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Bournefree



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FOUNDRY

The creative co-working revolution is set to touch down in Eastbourne. See page 3



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Peter Lindsey, Editor.

Contacts

Email: andy@bournefreemag.co.uk
 Telephone: 01323 430303

Editor

Peter Lindsey
 Email: pete@bournefreemag.co.uk

Advertising

Email: gail@bournefreemag.co.uk
 Telephone: 01323 430303

Email: harry@bournefreemag.co.uk
 Telephone: 07809 443027

Production

Custard Design, Eastbourne
 Email: artwork@bournefreemag.co.uk
 Telephone: 01323 430303

Images

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Our next edition will be distributed from August 1st. Make sure you are a part of it.

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Enjoy a wonderful summer in Eastbourne

SUMMER has finally arrived and it's proving a busy and bumper time for our wonderful town.

By **Peter Lindsey**

First, let's just reflect on what an amazing event *Eastbourne Carnival* was. Mina and her team did a great job, and it was a credit to Eastbourne on a lovely Saturday Jubilee afternoon.

It displayed the very best of Eastbourne!

We've been blessed by some wonderful weather, which is meaning a bumper time for our tourism industry.

Despite the publicised problems of our seafront, visitors are flocking to us in their thousands, and yes, we do still have so much to offer both visitors and locals.

And of course, places like Sovereign Harbour look so attractive in the summer months – a great place to visit.

Here at *Bournefree* we continue to expand and develop what we have on offer.

Our most popular story online this month was the terrible situation facing an Eastbourne mum when her young baby turned blue in the Primark store.

The ambulance service said it would take two hours to attend – which is truly shocking – but Megan, an off-duty ambulance worker, was nearby and she helped save the youngster's life.

That story alone was read by more than 26,000 people on our website and social media.

Make sure you go online to **bournefreelive.co.uk** every day – there are a minimum of six stories uploaded every day.

Our *Facebook* page, in particular, is also growing in popularity. We have great debate on there each day.

Just giving one example, last week we reported that 165 Ukrainians were coming to Eastbourne, on had already arrived. That one story was commented on by more than 50 people – join our daily debate.

It's all about 'reach' and how many people with media outlets – and our reach and engagement are both very high.

The magazine is quite different – we like to focus on the positive, on the very best of Eastbourne.

The balance between the magazine and our online posts is proving more popular than ever.

Enjoy July, hopefully in the sun!

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

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Richard Holley, FOUNDRY Eastbourne General Manager

Creative co-working revolution set to touch down in Eastbourne

THE changing face of Eastbourne has attracted a revolutionary new style of creative space for local businesses with global ambitions.

By **Tim Cobb**

FOUNDRY will be opening in The Beacon this summer, in a joint initiative with Beacon owners Legal & General Investment Management. FOUNDRY's mission is about empowering the local business community, giving them space to think differently. It will be the first of 10+ locations within the next three years.

Lifestyle units

With a large footprint over two floors, FOUNDRY Eastbourne will offer a range of office work-spaces to suit all sizes which can be rented by the day, week or month. On the ground floor, and open to shoppers, will be 'boutique' concessions for independent retailers to launch

an idea and a mix of 'bookable' lifestyle units supporting mindfulness, wellbeing and mental health.

Centrepiece

A centrepiece of the brand new kid on the block will be a large timber amphitheatre connecting the two floors where communal and meeting zones will enjoy a great sound system, live DJs, locally roasted coffee and a drinks bar with pop-up food traders. This will offer members unique places they can gather, network, perform, chat and work.

"There's a workspace revolution coming to our town centres, and it's called FOUNDRY," explained co-founder Adam Walker. "The daily commute has been shunted into the sidings and people from all sectors and life-stages are grasping the chance to work closer to home, not at home!

FOUNDRY Eastbourne is the pilot location and an exciting joint venture with *Legal & General Investment Management (LGIM)* where more work and leisure spaces are planned in other L&G centres across the country.

Customer experience

FOUNDRY is part of the wider Future Retail Blueprint launched by Denz Ibrahim, Head of Retail and Futuring at LGIM, in 2020. Its aim is to focus on the customer experience and expectation and to re-imagine their retail places to meet these requirements. This involves re-modelling and future-proofing its shopping and retail centres across the country.

LGIM Fund Manager Andrew Rice said shopping centres were undergoing seismic changes to deliver a more comprehensive offer



across the community and to better reflect the needs of individual towns.

"We are genuinely excited by the arrival of FOUNDRY at The Beacon," Andrew said. "Never before have we combined business, retail, leisure and wellness in such a contemporary wrapping and at such highly competitive prices.

To book a tour, or to find out more about FOUNDRY Eastbourne, email hello@foundryuk.com or visit the website www.foundryuk.com

FOUNDRY
www.instagram.com/foundryuk

£2m makeover for popular Visitor Centre



THE *Seven Sisters Visitor Centre* has officially reopened!

By **Peter Lindsey**

It comes with:

- **New interactive learning panels.**
- **Changing Places accessible toilet.**
- **And takeaway food and drink service.**

The old facilities have been transformed, creating a bright, airy, and interactive space to learn more about the country park and its coastal setting in the National Park.

Visitors will have everything they need for a memorable day-out, including exciting displays and activities relating to the wildlife,

geology, history and people of the incredible location.

Signage around the site has been given a total makeover, making it easier for people to find their way round.

The *National Park Authority* took ownership of the site last summer from *East Sussex County Council* and this work is just the first phase of refurbishments at the country park. Work is well under way to renovate holiday accommodation and facilities at nearby Foxholes,

allowing more people to connect with nature and spend a night enjoying the *International Dark Sky Reserve*.

Lunch on the go is now possible for walkers and cyclists with the opening of a locally sourced and sustainable takeaway food and drinks service.

Over the coming months a year-round offer of activities will be unveiled as well as the opening of the newly refurbished Bike Hire, run by *The Cuckmere Cycle Company*.

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Popular store expands again

MAYBUGS has developed into one of the most popular shops in Eastbourne Town Centre.

By **Peter Lindsey**

It only opened last year and was the natural expansion from its Hailsham store, which is still thriving.

On a mission

Further expansion is now on the cards, and Bexhill *Maybugs* has opened at the start of July.

It demonstrates real success for the passion of owners Greg Rose and John Dale, who are on a mission to bring life back to empty shops on our local high streets.

The Bexhill store is Devonshire Road in the old *British Bookshops and Stationers* shop.

Strength to strength

Greg said: “*Maybugs* has grown faster than we ever expected! With the two stores in Hailsham and Eastbourne going from strength to strength, it made perfect sense to invest in the business and open a third before the summer season kicks in.

“Of course, retail continues to be tricky and shopping patterns now are very different to pre-pandemic times.

“However, our Bricks and Mortar stores, combined with our brand-new website are enabling the business to grow both in-store and online. We believe a strong High Street presence combined with a fully functional website is the future for independent retailing.”

www.maybugs.co.uk
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Why Eastbourne Pride is so important for our town

EQUALITY and diversity are more important than ever in society today.

By **Peter Lindsey**

That's what makes *Eastbourne Pride 2022* more relevant and such a key event in our town's events calendar.

It's taking place on Saturday July 23rd, organised by the *BourneOut LGBTQ* group which does such valuable work in Eastbourne.

Betty Gallacher and Mandy Smith head the committee staging *Eastbourne Pride 2022*.

Betty said: "This is such a special day, and we want people in Eastbourne to help us celebrate.

"*Eastbourne Pride 2022* is open to all – we have so many families attend; it isn't just for the LGBTQ community.

"Sadly, there is still prejudice in our town today – Pride is an opportunity to all become one family.

"We are so looking forwards to celebrating at *Eastbourne Pride* with you all again this year."

Fantastic entertainment

There is a fantastic line-up of entertainment with amazing food and drinks stall and so much more. It all starts at 11am and lasts until 9pm.

Tickets are £5 for adults and £1 for children under 16.

The Parade meets at *Eastbourne Pier* from 10am and sets off at 11am along the seafront, arriving at *Princes Park* where the party is based.

There is a capacity of 5000 people for the park – so it's important to get your tickets in advance.



Performers on stage include Drag Queen Comedian **Rita Bix**, **Abba Magic**, **Adele tribute act Helen Ward Jackson**, **Sea Gypsies** and **Almost Pink**.

For more details, please email info@eastbournepride.org

Book your tickets online at: <https://www.eventbrite.co.uk>

Or pop into the **Bourne Out LGBT+ Café, 1 The Labyrinth, 7 Mark Lane, Eastbourne, BN21 4RJ**.
Café open hours: Monday, Friday, Saturday & Sunday – 11am – 3pm.

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Rita Bix, comper for the day/night.



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Sun, sea ... and thousands of spectators for Eastbourne Carnival 2022



Photos: Media Attention and Modify Media.

EASTBOURNE enjoyed a great spectacle this **Platinum Jubilee** weekend, as the carnival took over the town centre and the seafront.

By **Mina O'Brien**, Chair

The day began at midday when the Mayor of Eastbourne officially opened the carnival at the Enterprise Shopping Centre.

The parade made its way along Terminus Road and a number of participants wore costumes from the *Notting Hill Carnival*, accompanied by local Eastbourne drumming group *The Stix*, local dancers *Cherry Dance*, and *Dolly Delicious* the Stilt Walker.

The main parade got underway at 2pm and thousands of spectators on the seafront were treated to over 40 Carnival entrants which included local musicians, dancers, performers, charities and businesses. They had all invested a significant amount of time in their costumes, performances and floats in preparation for the event.

Carnival Chair Mina O'Brien of *Ditzy Media*, and Christina Ewbank, Chief Executive of *Eastbourne & District Chamber of Commerce*, got into the spirit by participating in the opening section wearing colourful carnival costumes.

Christina said: "What an amazing *Eastbourne Carnival* this year! Public

feedback has been overwhelmingly positive. The weather was kind to us and the atmosphere was great. Mina and her team did a terrific job attracting carnival acts from Notting Hill and as far away as Bolivia! Local groups from East Sussex excelled themselves as well with music, dancing, fancy dress and even formation skating. Next year will be even bigger and better."

Mina said "It was a privilege to look after the carnival for the town that I love, on such an important, historic weekend. To be given the opportunity by Stephen Lloyd to work with the *Eastbourne Carnival Committee* as chair to create this event was an honour. I would like to thank the committee, and everyone involved for their support and positive feedback."

Eastbourne Borough Council leader David Tutt said he was delighted with this year's carnival and the enthusiasm of the spectators. "It was a hugely successful day and I was so pleased that we had large crowds and great weather to welcome the participants. I know that Mina and the committee will build on this and I am already looking forward to Carnival 2023."

Eastbourne Carnival 2023 will be held on Saturday 27th May, and the theme is 'Colours of Sussex'.

The Category Winners and runners up for the People's Choice are:

Best Float:
You Raise Me Up.

Runners up for Best Float:
Eastbourne Bonfire Society, Lansdowne Hotel.

Best Performance:
Caporales San Miguel.

Runners up for Best Performance:
Skateworld, Stix, Cherry Dance, San Simone Sucre, Sweet Circus, Tornado.

Best Costume:
Caporales San Miguel.

Runners up for Best Costume:
Cherry Dance, San Simon Sucre, Stix, Sweet Circus, Mucky Mermaids, Skateworld.

The Mayor's Choice Awards:
Overall Winner:
Madeira Windows.

Best Commercial:
Lansdowne Hotel.

Best Marching:
Mi Viejo San Simon.

Additionally, The Mayor handed out 17 Rosettes to Highly Commended entrants.

Airbourne 2022 ready for take off

IT'S almost here again – and let's hope it stays in Eastbourne for many years to come.

By **Peter Lindsey**

There have been doubts as to whether Eastbourne Borough Council can afford to stage Airbourne in the future.

The good news is that it's back for 2022, from August 18th–21st.

It is now one of the world's biggest free seafront airshows which attracts

nearly a million people over the four days.

Entertainment throughout

The air display features military fast jets, helicopters, parachutists, and incredible displays from aerobatics teams, and usually includes *The Red Arrows*.

There are also plenty of ground events including beach play zones with giant inflatables, RAF simulators, Jet Rides and much more. In the evening there is the popular *Airbourne Live* beach



stage offering a wide range of music and entertainment throughout the four days. There is also the traditional end of show fireworks display.

It will be a much-needed boost for our tourism economy after the pandemic.

Early confirmed displays for 2022 include the **RAF Red Arrows**, **RAF Typhoon** and **Battle of Britain Memorial Flight**.

Weather permitting, *The Red Arrows* will be performing on all four days.



For more information please visit: www.visiteastbourne.com/airshow

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Hospice fundraiser raises £100,000

ST WILFRID'S Hospice welcomed 370 guests to *The Saffrons* for an afternoon of fabulous food, wine, and fundraising!

By **Peter Lindsey**

Lunch@ is organised by a dedicated committee of volunteers who have waited two years to bring everyone back together for this wonderful afternoon – and what a fantastic afternoon it was.

A beautiful raffle, golden ticket tombola and an array of silent auction

items tempted guests to buy tickets and bid generously.

Live auction

Finishing with a live auction, guests were encouraged by the charismatic MC, Roger Dakin, to bid high to get their hands on the sought-after prizes. The afternoon was topped off with the excitement of the live draw to win 'Wilf', the uniquely customised Harley-Davidson that had been donated by to help raise additional funds.



A big thank you

The event has raised nearly £100,000! Thank you to the committee who have spent many months putting the event together and to all those who gave up their time

as butlers and event helpers. Thank you to everyone who donated prizes and experiences, particularly John and Denise Sykes for the gift of 'Wilf', which raised over £30,000 through the sale of raffle tickets.



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BIZZYBIRDS has been providing a supportive community for women in business throughout East Sussex for seven years now.

By **Gail McKay**

Jane King, the founder of Bizzybirds Networking group for Women, left her corporate job to set up her own business, so she could have flexible hours around the demands of her family. That's when she realised the benefits of networking.

She said "Networking is a key part of establishing and maintaining your business in your local area."

Jane had tried a few of the other networking options but felt there was a growing demand for a different way of doing things.

"Seven years ago I set up *Bizzybirds* Networking for women like me who wanted to get help with their business while still doing the school run. It needed to be affordable and welcoming too."

Bizzybirds offer all this and more. A great way to meet like minded women.

Bizzybirds meetings are held monthly in four towns.

- Eastbourne at *Deliciously Gorgeous*.
- Hailsham at *B12 Bar & Kitchen*.
- Hastings at *1066 café*.
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For more details please visit:

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KRYSSY HAMILTON Hamilton Home Staging

Hi, I'm Kryssy, founder of Hamilton Home Staging.

Property Staging has transformed the way properties are sold in the UK and is the first step to take when preparing your home for sale or rent.

I've been designing and styling interiors and gardens for more than two decades and my evolving style is recognised through my use of opulent textures, neutral colour schemes and clean lines.

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With a wealth of knowledge and expertise, I'm passionate about making my styling ethos accessible to everyone I advise on every aspect and detail of a project.



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Now is a really exciting time to be a part of an education into specifically serving women. The recent documentaries around the menopause have opened the doors for women to speak out without shame and be listened to. Milly is pushing the message forwards and banging the drum, let's make some noise!

Milly takes a holistic approach to health in terms of physical fitness, nutrition, stress management and sleep habits.



She loves to talk about pelvic floors, oestrogen, breathing, broccoli and getting outside to mention a few! Milly runs classes all over town and bespoke 1:1 programmes for women. Please feel free to get in touch.



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[@millyhealthfitness](https://www.instagram.com/millyhealthfitness)

JEN FISHER Mini First Aid Sussex

I have always had an interest in helping people and first aid training has been such a great way to do that. I think that first aid is really important whether you're a child, new parent or business and that it should be fun and memorable!

I started *Mini First Aid Sussex* teaching first aid to parents/carers because I couldn't find it when I had my daughter. I love hearing back from families who have come to a class and then had something scary happen like their child start choking which they have been able to confidently deal with. It gives such a sense of job satisfaction.

I also teach children from 3–16yrs, healthy minds for kids 7–11 years, businesses and early years settings because I believe that we should be offering the



right class for the right person. I always wanted to expand the business Sussex wide to be able to offer a whole variety of courses and it's been fantastic to reach that goal and help people learn something helpful to.

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JULIE BROOKER Styling For The New You

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

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

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



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

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

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HOLLY BETTLES Mortgage & Protection Adviser

Hi, I'm Holly, a Mortgage & Protection adviser with Citrus Financial. We're a local financial advice company that's a bit different.

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GLYNNIS WISBEY Utility Warehouse

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

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

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

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



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

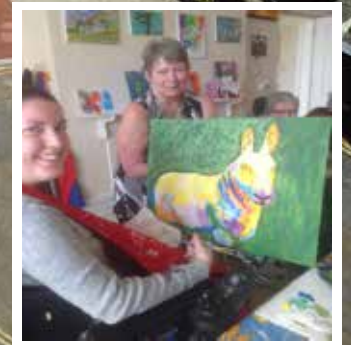
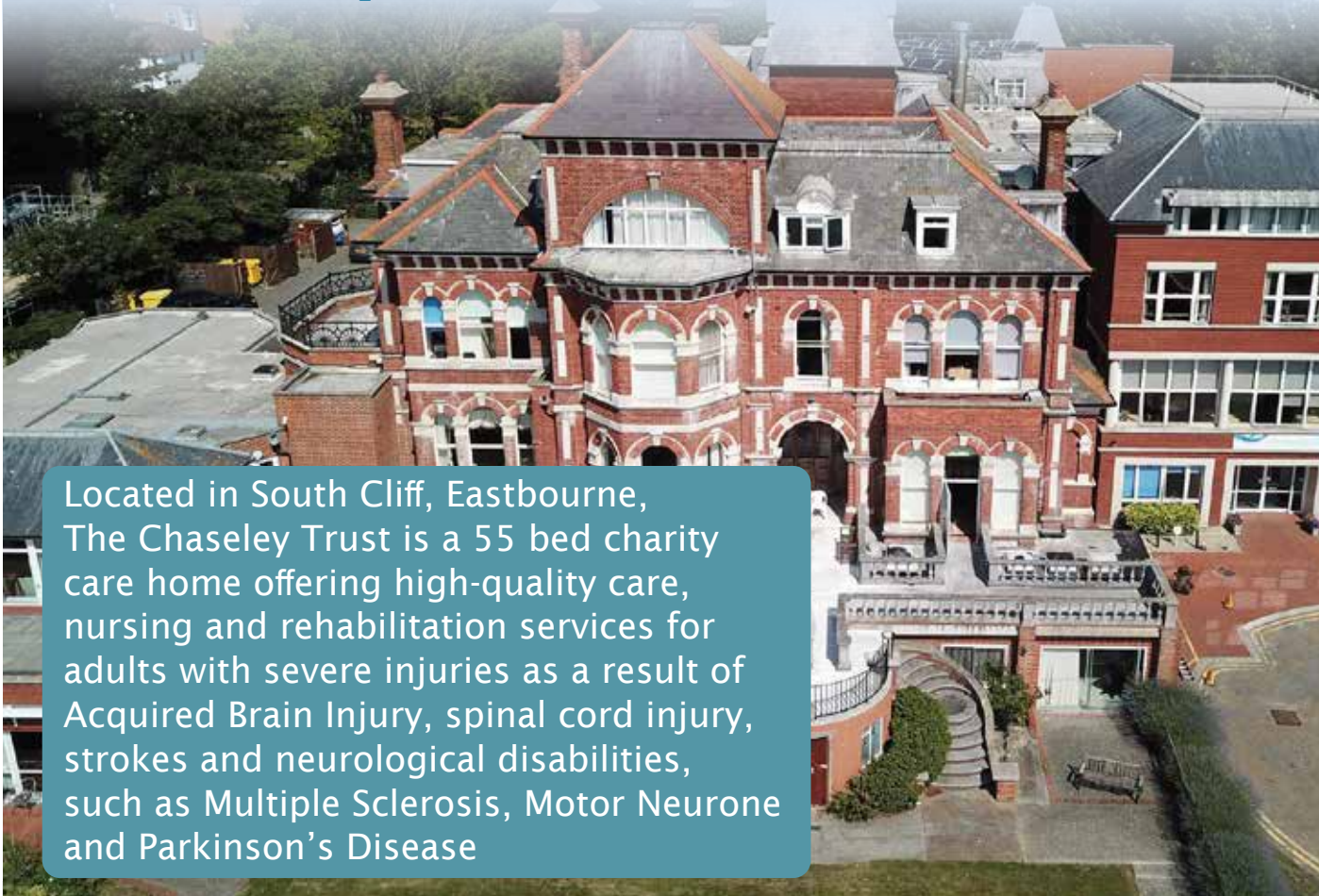
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Located in South Cliff, Eastbourne, The Chaseley Trust is a 55 bed charity care home offering high-quality care, nursing and rehabilitation services for adults with severe injuries as a result of Acquired Brain Injury, spinal cord injury, strokes and 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





Summer fun at Chaseley

WE may only be in July, but residents at Chaseley have already been enjoying the start of summer.

By **Jodie Cornford**

With big thanks to Knockhatch for their gifted tickets, we have been able to visit a couple of times with some of our residents who have enjoyed meeting the animals up close, participating in the newly opened Sherlock Holmes experience and enjoying the Chestnut Wood Inclusive Adventure Playground, which is specifically designed for people with disabilities.

Garden party

To celebrate the Queen's Jubilee we held a garden party for our residents and their loved ones. We were very lucky with the weather and the wonderful Melodie performed on our balcony and got everyone singing along to some classic hits. We also planted a gorgeous Magnolia Tree in our garden as part of the *Queen's Green Canopy* project. We would like to thank Kim, our *Morrisons' Community Champion* for donating not one, but three Magnolia trees for our residents to nurture and enjoy.



Trips out

Residents have also been enjoying trips out locally to the pier to enjoy a beer and some live music, *Hilliers Garden Centre* to choose beautiful plants for our gardens along with a delicious slice of cake. Whilst we were unable to participate in this year's wonderful carnival, we were able to enjoy it as spectators and residents absolutely loved the variety and brightness of the costumes and parade.

Thank you to everyone who has helped kick-start our summer of fun here at *Chaseley*, we appreciate your support, kindness and time.

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

St Wilfrid's Starlight Stroll

A walk to remember

Light up Eastbourne Seafront, walk four miles beside the sea, and help raise vital funds for your local hospice

- ★ Starting at Treasure Island on Eastbourne Seafront and finishing at the Beach Deck for a post walk celebration
- ★ Early Bird Entry just £14 until, £18 after 29th July
- ★ Receive a special lantern to decorate in memory of your loved one
- ★ Lay your lantern in the beautiful Italian Gardens at the half-way point
- ★ Become a fundraising superstar by raising vital donations for the hospice

Saturday 10th September

Registration from 5pm, walk starts at 6pm

SCHMIDT

This event is kindly sponsored
by Schmidt Eastbourne

To find out more about this event and to register, visit us at
stwhospice.org/starlightstroll2021 or call **01323 434241**



St Wilfrid's Hospice

The Queen's highest accolade delivers crowning glory in charity's special year

STANDING proud this summer amongst an elite band of charities nationwide is an Eastbourne group that has been awarded the UK's highest volunteer accolade – by the Queen herself.

By **Keith Ridley**

People Matter has a double cause for celebration, now marking its own 25th anniversary in platinum jubilee year by being awarded the highly-coveted QAVS – the Queen's Award For Voluntary Service.

In what has proven to be a record-breaking year for East Sussex, *People Matter* is one of a magnificent seven to be recognised in the county with the award of the charity sector's equivalent of an MBE (Member of the British Empire).

The award was created in 2022 to celebrate the *Queen's Golden Jubilee*, recognising outstanding work by local volunteer-led groups to benefit their communities.

Ultimate recognition

"We are thrilled beyond words," said CEO, Ann Gillard. "For our volunteers today and for all those who have who have been part of our wonderful team on its 25-year journey, this is the ultimate recognition. What a very special chapter in our anniversary year."

Recipients are announced each year on June 2nd, the anniversary of the Queen's coronation, with the awards taking on even greater significance this year because of the platinum jubilee celebrations. The crystal award and certificate will be presented to *People Matter* by Lord-Lieutenant of East Sussex, Andrew Blackman, at a civic evening on July 7th, already planned to mark its 25th anniversary year. Two volunteers will also be invited to attend one of next year's Buckingham Palace garden parties.

Supported more than ever

People Matter has offices in Saffrons Road, not far behind the town hall, and has supported some 16,000 jobseekers towards employment through its career information, advice and free guidance services. Through the Covid pandemic, the charity supported more people than ever by operating remotely. In the pandemic year of 2020, it interacted with an astonishing 2,500 new and existing clients, up from an annual average of 850.

Josh Babarinde, one of the country's youngest ever OBE recipients for his work with vulnerable youngsters



in south-east London, told how *People Matter* "reaches into every nook and cranny of the community in an effort to make sure that no jobseeker is left behind."

Critical role

A member of the charity's volunteer advisory board, he added, "This is the tip of the iceberg of 25 years' of volunteer-powered innovation, impact and altruism, illuminating the critical role this charity plays in our community."

The past few months have seen *People Matter* embracing those in temporary homes, ex-offenders, veterans and refugees – including the many Ukrainian guests settling into East Sussex – as it works with employers and job-seekers alike.

To access *People Matter's* services, please contact:

reception@people-matter.org.uk or call **01323 431289**.



People Matter gave me a future

Terry's story . . .

"I could have lost everything before I found *People Matter* – my family, my health, possibly even my life. Now, thanks to them, I have a future."

Those are the sobering words of a 23-year-old recovering drug and alcohol abuser who is in paid employment as a gardener for the first time, thanks to guidance and mentoring from this unique, volunteer-driven charity.

"I'm in the best place I can ever remember," said Terry. "As soon as I'm out of my comfort zone, they realise and an arm comes around me. I have my life back."



New Honorary Clinical Professor at DGH Trust

SCARLETT McNally, Consultant Orthopaedic Surgeon at the Trust since 2002, has been awarded the title of Honorary Clinical Professor at Brighton and Sussex Medical School.

By **Peter Lindsey**

There are now three Professors at the Trust, which runs the Eastbourne DGH.

Professor Scarlett McNally joins Professor Nik Patel, Consultant Cardiologist, and Professor David Howlett, Consultant Radiologist.

All three support research and education, particularly for medical



Professor McNally (left) with Joe Chadwick-Bell, Chief Executive.

students, doctors in postgraduate training programmes and across healthcare staff.

Professor McNally said: "It is a huge honour to have been recognised by our local medical school. I love my clinical work and now operate part-time, which gives me time to work on

my interests of education, improving population health, diversity, exercise and improving perioperative care."

Joe Chadwick-Bell, Chief Executive said: "I am delighted that Professor McNally's hard work and dedication has been recognised in this way. It's a privilege to work alongside Scarlett."



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 Use your own device with free Wi-Fi
eastsussex.gov.uk/DiscoverLibraries



I wish you a good holiday!

LAST month I was talking about the travel delays over Easter, but little did I think that we would be talking about them again so soon, and then to add to the inconvenience, we have a national rail strike that has all the hallmarks of going into a time warp back to the seventies.

By **Martin Wellings**, Personal Service Travel

Things are marginally better now that airlines realise that it is totally unacceptable to leave cancellation of flights so late that passengers have actually arrived at the airport before they receive notification! I should mention that in the event of cancellation or delays in excess of two hours, there is a schedule of compensation that has to be paid by the airline and is a legal requirement, so no need to use any of these so called no-fee lawyers who take 20% or more of amount claimed.



Package holidays

A couple of other points worth mentioning, and again not generally known. When booking a package holiday, it is the tour operator who is responsible for everything, so if for example the return flight is cancelled involving an extra night at the hotel, the costs have to be met by the operator. The other point is that people travelling further afield have much less chance of having flights cancelled, as it is the short flights under two hours that are the most effective cancellations from the airlines point of view.

More welcome

All this is terribly negative, when we should be looking forward to easier travel post Covid, but I am pleased to say that there are some positives this year. Just recently, the USA has cancelled the need for a Covid PCR

test before entering the States, and this has been very helpful for such a popular destination, and other countries are gradually dropping their Covid related requirements. On top of all this, with the huge loss of trade by countries who are dependent on tourism, we will be even more welcome as visitors.

Comfortable and enjoyable

I started this article by talking about going back to the seventies, but there are positives in going back to this time, one of which is the re-introduction of overnight trains by the French SNCF rail network. Coupled with the Eurostar service to Paris, this is an extremely comfortable and enjoyable way of travelling to somewhere like the Côte d'Azur.

Anyway, wherever you are going, I wish you a good holiday this year.

Australia and New Zealand



Now re-opened for visitors!

At last, you can now visit Australia & New Zealand again and, as a result, flights are in high demand. So, whether it's a detailed itinerary or simply a flight only, contact PST, *today!*

The earlier you book the better, as air fares are constantly increasing



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THE COST OF LIVING...



Rising energy prices, food bills, fuel costs and more. We're all experiencing them. But for the people of Eastbourne on the lowest incomes, the cost of surviving this crisis is too high.

Many of our Foodbank guests tell us about the impossible decisions they face.

How do you juggle paying for food, energy and housing when there just isn't enough money?

OR THE COST OF SURVIVING?

How can you support the work of Eastbourne Foodbank?

Make a donation at your supermarket or our Brampton Road office

Volunteer with us - we have a range of amazing opportunities

Attend a fundraising event, such as **The Mayor's Charity Quiz Night**. Friday 8th July at the Town Hall. Tickets: mayorsoffice@lewes-eastbourne.gov.uk

Find out more about local poverty. Tell your family and friends. Follow us on social media

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It's a wrestling summer sizzler

WIN a family ticket for *Rumble Wrestling* as they return to Hailsham.

By **Harry Farmer**

Rumble Wrestling returns to Hailsham for its 2022 Summer sizzler show with another action packed two hours of family entertainment that the adults will love as much as the kids.

Boo the bad guys and cheer the good ones.

All Nations Champion **Tate Mayfairs** is set to challenge *Rumble* Champion and fan favourite

Sid Manelli in a special conditions main event plus appearances from Japanese invader **Mr Shenwoo** and new high flyer **KM Lane**.



Charity dinner in aid of flood victims

THE *Spice Garden* is hosting a charity dinner for flood victims in Bangladesh on 5th July.

By **Gail McKay**

The Eastbourne branch of *The United Nations Association (UK)* is hosting a fundraising dinner at the *Spice Garden* in Eastbourne's Old Town.

The flooding and devastation in the North East of Sylhet is the worst in 125 years, leading to around a quarter of its 15 million population stranded amid rising waters.

A third wave of flash flood has devastated the north-eastern part of Bangladesh this year, especially Sylhet, Sunamganj, Netrokona and Hobigabj districts.

The majority of schools and educational institutes have been closed and important infrastructures have been submerged into water.

Medical support, food, drinking water, transportation and shelter has been identified as immediate key needs of the people.



The charity dinner is 6pm to 10pm with food at 7.30pm. It's £25 per person. Please book in advance as spaces are limited.

Guest speakers include Ian Elgie FRGS (*Chair of Eastbourne U. N. A.*) 'Bangladesh, an epicentre of the climate emergency. Why?'

Carol Mills, *Eastbourne Climate Coalition*, will also give a short talk.

This event is supported by His Worship the Mayor, Pat Rodahan.

Tuesday 5th July 2022
Spice Garden
Eastbourne BN21 1HT
eastbourneuna@yahoo.com

The *Eastbourne United Nations Association (UK)* is an organisation devoted to building support for the UN among policy makers, opinion formers and the public.

For more information on the support given by the organisation and how to join, please go to:
www.unaeastbourne.org

A.P. Security at the Queen's Platinum Jubilee Pageant Book Launch

A.P. Security were thrilled to attend the Jubilee Commemorative Album Launch event in London on 5th June 2022. In celebration of 70 glorious years, Her Majesty The Queen: The Official Platinum Jubilee Pageant Commemorative Album is the only official book published for the Platinum Jubilee Pageant. It was launched in the elegant art deco surrounds of Claridge's ballroom.

Attended by more than 450 guests, APS witnessed history in the

making during a live screening of the jubilee celebrations. All the guests were considered to have contributed to Queen and country and those who contributed to the book were thoroughly scrutinised before being added.

A.P. Security were delighted that their work during Covid meant they were the only security company to be part of the book. They helped many people during the height of the pandemic, including babies who needed special formula or medicine. Their drivers and employees went above and beyond to transport much needed items across the country

to reach those in need. Their 250 dedicated staff worked throughout the Covid pandemic and really pulled together to help others.

Nicky Fisher, President of the Eastbourne Chamber of Commerce told us *"We are so proud of our member APS Security for receiving this much deserved recognition and we highly recommend their services."*

For more information visit www.apsecurity.co.uk



Recognition for Local Vending Company

Hailsham-based Westways Vending recently entered their industry event "The Vendies", a scheme to recognise excellence in the vending industry.

The award ceremony took place over a prestigious lunch in London, during which Directors Ian and Natalie Baker were delighted to pick up the award trophy for "Best Regional Vending Operator".

Ian said *"We are thrilled to be recognised by our industry for the hard work and dedication of our team, who on a daily basis go the extra mile to provide great service to our customers."*

Westways supplies hot drinks, snacks and cold drinks vending

machines to clients of all sizes throughout the South East. As a family-owned business, they believe in the values of customer care and attention to detail at the forefront of all they do, and this is demonstrated in the loyalty of their customers, many of whom have been with them since the Company was formed in 1999.

Westways supplies the Eastbourne Chamber of Commerce with fresh ground Arabica Columbian coffee, breakfast tea and Swiss hot chocolate for their meeting room which is available for members to use free of charge. They also supplied and maintain a fresh supply of chilled and filtered water to keep all the Chamber team cool

during the summer heatwave.

Chamber CEO Christina Ewbank said *"Westways service is excellent and they richly deserve this national award. While they supply the Chamber with top quality coffee they also handle the less exciting side of the contract with absolute efficiency."*

"It's vital to keep our water filtering equipment clean and fresh and so it's great to be able to trust Westways to service our equipment like clockwork every quarter."

For more information, visit www.westwaysvending.co.uk and have a look at their effective bean logo designed by Chamber member www.lisadesign.co.uk



The Westways team with their award



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!

The Eastbourne area BUSINESS AWARDS are back in town!



Ian Fletcher-Wright



Ashley Pugh

Eastbourne Chamber of Commerce has brought the Eastbourne Area Business Awards back to town with Keith Ridley and Denise Greaves. The event will be held on Friday 30th

September in the evening at a sparkling black tie celebration and has moved to the stunning new Winter Garden and Welcome Centre. All businesses are welcome to enter or nominate others, including members and non-members.

The judging panel includes successful business people - entrepreneur Ian Fletcher-Wright of Posturite, Keith Ridley, Tim Cobb of CobbPR, Chamber CEO Christina Ewbank and force of nature, Karen Day of Seahaven FM.

The Headline Sponsor is W Bruford Jewellery and Watches who are expanding into new premises on Cornfield Road as well as in a prime location in The Beacon Centre.

Ashley Pugh, MD of W Bruford said *"I am delighted to be associated with these awards. It's a great opportunity for local businesses to be recognised for their excellent service and quality products.*

"With incredibly fast broadband speeds and a great work / life balance, Eastbourne is fast

becoming the best place to do business in the UK."

Handelsbanken are sponsoring the drinks reception and category sponsors include Advanta Accountants, The Beacon, Birchwood Group, Gardners Books, Handelsbanken, Identity, LECS UK, Quantuma, W Bruford and Watson Associates.

Nominations are now open at www.eastbournebusinessawards.co.uk so visit the site to nominate a client, a supplier, or your own business.

Primary school children hop on board for a special lesson about buses from Stagecoach South East



Oakwood Primary School pupils on board a Stagecoach Bus

An Eastbourne Primary School had a special visitor last week when Eastbourne Chamber Member, Stagecoach South East, arrived with a full size bus to help them learn all about transport!

Ali Rahmani, the Assistant Operations Manager for the company's Eastbourne depot, spent the day with Oakwood Primary school pupils and gave out Stagecoach goodie bags, including crayons, a colouring in flag, a cardboard bus, and a water bottle, all inside a hi-vis drawstring backpack for the class of 32.

Ali joined the pupils to teach them all about what it means to be a bus driver and answer their questions such as 'why do we travel in different ways?' and 'why is the bus so colourful?'

The pupils then headed out for a trip in Eastbourne on the bus, driving along the seafront before each taking turns in the driver's seat.

Headteacher of Oakwood Primary, Ryan Laker, praised Ali for his enthusiasm, professionalism, and friendly manner.

"This was just a great experience for the children - a bus on the school grounds and a ride. The children loved it...and their goodie bag too!"

Stagecoach is one of Britain's leading public transport businesses and has been part of the fabric of daily life in England, Scotland and Wales for 40 years. With a team of 23,000 people and 8,300 buses, coaches and trams they serve their local communities, support the economy and help cut congestion and emissions on roads.

New members for July

The Clean Ears • Crown Coast Pets • Ecohaven • East Sussex School of Circus Arts • Gyves Guest House • 3VA

Eastbourne's human rights warrior

DORIT Oliver Wolff BEM, Holocaust survivor, singer, educator and author of 'From Yellow Star to Pop Star', has been busy this month.

By **Gail McKay**

East Sussex Women of the Year lunch

It started at *East Sussex Women of the Year* lunch, an invite only event celebrating the contributions and achievements of women in voluntary

and professional roles in East Sussex at the *Amex* stadium in Brighton.

Then on to *Buckingham Palace*, for the *Jubilee Garden Party*. Dorit took her friend, Martin Chatergrub, who



Dorit with Martin at Buckingham Palace.

owns the Hairdresser, *Mr Martin* on Broderick Road in Hampden Park. Garden Parties are an important way for The Queen to speak to a broad range of people from all walks of life, all of whom have made a positive impact in their community. Dorit met a host of wonderful people there, from all across the globe, including a Ukrainian Diplomat.

"I would like to leave a legacy about how everybody is important, life is important, life is for living. There is no us and them, its only US."

Dorit has a number of projects on the go. At 86, she shows no sign of slowing down, "It's more urgent than ever to spread the message that we are in danger of history repeating itself."

Competition

Dorit has just launched a Children's illustration competition at *Gildredge House Free School*. As well as having their pictures in Dorit's book, *'The Striped Kite'*, The winner will receive £50. Runners up will also receive a prize.

She is preparing her next book on her life after she arrived in the UK, she has produced a CD of her songs, *'Dorit Oliver – Sings'*, she has written a children's protest song, and is continuing to sell her book, *'From Yellow Star to Pop Star'*.

If you'd like to meet Dorit, she'll be at Geoff Stonebanks's Award Winning *Driftwood Garden* in Seaford on 23rd and 24th July. Donating to *Macmillans Cancer Support* with every book sold.

It's a wonderfully tender story about a boy called Zack in a concentration camp who meets a young prison guard, who helps him make a Kite. The intention of the story is show compassion and kindness can come from the most unexpected places and people.

Written for 5–9 year olds, Dorit wants to start children's education on the history of the Holocaust early. Young readers are encouraged to write their own ending to the story.

You can read *'The Striped Kite'* on our website at:

www.bournefreelive.co.uk

Human rights

Dorit is a fierce human rights advocate, and a critic of this government's attitude to asylum seekers.





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Can you guess the secret artist?

ALMOST 1600 mini-masterpieces donated for school art auction for *The Royal Marsden Cancer Charity*.

By **Gail McKay**

#sophiespostcard is in memory of former pupil of St Richard's Catholic College, Sophie Maria Taylor, who was cared for by The Royal Marsden but lost her life to cancer on 5th April 2017.

The fundraising event began in 2018 and was meant to run for one year. It was so successful that the event was repeated in 2020 and has raised over £46,000 for *The Royal Marsden Cancer Charity* since it was established. A phenomenal fundraising amount for a school!

#sophiespostcard is running for the 3rd time and the response has been incredible with many famous artists donating artwork. There are 1584 mini masterpieces donated by artists, friends and pupils of the school. All of the artwork from this and previous auctions can be seen on sophiespostcard.com

#sophiespostcard secret art auction launches on eBay on Thursday, 30th June 2022 with the final day of bidding on Saturday, 9th July 2022 with all proceeds from the

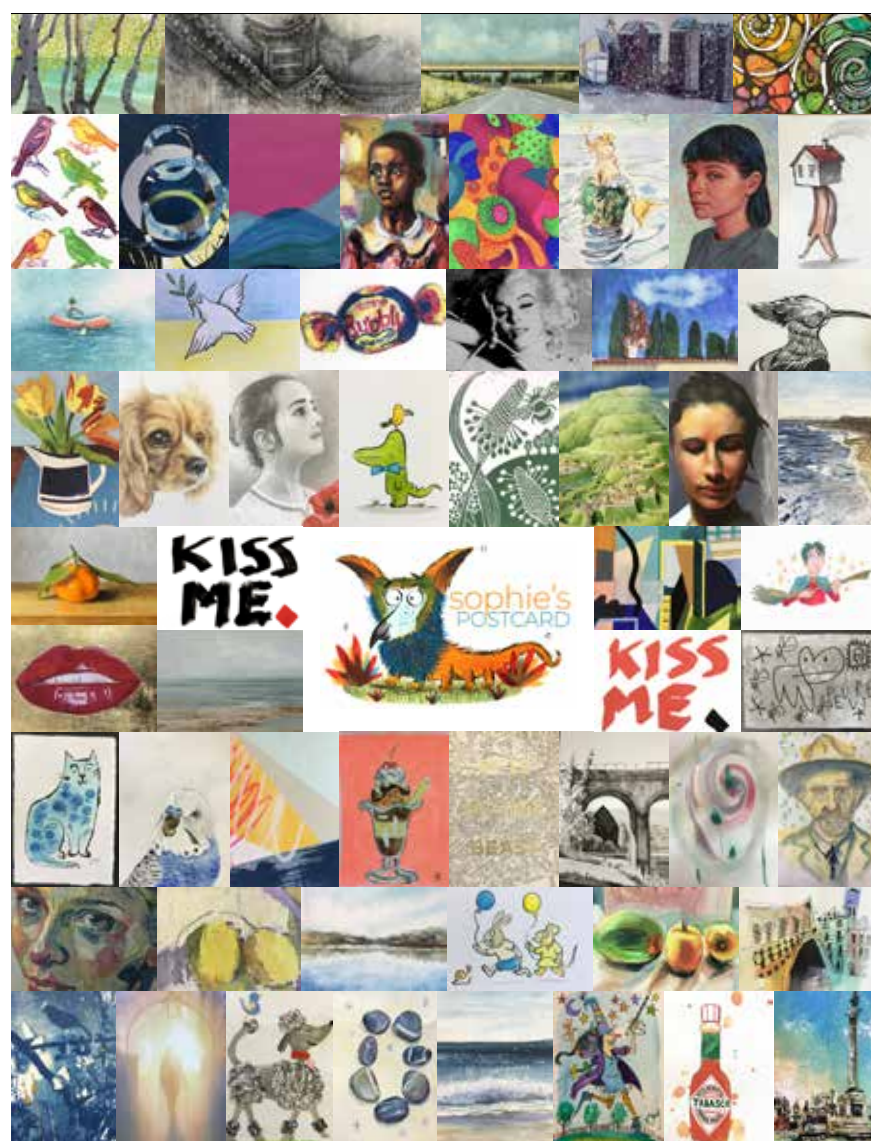
auction going to *The Royal Marsden Cancer Charity*. **All postcards have a starting bid of just £1** and are auctioned on eBay, making it accessible to buyers around the globe.

Famous contributors

All artists involved have submitted their original art anonymously to be auctioned on eBay, the postcards are signed on the back. Only when the auction closes will the winning bidders find out who the postcards have been created by. Some of the most famous contributors in this summer's auction include Turner prize winners Gilbert & George, winner of the BP portrait prize Susanne du Toit, street artist Pure Evil, many well known painters Michael Riddle, Conrad Crispin Jones, Jen Orpin and Alex Callaway, Sarah Graham, Illustrators Alex Scheffler, Thomas Taylor, Emma Dibben and Korky Paul, *Private Eye* cartoonist Jonesy, Lorraine Kelly and Victoria Coren Mitchell.

Bidding opens on 30th June. Scan QR code to be taken to eBay or see www.sophiespostcard.com for full details.

Contact: Miranda Pennington at sophiespostcard@strichardsc.com



Antonia Dalmahoy, Managing Director at *The Royal Marsden Cancer Charity*

said: "We are incredibly grateful to *St Richard's Catholic College* for their generous support of *The Royal Marsden Cancer Charity* in memory of Sophie. Our work wouldn't be possible without the amazing support of fundraisers like *Sophie's Postcard*. The money raised through the auction will make a real difference, helping to fund world-leading research to improve the lives of young cancer patients like Sophie. It's always so inspiring to see the original and creative artwork that is up for auction, and so I also want to thank the talented artists who take the time to submit their work, and those who kindly bid on it."

Thomas Taylor, Author and Illustrator

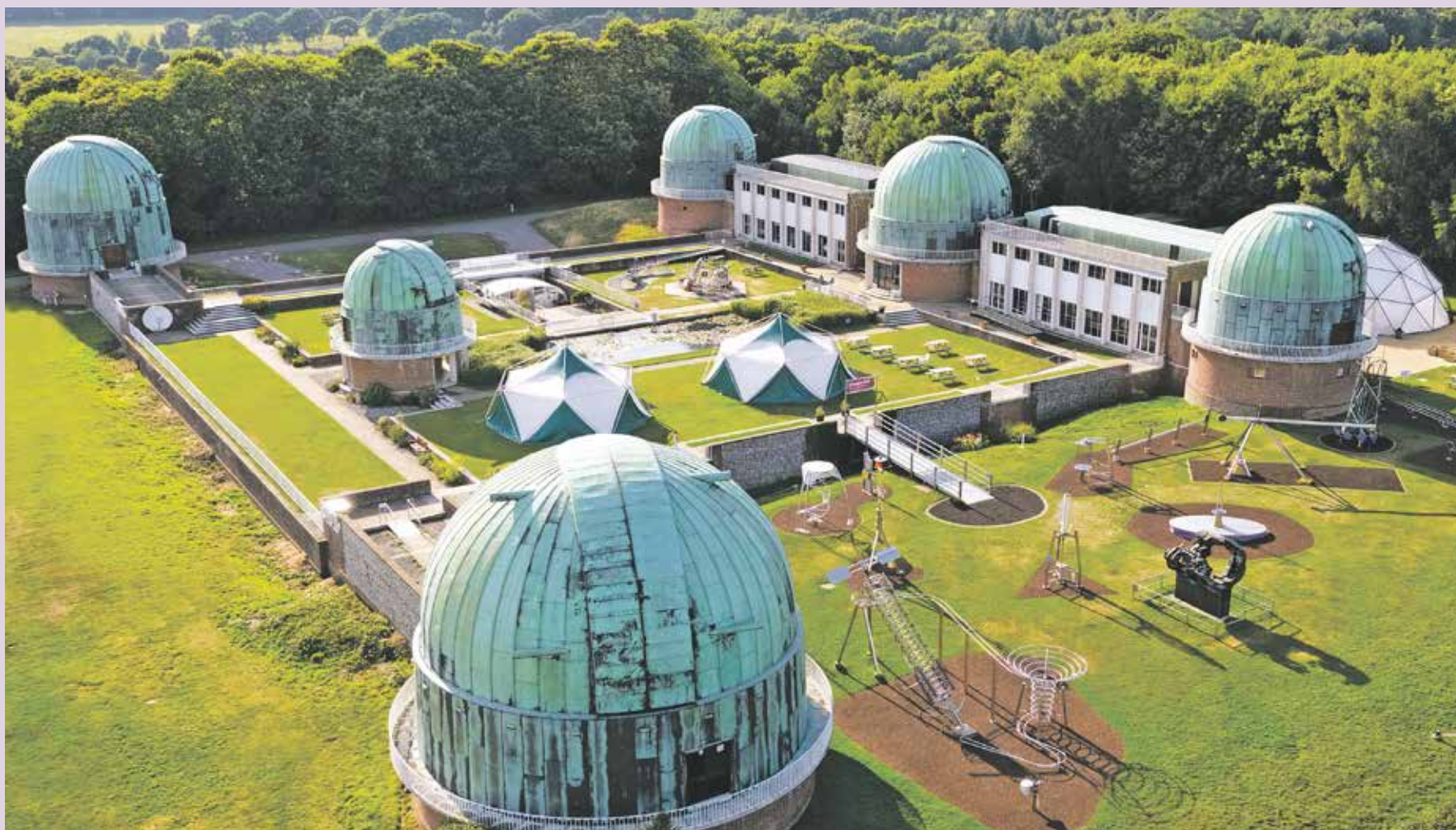
said: "I am delighted to once again contribute a secret postcard to this fabulous auction. And what an opportunity to not only support a great cause, but also grab a piece of original art! The range of work is spectacular this year, so bravo to all involved."

Miranda Pennington, Art Teacher and co-ordinator

said: "We're thrilled with the number (1584) and quality of postcards that have been sent to us this year. The breadth of artistic styles is quite astounding, with contributions by professional artists and leading figures in the art world and children at the school displayed next to each other. We are very excited to see what happens in the auction and how much we can raise for the amazing *Royal Marsden*."

St Richard's Catholic College would like to say a huge thank you to all the artists, all the supporters, *Custard Print* for printing the postcards and the generosity of all the bidders.





Spectacular Science!

SCIENCE should be fun; to encourage everyone to explore, discover and learn...

From Royal Observatory to The Observatory Science Centre – the journey...

The world-famous Royal Observatory Greenwich moved from London to Herstmonceux, East Sussex in the 1940s to escape the smog and increasing light pollution.

At the new location, buildings were constructed, landscaping carefully considered and domes with the iconic copper covering built to house the telescopes. Astronomical research lasted at the site for more than 40 years. During this historical period the world discovered a new found interest in space following the first persons to walk on the moon. The work carried out at Herstmonceux at this time included the discovery of the first black hole and important work in star mapping and observing solar activity. Eventually, the decision was taken to move once again, this time from the Herstmonceux location to a new site at Cambridge, leaving behind the Equatorial Group of Telescopes.

By **Laura Green**

Charity Science Projects Ltd moves to the site in 1995.

The *Observatory Science Centre* is part of Science Projects Ltd – a company with charitable status (Charity no. 298542) dedicated to the promotion of science for everyone and designers of interactive exhibitions. When Science Projects opened *The Observatory Science Centre*

in 1995, the amateur astronomer Sir Patrick Moore declared that the Observatory had been ‘Saved for Science’. *The Observatory Science Centre* has gone from strength to strength over 27 years offering astronomy, Spectacular Science and discovery amongst the domes and telescopes. The unique site is recognised with Grade II* Listed monument status.

What is at The Observatory Science Centre today?

Within the beautifully landscaped site you will discover a wide range of fun, interactive science based exhibits, both outside and inside. In the historic buildings themselves you are able to explore the exciting worlds of Forces, Earth and Beyond, Light and Colour, Astronomy and Time plus galleries of exhibitions that change throughout the year. All exhibits are fully interactive so you can have a play and find out what they do, each with easy to read explainers telling you more about the exhibit and often relating it to everyday objects. You will have enormous fun exploring the large-scale interactive exhibits outside in our *Discovery Park*, and the *Water Planet* exhibits are a firm favourite with everyone. You will also find other exhibits in and around the gardens including our whispering dishes, rock-stone lithophone and bee path game nestled within its own flower bed.



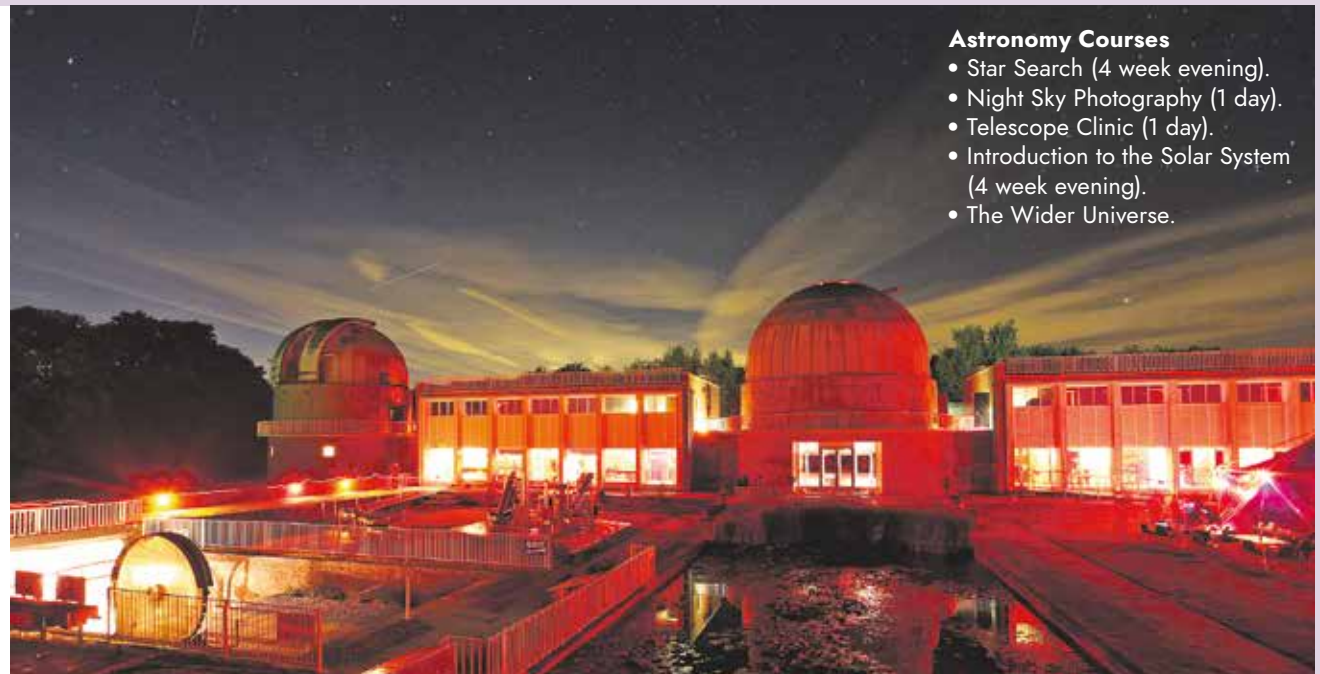
Children's Workshops

Holiday fun for children aged 6–8 years and 9–11 years. They are fully interactive; children are totally immersed in carrying out experiments or making and creating (depending on the type of workshop). Many of the workshops involve an element of 'Make and Take' projects when the children are able to take home what they have made in the workshop.

So much more on offer at this beautiful venue.

As the former home of the *Royal Observatory*, home to some of the largest historic telescopes in the country, the longer nights give the perfect opportunity to engage with stargazing events. Stargazing evenings are hosted by a dedicated team who operate some of the historic telescopes, enabling you to experience the night sky in a spectacular way. This is the perfect evening to ask questions and soak up the incredible atmosphere. Whether an astronomy enthusiast or you wish simply to engage with something a little different, it is a brilliant experience.

With a range of events and activities offered throughout the year there is something for everyone to enjoy regardless of age or ability. These include interactive science shows, private planetarium experiences, telescope tours, children's holiday workshops, themed evenings, astronomy courses and much more. There is even an astronomy festival at the beginning of September with an opportunity to camp and engage with a whole weekend of astronomy and science.



Astronomy Courses

- Star Search (4 week evening).
- Night Sky Photography (1 day).
- Telescope Clinic (1 day).
- Introduction to the Solar System (4 week evening).
- The Wider Universe.

Stargazing Evenings

Come and enjoy the fabulous atmosphere that surrounds the Observatory at night and look through some of the largest telescopes in the country at some extraordinary night sky objects. Don't worry if it is cloudy, we have a cloudy night contingency.

As such a unique venue, located in the beautiful Sussex countryside, *The Observatory Science Centre* offers the ideal location to host your own special day, creating memorable moments. The setting is fantastic, both visually and stylistically, presenting a wonderful opportunity to record precious memories with family and friends.

In 2022 *The Observatory Science Centre* was officially launched as a licensed wedding venue suitable for groups of all sizes with exceptional opportunities for entertainment. A truly incredible setting for couples wanting something unconventional and unforgettable. Possibly the most unusual wedding and celebrations venue in East Sussex.

Celebrations large or intimate with an element of fun for anyone...

Do you have something to celebrate or are you part of a group?

The Observatory Science Centre is a great place to meet-up or simply offer an opportunity to reconnect for an exciting day of engaging fun. The best bit is that there is an on-hand team ready to help you plan your bespoke visit – with food – yes!

Celebrations: the action of celebrating an important day or event... we will develop a bespoke package for you.

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Astronomy Festival

September 2nd–4th: Whether for a day or for the whole weekend come and join us and soak up the fantastic atmosphere of our fabulous *Science Centre and Observatory*. Lots of fun for families and keen astronomers alike!

And finally...

The Observatory Science Centre relies on visitor income, every donation helps us to maintain and develop this unique, historic attraction, to engage with educational groups both on-site and through an educational outreach programme, and continue to deliver Spectacular Science to all visitors among the domes and telescopes of a world

famous astronomical observatory. Thank you for supporting our Charity.

How you can find out more about us and our Charity as well as keep up to date with *The Observatory Science Centre*.

www.the-observatory.org
01323 832731

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Why wellbeing at work is so important

A BESPOKE project helping businesses across East Sussex develop a healthier and happier workforce is celebrating its early successes.

By **Peter Lindsey**

The East Sussex County Council's Wellbeing at Work Programme works with employers to share resources and deliver training, as well as providing an accreditation scheme, to help boost the health and wellbeing of employees.

Efforts recognised

Just months after its launch, three of the 24 workplaces who have signed up to the public health-funded programme have already been recognised for the efforts they have made in supporting their staff.

Wealden District Council became the first to achieve a bronze Wellbeing at Work Award and The Prideaux Group, a chain of three care homes based in Bexhill and Eastbourne, earned the Commitment Award.

Huge benefit

Darrell Gale, Director of Public Health in East Sussex, said: "Finding ways to boost the health and wellbeing of employees is of huge benefit to both the workforce and the organisation, and we are delighted to be able to offer a programme that supports companies to achieve this."

"Investing in employee wellbeing can improve morale, motivation and productivity, reduce absences, staff turnover and the costs associated with recruitment."

"The Wellbeing at Work Programme has been developed to take into account unique characteristics of East Sussex and its specific needs and I'm delighted that, despite being a fairly new initiative, it is already making a positive impact in our county."

More information about the programme can be found at <https://wellbeingatwork.eastsussex.gov.uk>



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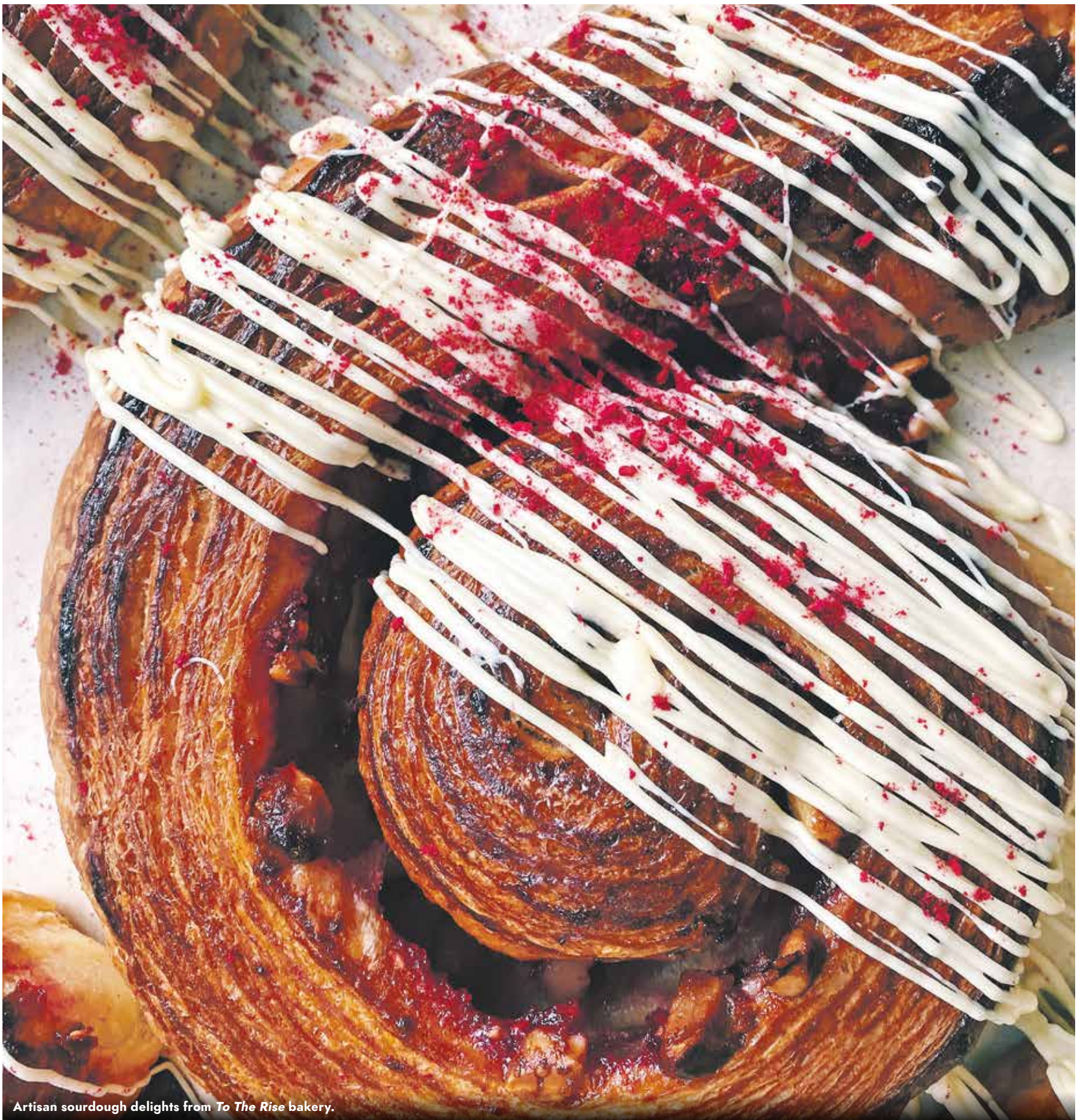
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Learning how to tile

They are now happily settled in to their permanent home on Victoria Place, (was Terminus Road) where there is a wealth of restaurants and cafes.

They have proudly done the shop build themselves, learning how to tile, creating the counters and shelves and decorating it themselves. Their dad, a plumber and handy man, offered practical advice and support throughout the three months they spent on the build.

They avoided waste by repurposing and upcycling furniture from ebay. With Morgan's textile background, she was keen to create a very tranquil, homely feel, acknowledging the proximity to the sea.

Early start

Starting the day at 2.30am, the bakers have to be in bed by 6pm. The first customers are queuing from 6.30am. "We wanted to create a European feel, where you get up and get the bread every morning. We have lots of holiday makers that shop for their breakfast too."

Pop Up Park

The future is exciting, the bakers have plans for Sourdough courses and lots of events, including talking part in the *Pop Up Park* where the road will be pedestrianised from 23rd July to 30th August.

It will be a mini festival with astro turf, picnic tables and evening lighting. It will create a destination for residents and visitors alike. *To The Rise* will be serving sourdough pizzas from 11am, and they'll have their alcohol license ready for customers to unwind with a beer too.

If you haven't already tried their amazing breads and cakes, pop in and say hi to Morgan, Josie and Lauren. 7am – 3pm, Thursday – Sunday.

**236 Terminus Road
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www.totherisebakery.com
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Rising to the challenge

HEAD baker, Lauren and her sisters Morgan and Josie have come a long way in the last two years.

By **Gail McKay**

Lauren, the head baker, set about creating her own dream micro bakery with her sisters but the arrival of Covid, meant this would be a longer journey. She'd already invested in an industrial oven, so they set up in their family home. Developing and perfected their bread and pastry recipes, they built a loyal clientele along the way.

Customers would leave their orders at the top of the drive, and collect their bread in the afternoon, using an honesty box.

Crowdfunding allowed them to make real plans for their perfect bakery, and created a community of customers truly invested in their success. They could buy goods upfront, ranging from a year's subscription of sourdough, to a weeks' worth of coffees.

Lauren trained as chef at *Westminster College* before managing cafes

across London. Her dream was to open her own European style bakery in her hometown.

Connection

Morgan's part in this journey was from quite a unique angle. She studied Textiles at *UAL* in London. Her dissertation was on the art of making bread.

Morgan had become intrigued into the physical and mental benefits of creating the perfect sour dough, how we can become absorbed in to the process.

"It's such a conscious process, you are in the present, and this mindfulness has a very positive affect on your mental wellbeing.

"There is also the sourdough bacteria, which connects all the loaves, and as families and customers all consume the same bacteria, they are also connected to each other."

Josie was in Germany when the business started and at the start of the pandemic but moved back to help out at the bakery and has stayed ever since.



Summer at The Old Oak Inn

KATE and Paul Maynard, owners of the beautiful country pub in Arligton, bought the pub mid lockdown, and are keen to welcome you to their Summer Events.

By **Gail McKay**

The pub is a cosy 18th Century oak beam traditional English pub and restaurant with a beautiful sunny garden. Dating back to the 1733, it started out as a poor house.

There are views from the garden across the Cuckmere Valley towards Wilmington and Firlie but of course, literally on the doorstep is *Abbots Wood*.

Events

July kicks off with Dennis Primett & Peter Mabey. A saxophone and guitar duo performing classic jazz in the garden from 7.30pm on the 1st July.

Wednesday 6th July welcomes the local folk club from Polegate, to entertain the midweek revellers.

There's a new patio and pergola in the garden, ideal for live music events.

The large beer garden is a great area for enjoying the Summer. They



recently held a music festival. There's also a play area for children.

Book launch

Kate is thrilled to be holding a book launch at the pub.

Fiona Cane will be launching her sixth book *'Angel Town'* on 14th July, at 6–8pm. Pop in for nibbles, bubbly and a signed copy.

Sussex favourite, Tom Fitzpatrick will be performing in the garden on 29th July, at 7.30pm. This is a free event, so it's recommended to turn up early.

Food

Their menu is fresh, home cooked and traditional. The sandwich menu changes daily and includes toasties and wraps. Their own BBQ short rib is a new classic, and do try the truffle and parmesan fries. There is also an excellent wine list with an extensive selection of new and old world wines.

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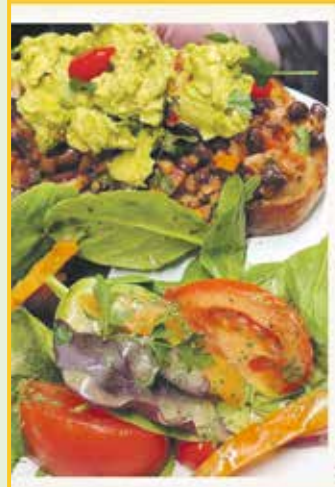
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The sensitive foodie

KAREN Lee, otherwise known as *The Sensitive Foodie*, believes that a whole-food, plant-based diet is the key to health.

By **Gail McKay**

Karen uses a whole food plant-based diet to manage a variety of health challenges, including multiple sclerosis.

In *The Sensitive Foodie Kitchen*, she combines her love of delicious food with her professional background as an intensive care nurse and nutritionist to inspire others to experience the powerful effects of using food as medicine.

Karen runs popular online courses and offers a range of resources on her website.

She is the author of *Eat Well Live Well with The Sensitive Foodie* and *Campervan Cooking*.



Below is one of her many delicious recipes for you to try.

www.thesensitivefoodiekitchen.com

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By **Karen Lee**

It's almost that time of year again – asparagus season. Probably my favourite season of the year! Officially running from 23rd April to 23rd June, the UK crop of these super tasty stems can be found in shops and markets around the country.

Of course, asparagus is available all year round, but out of season tends to be flown from South America. Which comes with extra costs, both transportation and environmental. Plus flavour and enjoyment in my personal opinion, because if you can have something every day, it moves from being tantalising to mundane pretty quickly.

So I always wait for asparagus to be in season; currently I'm in Portugal where the season starts earlier, so I have been enjoying delicious locally grown stems for a couple of weeks now. Lucky me!

Asparagus not only tastes fabulous, but comes with some great nutritional and gut health benefits. Here's an old blog post to tell you more.

As with all nutrition-packed food, always eaten in a 'normal' amount, particularly if you have kidney issues or take certain medications like blood thinners or lithium as these can have an impact on

their effectiveness. That doesn't mean you have to avoid it, just consume in small amounts. Plants can have a powerful effect on the body – this is why changing to a whole-food plant-based diet can have amazing health benefits preventing and treating conditions. You just need to take care.

I've described this recipe as a pasta sauce, but you could serve it on a baked potato, rice, quinoa or your choice of accompaniment as well. And the type of pasta is up to you. Wholegrain is best if you can tolerate wheat. Otherwise choose a good gluten free option. I prefer brown rice pasta or pea pasta which adds extra plant protein too. But ultimately whatever you have to hand or can afford.

No doubt I'll be adding a few more asparagus recipes to the blog over the next couple of months. This delicious pasta sauce is well worth adding to your Spring repertoire. It's super easy to make, tingles those tastebuds and comes with a fab range of nutrients and fibre.

If you give this a go, do let me know how you get on. Enjoy!

NOTES

* If you cannot eat nuts, use a store bought dairy free cream of choice.

** Soak the cashew nuts for 10 minutes in hot water or for two hours before you want them.



EQUIPMENT

High speed blender.

INGREDIENTS

- 1 medium onion, sliced.
- 2 medium cloves of garlic, sliced.
- 8 medium asparagus stems.
- 150 grams peas defrosted if frozen.
- 1 tablespoon fresh parsley, chopped.
- Cooked pasta of choice.

FOR THE SAUCE

- 75 grams cashew nuts*, soaked.**
- Water.
- 2 tablespoons nutritional yeast.
- 1/2 teaspoon garlic powder.
- Salt and pepper to taste.

INSTRUCTIONS

1. Bring a large pan of water to the boil and add your pasta of choice. Cook according to the packet instructions.
2. Whilst the pasta is cooking, add 2 tablespoons of water in the base of a large non-stick frying pan. Add the sliced onion and sauté for 5 minutes.

ASPARAGUS AND PEA PASTA SAUCE

🕒 Prep time: 3 mins

🕒 Cook time: 15 mins

🍴 Course: Main course

👤 Servings: 2 large portions

3. Remove the woody ends of the asparagus stems. Cut off the tips and cut the stems into bite-sized pieces.
4. Add the garlic slices to the pan with a little extra water if needed and continue to cook on a medium heat for another couple of minutes.
5. Pop the chopped asparagus stems into the pan along with the defrosted peas and continue to cook over a medium heat.
6. Drain the cashew nuts and rinse well. Pop into a high-speed blender jug and add enough water to cover the nuts with an extra 1 cm on top. Add the nutritional yeast, garlic powder, salt and pepper. Blend for 30 seconds until smooth.
7. Add the asparagus tips to the pan and cook for 2 minutes.
8. Pour the cashew sauce into the pan and stir well to combine. Simmer on a low heat – take care as the sauce will thicken as the water evaporates so make sure the heat is not up high.
9. Once the pasta is cooked, drain and add to the pan. Stir well to coat the pasta.
10. Serve in bowls with the fresh parsley scattered on top. Eat immediately.

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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, its honesty and its staff integrity is very definitely not the same from company to company.

The Best Estate Agent

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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.

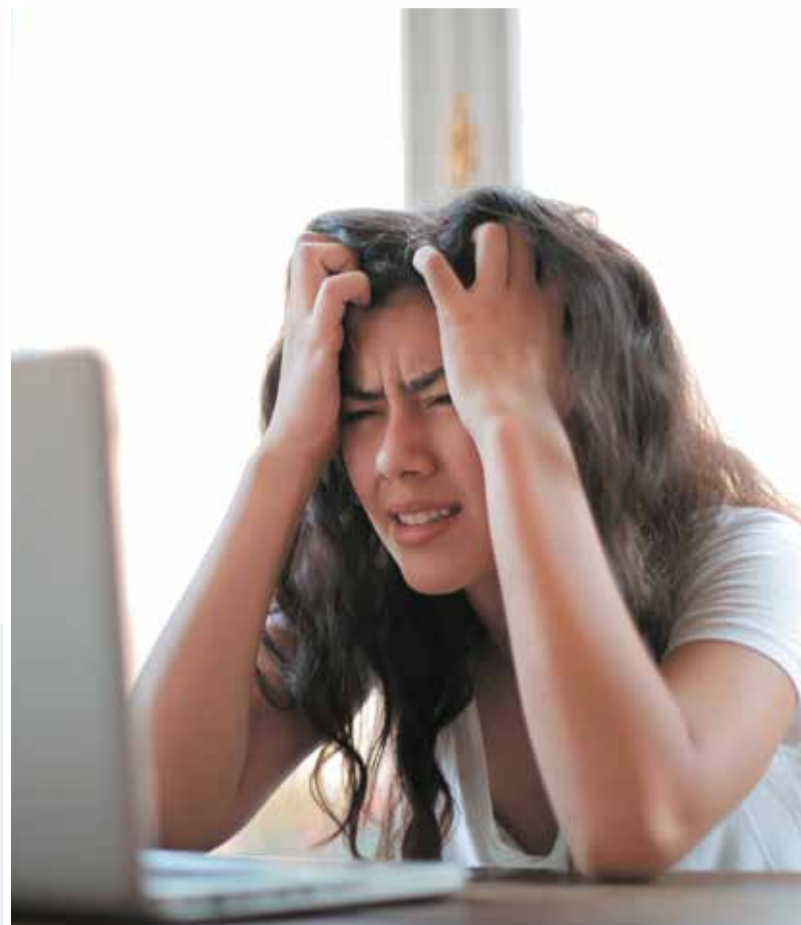
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Scan the QR code here to get your free step by step guide.

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The Arts



Installation view, *Reuniting the Twenties Group: From Barbara Hepworth to Victor Pasmore*, 11th June to 25th September 2022, Towner Eastbourne. Photo by Rob Harris.

A promotional banner for an art exhibition. The background is a colorful abstract painting. The text is overlaid on the painting.

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11 June to 25 September



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Towner Summer Party

THIS July, Towner Eastbourne throws its doors wide open to the late evening summer sun for a free night of live music, performance, street food and a new exhibition of works curated by members of the LGBTQIA+ community in East Sussex.

By **Will Barrett**

Celebrating the launch of its latest programme, recently refurbished spaces, and being awarded the chance to host the 2023 Turner Prize, this Saturday 16th July will see the gallery come alive with activities, residencies, events, delicious food, and performance.

Cruising the Collection, a free exhibition opening on the same day, explores successive themes of the body in landscape and queer narratives in the Towner Collection, and will be curated by members of Collectively, a podcast collective exploring personal responses to artworks in the Towner Collection through through personal memories, emotions and experiences of queerness.

The evening will feature the first major solo presentation of a performance work by Rita Evans, an artist and musician who designs and makes her own sonic sculptures and instruments and uniquely combines them with space and movement. For her performance, *'Tuning in a Vacuum'*, Evans will play out and orchestrate materials, sound and people into a compelling shared experience.

From 6pm until 10pm, there will be a chance for socialising, enjoying a few drinks and taking the fine views from Towner's second floor bar balcony, as well as street food and a live DJ set from Hastings-based DJ and musician, Gavin O' Brien.

Sharing with visitors

If you can't make the party in the evening, then during the day artists Hayley Field and Jacqueline Utley, known as *Obscure Secure*, will be working-in-residence in Towner's Studio spaces, sharing their process with visitors as practice-based artist researchers exploring the visibility of women artists, looking particularly at the work of Kathleen Walne (1915–2011).

Walne is also one of the many artists featuring in Towner's major summer exhibition, *A Life in Art: Lucy Wertheim*. Over 150 works have been brought together for this major, ticketed show, showcasing Lucy Wertheim's vast contribution to mid-20th century modern art, such as Christopher Wood, Alfred Wallis, Cedric Morris, Frances Hodgkins, Edward Wadsworth, Walter Sickert, and Henry Moore.



Kathleen Walne, *Reclining Boy* 1935. The artists estate. Image Towner Eastbourne.



Towner Cafe. Photo by Rachel Ferriman.



Photo by James Bellorini.



Rita Evans, *Coil-of-days* 2019 film still. Rita Evans 2019.

Previously unseen

Towner Cinema will also be screening an eclectic bill of new features, including *Eric Ravilious: Drawn to War*, a hugely anticipated documentary by Margy Kinmonth. Made in collaboration with the Ravilious Estate, it unfolds in Ravilious' own words, using previously unseen private correspondence and rare archive film to investigate what it was, and is to be a war artist. Featuring Ai Weiwei, Alan Bennett, Grayson Perry and Robert Macfarlane amongst other contributors and admirers, and released to coincide with the 80th anniversary of Ravilious's death.

townereastbourne.org.uk

Towner Summer Party, 6pm to 10pm, Saturday 16th July 2022.

Rita Evans, *Tuning in a Vacuum*, 16th July, 7.00pm to 8.00pm. Free, booking required.

A Life in Art: Lucy Wertheim, Patron, Collector, Gallerist & Reuniting the Twenties Group: From Barbara Hepworth to Victor Pasmore, 11th June to 25th September 2022, Tickets £6.50 to £12.50.

Cruising the Collection: Collectively curates the Towner Collection, 16th July to 4 December 2022. Free.



Photo by James Bellorini



WynterCon IX



Family-friendly comic con returns to Eastbourne this September

FROM Daleks to Delorians, something special is coming to Eastbourne this summer as Wyntercon returns for its ninth consecutive year. This family-friendly comic con style event, taking place at Winter Garden on the weekend of 10th – 11th September, offers heaps of fun for everyone from family first timers to convention veterans and enthusiasts, everyone is welcome.

By **Andy Kybett**

With cosplay competitions offering great prizes, free creative workshops, special guests, attractions, exhibitions, gaming spaces, a vast variety of stallholders and more, the weekend of Wyntercon promises to offer non-stop entertainment. With day tickets priced from £10, it is an amazing opportunity to celebrate Comic Con on the South Coast.

Confirmed special guests include actor **Andy Beckworth** who played Errol in Guy Ritchie's *Snatch* (2000), as well as characters in *Game of Thrones* (2012–14), *Pirates of the Caribbean: Dead Man's Chest* (2006) and *At World's End* (2007) and *Les Misérables* (2012). Also confirmed is actor **John Campling**, whose credits

include playing a sinister Death Eater in *Harry Potter and the Deathly Hallows* (2010–2011), as well as King Regis in the huge video game franchise *Final Fantasy XV* (2016). Also joining the lineup is actor **Clem So** (*Star Wars*, *Doctor Who*, *Dr. Strange*), Editor, Cartoonist and Writer **David Leach** (*Titan Comics*, *Marvel*) and scientist, researcher and author **Dr Paul Ian Cross**.



Across Wyntercon there will be a wide range of free educational and creative workshops for all ages to enjoy. Just some of the highlights of this year include free coding tutorials based around *Python* and *Minecraft*, as well as workshops run by *Lawn of the Dead*, making a giant castle, gaming scenery for *Warhammer* and other games, and thirdly making your own magic



wands and sonic screwdrivers. You can also expect heaps of role playing games across multiple tables, as well as lots of arts and crafts for families.

Andy Kybett, Wyntercon Founder and Trustee said "Wyntercon is the only UK Comic Con owned and run by a charity. Our collective mission is to champion equality and diversity in all forms, promote the protection and preservation of the environment and offer educational workshops providing life skills, communication techniques and creative arts for all. It is also the only Comic Con with 33 percent retail, so whilst there are a great selection of stalls to purchase merchandise and more from, the event is jam-packed with fun engaging activities and experiences for people to enjoy across the entire weekend. It doesn't matter what world you come from... you are welcome in ours."

Tickets for Wyntercon are priced from £10 per day, with child concession prices, free under 5 tickets and discounted family options also available. For more information and to purchase tickets, visit wyntercon.org or seetickets.com.

WINTER GARDEN

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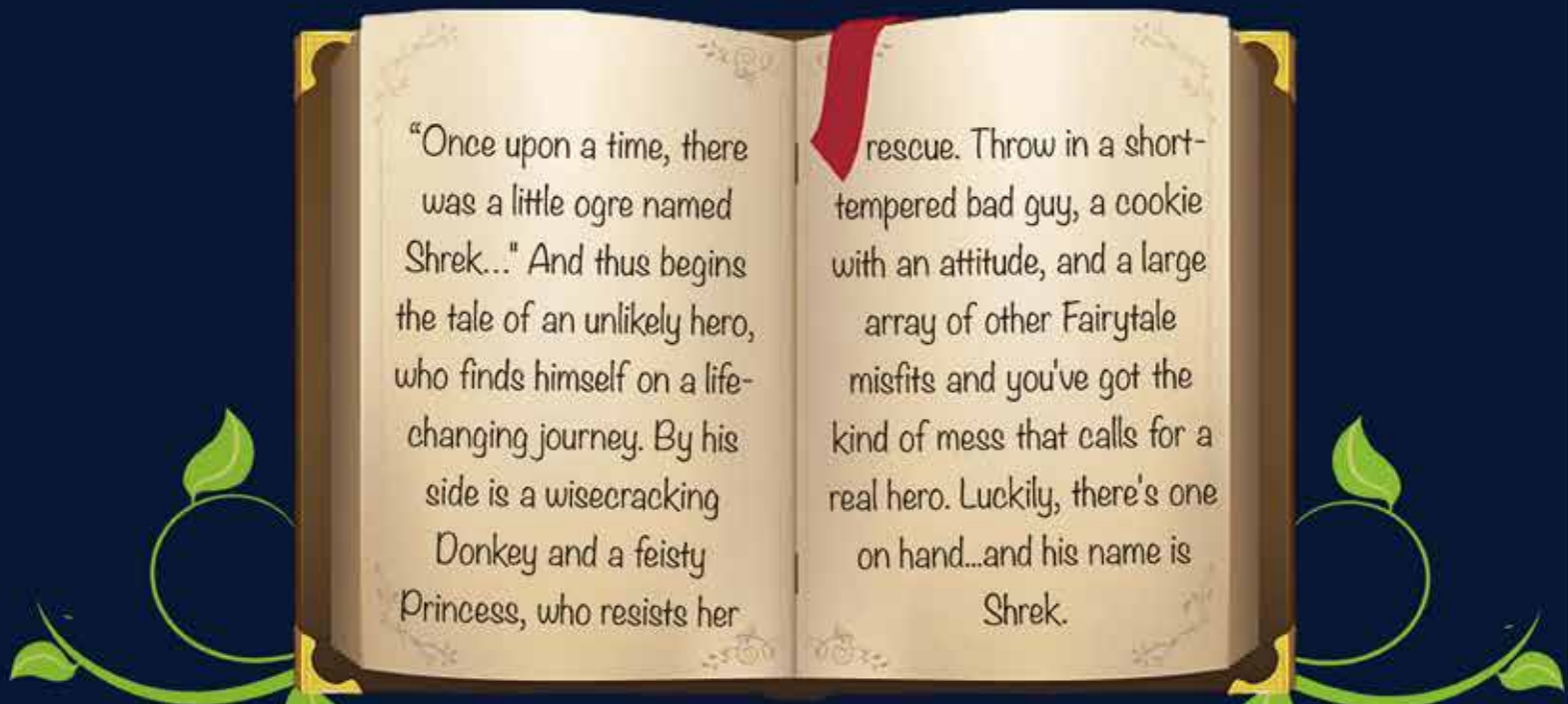
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THE RATTONIANS PRESENT


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Everyone's favourite ogre is back in this hilarious stage spectacle based on the Oscar-winning smash hit film.

'Shrek The Musical' is a Tony Award-winning fairytale adventure featuring all new songs from Jeanine Tesori.



Shrek (Nathan Morris) embarks on the journey with Donkey (Alex Adams) to rescue Princess Fiona (Laura May Sivers) for the villain Farquaad (Steve Clarke), leading a fifty strong cast in a spectacular show. From a wonderful array of Fairytale characters to the citizens of Duloc and a troop of tap-dancing rats, the show promises to be a great night out at the theatre for all ages.

Directors MARK AND ALEX ADAMS

Choreographer DEBBIE ADAMS

Musical Director ROB COUSINS

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Nightly 7:30pm | Matinees Thurs & Sat 2:30pm

FULL PRICE £22 | CONCESSION £17

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THE MAKERS DIRECTORY

THE Makers Directory is a one-stop, searchable online directory established to help connect buyers directly with local makers for mutual benefit.

By **Harry Farmer**

The Makers Directory covers a wide range of disciplines, showcasing Makers and Artists in and around Lewes and Eastbourne, East Sussex.

This not-for-profit project has just celebrated its first anniversary and was set-up and is run by Charlotte Parsons and Corina Fletcher Buckwell.

You can keep up with their latest news by following them on Instagram [@themakersdirectory](https://www.instagram.com/themakersdirectory)

themakersdirectory.co.uk

FEATURED ARTIST

David Rice – Painter

I trained as a graphic designer and in my paintings, there is still a strong graphic sensibility. I am fascinated by the effects of light on water, in both urban and natural settings. Living in Eastbourne, so close to the sea and the South Downs, has influenced what I paint in many ways. The colour of the sea is never the same two days running, or even hour to hour, and I like to capture how light affects these colours. I also love to paint urban rainy night scenes, where the abstract and the figurative meet and merge. I work mainly in oils but I also love making lino prints.

I have exhibited locally and my work was recently featured in the Sky TV drama, *The Midwich Cuckoos*. I also take part in *Eastbourne Open Houses* every year where you can see my work on my walls, and also purchase some for your own!

Now that the Turner Prize is coming to the *Towner, Eastbourne* is really on the map when it comes to visual arts. *The Maker's Directory* has been really helpful in getting my work seen by a wider community, and it's a great place to meet other artists/makers and see what inspires them. It's lovely to feel part of a local collective of other artists.

www.themakersdirectory.co.uk/directory/david-rice



To see more of my work, visit: www.davidriceart.com and follow me on Instagram at: [@paintingsfromdavid](https://www.instagram.com/paintingsfromdavid). You can also check out my graphic design at www.davidricedesign.com

Clay Workshop

THE Clay Workshop is an established Pottery studio and Workshop, situated a short walk from Eastbourne train station in a Mews off Commercial Road.

By **Graham Matthews**

Experienced tutors Graham Matthews and Maggie Edwards cover many making and firing techniques.

Maggie's Friday Sculpture group is popular and covers all aspects of sculpting in clay.

Graham's Clay workshops use many handbuilding techniques including coiling, slab construction press moulding etc. and the workshop also has electric potters wheels.

Classes are well integrated and we have students of all levels, Graham

also offers 1 to 1 tuition on the potters wheel, prior booking is essential for this.

Beautiful ceramics

The Workshop benefits from all tools and materials needed to create beautiful ceramic pieces both functional and decorative. Some students go on to sell their work either at the studio or local fetes and craft fairs.

Extensive library

We also have an extensive library of books on pottery and all aspects of art and design, alongside lots magazines full of inspiration.

Both established makers Graham and Maggie worked in schools



and colleges for many years and set up the Clay Workshop six years ago, running classes of up to eight people in a very friendly and welcoming environment.

Friendly support

Refreshments are provided (tea, coffee and biscuits) and sometimes even cakes baked by some of our regulars. Some have been returning for many years and look forward to a social as well as a creative activity, often offering advice and always friendly support.

Clay Workshop Opening times:

Tuesday: 12–3pm
Wednesday: 1–4pm and 5pm–8pm
Thursdays: 9.30am–12.30pm
Fridays: Sculpture 9.30am–12.30pm

Saturdays are usually kept free for 1 to 1 tuition or the occasional children's group.

Graham is at the workshop most days 10am–4pm

For further information contact him on **07962 367152**

100 years of big bands

AN EVENING of non-stop big band classics featuring Matthew Ford and Nicola Emmanuelle
100 years of big bands traces the history of jazz.

By **Geri Perry**

100 Years of Big Bands traces the history of Jazz. From the golden age of Count Basie, Glenn Miller, Ellington, Goodman and Ted Heath, through to current artists Harry Connick Jr and Michael Buble, we pay tribute to legends Frank Sinatra and Ella Fitzgerald along the way. Sky Arts broadcast the 100 Years of Big Bands two hour concert from Cadogan Hall on 19th June 2022.

For over 30 years the *Len Phillips Swing Orchestra* have been entertaining lovers of swing music across the UK and around the world.

From Abbey Road

The 17 piece band, whilst recording a new album, performed the first Big Band livestream from the legendary *Abbey Road Studios* in 2021 as a tribute to Len Phillips who sadly passed away earlier that year. The album, *From Abbey Road*, came out in March 2022. The single *I Wanna Be Like You* charted at #1 in the national Jazz chart and at #31 in the national singles chart. They were joined by two of the finest Jazz singers in the UK, *Matt Ford (Friday Night is Music Night, John Wilson Orchestra, BBC Proms)* and *Nicola Emmanuelle (The Rat Pack – Live From Vegas)*.

In 2010 the band came under the new leadership of Joe Pettitt bringing a more vibrant and youthful feel to their direction.

The *Len Phillips Swing Orchestra* have been heard on *BBC Radio 2, Jazz FM* and they play regularly at *The Ritz* in London. By personal request, the orchestra were invited to play at Dame Joan Collins' birthday party at *Claridges* earlier this year.

Showbusiness royalty

Collaborations by members of the band read like a who's who of showbusiness royalty. Band members, between them, have worked with Ella Fitzgerald, The Beatles, Bing Crosby, Freddie Mercury, Tom Jones, Ted Heath, Joss Stone, Curtis Stigers, Burt Bacharach, Robbie Williams and others. Drummer Harold Fisher who throughout his career has been one of the top if not the top in demand session musician started his career with the legendary Johnny Dankworth.

"It was a joy to be up close and personal with the Len Phillips Big Band." – Len Goodman

"Matt Ford is one of the finest voices this country has produced." – Clare Teal, *Jazz FM*

"...they are joined by 'the first lady of jazz', Ella Fitzgerald, the serene and mellifluous Nicola Emmanuelle." – *Daily Express* re *The Rat Pack*



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Eastbourne, are you ready for Neil Diamond?

FOR one night only, from London's West End, the *A Beautiful Noise Show* visits the *Congress Theatre* on Saturday 16th July.

By **Karen Day**

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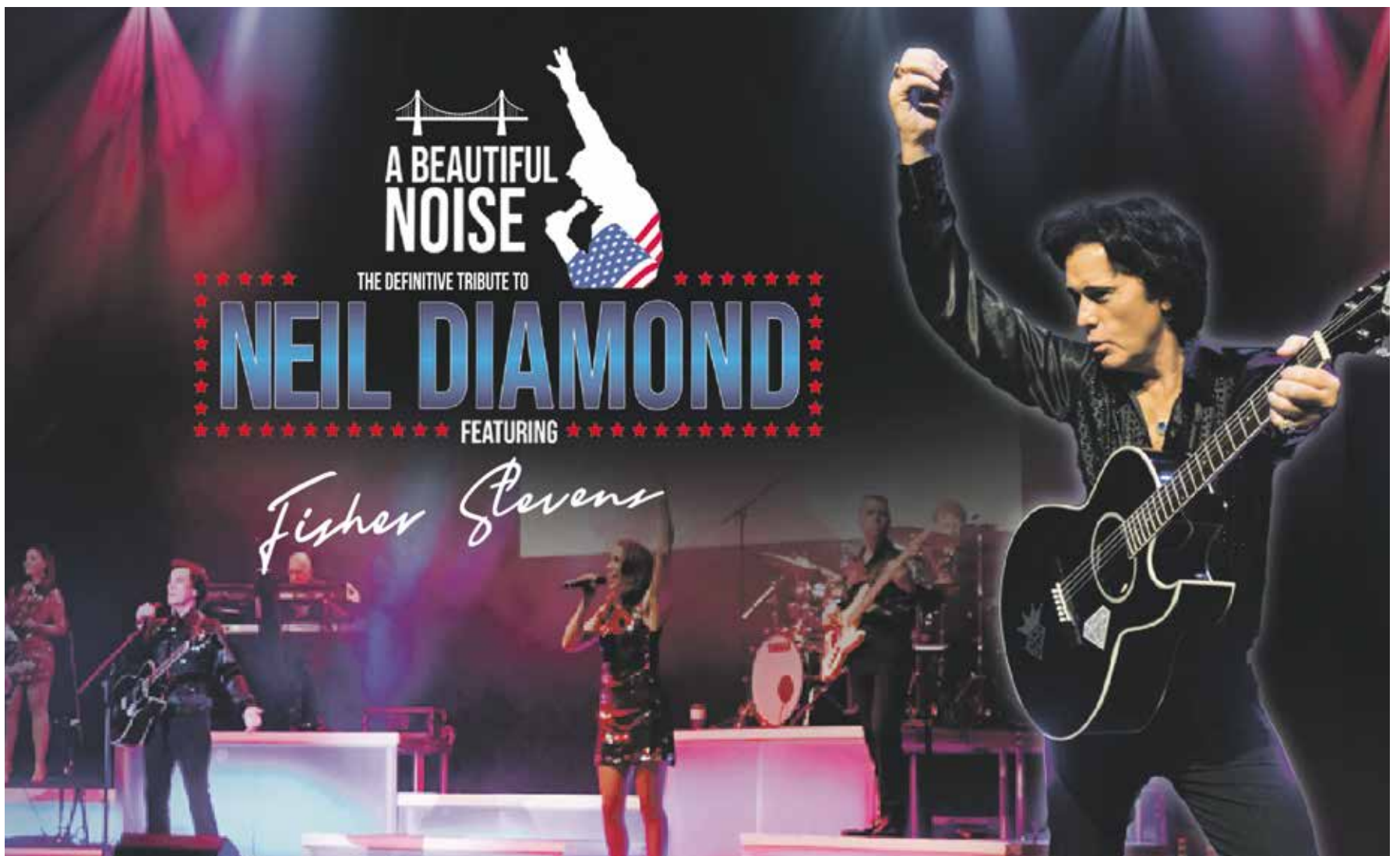


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Great NEWS!

Carrot Festivals and Events have decided to make the Festival Day Entry Tickets FREE to all.



THE organiser of the 2022 Eastbourne Vintage Festival is very happy to announce that they have decided to make the Day Entry Tickets FREE ones for all the family. They also have great news for all Open-Air Cinema lovers too and that is that the cost of adult tickets is now only £5.00 with children under 16 going free.

By **Faiza Shafeek**

More good news and that this year the Eastbourne Vintage Festival will be running a daily Doggy Pageant with 1st, 2nd, and 3rd place winners each day, and all will receive a fabulous rosette and prizes.

Your Doggies can come as they are or if you want them to be in vintage style then that would be wonderful too. To enter your Doggy please email info@carrotevents.co.uk to get the entry form, good luck.

So much on offer

The Eastbourne Vintage Festival 2022 will take place during the August Bank Holiday weekend from the 26th to the 29th at Gildredge Park Eastbourne. The 4-day festival is going to be a great one this year. With so much on offer such as great live music, dancing, best dressed competition, doggy pageant, vintage funfair, vintage car display

and everything vintage from style to antiques. The festival will have a huge festival bar and the Long Man Brewery Trailer will be there too serving their exceptional beers. There will also be a huge variety of great foods offering you delights from all over the world.



Open-air cinema

To top all that the festival offers three nights of open-air cinema, this year the festival will be celebrating 50 years of ABBA and 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. Tickets are available now at: eastbournevintagefestival.co.uk

Trading space

We still have some prime trading space so if you want to be one of the festival's prime traders, or entertainers then email us at: info@carrotevents.co.uk



Queen's Canopy

EASTBOURNE tree planting project will be a lasting legacy of the *Queen's Platinum Jubilee*.

By **Bryn Mabey**

Eastbourne residents and businesses have been invited to be part of a flagship tree planting project to celebrate the *Queen's Platinum Jubilee*.

The '*Queen's Green Canopy in Eastbourne*' will leave a lasting legacy of the Jubilee and will breathe new life into the slopes of the South Downs above Eastbourne by planting new trees stretching from Butts Brow to *Black Robin Farm*, then down to the sea.

Local groups, businesses and individuals are being invited to support the scheme by donating to the project by visiting: www.EastbourneJGC.org

Cllr David Tutt, Leader of Eastbourne Borough Council said: "I am delighted that this wonderful initiative has already attracted so much interest from the community, with groups in Ratton, Old Town and Meads and the *Royal Eastbourne Golf Club* coming together to support the initiative. I would encourage as many local people as possible to consider donating towards the project – no matter the size, every contribution will be hugely beneficial.

"Schools across Eastbourne will be involved on the hillside so that children in the town can have a place where they can enjoy and learn about the natural world. It is so important that we are instilling the importance of caring for the environment in our young people and I am confident this project will capture the imagination of people of all ages".



Eastbourne-based voluntary action charity, 3VA is helping coordinate the various organisations' involvement in the project and Treebourne, the local environmental charity

Adam Rose, Co-founder of *Treebourne* said: "It will be fascinating to watch this ten-year project develop and to see the benefits it brings to the area in terms of biodiversity and carbon capture. I am immensely grateful to the team of *Treebourne* volunteers who will be on-hand to carry out much of the planting that takes place."

Lord Ralph Lucas, Chair of the organising committee, said: "When

this is complete, Eastbourne will not only have a beautiful new walk but also more diverse flora and fauna in the area. We will be planting the foodplants of every British butterfly that will flourish here, every native tree and bush that will grow on chalk, thickets for birds to nest in and introducing benches so we can all sit and contemplate the beauty of nature around us and Eastbourne before us."

The organising committee of the *Eastbourne Jubilee Green Canopy*, the largest East Sussex project for *The Queen's Green Canopy*, have drawn up detailed plans which you can see at: www.EastbourneJGC.org

BBC RADIO 4 GARDENERS' QUESTION TIME

hosted by Eastbourne Allotments and Gardens Society
Tuesday 19th July 2022
 Welcome Building, Compton Street, Eastbourne
 doors open 5pm, recording starts 6pm
tickets £4.50

tickets available from: Eastbourne Allotments, Gorrington Road, Eastbourne, BN22 8XL
 tel. 01323 430970 email eastbourne.allotments@gmail.com



Green and pleasant

THE month of July is often one of the hottest months of the year and a great time to sit back and appreciate the fruits of your labour by enjoying your garden. It is essential to keep plants looking good by regularly dead-heading and you'll be able to enjoy a longer display of magnificent blooms. Make sure you keep new plants well-watered, using grey water where possible, and hoe off weeds, which always thrive in the sunshine.

By **Geoff Stonebanks**

July can also be a holiday month, so remember to take account of them too. Most will tolerate a few days' absence without suffering, but absences of more than a week call for some creative measures to provide valuable moisture in the right quantity. All houseplants benefit from efforts to provide water during holidays, except for cacti and succulents which can tolerate longer periods of time without water.

Macmillan Coastal Garden Trail 2022

This year's trail takes place over the weekend of the 23rd and 24th July and an added bonus is the presence of *The One Show's* gardening expert, Christine Walkden, the trail's Patron. She will be present on the

23rd at *Driftwood* from 11am, after performing the opening ceremony there. Why not pop along and meet her, she may also visit some of the other gardens in Seaford during the day too, so check the website to see her movements:

www.macmillangardentrail.co.uk

Tickets can be bought online through the website, alternatively buy them in the first garden visited. A day ticket for Saturday or Sunday costs £8, allowing you to visit as many gardens as you can on that day. Individual garden visits cost £3 each. There are 17 planning to open between Brighton and Seaford with many serving delicious refreshments and some selling local artist's work. All the details are on the website.

National Garden Scheme

Four very different gardens form the Hellingly Parish Trail from 1–5pm, which takes place on the 10th of the

month. Bus 51 from Eastbourne takes you straight there too. The combined admission is £6 with children free. Trail tickets can be purchased on the green near the church.

Over in Chailey, *Bramley* opens on the 22nd July from 1230 to 1630. Entry here is £5 and cream teas will be served too. It is a rural 1-acre garden begun in 2006 and includes an orchard avenue brimming with wild flowers along with grassed areas and bee hives. Full details on both events can be found at www.ngs.org.uk

Greenhouse

If, like me, you have a greenhouse in the garden it can be very easy to forget how hot it can get in there during the Summer months. A great way to keep humidity up, which helps prevent pests, is to water the greenhouse floor, or damp down, every day! Alternatively, place a large tray of water on the work bench to compensate. It helps to check for aphids and red spider mite and quickly spray with bug killer at first sign of problems. Not always easy, but it helps to keep surfaces nice and clean too so there is less chance of disease spreading. Try and ventilate the greenhouse every day too, even through the night as well so air can circulate and keep your plants healthy. Remember to pick off dead leaves on plants too.

Looking good at Driftwood

All the time, effort and money invested in the new sunken garden area last Autumn has really paid off for me. You can see in the header how it has now come into its own, bedecked with succulents, ferns and a few fuchsias. I have to confess it looked a bit stark at the onset but once the plants were arranged and the ferns grew, they really softened

the overall look. Chester enjoys sitting there in the sun too. I was concerned that visitors would think that the "wow" factor had gone by not having so many containers of summer annuals. Feedback last month from those who had been before soon indicated that that was not the case. More importantly, it has created a wonderful, more accessible area, close to the house for us all to enjoy too.

July jobs

I don't have a lawn in my garden but I guess many of you do! High temperatures and low rainfall can take their toll on many green plots but this year we have certainly had the rain so many will be looking lush. Applying a good summer lawn fertiliser following a rain shower or after just watering it can help too. In dry weather mowing less frequently will avoid scalping the lawn. If you have a wisteria in the garden then July or August is a good time to prune after flowering. Focus on the long, vigorous shoots that have grown up over spring and Summer. Cut them back to five or six leaves, or a couple of buds from the base. By doing this you will control the size of the plant and encourage flowering shoots to be produced rather than green leaves.

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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