard.com)**  
**[#sophiespostcard](https://twitter.com/sophiespostcard)**



- All artworks have a reserve bid of just £1.
- Call for artists opens:  
**1st March 2022.**
- Deadline for artwork to arrive:  
**Friday, 10th June 2022.**
- Auction goes live on eBay:  
**Thursday 30th June 2022.**
- Final day of auction on eBay:  
**Saturday 9th July 2022.**

Thanks to all supporters and the generosity of all the bidders of **#sophiespostcard** including *Custard Design* for printing and *Portfoliobox* for hosting  
**[www.sophiespostcard.com](http://www.sophiespostcard.com)**

*Sophie's Secret Postcard Auction* is organised by St Richard's art teacher, Miranda Pennington.



Some of the wonderful postcards from previous years.



# What's on your TV? The battle of the streaming services...



**NETFLIX has always been a popular place to watch many of our favourite TV shows but over the last few years, Disney+ has joined the race in competing to bring both exciting and breathtaking shows to our screens to watch and enjoy with our friends and families!**

By **Samuel Kavakli**

**The winter of 2021 especially brought us some great series, perfect for binge watching... but which ones were the best? Would you prefer Netflix's thrilling dramas or Disney+'s action packed adventures? The decision is yours...**

## The Thrillers of Netflix

### Squid Game

The highest grossing Netflix series of all time: *Squid Game* is a South Korean survival drama created, directed and written by Hwang Dong-hyuk. The cast includes Lee Jung-jae, Park Hae-soo, Wi Ha-joon, HoYeon Jung and O Yeong-su.

The series is about Seong Gi-Hun. A divorced father and debt laden gambler who is invited to take part in a series of children's games, alongside 455 other contestants who are in the same boat! They play to win a potential ₩45.6 Billion (over £28.6 million)! However, playing a load of their childhood games is way tougher than the contestants could ever have imagined – not only are they being constantly watched by 'the Front Man' and his masked pink guards, but if a contestant loses a game, it ultimately ends in their death! Will Gi-Hun survive over the other 455 contestants?

It may not be as popular as it was a few months ago when it first hit the screens, but this thriller has proved a massive hit around the world, with each 'bloody' episode leaving the audience wanting to know who will survive! It was given outstanding ratings of 94% on *Rotten Tomatoes* and 8/10 on *IMDB*!

### You (Season 3)

*You* is an American psychological thriller based on the books by Caroline Kepnes and is developed by Greg Berlanti and Sera Gamble. The latest season was released in October 2021 and the cast included Penn Badgely, Victoria Pedretti and Saffron Burrows.

The third season of *You* continues to highlight the toxic relationship between Joe and Love. Despite being married to Love and sharing a son with her, Joe continues his pursuit and interest of their next door neighbour, Natalie Engler. Love flips the script, desperate to ensure that her dream of having the perfect family will not be destroyed by Joe's obsession for Natalie. Love drastically takes care of 'the problem', however, Joe quickly turns his attention to Marienne! Will Joe ruin his marriage to Love for good?

This show (just like the *Squid Game*) is definitely not for children or the faint-hearted but the storyline does keep the audience hooked! It has been given positive ratings of 94% on *Rotten Tomatoes* and 7.7/10 on *IMDB* (collectively as a show).

## Action packed Disney+

### Hawkeye

*Hawkeye* is an American television miniseries created by Jonathan Igla as part of the *Marvel Cinematic Universe* franchise. The series was directed by Rhys Thomas and the cast includes Jeremy Renner, Hailee Steinfeld and many more!

The series is about a young archer named Kate Bishop, who has adopted the role of Hawkeye after taking over from her role model, the original, Clint Barton. All Clint wants to do is spend Christmas time with his family but the pair are forced to work together after a series of threats are made towards them – with people wanting to kill Barton for his past wrongs and with a member of Bishop's family seemingly working for a crime lord! Will Kate Bishop and Clint Barton make it home for Christmas?

With so much action, adventure and mystery, it really was a treat for *Marvel* fans! It was given really positive ratings of 92% on *Rotten Tomatoes* and 7.7/10 on *IMDB*!

### The Book of Boba Fett

*The Book of Boba Fett* is an American space, western TV series based on the *Star Wars* franchise and a spin off to the series: *The Mandalorian*. The series was written by Jon Favreau and Dave Filoni and the cast includes Temuera Morrison, Ming-Na Wen and Pedro Pascal.

The series is about the Crime Lord and Bounty Hunter: Boba Fett. Although many *Star Wars* fans believed that they saw him fall to his death in the mouth of the Sarlacc Pit in *'The Return of the Jedi'*, Boba Fett made a dramatic return in *'The Mandalorian'* and this adventure has allowed us to see not only how he escaped the mouth of the Sarlacc but it also allowed us to witness what Boba Fett was up to next! Boba and his accomplice Fennec Shand navigate their way around the galaxy's underworld as they return to the planet of Tatooine to claim the territory that once belonged to Jabba the Hutt. However, his return to Tatooine is unwelcome by many and as we see him captured by a group of Tusken Raiders! Will we see him claim his rightful territory?

Whilst some fans have enjoyed the spin-off to the much appreciated *'The Mandalorian'*, other *Star Wars* fans have found it disappointing! It's all down to choice but at the end of the day, who doesn't enjoy a good old *Star Wars* adventure with a classic character? It has been given positive ratings of 81% on *Rotten Tomatoes* and 7.7/10 on *IMDB*.







## ESSCA Visit Cirque Du Soleil At The Royal Albert Hall

East Sussex School of Circus Arts was invited as guests to come and see the most recent production from Cirque Du Soleil. Principal, Renato Pires, and some of his staff and students went to see the production on Sunday 30th January 2022, courtesy of Cirque Du Soleil.



Luzia, the 38th original Cirque Du Soleil production, was a "masterpiece" according to the ESSCA students and staff. They also stated that it was one of the best shows they'd seen in a long time. The experience was perfect for the students and may the relationship between Cirque Du Soleil and ESSCA continue for the foreseeable future.

## Upcoming Event:



# THE GREAT EASTER EXTRAVAGANZA

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at  
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# Green and pleasant

**MARCH is the official beginning of spring but it can still be very cold at times, so keep an eye on the weather forecast and wait to do jobs if conditions aren't quite right. The clocks also go forward on the 27th of the month, so the lengthening daylight hours will help plants to really get growing. Spring bulbs start to take centre stage in the borders and in patio pots, rewarding your efforts for planting them last autumn.**

By **Geoff Stonebanks**

**If you are into growing vegetables, now is the time to get seeds started in the greenhouse, and you can sow hardy seeds straight outdoors into their final positions. It's also time to kickstart your flower displays. Start sowing flower seeds undercover to enjoy colourful displays come summer.**

## Bulbs take centre stage!

This is the month when any spring bulbs we planted last autumn really take centre stage in our gardens. I suppose the main ones we all like to plant and grow are tulips, daffodils, crocus and hyacinths. I have quite a few of each at *Driftwood*, the stunning hyacinths in the header are in my garden now. I have a over 30 containers planted with spring bulbs and many planted directly in the ground too. The great

advantage of having them planted in a container means you can move the pot and place that fabulous splash of colour anywhere in the garden to maximum effect! Then, as the flowers die back, move the pot back to a less eye-catching spot.

Alternatively, if you adopt the lasagne method of bulb planting, which involves planting layers of bulbs in pots, just like making lasagne, the result is a pot crammed with wave after wave of spring flowers, giving you colour right through spring. To achieve this, place the latest-flowering bulbs at the bottom of the pot, with layers of earlier-flowering bulbs above them.

## National Garden Scheme

This year sees the welcome return to the scheme of a beautiful plants woman's garden in Arlington. Opening for the first time, at this time of year, is *Bates Green* in Tye Hill Road, Arlington, BN26 6SH. The plot is a 1.5-acre tranquil space with

a woodland garden created around a majestic oak tree with courtyard gardens and seasonal container displays. The front garden is a winter and spring joy with narcissi, primroses, violets, early tulips and coloured stems of cornus and salix.

This garden has been owned by the McCutchan family since 1921 and was developed and skillfully planted by Carolyn McCutchan when she moved to the property in 1968. The garden was renowned for its colourful imaginative planting and *Bates Green* has featured in many magazine articles. Since Carolyn's death in 2019, the garden has been undergoing a period of restoration by a small team of gardeners led by Emma Reece who was a student of Carolyn's in 2002.

Pre-booking is essential for its only March date, Sunday 20th from 10:30am to 4:00pm, when refreshments and light lunches will be available too. Entry will be £6 for adults and £3 for children and you must buy your tickets at [www.ngs.org.uk](http://www.ngs.org.uk)

## Mother's Day 2022

This year the day the clocks go back and Mother's Day both fall on the same day, Sunday 27th March. In the UK and across the world the favoured gift for Mothers always seems to be a bouquet of flowers or a pot plant. We're told that the pink carnation specifically represents a mother's love, but white, which symbolizes pure or unconditional love and good luck, is another good choice. As a bonus, carnations are one of the longer lasting cut flowers that you can buy, which means your gift will last. It's all down to personal choice, my mother is not a lover of carnations and I tend to buy her favourite which are freesias. It seems the top five chosen for Mum each year are tulips, roses, peonies, carnations and orchids. Take your pick and buy what you think your Mum will enjoy!

## Spring perennials for March

Here are three lovely perennials for this time of year, all of which I have in my own garden.

The first is *Pulsatilla*, this delightful little hardy perennial is perfect for filling gaps in rockeries and gravel gardens. From late March to May, *Pulsatilla vulgaris* produces bright purple flowers above clumps of finely dissected, downy foliage. Attractive, furry seed heads replace the flowers as they fade, extending the season of interest into summer. Best grown where it can be left to establish without disturbance, and it will seed about to create spreading groups.

The second, *Hellebore Argutifolius*, pale green flowers hang above leathery, prickly-edged, sea-green leaves from January to March. This popular evergreen, Corsican hellebore makes an architectural statement in the middle of a mixed or shrub border, its handsome foliage is a long-lasting source of interest after the flowers have passed.

The third is *Bergenia*, commonly known as elephant's ears, because of their large, leathery, oval leaves. They are low maintenance, evergreen, will grow in sun or shade and tolerate a wide range of soils, including dry soils and clay.

Read more of Geoff's garden at: [www.driftwoodbysea.co.uk](http://www.driftwoodbysea.co.uk)

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



- DON'T MISS EAST SUSSEX COLLEGE OPEN EVENTS THIS MARCH 2022! -

# OPEN EVENTS

## HASTINGS

Thursday 17th March 2022

**4:30 - 7:00pm**

## EASTBOURNE

Thursday 24th March 2022

**4:30 - 7:00pm**

## LEWES

Thursday 31st March 2022

**4:30 - 7:00pm**

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