

FREE

THE BIG FUTURES SHOW

Returns to Eastbourne Sports
Park on Tuesday 26th April 2022.

DAWMOUSE FURNITURE

Bespoke furniture shop opens a
new showroom in Eastbourne.

04/22 Issue 022
April 2022

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Bournefree

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ARE YOU LOOKING FOR ADVENTURE?



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St Wilfrid's Hospice

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



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 Health: Brooke Lark
 Property: Ali Moradi
 The Arts: JBM Music

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

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 DESIGN MARKETING PRINT

ignite
 PR & Engagement

Bournefree is media sponsor for Eastbourne Carnival 2022, Wyntercon and Vintage Festival – and we're thrilled

IT'S been another incredibly busy month here at *Bournefree* – and we're loving it!

By **Peter Lindsey**

More and more businesses and community groups are reaching out to us each week as we come out of Lockdown and back to some form of normality.

For April, we are delighted to welcome on board new advertisers including *Mayo Wynne Baxter*, *St Wilfrid's Hospice*, *Eastbourne Chamber of Commerce*, and *Eastbourne Carnival*.

We are especially thrilled to be the media partner for this year's Carnival, Wyntercon and Vintage Festival –

and it's just one example of how we want to be such an integral part of local community life.

We have also decided each month to produce special features. Last month was *Home Improvements* and *Women in Business*. This month it's *Men in Business* and *Alfresco*. There are extra editorial and advertising opportunities each month.

And then of course, there's our growing website and social media presence. Each day we are breaking news stories and also featuring local businesses and events.

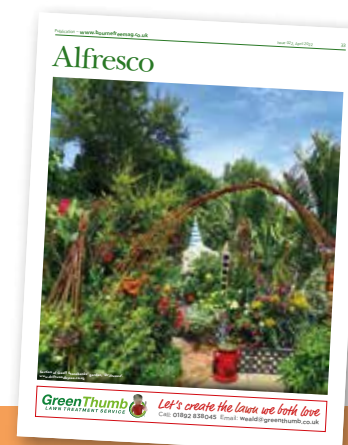
Our website is *Bournefree Live* – www.bournefreelive.co.uk

What we enjoy most is working with the local community – features on new and existing businesses and publicising local events.

We also want to hear your success stories moving forward as well.

Get involved – we are a growing team. Contact myself, Gail and Harry.

Have a great month!



Bournefree

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

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



gail@bournefreemag.co.uk
 01323 430303



harry@bournefreemag.co.uk
 07809 443027

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Steve celebrates 25 years in showbusiness

HE'S Eastbourne's best known entertainer – and Steve Hewlett is celebrating 25 years as a top ventriloquist.

By **Peter Lindsey**

Steve, who lives in Willingdon with his family, is celebrating the landmark with a tour across the country.

He's also writing a book on 100 years on the amazing art of ventriloquism.

For everyone

Steve, now 47, said: "I've always said how lucky I am that I can entertain the whole family.

"I can be performing to the over 50s at *Warners*, mum, dad and children at *Butlins*, go into schools and do adult clubs as well.

"The diversity is so exciting. I can adapt to whichever audience I am playing to, it keeps me on my toes."

Arthur Lager

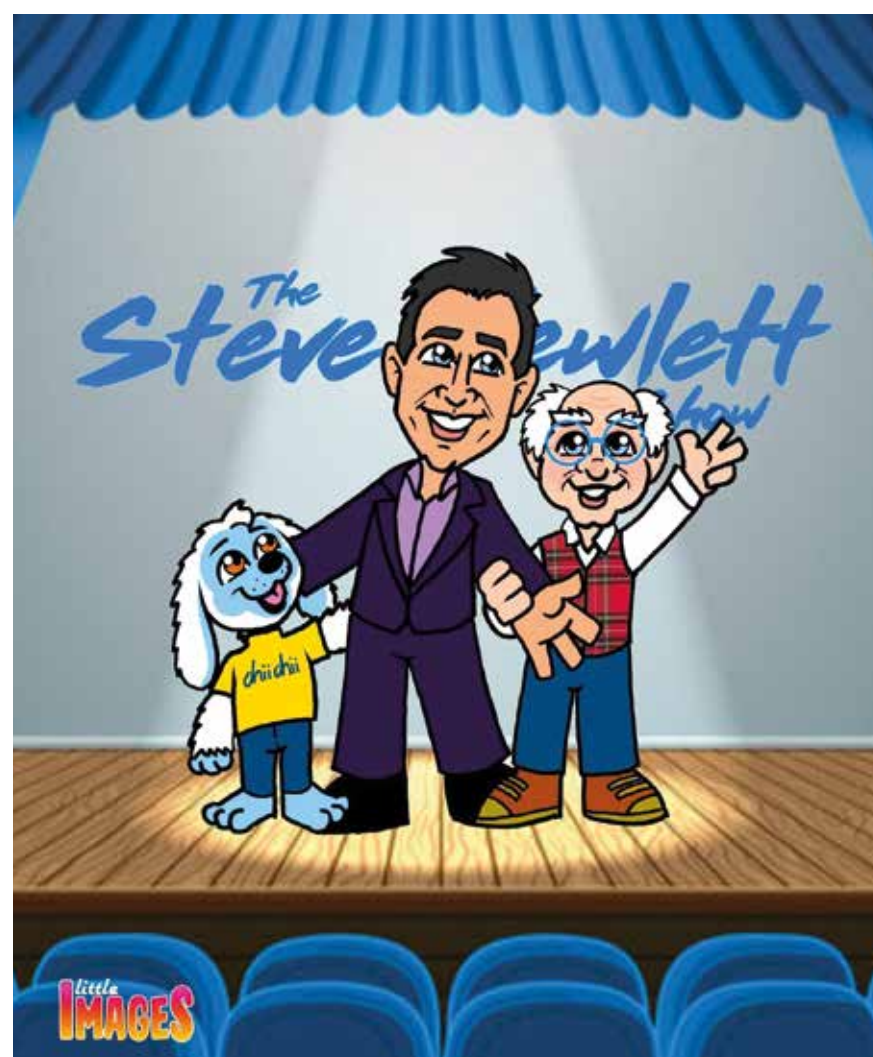
Steve started ventriloquism aged just 12. He has six characters in his current show – the first half being variety, then the second half devoted to his most popular character, Arthur Lager.

Steve said: "People love Arthur Lager so I decided to bring him to life and the second half of my show is all about his life. The audiences love it.

"My aim is to do at least 25 two-hour shows on the tour to mark my 25 years, including one at the *Royal Hippodrome Theatre* and another at *The Stables* in Hastings.

"I have done five already, hoping to do another 10 by the end of the year, then another 10 in 2023."

He turned professional aged 22 and his first professional tour was in 1997.



His big break came when he appeared on *Britain's Got Talent* back in 2013 and reached the grand final.

And highlights of his career include touring with Jimmy Osmond in American and Canada.

"Jimmy made me feel so welcome you wouldn't believe it", recalls Steve.

Eyes & Teeth

During Lockdown, Steve recorded 175 conversations with celebrities such as Jimmy Cricket, Sherrie Hewson and John Challis. Each took between six and eight hours to record.

The new book – currently on its third draft – is also very important to Steve.

It tracks some of the ventriloquist greats including Ray Alan, Keith Harris and American Ronn Lucas.

Steve reflects: "It was a dying art in this country but there are still about 10 of us performing regularly. It's very big still in America.

"I learnt from a very early age and I want to pass my skills on to a future generation again."

Live show

Steve's show at *The Royal Hippodrome* in Eastbourne is on Sunday April 3rd at 4pm.

For more details, go to www.thestevewhewlettshow.com



THE STEVE HEWLETT SHOW

Outstanding performing arts tuition



AT The Pauline Quirke Academy Eastbourne.

By **Harry Farmer**

PQA is a weekend performing arts academy for children and young people aged 4–18 years.

PQA's core modules in Comedy & Drama, Musical Theatre and Film & Television teach a comprehensive

range of skills, which are useful for everyday life, not just a career in the performing arts, whilst masterclasses allow students to experience more specialist lessons in areas like stage combat and special effects.

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West End, cinema screenings and *Quirky Kidz*, our exclusive agency for professional work.

Following its successful Saturday morning academy, PQA Eastbourne is opening a new afternoon academy on 23rd April from 1:45pm – 5:00pm, at The Turing School, Eastbourne, BN23 8EJ.

To book a place at our free open day visit: www.pqacademy.com



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Chris sets up appeal to help those affected by the war

AN Eastbourne Rotarian has helped to set up a special fund to help people suffering in Ukraine.

By **Peter Lindsey**

Chris Brenchley is District Governor of Rotary for Kent and East Sussex – a position he holds for 12 months from July 2021 until the end of June 2022.

There are 72 clubs in the district, and Chris is urging them all to donate to his District 1120 Fund.

Rotarians from the three Eastbourne clubs collected £2,603 from collections in *The Beacon*, *Langney Shopping Centre*, *Eastbourne Railway Station* and *Waitrose*.

Chris said: "Being District Governor mean, in effect, being the Head of all 72 Rotary clubs locally.

"Rotary is an international organisation and our motto is Service Before Self. We support charities both home and abroad.

"The terrible atrocities seen in Ukraine have affected us all, and I personally wanted to do something to help.

"The District 1120 Fund was set up within a few days, and the first £5,000 has already been sent out to help those who need it.

"We can guarantee that the money will be received within 48 hours of us sending it to the affected areas.

"The money is going to a district in Poland who are supporting refugees on the ground to those in the most urgent need.



"Rotary does some amazing work throughout the world, and Rotarians everywhere are now stepping up to help where we can.

"The response from clubs in Kent and East Sussex has been amazing, and I want to thank them all.

"Our committee is meeting weekly and the money will be spent on providing essentials for those who need it."

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..... the BIG FUTURES SHOW 2022

APRIL 26

EASTBOURNE SPORTS PARK,
CROSS LEVELS WAY, BN21 2UF

9:30AM – 4:00PM

By **Tim Sorensen**

The BIG Futures Show returns to Eastbourne Sports Park on Tuesday 26th April 2022 from 9.30am – 4.00pm. The show is the largest employability, skills and jobs 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*, a registered charity, in association with *Eastbourne Borough Council*. More than 80 organisations will be providing interactive exhibits and guidance aimed at inspiring tomorrow's workforce.



www.bigfuturesshow.org.uk



Exhibitors will be looking for new talent and explaining what qualifications they require and what training and apprenticeships they offer in the work place. Colleges, Universities and other training providers will be on hand to promote their offer and where it fits with employer's requirements and what they are seeking from students who apply.

Visitors to *BFS* will receive a comprehensive 32pp show guide to help them make the most of their visit. It is recognised that parents and carers play a significant role and influence in a young person's choice of future career and are welcome to attend throughout the day.

A wide range of employment sectors and individual organisations will be represented at the show as listed in the stand and floor plan details shown right. The organisers are grateful for sponsorship from *NHS (Health & Social Care Partnership)*, *Wave Leisure Trust*, *Bexhill College*, *The Beacon*, *East Sussex College*, *the best of eastbourne*, *Recruitment South East*, *East Sussex Careers*, *CCLI*, *Lightning Fibre*, *Carrot Events* and *Soren Learning Solutions*.

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

hello@bigfuturesshow.org.uk

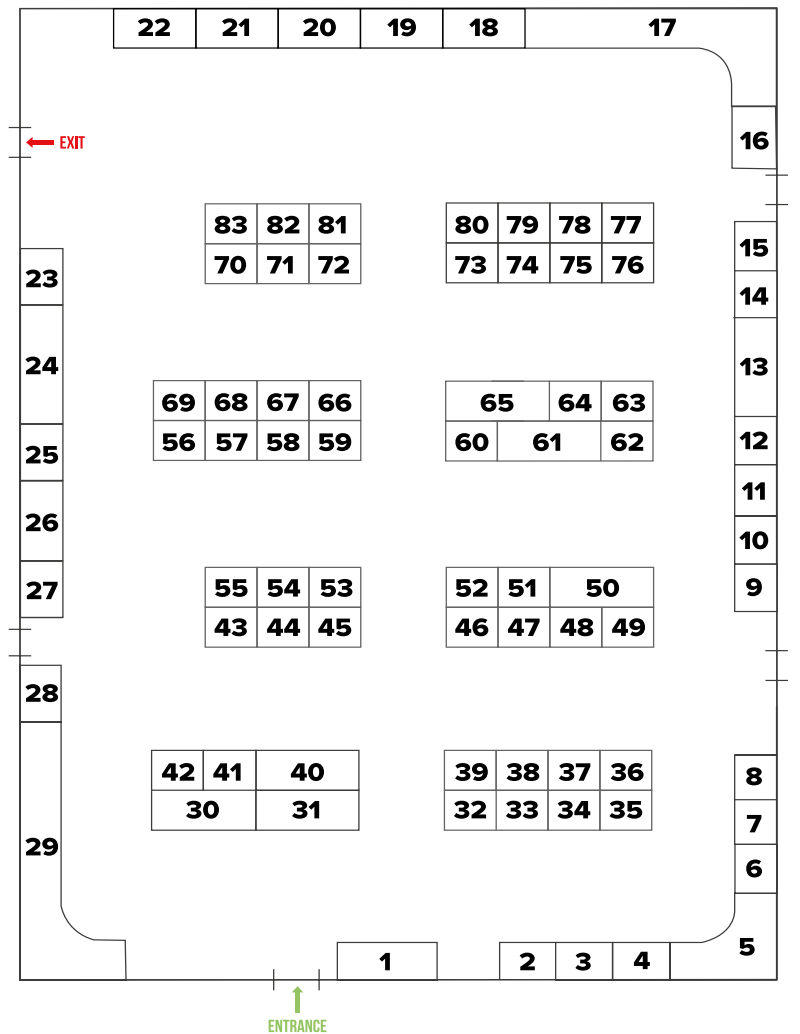
07890 388624

BigFuturesShow

@BIGFuturesShow

#BIGFS2022

EXHIBITOR	STAND NO.	EXHIBITOR	STAND NO.
Avtrade	9	Metro Bank	44
Bede's Senior School	73	Mini First Aid, East Sussex, Brighton & Hove	42
Bexhill 6th Form College	29	Morgan Sindall Construction	18
Brighter Horizons Training	83	NHS East Sussex CCG	60
British Army	19	NHS (Sussex Health & Care Partnership)	50
Carrot Events	REC	Neupauer	71
Children with Cancer Fund	72	Oakdown House	77
Clarke Roofing Southern	11	Partners 4 Training	40
Cleankill Pest Control	69	PGL Travel	55
CloudConnX	23	Plummer Parsons Chartered Accountants	66
Creative Force	7	Plumpton College	13
Custard Design	21	RateMyApprenticeship	74
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DFN Project SEARCH	16	Royal Air Force	65
Ditzy Media	34	Royal Navy	56
DV8 Sussex	45	St. Wilfrid's Hospice	58
Eastbourne & District Samaritans	70	Sarah Bennett Commercial Photography	33
Eastbourne Borough Council	31	SCTP & Apprenticeships in Sussex	28
East Sussex Careers Hub	8	SIGTA	67
East Sussex College	17	South Downs National Park	46
East Sussex Fire & Rescue Service	78	South East Coast Ambulance Service	OUTSIDE
East Sussex Healthcare NHS Trust	51	South East Community Rail Partnership	52
ESCC, Adult Social Care & Public Health	62	Stagecoach South East	15
Edwards Vacuum	79	Sussex Housing & Care	54
Firebrand – Brand Design Agency	63	Sussex Partnership NHS Foundation Trust	61
Flying Time	49	Sussex Police	12
Freedom Leisure	22	Thakeham Group	14
General Dynamics UK	75	The Beacon	32
Gildredge House Sixth Form	53	The Best of Eastbourne	REC
Hadlow College	24	The Observatory Science Centre	82
Haine & Son	27	The People Matter Trust	3
Hawes Building	25	The View Hotel	57
Heathercroft Training Academy	38	Towner Eastbourne	80
Holding Space	41	University Hospitals Sussex NHS Found'n Trust	10
Idverde	59	University of Brighton	64
Information Desk	1	Visit Eastbourne	30
Job Seekers Corner	5	Water Bear	76
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Kickstart Careers Coaching	2	Wealden Works	68
Lansdowne Hotel	43	Wightman & Parrish	36
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Lightning Fibre	39	WS Work Savvy	35
Mayo Wynne Baxter	47	Your Eastbourne BID	32
Mears	48	Youth Employability Service	81



April Counts – ready to spring into action?

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NEW Year resolutions not gone to plan?

By **Karen Keech**

You can't seem to get going with losing weight?

Fed up with the thought of having to start again?

Dreading the Easter chocolate mountain!!

Whether you're new to weight loss or you've tried every diet out there, gloji is designed to support you. We offer a fully funded 12-week digital weight loss programme which includes: access to a health coach as often as you need, via phone & email or get started straight away.

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on most devices, meaning the programme can be easily incorporated into any busy work/life schedule all you need is an internet connection.

Gloji provides 100's of easy, healthy, tasty recipes, personalised content (articles/ videos) that relate to you and your goals, to understand the psychology behind your habits. An easy-to-use weight loss tracker enables you to see your progress. Developed by a great team of experts, from GPs to behaviour

change specialists, dietitians to health coaches there are no gimmicks, no jargon just support to find out what works for you.

Give *gloji* a try! It takes two mins to get going. For more information and to sign up click on www.gloji.co.uk

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We have now been open for a few weeks and it has been great to welcome customers to the new showroom and introduce our product offering.

I would like to invite everyone in to have a look at our product, enjoy a cup of coffee and discuss with myself or my designers Jonathan and Tyrone what projects you may have ongoing or thinking about undertaking in the future. We will be able to guide and advise you on the look, materials or appliances that will work well for you and that fall within your investment level.

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If you are facing a financial crisis in the coming months, we're here to help you.



At Eastbourne Foodbank, we seek to make a difference by giving hope, love and practical assistance to clients in need. We are committed to working towards a just, compassionate future where everyone can afford the essentials in life.

As well as three-days' nutritionally balanced emergency food, our nine foodbank satellites across the town offer clients a warm, friendly welcome, a cup of tea or coffee and the opportunity for a chat.

Our team of advocates and debt advisors is available at each of our satellites to support people to resolve the crises they face. The team can provide advice and assistance with welfare benefits issues and applications, as well as practical solutions to budgeting and debt management. Appointments at our town centre office are also available for clients.

Thank you for your generous donations to Eastbourne Foodbank. Your contributions really do make a difference to people's lives.

If you would like to keep up to date with the food items we need, we recommend downloading the 'BankTheFood' app. You set up the foodbank you want to support, and the app alerts you to the items we are in need of when you shop. It's free and very easy to use.

<https://www.bankthefood.org>



Ways we can help you through a crisis:



Three days through the crisis



Toiletries



Welfare benefits & debt advice

WORKING TOGETHER FOR CHANGE



The Street Learning partnership

RETURNS from April – July 2022.

By **Peter Lindsey**

The project offers young adults aged 19 and above, free courses to help develop new skills, enhance existing ones and expand on their education.

A range of practical courses like cooking, upcycling and wreath making are available as well as courses to help develop desirable employment skills and improve mental health and wellbeing.

The courses are provided in local community venues including, East Sussex College in Eastbourne, Uckfield College, Uckfield Civic Centre and many of the courses will be held online.

Residents who have previously attended *Street Learning* have grown self-esteem and self-confidence, formed friendships and achieved new life experiences.

Street Learning is a project run by Wealden District Council, in partnership with ACRES, East Sussex College, Sussex Community Development Association, East Sussex County Council Library, Job Centre Plus, GRH Training, Compass Community Arts and Sussex Recovery College.

Visit www.wealden.gov.uk/streetlearning, @StreetLearning. Wealden on Facebook, or email streetlearning@wealden.gov.uk for more information and feedback left by others who have taken courses. New courses are being added online on a regular basis.

Celebrate the Queen's Platinum Jubilee

***JUST Friends* is a social group for people who live alone, including carers, who do not want romance, a partner or a relationship ... JUST FRIENDS.**

By **Peter Lindsey**

They are organising a celebration event on Thursday 2nd June 2022 as part of the Queen's Platinum Jubilee event.

Coaches will be provided in the morning from Newhaven, Eastbourne and Bexhill to transport you to Bannatynes Spa Hotel in Hastings.

On arrival, there will be coffee/tea and biscuits. The three-course lunch will consist of soup, followed by a traditional roast dinner or vegetarian/vegan option, and dessert.

After lunch, the party starts with a professional entertainer, two choirs

including a section devoted to recapturing the atmosphere of the "Last Night of the Proms".

Everyone will be encouraged to join in the singing and patriotic dress and flag-waving is of course essential!!

After the all-important cream tea, coaches will depart to return you to your boarding points in Bexhill, Eastbourne and Hastings.

The cost of this whole day event including entertainment, all refreshments and coach transport is £35 per member.

Contact Frederick Smith, Chairman of *Just Friends*, on: **01323 725882** or email: frederick@just-friends.uk

Tree of Light shines once again

THE annual *Tree of Light* event has raised thousands of pounds for local charities.

By **Peter Lindsey**

This is only made possible by the kind sponsorship from local businesses.

The three *Eastbourne Rotary Clubs* organize the event, and *Brewers* are a major driving force behind this as well.

A total of £6,000 was donated to *Beachy Head Chaplancy*, *Care for Carers*, *Homes for the Homeless* and *The Salvation Army*.

Go to: www.eastbournetreeoflight.co.uk






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Youngsters learn potentially lifesaving skills



KIDDICITY, based at Langney Shopping Centre, is well known for its imaginative playscapes that sees children cooking in the diner, serving drinks in the café, tending to animals at the pet shop or caring for each other at the *Kiddicity Medi Centre*.

By **Peter Lindsey**

Now Kiddicity has launched a class with a difference.

'Kiddicity Mini Medics' is running on Wednesdays after school (4:00pm–4:30pm) in conjunction with *Mini First Aid East Sussex* to teach children potentially life saving early years first aid skills.

Not only can children from 2–7 years have fun putting plasters and bandages on teddies, they can also learn important skills like calling 999, keeping safe, minor injuries and what to do if the adult looking after themselves become injured, unwell or even unresponsive.

Jen Fisher from *Mini First Aid East Sussex* said: "I'm really excited to be working with *Kiddicity* to ensure that local little ones are learning basic first aid. Adults often underestimate how capable children are of learning

first aid but we know from our *Mini First Aid* early years class that preparing children for what to do in an emergency is essential.

"*Kiddicity* offers a unique environment for children to practice their skills and weekly means that they can continue to build their confidence whilst having fun."

Kiddicity Mini Medics can be booked at kiddicity.co.uk for only £8 or as part of the *Kiddicity* membership.

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Sold for £1,500



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What's happening in the world of Eastbourne Carnival?

SINCE we launched the new website in late February, we are delighted with the number of applicants we have received to date.

We encourage anyone that is interested in entering Carnival to go onto the website and complete the short application 'Entrants' form, or alternatively you can ask any questions on our 'Contact Us' form.

We are also delighted to have taken on new partners and sponsors. We have:

Our Platinum Sponsors
 • **Enterprise Shopping Centre**
 • **Lightning Fibre**

Our Media Partner
 • **Bournefree Magazine** and
Custard Design & Print

By **Mina O'Brien**, Chair

Our Radio Partner
 • **Seahaven FM**

Our Digital Partner
 • **Media Attention**

And more sponsors in the pipeline!

Our Carnival workshops are in full swing. These are **FREE** to those wishing to participate in Carnival – with Dance workshops hosted by *Cherry Dance*, and Costume Making workshops with *Cotton Candy* and *Mucky Mermaids*. Check out our 'News' Page on our website for details.

Looking ahead...

We continue to welcome applications from organisations, businesses, community groups – and individuals (we will have some great news for individual entrants in the next week or so!)

We also need volunteers to Marshal on Carnival Saturday 4th June (full training will be given), and Bucket Collectors.

Visit our website to find out how you can get involved – and get in touch with any queries!



Cherry Dances' Let's Dance event.
 Photo: Rob Shearing Photography.

W: www.eastbournecarnival.com E: info@eastbournecarnival.com

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Photo: Rob Shearing.



Photo: Cotton Candy.



Photo: Rob Shearing.



Photo: Graham Huntley.



Photo: Graham Huntley.

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MEDIAATTENTION



Wanted: fundraisers looking for adventure!

From rafting down the Zambezi River or hiking up Mount Everest, you can take part in any open challenge anywhere in the world and raise money for St Wilfrid's Hospice.

Whether you want to hike, bike, paddle or run, we can help find a challenge that is suited to you!

Are you up for the challenge?

Join **TEAM WILF** today:
stwhospice.org/challenges



RAINBOW RUN

Saturday 28th May registration 12 noon

Nash Street Farm, Hailsham BN27 4AB

Join us for the brightest fun run in East Sussex! Grab your friends and family and take part in this fabulous 5k with a twist. Run through a burst of colourful powder paint at every kilometre and by the end you'll be tie-dyed to perfection!

- Tickets from £10 • Under 5s go free
- Family rates available

stwhospice.org/rainbowrun





Dawmouse Furniture



Bespoke furniture shop opens a new showroom in Eastbourne

A NEW outlet has opened its doors in Eastbourne, showcasing custom-made furniture along with ready made furniture gifts and accessories.

By **Peter Lindsey**

With over 20 years in the business, Kevin the owner can guide you through the process of designing furniture that's custom made just for you.

Kevin Dawson, owner of *Dawmouse Furniture Ltd*, started at the age of 25 doing antique restorations.

Starting up in a small garage buying and restoring furniture, he was selling items at two markets in Worthing and Horsham.

As the popularity in shabby chic furniture grew he found his skills in painting and finishing in demand too.

Kevin also noticed a gap in the market for bespoke furniture.

"People often came to me saying they loved a Particular item of furniture, but it was a shame because it wouldn't fit in the space needed, to which I replied it can be made to measure.

"This I find is our unique selling point, often we see something or fall in love with a piece of furniture but unfortunately it just won't fit from the standard measurements.

"Now I'm not saying I can perform miracles, but I try my best to source and find companies that could help achieve that dream project or furniture."

After many years supplying other shops with his designs and restorations, he decided to open up his own outlet along side the website www.dawmousefurnitureltd.co.uk which offers furniture items, including solid wood furniture for all rooms, home décor, ironmongery, gifts and accessories in a wide range of styles and designs.

The new showroom at Carlisle Buildings, Carlisle Road (close to the local theatres and restaurants) means customers can see for themselves the range and quality of the products, and buy from there or discuss options for bespoke pieces. There are also gifts and accessories for your home too.

"Please pop in just to have a browse, or a chat about any project you may have.

I'm always here for any help and advice."

**4 Carlisle Buildings, Carlisle Road
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www.dawmousefurnitureltd.co.uk**



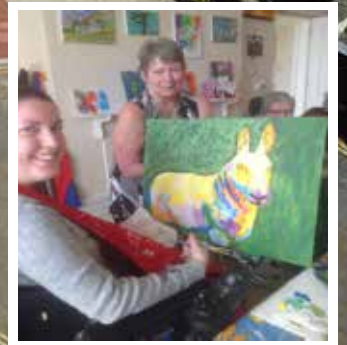


The Chaseley Trust

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



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



We offer residents:

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

We offer staff:

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

We offer the community:

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

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

www.chaseley.org.uk



Meet the residents

HERE at Chaseley we have 55 residents at any one time and all of them have wonderful stories to tell about their lives.

By **Jodie Cornford**

We all love being able to share their memories and spend time with them as they not only look back on their achievements prior to their disabilities, but also their ones achieved whilst at Chaseley, as well as those they still wish to reach. Today we wanted to introduce you to a few of them.

Stevie, a former championship-winning farrier, has had locked-in syndrome since suffering a stroke in 2014, he is totally paralysed and can only move his left eyelid. He recently published his first book about his life by blinking all 33,000 words, letter by letter, across a three year period.

Lian, who worked in a hospital out-patient unit, collapsed back in 2005 with what she describes as an awful headache. She was found to have four brain aneurysms, three of which were successfully treated, but the fourth one burst, causing her to be unable to walk. Lian loves to paint in our art room and has sold several pieces throughout her time here.

Comarie shares her room with her budgies and really enjoys participating in the daily activities here at Chaseley, in particular flower arranging. Comarie's floral displays are often placed around the home for others to enjoy. Comarie also really enjoys it when entertainers would visit the home (prior to COVID-19) and her favourite was always Elvis!

Simon joined our Chaseley family during lockdown following a stroke. He has a degree in Chemistry and lived in Paris for 10 years. Whilst in France, Simon was able to pursue his love of music and became a popular local DJ by the name of DJ Radical. You can often find Simon playing the keyboard and filling the home with his tunes.

Chaseley is home to an array of unique individuals and all the team feel privileged to support them and help them to achieve their goals.

For further information on the charity contact: Jodie Cornford, Fundraising & Marketing Manager on **01323 744200** or jodiec@chaseleytrust.org



Stevie.



Lian.



Comarie.



Simon.



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

There is always hope – with Reeta Minhas-Judd

A client came to see me a few months ago and was completely broken mentally. They were unable to give me eye contact throughout the initial sessions and their confidence and self worth was non-existent. They were in a very dark place and were unable to find any hope from their traumatic past, which they were carrying into their present and potentially into their future.

We worked together regularly, and I travelled back with them to their childhood where the trigger point was and we were able to make sense of what they had endured from a very early part of their life and find peace.

We were able to understand what they experienced as a child was not their fault and that we are shaped by our surroundings. The person in question has encouraged me to use their identity, however due to client confidentiality I will refrain.

This client is now a completely different person. Their regular texts and voice notes over the past few weeks have been so heart-warming and have literally brought me to tears. It is well and truly a success story for them and to see them reaching the potential they never thought possible is amazing.

My name is Reeta Minhas-Judd and I am a Life Therapist. I started my company RMJ Wellbeing three

years ago. Initially I focused on bespoke Customer Service Training, but since then the company has expanded into Wellbeing so my client list has grown.

We now offer Life Therapy Sessions, Wellbeing Retreats, Wellbeing & Business Development Workshops, Guest Speaking and Group Seminars.

I would urge anybody out there who is struggling mentally to please visit www.rmjwellbeing.com and book your free 90 minute life therapy session. Alternatively please email me on reeta@rmjwellbeing.com.



Fed up with working for someone else?

Perhaps you want to start a dog-walking business to get out more on the beautiful South Downs in 2022? Who can really blame you!

It's not a bad idea, considering the number of lockdown puppies bought in the last year. With more people returning to the office, they need walkies.

Whatever you want to do, there are opportunities for Sussex's visionary entrepreneurs to take advantage as we emerge from the pandemic.

So you have an idea to start a new business, but how do you get the ball rolling?

TAKE A LOOK AT YOURSELF

That might sound obvious but

starting a business is a big deal. It requires a lot of hard work and often involves working long hours early on. Look at your own strengths, weaknesses and skills, either to settle on a business idea or to give you an idea of what you can handle yourself.

What motivates you? It's vital to know why you're starting a new business so you can focus on ideas to help you get you where you want to go. Ideally, you should have several motivating reasons. If it's just the potential money you can make, you might be in for a shock as it can take time.

CREATE A BUSINESS PLAN

Once you've settled on a business

idea, the next step is to have a business plan, the business plan will outline your business's objectives and go into detail on how you're going to achieve them.

Our startups service includes business plans, in which we look at your market competition, finances and projections. We will help you create a simple mission statement and provide you with clear objectives for your startup to hit in a realistic time frame.

REGISTERING THE BUSINESS

The next step is for you to settle on a business structure. This decision will determine what taxes you're liable for and your responsibilities.

If you're going down the dog-walking route, for example, you might be best off operating as a sole trader or a limited company. As a sole proprietor, your personal and business assets will be in the same bank account and you'll be responsible for any debts. Should you go down the company route, your personal and business assets will be separate, although you will have more legal obligations.

To find out more, contact Nick Casson BSc(Hons) FMAAT FFTA
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Hailsham - 01323 446615 or
Sittingbourne - 020 3950 0316
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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!

Karen McCarthy of Safer Health and Safety, returned to support the NHS without hesitation when Covid-19 hit

Back in February 2020 holiday makers were trapped on cruise liners and needed bringing home safely to the UK. It was vital for ambulance crews to receive specialist training to protect them and the passengers from infection. Prior to the vaccination roll out it was a scary time so the South Western Ambulance Service (SWAST) called Safer to get their help.

Karen told us *"For several months during the pandemic we worked 7 days a week, often for 14 hours a day, setting up clinics to Face Fit Test & Train the staff at Eastbourne DGH, Conquest Hospital and Essex Hospital.*

"We also rolled out support to GP surgeries, Care and Rest Homes, and Dentists. Assisting them all with the ever changing government guidelines during the peak of the crisis."

As you read this article Safer Health and Safety are still supporting the NHS; East of England Ambulance teams, Marie Curie and our very

own St Wilfrid's Hospice.

Safer Director Karen McCarthy is an ex NHS employee with over 30 years' service and was asked to return to the local NHS trust as Infrastructure Operations & Facilities Lead setting up all the local Covid-19 Vaccine Sites.

It is clear that the Safer team made a huge contribution to the fight against Covid and a real difference to the people who work at the East Sussex Health Trust, keeping them and their families safe.

RETURNING TO THE NEW NORMAL

As East Sussex returns to more normal times, Safer has returned to their core business. They offer Health & Safety guidance, enjoyable and informative First Aid Courses First Aid for Mental Health courses. Trainer, Michael McCarthy recently attended one of the Eastbourne Chamber of Commerce breakfast meetings as a guest speaker. With a defibrillator and Resusci Annie on hand,



Michael showed members how to save a life! The Chamber loved the experience and were captivated by Michael's entertaining style.

If you want support identifying suspected mental health conditions in the workplace, Safer offer fair pricing and unrivalled customer support with a culture of care from first contact to delivery. If you think Safer can help you, please contact one their friendly team who have years of experience in the health and safety industry.



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Project Spotlight: Costa New Build Ready For Business

The new Costa Coffee Drive-Thru in Hampden Park opens this month.

In addition to the new Drive-Thru and a place to enjoy a coffee in the sunshine, this building project has sparked investment in the Hampden Retail Park site. Working with Eastbourne Borough Council, Gradient Consultants

have introduced new brighter low energy lighting to make it safer at night, new cycle racks, walkways and pedestrian access points, as well as future proofing with passive infrastructure under ground and an electrical hook up for concession stands. The next phase coming soon will include further car parking

spaces, additional landscaping and tree planting.

Chamber members Gradient Consultants are the Employer's Agents and Contract Administrators on the project and have overseen the development from the initial design stage with the architects through to fit out and completion.



If you need expert help with your next build project visit www.gradientconsultants.com

New members for February/March

The Matthew 25 Mission • Topaz Belle • Saffrons Sports Club • Willingdon Park Manor Care Home • David Cook - Travel Counsellor • Vsbakes • Blackmore Business Solutions

New store!

FURNITURE NOW! opened a brand new store in Hailsham high street on Monday 14th March 2022.

By **Chloe Stamp**

Mayor of Hailsham, Councillor Paul Holbrook and Wealden MP, Nus Ghani cut the ribbon to officially open the doors. They were joined by the CEO, staff, volunteers and trustees from the Now! organisation.

The new furniture store, located at 9 High Street (directly opposite the Post Office), is just a 5-minute walk from their former Hailsham store in North Street.

The new high street store is considerably larger than their former premises, which means they're able to stock a much wider variety of high-quality, low-cost new and secondhand furniture and electrical appliances. Items available include sofas, beds, mattresses, washing machines, fridges, microwaves, dining tables and chairs plus many more items.

The new store not only comes with a beneficial size over two floors but also with history, as the premises has listed building status as well as previously being visited by royalty.



For Furniture Now! it has been great to be able to breathe new life into a historical building as well as honour the original roots of what the building was when it originally opened as a furniture and antique store called, Kerridges.

Throughout the renovation project, they only used local suppliers, right from the building works to the balloons for the grand opening.

Furniture Now! is open 6 days a week, Monday to Saturday, 9am – 4.30pm (3.30pm on Saturdays), with stores in Hailsham, Lewes (Unit 1, Phoenix Works) and Eastbourne (3A Courtlands Road).

If you have unwanted furniture and electricals, book a free household collection on their website at: www.furniturenow.org.uk

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Let's get ready to rumble!

RUMBLE Wrestling return to Crowborough Community Centre for a St. George's Day special on Saturday 23rd April at 7pm.

By **Harry Farmer**

Rumble wrestling return for a special St. George's Day 'England v World Riot Squad' team match challenge of solo action and an 8 man tag match.

There will be rumble favourites plus some new and exciting stars.

It's a great two hour family show the kids will love. Tickets are limited so early booking is advised.

Tickets available at:

www.tickettailor.com/events/rumblewrestlingpromotions/628429





Friday 13th – Sunday 22nd May 2022

Celebrating Water

PLASTIC Free Eastbourne announces second Spring Water Festival.

By **Oliver Sterno**

After the success of the inaugural Spring Water Festival in 2021, Plastic Free Eastbourne are thrilled to bring this multi-faceted, vibrant festival back for 2022.

Celebrating water in all its aspects, including as a vital resource, habitat for marine and wild life, the impact of climate change, health, tourism and its spiritual influence.

The *Spring Water Festival* will celebrate our water, our beach and our network of Refill stations, located along the 19km of Eastbourne's seafront and coastline. By providing free mains 'spring water' we can raise awareness for everyone to refill reusable water bottles and reduce the amount of single use plastic, to help protect our environment. Our Downlands are a precious resource, as the rain percolates down into a

vast chalk aquifer that provides the town with about 75% of its fresh drinking water. This Festival is an important opportunity to celebrate this initiative and to encourage further expansion. We welcome everyone to download this free App and to use it. To download, please visit the *Apple App Store* or *Google Play store* and search for **Refill**.

Creative Competition

New for 2022, the Festival is running its first Creative Writing and Media for all ages, on the theme of 'The Sea'. Responses can take the form of poetry, creative writing or video. If YOU wish to enter, please email: suedixonjwg@gmail.com

There will be prizes! **This competition is OPEN NOW** with the closing date Friday 13th May: the opening day of the Festival itself.

Activities & events

A wide range of exciting events is being planned, for all ages and interests — from walks visiting the refill stations along *Spring Water Way*, *Plastic Free Eastbourne's* second annual 'Big Beach Clean' event, pilgrimages, art exhibitions and studio on the beach events, citizen science studies and health and wellbeing events.

This year, 'Blue Planet @ Eastbourne' conference is planned at the *Lansdowne Hotel*, and there will be a series of stalls on Western Lawns from a range of partner organisations, where the public can learn about how many local

organisations are approaching water, our precious resource.

Also new for this year, there will be a rock and blues concert at the Function Room of the *Crown and Anchor* — music by local group *Southern Spirit*. This will be a fundraising event to help finance the Festival.

For further information about *Plastic Free Eastbourne*, and details about the festival, visit:

www.plasticfreeeastbourne.co.uk

Plastic Free Eastbourne are delighted to be collaborating with a wide range of stakeholders and local businesses from around the town, including: *Beachy Head Story, BHASS EXPLORE, Catch 22, Compass Community Arts, Eastbourne Borough Council, Eastbourne Friends of the Earth, Eastbourne Stranliners, East Sussex College Group, EcoAction Network, Marine Conservation Society, Refill, South East Water, Southern Water, Surfers Against Sewage and United Nations Association.*

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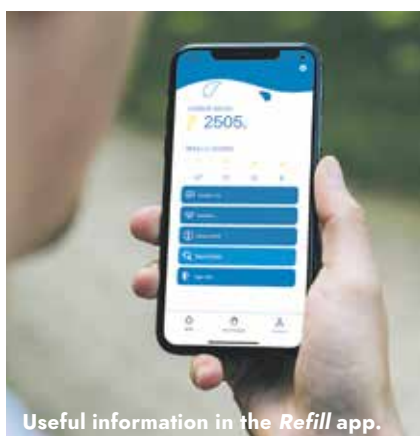
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Stunning scenery in Switzerland. Photo: Martin Sattler.

Holidays on the road!

NOW – road trips may be an old idea, but could they be the new Covid friendly way to see the world? I've been lucky enough to have experienced holidays like these in the past and thought I'd give you just a taste of some of the places I've been to, as it really is a great way to see the world for yourself!

By **Samuel Kavakli**

On our way!

In 2016 and 2017, our family embarked on two amazing adventures around Europe and as far as North Africa. During the first, we visited Italy, France, Switzerland and Luxembourg whilst on the second, we explored the wonders of Spain and Morocco! For both trips, we planned out our route in advance. Each stop was unique – all steeped in their own history and all offering lots to see and do!

We had a third planned for 2020, however, I'm sure I don't need to tell anybody why that didn't happen! Anyway, as we look forward to this year, we've realised just how suited this type of holiday is to the world's new normal – Your own transport, your own self contained accommodation and the flexibility to visit places that are safe, when you choose to visit them.

So, where would I recommend?

From luxurious Luxembourg to illustrious Italy!

2016 was definitely my favourite trip! It didn't get off to the best start thanks to huge delays leaving us stranded just 7 miles from Dover for over 22 hours! We headed straight for Luxembourg where Budget accommodation is rare and stayed in what turned out to be a very uncomfortable Teepee – which was certainly different! Luxembourg may be small but it was an amazingly beautiful place that definitely caught our eye. With only a day to spare, we witnessed the best of it via a cable car ride across Vianden.

Next stop was Switzerland, camping by Lake Lucerne. We arrived on the eve of a local festival with the most amazing food on offer, however, the rain got into our tent and so it quite literally dampened our night! We then drove on to Lake Lugano, a beautiful town split almost in half between the

border of Switzerland and Italy. It was truly beautiful, as was our apartment (with a swing in the living room!) and a day on a boat was definitely the way to see the sights.

Leaving Switzerland behind, we continued down through Italy. We saw the home of Romeo & Juliet in Verona, the leaning tower of Pisa and chilled on the beach in San Costanzo. One place that definitely left lasting memories for us was Venice, which really is like no other... a city on water! Shops, historic scenery, bridges, gondolas and pizza everywhere.

From sunny Spain to marvellous Morocco!

In 2017 we headed straight for Barcelona in one go. With only a day to see the city, we took a bus tour and crammed in as much as we could. Travelling down the North East Coast, we spent a few days in Moncofa. Whilst there, we enjoyed swimming in the huge waves of its beautiful beach and we drove into the mountains to swim in the natural hot springs of Montanejos.

We headed for the tip of Spain where we hopped on the ferry and crossed continents to Morocco. We arrived late at night and finally found our apartment in Tangiers. We were a little nervous to start with, but the Moroccans were so welcoming. Tangiers is a bustling city by the sea with a lovely beach where we rode on camels and really amazingly affordable restaurants. During our stay we drove to Chefchaouen, a hilltop town known as the Blue Pearl. It was very hot and picturesque and felt as if we had gone back 50 years!

We left Morocco and travelled back to Spain. We travelled north visiting the scorchingly hot city of Seville and then on to Madrid. Bus tours are definitely the way to see the cities when time is limited but we managed a visit to the Santiago Bernabeu football stadium too.

So is a road trip for you?

Road trips give you the freedom to travel to as many locations as you choose, in the time you have. You choose your own accommodation and wake up somewhere different every day! What's more, you get to jump in your car whenever you want and aren't tied down by timetables. In terms of covid safety, you are in your own bubble, you can limit your social contact and you can monitor places in your own way.

So, jump in that car and go for it! It's a big wide world out there and it's not just where you end up, it's what you see on the way too!

Resilience in resin

ARTIST finds solace in difficult times.

By **Peter Lindsey**

An Eastbourne man has changed his outlook on life thanks to finding his calling during lockdown.

Justin Rollings, 53, who lives in the Meads area of Eastbourne, has overcome a turbulent few years, made even tougher during the COVID-19

pandemic, by creating stunning abstract seascapes using resin.

Creative enjoyment

Having graduated from *Wimbledon School of Art* in 1999, Justin has always enjoyed being creative. But the necessity to make a living meant Justin focused his attention on a managerial career in media and marketing.

Justin said, "I've always been creative, and it never really leaves you, but that took a bit of a back seat while I made a career for myself. I would dabble with creative things every so often, upcycling furniture and starting little creative DIY projects, but it was never enough to pay the bills and was more of a hobby or pastime."



However, in 2019, Justin was made redundant from his job following a merger.

Justin continued, "Losing my job was incredibly tough. I had some personal things going on and had recently bought a flat in the Meads. At that time, there weren't many jobs around. I got by with some DIY jobs and revisited furniture making, producing some bespoke pieces with resin inlays, but I struggled to make ends meet. It was a tough time for me.

"But then, nine months later, the pandemic hit, and that was even tougher. Like so many others, I really struggled during lockdown. I couldn't work, and it was a lonely time. But keeping busy, being creative and experimenting with resin provided me with an escape."

Connection to the sea

Having lived in Sussex for most of his life, Justin has always felt a strong connection to the sea and the dramatic Southeast coastline.

Justin said, "Once the first few months of lockdown had passed, and we were allowed to leave the house for exercise, I made the most of my beautiful surroundings. I visited the seafront at different times of the day to experience the breathtaking sunrises and sunsets. My calling to the sea gave me valuable time to reflect on life, and it became a sanctuary for me. I wanted to recreate a piece of this at home, so that's when I started to create my art."

Justin's spare room is stocked with resin, colourings, canvas, perspex, and other types of craft materials and tools. Although Justin's striking resin seascapes started as a hobby and a means to mental wellness, it has grown into something even more fulfilling.

Overwhelmed with support

He continued, "After sharing some of my work on *Facebook*, I was overwhelmed with supportive comments and people asking if they could buy my work. I hadn't really thought about selling my art because this was therapy for me. But knowing others enjoyed my art and wanted it in their homes was a great feeling."


Justin now hopes his journey and his art can inspire others.

Justin added, "The pandemic has been awful, but I'm an example that you can pick yourself up and prioritise your mental health and wellbeing. I hope my art can inspire others to seize any opportunities that come their way and do something they love because, in the long run, it will all be worth it."

Exhibiting

If you would like to view Justin's work, then he will be exhibiting at *the Crown* pub in Hastings from mid-March to mid-April.

His stunning seascapes are also available to buy online via his website, www.justdesigns.uk, *Not On Amazon*, *Etsy*, and at an independent retailer *One Day in Battle* on Battle high street.



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Men in Business

Ashley Pugh

THE man behind Eastbourne's oldest independent jewellers.

By **Robbie Lees**

Ashley Pugh started his journey in jewellery back in 1983. 39 years later, Ashley is now the proud Owner and Managing Director of Eastbourne's oldest independent jewellers, W.Bruford.

Ashley first got into the watch and jewellery industry at just 18 years old, fresh out of sixth form he started as a junior sales assistant at *Goldsmiths*. After 17 years in early 2000, Ashley took the plunge and became the Owner and Managing Director of *W.Bruford*, Eastbourne's oldest independent jewellers, originally established in 1886 by the Bruford family.

Now with nearly 40 years' experience in the industry, with 22 one of those years being as a Managing Director, Ashley and *W.Bruford* stands strong in Eastbourne and is the town's go to jewellers. Ashley is very involved in the business and always likes to be at either one of his stores, serving customers and keeping the face of *Bruford's* in the public eye.

The business is now split between two stores, *The Beacon Centre* and Cornfield Road. Having specialised for many years in luxury products and keeping up with the changing retail environment, Ashley took the decision to create two very different offers. *The Beacon Centre* is home to their flagship watch store, featuring a stunning Rolex boutique, their pre-owned watch collection and other luxury brands such as *Breitling*, *Tudor*, *Longines* and *TAG Heuer*.

The store located on Cornfield Road is now home to all their diamond, bridal and pre-owned jewellery. However, this year will see another major development as their Cornfield Road location is set to go through a major change later in the year.

New beginnings

Bruford's Cornfield Road store will be relocating in late summer 2022. Serving as *Bruford's* home for the last 50 years, they have finally outgrown the distinctive 11–13 Cornfield Road premises. But fear not, they are not going far! In fact they are only moving across the road to No. 10 Cornfield Road, previously the home of *Steamer Trading* and *Pro Cook*.

This stunning new building is undergoing full refurbishment at the moment and will be home to the *W.Bruford* exclusive diamond, bridal and fine jewellery collections. It will feature a stunning champagne bar and will house all their aftersales service departments for both jewellery and watches, which will include a fully *Rolex* accredited workshop.

No. 10 will be a brilliant next step in the *W.Bruford* journey, bringing all things jewellery under one roof.



Ashley Pugh.

Keeping W.Bruford in the family

W.Bruford is an independent, family run business, and Ashley intends to keep it that way. It is great to see that two of Ashley's three children currently work in vital roles within the business.

His son Harry has been training as a watchmaker for the past three years and has recently re-joined the *W.Bruford* team having finished his final studies at *The British School of Watchmaking* in Manchester. He is currently securing his *Rolex Accredited Watchmaker* status. Partnering this with the state-of-the-art workshop means *W.Bruford* will be able to offer in house servicing and repairs of the prestigious Swiss brands they stock.

His Daughter Naomi, who is already a Bachelor of Arts, is off to study in London next month. Naomi will be enrolled onto the 3-month jewellery design course at the *Gemmological Institute of America (GIA)*. When she returns, Naomi will be able to help

customers bring their bespoke jewellery ideas to life. She is also keen to see the repurposing of jewellery, allowing pieces that may otherwise have been consigned to the melting pot to get a new lease of life for the next generation.

Away from *Bruford's*, Ashley is a keen to support Eastbourne and its town centre along with several charities he has links with. He is a director at the *Eastbourne Chamber of Commerce* as well as at the *Eastbourne BID*. Ashley also devotes time to *St Wilfrid's Hospice* and sits on two of their Advisory panels.

Contact info:

<https://wbruford.com>

The Beacon store – 01323 410264

Cornfield Road – 01323 725452



Flagship store in The Beacon.



Opening in summer of 2022.

Ben Ferriman

***LIGHTNING Fibre* is without doubt one of the best success stories in East Sussex in recent years.**

By **Peter Lindsey**

Massive investment, huge jobs creation and a significant boost to the local economy.

And the good news is that despite the current challenges we all face, it's going to be getting bigger.

Ben Ferriman is the CEO of *Lightning Fibre*. He's 34, lives in Eastbourne and is the father of two young children.

Long-lasting difference

He's been on a mission to make a long-lasting difference to towns and communities across East Sussex, and he's thrilled with the progress made.

Ben said: "It has been a difficult time for everyone over the past two years with Covid, the increase in fuel prices, significant supply chain challenges and a shortage in skilled labour.

"Against that backdrop, *Lightning Fibre* has quadrupled its workforce in the last 12 months. This includes a new Academy to train and develop fibre installers, to meet demand where a local skills shortage exist. In fact, the company is now in the process of doubling its work force to deliver further expansion.

"We have also increased the wider supply chain with sub-contractors coming into the area to undertake the necessary road works. They are renting homes locally and spending money locally, which also helps the economy."

Ben says *Lightning Fibre* has smashed its targets across its four key towns — Eastbourne, Hailsham, Heathfield and Hastings.

Support and collaboration

Ben is passionate about how his business runs; a positive and collaborative culture, and a healthy work/life balance for everyone. Community action is also part of the firm's DNA.



Ben Ferriman.

He said: "I talk to my staff every day, my door is always open, and my mission is to interact with all staff.

"The culture is one of collaboration and supporting each other. This is so important to me.

"Last August, we moved into huge new offices on the *Polegate Business Park*, and our warehouse resource is set to expand again very shortly.

"Due to the exceptional progress, further investment is being made in the region as we expand our Full Fibre network into new areas. Demand for *Lightning Fibre's* service is huge, and we're working round the clock to meet this demand for faster, more reliable broadband. As more and more people adopt a flexible working pattern, reliable domestic broadband has never been more important.

"This growth requires more people, more office space and creates more revenue for our supply chain, which includes lots of local firms — a rising tide lifts many boats, as the saying goes! Our success is creating a positive ripple effect across the region, just as I intended. *Lightning Fibre* customers can buy from us in the knowledge that in doing so they are supporting their own community and economy, as the cycle of re-investment benefits us all."

Local sponsorship

The company is putting back by sponsoring local events including *Eastbourne Carnival*, *Wyntercon*

and *The Vintage Festival*. The successful Eastbourne *Lightning Fibre Ice Rink* was visited by over 17,000 people. The firm also supports *Children with Cancer*, *St Wilfrid's* and *St Michael's Hospices*.

About Lightning Fibre

Lightning Fibre is a local altnet broadband provider. The company was founded by Ben in 2018. The company started with a pilot scheme in 2019 in Eastbourne, and secured funding in Oct 2020. It will reach the whole of Eastbourne by early 2023, with an East Sussex-wide expansion underway.

The network is totally independent and *Lightning Fibre* owns and controls their network 'from the world wide web to the modem in your home or business'. The company has thousands of local, happy customers and is rated Excellent on *Trustpilot*.

The business is a network operator and ISP, meaning that it lays the fibre network and sell it directly to business and residential consumers. The full fibre network can deliver symmetric 10Gbps speeds for all and is fully future proofed. This means that better upload and download speeds and reliability can be guaranteed.

www.lightningfibre.co.uk/about

01323 380260



Installing the Heathfield Primary Node Cabinet, March 2022.



Ian Shearer.

Ian Shearer

FROM student at *Eastbourne College of Art* in the 1960's to *President of Chamber of Commerce* and lots more! Ian is a true Easbournian born and bred.

By **Peter Lindsey**

He is the son of a Scot from Aberdeen married to an Eastbourne girl (one of 13 siblings). Ian's father worked in the hospitality sector and his mum was a florist. The family ran *Shearer's Stores* in the town centre where Ian learned his customer service skills.

Creative beginnings

Ian graduated from *Eastbourne Art College* and went to work in London – it was the swinging sixties and advertising was just becoming a 'thing'. Ian was a graphic artist and set up a studio in Soho with two other former students from Eastbourne who are still firm friends today.

From the glitzy advertising world Ian then moved back to Eastbourne to run *Creative Advertising* with

friends Tony Burd and Chester Smith. The three friends built a very successful business and Ian saw the potential of moving into the world of print rather than design. He joined forces with another long term colleague at *Manor Park Press* and continued this very successful business until the need for large quantities of paper became overtaken by the use of on-line publications. Whilst at *Manor Park Press* Ian became President of the *Eastbourne Chamber of Commerce* in 2000 – he is very proud to have been President in the Millennium Year.

Ian has also been involved with some great voluntary organisations including *Beachy Head Rotary Club* where he helped raise £20,000 in a day at the *It's a Knockout* event and also helped to raise the first £1,000,000 for *St Wilfrid's Hospice*.

Fizz on Foot

Now Ian is running *Fizz on Foot* the guided walk and wine tasting company. Ian's ability to have his finger on the pulse of the business community is almost legendary – and he cannot sit still for any time at all! *Fizz on Foot* is now in its 8th year and has grown despite the pandemic to offer not only the guided walks and tastings but also other wine related goodies. These include wine pairing dinners at the *Hydro* and *Lansdowne* hotels and wine tasting events at the *Hydro Hotel* and *The View Hotel*.

The idea is to introduce diners and tasters to new wines that expand the experience so the supermarket wine aisle becomes an adventure rather than a confusion! *Fizz on Foot* now offers a range of locally produced English Sparkling Wine from local East Sussex Vineyards celebrating our fastest growing industry with over 200 vineyards in the Southeast. And not only that there are hampers with wine, cheese, chocolates and cake – what's not to like?

Newart Gallery

And not content with all that Ian has recently teamed up with Peter Patterson to join the *Newart Gallery* in Eastbourne at 7 Hyde Gardens. This newest venture goes back to Ian's roots in art and means he can help bring local artists' work to a new audience in the town.

What's next Ian?



Fizz on Foot tour group on The White Bridge, Alfriston.



Ian on a Chamber tour.



Derek Rochford.

Derek Rochford

FUTURE proofing Eastbourne.

By **Gail McKay**

Derek Rochford, the owner of Telecom Direct came into the Bournefree offices today to talk about what it's like being in business in Eastbourne.

"Eastbourne is a great town, there are so many diverse companies. Everyone knows each other, so I rely on my good reputation and good service. My business comes from recommendations."

Derek has been in telecoms for 25 years and there isn't much he doesn't know about the industry.

Improved customer experience

Recently he's set up the network at *Taylor Sports Bar* at the *Beacon*. They needed to upgrade their WiFi for customers and keep it separate and secure from the staff network.

Additionally, they created a landing page for customers accessing the free WiFi, which enables them to opt in to information on upcoming promotions and events at the bar.

Mark Taylor said, "Derek and the team have given us a secure and reliable network, and we know that we can rely on their support 24/7. Our customers now have the *Sports Bar* experience we want to give them."

Flexible working

Derek has also set up the system at *Custard Design*, who had a *BT Meridian* telephone system with ISDN, where the phone system is on the premises. Now that internet connecting is more reliable, cloud hosting has superseded traditional telephone systems. For *Custard*, this has meant reduced bills, and allowed for easy flexible working. Staff can opt to accept call on their mobiles, should they choose to work from home.

"We're completely thrilled with *Telecom Direct*. We've saved money, it's a far more effective phone

system, and we don't have to call the supplier if there's an Issue. *Telecom Direct* will sort everything out for us." — *Andy Thomas, Custard Director.*

Derek says, "We pride ourselves in taking the hassle out of telecoms, IT and WiFi and internet issues. We are always on hand to sort things out, you'll never be stuck in a queue to a call centre."

Fast WiFi is no longer a luxury

Eagles Hair and Beauty are another happy customer.

"Our customers expect good wifi with their hair experience. While celebrity magazines are a salon staple, clients also want access to fast WiFi to play games, watch videos, or even do a little work while they're getting their hair done. Free, fast WiFi is an expectation, not a luxury. Derek has set up our system, and has kept all of our customers very happy. We've even recommended *Telecom Direct* to our neighbour."

— *Michael, Eagle Owner.*

I asked Derek what he would say to anyone who is considering updating their telecoms system, "If you don't know where to start, we can have a no obligation chat. I'll give you free advice on how to improve and future proof your network. The analogue switch off in 2025 will mean we all have to be ready. I'll probably save you money and provide a more reliable service."

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Dave Cooper

ENGINEERING excellence and improving safety standards.

By **Peter Lindsey**

Dave Cooper is the CEO of lift and escalator consultancy LECS (UK) that has its HQ in Eastbourne and further offices in London and Manchester. He is a former president of the Eastbourne Chamber of Commerce and has recently returned to the town after a period living in Kent.

Dedication to safety

Dave's engineering career spans more than 40 years — dedicated to the vertical transportation sector of lifts, escalators, cable cars. This has taken him all over the globe working on some of the world's most iconic buildings and projects. Alongside his busy professional career, Dave is also a professor at the *University of Northampton*, a board member of *CIBSE*, and an 'in-demand' expert witness, speaker and author.

Notably David Cooper has dedicated the last 30 years of his 40-year engineering career to improving the safety of lift and escalator passengers and engineers. As a result he is widely acknowledged as the worldwide leading expert on lift and escalator safety.

His research into 'falls over the sides of escalators by minors' prompted a hugely important change to the European standard. As a result of his recommendations, all new escalator installations have new designs of guards installed and older installations are having them retrofitted. He also conducted detailed research into incidents, injuries and deaths caused by shopping trolleys and luggage carts on escalators. This also resulted in a significant update to European Standards. Over the years both of these research projects have saved many lives.

Award winning

In 2020 Dave helped develop the *Chartered Institute of Building Services Engineers (CIBSE)* 'Emerging from Lockdown' guidance. He was awarded a *CIBSE President's Commendation* for his tireless work to reflect current research, public health information and adapting to changes in restrictions. In 2021 he was presented with the highly prestigious *Sir Moir Lockhead Safety Award* in recognition of delivering tangible improvements in safety.



Dave Cooper.

As CEO of *LECS (UK)*, a leading independent lift and escalator engineering consultancy, he leads a team comprising some of the UK's most highly qualified and experienced engineers. *LECS (UK)* provide independent consultancy advice on lifts, escalators, cable cars and most forms of mechanical handling equipment to clients worldwide.

Leading author

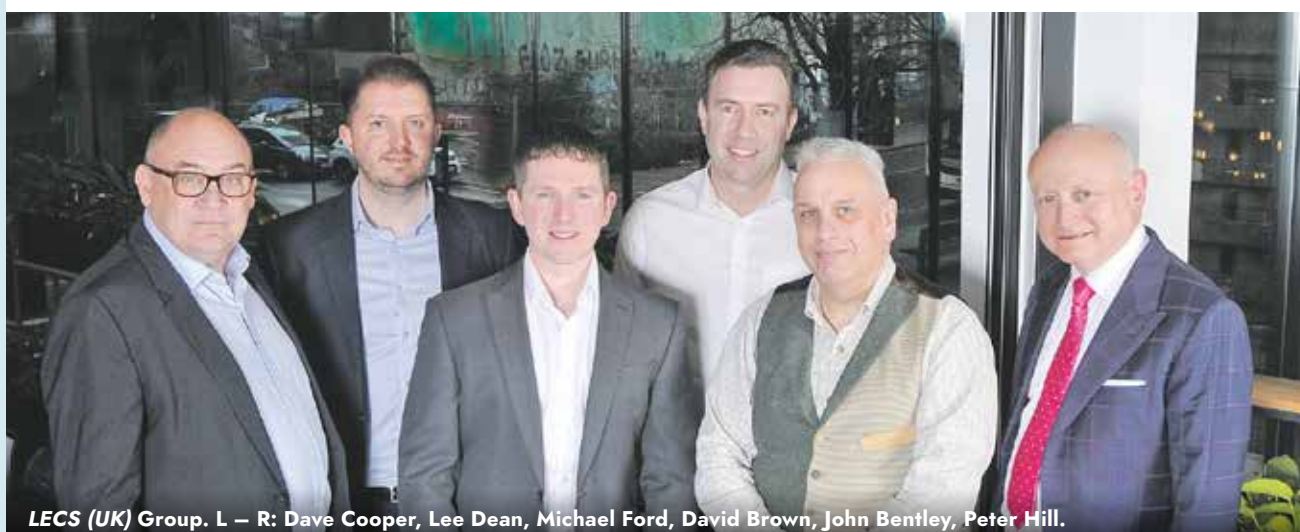
Dave is also an active member of the *Safety Assessment Federation* and has co-authored some of the sectors leading books on safety to include *Elevator & Escalator Accident Reconstruction & Litigation*, *The Elevator & Escalator*

Micropedia and *CIBSE Guide D* transportation systems in buildings.

Impressively, he has advised on over 5000 installations, given expert witness reports in over 2,000 legal cases, working across more than 20 industry sectors.

Phenomenal impact

Chief Executive, Bruce McGill of the *Society of Operations Engineers*, said: "Safety, quality and engineering excellence are by-words for what Dave Cooper represents. The impact of Dave's work — in his lifelong quest to have zero fatalities within the lift and escalator sector — is phenomenal."



LECS (UK) Group. L – R: Dave Cooper, Lee Dean, Michael Ford, David Brown, John Bentley, Peter Hill.

“

The impact of Dave's work – in his lifelong quest to have zero fatalities within the lift and escalator sector – is phenomenal.



Dean Orgill.

Dean Orgill

DEAN Orgill, Chief Executive Partner at Mayo Wynne Baxter, has seen many changes in the legal services sector since qualifying in 1987.

By **Lorna Gietzen**

That year Dean joined Wynne Baxter Godfree as a newly qualified solicitor in their Lewes office. This was before the era of the internet and he dealt with cases in civil, family, and criminal courts.

Many of those courts around the county have long since ceased to sit (anyone else remember Mark Cross or Uckfield magistrates for example?). It was only recently after solicitors were first able to advertise ("touting" was not previously allowed).

However, not only did he find his legal work always interesting and varied but from the beginning of his

career Dean was interested in how the practice ran from a business perspective. That developed quickly and was noticed by the then owners of the business who made him a Partner in 1993 (and Head of Litigation at the same time) and Managing Partner in 1999.

Since then, he has been a Board Member (following the merger of Mayo & Perkins with Wynne Baxter in 2007), Chairman from 2011 to 2021 and Chief Executive Partner from January 2021.

His interest in business more widely has meant Dean being Sussex Chair for the *IoD* (and a Fellow of the Institute), Chair of *Brighton & Hove Economic Partnership*, a member of the *Greater Brighton Economic Board* and Vice-Chair of *Sussex Chamber*. He is also a Trustee of the *South Downs National Park Trust* and a Fellow of the *RSA*.

So, what keeps all of this going we asked?

"An interest in change" said Dean, "as you mentioned there has been a huge amount of change since I began my career – which is not that long ago really (at least I like to think so!). I remain very interested in how things function and interact in a business perspective, and curious about seeing what will come next."

"Change can be many things. It can be scary, it can be challenging,

“

Exceptional service from outstanding people.

or it can be exciting. The one guarantee is that it is inevitable. A large part of my role is to see how things are developing in business generally, and in our sector, to ensure that we maximise any opportunities that may arise.

"'Exceptional service from outstanding people' is our ethos. Keeping that in mind we seek to combine adaptation to changes in how media, methods and processes constantly evolve with the core constant in our business, which is that ultimately what we are is a group of people providing services to people who need our assistance."

"So long as we bear that principle in mind Mayo Wynne Baxter will continue to be successful."



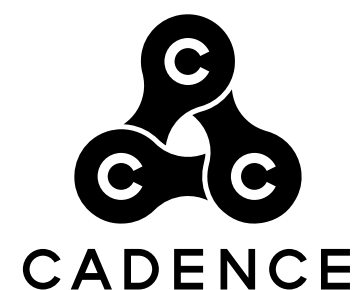
Dean at Wynne Baxter Godfree.





Cadence hub and e-bike hire by the Congress Theatre in Eastbourne.

Photo: Visit Eastbourne.



Roger Myall.

Roger Myall

SPORTING success story – Cadence Cycle Club, Sporta Group and The Saffrons.

By **Peter Lindsey**

Cadence Cycle Club is a developing success story for local businessman and sportsman, Roger Myall.

He, together with business partner, Matthew Jackson, opened the first *Cadence hub* at the *Long Man Brewery* in Litlington on Boxing Day 2020 during a lockdown. It proved a massive hit, providing somewhere for people to grab a drink and a bite to eat whilst out enjoying the countryside.

Further hubs have followed, including one in front of the *Congress Theatre* and more stretching west along the South Downs Way. E-bike hire and guided tours have also been introduced, along with a range of branded apparel and accessories.

You can buy its popular house blend coffee online too, and they now run regular free and ticketed events, such as the upcoming 'SpringFest', 'March March' social walking event, 'E-bike demo days' and 'Forest and Trails Ride Outs'.

Roger says: "In the midst of the pandemic, we all became aware of the rising importance of community, our health and wellbeing. There's nothing better than being able to get out in the countryside on your bike or on foot, either solo or with friends. But there's limited places to stop off for a drink and a bite to eat that are genuinely bike-friendly. And so the idea for *Cadence* was born.

"Our founding hub in the Cuckmere Valley, is in the perfect spot being just off the South Downs Way, and at the intersection of a national road cycling route (Route 2). It's very close to Friston Forest and numerous downland trails plus everything the valley has to offer, whether that's a ride over to the *Rathfinny Estate*, or the hill climb and views that *Firle Bostal* offers."

You can find out more about *Cadence Cycle Club*, its events and e-bike services at cadencecycle.club. The company plan to open more local hubs this year both locally and across the south-east

A sporting background

Roger is also Chair of *The Saffrons Sports Club* in the town, a place very close to his heart, and he shares a

clear vision for the local charitable trusts role within the town, which involves the club being **'at the heart of the improvement of health and wellbeing in the community and the venue of choice for team sports and family activities.'**

According to Roger, "We are very lucky to have such excellent sporting facilities right in the heart of the town. *The Saffrons* is the home of cricket, hockey and football in Eastbourne and the grounds' club house offers a fantastic community and social space. *Compton Croquet Club* is also based here along with *Cargo Gym* and *Saffrons Park Nursery*.

"It's a fantastic place and facility that is here to serve both residents and visitors, whether that's coming to watch a fixture, using the Club House or outdoor space for a function, or enjoying a public event such as our annual Fireworks display.

"As a Board and group of member clubs, we are committed to the

continued improvement and development of the Club to ensure it serves and benefits as many people as possible, from players and club or team supporters, to the wider public who perhaps haven't had an affiliation with the club or knowledge of it in the past."

For Club news, follow [@saffronssports](https://www.facebook.com/saffronssports) on Facebook or visit: www.thesaffrons.org

Going further

Alongside his position at *The Saffrons* and role as co-founder of *Cadence*, Roger is a director of *Sporta Group*. Based within the Compton Estate yet little-known locally, *Sporta* operates worldwide, providing travel, management and media services for wide-ranging sports clients, including several professional UK and international teams and clubs, athletes, players, and some of the UK's leading independent schools.

Visit: www.sportagroup.com



The Saffrons Sports Club.

Richard Garland

ON a mission to do better business.

By **Peter Lindsey**

This month *Gradient Consultants* celebrate one year as an accredited B-Corporation, the global accreditation based on doing business in a way that is good for people and our planet.

Founder Richard recalls, “our vision was coming together, we were so proud”. The B-Corp movement is growing fast and not only were *Gradient* the first Eastbourne based business to attain B-Corp status they were pioneers as construction professionals. It runs in the family as Richard’s daughter Anya, an ex *Moira House* girl, now works for global B-Corp *Ella’s Kitchen*.

The beginning

The idea for *Gradient* came from sitting in the original *Bill’s* café in Lewes some 19 years ago. “Clare, my co-founder and I would sketch out how we wanted to be different, to enjoy what we did and build lasting relationships with our clients”. An innovative chartered surveying and compliance consultancy was born.

Richard started his career with *Grimsby Borough Council* before studying building surveying at the *University of Salford* and working as surveyor at *Lincoln Cathedral*. A position as Estates Surveyors for the then Duke of Westminster’s property company, *Grosvenor* led to a move to London and a post graduate diploma in conservation. Richard’s first Sussex based role was to head up the building surveying team at *Owen Williams Consultants* in Lewes during which time he completed an MBA with the *Open University*.

Love for Eastbourne

Since arriving in Eastbourne, Richard has been a trustee of the *South Downs Learning Trust* and is a director of *Sea Change Sussex*. He has also been an active member of the *Chamber of Commerce*, serving as its president between 2018–2020. “I love Eastbourne, it is a beautiful place to work, live and play.” His B-Corp ambitions extend here too, as

one of *Chamber’s* strategic goals for 2022 is to adopt B-Corp’s Boardroom 2030 concept.

Game changing

Richard spent four years on the *Royal Institution of Chartered Surveyors World Governing Council*, travelling across the globe meeting like-minded professionals. “It was enlightening to see game changing economic and public realm developments up close and learn from those who made them happen”.

Making a difference extends into *Gradient’s* commissions. “We want to work on projects which offer social and environmental benefits at their core”. Recently *Gradient* managed the new *Fishing Quay* development on *Sovereign Harbour*. “This scheme provide a vital hub for the fishing industry in

Eastbourne and provides a huge economic boost to our Town”. *Gradient* is currently working with a number of local authorities on residential schemes for affordable housing and resident safety as well as working as project managers on schemes for Sussex based charities and community interest groups.

Richard isn’t one to sit still and has a prolific list of ultra-marathons to his name. Including the *Ultra Trail du Mont Blanc* and what many regard as the toughest footrace on earth the *Marathon des Sables*.

Better business

So what next for Richard and *Gradient*? “We are a great team and want to look after our people. Our brand needs to be sustainable and inspire. It is more important we build a better business and not just a bigger one”.



Richard Garland.



Alfresco



Section of Geoff Stonebanks' garden, 'Driftwood'.
www.driftwoodbysea.co.uk

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Green and pleasant

IN April the weather tends to remain unpredictable and if previous years are anything to go by, we can experience anything from a possible heatwave to ground frosts and sleet, so, be prepared. The best protection for tender vegetables and bedding plants, if frost strikes, is a cloche or a horticultural fleece. Ensure you cover the tender plants until the frost or cold weather has passed.

By **Geoff Stonebanks**

On the other hand, warmer days can see slugs and snails making an appearance and leaving their mark. They view the young shoots of Delphiniums, Hostas, lettuce and the like as the equivalent of caviar, so make sure you protect any new growth you see.

April at Driftwood

This is the month when I start to empty my garden shed, summer house along with my front and back porches, of their carefully stored treasures. Plants and sculpture that have been carefully protected in their winter homes, start to spill out, back into the garden. This year it is going to be interesting finding new homes, as the garden landscape has changed significantly since last summer, with the creation of the sunken garden and newly paved area

at the back of the house. Pictured in the header are some fabulous blue birds and large blue metal railings that adorn the gravel beds at the top part of the garden.

It is all going to be a bit of a tight fit this season but I'm confident it will all find a home. Come and see for yourselves when we open in June and July, full details on my website.

National Garden Scheme

Easter falls later this month and the scheme has lots of gardens beginning to open for visitors. Saturday the 16th sees six secret gardens open in Winchelsea. On show will be many different styles, large and small, secret walled gardens, spring bulbs, tulips, roses and herbaceous borders. The gardens will be open from 1:00pm through until 5:30pm and refreshments will be available in *Winchelsea New Hall*. Entry cost is £8 for all gardens with children free.

In Seaford, *Cupani Garden*, 8 Sandgate Close, opens on the 20th and 24th of the month from 1:00pm to 4:00pm. It is a small tranquil heaven with a delightful mix of trees, shrubs and perennial borders. The garden has undergone a major renovation through 2020 and 2021. Entry will be £5 with children free and home-made teas served. If you book ahead, you can have lunch too.

Full details on all gardens opening can be found at www.ngs.org.uk

Queens Green Canopy and Platinum Jubilee

Some readers may have heard of the *Queen's Green Canopy*, a unique tree planting initiative created to mark Her Majesty's *Platinum Jubilee* this year, which invites people from across the United Kingdom to "Plant a Tree for the Jubilee". I rose to the challenge and planted a small olive tree at the top of the garden which is now marked with a bronze plaque commemorating the event. The tree has also been plotted on the *Queen's Green Canopy* map.

I plan to open my garden, by appointment, throughout the *Platinum Jubilee* long weekend, 2nd to 5th June. Full details are on my web site but visitors can expect Jubilee decorated cakes, all served on vintage china with beverages in vintage cups and saucers by volunteers in the garden. Who knows, you may well have an unexpected encounter and photo opportunity with Her Majesty too!

Houseplants

Many houseplants are easy to grow, are long lived and can be very rewarding. Whether you are a fan of large architectural plants to use as focal points in a room, miniature plants for growing in terraria, or fascinated by collecting and growing a particular group of

plants like orchids or cacti, there are houseplants available to suit everyone's tastes. I've got over 90. Assorted plants in my house, increased to over 150 when I add in those stored in the porches, through the winter months, from the garden.

Most houseplants are tolerant of many conditions, choose from those suitable for sunny or shady areas. They can be ideal for gardeners with homes lacking in outdoor space and there is a wide choice for rooms with high humidity such as bathrooms and many large-leaved architectural forms for a modern look. What's more many are addictive and very collectable.

The key factor in looking after your collection is to know when to water. This should be done when the surface of the compost becomes dry, drier pots feel lighter than wet ones. Don't just water routinely, check that the pot needs water first. I tend to use a meter to insert in the compost telling me how damp the compost is. Remember, pots dry out faster in winter when the atmospheric humidity is lowered by central heating. Plants in a cool room will need watering less often than plants in a warm room.

It is always good to bring water to room temperature before use, particularly in winter, as cold water can kill. Water the pot thoroughly so that water escapes from the drainage hole.

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

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

The Home Furniture Store

A wide range of garden furniture now available in store and online.



Maple Road, Opposite Tesco, Off Lottbridge Drove, Eastbourne, BN23 6NY
thehomefurniture-store.co.uk | 01323 430 020



Photo: Peter Goldmith.

It's back for 2022

AND host John McCutchan is hoping this year's *Arlington Bluebell Walk* will attract up to 28,000 visitors.

By **Peter Lindsey**

It is open daily from 10am until 5pm between April 13th and May 19th with 23 different charities providing refreshments each day.

The Bluebell Walk has traditionally been incredibly popular and this is

the first time for three years — since Lockdown — that everything will be back to normal.

Great pleasure

John McCutchan said: "I am so pleased that the *Bluebell Walk* will be open fully for 2022.

"It gives me such great pleasure to welcome the public who love to come and see our beautiful bluebells.

"It has been a difficult time for everyone, and now I am very optimistic of a very high turnout for 2022.

Charities benefit

"It is also very pleasing to be able to welcome so many different local charities, who will benefit from money spent on food, drink and the entrance fee."



John has kept incredibly busy during Lockdown, making a series of improvements to *Bates Green Farm*, which is in Arlington, near to both Hailsham and Polegate.

He said: "The farm is looking lovely, and I can't wait to welcome the public back through our gates again."

Unlike last year, there is no need to pre-book, you can just turn up on the day.

Visit: www.bluebellwalk.co.uk for prices and more information.

**Arlington Bluebell Walk
Tye Hill Road, Arlington,
Polegate, East Sussex BN26 6SH
01323 485151**



Come down to Sharnfold Farm this Easter

A POPULAR visitor attraction at Stone Cross is launching its exciting, packed Easter fun programme for families.

By **Peter Lindsey**

The team at Sharnfold Farm are determined to make it the most memorable Easter ever. And the idea is simple: A great Easter themed value for money day out for all the family!

There will be a bumper *Bunny Hunt* Trail running from April 2nd until April 18th, open each day from 10am until 4pm. Children can also take part in an Easter craft activity and will be able to make an Easter mask and egg decoration in the Sussex Barn on selected dates.

Donna Bull, from owner *Kent Entertainment Limited*, said: "We are absolutely delighted that once again everyone will be able to enjoy Easter at *Sharnfold Farm* after what has been a tough two years for everyone. Our focus is to give everyone a top value for money day out!



"We genuinely believe we have so much to offer, and we are reaching out to the community to come and join us.

Bunny hunt

"Families are invited to join the *Bunny Hunt* which winds its way around our farm and woodland trail and is such fun. We know the children will just love searching out those elusive bunnies and hidden letters along the way.

"A prize awaits all children who successfully reveal the word and locate all the Bunnies."

"There is plenty of fresh air and open space to explore in our beautiful natural surroundings.

The farm also has numerous activity panels, three beautiful playhouses, and a play area for everyone to enjoy. And nothing says Easter quite like Spring lambs, and there is the chance to say hello to our fleecy young friends.

"We cannot wait to see everyone down on the farm once again for some springtime fun and frolics.

Sharnfold also has a farm shop stocking local fresh produce and a popular Coffee Shop.

Book early

Advance Booking is highly recommended. For more information, please visit www.sharnfoldfarm.co.uk



Here are the prices:

Easter Bunny Trail

2nd April – 18th April.

Child £3.95, Adults £2.50 per ticket plus booking fee)

www.eventbrite.co.uk/e/288467703667

Craft Activity

(Trail also included)

April 9th, 10th, 14th, 15th, 16th Bookable 30 MINUTE TIME SLOTS

Child £6.95, Adults £2.50

www.eventbrite.co.uk/e/288467703667

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Food&Drink



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01323 746699 |  The Snug, Eastbourne

The Snug

THE Snug Cafe in Trinity Place is a very popular place to go to for food and drink—and it's easy to see why.

By **Harry Farmer**

The Owner Julia Field opened her first Snug in Hailsham in 2015 and then went onto open this larger one in 2017.

The priorities are:

- A very friendly welcome.
- Highest standards of cleanliness.
- A big indoor space and attractive outside area as well.
- It's dog friendly (with treats on top).
- And, of course, the very best food and drink.

The Snug Cafe opens Monday – Saturday from 9am until 4pm.

You can buy a lovely hot drink – or cold – while all cakes are made on the premises.

Freshly made

Hot and cold food, all freshly made for our customers, is served all day, including a full English breakfast and then light lunches, including paninis, delicious jacket potatoes and baguettes.

"We always provide a warm and friendly welcome, which is partly why we have so many regulars at The Snug Cafe.

"We can host groups for private hire, including parties and funerals, and we also welcome groups, such as book, knitting and reading groups.

"We are very accommodating and we have built up a great rapport with our

customers. For some, who may be on their own, it's a safe place to come and chat to people.

"There are two sofas inside as well inside our nice space, which we ensure is cleaned to the highest possible standard."

The Snug Cafe is at The Trinity Centre in Trinity Place.

01323 746699
thesnugcoffeeshop@btconnect.com
The Snug, Eastbourne





Big chain independent

THE *Boship Lions Farm Hotel* has joined the *Best Western GB* family.

By **Peter Lindsey**

The hotel – owned by Sheikh Abid Gulzar – has now reopened.

General Manager Stuart Reed said: “We remain truly independent and under the same ownership. Hiring

local and supporting local business and charities yet receive all the benefits of a large hotel chain.

“I can say since joining *Best Western* in December and being able to be a small Independent Hotel with all the perks of a big chain has been surprisingly rewarding and beneficial.

And BWH’s new campaign **#bookinggood** is doing fantastically well at highlighting the small independent hotel rather than the big Corporations.

Book Good. Book Local!”

New food shop to open on the Pier

A NEW Greek shop is to open on Eastbourne Pier.

By **Peter Lindsey**

The food outlet is called *Greek Gyros*, as you can see from the picture, and it will be opening soon.

The pier is shaping up great and looking forward to a busy spring and summer.

.str/eat to launch in Langney Shopping Centre

ANOTHER fantastic new food outlet is coming at the end of April.

By **Peter Lindsey**

It’s called *Streat Greek* and is another huge new attraction for the booming shopping centre.

streatgreek means true Greek street food served in an environment resembling the Greek island streets but also available for takeaway and delivery.

Tel: **01323 390144**
Email: **hello@streatgreek.co.uk**
Social: **@streatgreek**

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Tuesday to Saturday 12–9 pm
(last order 8:30pm)
Sunday 12–4 pm (last order 3pm)





Peace Ambassador Trainer's book on self healing

NADIRA Seeram was born in Guyana, South America of Indian heritage and raised in Eastbourne.

By **Gail McKay**

After training in western psychotherapy and eastern spiritual therapy with a living avatar, she has brought together her intimate experiences of both mind-body and soul-consciousness systems for the relief of stress and conflict.

Her newly published book entitled '*It is Beyond Me – A Healing Journey*

from Displacement to Awakened Belonging charts the path of her family crossing continents from indentureship (revised slavery) to a legacy of trauma and internal displacement from self. But it also traces the journey of recovery and healing from all forms of identity entrapment and enslavement, and a healing for the soul that is looking for freedom beyond all forms of division and duality.

Founder of *Healing 4 Humanity*, Nadira has worked for fifteen years as a spiritual therapist, teacher, and

trainer of Peace Circles meditation facilitators to reclaim the forgotten heart and indivisible connection to creation and bring it to life.

As well as working with individuals, Nadira holds healing and creativity courses and retreats for any size of group: couples, family, and special interest.

Peace Ambassador Training

To become the peace you want to see in the world will take place over five days in Eastbourne in June.

For more information visit:
Healing 4 Humanity
www.healing4humanity.com

Contact Nadira on **07738 284866**
'*It is Beyond Me*' is available from most online retailers as well as being available to purchase locally.



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Weight loss, keep it simple and succeed

3 SIMPLE steps to losing weight (consistently).

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

Shift your focus from constantly trying to 'lose weight' to living a lifestyle whereby 'weight loss' is a by-product. We must always bear in mind that few people actually get to their target weight and those that do rarely maintain it over the years. Goals and event deadlines help to tilt the motivation and halt the evening urges to open the fridge or the 'danger draw' where the sugary snacks lurk. But by and large, it can become an issue that brings negative emotions and connotations.

In general, the way in which people think who struggle to lose weight is:

"I'll start Monday and give up everything.", then come Friday this plan has gone out the window as they have given up all the things that give them momentary pleasure to minimise the intensity of life's stresses.

This method simply never works over the course of time because it's too drastic, therefore not sustainable. Individual realistic goals are key to have long lasting results.

For the next few weeks lets just focus on 3 things and see what happens.

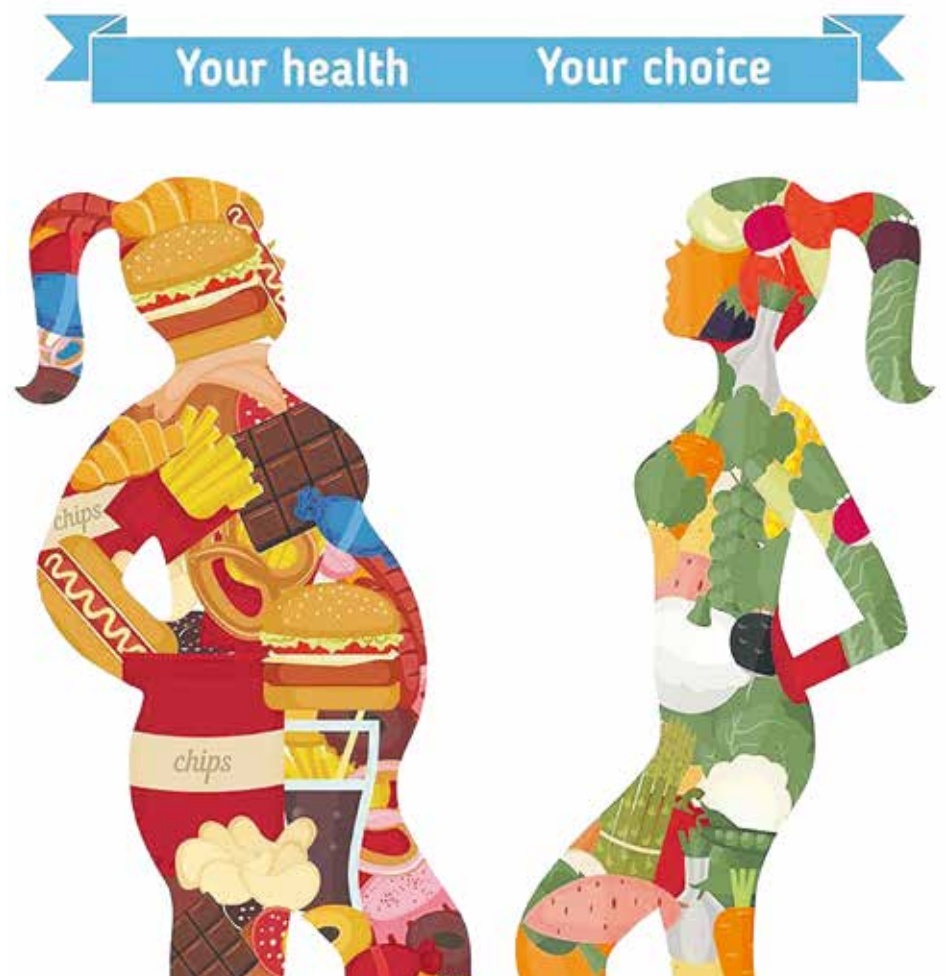
1. Get your heart rate up. Just 20 – 30 minutes of exercise 3 times a week can have a big impact

on your mental and physical well being as well as your waist line. Even if it is exercising at home, swimming in a pool or going for run, push yourself beyond the point where you can have a conversation. For the large majority of people, walking is not exercise. 10k steps a day? Yeah, it's just not really going to do much, unless you're currently doing zero steps a day and are bed ridden.

2. Sugar. It's amazing how it's almost in everything these days. When it comes to weight loss sugar is quite simply, the devil. However much you are consuming now, just half it. Make a note of what you eat in a day, investigate the nutritional information (remember milk is sugar) total it up in grams and then half the amount starting from right now.

3. Consistency is key. Eat 4 times a day, 3.5 hours apart. As a guide use a side plate or desert bowl for size reference for each time you eat. Now, make sure protein is 50% of what you are eating at each time and then you're good to go.

The evening? I hear you... low sugar protein bars are good, as are the vegan ones that are now available in most supermarkets. Quinoa and Hummus crisps are also fine (company called *Eat Real* do them).



No magic wands

It is important to note that there are no magic wands, no 'perfect diet' and no specific exercises that make you lose weight. Focus on your lifestyle, the daily habits and incremental progress. You are going to live in your body for the rest of your life so BE accountable and take full responsibility for where you are today, if weight loss and overall health are the aim then you will only succeed and have consistency if this becomes a by product to the life you are living.

The same can be said for happiness, those who strive for happiness as the main motivator rarely have it, instead search for meaning, purpose and progress. The by product to this will more often than not be contentment and happiness.

Best position

The amount of times we've heard people say this over the years.. "I was really good for the first 2 weeks and then it slipped away as things cropped up." Point being, sustainable daily habits and changes will alleviate this and ensure you are in the best position possible to have lasting progress.

There are many many ways to look at weight loss as it's so multi faceted, you talk to 15 different 'experts' and you'll get 15 different approaches. Find a way that works for you, for your life, to your timetable and then be committed fully to it.

One thing is certain, if you keep doing what you've always done then you'll get what you've always got, only it will get harder as you'll keep getting older.

No blog would be complete without mentioning what we can do for you at either our Meads (Eastbourne) or Hove clinic. Helping people achieve weight loss and fat reduction goals is our business and one we've been in for a long time. Try our flagship treatment, Cryotherapy (fat freezing) a non-invasive way to permanently reduce body fat from hard to shift areas or the *Lipofirm pro*, Still the No.1 treatment for cellulite reduction, skin tightening and body contouring.

CLINIC33



Home and mind improvements

LIFE can be stressful at the best times, but here are my top tips to make your house into a home.

By **Rachel Lucas**

Your quality of life arguably has two main factors – physical and mental. We spend so much of our lives inside, so it only makes sense to improve how we feel at home.

Clear your space and mind

There’s no denying that sense of satisfaction you get from transforming your messy home into a livable area. Countless studies have proven that when your space is tidy, so is your mind.

Tedious as it may be, even the most daunting tasks make us happier in the long run. The rise in endorphins (a hormone that helps us be happy) has many benefits, including better sleep, increased productivity, and even better focus. So pick up that shirt and dust those shelves to feel better and live better.

Upgrades

DIYs are the perfect pastime. You improve your home, and the focus that comes with you can be a great way to calm your mind. Creating and making things yourself also gives you a sense of pride and achievement. Find a project that you’ll be passionate

about doing. Define your style and aesthetic, all while developing new skills and relaxing.

In the kitchen

By cooking your food at home, you can take full control. You get to choose what you eat and simply by making your food you can clear your mind and relax your body.

Kitchen tasks such as chopping and stirring make cooking meditative. By doing something physical, you won’t be distracted by the chores of the day. Another benefit is cooking engages our senses and so can activate memories. Allow yourself to be immersed in these memories as you cook. These acts can be relaxing and help rejuvenate your mood.

At-home fitness

There are lots of at-home activities that you can do to clear your space and improve your health. Even dancing as you do your daily chores will help! Many studies have shown that doing physical activity can improve mental health. For example, it can help with: better sleep – by making you feel more tired at the end of the day, happier moods – physical activity releases feel-good hormones. There’s no reason to stay still!

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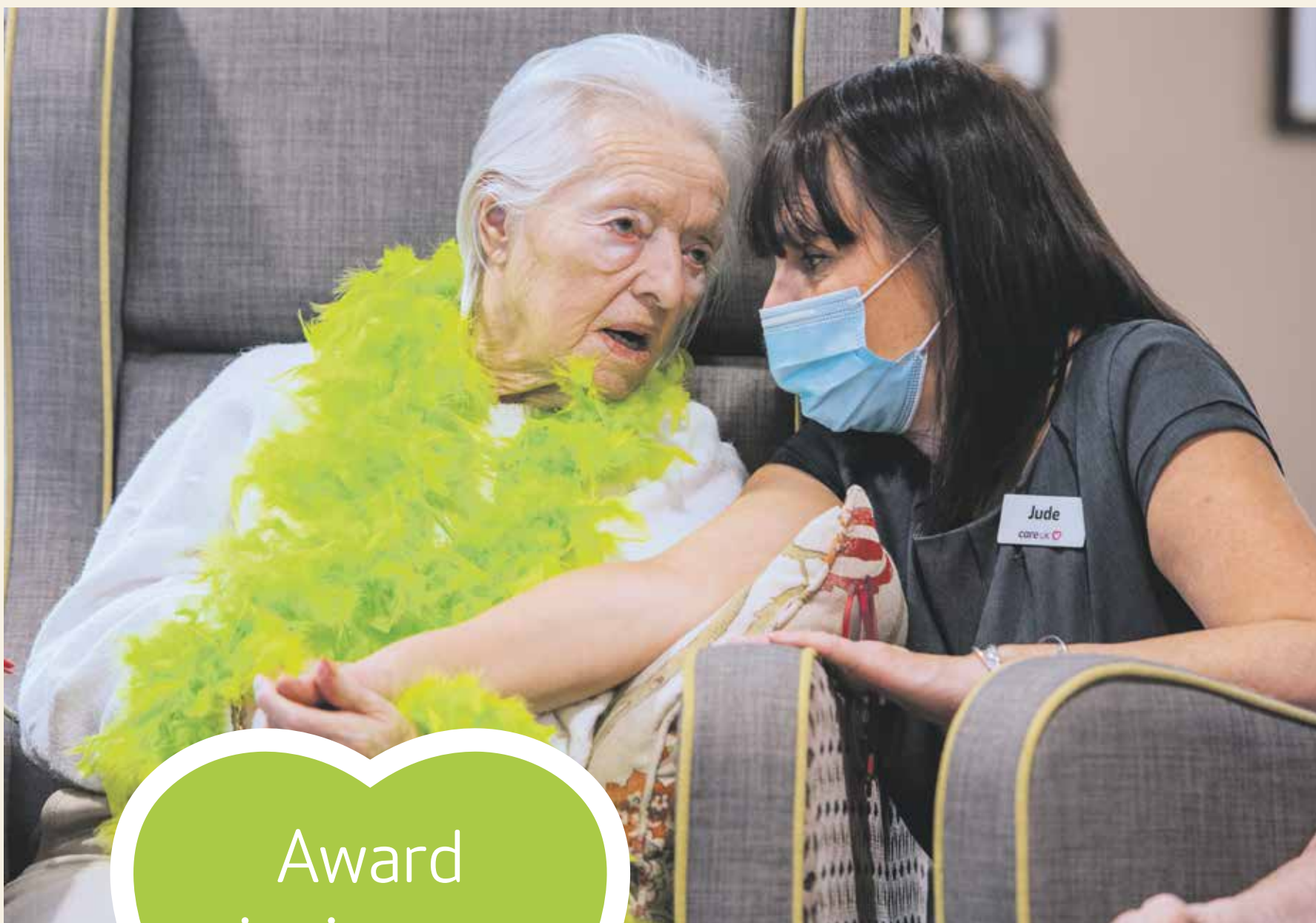
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Misconceptions of Estate Agents

It wouldn't be a surprise to anyone reading this to say that estate agents don't have the best of reputations.

By Pauline Canham, Sales Manager at Crane & Co



Estate Agency is like any other business – whatever the industry or vocation there's the good, the bad, the indifferent, the outstanding and the truly awful.

Having the privilege of working in this wonderful industry for nearly 40 years means thousands of hours of contact with other estate agencies – usually in chains connected to our clients transactions. Over these decades we too have experienced, from those agents, everything from the outstanding service to the truly dreadful (we won't name the guilty here – that's another article altogether!)

The best are still the best

One observation we have been able to note is that the best are the still the best, year in - year out and the worse seldom get better. This says a lot about the ethos of those at the top of those companies. Do they genuinely treat customers the same way they would treat a family member or is their eye narrowly focused on the fee above all else?

As a society we all shop differently now, we explore the internet for what we are looking for, whether that is cars, clothes, tradespeople or buying a house. Ten years ago, who would have even considered

buying a car on the internet without seeing it 'in the flesh' and test driving it?

Yet today, such a method of purchase is very normal (we've done that ourselves and had a great experience).

Reputation and reviews are key

The company's reputation and customer reviews on Facebook and Google are often key considerations to whether you choose to buy from them or use their services. You want to do business with a company that has a brilliant reputation, a team you can trust, who has a wealth of experience in their field and understands you and your desires. Empathy and understanding are words thrown around in marketing but does it really run through the core of that business and its staff?

"It takes 20 years to build a reputation and five minutes to ruin it. If you think about that, you'll do things differently."
- Warren Buffet

Contrary to belief, all estate agents are not the same. You may think, 'you all sell houses - what can be that different?'

Think about your everyday life, we all buy food, clothes, we eat out, but we often have a preference to a food chain or product brand. But most important of all is how you felt about the service you received. Competing businesses all offer the same fundamental goods or services but how they deliver that service is the element that separates the 'great' from the 'bad'.

Of at least equal importance is the estate agents processes employed when selling your home. If your estate agent is simply listing your home, uploading it to the property websites and waiting for enquiries and viewings – you are highly unlikely to achieve the highest possible selling price.

'Marketing Strategy' isn't just a buzz-phrase, it's a proven, finely tuned and comprehensive programme of events which cleverly and carefully build interest in your home leading to a highly promoted Viewing Event and that's just the start! The way viewings are handled and managed, and the processes employed to negotiate the best possible offers from competing buyers, are also integral parts of a proven Marketing Strategy.

Like you, we are customers too...

In business, especially Estate Agency, our equipment, our tech, our training, our staff, our digital asset creation and our collaborators are all assessed, tested, re-assessed, re-tested and constantly monitored to ensure we achieve excellence in everything we provide to our clients. Those same assessments that matter to you matter to us. The experience we see as customers ourselves (at work and at home) helps us add that extra sparkle and power to the service we provide our clients.

As for Estate Agents, yes, we all sell houses, but the 'DNA' or the attitude of a company – its professionalism, it's honesty and its staff integrity is very definitely not the same from company to company.

The Best Estate Agent

At Crane & Co, we provide buyers and sellers with access to one of The Best Estate Agency teams in the country (The Best Estate Agent Award winners - 5 years running), and one of the most advanced services at the cutting edge of estate agency. We combine this technical expertise with important traditional values born out of over 100 years of local experience.

Little things make the big things happen

It is the little details that are vital and it's the little things that make the big things happen.

The company who makes the **BIGGEST** difference is the company who do the **LITTLE** things exceptionally well - consistently.

If you'd like an example of how the little things make the big things happen, independent analysis by Get Agent shows that our team at Crane & Co achieve a much higher selling price than our competitors.

If a move is something you have been thinking about now or in the future, it's never too early or too late to get in touch with us and experience the little things and the big things for yourself - so why not give us a call? You'll find us a very easy to talk to bunch of property professionals with a keen focus on making your move perfect, rewarding, even enjoyable.

Call us today - it could be the best move you make!



Sell first or buy first? Solving the home moving 'CATCH 22' conundrum

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

By Mike Crane

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

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

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

So, what is the solution to this problem?

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

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



Scan the QR code here and visit our Active Reservation Guide.

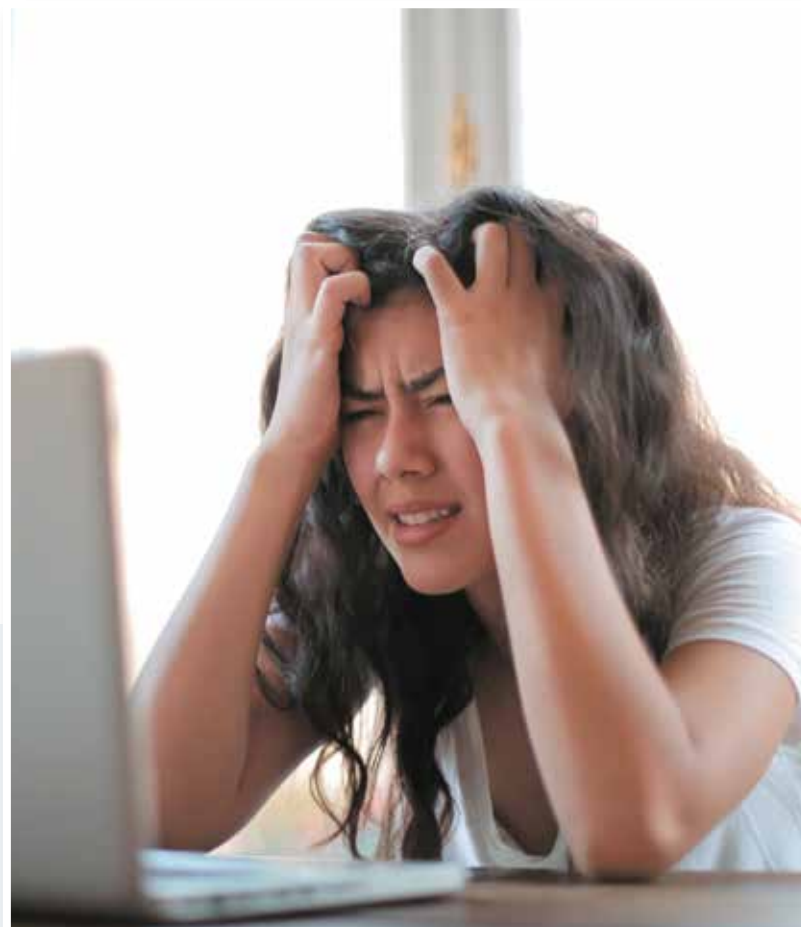
We have a hugely experienced team – independently rated as one of the best estate agents in the country.

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Scan the QR code here to get your free step by step guide.

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The return of Wyntercon

WE'RE delighted to announce *Wyntercon* will be returning to the *Eastbourne Winter Gardens* on the 10th and 11th September 2022!

By **Andy Kybett**

Now in its ninth year, this autumn will bring an even wider range of attractions, entertainment and curiosities for families to discover.

There will be exhibits, photo opportunities, workshops suitable for all the family, artists, authors, and traders and even a few special guests.

The biggest cosplay competition on the South Coast will be back, bigger and better than before!

Entries are suitable for all levels of ability and ages.

As before, they have all been gathered together with the same love, affection, inclusion, and spirit of encouragement that has made the *Wyntercon* event one of the best genre conventions on the circuit.

Break from the world

Our cumulative knowledge of creating conventions has been put into making this one of the best sources for entertainment, wonder, education and a whole lot of fun to give people a spectacular break from the world outside for a while.

Unforgettable experience

Come and visit *Wyntercon IX*: experience this family-friendly celebration of all things fantasy and sci-fi for yourselves. It'll be an unforgettable experience, and remember – It doesn't matter what world you're from, you're welcome in ours.

Tickets are on sale from www.onlineticketseller.com and also in person from the *Welcome Building*, Compton Street, Eastbourne.

We look forward to seeing you in September.



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April theatre highlights

Andrew Lloyd Webber's *School of Rock – The Musical*
Same Time, Next Year

Barry Humphries, *The Man Behind the Mask*

By **Harry Farmer**

There's plenty of choice at **Eastbourne's Congress and Devonshire Park Theatres** this April with a selection of shows for all ages from; **Andrew Lloyd Webber's *School of Rock – The Musical***, to the funny heartfelt romance of ***Same Time, Next Year*** and the musings of comedy legend **Barry Humphries** who brings his brand-new show ***Barry Humphries, the Man Behind the Mask***.

Tickets are selling fast for Andrew Lloyd Webber's ***School of Rock – The Musical***, this Olivier Award-winning West End hit show is coming to Eastbourne's *Congress Theatre* in the 2nd week of the Easter School Holidays, 12th – 16th April, making it an ideal school holiday delight. Forget the Easter Eggs and instead treat your mini-rockers to the ultimate music lesson!

Based on the hilarious 2003 hit movie starring Jack Black, this musical follows failed rock star Dewey Finn who poses as a substitute teacher at a prestigious private school. There he turns a class of straight-A students into a guitar-shredding, bass-slapping, mind-blowing rock band – sensationally performed live by the production's young actors every night with roof-raising energy!

School of Rock – The Musical features new music written by Andrew Lloyd Webber with lyrics by Glenn Slater (*The Little Mermaid*, *Sister Act*) and a book by Julian Fellowes. It played in Broadway for over three years and received four Tony nominations. Then transferred to London in 2016 and ran for over three years, winning an Olivier Award for Outstanding Achievement in Music.

Andrew Lloyd Webber's ***School of Rock – The Musical*** is at the *Congress Theatre*, Eastbourne while *Schools Out for Easter* from 12th – 16th April, nightly performances at 7.30pm and 2.30pm matinees on Wednesday, Thursday and Saturday. Tickets priced from £25.50.

If you prefer your trips to the theatre to be a little less Rock and Roll and little more Easy Listening Romantic Ballad then the Tony award-winning play ***Same Time, Next Year*** is the perfect option! This fabulously funny and heart-string-tugging show has been revived by acclaimed production company *London Classic Theatre* and heads to Eastbourne's *Devonshire Park Theatre* from 5th – 9th April it's the perfect excuse for a night of romantic indulgence!

Doris and George meet in 1951, a chance encounter in a Californian hotel that leads to a passionate one-night stand. Both are married to other people but, soon aware that this might be the start of something, they promise to meet 12 months later. So begins a romantic love affair that lasts 25 years.

The play charts their lives through the ups and downs of parenthood, career highs and lows as well as the shifting fashions and morals of the passing decades.

Bernard Slade's acclaimed play paints a bittersweet, nostalgic and very funny portrait of two flawed but likeable characters who find themselves in the most unusual of long-term relationships.

Make a date you won't regret for ***Same Time, Next Year*** at the *Devonshire Park Theatre*, Eastbourne from Tuesday 5th – Saturday 9th April, nightly performances at 7.45pm and Wednesday and Saturday matinees at 2.30pm.



School of Rock – The Musical.

Photo: Paul Coltas.



Same Time, Next Year.

Photo: Sheila Burnett.

But if you'd prefer a night of raucous laughter there's no better company than spending a night with comedy legend and National Treasure **Barry Humphries**! The man behind the iconic comic creation Dame Edna Everage (while also being a satirist, Dadaist, award-winning writer, actor, film producer, West End musical theatre star and an accomplished landscape painter), who will take you on a revelatory trip through his colourful life and theatrical career with this new show ***The Man Behind the Mask*** at the *Devonshire Park Theatre*, Eastbourne, Thursday 28th and Friday 29th April, 7.30pm. Tickets are selling fast and booking is advised.

This intimate, confessional evening will be seasoned with highly personal, sometimes startling, and occasionally outrageous stories. Now aged 88 this is the first time **Barry Humphries** has taken a tour out as himself rather than as his alter-ego's which include the larger-than-life Dame Edna Everage and the boorish Sir Les Patterson. Plus some special guests might make an appearance via the wonders of modern technology!

Tickets for all these shows and more are available to book via phone **01323 412000** or online eastbournetheatres.co.uk check out the website for the full list of what's on and treat yourself to a night out at the theatre – you deserve it!



Barry Humphries.



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.

www.jbmmusic.com



Vintage returns

EASTBOURNE Vintage Festival is back again at Gildredge Park for the August Bank Holiday from the 26th to 29th and it's going to be a great one this year.

By **Faiza Shafeek**

With so much on offer such as great live music, a vintage funfair, vintage car display, everything vintage from style to antiques, a huge festival bar and great food offering delights from all over the world, plus Royal Jubilee Year Tea Marquee.

And to top all that you also have three nights of open-air cinema,

this year to celebrate 50 years of ABBA. We will be showing the sing-a-log versions of *Mamma Mia* on the Friday night and *Mamma Mia "Here we go again"* on the Sunday night with *Bohemian Rhapsody* on the Saturday night.

Early Bird tickets are available now at eastbournevintagefestival.co.uk

If you want to be one of the festival's prime traders, or entertainers then email us at: info@carrotevents.co.uk





Fantastic family all day event

LEWES Music Festival – a day for the whole family at the Stanley Turner Ground, home to local rugby team The Lewes Lions.

By **Becky Taylor**

Enjoy a rugby tournament played in the morning with music, food and drinks all through the day, plus plenty of stalls and fairground fun.

Only a five minute walk from Lewes train station, the Stanley Turner Ground is a great location for a music festival, plenty of space for stages and stalls.

The music festival promises to be a great day and evening with artists such as *The beat* and the famous *DJ spoony* finishing the evening. Local DJ's *Phats & Small* will play a festival upbeat session to get us all in the mood

during the afternoon and we have more than a few local and up and coming artists who are just amazing. *The Gecko Club* from London, *Txt talk* from Hastings, *Full Tilt Collective* and our very own *Matt Ginno* playing so far. More names to come.

The food stalls will be a mixture of great international food catering for all tastes, there are rides for the little ones, face painters and an eclectic mix of stalls.

It's going to be a great day for the community raising funds for the local rugby club, grass roots rugby and local charity St Peter's and St. James.

For more information and early bird tickets please visit:

www.lewesmusicfestival.co.uk

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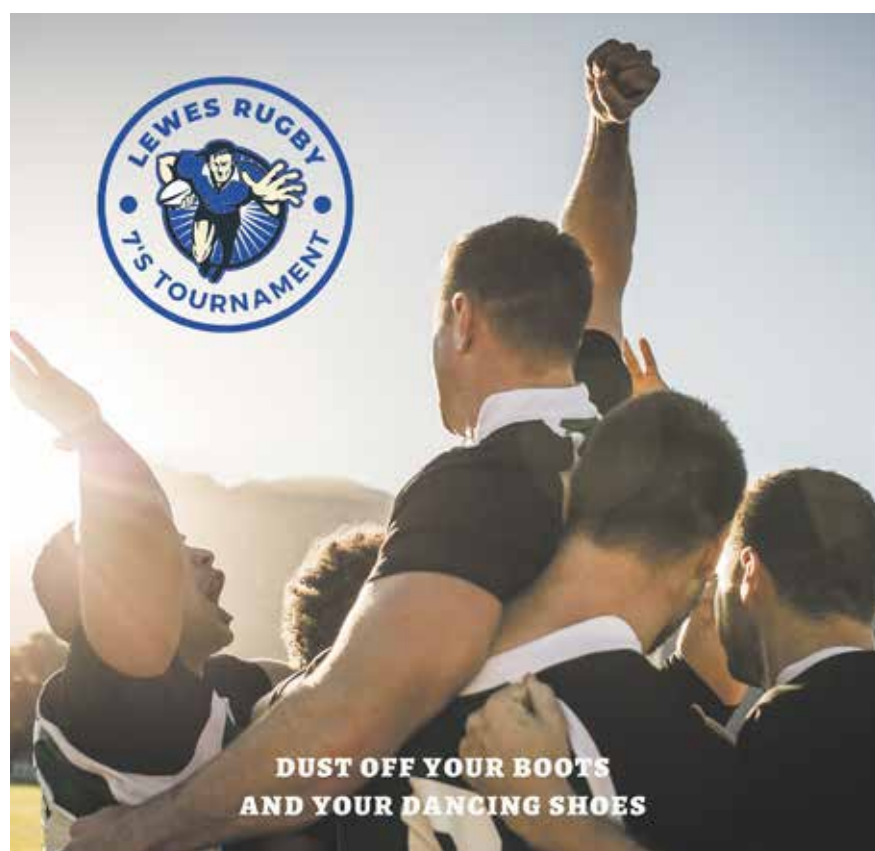
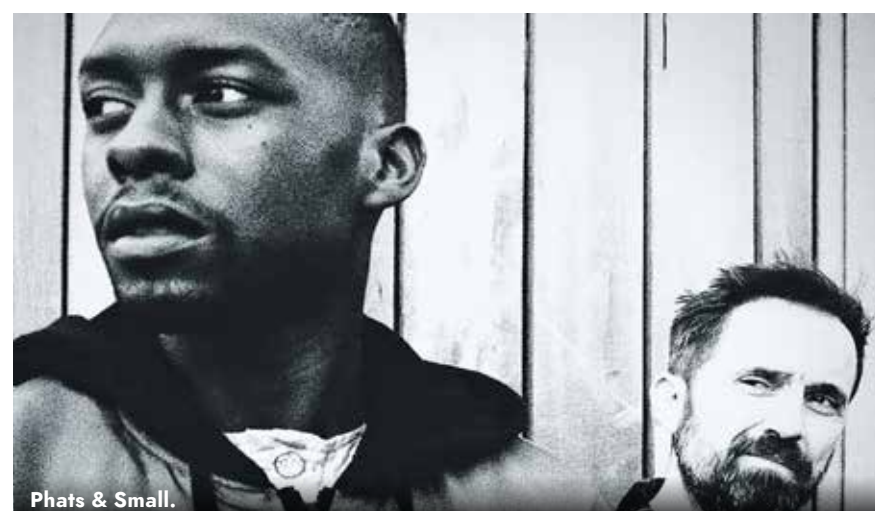
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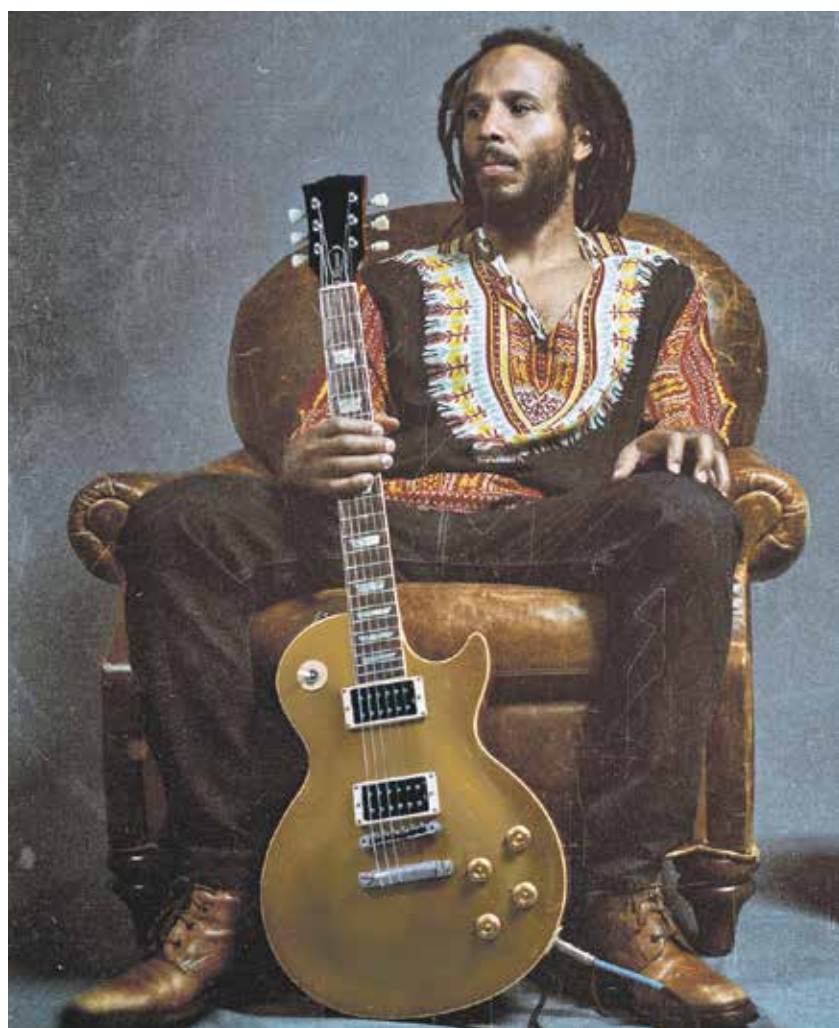
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Ziggy Marley

PERFORMS the music of his legendary father, Bob Marley, in a live tribute.

By **James Tovey**

With the pandemic and all its restrictions well and truly behind us the need to dance in the sunshine is strong, luckily – Hastings Pier have a huge summer of events planned!

June looks like its shaping up to be a month to remember on the iconic structure with June 11th in

particular a date to save for all fans of Bob Marley (That's everyone right?!) as **Ziggy Marley** performs a tribute to his fathers music to celebrate 50 years to the day that Bob played his very first UK gig!! – Alongside a cast of Reggae legends including **David Rodigan, Aswad, Congo Natty** and **Saxon Sound**.

Our advice...

Get your tickets quick – Available online from www.skiddle.com



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