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PERSONAL MISSION
TO HELP OTHERS

Levi and Shannon's fundraising event to buy memory boxes.

OLIVER'S AMAZING
POSTCARDS

Talented teenager's drawings raise money for Eastbourne RNLI.

05/22 Issue 023
May 2022

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Bournemouthfree



Ziggy Marley performs the music of his legendary father, Bob Marley. See page 53

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Club '97 is simply the best

THE mission of *Club '97* is to preserve and present the history, evolution and cultural significance of human sexuality.

The Club produces artwork to the widest possible audiences and is committed to encouraging public enlightenment, discourse, and engagement.

In the very heart of Eastbourne, our industrial cocktail carnival meets the quirkiness of The New Age – where bright colours and neon signs pop from an array of flowers entwining through the club of passion.

Enjoy high end cocktails and beats surrounded by artwork embellished with exotic features.

That is the exciting and positive message from owners Levi Scott and Shannon Wood as the popular venue in South Street reopens on May 6th.

By **Peter Lindsey**

Truly amazing

It has undergone a complete revamp and now looks truly amazing.

"We are the number 1 place to be in the Eastbourne nightlife scene.

"We offer a completely unique choice. This is the place to be in Eastbourne – whether you want a cup of coffee or high-end cocktail."

Anton Mellor is the new manager. He's vastly experienced, managed his first pub aged just 19 and has worked in the hospitality sector for 11 years, including in top London venues.

Club '97 opens from noon daily, closing at midnight five days of the week and 1am Friday and Saturday nights.

These are some of the main attractions:

- A new Top-quality cocktail menu different to anything seen in Eastbourne before.
- Highly experienced staffing team.
- Premium beverages, including the famous premium Japanese lager and drinks supplied by the *Meantime Brewery Company* in London.
- Live DJ at weekends.
- Two floors for our clients which offer two different experiences depending on their requirements of the night.
- Newly developed heated back garden.
- We are also proud to announce our new front seating area which consists of quirky funky furniture for our adventurous clients.
- Our Club kitchen is also due to open shortly serving a variety of delicious, tasty bites.
- We open at 12 daily and offer an afternoon tea and coffee service.
- New dance which will allow our clients to express themselves further and really enjoy their time at the club.

Live entertainment

Levi and Anton said: "We are determined to make *Club '97* the biggest hit not just in Eastbourne but in the south.

"There will be regular live entertainment with an emphasis on fun. The neon lights will change regularly so too will our amazing artwork, giving our clients a new experience each visit.

"We provide a different vibe and different experiences. The downstairs bar will have more of a lounge feeling, and upstairs full-on club vibes.

Premium feel

"We have VIP areas; and strive to give the premium feel delivering the best service to all our customers.

"We will be putting on a show for our customers every time they come into *Club '97*, this isn't just your average night out.

"People will come here for a show, for a great time and we are going to deliver big time.



"I cannot stress highly enough the quality of our new team. We've handpicked the very best people with the experience we need to make *Club '97* what it is today.

"All of our drinks are amazing. The atmosphere is great, and people will get the best of both worlds, upstairs or downstairs.

"All our drinks are top quality; this is not your standard cocktail bar."

Club '97 now offers adult interactive gaming, from classic pac man machines to grabbing machines that clients can win BIG on.

Community-focused

Levi is also keen to stress that he wants to keep *Club '97* community-focused, and he welcomes contact from local charities to organise sponsored events outside and inside the establishment.

We are a club that promotes equality and diversity, we want to encourage the younger and older generations to come together here, to feel safe and welcome. A place that suits everyone's needs, in the best possible ways.

"I cannot stress highly enough the quality of our new team. We've handpicked the very best people with the experience we need to make *Club '97* what it is today."



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www.bournefreelive.co.uk



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**Our next edition will be
 distributed from June 6th.
 Make sure you are a part of it.**

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Eastbourne attempts to bounce back after Lockdown

IT'S been another busy and exciting month in Eastbourne as we climb out of Lockdown.

By **Peter Lindsey**

First, we must say how well Langney Shopping Centre is fighting back with several new shop openings.

The new MG dealership on the former Barclays bank site is just the latest addition.

The centre always seems busy with a packed car park, no doubt helped by the free parking.

There is no doubt that has an impact, with car parking charges so appalling high in Eastbourne Town Centre.

Another undoubted success story in Eastbourne Town Centre is *Maybugs*.

It's proved incredibly popular since opening last year, and now it has been shortlisted for two top business awards nationwide.

Well done to *Maybugs*!

The biggest debate this month continues to be the closure of Eastbourne Bandstand.

This really is so sad and should have been avoided at all costs.

Mr Gulzar (owner of Eastbourne Pier has offered to take it over, but the borough council won't want that.

He says he would be committed to get it reopened within three months.

There is similar disquiet at the *Motcombe Pool* remaining closed and no sign yet of the Dotto Train.

If ever Eastbourne needed a positive and successful summer, this is the one.

It was a bumper Easter weekend with the lovely weather — let's hope for more of the same for the rest of the year.

We've had another successful four weeks here at *Bournefree*, both online and in print.

More and more businesses and community groups are working with us.

We love it and are happy to talk any new potential links locally.

Have a great month everyone!

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.



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Lightning Fibre expands into Meads

LIGHTNING Fibre has launched a new Full Fibre service in Meads.

By **Peter Lindsey**

It will deliver hyper fast broadband to more than 6,000 more Eastbourne homes and businesses.

Christina Ewbank, CEO at *Eastbourne Chamber of Commerce*, cut the ribbon.

She said: “*Lightning Fibre* is a real, local success story; employing hundreds of local people, investing heavily in our town and bringing multi-gigabit connectivity to Eastbourne.

“*Lightning Fibre* are “levelling up” the area, for the Digital Age, and the Chamber is very happy to offer its ongoing support and encouragement to this great local company.”

The company is rolling out across the whole of Eastbourne, and rapidly expanding across East Sussex. The



Ben Ferriman and Christina Ewbank.

build is planned to meet areas of high demand first, so the public are encouraged to register their interest online to help the company optimise the roll out.

Ben Ferriman, *Lightning Fibre's* Founder and CEO, added, “As this

is our hometown, we’re thrilled to be making such a huge impact and we’re delighted by the uptake thus far. We’re working fast and hard to deliver full fibre to the town. We’ve worked sensitively in Meads, working in conjunction with local stakeholders to protect the conservation areas.”



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EASTBOURNE PRIDE 2022

EASTBOURNE Pride 2022 is a fun, family friendly, all-inclusive music event for the whole community and this year the Parade is back!

By **Peter Lindsey**

Starting at Eastbourne Pier, the colourful procession showcasing Eastbourne's charity and community groups, businesses and schools will make their way to Princes Park where the day of celebrations will begin.

There is an amazing line up of performers to keep the crowd dancing all day with some of the best tribute acts in the country; **ABBA Magic, Helen Ward Jackson as ADELE, ALMOST PINK, The Pentacle Drummers, Miles Goodall, Mikey James, Elberace – Gay Elvis**, and many more.

With a huge variety of food and drinks stands and stalls, it promises to be a really fun day of *Pride* celebrations.

Book your tickets online at: www.eastbournepride.org/tickets or pop into the *Bourne Out LGBT Café*, open Fri, Sat, Sun & Mon 11am – 3pm.

There are still sponsorship opportunities available, please contact info@eastbournepride.org for more info.



DO YOU WANT TO SEE A TIME WHEN FOOD BANKS AREN'T NEEDED BECAUSE EVERYONE HAS ENOUGH MONEY TO LIVE?

Be Part of the Change

At Eastbourne Foodbank, we are working towards the end for the need for food banks in the UK.

We are seeking volunteers to join us on this journey. This role involves volunteering as part of a new campaigning team within Eastbourne Foodbank to seek change on a range of issues. This team will campaign to ensure everyone can afford the essentials in life and to create a hunger-free future — one where food banks are no longer needed.

Full training and ongoing support will be given. The time commitment will be whatever volunteers are able to offer, usually 1–8 hours a month.

If you'd like to find out more please contact Jess Holliday, Campaigns and Communications Manager, for an informal chat on **07729 882609**



SINCE THE £20 UPLIFT WAS REMOVED UNIVERSAL CREDIT STANDARD ALLOWANCE IS CURRENTLY SET AT:

SINGLE PERSON UNDER 25 – £257.33*

SINGLE PERSON OVER 25 – £342.84*

COUPLE UNDER 25 – £403.93*

COUPLE OVER 25 – £509.91*

*PER MONTH

The True Cost of Living

Too many people are being left with no option but to use a food bank, with many feeling the devastating impacts of the recent cut to Universal Credit following the biggest cut to welfare since World War II.

Now, as food and energy prices soar, families facing hunger and poverty across the UK are about to receive yet another blow to their incomes.

Every year, benefit payments are uprated (increased) in line with inflation so people can afford the essentials we all need in life to get by.

The rate of inflation is forecast to increase by at least 7% — but the government's annual uprating won't even cover half of this rise. This doesn't add up. Everyone should be able to afford the essentials. No one should need to use a food bank to get by.

Read the Trussell Trust's full research on the true cost of living at: www.trusselltrust.org



TOGETHER, WE CAN END THE NEED FOR FOOD BANKS



For MiMi.

Personal mission to help others affected by the loss of a baby



LEVI Sharrod-Scott and partner Shannon Wood are planning a fundraising event for a charity close to their hearts named 4Louis.

By **Peter Lindsey**

Their baby girl Mia was born on June 26th, 2021 and died on September 2nd 2021.

The day MiMi passed, they were handed over a box by a company named 4Louis.

"It contained some of the most precious keepsakes we could imagine," recalls Levi.

Each box costs £15 and the couple now aim to raise £1,500 to buy 100 for parents in a similar situation.

Levi said: "We were able to have MiMi's hand and footprints done for her. Mummy was also given a beautiful little bear and so was MiMi, both bears identical.

"One sleeps with MiMi, and the other with mummy every single night, keeping their connections so beautifully in-sync.

"We lost our girl that day, but we know she's here, in other ways, we can feel her, and nothing will ever change that.

A memory to cherish

"This precious memory box means so much to us, and we would love to be able to fund 100 more boxes for bereaved parents all over the country to have this opportunity of a memory to cherish.

"One box is just £15, to be able to know that 100 other parents who shouldn't ever have to be in this position at least are given the chance to cherish anymore memories, would mean something to us.

"I want to make it my mission to raise £1,500."

Fundraising For MiMi

So, Levi and his two brothers, Jack Sharrod-Scott and Keilan Sharrod-Scott are heading 15,000 ft (3 miles) above the ground later this month to jump from the skies and dive back down to earth — all to fund these boxes.

Go to Fundraiser by Levi Sharrod-Scott: **For MiMi ❤️ (gofundme.com)**

Sadly, miscarriage or the death of a baby or child is not a rare occurrence. Every day in the UK, around 15 babies sadly die before, during or soon after birth.

One in four pregnancies sadly end before they reach 12 weeks of pregnancy and without 4Louis those bereaved parents wouldn't be able to have the memories, closure and support they deserve.

4Louis provides useful tools, equipment and training free of charge to hospital units, hospices and other professionals who sadly have the job of comforting grieving families who suffer a miscarriage, stillbirth, neonatal or child death.

4Louis memory boxes are tailored to suit the needs of various units and contain many items to help inspire bereaved families to capture mementos of their baby or child.

4Louis currently supplies eight different style Memory Boxes.

Go to: <https://4louis.co.uk>

This gives them something to talk about and encourage the family's involvement in capturing these precious keepsakes.



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Charity goes Swoove crazy at the Co-op!

A SUSSEX charity went Swoove crazy outside the Co-op in Eastbourne's Framfield Way store.

By **Peter Lindsey**

Members of SASBAH – the Sussex Association for Spina Bifida and Hydrocephalus – were out in force as they raised more than £800.

The charity is based at Gun Hill, Chiddingfold, and has a large presence in Eastbourne and across Sussex.

CEO Rom Sanglaji said: "The sun was shining, and we were delighted to entertain customers outside with Swoove led by the amazing Jo.



"During Lockdown, we provided support for many of our members online with various activities, and Swoove was just one of them.

"Jo is fantastic and has become a great friend of our charity.

"We are very grateful to the Co-op which has provided support for SASBAH across its shops in Eastbourne."

SASBAH has more than 50 years' experience in supporting and developing the health, wellbeing and life opportunities of people with Spina Bifida, Hydrocephalus and other related conditions.



Please visit: <https://sasbah.org.uk>

TRIBOURNE EASTBOURNE TRIATHLON

SUNDAY 12th JUNE 2022

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Run: **2.5km**

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Carnival is coming!

4th June – Queen's Platinum Jubilee Weekend!

EASTBOURNE Carnival is now just a month away!

By **Mina O'Brien**, Chair

We are delighted with the applications we have received from entrants – and there is still time to enter if you want to.

NEW for 2022! **'Everyone's Carnival'**

In addition to being able to register for Carnival as a business, community group or charity – you can also now register as an individual, couple, family or group of friends and be part of the Carnival band – 'Everyone's Carnival'.

All you need to do is submit your entry and mark as individual for each entrant that wishes to take part. You will then be contacted and invited to join the Carnival Band.

Last few Carnival workshops!
If you are looking for inspiration for your carnival entry – take advantage of our FREE Carnival workshops.

Cherry Dance is holding Dance workshops to help with basic performance and steps for the parade.

Cotton Candy and *Mucky Mermaids* are helping with Customer inspo so you can create something unique and spectacular for the event.

Head to our *Facebook* Page and click the Events tab to see remaining dates.

Volunteer as a Marshal

We need volunteers to help us Marshal the event. You will need to be available from around midday until 5pm approx. on Carnival Day.

Training has been arranged for 7:30pm on Wednesday 1st June.

To register as a Marshal please visit the website:

www.eastbourne carnival.com/volunteer-form

From Notting Hill to Eastbourne

Plans are afoot for an opening parade to take place in town centre just before the main event.

We have arranged for large costumes that have previously been part of London *Notting Hill Carnival* to give us a bold, bright lift off to an afternoon of Carnival fun!



Don't miss your chance to be part of Eastbourne Carnival 2022!

Visit our website and social pages to keep up to date with our latest news, and contact us with any queries you may have.

We look forward to seeing you on 4th June!

www.eastbourne carnival.com

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Present

THE QUEEN'S PLATINUM JUBILEE



Photo: Rob Shearing.



Photo: Cotton Candy.



Photo: Rob Shearing.



Photo: Cotton Candy.



Photo: Graham Huntley.



Photo: Graham Huntley.

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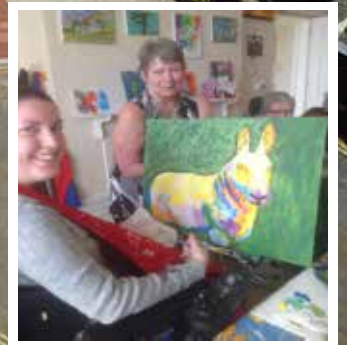


TheChaseleyTrust

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



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



We offer residents:

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

We offer staff:

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

We offer the community:

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

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

www.chaseley.org.uk





Current building projects at Chaseley

THE CHASELEY home is a fantastic building, steeped in history and the original parts of the home are simply stunning.

By **Jodie Cornford**

That said, the building is a complicated one. It has been altered and extended over many years and with a property of this size and complexity it is important to future plan any building works, including maintenance, repairs and improvements.

So, this year Chaseley have embarked on a new 15 year journey to modernise, update and refresh

the home for the benefit of current and future residents, ensuring they can continue to deliver the best care possible to their residents for the next 75 years. The 15 year plan was created following a full building survey last year and the current works being undertaken this year include:

- The repair of all four lifts, including an upgrade to the main lift so that it becomes far more economical to operate, producing running cost savings of up to 63% and the lifecycle improvement should be an additional 15 to 20 years.

- The repair and replacement of the front windows in the main building.
- Weathering protection of the stone balcony, the skylights and the areas underneath.
- An upgrade to the Rehab Kitchen that is used by the residents as part of their rehabilitation journey.
- Additional bathroom upgrades across the home.

It will cost just over £200,000 to complete these works and to date the charity have already raised £70,000. With your help throughout the year, Chaseley believe they will be able to raise the remainder of the funds needed and ensure the residents continue to receive the excellent care they require, whilst living in a first class home that they deserve.

If you feel that you could support Chaseley in any way, perhaps you could host a fundraising event, undertake a sponsored challenge, or make a small donation towards the costs, then please contact their Fundraising and Marketing Manager Jodie, on **01323 744200** or fundraising@chaseleytrust.org

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.

For further information on the charity, please contact Jodie on **01323 744200** or jodiec@chaseleytrust.org



National Award for Luke Johnson



Eastbourne Borough Market celebrated the news that Market Manager Luke Johnson won Market Manager 2022 “Highly Commended” at the National Market Traders Federation Conference held in Blackpool this week.

The nomination, which was supported by over twenty letters from market traders, town centre businesses, the Chamber of Commerce and Eastbourne Borough Council was recognised by the national trade body for markets as ‘showing exceptional commitment and support’.

Christina Ewbank, CEO of Edeal which runs the market said *“Luke kept the market running throughout the pandemic to serve the people of Eastbourne in a safe environment and, due to Luke’s dedication, Eastbourne Borough Market was one of only 5 Christmas Markets in the UK in 2020!”*

Luke Johnson said *“I’m delighted to pick up this award for highly commended market manager of the year, on behalf of the town and our fantastic borough market. It’s a privilege that my efforts in Eastbourne have been recognised on a national level. I hope this award gives the Eastbourne Borough Market further reach*

going forward and extra exposure on a national scale”

Your Eastbourne BID CEO Stephen Holt said *“The nomination focused on the work Luke has done in supporting both traders and town centre businesses. Last year, we launched Eastbourne’s first ever Youth Market, which increased footfall across the town by 50%. If you would like to get involved in this year’s event which takes place on Saturday 11th June, please do get in touch with Luke.”*

There is also a Global Market in the Town Centre to celebrate the Queen’s Jubilee on Saturday 4th June. If you’d like a pitch call Luke on 01323 671660.

Children with Cancer

Recently Children with Cancer Fund Polegate (CWCF) took some of their families to Pizza Express in Lewes for the first family event of 2022. Parents and children alike came together to make pizzas, have fun tossing dough, and they filled the room with laughter!

The morning began with hosts greeting families with a smile and some squash for the little ones as well as coffee for the parents, before heading to the back to begin the pizza making process.

The Pizza Express host had everyone tossing their very own dough before being let loose on the ingredients- resulting in Chris making a mess with the flour!

Whilst the pizzas baked in the oven, the families got to chatting, sharing stories, and making bonds with others going through similar experiences. These small intimate events allow the families CWCF supports to connect with each other as well as getting to know the staff and volunteers on a more personal level.

Not long after, everyone was treated to a round of gelato before heading home.

CWCF would like to show their appreciation and profound thanks to Enjoolata Foundation who kindly sponsored this event, as well as the welcoming and accommodating staff at Pizza Express Lewes.

Looking ahead to some of the charities big fundraisers coming up, please join them and support them by having a day out at the Bluebell Walk on Thursday 5th May between 10am-5pm.

All profits raised at this fundraiser grant wishes to children with cancer and their families.

The Arlington Bluebell walk is a delightful, wheelchair friendly stroll through a sea of colours and beauty in its shrubbery, trees and meadows.



This is a great day to explore nature at its best.

There is no need to book tickets this year so just turn up on the day!

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.

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and staff who offer vast product knowledge and proactive servicing that is second to none.

For more information visit www.newmanbs.co.uk

Defiant Sports Breaking Boundaries



Defiant Sports was formed after Callum Lock and his Mum Loretta began fighting to get him access

to the world of sport to fulfil his passion for tennis. Affected by autism, cerebral palsy and impaired vision, Callum just wanted to play!

A simple desire you might think? But Callum could not find a place where he would be allowed to indulge his passion. The more difficult he found it to find somewhere to play, the more frustrated, isolated and unhappy he became.

Loretta decided that something had to be done to allow him to participate and become part of a team. Some clubs thought they were inclusive because they provided a ramp and suggested he play from a wheelchair (although he doesn't need one). Having cerebral

palsy the muscles are cramped on one side of his body so he couldn't hold a tennis racket at the same time as driving a wheelchair. He could, however move around a court without a wheelchair and hold a tennis racket.

Eventually, Callum found "Tennis for the Visually Impaired" and he was off! He started playing with other people who had an impairment and his self-esteem soared. Happy and confident he began talking to people and found the whole experience life changing.

Callum is now National Doubles Champion and also Singles Champion in the B4 vision category.

After Callum's experience Defiant Sports now offer sport for everyone, regardless of their individual impairment. No one left out, no one expected to fit in to what is already available.

If you know anyone who Defiant Sports might be able to help, put them in touch with Managing Director Loretta Lock and they'll see what they can do.

Being physically active is crucial to improving well-being and quality of life and so Defiant Sports work with the local community to break down barriers to participation.

If you would like to volunteer, sponsor or take part, just call Loreta on 07887 755856 or email info@defiantsports.org.uk

New members for April/May

Jennah 77 • Bree Prenton Property Consultants • First Recruitment Services • Layberry Property • BEERARAMA • Design Lab Eastbourne • F A C E facial aesthetics clinic Eastbourne • Ninja Warrior Eastbourne • Eastbourne Borough Football Club • Pensions Law Consulting Limited • Tony Piccante

Open Gardens



9th April to 27th July 2022

Our Open Gardens season returns for 2022 with a full season of events! From lakes to sculptures, exotic fruits to rose gardens, formal beds to wildflower meadows, there really is something for everyone at our beautiful Sussex gardens.

Visit our website for full details
stwhospice.org/opengardens

Registered Charity Number 283686

NEW for 2022

The Open Gardens annual pass, yours for just £40 with entry to all 12 of our gorgeous gardens and a free hot drink at each one too.



St Wilfrid's Hospice



VOLUNTEER at local charity **Aspens'** Hampden Park store and make a difference.

By **Gail McKay**

Do you have any spare time you could give to local charity **Aspens** to help out in one of their shops?

Would you like to be part of a friendly, supportive team, meet new people, expand your experience in the workplace, learn new skills and make a real difference to the lives of people on the autism spectrum and with learning disabilities, and their families, in Sussex?

Aspens empowers the people it supports to learn and grow through an integrated network of services including day opportunities, residential care, supported living, community outreach, family support, young people's groups and a live chatline.

Exciting and rewarding

Volunteers at *Aspens* play an important role in helping the charity deliver its high-quality provision of care and support across the South East. Volunteering in *Aspens'* shops is varied, exciting and rewarding, with no two days the same.

Aspens is looking for volunteers at their charity shop in Hampden Park, Eastbourne and would particularly like to hear from anyone who is IT savvy to help with a variety of jobs, including listing items for sale online.

Whatever spare time you have, be it a few hours or days a week, the team would love to hear from you!

If you think this is a role you could see yourself in, please email Samantha.Kirkness-King@aspens.org.uk or call Sam on **07979 179986** to find out more.



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INSPIRE YOUR creativity

East Sussex College is now officially Good

AND the government pays a visit!

By **Peter Lindsey**

East Sussex College welcomed the Minister of State for Higher Education & Further Education following the College's rise to Ofsted Good Provider status.

Minister Michelle Donelan visited *East Sussex College* to meet T-Level students and find out more about their experiences.

It was also an opportunity to hear about the decarbonisation training programme set up by the College to train future cohorts in green technologies as part of the Sussex wide *Strategic Development Fund*. The Minister was joined by Caroline Ansell, MP for Eastbourne and Willingdon,



Minister Michelle Donelan and MP Caroline Ansell during visit.

Rebecca Conroy, Principal & CEO, and Mark Wardle, Deputy Principal, of *East Sussex College*.

Minister Donelan said, "Real levelling up is about making sure everyone can get the skills needed for good jobs and T-Levels are an ever-growing part of our skills revolution."

Blueprint for success

"*East Sussex College Group* were one of the original 2020 T-Level providers and it was fantastic to see first-hand the blueprint for success that the College has impressively developed."

Minister Donelan's visit followed the announcement of the College's Good Provider rating by *Ofsted*. *Ofsted* reported that the College had "developed and changed the curriculum offer appropriately to meet local needs successfully."

Lucie Cater, (16), chose to study the Education & Childcare T-Level course. She said, "I wanted to get into the workplace and apply the knowledge I'm learning in the classroom. Presently, we spend one day a week on placement with a two-week placement block, which I love. In Year 2 this will extend to two days a week in the workplace with a three-week placement block, so we get a lot more experience out in the field."

Ideal pathway

The T-Level pathway is ideal for students looking to go to University, Higher Apprenticeships or directly into employment. Education & Childcare tutor Rachel Byrne said, "Of our Year 2 students, 70 per cent have got into university and 30 per cent are going straight into the industry."

At *East Sussex College*, Primary school teaching has been the most popular pathway on the Education &

Childcare T-Level. Students have also been interested in pursuing children's law and social work.

"We've had huge praise for our students who are currently working in a local primary school," added Rachel. "Their staff thought our T-Level students were from a university course, because of the high level they are working at. Their transition to university is a smooth one as a result."

Building confidence

Ofsted reported that, "students respect and support each other," which is something Minister Donelan witnessed on her visit. *Ofsted* said, "Students encourage each other during discussions and share ideas. This helps them to learn from each other and build their confidence and resilience."

Minister Donelan concluded her visit in the Construction area where she met Design, Surveying & Planning T-Level students, tutor Matt Roberts, and viewed students' proposals for a new training hub. This new venture evidenced the strong links forged with local and regional partners, which *Ofsted* reported would help the College to "understand and meet the needs of people in Sussex and beyond."

Invaluable stepping stone

"When speaking with students from the College's Eastbourne Campus, their passion for their T-Level studies was abundantly clear," Minister Donelan said. "T-Levels have provided them with an invaluable stepping stone to go forward and explore a range of opportunities in life, whether this be in skilled employment or indeed in higher and further education."

"That is exactly why it is our mission is to make T-Levels as famous as A-Levels".

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Maybugs sponsor Eastbourne Pride

MAYBUGS Eastbourne has been revealed as the lead sponsor for *Eastbourne Pride* for the second year running.

By **Peter Lindsey**

Maybugs LTD is an independent, family owned, gift and homeware retailer with stores in Hailsham and Eastbourne.

It stocks some of the biggest and most well-known gift brands as well as a wide range of gifts locally manufactured in Sussex.

Eastbourne Pride is taking place on Saturday July 23rd in *Princes Park* from 11am until 9pm.

Supporting a great day

Main organiser Betty Gallacher said: "We are very grateful to *Maybugs* for supporting *Pride*, which is a very important event for Eastbourne.

"We are looking for more companies to come on board. It's going to be a great day, but we

work 365 days a year to support LGBT+ equality and diversity."

BourneOut also runs a café at 1 The Labyrinth, 7 Mark Lane, open Friday, Saturday, Sunday and Monday.

Betty said: "We guarantee a warm welcome, pop in and say hello. We have built a very loyal community."

For more details on *Eastbourne Pride* 2022, please go to:

<https://eastbournepride.org>

You can also email:

info@eastbournepride.org



MAYBUGS
EASTBOURNE



Why not join us for a special Chilean wine tasting evening?

We are holding a friendly wine tasting evening, featuring five different wines from Chile with a charcuterie sharing board on each table. Our expert will talk you through all these delicious wines.

£25.00 per head at the Hydro Hotel in Eastbourne at 6.45pm on Thursday 19 May 2022.

Book early as places are limited: 01323 737271
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Making death, more do-able

FOR many, death is a taboo subject.

By **Peter Lindsey**

But now, to help with this, a *Death Cafe* has been set up in Eastbourne for people who want to discuss death, dying and end of life matters.

At a *Death Cafe*, people, often strangers, come together in an inviting and relaxed atmosphere over food and drink, to talk freely

with each other about what is on their mind when it comes to these important life themes.

Eastbourne *Death Cafe* is free to attend. It takes place on the first Monday of every other month, 6.30-8.15pm, in Eastbourne Town Centre, at *Dom Restaurant*, 6 Grove Road, right opposite the station.



Dom Restaurant where the Death Cafes are held.

The first for 2022 was on April 4th. Future dates are June 6th, August 1st, October 3rd and December 5th.

Safety and respect

Speaking with Claire, one of the two organisers: "It is not a counselling or grief support session; it is a gathering of several small discussion groups. More of a coffee evening atmosphere, and a friendly space that Gazala and I are providing voluntarily for the community, to give people a chance to explore death and anything it entails, all held safely and respectfully, without a set agenda."

"People often shut down when talk of death, dying or loss and grief arise. They are emotive subjects, can be overwhelming and for many reasons can feel too emotionally scary, painful or draining to want to think of or talk about. And it's understandable why we might react this way."

Feeling connected

She goes on to say: "However some also want to open up more, to feel connected, to explore and become more prepared and familiar with death. They want to know more about this bookend of life and how to navigate it a little more freely. For some they don't know where to go to have these conversations or have anyone 'okay' enough with death and dying around them, to share with."

"That is where *Death Cafes* come in. Any adult can join us. Attendees will be like-minded and coming along for all manner of death related reasons, personal to them."

Food and drink can be purchased before hand from the restaurant if they wish. There is no pressure to talk or share if someone doesn't want to, they can simply observe the conversations. We just ask for mutual respect and confidentiality."

Death Cafes are a not for profit, global social franchise. Since their birth in 2011 more than 14,000 have taken place in 81 different countries. They have previously been held in Eastbourne, at *Roots Cafe*, *St Wilfrid's Hospice* and *Beans*. *Death Cafes* don't lead anyone to a particular conclusion or course of action and more information on them can be found at: www.deathcafe.com

Reaching out

Claire shared her and Gazala's vision: "We want to reach out to our community. To provide a space where death and everything related to it is okay to discuss and face. It's an ambivalent and unknown part of life that all of us will experience. Together we can get to know it better and embrace it. Alas, we don't have a magic wand to make it all better for people; death, dying and loss can be hard, and messy at times to navigate. What we do have though is time, tenderness, compassion and a death-accepting outlook, to support people while they themselves make death easier to manage personally and globally less taboo."


For more details, email Claire and Gazala: eastbournedeathcafe@gmail.com

Or follow them on:
Facebook: [@eastbournedeathcafe](https://www.facebook.com/eastbournedeathcafe)
Twitter: [@ebodeathcafe](https://twitter.com/ebodeathcafe)
Instagram: [@ebodeathcafe](https://www.instagram.com/ebodeathcafe)

EASTBOURNE

Death Cafe

An inviting, relaxing, respectful space, to get together, eat, drink and talk about death, dying and end of life



First Monday - Every Other Month

6.30pm – 8.15pm

Dom Restaurant, 6 Grove Road, Eastbourne BN21 4TJ
(Opposite the Station and Easy Street Parking)

**** Free Event ****

Drinks and food
available to purchase from Dom

Hosted by: Claire (07493 500097) and
Gazala (07950 150143)
eastbournedeathcafe@gmail.com

All mortals welcome!

[@eastbournedeathcafe](https://www.facebook.com/eastbournedeathcafe)
www.deathcafe.com
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[2022 Dates: 04 Apr, 06 Jun, 01 Aug, 03 Oct, 05 Dec]

Success Stories

Author's first book at 84

NOEL Primrose is a first time author at 84, proving it is never too late to achieve your goals.

By **Gail McKay**

Noel also used to be an enthusiastic marathon runner, although he didn't start running until he was 44. He was cheering his son in the London Marathon, and felt really inspired by the huge range of ages and abilities.

He then trained for it and became hooked, completing nine London Marathons, and 26 Hastings Half Marathons as well as the notoriously tough Beachy Head Marathons on our own Eastbourne coastline. He completed his last one in 2008, before requiring a hip operation.

Engineering

Noel Primrose was born in Glasgow and lived there until moving south in 1961 to further his career. He now lives in an East Sussex village with his wife, Lynda. He has three children and eight grandchildren. Noel began work as an apprentice with *British Railways* in 1954, before joining the *NHS* in 1966, where he became a chartered engineer and rose to board level in 1982, before retiring in 2000. His main interest is his family and being outdoors where walking and gardening are his main pursuits. As well as his passion for marathons, Noel is a keen football fan and follows Rangers, Liverpool, and Brighton.

James Bond

I asked him how he was inspired to write a political thriller, "It all started with James Bond. Before the Daniel Craig franchise, I thought that the storylines were getting a bit jaded and needed spicing up, so I wrote a book, sent it to the film makers, but got a rap on the knuckles for breaching their copyright!"

'What if'

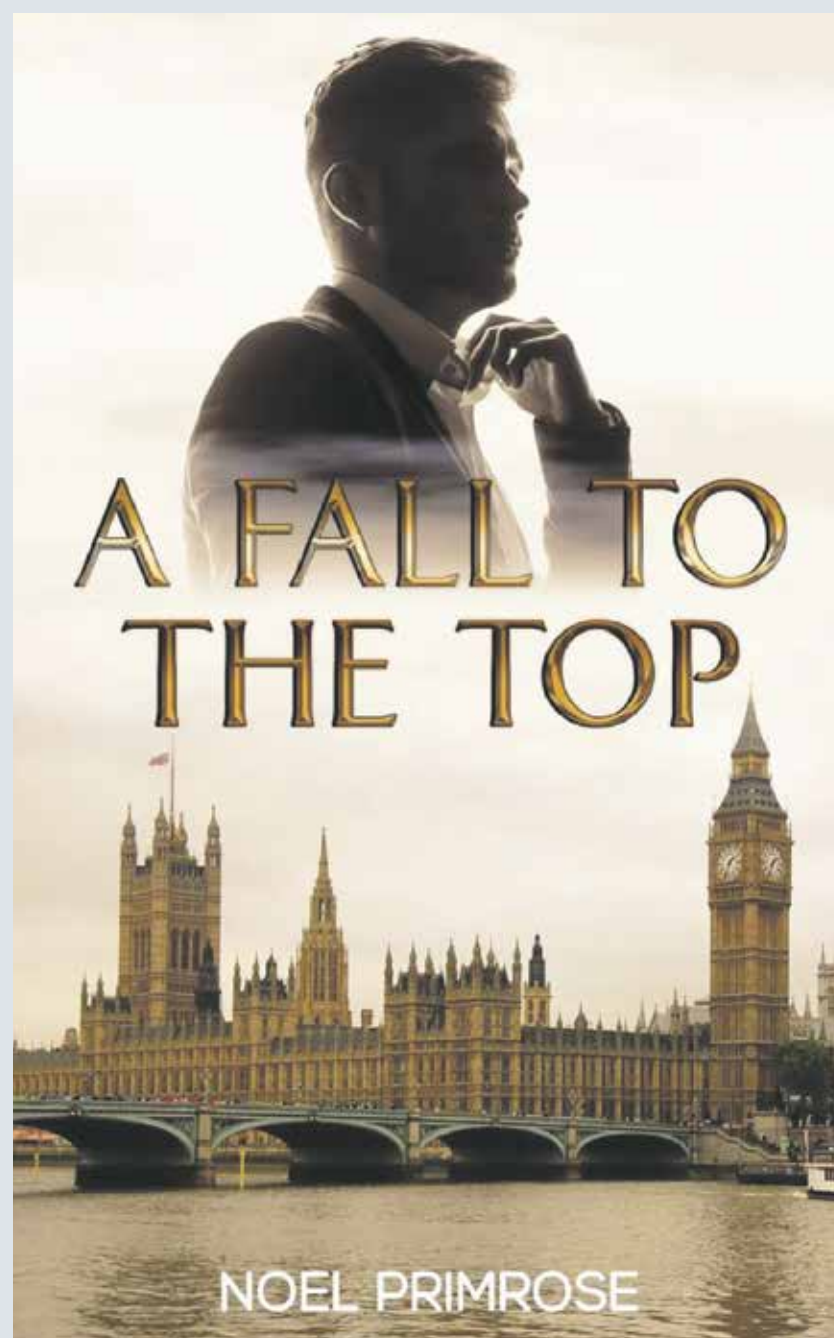
This is his fourth book, and the first to be published. "I wanted to put myself in the position of a Prime Minister and how far would you go for the good of the country, what sacrifices would you make and where would you draw the line?"

Political thriller

Colin MacKinnon MP is leader of Her Majesty's Opposition and is nearing the end of a general election campaign that hangs in the balance when he receives an unexpected telephone call but the call isn't about blackmail.

The unknown caller knows of a dreadful incident from his past. What's on offer by the caller sets MacKinnon's career alight — his rise on the stage of politics is meteoric, at home and abroad.

He lets nothing get in his way as he sets out to restore the United Kingdom's standing in the world.



He enlists the aid of two former SAS colleagues to help further his ambitions; Alan Croudace, his conscience, and Jack Somerton, his do-anything lieutenant.

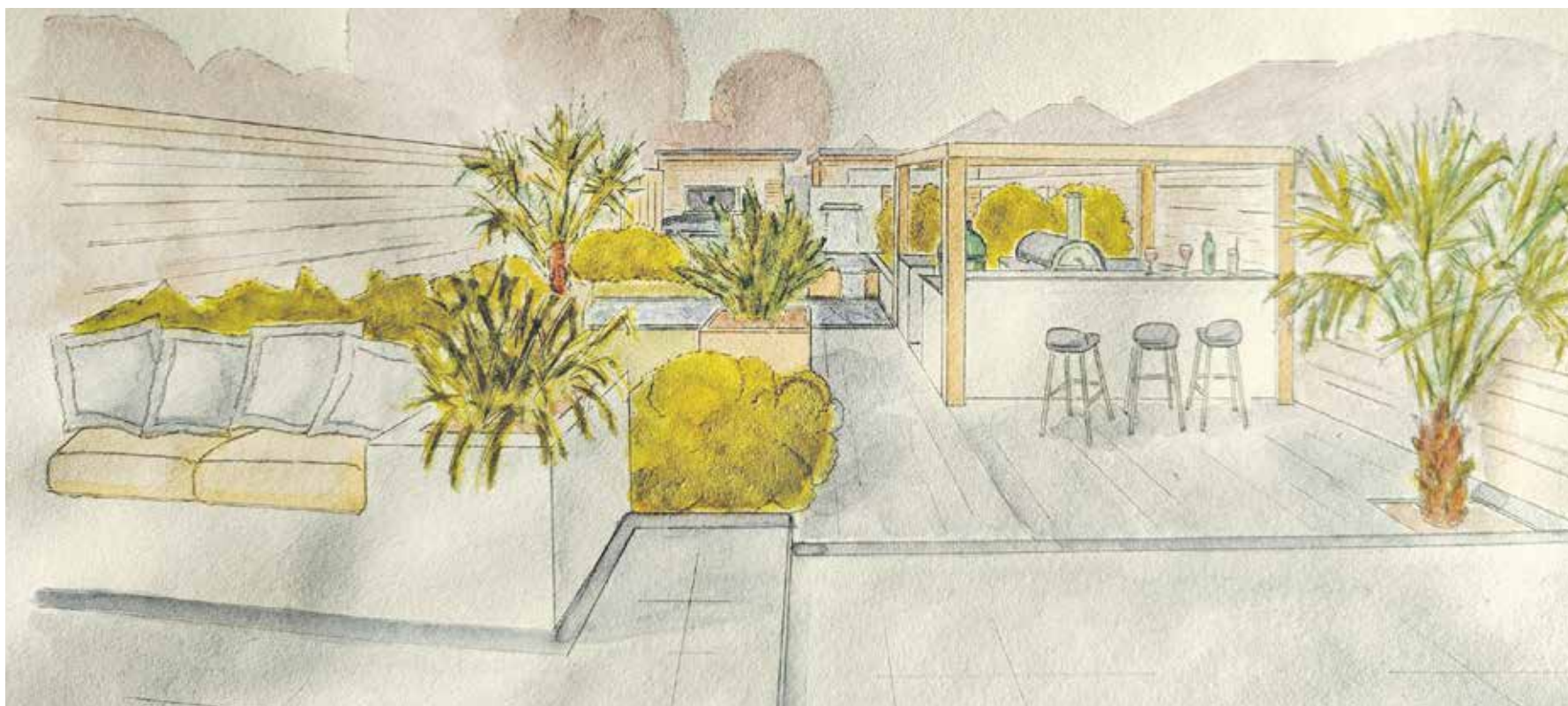
If you enjoy a book about ambition, power, betrayal and murder set in a political background, you will enjoy this book.

A Fall to the Top, a political thriller was published by Austin Macauley and released in February and is widely available to order online, at WHSmith, Waterstones and Amazon.

noelprimrose38@hotmail.com

“

I wanted to put myself in the position of a Prime Minister and how far would you go for the good of the country.



Garden Design

STEP into another world... at home, with a bespoke garden design by *Secret Spaces*.

By **Peter Lindsey**

Secret Spaces garden design offers the best of both worlds – cutting edge luxury design, with good old-fashioned values, workmanship and customer service. We interviewed founder Dan Piddlesden-Whalley to find out more.

Q. How did you get into garden design?

A. I've always loved gardening, having had my first paid job at 8

years old with a family friend. But the penny really dropped several years ago when I was presented with a national award at the *House of Commons* for a garden project I managed in my role as Estates Manager. I became so engaged in the benefits of gardens on people's lives and wondered if perhaps I had become quite good at it? I made the leap to self-employment soon after, trained formally as a garden designer and the rest is history.

Q. What's your secret to success?

A. There are loads of brilliant designers out there. For me it's about designing spaces that people are genuinely excited to spend time in. That involves working together to identify their unique vision and then creating something really beautiful for them. I've found my particular niche designing by hand and in watercolour. For me this feels more intimate than computer aided design, which I trained in but have since discarded. My clients seem to like this personal touch and to know that their design is totally unique to them.

I didn't fully appreciate it in the early days, but my prior experience of landscaping has also been critical for producing creative yet realistic designs which landscapers are happy to use.

Ultimately though, I love making people happy, and that's what drives me to work hard at getting it just right for every client.

Q. What does your design service include?

A. I start with an initial meeting to find out what clients want from their outdoor space, the style, feel and budget. Sometimes people are very clear from the start, others are unsure and the process really helps them to think this through.

I produce three different concept designs – at this point there is usually a fair bit of excitement. Clients take time to consider all the options before agreeing any amendments and settling on the final design which I provide in watercolour, alongside a landscaper pack which contains essential detail to support accurate quotations and builds.

I can also obtain quotes from reputable landscapers and complete design check-ins throughout the build, to provide that end-to-end service if required.

Get a free, no obligation design quote.

Call Dan on: **07774 545018** or email: **dan@secretspaces.online** www.secretspaces.online



Dan Piddlesden-Whalley



You and your home can make a difference to someone



AND an exciting venture for yourself too ...

By **Peter Owden**

You are feeling that you need a new chapter in your life, looking about your environs for that sign to ignite the changes you desire. Have you ever thought that you might be sitting in the exact place from which new horizons will dawn – your own home?

There's a room at your place that is less frequented than the rest. It's where you put a few items and then forget about. One that you keep meaning to utilise, but have still not got round to doing so. It's a beautiful room and it deserves the love.

Now let's get back to you. Life has been great so far, you have learned well and now you have experiences and stories that you could so easily

share and turn them into anecdotes of guidance, support, love and care. Alternatively, life may not have been so fulfilling for you yet and circumstances have left you wanting new exciting challenges and some new people in your life...

New young people, perhaps?

There are many young people out there right now that need your guidance and will soak up your stories. They will bring that youthful excitement that you are craving and spring life to the room that you want loved.

Fostering a young person would fulfil all of these

Anderida Foster Care draw from a proven track record of over thirty years supporting traumatised young people that have not been able to live with their families.

The organisation – *Anderida Adolescent Care* – is one of a tiny percentage awarded *The Investors in People Platinum Award* for their investment in staff and consultation. As such a life-changing commitment requires a network of support, it's clear how much *Anderida* will assist you to foster a young person.

People from all walks of life, different circumstances and with all kinds of interests and skills can become foster parents. You could be one of these.

You are one of these already

To get in touch please visit:
www.anderidafostercare.co.uk



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

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

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

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

Visit Eastbourne **NEW** showroom

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

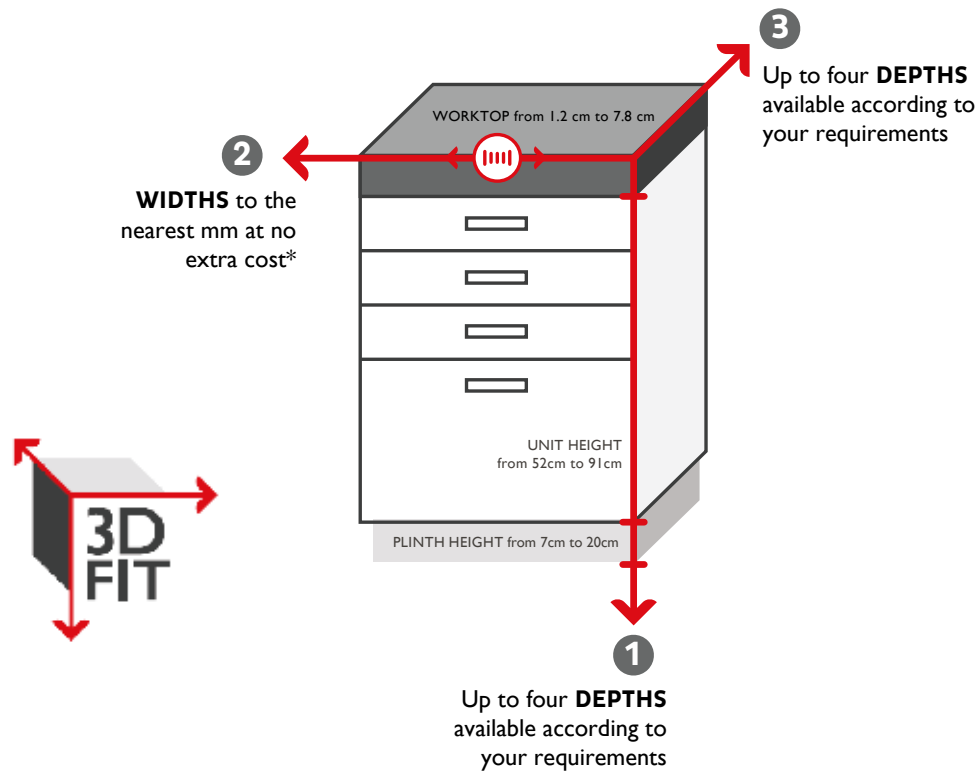
The showroom also has a creative studio where customers can choose from over 128 door choices, 24 cabinet colours, and a large number of laminate and stone worktops.



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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.

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Beans and Buds opens in Eastbourne

THE Rodmill Estate now has a coffee shop, Beans and Buds.

By **Peter Lindsey**

Until recently it was **Ann's Flowers**, but, under the new ownership of **Danielle** she has converted some of the shop into a coffee and cakes area.

This part is being managed by her son **Raven**.

Local Councillor **Colin Belsey** popped in to wish them well at the



Councillor Colin Belsey with Raven.

opening and said "What a great idea, and I am sure this will be well supported by local residents – when summer arrives it will be lovely sitting outside in the sun with a Nice Latte. Well done Danielle and Raven wishing you well with this new venture."

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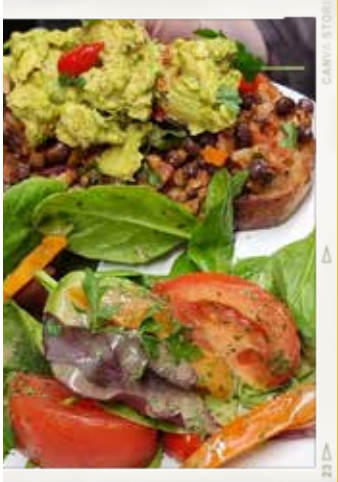
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Rosacea, why? and what can be done?

ROSACEA is one of the main complaints we see at Clinic 33 and understandably can be a real source of insecurity for many people.

By **Kevin Stemp**, Clinic 33

Without knowing the cause and triggers Rosacea can be a hard condition to manage but not impossible to resolve or at least; get under control.

For many, not knowing what is going to cause the skin to 'flair up' is frustrating and can cause unnecessary anxiety; especially before events. This in itself is a self-fulfilling battle as anxiety can then trigger an inflammatory response and make the Rosacea more noticeable.

Nine times out of ten stress is a big factor, flare-ups become untimely leading to people turning to thick make-up and green-tinted concealing products to mask the problem. This is, particularly for those with Acne Rosacea, the worst thing that you can do! Thick makeup, especially make up which is filled with chemicals cause greater irritation, blocks the pores and exaggerates oil production so when the make-up is removed the skin then looks ten times worse! If make-up is to be used it should be as natural as possible. There are a few make-up brands out there that are particularly good and let the skin breathe whilst giving good coverage. *Bare Minerals* and *IT cosmetics* seem to cover both of these qualities.

Firstly, let us look at the types of Rosacea and how to manage the symptoms.

There are two main types of Rosacea and two subcategories.

Type 1: Vascular Rosacea. Red areas that are often sensitive and reactive contain small visible blood vessels.

Type 2: Inflammatory Rosacea. Also known as Acne Rosacea, this tends to be most common in women, particularly middle-aged. This can be characterised as widespread redness with papules (spots that look like red bumps) and pustules (puss-filled spots).

Then there is Phymatous Rosacea also known as rhinophyma, this tends to be more common in men. The nose can become disfigured, the skin thickens, and the skin appears bumpy.

Lastly, we have Ocular Rosacea. This is centred predominately around the eye area.

Triggering the condition

There is no definitive cause of Rosacea, but we do know things can trigger the condition. It can be due to an overactive immune system, excessive stress, environmental factors or in some cases it may be hereditary. It may even be a combination of these factors, in which case it is essential to have a thorough skin consultation to investigate how we can control the symptoms and treat the overall appearance. There is also a skin mite called the Demodex mite which can cause an immune reaction that causes redness and inflammation. This can be resolved in many cases by using a particular homecare regime.

What can I do about it?

So how can we resolve and treat Rosacea? Well, avoiding doing things

that are going to make the condition worse is imperative. If we don't at least try and remove the triggers it makes it very hard for us to try and treat the condition.

Avoid or reduce; spicy foods, alcohol, too much caffeine or anything that will repeatedly dilate blood capillaries or cause inflammation. Inflammatory foods for example cinnamon, tomatoes, citrus fruits and chocolate should be restricted or reduced where possible. Reducing sugar and acidic foods overall will help to control the reactive redness in some cases. It's also worth looking at your gut health. Intestinal bacteria can be the culprit in some cases! There are supplements out there that can help support gut health – this may be worth looking into.

Looking after your skin

In the Clinic, it is frustrating when people aren't looking after their skin AT ALL and are doing things every day which are obvious triggers... It happens more than you know!

For example; we all know that the sun is damaging the skin, so when we see people who work outside every day and NEVER wear an SPF; there's not much we can do for them! Environmental factors we CAN control need to be adhered to in order to treat! It'd be like having a personal training session once a week to lose weight but eating rubbish and not going to the gym outside of that session – it's not going to give you a result and you'd be wasting your money!

It's 2022, is there a treatment can help?

Fortunately, Yes!

There are several treatments available that give successful results.

Thermavein to remove broken blood capillaries. This can't be done on patients with an official Rosacea diagnosis but we can treat diffused redness that presents with thread veins. The redness of the skin may not even be Rosacea so it is important to look into the skin in detail with an investigative skin consultation.

Dermalux LED light therapy. This is a non-invasive and extremely successful treatment. It is gentle on the skin and suitable for 99% of people.

Chemical peels! Yes... I know, you wouldn't think it and it sounds scary to be applying acids to the skin to treat a sensitive condition, however azelaic acid is proven to be beneficial for rosacea and we have a specially formulated peel for the rosacea condition.

A combination of these treatments, a good skin homecare regime and helping yourself by avoiding triggers where you can, can all contribute to healthier and beautiful looking skin!

Contact the clinic for more details and book your skin consultation today to start your journey into better skin.

CLINIC33

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www.clinic33.co.uk

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Top accolade for DGH Specialist Nurse

A NURSE at the DGH has been made an honorary research fellow at City, University of London.

By **Peter Lindsey**

Aldons Chua is an Endocrine Specialist Nurse on the Endocrine Investigation Suite.



Aldons said, “It is such an honour to receive this appointment. The appointment will allow me to conduct the research project for which I recently received a grant award from the *Society for Endocrinology*.”

Research award

Aldons was awarded a *Society Endocrine Nurse Grant* of £4,950 last year, for his research project entitled, ‘What do patients with adrenal insufficiency say? Exploring patient experiences on using the current parenteral hydrocortisone injection device to manage adrenal crisis’.

He continued: “This research project will explore experiences on self/family administered parenteral hydrocortisone among patients with adrenal insufficiency to manage an adrenal crisis.”

Adrenal crisis is life-threatening, and the emergency injection of hydrocortisone can save a patient’s life. Exploring the experiences of AI patients on their use of the current hydrocortisone device during an adrenal crisis will provide evidence of barriers associated with the use of the current parenteral hydrocortisone in preventing adrenal crisis and will inform the development of future interventions.

Aldons said: “My appointment as an honorary research fellow goes beyond the research grant, as we will be able to publish more research outcomes shared with the University. This will also give the endocrine department more privileges to take on future research projects that could support further improvement on the care of our patients.”

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A helping hand for first-time buyers

Buying a house can be a daunting time, especially when it's a new experience. When you haven't been through the process before, it can seem like a minefield. Here are some pointers you might find helpful.

By Eva, Client Contact Director at Crane & Co



To make things easier for you, it's always a great idea to get your finances and documentation in order. This means that when you find the right property, you're ready for the next step. It's also great practice to utilise your contacts. If you know anyone who has recently been through the process, like a family member or friend, it may be useful to speak with them as they may have the answers to some of your concerns. Additionally, never hesitate to ask agents questions. That is what we're here for and we're always happy to share our knowledge.

It is vital to always be proactive when searching for a property. You may have a good idea of what you're looking for, however, you can often surprise yourself. I would advise that you view as many properties as you can. As you've never bought your own property, you may be looking for one with little work, however, never rule out a project! This could be a great opportunity to add value to a property and can set you up for the future. Similarly, you may see potential in a property that other people have not spotted and consequently it has less demand and competition. On a more personal level, buying a property that needs work allows you to make it your own. When you weigh up the costs, you can determine if it is manageable for you.

When it comes to your property search, start by thinking about your lifestyle and what areas you would like to live in. Once you have seen some suitable properties, book in viewings as soon as possible. You may want to bring someone along who you trust as they could point out important things to you. You should always prepare for a viewing beforehand and have a list of questions you would like to ask the agent.

For example;

- **Why are the current owners selling?**
- **How long have they lived in the property?**
- **Timescales for the move**
- **Who are the neighbours?**
- **When was the heating system installed and last serviced?**
- **Is the property freehold or leasehold?**
- **Does the property have any service or maintenance charges?**
- **What council tax band the property is in?**

Not only is it a benefit for you to know more about a property, it's also helpful to get to know a bit more about the seller's plans. This may help you sell yourself as a buyer if you would like to offer on their property.

As a first-time buyer, you're in a great position, therefore never be afraid to negotiate and inform the agent of why the vendor should choose you for their sale. Tell the agent the reasons why their property would be your dream home. This information may resonate with the vendor and take you more seriously as a buyer.

When it comes to offering, start with an offer that you consider reasonable. If your offer is rejected, make gradual increases until the negotiator asks for your best and final. The negotiator will always keep you updated, however, try not to take too much time between offers as it may lead the agent or vendor to assume you are not fully committed.

We all know that buying a property comes with stresses, concerns and a little apprehension. It is important to have a thick skin and try to be level headed throughout the process. Do not be disheartened if you miss out on a property as sometimes this may happen. Be patient, the right property is out there!

Happy hunting!



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.

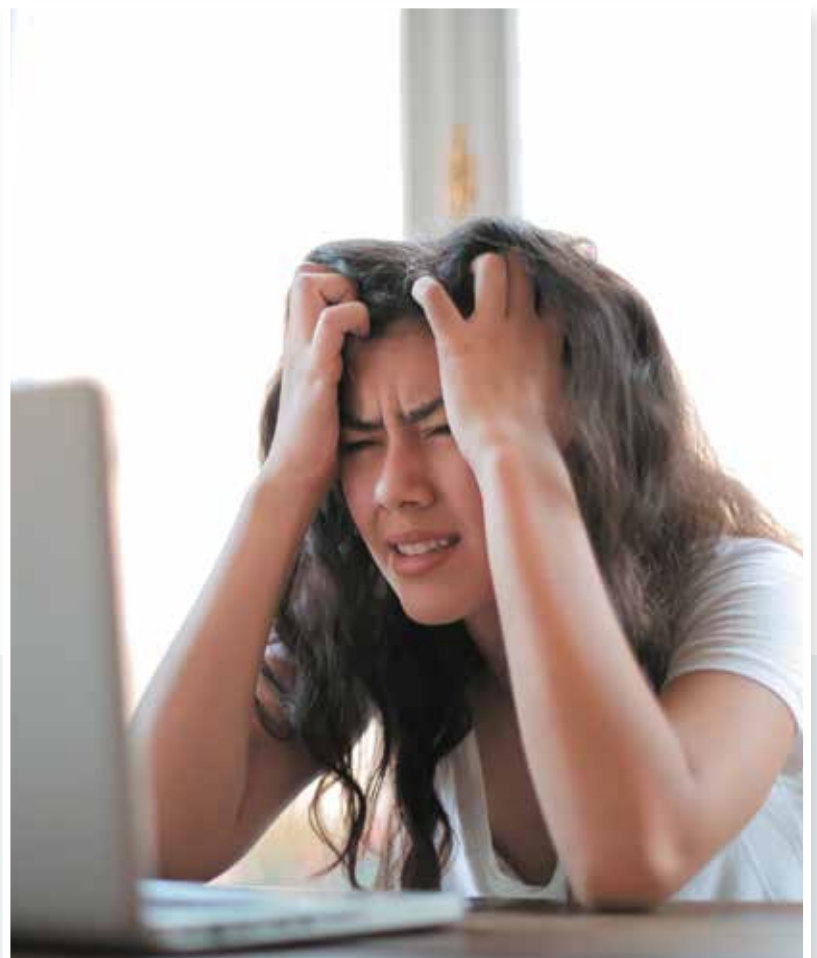
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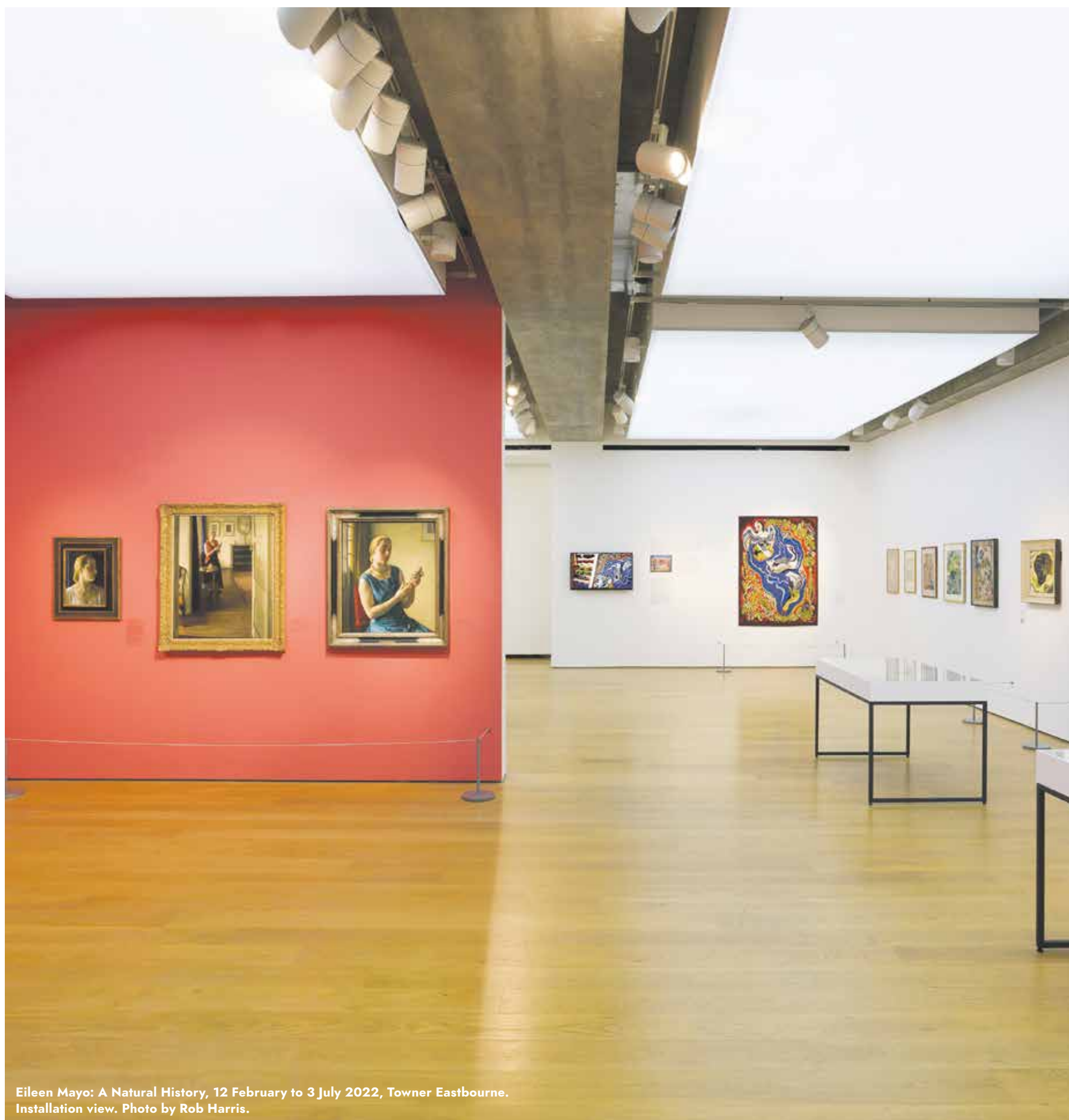
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Installation view. Photo by Rob Harris.

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Towner Cinema to re-open its doors this May

AFTER more than six months closed, Eastbourne's only independent cinema, *Towner Cinema*, is set to re-open this May as part of a major new refurbishment of Towner Eastbourne, including a new cafe bar and larger welcome area.

By **Will Barrett**

Established in 2017, Towner Cinema has become an important part of Eastbourne's cultural landscape, offering a big screen experience in a relaxed and accessible setting, with a thoughtfully curated and diverse programme of films from around the world.

Titles already confirmed for this spring include: *Belfast*, winner of the Oscar for Best Original Screenplay; *Flee*, the universally acclaimed animated documentary; and *River*, a cinematic musical odyssey that explores the relationship between humans and rivers.

Towner Cinema will open initially for three days a week, on Thursdays, Saturdays and Sundays, with evening screenings now being offered on Thursdays and Saturdays. Whenever the option is available, screenings on Thursdays will be captioned to support hard-of-hearing audience members.

Towner Cinema will also continue to work in partnership with a range of local groups to create special themed screenings, including *Eastbourne Film Society*, *Plastic Free Eastbourne*, *University of Sussex*, *Eastbourne Rainbow*, and *Eastbourne Cult Film Club*.

A full programme of upcoming screenings and events can be found on Towner's website at:

<https://townereastbourne.org.uk>



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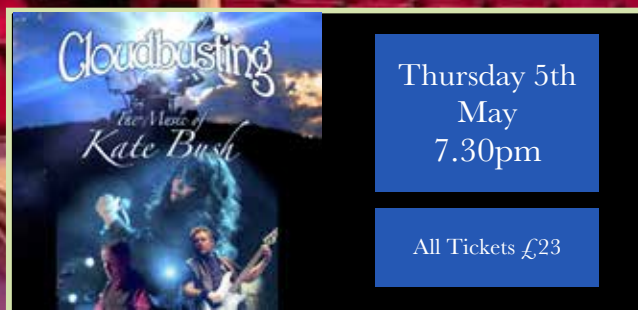
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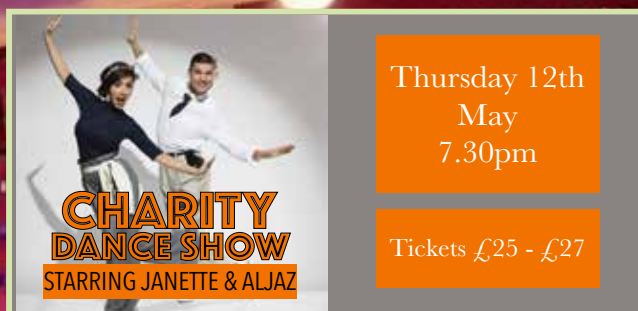
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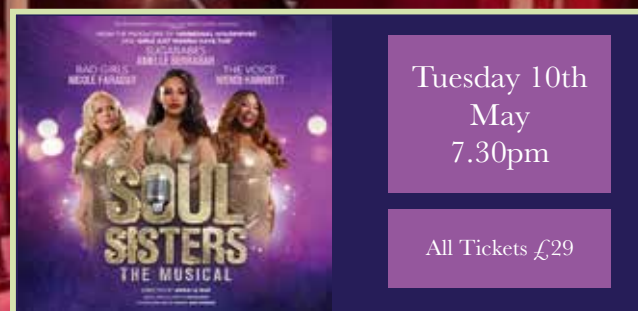
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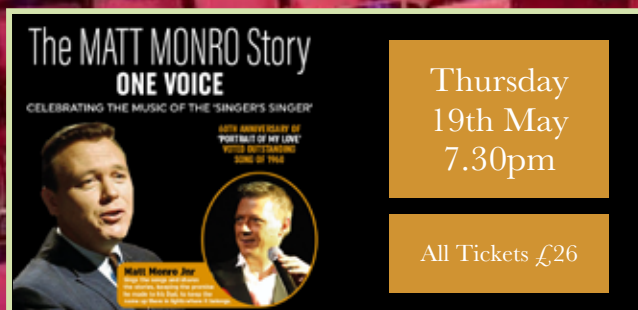
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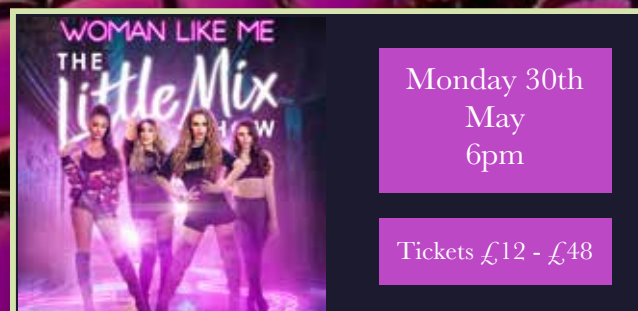
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Dust off your dancing shoes!

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.

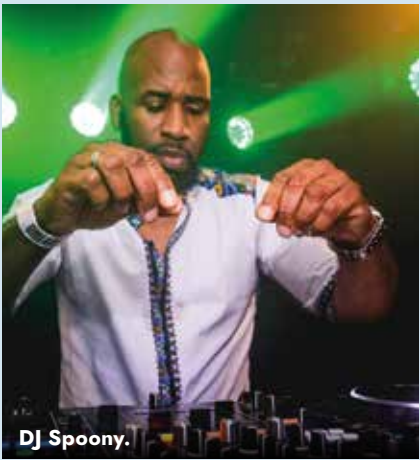
The music festival promises to be a great day and evening with artists such as **The Beat** and the famous **DJ Spooky** finishing the evening. Local DJ's **Phats & Small** will play a festival upbeat session to get us all in the mood

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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Wyntercon is Back! (To the Future)

WYNTERCON IX, your local family-friendly sci-fi and fantasy comic con style event, returns to the Winter Gardens in Eastbourne on September 10th and 11th.

By **Andy Kybett**

This year sees the event build on last year's return to a stunning refurbished venue.

There are many added attractions, exhibitor stalls, educational workshops, artists, cosplay competition, authors, table-top gaming, props, photo opportunities, and some great new guests.

New for 2022 we have secured a jaw-dropping DeLorean from the cult classic 1985 film *"Back to the Future"*. This unique photo opportunity will be brought to you by the team at *Media Attention*. If you are careful you can even get in the DeLorean and take selfies!

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. We would like to say a massive Thank you to *Lightning Fibre* for sponsoring the Cosplay Hall and Competition for the second year running. *Viral Sensations* Jan and David from *@unipoolcosplay* are also returning to manage the 2022 Cosplay Competition.

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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FOR MORE INFORMATION VISIT www.wyntercon.org

Easter weekend was a blast!



THE sun was shining across Eastbourne and while the hot weather was out, JBM Music was gearing up for three huge events at the newly renovated Eastbourne Winter Gardens.

By **Harry Farmer**

Live music kicked off from the Friday afternoon with Vengaboys, Liverty X and many more for a night of 90's treats from JBM's in-house brand, 90s Baby which hosted last year's POP edition at The Oval, Hastings.

Moving on from the Friday, the JBM team swiftly turned the venue around for their next night of live performances from headliners *Soul II Soul*, who performed their hit singles live to a packed-out crowd as well as Trevor Nelson and more joining them. The final day of celebrations were soon ahead – *Eastbourne Reggae Carnival* came to life on bank holiday Sunday with a sell-out crowd in

attendance, which was the OFFICIAL warm-up party for **Hastings Reggae Festival 2022** that will take place this year on the 30th July at *The Oval*, Hastings with the biggest names in reggae, dance hall and dub joining the line-up for a summer like no other. With only 30% of ticket allocations remaining, this is shaping up to be yet another sell-out reggae festival for the JBM Music team.

JBM Music this year are not just throwing Hastings biggest reggae festival but bringing back **Southern Sunset Festival** for round 2 with what is set to be the biggest dance music festival to hit the South Coast.

With **Pendulum** (DJ Set), **DJ EZ** and international grime artist **Tion Wayne** and many more back to *The Oval* on 6th August and not to forget, this massive throwback performance from one of the UK's biggest 90's POP bands, **STEPS** who will be heading to *The Oval* on 31st July and joining them will be **Louise Redknapp**, **Liberty X** and more. The summer is looking bright for Hastings, with lots happening this summer and JBM Music being at the forefront of live music, festival, and entertainment for Hastings' hospitality sector. If you are looking for things to do this summer, then look no further than: www.jbmmusic.com/shows

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JBMM
Music

Win Family tickets to the 2022 Eastbourne Vintage Festival!

THE Eastbourne Vintage Festival 2022 is offering 100 Complimentary Family Day Entry Tickets valued at £20.00 and 100 Complimentary Family Open-Air Cinema Tickets valued at £22.00 for two adults and two children.

By **Faiza Shafeek**

To qualify you have to answer the following question: **Where is the Festival Taking Place?** then hurry and send your answer by email to: operations@carrotevents.co.uk

Closing date is 31st May 2022.

Good luck.

The Eastbourne Vintage Festival 2022 takes place during the August Bank Holiday weekend from the 26th to the 27th August at Gildredge Park Eastbourne, and the festival is going to be a great one this year.

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, a 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 www.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



Oliver's amazing postcards

MANY of you will remember young Oliver Bland, now 13.

By **Peter Lindsey**

And here are some more of his amazing postcards to buy – with every penny going to Eastbourne RNLI.

He's the talented teenager with autism who lives in *Sovereign Harbour* and loves drawing pictures of lifeboats – and now other subjects too such as Eastbourne Pier.

On this page are eight of his latest drawings.

Last year *Bournefree* decided to print his drawings into postcards and he has donated more than £1,500 to the RNLI in Eastbourne from sales.

Well done, Oliver!

Now we have printed 100 packs of his new postcards – and they are £10 each for packs of eight cards.



If you would like a pack, email petelindsey30@hotmail.com

Every penny will go to the RNLI.



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Green and pleasant

IN MAY the days are longer and warmer, hopefully the risk of frost will have passed by the end of the month, and there is plenty to do in the garden, greenhouse and vegetable plot. You'll want to start tidying and cutting back your spring plants, planting out flowers and vegetables for summer and maybe preparing for autumn, sowing seeds and planting out chrysanthemums.

By **Geoff Stonebanks**

Once spring bulbs are over, rather than cutting down the foliage, leave to die and break down naturally. Doing this and adding liquid fertiliser around the clumps will encourage strong growth next spring. It's still an idea to deadhead any faded flowers to prevent plants wasting energy creating seed heads.

Driftwood

Over the *Queen's Platinum Jubilee* Weekend, 2nd to 5th June, we will be opening by arrangement, serving appropriately topped cakes for the Royal occasion, there may even be a chance encounter with a certain person too, see header. Throughout the month, in readiness, I will be busy dressing the area with my vast collection of succulents that have

been over-wintered in the heated greenhouse or the front and back porches of the house! The aim this year is to create a display that will win over visitors but be not quite so demanding on me, especially from a watering perspective. I have managed to cut right back on the use of containers of summer annuals and focus more on drought tolerant plants. Why not book a visit to come and see for yourself, Jubilee weekend or throughout June or July, full contact details can be found on my website!

National Garden Scheme

This month sees a brand-new garden open for the scheme in Burnt Oak Road in High Hurstwood, near Uckfield. *Hollymount* is a 7-acre garden, set on a sloping hillside brimming with interest. There are four large ponds, a stream, waterfalls, terraced beds with many interesting plants, some tropical. The garden opens over the weekend of the 21st and 22nd May from 11am to 5pm.

Admission is £7 with children free. It is a very peaceful setting with some amazing views.

A bit closer to home, two lovely gardens open in Eastbourne on Sunday 29th May too. *Hardwycke* and *Dittons End*, both in Southfields Road, open from 11am to 4pm with combined entry of £5. The former is a delightful south facing town garden with many usual and unusual plants. The latter, a small, well-maintained town garden. The back boasts a small lawn with pots and borders brimming with colour. A bonus here, you can take dogs on leads too. Full details on all three gardens can be found at www.ngs.org.uk

The Chelsea Chop

Well, as we all know, this month sees the return of the world-famous *Chelsea Flower Show* at this time of year, taking place between 24th and 28th May. A phrase all gardeners will know associated with the show is the "Chelsea Chop" and it is a pruning method by which you limit the size and control the flowering season of many herbaceous plants.

After you've cut back your plants, make sure you give them a thorough watering and some feed. According to the *RHS*, these three suggestions are made for it to be effective.

a) Clumps of perennials can be literally be chopped back by one third to a half using shears or secateurs. This will delay the flowering until later in the summer and keep plants shorter and more compact.

b) If you have several clumps of one plant, try cutting back a few, but leaving others. This will prolong the overall flowering time.

c) Another method is to cut half the stems back at the front of the clump which will extend the season of flowering rather than delay it.

I do have some in my garden that are suitable for the chop! I have a small bed with *Achillea Moonshine* which can get tall and leggy, so cutting them back in May encourages the production of more flowers. Another one that works well is *Nepeta*, some of which I have under a sea buckthorn tree. Some other suggestions for the chop are heleniums, penstemons, sedums, echinacea and phlox.

Preparing for summer

Whether you are getting your garden ready to open to the public, or just preparing it for your own summer enjoyment, there can be a hard-working regime to follow to get it just right!

Over the many years I have been doing it, the task always begins with the power cleaning of the hard surfaces. It's amazing what you can achieve in making your plot look good with just clean looking paths, brick work and garden sculpture. My box courtyard has a lovely brick finish but until you blast the bricks individually, you just don't realise how dirty they have become. It may be time consuming, but well worth the effort to pressure clean every individual brick as well as the grouting between. This year has not been quite so onerous as I have not had to spend too much time on the new patio area, just the older hard surfaces.

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

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

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