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06/22

Issue 024  
June 2022

Pages 25-39

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# Bournefree



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Ninkaci, Eastbourne's stylish new taproom is now bigger and better. See page 5



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

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 PR & Engagement

# Looking forward to a lovely summer in Eastbourne

**BOURNEFREE continues to grow and grow – and we couldn't be more pleased with that progress.**

By **Peter Lindsey**

**First, June is our biggest ever edition – 72 pages free of charge to our very loyal readers and customers.**

We include 16 pages to celebrate *Volunteers' Week* this month – and what a great charity sector we have in East Sussex.

There are so many charities and groups – big and small – doing so much to help and support others.

Each month's edition – in print and online – contains a pull-out section in the middle, and we welcome ideas for future months.

### Reaching more

Our social media is growing day by day, and for a four-week period in May, our *Facebook* page alone reached more than SIXTY THOUSAND people.

That's a large number – and we're delighted with that.

Our online presence remains equally important at: **[bournefreelive.co.uk](http://bournefreelive.co.uk)**

Remember, there are six new stories each day and every day, 24/7. Log on, if you haven't already, and save it in your Favourites.

### Great attractions

It does feel that Eastbourne is getting back to some sort of normality after Lockdown, and June sees the Tennis return as well as *Eastbourne Carnival* – both great attractions for our lovely town.

And then, of course, *Airbourne* is not far away either. Let's hope it stays for many years and this year is not the last.

Areas of Eastbourne like *Sovereign Harbour* look so attractive and welcoming at this time of year.

We do have so much to be proud of as a town!

Yes, we all want more, including the reopening of our beloved Bandstand, and *The Redoubt*, but patience maybe a virtue on those two counts.

Get in touch with us here at *Bournefree* if you want to join us on our wonderful upwards journey...

Have a great month everyone!

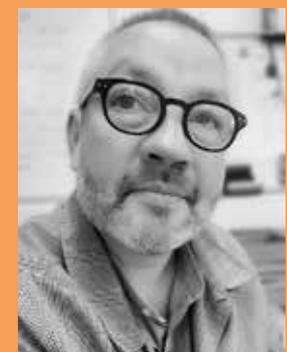
## Bournefree

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

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



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 01323 430303



[harry@bournefreemag.co.uk](mailto:harry@bournefreemag.co.uk)  
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# A stylish addition to Eastbourne's night life

**NINKACI is back, bigger and better.**

By **Gail McKay**  
Photos by **Alex Read**

**Jo Plumbley is the owner and founder of this deliciously stylish bar and taproom in the Enterprise Centre in Eastbourne, "Andy and I thrive off stress and pressure. We don't like twiddling our thumbs and lockdown was a good time to take stock and plan our next project." Andy and Jo run the very popular Crown Pub in Old Town, Eastbourne.**

"Ninkaci was born out of my love of good wine, style, hospitality and the smell of cigars. Adding fine whisky and craft beer rounded off the idea to bring a new stylish venue for Eastbourne.

"We couldn't predict how people would behave after lockdown, and what the 'going out' culture would be. We played it a bit safe at first, dipping our toe in the water to see if Eastbourne wanted a new bar like *Ninkaci*."

They certainly did. Jo quickly started looking out for bigger premises.

**Great staff**

"Working with great people is my recipe for a happy, successful business. I'll always choose someone who is good with people. You can train someone to pour a pint, but not how to get along with everyone."

**Local spirits**

"In our new premises, still at the *Enterprise centre*, we have

expanded our range of wines, we now have ten craft beers on tap, we've added to the whiskeys. We have a gin from *Rathfinnys* that comes from the third pressing of the grape, the rebeche, to create a superior quality London Dry Gin."

Wine enthusiasts, will be thrilled with the selection, and the prices. The *Waddling Duck* is a firm favourite with regulars, and the *Rathfinny Classic Cuvee* is an award winning English sparkling wine, regularly beating top champagnes in tastings.

In addition to the extensive international whiskey menu that runs to two pages, they stock local rum, and various handpicked spirits and liqueurs.

**Cigars**

If Cigars are your thing, you can try *Winston Churchill's*, *Romeo and Juliet*, as well as the world's most popular, *Montecristo*. To be enjoyed at home, or at the outside tables.

**Cool music**

They have a regular DJ, *Fergus* who plays cool classic house, soul and funk. He adds to the laid back vibe that we all need when we finish work. For private parties or meetings, there's the whisky lounge available to hire.

**Snacks**

Nibbles include Million dollar bacon, which pairs well with whiskey as well as snack paddles to accompany your drinks. Jo is very excited about extending the snacking selection with charcuterie coming soon.

**Bouji loos**

This entire article could be dedicated to the amazing toilets with wall to wall black crocodile skin wallpaper, black toilet paper, *Penhaligan* hand wash, hair straighteners (yes!), and most importantly, free sanitary products. Jo is passionate about combatting period poverty, and hopes providing free sanitary products will become the norm. The loos, like the rest of the bar exude style.

I'd say Eastbourne is definitely ready for this.

After 5pm, you can use the speakeasy door at the rear of the *Enterprise Centre*.

**Ninkaci**  
**Unit 9, The Enterprise Centre**  
**Eastbourne**  
**01323 573528 | [@ninkaci](https://www.facebook.com/ninkaci)**



# Well done Richard!

**RICHARD Gardiner, pictured, has defied the odds and completed his incredible 112 miles run of Eastbourne seafront in memory of his friend PJ, all to raise money for *Children with Cancer Fund*.**

By **Peter Lindsey**

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

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

Now Richard has run 32 times from the *Holywell Cafe* to the *Southern Water Treatment Works* at Langney Point.

To sponsor Richard, please go to [justgiving.com/fundraising/richard-gardiner-06](https://justgiving.com/fundraising/richard-gardiner-06)



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# Even more expansion for Lightning Fibre

**LIGHTNING Fibre is expanding yet again!**

By **Peter Lindsey**

**The local AltNet for the South Coast, Lightning Fibre Broadband, roared into Bexhill with a Formula One Grand Prix Winner, to announce its network expansion.**

Lightning Fibre Founder and CEO Ben Ferriman and Network Director Paul Thornton were pictured with Nelson Piquet's 1990 Grand Prix-winning Formula One Benetton.

### New jobs

More than 100 new jobs are now being created by the company, which is based in Polegate and has a massive focus on Eastbourne and Hailsham.

Ben added, "It was always my intention to include Bexhill in our



Ben Ferriman (right) with Nelson Piquet's 1990 Grand Prix-winning Formula One Benetton.

network expansion – connecting our Eastbourne and Hastings infrastructure to bring Full Fibre symmetric future-proofed hyper fast broadband to Bexhill."

95% of Lightning Fibre employees come from East Sussex, and the install and customer care teams are based in Polegate.

### Competitive prices

The company charges highly competitive prices, to suit all requirements. Residents are encouraged to register online.

Visit: [www.LightningFibre.co.uk](http://www.LightningFibre.co.uk) for more information.



## Lightning Fibre

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# DO YOU LOOK FORWARD TO A TIME WHEN THERE IS NO NEED FOR FOOD BANKS?

## Mayor's Charity

Eastbourne Foodbank is delighted to have been invited by Councillor Rodohan to be one of the Mayor's Charities this year. Our team of wonderful volunteers will be working with the Mayor to put on events throughout the year, to raise awareness about the issues of poverty that Eastbourne is experiencing, and to raise much-needed funds.



## The Cost of Living Emergency

On 18th May 2022, Eastbourne Borough Council was the first in the UK to declare a cost of living emergency.

Eastbourne Foodbank provided 15,500 emergency food parcels between January and December 2021.

There was a 78% increase in the number of people accessing Eastbourne Foodbank support between January and March 2022 compared to the same period the year before.

**WE BELIEVE IN  
A FUTURE WHERE  
EVERYONE  
CAN AFFORD  
THE ESSENTIALS**



Together, we can end the need for food banks



# EASTBOURNE PRIDE 2022



**SATURDAY  
23rd JULY 2022**

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

By **Peter Lindsey**

Starting at 11am from Eastbourne Pier, the colourful procession, led by *The Pentacle Drummers*, will be showcasing Eastbourne's charity and community groups, businesses and schools. It will make its way to *Princes Park* where the day of celebrations will begin.

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

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

**Tickets**

Book your tickets online at: [www.eastbournepride.org/tickets](http://www.eastbournepride.org/tickets)

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.

There are still sponsorship opportunities available, please contact [info@eastbournepride.org](mailto:info@eastbournepride.org) for more info.

Tickets also available at:

<https://www.eventbrite.co.uk/e/eastbourne-pride-2022-tickets-315440740747>



Helen Ward-Jackson as Adele.



Davina Sparkle.



Gay Elvis.



Rita Bix, compere for the day/night.

# Take part in the 2022 Beachy Head Lighthouse Challenge

**IT'S that time of year again – when you have an amazing opportunity to walk to the Beachy Head Lighthouse.**

By **Peter Lindsey**

**The first Challenge was in 2013, so it is now in its ninth year (2020 was cancelled due to COVID).**

There are very few days when it is possible to walk around the lighthouse as it has to be during spring tides, when it is light enough and on a weekend – this year it is planned to take place on Saturday 13th August 2022.



Photograph by Sharon Webster.

## Saving the stripes

The original event was organised by the *Rotary Club of Eastbourne AM* in conjunction with the "Save the Stripes" campaign and supported by the *Eastbourne Herald* in order to raise money to repaint the Beachy Head lighthouse at a cost of some £30,000.

Had this not been undertaken, the iconic red and white stripes would have been allowed to fade and eventually disappear.

Due to the popularity of the event, *Eastbourne AM Rotary Club* has continued to organise the Challenge every year since with the help of volunteers.

## Supporting charities

Part of the funds raised are set aside towards the next re-paint of the lighthouse with the rest donated to local charities which have included the *RNLI*, *St. John Ambulance* and the *Sussex Association for Spina Bifida and Hydrocephalus*.

The arrival point will be at the kiosk at the foot of the Downs by *St. Bede's* school in Eastbourne. On arrival, participants proceed up the lane for about half a mile to Whitbread Hollow where they will see the check-in desks alongside a gazebo.

Once checked-in, we set off across the Downs to Cow Gap (approx. 15 minutes), down the steps to the beach and over the rocks, boulders, sand and slippery seaweed to the lighthouse (approx. 50 minutes).

On return, all participants will receive a certificate to authenticate that they are one of the few people who have undertaken the "Lighthouse Challenge".

## Entry Fee

There is an entry fee of £8.50 for adults & £3.50 for under 16's. It will be possible to register on the day, for which entry fees will increase to £9.50 and £4.50 respectively, but due to potential congestion resulting from Covid precautions, we strongly urge booking online in advance.

## How to Book

Bookings can be made online by visiting: [www.eastbourneam.org](http://www.eastbourneam.org) and clicking on the **Lighthouse Challenge 2022** tab where you can also find further information.

Please complete the registration form and pay on-line. By paying you and everyone in your party agree to be bound by the safety guidelines for the event and acknowledge that all participants are responsible for their own safety at all times and enter and walk at their own risk. It is further understood that the organisers cannot be held responsible for any injury or loss sustained during or after this event.



Photograph by Andrew Lalchan.



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# Eastbourne guide for disabled people launched



**EASTBOURNE Access Group and Visit Eastbourne have worked together to publish the new 'Eastbourne Guide for Disabled People'.**

By **Peter Lindsey**

**The Guide features 2022 accessible attractions, places to eat, hotels/accommodation and local services for disabled visitors to the town and local residents.**

The guide has been sponsored by *Visit Eastbourne, Sussex Furnishers and Your Eastbourne BID*. Large print versions have been sponsored by *Eastbourne Blind Society*.

The digital version of the guide is available at: [www.visiteastbourne.com](http://www.visiteastbourne.com)

or on the *Eastbourne Access Group* website at: [www.eastbourneaccessgroup.org.uk](http://www.eastbourneaccessgroup.org.uk)

Both websites also feature additional information for disabled people on accessible toilets, accessible attractions, places to eat and places to stay.

The printed Guide is available at the *Eastbourne Visitor Services Centre, Welcome building, Compton Street, Eastbourne, BN21 4BP*.

Please drop into to collect your printed copy between 9.30am–5pm (Monday–Saturday) or Sunday 10.00am–4pm or telephone **01323 415415**.

To contact *Eastbourne Access Group* volunteers, please email Liz at [admin@eastbourneaccessgroup.org.uk](mailto:admin@eastbourneaccessgroup.org.uk) or phone Brian on **07810 317185**.

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Photo: Graham Huntley.



Photo: Rob Shearing.

# Eastbourne – get ready to carnival!!

**THE Queen's Platinum Jubilee weekend is upon us and for the team behind eastbourne carnival, the entrants, volunteer marshals and bucket collectors – this means it's time for carnival!**

By **Mina O'Brien**, Chair

**With over 40 entrants – we are looking forward to enjoying a great procession down the seafront to celebrate the Queen's Platinum Jubilee – our theme for this year.**

Here is all you need to know about Carnival Saturday.

The Mayor and Mayoress will officially open Carnival at 12pm at the *Enterprise shopping Centre* – which will be followed by a small procession through town down Terminus Road.

The Big Carnival Parade kicks off at the Western Lawns end of the seafront at 2pm and will process

down towards *Princes Park* where the parade normally ends around 4–5pm.

For the first time – there will be a Judging Point at the Bandstand area where our sponsors and key people from the community have been invited to judge the entries.

There will also be a 'People's Vote' which will be available online via our website and social media so everyone can join in and vote for:

- Best float.
- Best performance.
- Best costume.

The Winners will be announced the week after Carnival and will receive £50 to be donated to a Charity of their choice.

A Carnival After Party has been arranged to take place from 9:30pm

at *The Bear Club*, Station Street – where you can enjoy sounds of Carnival and cocktails.

During the day and into the evening, there is a Global Market in Terminus Road with street food and other stalls – and of course our great selection of town centre restaurants, pubs, wine bars for visitors to enjoy after Carnival.

Souvenir T-shirts are available to purchase via the home page on our website.

We have more information about Carnival on our website. Please also check out our social media accounts for latest updates.

We wish everyone an enjoyable celebration! Happy Carnivalling Eastbourne.

Main Parade starts 2pm at Western Lawns and heads to *Princes Park*  
Car parking – Five Acres Field  
Any specific enquiries please contact us via our website.

[www.eastbournecarnival.com](http://www.eastbournecarnival.com)

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ESSCA Team and Knockhatch PR Representative.

# ESSCA plans to become a university!



**EAST Sussex School of Circus Arts is a school dedicated to the circus and performing arts based in Hailsham, behind Knockhatch Adventure Park.**

By **Peter Lindsey**

**This school with almost 100 students offers vocational courses in the circus arts.**

They have big plans to open the first circus university in East Sussex! *The East Sussex School of Circus Arts (ESSCA)* have been working on

developing the school campus. Renato Pires, the school principal, said "Everyone here at ESSCA has been working very hard to make this happen; and we hope we have the support of the local council and department of education.

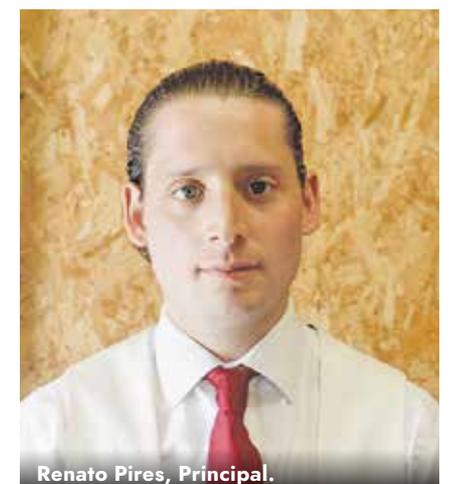
**Supporting the community**  
"ESSCA have been working with projects to support the community through the circus arts including

programs such the *HAF* with *East Sussex Council* and the *Department of Education*. We believe not every person was designed to fit in a normal school and we are proud to be different as some students are more physical and not academic.

"We believe that here and in the world of circus arts, there is a space for everyone."

For more information please visit: [eastsussexschoolofcircusarts.co.uk](http://eastsussexschoolofcircusarts.co.uk) or call: **01323 325957**

**East Sussex School of Circus Arts  
Knockhatch Adventure Park  
Hailsham Bypass  
Hailsham BN27 3GD**



Renato Pires, Principal.

# SeahavenFM and Morrisons give away



**EASTBOURNE'S newest radio station, *SeahavenFM* has teamed up with the *Morrisons* store in Lottbridge Drove to launch the station's 'Feed the Family' competition.**

By **Gail McKay**

***Morrisons'* Community Champion Kim Hatcher-Davies has been working with *SeahavenFM's* Karen Day to make *Feed the Family* happen. You can help one lucky family win a £200 *Morrisons'* voucher which can be used in any *Morrisons'* store.**

'*Feed the Family*' is one of a series of competitions that *SeahavenFM* is running this summer. All its competitions will be publicised on

social media. Following *SeahavenFM* on *Facebook*, *Instagram* or *Twitter* will make sure that you know how and when to enter each competition.

The most deserving people are often the last to ask for help. Therefore *SeahavenFM* is asking you to nominate a deserving family in your community. Winning will help the family to combat the rising cost of everyday food.

Nominating a family is easy. The information you need is on the radio station's website: [www.seahavenfm.radio/feedthefamily/](http://www.seahavenfm.radio/feedthefamily/) (or just click on the 'Competition' button on the

homepage). Your entry can be emailed or posted but it must be received by midnight on Saturday 11th June.

You'll see the *SeahavenFM* team out and about across Eastbourne during the summer – in the *Sunshine Carnival* procession and at many other local events. This not-for-profit radio station is committed to publicising local events, providing local information and helping support the charities and other local organisations which hold our communities together. *SeahavenFM* also provides affordable advertising for local businesses.

You can listen to *SeahavenFM* on 95.6 FM across Eastbourne and the surrounding area or via your smart speaker. You can also stream *SeahavenFM* directly from the station's website [www.seahavenfm.radio](http://www.seahavenfm.radio). If you are on the move the free *SeahavenFM* app (available on android and apple) helps you keep in touch with the station and the entertainment and local information that it provides.

*SeahavenFM* is a truly local station and you'll hear people from your community either presenting or participating in the programmes. The station welcomes new advertisers, sponsors and volunteers.

'*Feed the Family*' is just one of the ways that Eastbourne's newest radio station is helping your community.

**FRIDAY JUNE 3RD  
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11.00 am - 4.00 pm**



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## PRG works with top celebrity chef to launch new marketing campaign

Eastbourne's leading full service marketing agency, PRG Marketing Communications, was recently approached by one of its clients to come up with an exciting marketing campaign to help launch a new luxury outdoor barbecue, the Vulcanus grill. This brand-new headline product needed a solid campaign behind it to show off its full capabilities.

After some initial discussions, our client made it clear they were looking for celebrity endorsement. They wanted PRG to look for a famous chef that would be a good fit for their product, one that is

synonymous with outdoor cooking. PRG came up with the chef we thought would be the perfect match, Hugh Fearnley-Whittingstall.

PRG negotiated a promotional campaign that would be based at Hugh's famous River Cottage in Devon. The agreement included shooting four videos at River Cottage, with three of the videos featuring Hugh himself. Hugh created two unique recipes for the promotional campaign that we demonstrated in the videos we filmed with him.

As part of our agreement, we also included content for social media. We made sure that we captured



short, snappy bits of content that were perfect for sharing through River Cottage's and Hugh's social channels. The team at PRG created a shot list and a detailed storyboard of what we were looking for. We visited River Cottage on two separate occasions for filming to ensure we covered all the bases.

The overall marketing campaign went live in March this year and was a great success! Since the



videos have been live, River Cottage has been in touch with us again...there are big things to come!

**For support launching your new marketing campaign, contact PRG on 01323 411044 or email [info@prg ltd.co.uk](mailto:info@prg ltd.co.uk)**

## Coastal Life

An exhibition of paintings by Fred Whitehouse at the Emma Mason Gallery, Lushington Lane, Eastbourne - Thursday 9th to Saturday 25th June (open 10am to 4pm Thursday to Saturday).

Fred Whitehead (1936-2021) particularly loved the sea and coastline and made frequent trips to the Sussex coast and to Cornwall to paint. In 2002 he made the decision to leave London and move to Eastbourne, a place he knew well. Here he made paintings of the quiet streets and grand Victorian buildings that adjoin the seafront and his paintings perfectly capture the light and stillness of the town out of season.

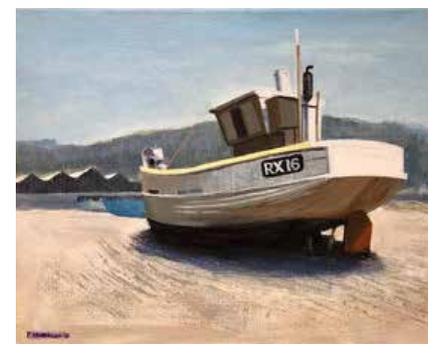
Born in Oldham, Whitehead studied art in his hometown before later gaining a place at the Royal College of Art. He had a successful teaching career working at Leicester School of Art and then at Ravensbourne College of Design and Communication in Bromley.

Whitehead also loved the sculptural forms of the traditional clinker built fishing boats, particularly those of the ancient beach launched fishing fleet of Hastings, just down the coast from Eastbourne. Over many years he photographed and documented these boats and the life of the beach fleet.

Until his death in 2021 Fred

Whitehouse lived quietly and rarely socialised, indeed he described himself as reclusive. He was happiest at home in his studio where he produced paintings that are strongly influenced by his art school training at the Royal College of Art, from a time when Modern British Art was flourishing. Through this exhibition we will be supporting the work of the fishing fleets in Hastings and Eastbourne raising funds for Hastings Fishermen Protection Society (HFPS) and Eastbourne Fishermen's Under 10 CIC. There will be associated talks and events.

All work in the exhibition will be for sale.



## 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!**

## Do you know where to go for business support and advice?

Many of us want to start a new business but lack the confidence or knowledge to do so. Whether you want a better work/life balance, want to be your own boss, or are just tired of the rat race, you need to plan carefully before starting a new business.

At Edeal we take you through all the steps you must think about, and do, in a practical workshop that focuses on the realities of starting your business and making sure that it succeeds. At the end of the workshop, you will be in a position to prepare your business plan and

avoid many of the pitfalls that cause problems for so many start-ups.

Money is important, but it's not just about the money. What's your vision for your business? Will there be a market for your product or service? What research and analysis have you done? What advice do you need? What legal status will you adopt? What's your approach to marketing and sales?

**Edeal Enterprise Agency is working with Eastbourne Borough Council to deliver a free one day business start up workshop in Eastbourne on**



**Thursday 9th June from 10am to 4.30pm, this workshop will cover all of the above and will help you make some informed decisions.**

**To book, email [info@eddeal.org.uk](mailto:info@eddeal.org.uk) or call 01323 641144. You can also book via the events page on our website [www.eddealgroup.org](http://www.eddealgroup.org)**

## Eastbourne, a Hearing Friendly Town?

**As I grow older I find that hearing is difficult in certain environments. If there is a lot of background noise or I'm in a venue with lots of hard surfaces, I find myself relying on lip reading to work out what people are saying. This can be awkward in business situations.**

To begin to understand the problem the Chamber of Commerce has linked up with Eastbourne-registered Hearing Partners CIC in collaboration with researchers at the University of Manchester and Owl XL. We are looking for volunteers to complete a short online survey about communicating in noisy places, and what people do when it is too noisy to talk easily.

What do you do when you want to have a conversation in a noisy place? What strategies do you use to make it easier? If you are willing to share this with us please consider filling in our short survey:

The survey takes about 5 minutes to complete. There are no risks to taking part and all responses are anonymous. We want to hear from anyone over 18 who lives in the UK.

Survey link - [tinyurl.com/4erryhzx](https://tinyurl.com/4erryhzx)

During a recent straw poll of our members we discovered that over 90% of the people asked reported having difficulty hearing in business situations; particularly when networking.

**For more information please contact Lorraine Gailey at [lorraine@hearingpartners.co.uk](mailto:lorraine@hearingpartners.co.uk)**

## A Dress to Impress



**Singing star Lesley Garrett donates a favourite evening gown to the WayfinderWoman Regal Variety Show silent auction.**

WayfinderWoman Trust, a female run volunteer led charity helping women find better lives by building

their self-confidence and skills, has received the donation of a favourite evening gown worn many times in concert and on TV by Lesley Garrett, CBE, a well-loved opera singer, musician, broadcaster, and media personality.

*"Our celebrity auction is off to a sparkling start with a dress donated*

*by Lesley Garrett, and designed by Jenny Packham, favourite designer of the stars," said Nicola Allen, Fundraiser-in-chief, WayfinderWoman Trust. "Having left a note for Ms Garrett at her stage door, I was amazed when I was contacted the next day!"*

**The dress:** A stunning cerise pure silk evening gown, fully lined with sparkling beads, spaghetti straps and fantail train, this gown will bring glamour to any woman, size 12.

**The designer:** Jenny Packham is a British fashion designer who dresses Catherine, Duchess of Cambridge, Adel, Jennifer Aniston, Miley Cyrus and Keira Knightley. She has also designed dresses for James Bond films Die Another Day and Casino Royale, and Kim Cattrall in Sex and the City.

**The provenance:** Lesley Garrett has personally written and signed the provenance, and the dress comes with a handwritten note from her thanking the winning bidder for their support to WayfinderWoman.

**Bidding is open!** A reserve is set for this item at £2,000. Email [info@wayfinderwoman.com](mailto:info@wayfinderwoman.com) with your bid before 9 June 2022 when the auction will close. Please include your name, address and phone number and be aware that any bid made constitutes an agreement to purchase should it be the winning bid.

**Tickets are now on sale for The Regal Variety Show at the Grove Theatre, 7pm on Fri 10th June. For more information, visit [www.wayfinderwoman.com](http://www.wayfinderwoman.com) or call 01323 886171.**

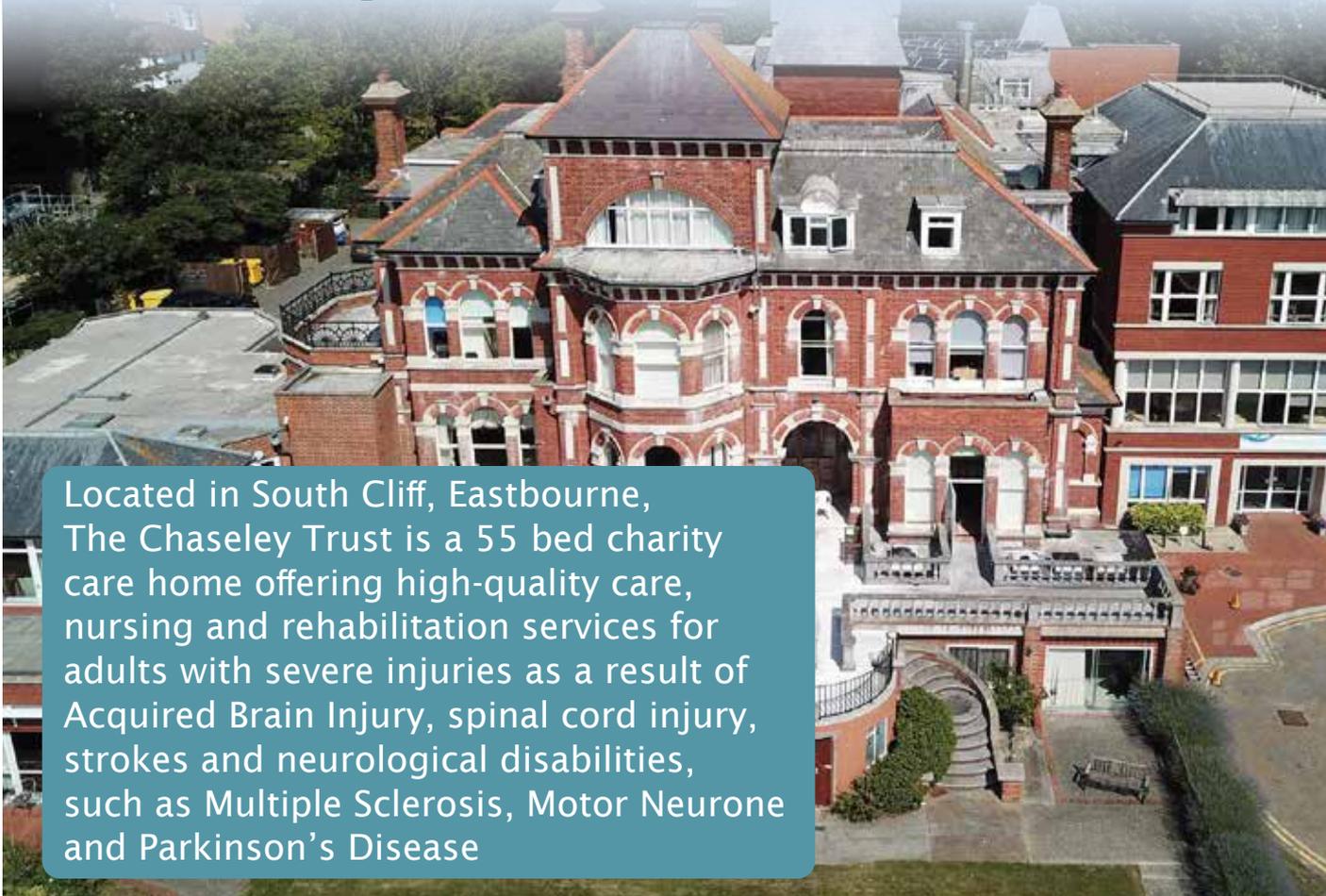
## New members for June

OHM Energy Ltd • Brilliant Businesses • Marsh Accounting – Chartered Accountants • St Aubyn Tree Consultancy Ltd • LWC Drinks Ltd • Purevo Clean • Adamantine Global Ltd • Hamilton Home Staging



# The Chaseley Trust

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



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

## We offer residents:

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

## We offer staff:

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

## We offer the community:

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

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

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





# 'The Night' in aid of Chaseley

**A WEEKEND spectacular to raise funds for The Chaseley Trust. 25th and 26th JUNE 2022**

By **Jodie Cornford**

**A team of Chaseley supporters, including local builder Kevin Peters, Sharon Gorman, the landlady of the Kings Arms, Kat Hudson of The House of Hud, Rupert Fielder, Jan Turner, a local artist and David Becket have come together to organise a weekend spectacular to raise funds for The Chaseley Trust.**

**Armed Forces Day**

Kevin tells us "Given that the very purpose and foundation of Chaseley was to care for military personnel

returning from war, the team felt it was the perfect opportunity to choose Armed Forces Day on the 25th of June to hold the main fundraising event". The musical extravaganza will take place at *The Kings Arms* in Eastbourne and will very much be a Sixties and Seventies experience, with a definite 'Nod to the Mod' theme. Elements of this mod subculture include and extend to not just the music but also the fashion, with music encompassing so many musical genres such as soul, Funk, Rhythm-and Blues, and Ska whilst also incorporating the Northern Soul era.

Sharon Gorman, landlady of *The Kings Arms*, is again very excited

to be hosting this event and shares with us "I have been the landlady here for over 15 years and have supported numerous Charity events both nationally and locally and with Chaseley being so close to home I am really looking forward to being involved in this event. I have always been amazed at the generosity and enthusiastic support of my locals. We have a real community spirit here and it is great to be a part of this".

**Spectacular setting**

*The House of Hud* will be setting a resplendent back drop to the venue for free, creating a Bombay Boudoir theme which is a vision of vibrant pinks and burnt orange linings and drapes with some intricate sparkling mirror work and will create a spectacular setting for the theme of this event.

Tickets for the main event will be priced at £25 and included entry into a raffle with some fabulous prizes generously donated by a variety of local businesses.

**Book early!**

There are limited tickets available and they must be purchased in advance from either **The Kings Arms** or **The Chaseley Trust** reception.

The night after event is £5 entry on the door.

Doors open at 6pm on the 25th and 5pm on the 26th.

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



# Gilbert & George donate artwork to #sophiespostcard

**SOPHIE'S Secret Art Auction was meant to be a small school fundraiser but has grown into an amazing bi-annual event with some incredible (and very famous...) artists now involved.**

By **Gail McKay**

**Since 2018, #sophiespostcard secret auctions have raised over £46,000 for The Royal Marsden Cancer Charity. The response from artists for this summer's art auction has been phenomenal. The auction goes live on eBay for ten days starting Thursday, 30th June 2022 with the final day on Saturday, 9th July 2022.**

#sophiespostcard is organised by art teacher Miranda Pennington and since 2018, St Richard's Catholic

College has raised over £46,000 for The Royal Marsden Cancer Charity. #sophiespostcard is in memory of former pupil, Sophie Maria Taylor, who was cared for by The Royal Marsden but lost her life to cancer on 5th April 2017.

You can see the 800+ postcards that have been donated so far on [www.sophiespostcard.com/postcards2022](http://www.sophiespostcard.com/postcards2022)

There is one month until the artist deadline and we have had commitments from many, many wonderful artists this year and with artwork arriving every day we hope

to get close to 1000 postcards. If you want to donate your artwork the deadline for artwork to arrive is Friday, 10th June 2022. Send to #sophiespostcards, St Richard's Catholic College, Ashdown Road, Bexhill-on-Sea TN40 1SE

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

#sophiespostcard offers collectors and first-time buyers the chance to purchase unique works of art by leading figures from the art and cultural world, a favourite local artist or perhaps by a Year 7 pupil.

## The auction

All postcards have a starting bid of just £1 and are auctioned on eBay, making it accessible to buyers around the globe.

Auction is live on eBay for ten days starting Thursday, 30th June 2022 with the final day on Saturday, 9th July 2022.

See [www.sophiespostcard.com](http://www.sophiespostcard.com) for full details.

Contact: Miranda Pennington at: [sophiespostcard@strichardsc.com](mailto:sophiespostcard@strichardsc.com)



# A very personal travel service

**THE first public holiday of the year at Easter followed very usual English lines – many train services cancelled, ferry services to France cancelled and big queues at airports!**

By **Martin Wellings**, Personal Service Travel

**There was only one thing that was not typical and that was good weather.**

I need to start off with a little plug of what we do, as a surprising amount of people don't know and it is of course something that we take for granted, so to us, someone asking "do you book flights" is rather like going into a grocer and asking if they sell potatoes. Anyway, the simple answer is that we do book just flights, foreign rail tickets, cruises, and package holidays to name just a few items.

## Opening up for visitors

It is good to report that that travel is getting back to normal and some of the airport problems are now behind us and more countries are opening up for visitors, notably Australia and New Zealand which have been closed for two years. This has led to an inevitable surge in bookings for all those with family over there, with the result that flights are getting very full and fares are climbing as a result.

## Top tips

This leads me to a couple of tips, the first being that wherever you are planning to travel this year, it pays to book early as the fare will be locked in on the day you book and will therefore be protected from any increases which are even more likely with the rising price of fuel. The other tip is checking your passport validity and I know this sounds obvious, and it looks very clear – look in your passport and read of the expiry date, but it is not as clear as it at first seems. There seems to have been a lot of discussion on this subject, so I had to do some research



myself to find out why the obvious was not obvious, and it transpires that it is all about interpretation.

Having checked with the passport office, the answer is 100% clear and what you would expect – the passport expires on the date shown, however other countries can interpret the expiry date as something different. Due to renewal dates, some passports have a validity of just over ten years to coincide with the expiry date of the old one, but here is the problem, a number of countries including the EU stipulate that a passport is only valid upon entering their country with ten years since date of issue, on top of which is a requirement to enter the country with at least six month validity left.

## More welcome than usual

So much for the problems, but after a long time without any holidays, arriving at your destination will be well worth it, and after the considerable disruption to all country's tourist trade, you are sure to be even more welcome than usual.

## 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**



**Personal Service Travel**  
Grove Road, Eastbourne . Tel: 01323 -410500





# A welcoming Waterfront

**EASTBOURNE Waterfront, a stunning destination to eat, drink and relax, has long been an attractive pull for visitors and residents.**

By **Gail McKay**

**But there's so much more to The Waterfront now all of the business units are occupied.**

The two newest businesses provide unique services.

**Bella Sol**, is a new Solarium and Beauty Salon offering progressive hi tech treatments, and **Planet Golf** offers a fun, affordable family friendly 12 hole glow in the dark miniature golf experience!

Richard Bolt, the founder of *Planet Golf* had been looking for a site to open this unique venue.

"The Waterfront is a fantastic location in Eastbourne and the local community. This fitted perfectly with the company vision of providing a fun and affordable activity to the community."

## Space themed

The company also wants to provide an activity that is accessible to all, and has the potential to spark an interest in golf in children that may have not previously accessed the sport. The 12-hole, glow in the dark, space themed mini-golf course, which opened in April 2022, provides a sensory experience. It's awash with stunning UV artwork, bright glowing colours,

lighting effects and of course 12 holes of challenging mini golf.

## SEN Knowledge

The venue is managed by Liz Smith. Liz has come from a SEN background and was recruited on her excellent engagement skills and SEN knowledge. Liz has already managed to organise a helping hands day at the local foodbank, and a party for young carers.

Booking is via the website [Planetgolf.uk](http://Planetgolf.uk) for families, groups and birthday parties.

Email: [info@planetgolf.uk](mailto:info@planetgolf.uk)

# Bella Sol – a new kind of beauty

**THE newest addition to the Harbour is Bella Sol, a luxury salon with hi-tech treatments.**

By **Gail McKay**

**Non invasive Aesthetics**  
For looking good and feeling great, the newest addition to the harbour is a stunning salon offering the most up to date beauty and aesthetic therapies.

The famous Million Dollar range of therapies are now available to the beauty conscious of Sussex. A 10 step unique protocol which includes derma planing, skin needling and lymphatic drainage massage. The million dollar

facial is performed with the million dollar professional range specifically designed clinically proven products. Targeting concerns like fine lines and wrinkles, pigmentation and acne scarring giving benefits of a brighter skin with smoother more even complexion.

The full range of Million Dollar treatments is on the website.

## Feel the warmth of the sun

For those that know about solariums, the *Ergoline* is not your average sunbed, it is the choice of the tanning aficionado.



With stand up and laydown beds, *Bella Sol* offers a relaxing experience with a new era in UV and light technology. With *Ergoline Spectra*, only the desired light spectra are generated. For a gentle, comfortable and effective tanning experience unlike anything experienced before.

Not only for keeping your skin look all year round golden, *Ergoline* has been recommended for Vitamin D boosting, it can aid in combatting

SAD, effective in treating psoriasis and other skin complaints.

## IV Hydration

*Bella Sol* have spent a lot of time seeking out unique and innovative therapies for their clientele, they offer UV drips, which is the fastest way to hydrate the body, and the most effective way to absorb nutrients directly into the bloodstream.

For a full range of treatments or to make a booking please call.

01323 470006 | [www.bellasol.co.uk](https://www.bellasol.co.uk)  
19 The Waterfront, Sovereign Harbour, Eastbourne BN23 5UZ



**GLOW IN THE DARK MINI GOLF!**

now open in Sovereign Harbour

# PLANET GOLF

Open Mon-Sun  
11am - 6pm

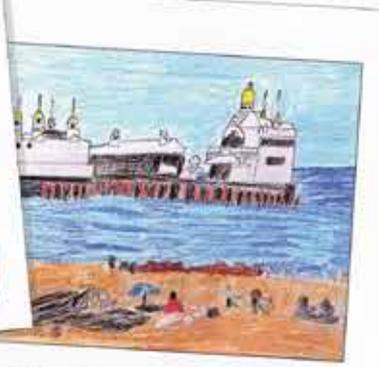
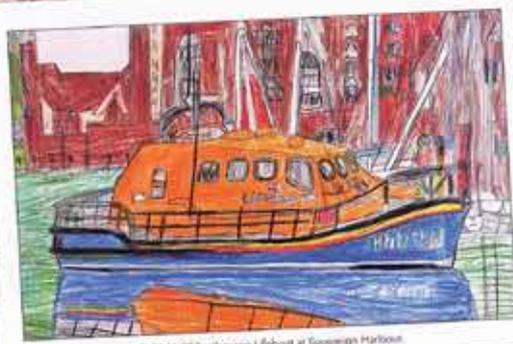
We had a blast!  
**10/10**  
- Danielle H

**BOOK ONLINE**  
**planetgolf.uk**  
get 20% off your ticket  
with code **BFJUNE20**  
valid for one use only



**01323 479889**

**20 The Waterfront, Eastbourne, BN23 5UZ**



# Oliver's Postcards

**A new set of eight professionally printed postcards for a £10 donation to Eastbourne RNLI**

Available from the Locks Office  
(upstairs behind the RNLI Station)  
or Email Anna to order & donate:  
[blandanna62@yahoo.com](mailto:blandanna62@yahoo.com)

The colourful images have been drawn by talented, 13 year old Oliver from Eastbourne who is autistic. His first set of cards raised more than £1,200 for the RNLI



**custard**  
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Printed and supplied by Custard and Bournefree

**Bournefree**  
your local magazine



# VOLUNTEERS' WEEK

## A time to say thanks

**Volunteers' Week takes place during June, and Bournefree is proud to highlight the amazing work volunteers do across East Sussex.**



A volunteer sharing a hot lunch and a laugh at the *Genesis Trust*, Bath. Photo by Anna Barclay.

[www.volunteersweek.org](http://www.volunteersweek.org)

#VOLUNTEERSWEEK

# Helping the underprivileged through innovative workshops

**WE are Wyntercon, an award-winning arts and educational Charity.**

By **Andy Kybett**

**Based in Eastbourne, we support, encourage and educate those from underprivileged backgrounds and help them be an active and beneficial part of their local community.**

Through innovative workshops and programmes based around the world of Fandom, we utilise science-fiction and fantasy interests to host workshops to create new social bonds, harness their creativity, provide a welcome mental focus, and increase their awareness of the world around them.

Computer-coding basics, imparting practical 21st century skills like cooking, promoting upcycling and sustainability and teaching sign language are just some examples of the workshops we have run.

If you have any further questions or would like to know more about

what we do or how you could help, please do get in touch.

**Team Wyntercon**  
[info@wyntercon.org](mailto:info@wyntercon.org)  
[www.wyntercon.org](http://www.wyntercon.org)

# WYNTERCON

**We deliver activities and educational workshops designed to help disadvantaged individuals have fun while developing essential personal, organisational and creative skills.**



**We embrace creativity in all forms and encourage our learners to take part in their local community.**

[www.wyntercon.org](http://www.wyntercon.org)    @wyntercon

Charity Number 1178076



# Children with Cancer Fund

**CHILDREN with Cancer Fund Polegate (CWCF), has commenced 2022 with a bang, hosting plenty of fundraising and family events across East Sussex.**

By **Chris Downton**

**With the aim of granting wishes to children living with childhood cancer and offering them and their families a respite from treatment, the team at CWCF set out to organise fundraisers for people to enjoy.**

Many of these events would not be possible without the support from volunteers, so in this month's edition, the charity would like to shine a spotlight on all the volunteers that make their events possible.

## Making connections

Volunteers at CWCF play an important role in helping the charity carry out fundraisers such as the annual *Arlington Bluebell Walk*, where this year they raised money at the stunning woods which host the English Bluebells and anemones. The fundraiser offered delicious cakes baked locally, and refreshments to accompany a pleasant stroll through the enchanting woodland, which in springtime has an impressive display of blue as the flowers emerge in full bloom.

All money raised makes its way to the office, where staff get creative

planning events for families to make memories together. A trip to the virtual reality rollercoaster in Uckfield gave the families a thrill, as they experienced the adrenaline-filled rollercoasters of *Thorpe Park* and Orlando from a gaming chair at the *Piltdown Man* pub. The charity often follows these activities with a family meal, where they have the opportunity to make connections with other families going through similar experiences, chatting and sharing advice. Families often make friends for life at these meals.

## Lasting memories

The families also recently discovered Brighton's famous *Globalls*, which is home to an indoor mini-golf course in stunning UV, complete with a jungle theme and ball pit to create that unique experience to give them lasting memories!

Volunteers prepped them ready to go with glow-in-the-dark accessories, with some sporting luminous bunny ears whilst others wore quirky glasses. Parents and kids alike surprised with their golfing skills, whilst others revelled in the magnificent wall art that surrounded the course. Some family competition reared its head and laughter broke out from the ball pit as siblings played together.

## Wishes to children

Another important aspect of the charities work is granting wishes to children and their immediate family. Wishes can be practical, fun or medical. The charity has organised tickets for football matches (which are often accompanied by meeting the team mascot), days out at *Knockhatch Adventure Park*, and even driving lessons to celebrate an 18th birthday.



With many more exciting fundraisers coming up for the rest of the year, including *Eastbourne Carnival* and *Airbourne*, CWCF are looking to recruit volunteers, so if you can help, please call **01323 488561** or email **info@childrenwithcancerfund.org.uk** to find out more.



# 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 29<sup>th</sup> July, **£18** after
- ★ 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 10<sup>th</sup> September**

Registration from 5pm, walk starts at 6pm

To find out more about this event and to register, visit us at [stwhospice.org/starlightstroll2022](http://stwhospice.org/starlightstroll2022) or call **01323 434241**



Registered with  
**FUNDRAISING  
REGULATOR**

Registered Charity Number: 283686

**SCHMIDT**

KITCHEN | LIVING | BEDROOMS and MORE

This event is  
kindly sponsored  
by Schmidt  
Eastbourne



**St Wilfrid's Hospice**



This Volunteers' Week we want to say a big thank you to all our volunteers for everything they do to support St Wilfrid's!

# Volunteers matter at St Wilfrid's Hospice

Volunteers are involved with every aspect of St Wilfrid's Hospice care, and we are so grateful for all that they do for us. **Over 400 lend their help to the hospice, giving us over 1,712 hours of their time every week!**



### What do they do?

**Volunteers operate in all areas of hospice life:** providing hospitality to patients on the Inpatient Unit, offering companionship across our community, helping to run our shops and doing all kinds of support roles that keep the hospice running, caring for patients and providing essential services.

### What would you get from volunteering with us?

**Volunteering with St Wilfrid's can be very rewarding.**

It's a great opportunity to meet new people and have fun while helping a good cause. Hospice care is there to support all of us when needed and there are so many ways people can play a role in providing and improving end of life care for our community by volunteering with St Wilfrid's.



## Want to get involved?

We are always looking for new faces to join our volunteer team. Unless specified in the role description, you don't need to have any prior experience or qualifications. Find out more and complete an online application form at [stwhospice.org/volunteer](http://stwhospice.org/volunteer). Or contact the Voluntary Services Team at [VSTeam@stwhospice.org](mailto:VSTeam@stwhospice.org) or on **01323 434205**.

## Volunteering in our shops

**The volunteering journey is unique in St Wilfrid's Shops. Your skills, no matter how varied, can be applied to one or multiple vacancies. We have roles in all shop locations, our Donation Centre, and online offices.**

We are looking for visual merchandisers, stock room assistants, researchers, lead volunteers, till operators and cleaners. We have shops in Herstmonceux, Hailsham, Green Street, Terminus Road, Seaford, Moy Avenue, Heathfield, Uckfield, and the shop inside the hospice itself.

The Donation Centre is always looking for donation greeters, Gift Aid administrators, stock room assistants, PAT testers, book specialists and cleaners. Stock room assistants sort and quality check donations, prepare clothing to be sent to our shops to sell and recycle our unsellable goods.

Our online shops are doing well too, and we need photographers, post-room assistants and listers. No two days are ever the same in e-commerce, we list donations on multiple online shops including eBay, Esty and Depop. If you have a keen eye for antiques and vintage goods, we will benefit from your knowledge!

Our voluntary roles are adaptable to your skills and experience, all you need to do is get in touch! Email [retail@stwhospice.org](mailto:retail@stwhospice.org) or visit your local St Wilfrid's shop and speak with one of our Community Shop Managers. You can donate as little as four hours a week and meet likeminded volunteers while supporting St Wilfrid's.



# Who is the Eastbourne Education Business Partnership (EBP)?

EASTBOURNE  
EDUCATION



BUSINESS  
PARTNERSHIP

**EASTBOURNE EBP delivers work-related activities that enhance teaching and student learning outcomes and contribute to economic growth and prosperity.**

By **Faiza Shafeek**

We are an independent registered charity that works closely with *Eastbourne Borough Council, East Sussex College* and the *Chamber of Commerce* in brokering partnerships and contributing to workforce planning and employability. We are also active members of the *Eastbourne Youth Partnership* and *Coastal Community Team*.

## Events and activities

Faiza Shafeek, Chair of *Eastbourne EBP*, writes, "*Eastbourne EBP* has continued to build on over 30 years of achievements in its aim of brokering meaningful partnership between education and business.

## 2022/23 PROGRAMME:

- **In-Bloom Planting (Winners), 9th June**
- **Young Chef Finals (Years 7-10), 28th June**
- **Junior Engineers Challenge (Year 2), 4th July**
- **Junior Enterprise Challenge (Year 4), 3rd October**
- **Answer Back – EYR (Years 6-13), 14th November**
- **Eastbourne Youth Radio (Years R-13), 16th–18th November**
- **Pantomime Technology Challenge (Years 4-5), 2nd December**
- **Young Engineers Challenge (Years 6-7), 28th January**
- **In-Bloom Finals (Years R-6), 10th March**
- **The BIG Futures Show (Years 9+ & public), 25th April**

In particular, the *EBP* provides a wide range of events and activities as exemplified by the 2022/23 programme, aimed at enriching the curriculum and student learning.

The momentum behind the organisation continues to maintain the diversity of the programme, whilst dedicating much energy to the most far-reaching projects,

*Eastbourne Youth Radio* taking place again this November and *The BIG Futures Show* next April, that together attract the participation of over 3,000 students. *BFS 2022* was another fantastic success for us with more schools and active job-seekers attending – our thanks to everyone involved."

## Career development

Work is ongoing to expand employability and skills activities around *BFS* and the *Gatsby Benchmarks* for career development and guidance. We welcome ideas for new work-related learning events and are able to tailor for individual school delivery.

For further information, contact [tim@eastbournebp.org.uk](mailto:tim@eastbournebp.org.uk) or call **07890 388624**.



2022 Big Futures Show.



2021 Eastbourne Youth Radio.

# WE THINK WE HAVE THE BEST VOLUNTEER TEAM IN THE WORLD AND WE WANT TO PUBLICLY SAY THANK YOU

If you would like to join our volunteer team and have good listening skills and want to make a difference to clients at a difficult time in their lives, we'd love to meet you.

<https://eastbourne.foodbank.org.uk/volunteering/>

We also have opportunities to join our campaigns team. If you are interested in challenging the cost of living crisis and how it is impacting local people, we'd love to hear from you.

Email : [jholliday@eastbourne.foodbank.org.uk](mailto:jholliday@eastbourne.foodbank.org.uk)





## MENTAL health charity's urgent call for volunteers.

By **Hansa Raja-Jones**

**The annual Volunteers Week is a great opportunity to thank all the people who work so hard to make Holding Space a lifeline for families, parents and children across Sussex.**

But it is also an opportunity to encourage more volunteers to come forward and help make a real difference to the lives of the people we support.

More people than ever are struggling with stress, anxiety and mental health issues as a result of the Covid pandemic, enforced lockdowns and the dramatic changes to our every-day lives.

### Massive rise in calls

*Holding Space*, a volunteer-led organisation that supports families, parents and children across East Sussex struggling with their mental health, has seen a massive rise in calls for help.

"Our volunteers are amazing, but we need more," *Holding Space* founder Hansa Raja-Jones said. "There has never been a greater call on our services, so the need for helpers is ever-present. If you have a spare hour or two each week, then I would love to hear from you."

The roles include general office admin (letters, invoices, answering the phone), data input, phone calls to parents and new referrals, and helping out with events and fundraising.

### Support to everyone

"Any offer of assistance would be welcomed with open arms," Hansa explained. "We offer support to everyone who reaches out to us, so we're always looking for more volunteers."

Hansa also praised the *Holding Space* team of volunteers for all that they do and the who keep the organisation functioning properly. The professional team for their expertise and caring attitudes, the office team and telephone wellbeing team who offer a lifeline to parents, and the Trustees who give freely of their time.

### Quotes from delighted parents:

"I cannot put into words how amazing *Holding Space* is. Within no time at all we had counselling in place for our daughter and me and my wife. It's only been four weeks but the difference already is unbelievable and our beautiful daughter is becoming happy again — Darren."

"I've met some great people who listen to you without being judgmental. It's so lovely that *Holding Space* are supporting everyone. Thank you so much for your love, support and advice."

"Thank you so much for your coffee mornings. I have felt so alone in this experience and I was really scared about going. I had no need to worry — it was simply a small group of incredibly supportive people, all with completely different stories but all wanting to be supportive or be supported and to be able to help their children. I will be going again!"

### Quote from Beckie, Telephone/Wellbeing Volunteer:

"Volunteering for me is a way of giving back to the community;



knowing that you can make a difference to someone's life."

### Jenny Warwick – Counsellor:

"I volunteer with *Holding Space* because it's an organisation as passionate about working with families as I am. It gives me a chance to work with and support young people and their parents and carers. It's opened up opportunities for me professionally, which I'm really grateful for. On a personal level, there's a real sense of being part of a team that is so important to me. I've learned loads from meeting and working with other therapists and have built real friendships and connections. I love the sense of being able to contribute and help out in my local community."

### Support to more families

*Holding Space* exists to give support, advice and professional counselling to anyone with a need. It recently acquired charitable status, which allowed it to increase its profile amongst all sectors of the local community and attract interest and reach potential clients who have not heard of *Holding Space*. It will also enable them to increase

their fundraising efforts so that it can continue to provide mental health support to more families.

### Strong support network

"Getting charitable status is a big step forward for us. It is a demanding and complex process that ensures we have proper governance in place and a strong support network," Hansa said.

Hansa set up *Holding Space* as a result of her own journey caring for a child with mental health difficulties. "We believe that educating, supporting and empowering families is crucial to the mental health of the next generation, along with early intervention and support," she explained.

"No parent should walk this journey alone and in silence when their child is struggling with mental health. We believe that the voice of the parent/child is paramount."

If you need support or would like to get involved, please go to our website at:

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



# Royal Hippodrome Theatre

## **THE Volunteers at *The Royal Hippodrome Theatre* are an integral part of what we do.**

By **Debbie Adams**

**They take on all manner of responsibility in and around the Theatre, from manning front of house, working behind the bar, running the box office, ushering, cleaning and collecting glasses, delivering brochures, to emptying the bins!**

Over the time that we have been involved with the running of the

Theatre our wonderful band of Volunteers have provided us with much needed support in so many ways and go above and beyond to assist our staff, in particular our Front of House Manager, Jane White.

### **Welcoming and friendly**

One of the comments we receive from our Patrons on a regular basis, is how welcoming and friendly the atmosphere is at the

*Hippodrome* and this is largely due to our Volunteers. They all work so well as a team and all have such a love for the venue which in turn is passed on to our audiences. Many lovely friendships have blossomed over the years between the Volunteers and they really are like a 'family' – one which has welcomed Alex and I with open arms.

### **Much needed support**

The Friends of the *Hippodrome* – also all Volunteers – having been providing much needed support for a very long time. Not only do they encourage others to join the Friends, they organise fundraising events and run the Theatre Tours.

Our Volunteers are literally part of the fabric of the building and without them we would be unable to run the *Hippodrome* as we do. We are so grateful for their love and support of the Theatre and of us personally.

**The Royal Hippodrome Theatre**  
**01323 802020**  
[www.royalhippodrome.com](http://www.royalhippodrome.com)



“  
**Our Volunteers are literally part of the fabric of the building.**





# You Raise Me Up

**WHEN 17 year old Megan died suddenly in May 2011, her devastated family found there was no one they could turn to and so they created *You Raise Me Up*, a charity to support families in the very same situation they found themselves in.**

By **Jade O'Connor**

**The charity's ethos is to provide practical, emotional and financial support to families who lost their children aged between 16–25.**

Fast forward 11 years and *You Raise Me Up* has helped more than 4000 individuals both in Eastbourne & across the country.

It has a dedicated support centre and coffee shop in Polegate High Street, a 24 hour mental health crisis helpline, one to one specialist counselling, peer support groups and respite activities such as days out and dinners.



Jane & Meg.

Sadly founder Jane Brooks lost her battle with breast cancer five years ago and while the charity is still very much supported by the Brooks family, it is now run by a team of professionals, counsellors, volunteers, supporters all overseen by a board of trustees who all uphold the original aims.

## Vital work

The charity will need to raise in excess of £300,000 in 2022 to be able to continue its vital work with several fundraisers planned this year.

The Charity is headed up by Leesa Pattison. "The loss of a child is so traumatic and unless someone has suffered that loss they can't begin to understand what parents or families are feeling or going through.

"The impact on their mental health and the daily struggle to function in a world that has been turned upside down is unimaginable.

"This is what we do – provide multiple purpose support for families, holding families together at a time that can be so lonely and isolating.

"We have trained and experienced counsellors to help families through dark times and support their ongoing lives. We run monthly support groups where families can connect with others who are going through similar experiences.

"Our Charities whole family approach supports surviving family members and friends to work through the pain of losing a child – and increasingly friends – not just parents but grandparents, siblings, cousins, aunts, uncles and their peers."

## Brilliant fundraisers

Like all charities, *You Raise Me Up* relies on financial donations. It costs around £5,000 to support a bereaved family for a year, and all funding comes through charitable donations and fundraising events.

If you are looking for support, please call the 24 hour helpline on **01323 482772**.

Follow the charity on social media:

**f @youraisemeupuk**

**t @youraisemeupcharity**

**www.youraisemeup.co.uk**

The team at YRMU have supported thousands of people after the loss of a loved one – but they can't do it without the efforts of the brilliant fundraisers. Do you want to challenge yourself this year?



Here's a few ways you can get involved...

### Hilton Brighton Metropole Midsummer Ball: 25th June

Get your dancing shoes on & book your tickets for a fantastic Las Vegas inspired evening full of fun! £100 per ticket £995 table of 10.

### Colour Obstacle Run, Brighton: 23rd July

A unique event combining the fun of colour powdered runs, the thrill of an obstacle course & the atmosphere of a music festival. **FREE ENTRY** *Minimum fundraising applies.*

### YRMU 10th Anniversary Jurassic Coast Adventure: 29th July – 2nd August

Spend a long weekend exploring the Jurassic coast with us. Three challenging treks, Four nights in a hostel accommodation with a surprise visit on the way home, all whilst raising vital funds. Coach travel provided. Registration fee of £150 per person at time of booking. *Minimum fundraising applies.*

### Great Gatsby Casino Night at The Lansdowne Hotel Eastbourne: 13th August

Come along dressed to impress for our Great Gatsby themed evening. Dance the night away & play casino games for fun money and prizes. An unmissable night with a sparkling reception, live performances from the band souls that swing, a magician, raffle & many photo opportunities. £45 per ticket.

Register for any of our events via our fundraising events page: **www.youraisemeup.co.uk/2022-events**



# Samaritans

**EASTBOURNE & District Samaritans is led by Director, David Smith and is situated in Bolton Road, Eastbourne.**

By **Sonia Caprari Dabbs**  
Deputy Director of Branch Marketing

**Our branch is affiliated to the Samaritans national charity which is a unique organisation dedicated to reducing the feelings of isolation and disconnection that can lead to suicide.**

Samaritans provide a 24-hour service, every day of the year, to make sure there is always someone there for anyone who needs someone to talk to. As one of more than 200 branches and locations across the UK and Ireland, we contribute to supporting people all over the country and locally here in Eastbourne. By providing people with a confidential, non-judgemental space to talk, we know that we can reduce painful feelings and provide hope and support where this is needed.

Every life lost to suicide is a tragedy and Samaritans vision is that fewer people die by suicide.

### Being there for callers

In the year to the end of March 2022 the Branch spent **5,845** hours on the phone answering **19,218** calls and **1,858** emails with approximately 70 – 100 volunteers. Our volunteers are unpaid but give their time freely to be there for our callers.

Since the pandemic started our Branch has not been able to open for face-to-face support. We are hoping that we will be able to return to seeing callers in the near future.

To financially support our branch, we rely on donations and fundraising by reaching out to people and businesses in our local community.

Recent fundraising and awareness events were *Brew Monday*, our

branch engaged with seventeen cafes within our district who were happy to provide 2-4-1 hot drinks on the third Monday of January to encourage people to meet up and reach out and to get talking. We're hoping in 2022 that we can engage with more cafes and get more people talking and sharing a cuppa!

### Walk amongst the bluebells

We recently spent two days at the **Arlington Bluebell Walk** as the duty charity raising funds for our branch. We wanted people to come and walk amongst the bluebells especially as it was *Mental Health Awareness Week*. It was great to see so many volunteers helping out, baking cakes and engaging with visitors.

Our **Outreach team** are busy reaching out and working in close partnership with other local organisations that are concerned with helping those who are struggling to cope with life.

### More involved

We are actively involved with *East Sussex Suicide Prevention Group*, where local and county council representatives work with the emergency services with the aim of helping those who visit this area with the intention of ending their life.

We've recently attended the *Hailsham Community College Freshers Fair* and the *Big Futures Show* and post-pandemic we are becoming more involved again with schools, colleges and annual events such as Freshers' Days at Brighton University.

Did you know that we are part of the *Prison Listener Scheme*? A group of volunteers from Eastbourne, Brighton and Horsham Samaritans train prisoners in *HMP Lewes* to become Listeners. Once trained, the Listeners are called upon by other prisoners who are in distress and at risk of suicide or self-harm. The training we provide is closely based on that for new Samaritans but is adapted to be relevant to a prison environment.

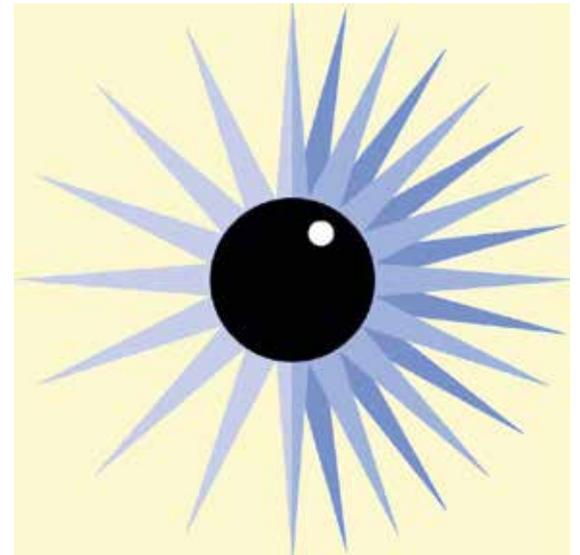
### Information evening

Have you ever considered becoming a Listening Volunteer? If you want to find out more then get in contact with our Recruitment team or come to our next Information Evening being held at our Branch on **Monday 13th June**.

To keep up to date with our branch sign up to our newsletter, visit [www.samaritans.org/eastbourne](http://www.samaritans.org/eastbourne) or visit [@EastbourneSams](https://twitter.com/EastbourneSams) on Twitter.



# Eastbourne Blind Society volunteers



**AS a small, local charity working with people who are experiencing sight loss and vision impairment it is really hard to stress just how vital volunteers are to our organisation.**

By **Mark Simmons**

**Without the amazing, caring, loyal and dedicated volunteers we have, we would not be able to run any of the activities that we are currently able to offer our members.**

Everything we do at *Eastbourne Blind Society* aims to help our members to maintain independence, for as long as they are able and wish to do so and to reduce feelings of isolation and loneliness.

Our afternoon social activities at the centre bring people together to take part in different activities and to engage in conversation about their week. Our volunteers help with the activities and are more than happy to join in with the conversations!

## How long have they been with us?

The vast majority of our volunteers have been working with us for a long time. The longest serving current volunteer has been doing so for more than 20 years.

## What do our Volunteers do?

An amazing amount of work! We have volunteers who help at our socials, run our bingo sessions, drive our minibuses, serve as trustees, run our walking group, organise our café club, help on our stand at exhibitions, manage our bowls team and represent us on various forums across the town.

## What are the volunteers hours?

The hours given by each volunteer depend on the activity they are helping out on. Normally each activity means giving at most three hours of time each week.

## Where do our volunteers come from?

A variety of sources. We have people who are themselves visually impaired, but are willing and able to help others and do so by working with us. We have people whose parent(s) were visually impaired and past members of *EBS* and they want to give something back for the help

and care we provided. We currently also have a number of *University of Brighton* physiotherapy students who are volunteering with us in order to gain experience of working with people with visual impairments. Hopefully they will carry their experiences here with them into their practice once they have qualified.

## Please get in touch

If you feel that you would like to know more about *EBS* or would like to offer yourself as a volunteer please do get in touch. We are more than happy to chat with you about the opportunities we have and to work out where you would be most suited to helping us. No experience of working with visually impaired people is necessary, vision awareness training will be given to anyone who volunteers with us.

## Contact details:

**01323 729511**

**[info@eastbourneblindsociety.org.uk](mailto:info@eastbourneblindsociety.org.uk)**

**[www.eastbourneblindsociety.org.uk](http://www.eastbourneblindsociety.org.uk)**

**[f eastbourneblindsociety](https://www.facebook.com/eastbourneblindsociety)**

**[t BlindEastbourne](https://www.tumblr.com/blindeastbourne)**





# Will you volunteer for Chestnut Tree House?

**CHESTNUT Tree House relies on the support of volunteers and is taking the chance during *Volunteers' Week* to reflect on some of the incredible ways people get involved and make a difference.**

By **Kelsi Troullos**

**The children's hospice depends on hundreds of volunteers, who help in the hospice, in their charity shops, and at fundraising events across the county. Every year volunteers, like Maggie, donate their time adding value to the services that Chestnut Tree House provide.**

### **Maggie's story**

Maggie has volunteered for the hospice for over 10 years and hasn't looked back. "It's so rewarding knowing that I am helping to raise funds for such a worthy cause," says Maggie. "The hospice is such an important part of our community, and I know that every penny raised will help local children and families across East and West Sussex."

When asked what she would say to someone who was thinking of

volunteering, Maggie says, "Do it! Volunteering is such a rewarding way to spend your time. I've done all sorts and met lots of new people that have become life-long friends."

### **Are you looking for a volunteering opportunity?**

*Chestnut Tree House* are on the lookout for some willing volunteers in East Sussex. Volunteering with the hospice is a great way to try something different, gain new skills and experiences, meet

people, and give something back to your local community. And by supporting *Chestnut Tree House*, you'll be making a difference to local children and families who need hospice care. Here are some examples of the exciting things you could do as a Chestnut volunteer:

### **In the charity shops**

There are many *Chestnut Tree House* charity shops in East Sussex, and the hospice are always looking for volunteers to join the team. If you are a savvy salesperson or have a passion for fashion, why not join the shop teams?

A varied range of roles are offered to help run the shop, including customer service, sorting, prepping donated stock, and operating the till. Flexible days and hours are available for each shop, and full training given.

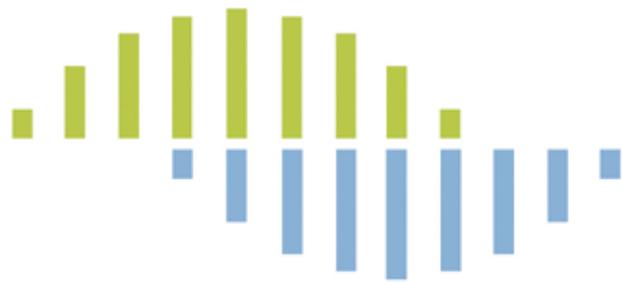
### **At fundraising events**

*Chestnut Tree House* have lots of fundraising events throughout the year that they need volunteers for! Recently, 45 volunteers gave their time to help at *Castle Night Trek*, a magical 10km night trek around the stunning grounds of *Herstmonceux Castle*. From marshalling the route to cheering our trekkers as they crossed the finish line, volunteers helped the event raise an incredible £25,000.

However much time you can give, there are lots of ways you can get involved and show your support for children and families in your local community. To find out more and see what volunteering opportunities are available, please visit:

[www.chestnut.org.uk/volunteer](http://www.chestnut.org.uk/volunteer)





# EAST SUSSEX HEARING

**“VOLUNTEERS don't get paid... Not because they're worthless but because they're priceless!”**

By **Mark Dimmock**

**Those are the wise words of East Sussex Hearing's long serving volunteer Mitch Mitchell, who along with a dedicated band of 60 others, give their time unselfishly to the 20 year old countywide charity, based in Eastbourne.**

They are simply the backbone of the charity, that delivers crucial assistance to the county's deaf, deafened and hearing-impaired residents.

## Hearing heroes

In all weathers and all seasons, this band of 'hearing heroes' fans out across the county to provide vital services such as hearing aid maintenance and support groups. Did you know you are meant to have your hearing aids cleaned, serviced and retubed every three to six months?

Even lockdown didn't stop Golden Cross based volunteer John Ward, who toured his local area on foot, armed with pocketfuls of hearing aid batteries and returning with doorstep packages containing freshly serviced aids to grateful residents.

Volunteers can also be found helping out at our *Deaf Awareness Roadshows*, fundraising events and of course making bucket loads of tea to help keep the eight permanent charity's staff firing on all fours!

## Demand grows

Hearing impairment is a hidden disability yet very common and over 100,000 people, with one in six of the county's population suffering, *East Sussex Hearing's* demands for support grows enormously every year.

Isolation is a big factor with hearing loss and the charity aims to break down barriers and raise the



Staff and volunteers with the Bexhill and Hastings MPs at a recent roadshow event.

general public's awareness of the challenges faced.

Our volunteers, often have real life experience of this and through our social programmes and outreach befriending services help overcome isolation, exclusion and loneliness.

## Volunteers are the soul

Candi Gould works in the *NHS* and sees patients struggling with their hearing loss. She decided to help the charity, as she could see more needed to be done and that some people were being "Left behind."

Sonia De Sousa from Stone Cross began to learn British Sign Language (BSL) at college and volunteered with the charity as she "Loves being able to give back and make a difference to people's lives."

The charity's CEO David Rowan added "Volunteers are the soul and beating heart of our charity.

Their mere presence lifts the spirits of everyone around them. They give so much, never asking for anything in return. They really are the charity's champions. We simply wouldn't be able to help the hearing-impaired people of East Sussex without them."

There are lots of different roles for volunteers at this fantastic and friendly charity. With the opportunity to learn new skills, give something back to the community and of course make new friends!

## Help make a difference

No minimum number of hours is required, so... come join and really make a difference, for the better, to peoples lives.

To find out more about volunteering at *East Sussex Hearing* contact the charity on **01323 722505**, text **07950 855580** or email **manager@eshrc.org**



L-R. Long serving volunteers Mitch Mitchell and Virginia Le Croisette performing hearing aid maintenance.



ESH staff and volunteers receive a cheque from Pett WI.



Volunteer workshop at the charity's Eastbourne centre.

# Interactive & Fun **FREE** events

Join us at The Beacon in their new look community space Gather (Previously named The Hut) throughout June and July for a series of interactive and fun, FREE events.

Wednesday  
**1st June**  
10am-2pm

## ART & PERFORMANCE

- Maker & Art sessions from The Towner & Devonshire Collective\* - Create your own gallery piece to display
- Community Choir - Lets Sing Together!



Wednesday  
**8th June**  
10am-2pm

## JOB SKILLS, VOLUNTEERING, TECH SUPPORT

- CV Tips, Interview skills



- Find out about Volunteering
- Green Canopy Free Seeds
- Digital Cafe with Tech Talk, Support & Internet Safety

Wednesday  
**15th June**  
10am-2pm

## WELLBEING & HEALTH

- Breathing, Stretching & Relaxation Sessions\*
- Health Talks, Checks & Advice
- LGBTQ+ Lunchtime Talk for Parents & Teens



- Lively Debates, Information Sharing, Education from Support & Action Groups - Disability Access, Climate Change, Homes for Ukraine
- Energy Clinic - Check your Fuel Tariff

## ACTION IN EASTBOURNE

Wednesday  
**22nd June**  
10am-2pm

Saturday  
**2nd July**  
10am-4pm

## CHILDREN & TEENS

- Circus Skills
- Children's Yoga
- Sports Session
- Audio Active for Teens (13-18) Session
- Lyric Writing & Production Masterclass\*



# 3VA

Wealden  
Eastbourne  
Lewes District

To advance book any \* sessions please email [emma.millar@3va.org.uk](mailto:emma.millar@3va.org.uk)

All sessions have been made to be as accessible as possible but if you have any specific requirements you need supporting to access any of these session, please email [emma.millar@3va.org.uk](mailto:emma.millar@3va.org.uk).



# All gather round

## NEW concept GATHER launches in *The Beacon* for local organisations and charities.

By **Sue Cobb**

**GATHER is the latest concept to be launched in *The Beacon*, Eastbourne, as the shopping centre continues its journey to reimagine its customer retail experience.**

The dedicated community space is located in the unit formerly known as *The Hut* and is now available for local

community groups and charities to gather free of charge for a variety of events and activities.

More than 60 people, representing a wide range of organisations and charities, attended the launch event with *Eastbourne Gilbert & Sullivan Society* providing entertainment for the evening.

### For all groups

James Roberts, director of *The Beacon*, said: "GATHER is part of our

strategy at *The Beacon* to reimagine space in the shopping centre so that we offer a much wider experience to our customers than just shopping. This is a dedicated space that is inclusive for all groups in the community, where we want to encourage innovative and creative thinking.

### Community hub

"Our strategy to build a community in the centre through play, work and events for local people, began with our mall enlivenment, continues with GATHER and we will have more exciting announcements to make very soon."

Hend Moussa, community manager at *The Beacon*, said: "This space will be a real community hub and I'm so pleased that we already have bookings from a diverse range of organisations for some exciting activities including a rap skills and circus skills workshop, a chair yoga session and a session on CV building and interview prepping for people getting back into the workplace. We really want people to see this as their space and to use it in as creative way as possible."

One of the organisations that has booked several sessions in GATHER for June is 3VA, the voluntary action organisation for the districts of Eastbourne, Wealden and Lewes.

Emma Millar, Community Development Officer, 3VA, said: "GATHER is set to be a great platform for local charities to meet up with clients, engage with shoppers and promote their services to the wider public. 3VA is delighted to be one of the first charities to take advantage of this facility in *The Beacon*."

### Great space for charities

Hansa Raja-Jones, founder of  *Holding Space*, said: "This will prove to be a great space for charities, right at the heart of the community. We can meet clients there, hold workshops and promote our services to a wider audience. I am very excited about the arrival of GATHER and I look forward to making use of it over the coming months."

Bookings will be taken on a first-come, first-served basis and the idea is that the space will evolve to the needs of organisations using it.

There is a dedicated section on *The Beacon's* website where enquiries to book GATHER can be made. Visit: [thebeaconeastbourne.com/gather](http://thebeaconeastbourne.com/gather)



# Food&Drink



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# Rapido Menu



**Available Monday to Friday, 12pm - 3pm  
(excludes bank holidays and school holidays)**

**\*Please visit our website for individual opening hours\***

## Pasta alla Puttanesca **V VG GF\***

Rigatoni pasta in a slow cooked tomato, caper, garlic & mixed olive sauce

## Pasta del Monaco **V GF\***

Rigattoni pasta in a tomato & ricotta cheese sauce, finished with basil oil

## Battilocchio **M**

A deep fried small calzone pizza filled with ricotta, mozzarella, cured sausage, ham & black pepper

## Rusticotto Vegan Bello&Buono **VG**

Our signature shaped pizza with grilled aubergines, vegan mozzarella, cherry tomatoes, basil & oregano

## Rusticotto Pepperoni **M**

Our signature shaped pizza with pepperoni, tomato sauce & mozzarella

## Rusticotto ai Formaggi **V**

Our signature shaped pizza with mozzarella, smoked cheese, pecorino cheese & caramelised onions

**M** = meat **F** = Fish **GF** = Gluten Free **V** = Vegetarian  
**VG** = Vegan **GF\*** = Gluten Free on request



## Menu Pics on Instagram

You can now see pictures of our full menu on instagram **@rusticomenupics**



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

**Rustico**<sup>®</sup>  
Neapolitan Street Food

# The Snug

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

By **Harry Farmer**

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

The priorities are:

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

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

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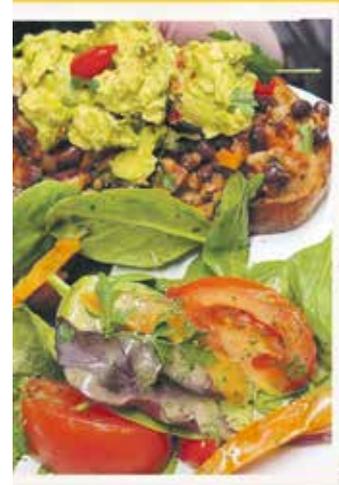


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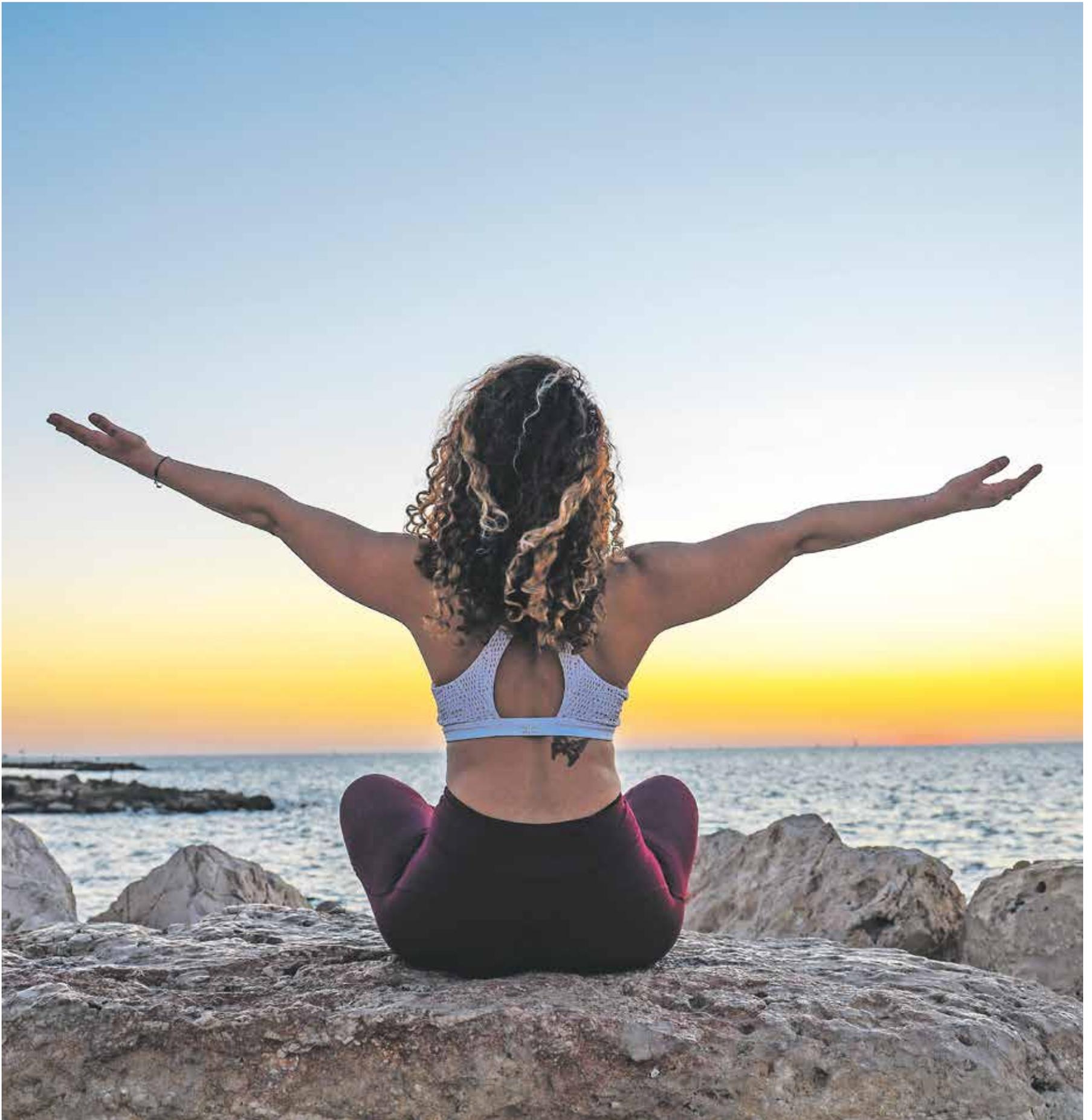
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# Specialist Hormone Clinic opens in Seaford

**IT will offer women in Sussex specialist treatment and advice for menopause and hormone related issues.**

By **Gail McKay**

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# Property



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# Tips for buyers looking for their dream home in Eastbourne

*There is no doubt that the property market is difficult for buyers at the moment.*

---

By Mike Crane, owner and managing director of Crane & Co

---



Searching for your next home can be an exciting process, but it can also feel daunting and frustrating at times. Take a look at our suggestions below – we hope they will help you to stay as calm as possible during your house hunting journey.

## Get your ducks in a row

There is little point going shopping without your wallet. The same thing applies to property. Before you even begin looking for a property, make sure you have spoken to an independent financial adviser first. They will help you uncover the possibilities and ensure you're starting your search with a realistic budget in mind.

## Use the internet

This is nigh on a moot point as the internet is such a force in all our lives nowadays. Many people begin their online browsing many months before making a move. This gives you a good impression of what's available in your price range. Try not to limit your 'must-have' features using the online filters. You could miss something simply because of an input error.

## Speak to estate agents

The best way to find out about the best properties for you and your needs is to speak to the experts. The estate agents that cover your preferred area will hear about properties coming to the market long before paperwork, photos, videos, etc. are done and finally put online.

Also, estate agents are trained to hear the 'needs' in your description of your dream home. When we search for ourselves, we can struggle to find what we really need because we're too focused on what we 'want'.

## Be patient

It can seem really tempting to go looking at properties before your house has sold, or before your inheritance has landed, or however you're funding the purchase. This is the quickest way to heartbreak.

If you aren't sold or able to proceed with the purchase straightaway, the seller is unlikely to take it off the market. You then will lose out to someone who was in a better position than you. Wait to view homes 'in the flesh' until you're ready to buy. It saves you a lot of time and heartache.

## Don't go in too low

When you find the right property and you're in a position to make an offer, don't start your negotiations with a low offer. It's normal to try a 'cheeky' offer but if you start really low, you risk offending the sellers. Once that's happened, people's defences are raised and even if you offered over the asking price, they might not want to sell to you on principle.

If you really want the property, just pay the right price.

**If you're looking for your dream home in Eastbourne, get in touch with us on 01323 440678 and we can chat through your 'must-haves', 'would-likes', and the whole process.**



# If at first you don't succeed

## *The highs and lows of first-time buyers, Jim and Pip.*

By **Julie Brooksbank**, client contact director at Crane & Co



I met Jim and Pip in April last year, they are in their mid-twenties, very likeable and excited to begin the hunt for their new home (albeit amidst a pandemic).

Everything was in place – they knew how much they could borrow, had a Mortgage Agreement in place ready, had saved a great deposit (enhanced by the lockdowns) and had open minds to what their budgets might produce.

The first property we viewed they loved so much so they put forward an offer!

We encourage buyers to view several properties so that you can start working out what you can expect to get for your money and your compromise list. Over time you start figuring out what really is

a must have, e.g., off road parking, and what might be a nice to have, e.g., downstairs WC.

However, Jim and Pip had really done their homework with area knowledge, the property was the perfect size for them, and so they offered what they felt they could afford.

Sadly, their offer wasn't accepted. Interest in the property was huge and they didn't feel confident in increasing their offer.

Over the summer period, we went on to view 10 properties together.

When I reflected on this time with Pip, she mentioned it felt quite deflating not to be successful with her offer, though each property viewed – gave them ideas for home improvements. She also realised the importance of viewing twice, often when you're viewing multiple properties they can easily merge into each other.

They offered on several properties and were "pipped" to the post (pardon the pun) until they successfully offered on a property, only to have the seller change his mind about moving a couple of weeks later.

December rolls around and Pip and Jim are honestly feeling buying a home is becoming an impossibility!

At the office, on a dull rainy Monday, we get the news of a sale fallen through. But not just any property - can you believe it was the first property Jim and Pip viewed and fell head over heels in love with!

We called Pip and Jim super quick!

This time they were ready – they understood that the market is very fast and they needed to be decisive. They recognised that there were lots of interested viewers, but most of all they knew they were now

viewing a property that they could make their own and had more of an idea of where they could add value. The months of research and looking at other properties with us had given them a catalogue of ideas.

They offered full asking price, happily stating their position as first time buyers with a large deposit and ready to move quickly.

Success. This is definitely a case of good things come to those who wait!

**Congratulations Jim and Pip!**



Looking for more property buying advice? Scan the QR code.

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By **Dave Longman**

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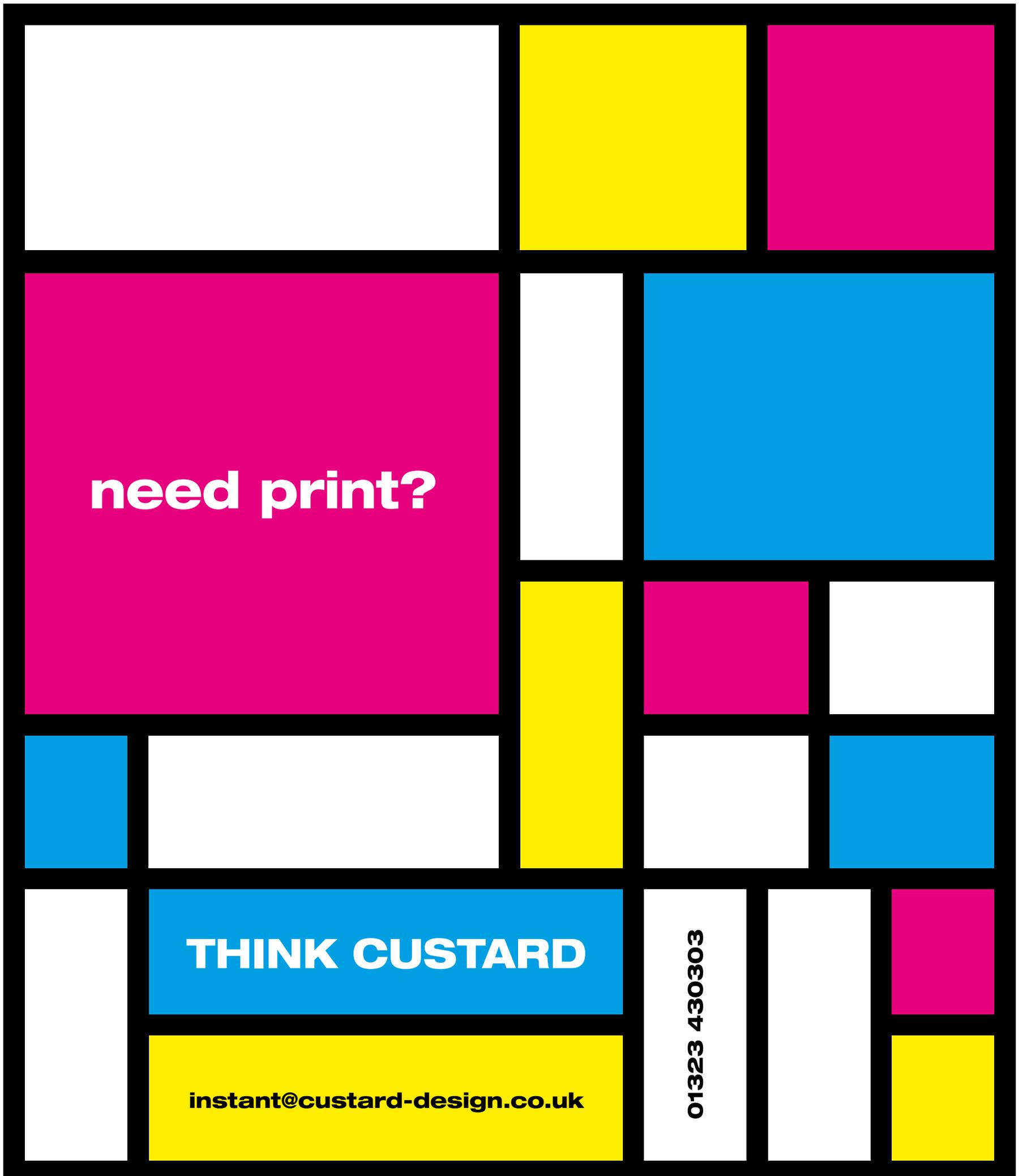
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# The Arts





Lucy Wertheim by Lafayette, c1938.

Rex Harris, *Church in the Downs*, pre 1939. ©The Artist's Estate—Salford Museum and Art Gallery.

# A life in Art

**THIS summer, Towner Eastbourne will open a pair of major exhibitions that shine a light on the pioneering female gallerist, Lucy Wertheim.**

By **Will Barrett**

***A Life in Art & Reuniting the Twenties Group* – two complementary shows that will be presented simultaneously across Towner Eastbourne's top floor galleries – will showcase Lucy Wertheim's vast contribution to mid-20th century modern art, reuniting works from her collection and telling her own story and of the artists that she fervently championed.**

Though Wertheim is well-known among specialist gallerists and collectors, she is relatively unknown by the broader public as a figure in art history, although people may be familiar with many of the artists she represented.

Born in Manchester to a family of cotton merchants, Lucy Wertheim (1883–1971) lived in the North of England with her husband, a Dutch consul, Paul Wertheim and their three children before opening her first

gallery. Encouraged by the artists Frances Hodgkins and Christopher Wood, Wertheim opened the *Wertheim Gallery* in London in 1930 and in doing so challenged the established art scene conventions.

Wertheim relied on her intuition and was driven by a belief that young British artists should have the same opportunities as their European counterparts. Wertheim was embedded in the interwar art scene; she surrounded herself with artists

such as Edward Wadsworth, Frances Hodgkins, Christopher Wood, Helmut Kolle, Phelan Gibb and Henry Moore and sought out young and unknown talent to show at her gallery in central London, at the heart of Mayfair, a site still regarded as the hub of the commercial gallery world.

Wertheim's dedication to 'her' artists spanned five decades, during which she amassed a significant collection of paintings and drawings, mounted hundreds of exhibitions, loaned new works to schools, and made many gifts to galleries and museums both nationally and internationally, including a significant donation to Towner. Her taste was reflected in the bold, vibrant, 'naïve' style that characterised the work of many of the artists she exhibited and supported.

With these latest exhibitions, paintings, drawings and sculptures from Wertheim's dispersed collection will

be brought together again for the first time in 50 years. Over 150 works will be shown, by well-known artists such as Christopher Wood, Alfred Wallis, Cedric Morris, Frances Hodgkins, Edward Wadsworth, Walter Sickert and Henry Moore and lesser-known artists such as Kathleen Walne, Suzanne Cooper, Kenneth Hall, Basil Rakoczi and Henry Stockley.

***A Life in Art & Reuniting the Twenties Group*** will also draw significantly from Wertheim's own vivid recollections of her life and career from her 1939 memoir – *Adventure in Art* – first published in 1947. The new 2022 edition of *Adventure in Art*, published by Unicorn Publishing to coincide with the exhibition, will include essays by art historians, Frances Spalding and Ariane Bankes, and exhibition curator, Karen Taylor, alongside unseen ephemera, letters and photographs.

The exhibitions coincide with the summer opening of Towner's newly developed ground floor foyer and studio spaces and a special curated programme of events that will take place alongside throughout the summer.

***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  
[townereastbourne.org.uk](http://townereastbourne.org.uk)



The Wertheim Gallery, exhibiting Modern Painters, October 1930.

# Fibre Fest

**ALL things textile returns for a fourth year to the Enterprise Shopping Centre on Saturday 2nd July.**

By **Gail McKay**

**If you're interested in spinning, weaving, felting, textile art, knitting and more, this is the place to be! With suppliers, makers, workshops and demos, it will be a celebration of all things textile.**

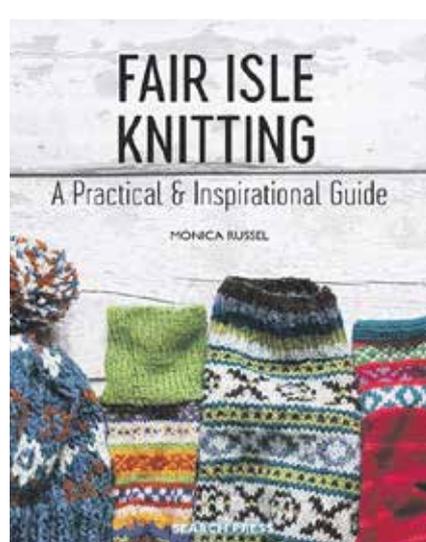
This year's exhibitors include, Franziska Weiser, who weaves beautiful textiles incorporating different textures and colours. If you're interested in learning more about weaving, Franziska is always happy to share her knowledge.

Another regular *Fibre Fest* exhibitor is Ann Dishman of *Briarbank Rainbows*. If you've always fancied a go at using a spinning wheel, Ann is the person to chat to. Her knowledge is second to none! Ann also sells everything from fleece to hand spun yarns, handwoven items, drop spindle and needle felting supplies.

### Creative workshops

A key feature of *Fibre Fest* are the creative workshops which always produce some impressive results.

This year's workshops include, Fair Isle Knitting with Knitting Designer and best-selling Author Monica



Russel, Weaving with Lewes based Textile Artist, Jackie Bennett and Vintage Hat making with Angela Elliott of *Elliotts Millinery*.

### Such a great space

Angela says, "I'm really excited to be part of *Fibre Fest* this year. *The Enterprise Centre* is such a great space, and there has been a real buzz when I've run workshops there in the past. This year I will be exhibiting my couture hats as well as running my three hour cocktail hat workshop, perfect for a wedding or a day at the races."

For more info about booking a place on one of the workshops, head over to the Events Page at:

[www.enterprise-centre.org](http://www.enterprise-centre.org)

This year there will also be an all-day creative corner for kids & adults run by *Danoush Lachman* where you can make hand crafted decorations. No booking necessary, just turn up!

If you're on the hunt for textile supplies, you'll find a great range at *Fibre Fest*. Textile Designer, Liz Padgham-Major will have a range of her beautiful hand embroidery kits which make great gifts. Liz, a *Fibre Fest* regular says, "I am very excited to be showing my work at *Fibre Fest* this year. I have taken part in *Fibre Fest* before and it's a really unique and special event which will appeal to anyone who is interested in textiles and fibre art. It's a great opportunity to buy direct from the makers and learn about their many techniques. Also, there are plenty of demonstrations going on so it is perfect for students, people who are new to craft and the more experienced who will find lots of inspiration."

### Fibre Fest – 2nd July, 10am – 5pm

The event takes place on the first floor at the **Enterprise Shopping Centre, next to Eastbourne's Railways Station. Station Parade, Eastbourne, BN21 1BD**



Elliotts Millinery.



Arlene Toth, Fiber Artist.



Liz Padgham-Major Embroidery Kit.



Danoush Lachman.



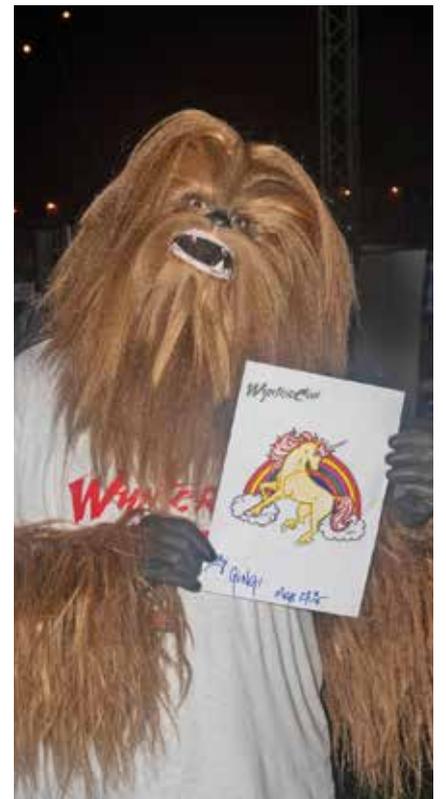
Franziska Weiser.



Weaving with Jackie Bennett.



Atelier in the Attic.



# It doesn't matter what world you come from... you're welcome in ours

**THERE are many genre conventions around the UK and the world. They range from full-on ComicCons which cater to the love of comic books and their creators to movie-based theme events. Most of the conventions have exhibitors where visitors can purchase merchandise related to their chosen passion or interest.**

By **Andy Kybett**

**The annual Wyntercon event takes this basic premise and expands it a hundredfold. It actively seeks to bring people together, to nurture communities and individuals and give a safe space for people to flourish.**

From year one to the present day, these annual fundraisers have been run with the mantra "It doesn't matter what world you come from, you're welcome in ours."

This phrase is more than just a tag line; it represents the entire philosophy and ethos of the charity

and is the defining principle that everyone supports from the attendees and participants to the special guests. Everyone that comes to Wyntercon's annual fundraiser is encouraged to take this inclusive principle to heart and embrace it.

### Like-minded souls

The event's 'friendly' status is just that. The ambience that surrounds each zone and workshop is one of participation, not capital gain. The exhibitors want to sell you their wares, however, with the event actively encouraging everyone to interact and enjoy their time, the friendliness of this convention is on another level.

By having different zones and workshops, people can meet other

like-minded souls; it also encourages attendees to investigate a part of the genre fandoms they may never have seen or tried before. While all

around them, all of the volunteers and exhibitors are continuously delivering a message of inclusion, participation and kindness.

### So much to see and do

Previous Wyntercon events have had stilt walking entertainers, magicians, special guests, artists, authors and even dinosaurs and wolves!

To keep up to date on this year's event, please follow our social media or visit our website: [www.wyntercon.org](http://www.wyntercon.org)

We look forward to welcoming you in September!



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# Bavard is back

**IN FABULOUSLY exciting news *The Bavard Bar* is re-starting at *Towner Gallery* on Wednesday, 13th July, and then on the 2nd Wednesday of every month from July onwards.**

By **Harry Farmer**

**For those people that haven't yet experienced *The Bavard Bar*, it is a unique night of entertainment not to be missed.**

Billed as 'A delightful blend of *TED*, comedy and Radio 4', the show sees three speakers take the stage and talk for around 15 minutes each on something they're passionate about. But the speakers, and their respective passions, are never revealed until the night.

### Sharing passions

Past bavarders have included Robin Ince and Professor Simon Schaffer. But the emphasis is on regular folk sharing stuff they love. Passions have ranged from subjects as diverse as Meteorite Hunting to Crop-Circles, the James Bond Theme to Verdi's Requiem, Lee Miller to Aubrey Beardsley and Rumpology to Natural Navigation, with everything in between.

### Make a night of it

The show is hosted by MC Tim B'vard and supported by Piano Man Dan, who plays songs themed around the night's passions. There are also



MC Tim B'vard.

audience wild cards which volunteers can play on the night if they wish. These include a Caption Competition, along with the KP Lite challenge, the Ojah Kappivvy, Victoria Drive and Make it Stop.

recommended as the shows usually sell out) you can either visit *Towner gallery* in person or go online to [www.townereastbourne.org.uk](http://www.townereastbourne.org.uk) or [www.bavardbar.co.uk](http://www.bavardbar.co.uk)

There's also a bav-artist who draws the speakers and two intervals so you can make a night of it.

### Bookings advised

For more information and to book your tickets in advance (which is



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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](http://themakersdirectory.co.uk)

## FEATURED ARTIST

**Angela Elliott | Elliott's Millinery**

My work is inspired by hollywood glamour and the heyday of hats (1930s to the 1960s). I'm captivated by the strong silhouettes that defined millinery in these eras. My belief is that even though my hats are inspired by a bygone era, my hats are designed for the modern day.

I love working with straw and felt, using traditional techniques and vintage wooden hat blocks. I can make bespoke hats especially for you, to make sure it is a perfect fit. With the wedding season upon us, commissions are coming in thick and fast. Get your orders in now to avoid disappointment.

I also run workshops. Recently I ran a 2-day Fedora hat making workshop at the fabulous 186 Seaside (the old Empire Cinema).

I'm really excited to be part of *Fibre Fest* on 2nd July at the *Enterprise Centre*. I will be exhibiting my couture hats as well as running my 3-hour cocktail hat making workshop, perfect for a wedding or a day at the races.

You can also visit me during *Eastbourne Artists Open Houses* in 11th, 12th, 18th and 20th June with the fabulous Amanda Cardoso Printmaker.

Being part of the *Makers Directory* has been a great opportunity for me to get my work out to a wider community and connect with some wonderful makers. There are some fabulous artists, designers and names on there, so go on and take a look. [www.themakersdirectory.co.uk/directory/elliotts-millinery](http://www.themakersdirectory.co.uk/directory/elliotts-millinery)



Find out more about my hats, workshops and events on my website [www.elliottsmillinery.co.uk](http://www.elliottsmillinery.co.uk), or on social media [@elliottsmillinery](https://www.instagram.com/elliottsmillinery).

# Paul Jennings

**PAUL'S career has been as a lighting technician for big groups such as Paul McCartney, Take That, ZZ Top, Spandau Ballet, Deep Purple etc, as well as a Blues and Jazz musician around Sussex playing guitar.**

By **Peter Patterson**

**Because of the situation of the last eighteen months, and with a lack of work, he decided to take up drawing and painting, that he enjoyed as a schoolboy.**

## New outlook

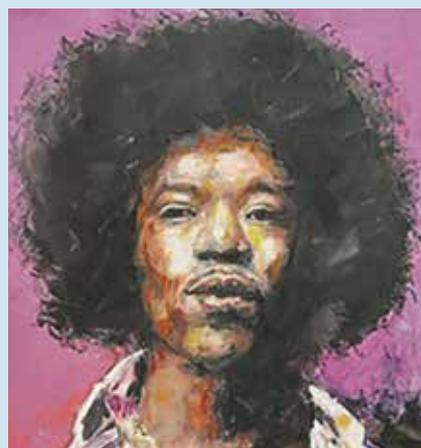
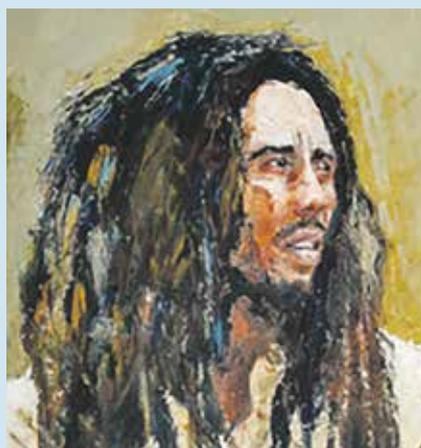
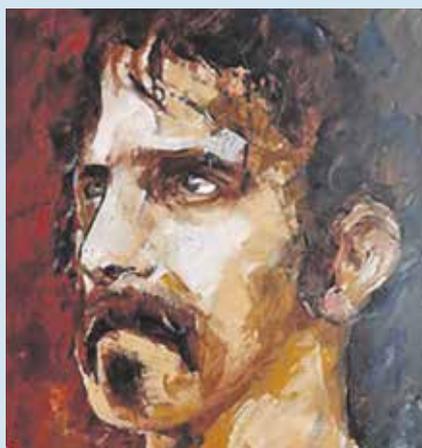
Without any formal training he has been experimenting in all aspect of creating a piece of artwork. Starting with pencil and charcoal, making small sketches, this has given him a sense of what he wants to do. He has progressed to painting in oils and acrylic using brushes and has



developed the use of a palette knife that he has taken too in a big way. He uses materials from paper, canvas, board, and wood, this has given him a new outlook in what he wants to achieve.

He is confident in that he has created his own style by creating portraits of the musicians that he has enjoyed over the years.

**An exhibition of portraits by Paul can be seen at *The Newart Gallery* from 4th June to 10th July 2022.**



**7 Hyde Gardens, Eastbourne, East Sussex BN21 4PN**

**01323 406442**  
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30th July 2022

### Hastings Reggae Festival

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Steps, Louise Redknapp, Liberty X + More

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# Win complimentary family tickets to the 2022 Eastbourne Vintage Festival!

**DUE to popular demand the 2022 *Eastbourne Vintage Festival* is proud to be offering yet another 100 Complimentary Family Day Entry Tickets valued at £20.00 and 100 Complimentary Family Open-Air Cinema Tickets valued at £22.00 for 2 adults and 2 children.**

By **Faiza Shafeek**

**To qualify you must answer the following question: On What day is the movie 'Bohemian Rhapsody' showing? Then hurry and send your answer by email to [operations@carrotevents.co.uk](mailto:operations@carrotevents.co.uk), the closing date is 30th June 2022. GOOD LUCK!**

The Eastbourne Vintage Festival 2022 will take place during the August Bank Holiday weekend from the 26th to the 29th at Gildredge Park Eastbourne.

## So much on offer

The four day festival is going to be a great one this year. With so much on offer such as great live music, dancing, a wonderful 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.

And 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-long 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.

## Prime 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](mailto:info@carrotevents.co.uk)

**Tickets available now at: [www.eastbournevintagefestival.co.uk](http://www.eastbournevintagefestival.co.uk)**



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# Summer Lovin', show me a blast!



**SUMMER is the time to get outdoors, swim in the sea and play football in the park but we may end up doing so much during the day that we are tired and on our sofa by the evening. A good way to cool off from a day in the sunshine is to put on a movie that you and/or the family will enjoy, but would you prefer to watch a summer classic or a modern day blockbuster?**

By **Samuel Kavakli**

## **Grease**

**Paramount pictures**  
Released – June 1978

**Grease is an American musical romantic comedy directed by Randal Kleiser. The film stars John Travolta and Olivia Newton-John as Danny and Sandy and is based on Jim Jacobs and Warren Casey's musical of the same name.**

The film is about the romantic love story of Danny Zuko and Sandy Olsson who originally met on a beach, whilst vacationing, during the summer of 1958. The end of the summer holidays meant that Sandy was set to return home to Australia and was worried that she'd never see Danny again. However she ends up staying in the US and makes some new friends at Rydell High School, without knowing that Danny also attends the school. They both sing about their romantic summer to their gangs and cliques, but will Danny and Sandy's paths eventually cross again and will they finally get together?

This has gone on to become one of the most popular summer musicals of the 1970's thanks to its entertaining dance music and audience-gripping storyline. It was given a rating of **76% on Rotten Tomatoes** and **7.2/10 on IMDB**.

## **Minions**

**Universal pictures/Illumination entertainment**  
Released – June 2015

**Minions is an American computer-animated comedy directed by Pierre Coffin and Kyle Balda. The film stars Sandra Bullock, Jon Hamm and Michael Keaton.**

As the prequel to the *Despicable Me* trilogy, this film tells the story of the series' popular yellow creatures known as 'Minions'. These childlike beings have existed since the beginning of time with the purpose of serving history's most evil masters. However, after accidentally killing their masters one by one (including a T-Rex, Napoleon and Count Dracula), they seek to start a new life inside a cave but become sad and unmotivated as they have no master to serve. However, a minion called Kevin gives his friends some hope by recruiting Stuart and Bob to help him search for a new boss. Will they finally find and serve the perfect master?

Despite the childish behaviours of the creatures, *Minions* is a great comedy film that the family can watch and laugh at. It was given ratings of **55% on Rotten Tomatoes** and **6.4/10 on IMDB**.

## **Jaws**

**Universal pictures**  
Released – June 1975

**Jaws is an American horror film directed by Steven Spielberg. The film stars Roy Scheider, Richard Dreyfuss and Robert Shaw.**

The film starts off by a woman being killed by a shark, whilst skinny-dipping on Amity Island. After hearing about the events, police chief Martin Brody wants to close the beaches but the mayor overrules this because of fears that it will reduce the tourist attraction. Brody backs down from this idea but the predator soon attacks again and kills another civilian, with the mother of the victim putting a bounty on this terrifying beast, causing hunters and fishermen to swarm the island to claim the reward. Brody sets about hunting for the shark along with accomplices Quint and Matt Hooper but will they be able to murder this abnormal sized shark or are they going to need a bigger boat?

This film was terrifying for its day to say the least, putting people off going to the beach for a very long time, but it's a film that many people still enjoy nowadays with ratings of **98% on Rotten Tomatoes** and **8.1/10 on IMDB**. It's widely regarded as the first summer blockbuster.

## **Top Gun: Maverick**

**Paramount pictures**  
Released – May 2022

**Top Gun: Maverick is an American action drama film directed by Joseph Kosinski and written by Ehren Kruger, Eric Warren Singer and Christopher McQuarrie. It is the sequel to 1986's 'Top Gun' and it stars Tom Cruise, Miles Teller and Jennifer Connelly.**

Like its predecessor, the film centres around Pete 'Maverick' Mitchell who has been one of the navy's top pilots for over 30 years. He is where he belongs and is pushing his limits as a courageous aviator but has seemingly dodged an advancement in rank that would allow him to continue flying. One day, he is put in charge of training a group of Top Gun graduates for a specialised mission but this assignment means that Mitchell will face the ghosts of his past as well as his deepest fears and sacrifices to those who choose to fly the mission. Will he accomplish this mission or will these fears overwhelm him?

Despite being released only recently, the film has received positive feedback from critics with ratings of **96% on Rotten Tomatoes** and **8.6/10 on IMDB**, making it a film-to-watch as summer dawns upon us.

# New art gallery opened in Eastbourne

**LAST month saw the opening of an art gallery at *Deliciously Gorgeous* in Cornfield Road.**

By **Gail McKay**

**An initiative of Simon Cuss, General Manager, and artist sisters Christine and Val Racher it aims to showcase the work of local artists and photographers.**

They will have an opportunity to display their work on a monthly basis with hanging fees from each exhibition being donated to *St Wilfrid's Hospice*, Eastbourne.

First up is an exhibition entitled "Quirky Works" by Christine Racher which features iconic Eastbourne landmarks and typifies her unusual style.

Christine is pictured here next to "Eastbourne 3" which features the *Town Hall, Bandstand, Devonshire Theatre, the Towner* and *Beachy Head Lighthouse*.

Other examples of her artwork can be viewed at: [www.rachersoncanvas.co.uk](http://www.rachersoncanvas.co.uk)

Her exhibition can be viewed during *Deliciously Gorgeous* opening hours 8.30am – 4.30pm Monday to Friday, 9.00am – 4.30pm Saturday and 9.30am – 4.30pm Sunday.

*Deliciously Gorgeous* is a fully licensed café on two levels, with pavement seating, and is located at 12 Cornfield Road, Eastbourne BN21 4QE [www.deliciouslygorgeous.co.uk](http://www.deliciouslygorgeous.co.uk)

You can now go along to *Deliciously Gorgeous* for food, drink and a slice of ART!

Artists and photographers interested in exhibiting in the new art gallery are invited to email their contact details to: [info@rachersoncanvas.co.uk](mailto:info@rachersoncanvas.co.uk)



# Escaping mental health struggles through art and creativity

**AN Eastbourne artist who found salvation and escape from mental health issues in her youth is to star as the Beacon Centre's featured artist next month (June) in an Instagram series called *Creatives by the Coast*.**

By **Peter Lindsey**

**Kiah Ludbrook channels her own personal experiences of trauma and low self-esteem to create colourful abstract paintings and autobiographical work.**

"Art for me has always been an escape," Kiah explained. "I started drawing and painting as a child. It helped me deal with feelings of inadequacy. I struggled academically and did not get the support I needed at school," Kiah said.

"Secondary school was where I started to flourish with my artwork and I went

on to graduate with a BA in Fine Art from the *University of Brighton*, partnered with the *East Sussex College Group*," she continued.

Kiah sees her artwork as a continuous journey with a mixture of influences. For her degree, she created an installation piece focusing on mental health and confessions. "I played with creating a domestic space that felt safe," Kiah explained. "But the more time spent in this space, the more noticeable were the hidden confessions and the emotions around them."

And while she adores her creative life, her other great love is her role as a support worker. "I work as a support worker full time and I absolutely

love my job," Kiah said. "I work with people who have autism and can show challenging behaviour. I support them in a residential home and organise their daily routines. It is a demanding role, but I adore it."

Kiah loves living by the coast and is delighted that the art community is going from strength to strength. "The number of artists in Eastbourne, Bexhill and Hastings has increased dramatically, and this is due to the three main galleries we have in the towns ... The *Towner*, the *De La Warr Pavilion* and the *Hastings Contemporary*."

"However, I would like to see more opportunities for creative people, especially young artists, to show

their work around Eastbourne and for our local talent to be celebrated," she concluded.

*The Beacon Centre* is promoting local artists through an ongoing initiative called ***Creatives by the Coast***. Centre Director James Roberts hosted a workshop in the centre for *Royal College of Art* students earlier this year.

"Works of art, and the artists who create them, play a vital role in the everyday life of our society, but do not get enough recognition," James said. "Our ***Creatives by the Coast*** series plays a small part in helping to re-dress the balance and shout about the growing creative community that we have here on the coast."





# Eastbourne Choral Society celebrates The Queen's Platinum Jubilee

**EASTBOURNE Choral Society was delighted to be invited to take part in the Civic Thanksgiving Service held during the Jubilee weekend, and is now equally delighted to announce its own concert to honour Her Majesty's Platinum Jubilee.**

By **Harry Farmer**

**This concert will take place on Saturday 9th July at 7.30pm in All Saints' Church, Grange Road. Everyone is invited to join the choir for an evening of joyful music and anthems traditionally associated with Royal celebrations.**

Handel's glorious *Hallelujah Chorus* from *The Messiah* will be featured, along with his *Four Coronation Anthems*. Each of these anthems is uplifting in its own right, though the most generally well-known is *Zadok the Priest*, so memorably performed when the televising of *The Queen's Coronation* was a breathtaking novelty.

Similarly, Parry's *I was glad* remains associated in most people's minds as the anthem which was sung when Catherine Middleton walked down the aisle of *Westminster Abbey* to marry Prince William in April 2011; again, to national rejoicing. The concert will also feature John Rutter's vibrant *Gloria*, first performed in 1974 and now a cornerstone of modern choral repertoire.

*Eastbourne Choral Society's* Musical Director John Hancorn and accompanist Nicholas Houghton are both well-known and highly-experienced professional musicians, and the choir is very pleased to be

joined by Alexander Hancorn who will perform Torelli's *Trumpet Concerto*.

Tickets for this concert, price £10, are available on the door, from the *Tourist Visitor Centre* or at: [www.wegotickets.com](http://www.wegotickets.com).

Further details of the concert can be found at: [www.eastbournechoralsociety.org.uk](http://www.eastbournechoralsociety.org.uk)



## Tea towel Jubilations

**CLAIRE Graves has created a beautiful tea towel, celebrating the Platinum Jubilee.**

By **Gail McKay**

**It's based on a finely detailed embroidery of Her Majesty with all of her most treasured things.**

Her beloved corgis are represented, alongside her race horse. The selection of flowers are all meaningful, Prince Charles' favourite, the delphiniums, Prince Philip is represented with the Platinum rose, the UK is symbolised in flowers using the Welsh daffodil, Scottish Thistle, Irish shamrock.

The cameo rose brooch is the one that was commissioned for the queen Mothers' 100th birthday. There's *Royal Albert Old Country Rose China* to represent the tea parties happening all around the country.

The trimming has trees to represent the *Queen's Green Canopy* this year.

The tea towel is available on her **Etsy** shop, **ClaireGravesTextiles**, from the *Lighthouse Gallery*, 19 Cornfield Terrace, Eastbourne, BN21 4NS. Or email for local collection at: [skewiff@aol.com](mailto:skewiff@aol.com)





# Green and pleasant

**THIS month delivers the longest day of the year, which falls on June 21st, bringing, we hope, warmer temperatures and extra sunlight and ultimately, more time out in the garden. Flowers are blossoming, there's lots to harvest in the vegetable garden, and keeping on top of bolting plants is a priority. Make sure you keep on top of weeding too. Your plants shouldn't have to compete for precious water, light, and nutrients.**

By **Geoff Stonebanks**

**It's a month of daily checking your plants, watering them if the soil is dry, especially those that are newly planted. You need to harden off any remaining half-hardy bedding plants ready for planting out and continue to water your flowering rhododendrons, with rain water if you can. More importantly, get out there and enjoy it yourself.**

## Driftwood Garden openings

June is the start of my annual garden openings at *Driftwood*. There are no public day events this month, but plenty of opportunity to book privately to see the garden in all its glory. The extensive redesign at the back, undertaken last autumn, has completely changed its appearance and ambience. Where once there

were hundreds of pots brimming with masses of summer annuals these have been exchanged for a Mediterranean haven, overflowing with many drought-tolerant plants including cacti, aeoniums, agaves and erigeron karvinskianus (see header for the last two). Just call Geoff on **01323 899296** or email **visitdriftwood@gmail.com** to arrange your visit, any day this month or next. Lots of water features throughout the plot add to the tranquil feel the garden offers. As usual, there are plenty of sunny and shady nooks to enjoy your tray of home-made cakes all served on vintage china. Tickets can also be booked online for certain days with *Macmillan Cancer Support*, via the garden website, **[www.driftwoodbysea.co.uk](http://www.driftwoodbysea.co.uk)** Those of you who possess a *BBC Gardeners' World 2* for 1 card, may also use those too if booked direct with Geoff.

## Jobs for June

If you have a greenhouse, it is always a good idea to use blinds or apply shade paint to prevent it from overheating on hotter days. Remember to open vents and doors on warm days too. If you have hanging baskets and containers growing on in the greenhouse, you can move them into their final positions in the garden. If your hanging basket plants have become a bit leggy, trim off the excess which will encourage bushy new growth.

Wind can take us all by surprise at this time of year, so it is always good practice to stake tall perennial plants to prevent wind damage. Additionally, as new shoots grow on climbers, such as honeysuckle and clematis, use soft ties to train them to their supports. Towards the end of the month, if your hardy geraniums have finished flowering, cut them back to encourage new foliage and flowers.

Try not to be too eager like me and wait for bulb foliage to die down naturally before cutting back. I've got lots of fuchsias in my garden, now is a good time to pinch out the tips to encourage a bushy habit and develop more flowers.

## National Garden Scheme

June is by far the busiest month of the year for open gardens with a wide variety to choose from in the environs of Eastbourne. The magnificent *Fairlight End* in Pett Road, Pett opens the garden gate on the 12th June from 11am to 5pm with entry £6. *Holford Manor* in North Chailey has a weekend opening on the 11th and 12th from 11am to 4pm with entry £7. *Clinton Lodge* in Fletching does the same on Thursday 16th June from 11am to 5pm, entry £7. On Sunday 26th you can join the trail of six gardens opening in Herstmonceux, on their parish trail. The gates open at

midday until 5pm with entry £6, while in Seaford you can see eight gardens across the town from midday until 5pm on Sunday 12th June with entry £7 and finally, my own Garden, *Driftwood*, 4 Marine Drive in Seaford is open by arrangement throughout the month. Full details on all gardens can be found at **[www.ngs.org.uk](http://www.ngs.org.uk)**

## Watering and feeding

This year my garden will be so much easier than in previous ones! The removal of so many containers, which required regular watering during hot spells, has meant more freedom to sit and enjoy the plot, rather than constantly work in it. I have still got my self-watering system in place but with many reduced outlets, hence it is more effective than usual. The demands of feeding my plants has reduced too. Drought tolerant plants don't need as much care and attention as the hundreds of summer annuals I've planted in previous years. I opted to only use geraniums in the garden as well for 2022 which also require less care and attention. The most common commercially available geranium is the zonal type, which features large, bright-coloured flowerheads and lobed leaves with distinctive markings known as "zones." Geraniums are usually grown as annuals, but can be overwintered indoors. All zonal geraniums are drought tolerant once established, and compact forms are available.

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

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

# TASTER DAYS

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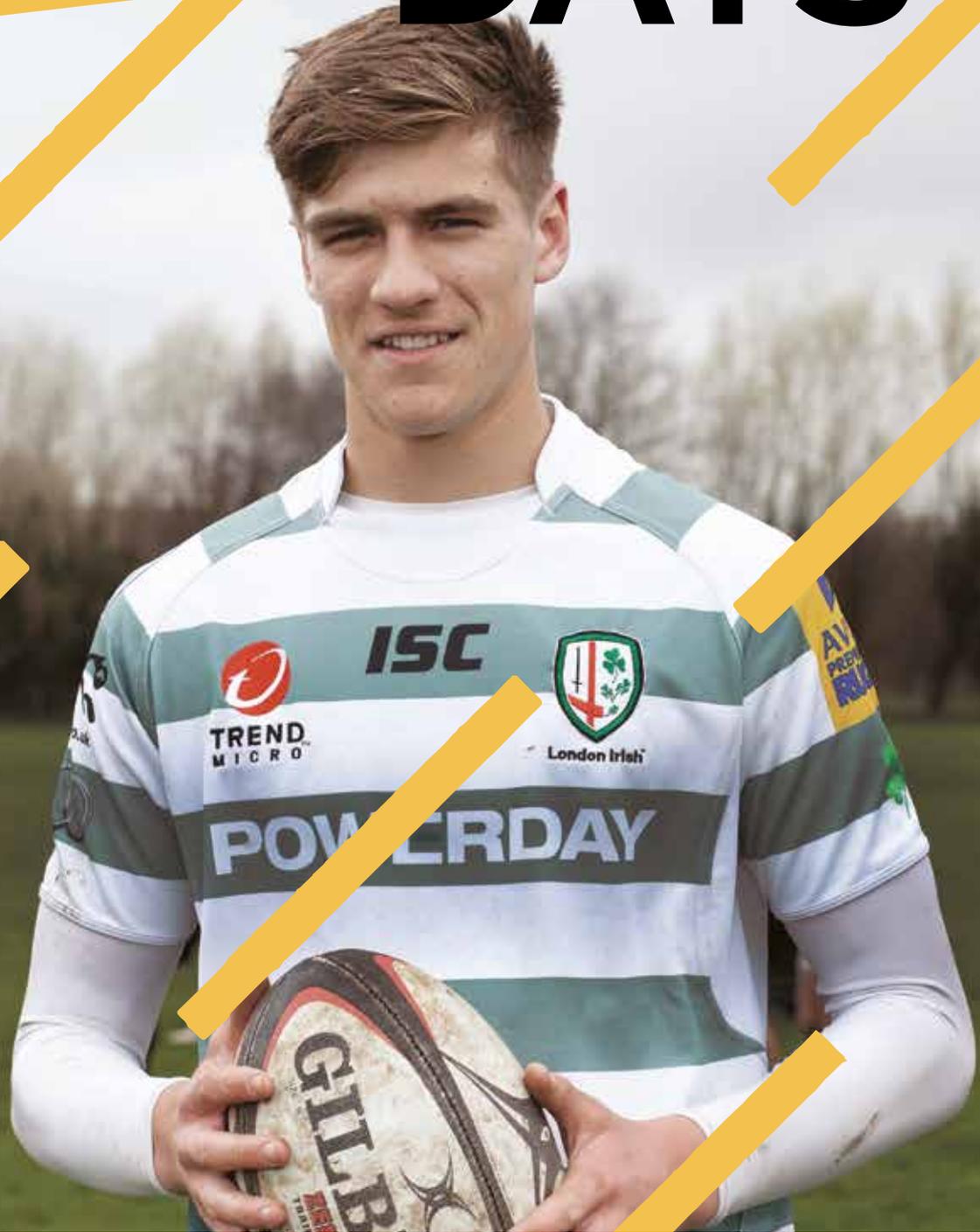
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## LEWES

27th & 28th  
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OUR **FREE** SMASH-HIT FESTIVAL IS BACK FOR ALL YEAR 10, 11 & CURRENT ESC STUDENTS!

# CONGRATULATIONS, HRM!

What an exciting time in what has been an incredibly busy year so far! As we celebrate the **Queen's Platinum Jubilee** (with a much-welcomed long Bank Holiday Weekend), at East Sussex College we prepare to welcome students to our **Year 10 Taster Days** - for the first time in three years! We moved to a virtual experience during lockdown, but we know that students benefit hugely from coming to college. Current students tell us that Taster Days were a huge deciding factor in choosing ESC for their post-16 education. This is the perfect time to find out why! **If your child is in Year 10 and thinking about College, registration is now open for our Taster Days later this month.**

Our Taster Days conclude with the return of our smash-hit summer festival, **ESC MiniFest**. It's the perfect start to summer and a free event for ESC students, Year 10 Taster Day visitors, and Year 11 students, who are celebrating the end of their GCSE exams!

To mark the celebrations of the Queen's Jubilee and our success over the years, we take a look at ESC throughout the years, including our very own 96-year-old success story, and unveil our plans for a greener, sustainable future.

**HRM!** Have a wonderful time celebrating the Jubilee and good luck to all students sitting exams this month. We look forward to welcoming you to ESC very soon!

Rebecca Conroy  
CEO & Principal,  
East Sussex College



Rebecca Conroy

SCAN THE QR  
TO REGISTER YOUR  
PLACE AT OUR YEAR  
10 TASTER DAYS.



## EAST SUSSEX COLLEGE OVER THE YEARS.

As ESC celebrates its Ofsted Good Provider status in 2022 and the Queen's Platinum Jubilee, we take a look at some defining points for the College and for the town over recent years.

### SITE HISTORY:

Four years after the Queen's coronation, a new site for Eastbourne Grammar School was approved on Kings Drive. It officially opened in **1962**. The Eastbourne Old Grammarians' Association writes about the 'splendid new facilities surrounded by sports fields'.

The school merged with the Girls High School in **1975** and the Kings Drive site served as the town's Sixth Form College from **1977** to **1993**. The premises were then incorporated into Eastbourne

College of Arts & Technology (ECAT), which was developed on an adjacent site (Cross Levels Way), following its move from St. Anne's Road. It became established as Sussex Downs College in November **2003**.

### MENTAL HEALTH AWARENESS WEEK:

At ESC, wellbeing of students and staff is high on the agenda throughout the year, but more so during May's Mental Health Awareness Week **2022**. The Student Enrichment and Wellbeing teams organised a range of activities each day for students to participate in to promote wellbeing, ahead of the busy exam season.

Students participated in; free fitness sessions, wellbeing drop-ins, calming and meditation sessions,

yoga, beat boxing, hair and beauty treatments, sports and therapy dogs sessions with Canine Concern - which proved hugely popular!

Kate Edwards, Learner Journey Manager at East Sussex College, said, "The Mental Health Awareness Week activities were well received by students at an increasingly busy time in the academic year. The wide-range of activities enabled students to focus on the immediate present, taking a welcome break from their course(s)."



### ARCHIE WHITE:

At **96**, Queen Elizabeth II is the longest-reigning monarch in British history, proving that age is no barrier.

Archie White was also **96** when he completed his degree with ESC in June **2021**.



SCAN THE QR  
OR TURN TO THE BACK  
PAGE TO READ MORE  
ABOUT ARCHIE WHITE.

### GREEN FUTURE:

In September **2022**, the College is opening the **ESC Training Hub** at Hampden Park Industrial Estate, in partnership with OHM Energy.

Welcoming a new era of training and development, the Hub ensures green training is embedded into the curriculum to equip students with the skills to work with new green technologies.



The new specialist Hub will support local authorities, businesses, construction employers and homeowners to improve insulation and install a range of green energy products ranging from solar and micro-wind installations to house refitting and heat pump technology, reducing energy consumption and offsetting carbon emissions.

"We've had fantastic support from companies locally and we've built brilliant partnerships with longevity. It's been a real energy boost setting up this project. It will add a lot to what we do and how we do it. The new retail space will attract a lot of local interest."  
- Rebecca Conroy

Turn to the back to continue reading **ESC over the years**.

## ESC ALUMNI:

East Sussex College Alumni was launched in **2012**. The college itself has a long history and counts former students from all its predecessor institutions amongst its alumni:

Sussex Downs College, Sussex Coast College Hastings, Lewes Tertiary College, Eastbourne College of Arts and Technology, Hastings College of Arts and Technology, Park College, Eastbourne Sixth Form College, Lewes Technical College, Lewes Priory Sixth Form, Eastbourne College of Further Education, Eastbourne College of Art and Design, Eastbourne Grammar and High School, Eastbourne Grammar School, Eastbourne Girls' High School, Lewes County Grammar School (Boys & Girls), Lewes Secondary Modern School.

## DRIVING CHANGE:

In March **2018**, Sussex Downs College and Sussex Coast College were officially merged to form the 'East Sussex College Group'.

The College became the biggest further education provider in East Sussex with five main campuses; two in Hastings and one in each of Eastbourne, Lewes and Newhaven. Since the merger, the College has been at the forefront of pioneering education opportunities, including being one of the first providers to roll out new T-Level courses.



local partnerships. None, perhaps, are as established as Eastbourne Youth Radio (EYR.org.uk) which celebrated its 21st edition November **2021**. The annual event welcomes students of all ages, from schools across the town, and gives them experience in producing and presenting their very own radio programme. EYR goes live for three days each year and provides a learning platform for students that goes beyond the classroom.

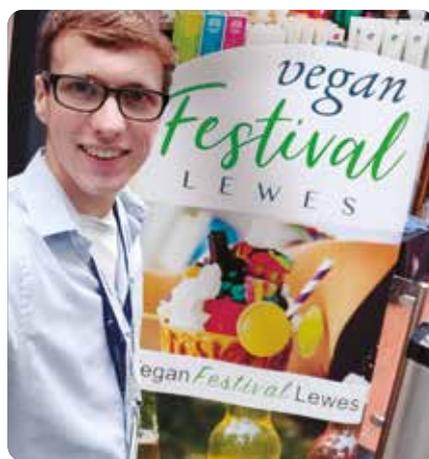


Eastbourne Youth Radio.

*"The chance to offer students the opportunity to develop their technical and creative skills, whilst also promoting conversation about Anti-Bullying Week and mental health and wellbeing, was one that we couldn't turn down."* - Rebecca Conroy, CEO and Principal.

## INNOVATION:

Striving for inclusion and equality, East Sussex College hosted the town's first ever Vegan Festival in January **2019**. The pre-pandemic event showed a shift in attitude and behaviours. The entire College came onboard, vegan and non-vegan alike, in the landmark event. Animal-friendly products were showcased, from food to clothing, including Heather Mills's food company, VBites.



The event was the brainchild of ESC Business alumnus, Robert Stevens, founder of Sussex Vegan (sussexvegan.com)

## CELEBRATION:

East Sussex College is officially a 'Good' college! Ofsted announced the College's new 'Good Provider' status following an inspection at its campuses in Eastbourne, Hastings, Lewes, and Newhaven in late November **2021**.



Rebecca Conroy, CEO & Principal at East Sussex College, said, "We are absolutely delighted with the latest Ofsted report which confirms that we have achieved a 'Good' grade and are GOOD in all that we do. This is a huge credit to all staff and students for the high quality of their work and ambition.

*"The report continues our positive growth and progressive aspirations into the 2021/22 academic year, which has seen us overcome challenges and secure our status as a leading further education [FE] provider for years to come."*

## OPPORTUNITY:

East Sussex College promotes opportunity for students of all ages with a host of events and



Get in touch:  
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## INCLUSION:

Access for All funding is being rolled out by the Government to make train stations more accessible for less able passengers. For Eastbourne's Hampden Park Station, this would be of huge benefit to ESC students, who commute to College via the busy station. Improved access services, such as the addition of lifts, would help serve those physically less able, making their journey time more efficient and practical.

Creative Media Production student, Dan Middleton, 17, highlighted accessibility in Eastbourne in a recent article in the student publication, Tag. Dan wrote, "Accessibility is an important part of everyday life. We all rely on being able to get to where we are going. But for those of us with a disability (visible or hidden), or those of us with other limiting conditions, the mere prospect of getting around can be torture."



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VISION IMPAIRED STUDENTS  
SHOW THEIR JOURNEY FROM  
HAMPDEN PARK STATION.



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OUR FULL REPORT.

WE ARE RATED  
GOOD by Ofsted

# ARCHIE WHITE.

At 96, Queen Elizabeth II is the longest-reigning monarch in British history, proving that age is no barrier. Archie White was also 96 when he completed his degree in June 2021. Archie, who worked as a solicitor up to the age of 92, decided to take up his passion for art and studied a Fine Art degree at East Sussex College.

He started his BA (Hons) degree in 2018 and went on to explore the work of some of the finest artists in history, going down in history as one of the UK's oldest degree graduates at the same time.

Archie said, "I have thoroughly enjoyed studying here, and the experiences have been fascinating. I'm not too bothered about being the oldest graduate or not. I've just enjoyed being part of the course. There is no doubt that I have had great help and great pleasure here."

Scan here to read more.



## MAKING HIS MARK JOSH BABARINDE.

Eastbourne Liberal Democrat parliamentary candidate and ESC alumnus Josh Babarinde, was awarded an OBE in the Queen's Birthday Honours in 2020, for his 'Services to Criminal Justice, Social Enterprise and the Economy'.

"It was completely unexpected," Josh said at the time. "I associate OBEs with people who have been working for decades. I feel like I'm just getting started!" Josh's hard work and dedication was evident during his time at ESC, where he studied A-Level Politics, Law and Sociology, along with an Extended Project Qualification and additional duties as Student Union President and Student Governor.

Josh left College and founded Cracked It, an award-winning technology business that supported ex-offenders away from crime and towards employment.

Josh's work won the backing of the US Embassy and River Island, and he featured in Forbes 30 Under 30 list.

Josh now strives to make Eastbourne a town where there are more opportunities for young people to achieve their aspirations.



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Josh Babarinde (right) at the Big Futures Show in April 2022.



## WORLD NO. 1 REBECCA WEST.

East Sussex College Lewes alumna, Rebecca West, was presented with her Member of the Order of the British Empire (MBE) in April 2022, after being recognised on the Queen's Birthday Honours in 2020.

Sussex College. The skills I learned while I was there set me up for the competition without question."

In October 2020, Rebecca was awarded an MBE after her efforts at WorldSkills the previous year. However, due to the Covid pandemic Rebecca had been unable to be presented with her MBE.

"I couldn't have done this without my training at East Sussex College. The skills I learned while I was there set me up for the competition without question."

The talented alumna from Southwick was crowned the world's best young beauty therapist at the WorldSkills 2019 competition. In 2019, Rebecca told the College, "The moment I found out that I had won [at WorldSkills] was just wow! I couldn't have done this without my training at East

The ESC alumna, who is now living in Australia, was finally presented with her well-deserved MBE to celebrate her incredible achievements.



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# 30.06.22 IT'S FREE!

SCAN THE QR TO SECURE YOUR TICKET TO ESC MINIFEST!

# YEAR 10 TASTER DAYS

Scan the QR to register your place!

