

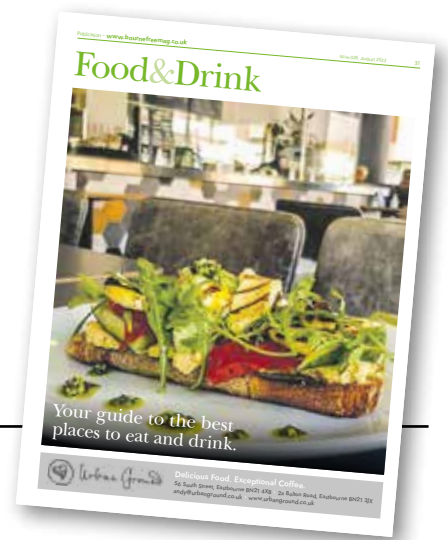
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08/22

Issue 026
August 2022

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YOUR GUIDE
TO THE BEST
PLACES TO EAT
AND DRINK

Pages 31-42



Bournefree

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

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Eastbourne has so much to be proud of

WELL, it's certainly been a hot month – and how great our town is looking for summer 2022.

By **Peter Lindsey**

Yes, there are issues that need resolving but on the whole surely Eastbourne has so much to be proud of.

Just look at the stunning *Carpet Gardens* – and our beloved Pier, which is enjoying a bumper summer.

Here at *Bournefree* it's been another steady and encouraging month.

The magazine continues to grow, and we are getting more and more interest from advertisers every month.

For August, we are happy to welcome *Upcountry Garden Centre* – formerly

Stone Cross Garden Centre – and also *The Lansdowne Hotel* along the seafront – what a great, local hotel.

We have compiled another Food & Drink special for this month, and we have been thrilled by the enthusiastic response. After all, there are so many great places locally to eat and drink.

If you want to be featured in the coming months, just message us. Our contact details are on this page.

While the magazine is obviously monthly, the interest in *Bournefree* shows that the printed word is not dead. Far from it.

Our online and social presence is just amazing.

In July, our Facebook page alone reached more than 55,000 people. Six stories go on the *Bournefree* website each day and are then shared onto our social media.

The website can be found here **bournefreelive.co.uk** and the six stories are local, engaging and worth looking at each day.

The Facebook page is where people debate various issues – local and national – and it can make great reading.

One of the most popular stories online last month was when we announced the closure of *Langney Post Office*. That story alone was read by more than 30,000 people.

So, keep in touch with *Bournefree* – whether it's through, the magazine, our website, or online presence.

We want to hear from you, we want to engage with you, and we want to support the Eastbourne, Hailsham and Polegate community!

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.

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Ninja Time

PARENTS all over the country are waiting on the summer holiday with trepidation. What to do with the kids? Eastbourne has a host of activities for entertaining children, but rain or shine, **Ninja Arena** provides a great venue for children of all ages, as well as the grown-ups.

By **Gail McKay**

The venue is made up of three courses. An intermediate one, 'Most people can do this one', the main one which is inflatable, and the fixed course which is a real pro course, great for those of a particularly competitive nature.

Parents of pre-schoolers have the option of Mini Ninja's running on Tuesdays and Thursdays, 10–12 term time, and 10–11 in the school holidays. Parents get a free drink in the holidays!

Independent local business

No longer a part of the *ITV* franchise, *Ninja Arena's* owners, Gary and Wayne now have a new found freedom to create the ultimate adventure park experience. They will offer theme nights, membership, bespoke sessions and have plans for making their venue the best adventure park experience in the South East.

'Now we are a real independent, local business.' Says Andy, the operations manager. He's looking forward to making great business connections in the Beacon. Formally in retail management, Andy likes to collaborate with local independent businesses. *Boom Battle Bar* are creating a Ninja Cocktail, where you can get a discount to *Ninja Arena* when you buy one.

Accessible

Operation's Manager, Andy Finch, says, "We are the only adventure park of our kind in the South East. We have visitors from Brighton, Hastings, and all across Sussex, Surrey and Kent.

"We're so accessible here too, parking is easy, and we're bang in the middle of the town, so it's great for Eastbourne, and for visitors to Eastbourne."

Amazing selection

The large Café offers an excellent choice of food for breakfast, lunch and dinner. From a full English, to chicken nuggets, pasta, noodle bowls and salad. They offer the usual sandwiches, jacket potatoes and pizza and vegan and vegetarian options.

SEN

On Sunday nights from 5.15pm–6.15pm there are SEN sessions for customers and carers to enjoy the facilities in a quieter atmosphere, there's calming jazz, the lighting is dimmed and there are no flashing lights.

Have a look at their new *Tik Tok* account, The staff have been having fun recently. You can watch their videos on how not to cross the giant red balls. There are videos with an expert Ninja to show you how to do it properly too.

Safety

I asked Andy how safe it all is, 'We have four watching positions, staff give a full safety talk before anyone starts their session. We have a very low accident record,'

Ninja Arena can also arrange your birthday parties.

Sharpen your Ninja skills and book here www.ninjaeastbourne.co.uk

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A brand new Full Fibre network for North Hailsham



Hailsham Mayor, Councillor Paul Holbrook.

LIGHTNING Fibre has launched its symmetric Full Fibre network in Hailsham for more than 5,000 more homes and businesses.

By **Peter Lindsey**

CEO Ben Ferriman said: "We're delighted to expand our local network to Hailsham. We are ahead of schedule and hope to complete the whole town by the end of 2022."

That will mean over 10,000 homes and businesses can, at last, say goodbye to rubbish broadband! Our full fibre network is hyper fast and hyper reliable."

Hailsham Mayor, Councillor Paul Holbrook, cut the ribbon on the new primary node cabinet and added, "I have been very impressed by

Ben and his team. *Lightning Fibre* have engaged proactively with local Councillors, looking into complaints promptly and resolving matters that inevitably arise with a project of this scale. This new network is fantastic for our town."

Lightning Fibre are sponsoring Environment Hailsham and *Hailsham Bonfire Society*, and have created a partnership with *Hailsham Active* to support better community spaces and grassroots sports initiatives in the town. The company has recently revealed it is the new Digital Partner

for the *Hailsham Festival* and sponsor of the 'Virtual Art Gallery' project.

Residents and businesses can now switch online or register for updates at www.LightningFibre.co.uk or call **01323 380260**.



Ben Ferriman with Hailsham Mayor, Councillor Paul Holbrook.

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The Victoria Place pop-up park is now open for the summer!

By **Peter Lindsey**

It's a great initiative from the Your Eastbourne Town Centre group and will boost trade at the top end of Terminus Road.

Traders are already enjoying a bumper summer with the gorgeous weather – and this is an added attraction.

There are events and live entertainment all month – so watch the Your Eastbourne Town Centre for updates.

The official opening was performed by Eastbourne MP Caroline Ansell and Mayor Pat Rodohan.

IT opened on July 23rd and runs until August 30th.

That was followed by live music from *Original 45ers*, *Criztoz + Big 404* and *ZiZi45* throughout the afternoon.

So for August the message is simple – Come on down, grab a drink and a bite to eat and sit in the sun with some live music...summer is here!



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Stay safe at the beach this summer

WITH the summer holidays upon us, people are being urged to stay safe when spending time at the beach.

By **Peter Lindsey**

Eastbourne Borough Council Beach Lifeguards, the Coastguard and Eastbourne RNLI are all joining forces to re-enforce the message about staying safe by the seaside and when walking along the coast or on the clifftop.

Flags displayed

Visitors and residents are encouraged to look out for the flags displayed at the *Lifeguard Station* by the *Wish Tower* and only swim between the red and yellow flags along the coastline – and never enter the water if the red flag is flying.

In addition, people are being reminded to avoid getting cut off by the tide at the base of cliffs, following several incidents this year requiring rescues by the Coastguard. This put the individuals at risk of drowning, cold-water shock and chalk falling from cliffs above.

Check tide times

Some beaches are only accessible during low tide and once the tide comes in, it is possible to become cut off. Always check tide times before walking along beaches and stay away from the base of cliffs. For information on tide times visit: www.tidetimes.co.uk

Help us help you

Councillor Margaret Bannister, *Eastbourne Borough Council's* Lead Member for Tourism and Culture, said, "Eastbourne's beaches are absolutely stunning and are hugely popular with residents and visitors.

"Help us help you and you'll have a day out to remember.

"Enjoy Eastbourne but be aware of the dangers of the natural landscape."

For more information visit: VisitEastbourne.com

BOOK SALE

All brand new books for sale at a minimum donation of £1.

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BUILD BETTER

Put your best feet forward

BOOKING has now opened for the *Eastbourne Walking Festival* – a 10-day celebration of the great outdoors – which returns in September.

By **Peter Lindsey**

Walking enthusiasts and novices alike can choose from a selection of the most interesting urban and rural walks, all free, ranging from guided tours of Eastbourne's promenade all the way to Downland rambles and historical sightseeing.

Health and wellbeing

The festival – from 16th–25th September 2022 – acts as a springboard to promoting the health and wellbeing benefits of discovering walking as a way of life and is designed to inspire walkers to find the time to rediscover the great outdoors, providing something for everyone despite age or mobility with numerous self-guided walks that people can take part in as and when they wish.



Walks this year include *Folkington Frolic* (a five-mile level walk from Willington to Folkington and back); the *Development of Victorian Eastbourne* (a two-mile historical guided walk); an *Ocklynge Cemetery Walk* looking at graves of people of interest; *Downland Birds and Butterflies* (a six kilometre walk from East Dean discovering late summer butterflies and Downland birds; and *Let's Go Fishing* – a flat walk from Cophall Roundabout through fields and the Cuckoo Trail and passing lakes.

The natural world

The festival also aims to promote engagement in appreciation and conservation of the natural world from plant life to animal and marine life, whilst improving the health and wellbeing of participants in the short term and the long.

For details of all walks and to book a free ticket please visit EastbourneWalkingFestival.co.uk

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Visit Sharnfold Farm this summer

WITH the summer holidays here, it is time to start planning those days out.

By **Peter Lindsey**

Like the temperature, things are heating up down at *Sharnfold Farm* as the team has worked really hard to ensure the new attractions and additional enhancements are in place and ready for the school holidays.

Sharnfold – based at Stone Cross – has long since been known for a pocket friendly day out and in the last few months we have all been hit by the cost-of-living crisis.

There are new attractions including the *Rewilding Garden*, *The Little Barn's Big Sand Pit*, *Mini Racers Track*, *Woodland Sound Garden* and *Lawn Games Alley*.

Donna Bull from Sharnfold said: “We have been determined to add more content for our visitors to enjoy whilst remaining committed to the same great value price.

“We are absolutely delighted to be offering our visitors a pocket friendly day out.



“We have increased our offering with new attractions and activities, providing even more fun elements for our guests to enjoy while keeping the same great value for money ticket cost.

“No price increase is certainly a rarity in these times, and we are thrilled to be able to say we can offer this. With a family ticket only costing £16 for 4 people we are offering a day out that won't break the bank.”

Sharnfold Farm is open every day during the school holidays from 9.30am – 5pm (4pm on Sundays).

Tickets are priced at just £4.95 per person or £16 for a family of 4.

We also offer annual membership pass allowing unlimited access can be purchased for just £25 per person.

We offer a try before you buy approach to our membership scheme so if you come along for the day and if decide if you would like to purchase an annual pass during your visit, we will refund the cost of your visit that day.

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Empty pram push for charity

MUMA Nurture are asking people to sign up and join them for the #emptyprampush on Saturday 10th September.

By **Victoria Charid**

The walk will take place along the seafront from Holywell to Harbour Reach. The distance of 5.5km represent the 55% of people affected by the issues we support, which are infertility, perinatal mental health and baby loss.

Empty prams are pushed along the walk to represent all the babies desperately wanted that are not here and the emptiness motherhood can bring for those struggling postnatally.

The walk is completed in teams and we ask that each team raise a minimum sponsorship of £250, with the overall aim of raising £5,000, which will fund one month of providing the necessary counselling and support



for those in need. To sign up go to www.mumanurture.org/events/sponsored-empty-pram-push

Therapies

Muma Nurture is an Eastbourne based charity providing support for those affected by infertility, pregnancy, and perinatal death, whether current or historic, personal or indirect through specialist counselling, holistic therapies, groups and community activities.

Muma Nurture supports the full range of experiences involved in becoming or trying to become a parent from trying or struggling to conceive and fertility treatments to pregnancy, emotional wellbeing and mental health struggles during pregnancy, miscarriage, termination, still birth, birth trauma and postnatal depression.

55% affected

We conservatively estimate that 55% of people on the “path to parenthood” are affected by the issues we support and yet often these struggles are unspoken, shameful and secretive.

Muma Nurture provides the opportunity to belong to a community where you can feel normal and belong. Everybody at Muma Nurture has personal experience of the issues we support, and we know that whatever our experience and feelings about it, both that and we are perfectly normal and so are you!

Consultations always available

One of our biggest struggles is making sure people know we are here and can find us at their time of need. We try and get everybody in for a consultation within a week and additional services as soon as possible after that. There is no major wait list or delay. All services have a cost, and we ask if possible that you donate towards that. If you can't you are still very welcome to therapy and support from us. If you are able to cover the full cost, this helps us continue to support others.

Our primary service is specialist counselling and we provide this online to those across the UK or in person in our new Eastbourne office at Unit 4 Beverley Business Park, 6 Finmere Road, Eastbourne, BN22 8QG.

We also have a specialist fertility and maternity Reflexologist, as well as an array of groups and community events. Further information about these and join our online community on our new website at:

www.mumanurture.org



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Saturday 10th September

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St Wilfrid's Hospice

Nominations are open!

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Go online to www.eastbournebusinessawards.co.uk and check out the categories in detail. Nominating any business is really quick and easy and will be accepted up to 19th August and the awards ceremony will take place at 6.30pm on Friday 30th September at the Winter Garden where you can join us for a sparkling drinks reception sponsored by Handelsbanken and a three course meal.

Judging will be carried out by head judge Keith Ridley, Melanie Adams of Brewers, Tim Cobb of CobbPR, Karen Day of Seahaven FM, Christina Ewbank of Eastbourne Chamber and Ian Fletcher-Price of Posturite. The judges will scrutinise your nominations, check websites and social media and conduct mystery shops as appropriate.

NOMINATION CATEGORIES

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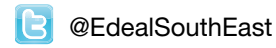
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St Wilfrid's Hospice



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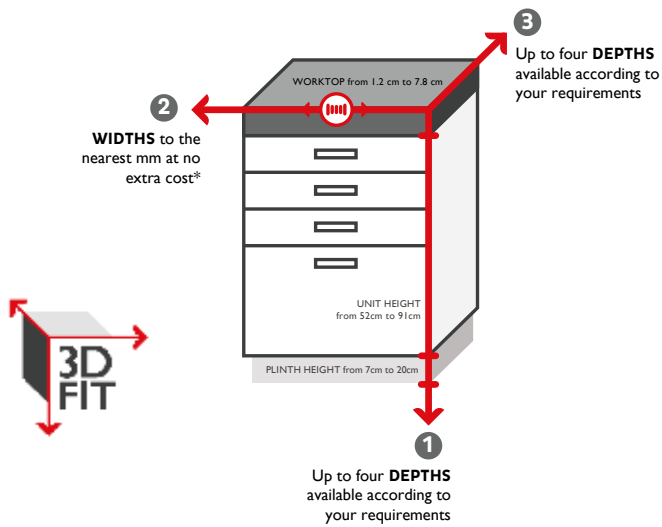
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A snapshot of lives torn apart by war

JOHN Wilton is a well-known author who lives in East Dean.

By **Peter Lindsey**

When Lockdown started, he knew he had to do something positive to keep him busy.

The answer – write another book, and that is exactly what John did.

Back in 1988, he had never considered writing a book. He worked full-time and coached cricket, soccer and table tennis.

The *Towner Art Gallery* – then located in Old Town – decided to stage an exhibition of Eastbourne postcards.

John had around 200 of them which formed part of the ‘*Wish You Were Here*’ exhibition.

He was then contacted by publisher Steve Benz – and in 1990 ‘*Eastbourne A Portrait in Old Picture Postcards*’ was born.

Further works

A year later, John wrote Volume Two. He asked the then Eastbourne MP Sir Ian Gow to write the foreword. Sir Ian agreed but three weeks after doing so was murdered by the IRA.

John wrote his third book in 1999. It was then and now postcards – photographs from the turn of the 20th century and then a picture how it looked today.

In 2014, to mark the start of World War Two, he wrote ‘*McGill’s War*,’ a history of life in Britain during the war. John had long been an admirer of Donald McGill’s cards.

Painting a picture

The postcards in *It’ll All Be Over By Christmas* help to paint a picture of war as experienced by those at home, in training, at the front, in hospital and in convalescent camps. There are cards from fathers who wrote to wives and children, and sons who wrote to family, friends and loved ones. Men at the front who received parcels from home and from well-wishers. All this is revealed by the writings on cards sent during the war years.

The degree of support for the war effort is shown by the sending of ‘comforts’ to the men at the front by family, charitable organizations and the general public encouraged by newspapers and magazines.

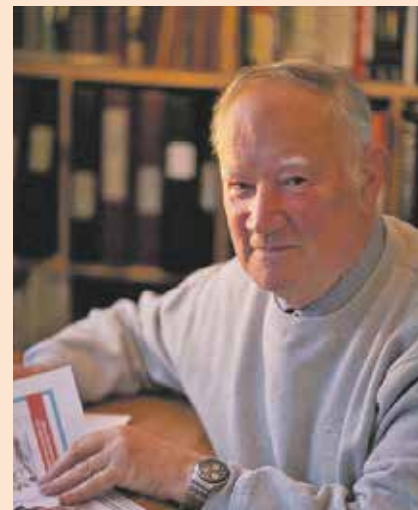
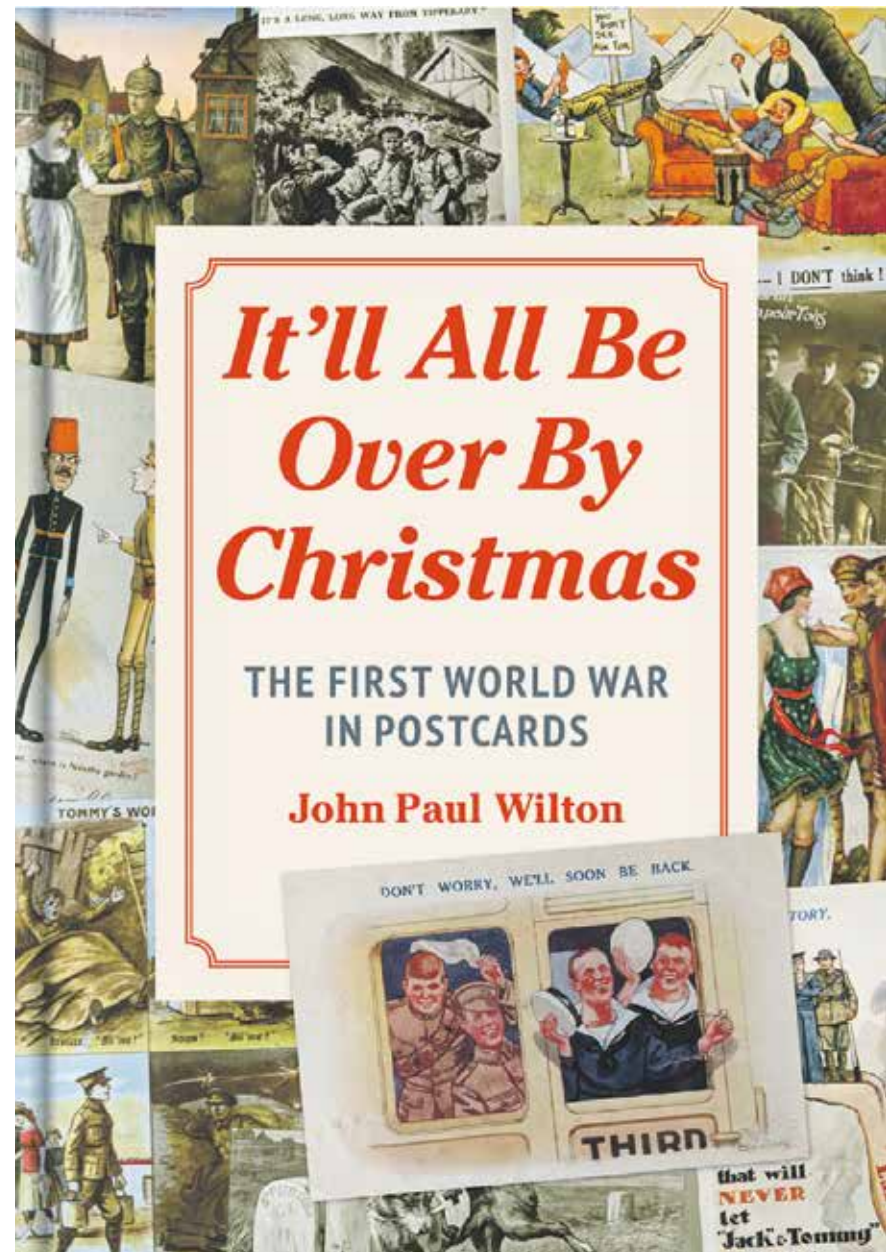
We see the willingness of the population to help fund the war through War Bonds and collections, as well as the practical service they were prepared to provide by working in the factories and on the farms, with women showing that they could do much more than just knit socks.

Time to enjoy

On a lighter note, accounts of times of rest and relaxation fill many cards sent when the soldiers were back from the firing line and had time to enjoy the countryside and even eat cherries.

It’ll All Be Over By Christmas is published by the Unicorn Publishing Group and will be available from 9th September 2022.

www.unicornpublishing.org
www.amazon.co.uk



About the author

John Wilton was born in Mandiville, Jamaica in 1942 and educated at St. Hugh’s and Edmund’s College, in Hertfordshire.

After a short period in the army he entered teaching, working in Berkshire, Dorset and Sussex.

On retirement after 40 years in teaching, including ten years as a housemaster, he took up part time work in public relations and now finds time for writing and after-dinner speaking.

John is also a highly-regarded Rotarian and former District Governor.

John is pictured here at the *Eastbourne Miniature Steam Railway* during one of his fundraising events.



Military tattoo at stunning castle venue

THE stunning backdrop of *Herstmonceux Castle* was the venue for a highly impressive military tattoo to raise money for *ABF The Soldiers' Charity*.

By **Peter Lindsey**

It featured the band of the *Princess of Wales's Royal Regiment* and the *Pipes and Drums of the London Scottish Regiment*.

There was also a military band concert as well as Beating Retreat – a military ceremony dating from the 16th Century.

Organised by John Fenton and Keith Ross on behalf of *ABF*, together with the Castle's Events Team, the Tattoo



was held in the presence of the Lord Lieutenant of East Sussex and the High Sheriff and raised thousands of pounds for the charity which is the National Charity of the British Army.

The charity supports soldiers, veterans, and their families "for life" when they are in need – and has been doing so since 1944 by making grants to individuals and supporting a wide range of specialist charities which provide additional support for the Army.

The event had been held previously pre-Covid but this was the first year since the pandemic and it was attended by more than 650 people and received great acclamation.

Julie Ryan from *Herstmonceux Castle* said: "It was a real pleasure to be able to host and support this event again. It's always great to see the band parading and the intimate nature of the event is very fitting for the Castle grounds."

John Fenton added: "It was wonderful to be back at *Herstmonceux Castle* after a three year absence – what a great evening we had – and what a success both for the Castle and for the *ABF*. We now look forward to our next Tattoo in 2024.

Herstmonceux Castle is owned and operated by *Bader College*, the UK campus of *Queen's University (Canada)*.



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Top tips from travel expert

UNFORTUNATELY, the media are still full of reports about aircraft delays and cancellations, but I am pleased to say that things have improved, and I believe we are at an end of these ridiculous very late cancellations: I would add that long haul flights are far less likely to suffer the same problems.

By **Martin Wellings**, Personal Service Travel

A few tips to make your journey more comfortable. Don't get to the airport too early, as three hours before departure is ample and getting there earlier only means clogging up the airport and more hanging around. If you are only going away for a few days, take just cabin baggage, as many of the arrival delays have been unloading the aircraft due to shortage of staff. The final tip is to consider booking into one of the airport lounges to give you a little peace and quiet before boarding the aircraft: at around £35 it is worthwhile.



Taj Mahal and Samarkand staying at some of the best hotels, private tours of the Vatican, and museums. The big plus on this trip is that it is in your own Boeing 737 jet configured with all business class seating all for a price of twenty-eight thousand pounds each – hardly cheap, but what an experience!

Good months to travel

One hears comments along the lines of who needs to go on holiday with weather like we have had recently, but as I am sure many would agree, it is to experience new places, new sights and of course eating the local cuisine. If you are travelling shortly, have great trip and if you have yet to book, September and October are good months to travel, but don't leave it too long as prices will only increase.

Hidden pitfalls

I suppose it is inevitable being in our industry for so long, that we all tend to think that the public know exactly what a travel agent does which is not correct. It costs no more to book one of the many packages or cruises that we do and booking through one of the on-line agents for flight only will not be cheaper and has hidden pitfalls.

An experience

I have seen some really mouth-watering exotic trips over the years, and recently we received such a one which is a one-off trip departing 13th September 2023 that ticks all the right boxes. Billed as a Grand Tour from Rome to Rajasthan lasting twenty-three days, it visits Istanbul, Petra in Jordan,

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Eastbourne Foodbank works to change the future for people living in poverty

STRUGGLES are not just about food. They're about not having enough money to keep fed, clean, warm and dry. This is why local foodbank advocates provide welfare benefits advice to maximize the incomes of foodbank guests, as UK inflation hits a 40-year high during the current cost of living crisis.

By **Juliet Mead**

Some families are facing real hardship across Eastbourne and we know there are people living in our town who are scared to turn on the stove and are skipping meals to feed their children.

Cost of living crisis sees local foodbank numbers more than double

In January to April 2021 *Eastbourne Foodbank* provided three days' worth of emergency food for 4,284 people. In the same period in 2022, there was a 103 per cent increase, with 8,716 people coming through our doors. This alarming statistic shows the scale of the problem our country is facing and here at *Eastbourne Foodbank*, we are striving to make sure people can be helped out of crisis and have enough money in their pocket to afford the essentials – this is a right not a privilege.

Families face impossible decisions

Eastbourne Foodbank volunteers have seen the struggles people are facing. Some parents are cutting back on food for themselves or avoiding running a hot bath for their children to cut energy costs. Others are eating just toast for a week before pay day. Many, in temporary accommodation, find themselves with just a kettle and we've heard stories of people being unable to afford a tin opener.

People who were previously just getting by, are now in poverty due to rising prices and their budget will no longer stretch and they are having to choose between food and bills.

Hilary Morgan-Jones, a team leader from the St Saviours satellite, which is open on Friday mornings, says financial crisis is never far away if you are on a very low income.

She said: "Managing money is really hard. It takes a lot of time and energy to budget and the less money you have the more challenging it is.

"If you suffer a relationship breakdown, for example, a problem with your mental health or any change to your circumstances, managing your money can be the first thing to go.

"If you are on a very low income, where you are already living on the bare essentials and struggling to make ends meet, that can be a devastating situation – a crisis situation."

Advisors help improve incomes for those struggling

This is why *Eastbourne Foodbank* provides welfare benefits advice and help in identifying and applying for those extra payments and deductions to government bills, such as council tax. For some, this can be the difference between managing to afford the essentials and spiraling into deep poverty.

Robert Crockford, welfare benefit advisor at *Eastbourne Foodbank*, said: "It is widely reported there is £15 billion pounds worth of unclaimed benefit in the UK. There are a number of reasons for this.

"We find people often don't know what benefits are available to them and whether they are eligible for a deduction in their council tax, for example.

"Some, often pensioners, are new to benefits and have not had to claim before. They often don't know where to go, feel they should be able to manage or don't want to ask for help.

"There are other people, who, for a variety of reasons, find it really difficult to navigate the system and make sense of what can be a complicated application process.

"Identifying and applying for this extra help can top-up people's income and make a big difference to their future and need to use the foodbank."

If you or someone you know is struggling to afford to eat, we can help – not just by providing food – but by checking to see if you are eligible for additional benefits and helping you apply. Please visit www.eastbourne.foodbank.org.uk.

June Statistics

(People receiving three days' emergency food between June 1, 2022 to June 30, 2022)

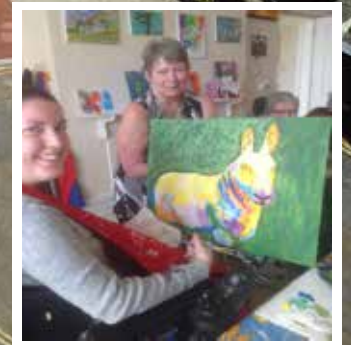
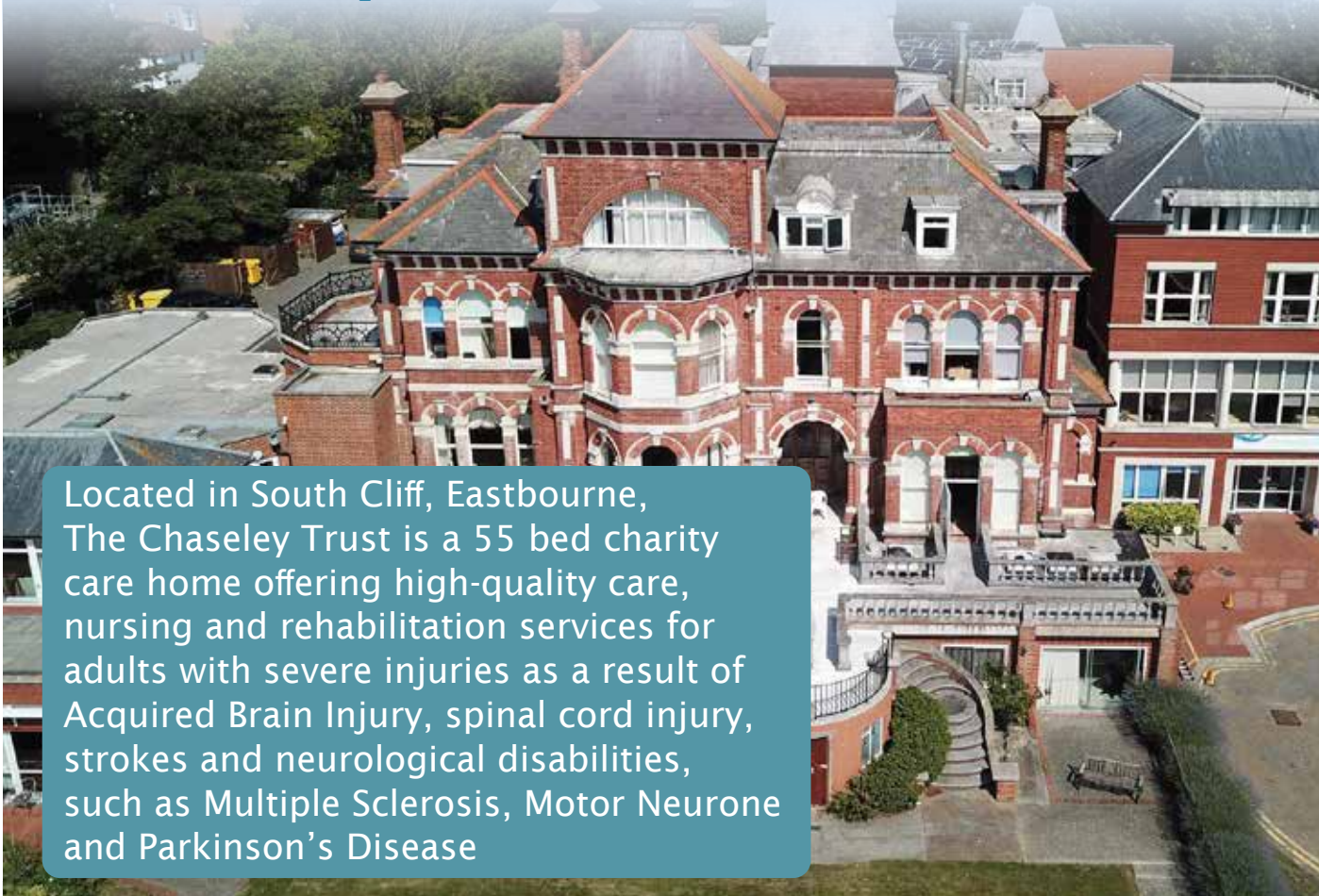
 **Adults 1,473**  **Children 798**

 **Meals – 22,710**



The Chaseley Trust

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



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

We offer residents:

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

We offer staff:

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

We offer the community:

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

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

www.chaseley.org.uk





Thank you from all of us at Chaseley

THIS last month has seen *Chaseley* receive some wonderful support and fundraising from members of our local community and we wanted to take this moment to share our appreciation for a few of them.

By **Jodie Cornford**

First up is our wonderful Support Worker Jackie. Not only is Jackie a great colleague and a brilliant carer for our residents, but she is also someone who really cares and goes above and beyond. She recently completed her very own *South Downs Church Challenge*, running 62km in 8.5 hours! She also raised just over £5,000, enabling us to purchase an interactive digital activity table that can be used by all of our residents.

Jill and Andrew of *FS Property Services* undertook a three week tandem bicycle challenge and their

company pledged to donate £1 for every mile cycled, with the total raised being split between *Chaseley* and *The Urology Foundation*. We are really proud to share that Jill and Andrew cycled an amazing 1,125 miles and raised £570 for our well-being and activities projects.

Our local *Waitrose* also donated £500 towards our well-being and activities projects and the staff and customers at *Morrison's* have raised over £200 via our recent information stands in-store.

We have also been able to replenish our lovely potted plants and flowers around the gardens thanks to the lovely Pauline, who very generously donates garden vouchers every year.

Our final thank you is to *Event Cycle*, for their amazing work and the donated items we have recently received. Along with 60 other charities, we were lucky enough to be able to receive a huge variety of items, including office equipment, recycling bins, high-viz jackets, wheelchair ramps and a few small sheds. These donations have created a nice financial saving for our charity, ensuring that more funds can be spend on resident care and well-being.

Thank you to each and every person that chooses to support *Chaseley*, each of you are helping to enrich the lives of our residents and for that we cannot express our gratitude and appreciation enough.

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



Jackie and residents.



Jill and Andrew.

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Exciting new plan for homes in Eastbourne

EASTBOURNE Community Land Trust has revealed an exciting new plan for affordable housing in Eastbourne.

By **Peter Lindsey**

You could be a part of its first shared ownership scheme to build five Modular Construction houses in Langney.

Already *ECLT* has raised three quarters of the £1 million+ with a combination of grants, donations, and a mortgage offer.

Eastbourne Borough Council has supplied the site for five very low energy-cost houses, using airtight construction and super insulation.

Now it needs the public's help to raise the rest of the money to complete the build in 2023.

Any resident of Eastbourne could be eligible for one of these fantastic affordable new homes.

Four public meetings were held during July to engage the public in this project.

Here is Sandy Medway, Chair of Trustees, to explain how it works: "The freehold of the houses will be held in perpetuity by *ECLT*,

so when a family want to move on, their share of the property is bought back by *ECLT* and the house can be offered to another *ECLT* member on a new shared ownership contract.

This means that the houses will always be offered to *ECLT* members at affordable prices, relevant at the time contracts are agreed.

ECLT is a non-profit-making charity, holding these houses in trust for people resident within, or with strong ties to Eastbourne i.e. key workers, other family members in the town etc.

Membership costs £1 and entitles you to be considered for a house.

The houses are incredibly energy efficient, with a heat recovery system and heavily insulated.

The average total fuel bill will only be one third of a conventional house. Construction times are very fast, with the house modules arriving on lorries and being craned into position, once the groundworks are completed."



Tom Warder from the Sussex Community Housing Hub; Sandy Medway, Chair of Trustees for *ECLT*; Sue Relf, Member of *ECLT* and Cllr Alan Shuttleworth at the handover the land to *ECLT*.



Cleared site. Drone photo: Truman Carson of Truman Terracotta.



Architectural Drawings by Ciaran Andrews of Boutique Modern.

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Networking in Eastbourne's Burlington Hotel

A MIXTURE of guests and members turned up to celebrate the first *My Networking Club* Eastbourne meeting in two years.

By **Gail McKay**

Nishant Barua, the General Manager of Burlington Hotel was there to give everyone a warm welcome and was happy to display his newly refurbished cafe and bar.

“Networking with members of the local business community is a great way to spread the word about your business and services, and find support amongst your peers. Our members benefit from getting away from their desks discussing their business dilemmas with each other.”
Kate Henwood, Head of Community for *My Networking Club*.

Energised

“You can share ideas, approaches and collaborate with other members, I love coming away with fresh ideas. I always feel quite energised after these networking meetings.” Zoe Robbins, *Robbins Financial*.

“Zoom has been a great way to expand our reach to members,

attend networking groups further away, and connect with people you wouldn't normally have the opportunity to, but nothing beats having a cup of coffee face to face.”
Carolyn Strand, Co-Director of *MNC*.

Kate Henwood, the *MNC* host was quick to thank David Ruddle, from *Best of Eastbourne* for suggesting such an attractive venue, which looks directly out onto the carpet gardens and the pier.

Nishant explained that the hotel has most of its rooms back after the terrible fire that destroyed their neighbouring hotel, the *Claremont Hotel* in September 2020.

The *Burlington Hotel* was recently acquired by the *Coast & Country Hotel Collection* and their plans to continue its renovation are underway.

If you would like to join *MNC* you can find details on the website www.themnchub.com



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Celebrating 110 years

THE Lansdowne Hotel, Eastbourne's oldest family-owned and run hotel, is celebrating 110 years in September 2022.

By **Stephen Callis**

Now in its fourth generation the hotel goes from strength to strength and is popular with leisure guests to Eastbourne and local residents alike.

September celebratory events not to be missed!

Partner Catherine Clifford was keen to mark the occasion and is hosting some fantastic events in September

to give local people, businesses and regular guests the opportunity to be involved and join in this special occasion.

Catherine comments "I wanted to create some memorable events and at the same time support our local nominated charity *St Wilfrid's Hospice*. My family has owned and run the *Lansdowne Hotel* for 110 years and over the generations has evolved the property to be the successful and well-regarded hotel that it is today."



110 Year Anniversary Weekend – 16th-18th September

Enjoy a 2-night stay complete with sparkling afternoon tea on arrival, dinner on the first night and gala dinner with celebratory cake on the Saturday night, commemorated with a gift marking the event. £199 per adult.

Charity gala dinner – 24th September

Join us for a 1920s themed event with accompanying menu, cocktail bar, decoration and photobooth on Saturday 24th September. Guests will be treated to live music from Sussex

band *The Swing Ninjas* and have the chance to win some fantastic prizes in a raffle in aid of *St Wilfrid's*. Plus, the best 1920s dressed guest wins a dinner, bed and breakfast prize! Attend for only £65 per adult.

Lansdowne Hotel
4–13 Lansdowne Terrace
King Edward's Parade
Eastbourne BN21 4EE

www.bw-lansdownehotel.co.uk/events
01323 745485
events@lansdowne-hotel.co.uk
f @lansdownehotel

Great Gatsby Ball for You Raise Me Up

JOIN us for the *Great Gatsby Casino Night* on Saturday 13th August 7.30pm at the *Lansdowne Hotel Eastbourne*

By **Gail McKay**

This year we have decided to try something new and thought what better way than a themed event!

We have a fabulous Swing Band, a close up Magician and three Casino Tables to ensure it's a fun filled evening.

Tickets only cost £45 per person and this includes the above plus a sparkling reception, £50 of fun money



to spend at the casino tables, Raffle with amazing prizes and lots more.

You Raise Me Up is a charity that supports families and peers after the death of a young adult aged 16–25. It costs approximately £25,000 per month to keep our services running. For some it can be a matter of life and death in the darkest days after losing a child, sibling or friend. Events like this are vital to raise funds so we can continue to support those who need us most.

We are always grateful for your support and hope you can continue to do so.

Please share far and wide so we can get the word out, we'd love for this to be a sell-out event!

Your £45 ticket includes, A sparkling reception, Band – *Souls that Swing*, Magician – Justin Saul, £50 of fun money – extra fun money available to purchase, Black Jack, Roulette and 3 card poker, Raffle with amazing prizes. Dress in Gatsby theme.

Purchase tickets from our website. Please visit:
www.youraisemeup.co.uk/2022-events

Nearly £80k raised in memory of Sophie



#SOPHIESPOSTCARDS has raised over £31k this summer. Which takes the total raised by St Richards Catholic College to over £78k for the Royal Marsden Cancer Charity.

By **Gail McKay**

Regular readers will know that this charity event is very close Custard Design and Bournefree.

Artists donate their mini master pieces to be auctioned. The buyer only finds out the identity of the artist after

they have bought it. Around 1,600 postcards went on sale this year.

The organisers had their work cut out on the final day when eBay pulled the sale.

“There were over £10,000 of lost bids. There was nothing we could do but restart the sale the following week. It was a lot of extra work, but we made sure everyone knew to come back and continue to bid.” Miranda Pennington, who is an art teacher from Eastbourne, founded the event and has run it for the last four years.

#Sophiespostcards sale is in memory of Sophie Maria Taylor, a former pupil at St Richards Catholic College, who was treated at the Royal Marsden but sadly lost her life on 5th April 2017, aged 12.

The *Harry Potter* illustration went for over £1,500, and the Gilbert & George postcards raised over £800.

Catalogue

You can order a catalogue of the cards for £15 plus p&p. Please contact sophiespostcard@strichardssc.com



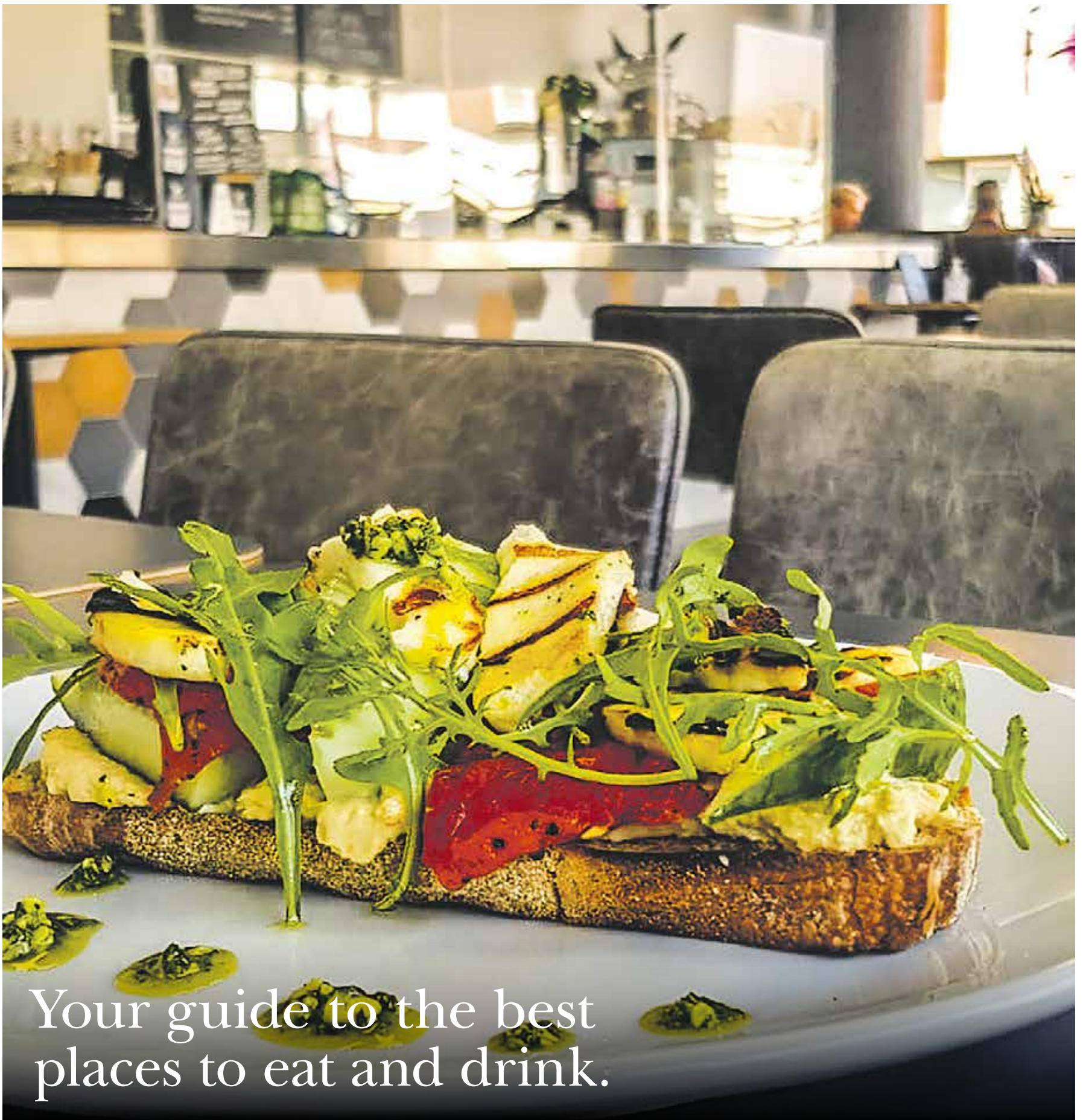
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Karen decided she wanted to make *The Wheatsheaf* 'The hub of the village, a welcoming pub with everything you would expect; friendly atmosphere, fantastic food menu with wines, spirits and ales to match.

During Lockdown two, the outside Barn was converted into an amazing dining area for up to 25 people. It's a beautiful area to dine in.

Plus, more investment was made into expanding the outside area, and a covered shelter beautifully designed with heating.

Since Christmas there has been even more work on the outside area, including new lighting and a fully decked area, and all the floors inside have been re-varnished.

Fresh fruit and herbs are also now grown in the garden, which will be used by the chefs.

The Wheatsheaf can now safely accommodate 120 people outside.

She said: "The customer service is second to none.

"We have a lovely waitress team, and I could not be prouder of them.

"I also want to say a huge thank you to the locals for their amazing support during this past year."

Visit:

**2 Church Street, Willingdon
BN20 9HP**

Telephone:
01323 502069

Website:
www.thewheatsheafwillingdon.co.uk

Facebook:
@WheatsheafWillingdon

Instagram:
TheWheatsheafInn_Willingdon

The Wheatsheaf WOW factor

***THE Wheatsheaf* pub in Willingdon is THE place to go for food and drink this year as it is proving so popular.**

By **Peter Lindsey**

Landlady Karen Clapton has invested massively into the pub on Church Street and she's delighted with the outcome.

Now Karen and her warm, friendly team are loving it as so many people are pouring into the pub.

Karen, who has been Landlady since February 2019, said: "*The Wheatsheaf* is looking absolutely fabulous.

"We have made a vast investment in what we offer and now we are showing off our very best."

During Lockdown one, Karen ran a Community shop from the pub, mainly consisting of food parcels, with around 200 regular customers.

She also saw that time as an opportunity to improve *The Wheatsheaf* – and improve is a total understatement.

A brand-new kitchen was built, new toilets, a revamp of the garden area, new electrics, new plumbing and making sure it was 100 per cent fire compliant.





URBAN Ground has two independent, quality coffee shops in the heart of Eastbourne. Owners Andy and Michelle Spirou opened the first on Bolton Road back in 2011. Their South Street Store opened in 2017, a welcome addition to the cool *Little Chelsea* neighbourhood.

By **Eleni Spirou**

Both stores are hugely popular with friendly atmospheres, first rate coffee, and a consistently high level of customer service.

Their Bolton Road store offers a range of home baked cakes and freshly made toasted sandwiches. The grilled cheese and kimchi toastie on local bread is a best seller. The South Street store also offers an exceptional brunch from 8am, serving up dishes such as Turkish eggs, Chorizo Rösti and Bombay Hash.

The best coffee

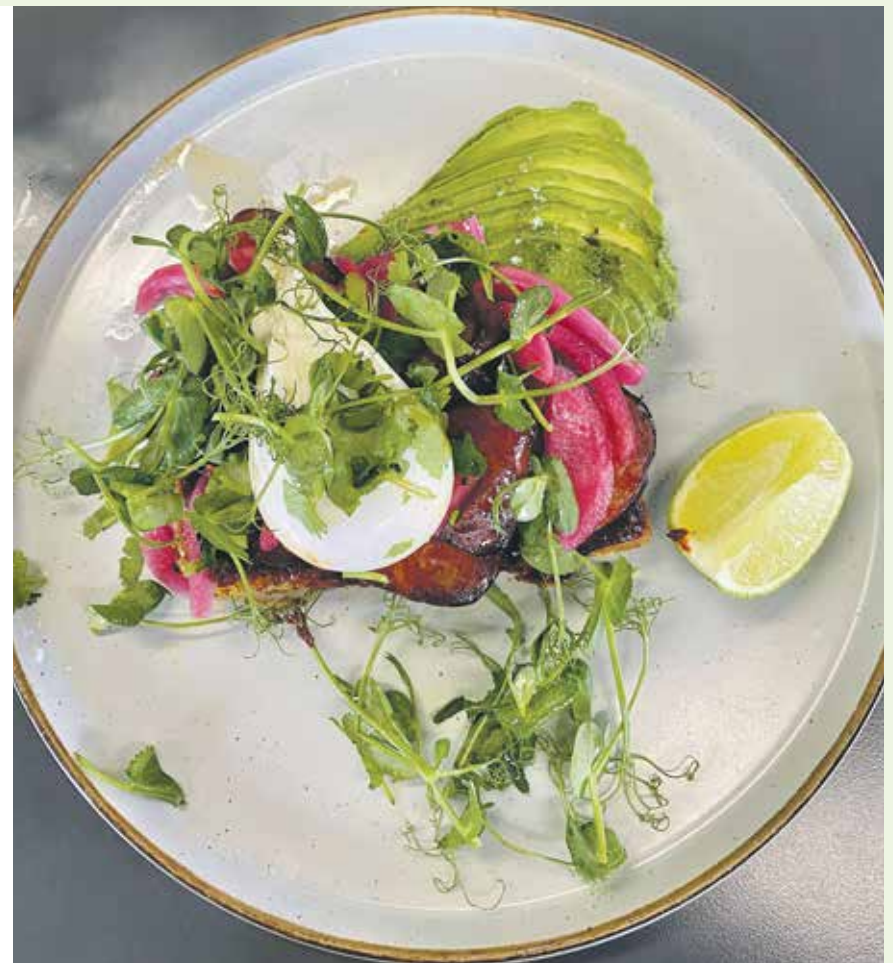
Andy and Michelle take pride in their quality coffee, with Andy explaining, "Our coffee comes

from *Square Mile*, one of the best roasters in the country which has won worldwide recognition."

Their aim when opening was to bring a slice of the buzzing London coffee scene to their hometown of Eastbourne. As the first speciality coffee shop to open in Eastbourne, they are delighted that others have since popped up around the town.

Great atmosphere

Their stores attract a range of demographics, with young and old customers alike flocking to them for a consistent and quality experience. Whether its young professionals grabbing lunch or a morning coffee or tourists seeking out some of the best of what Eastbourne has to offer, the range of people gives the shops an inviting, community feel. *Urban Ground* has attracted



a local following of regulars, who can attest to the great atmosphere and quality food and drinks.

Enjoy in the sunshine

Both stores have outside seating so customers can enjoy a coffee or brunch in the sunshine. Their South Street store is fully licensed, serving beers and wine, the perfect accompaniment to brunch with friends. The store is also available for private hire for all manner of events and occasions.

Andy, Michelle, and the team are keen to continue building their customer base, and are committed to always providing the best coffee, food and customer service.

www.urbanground.co.uk

“
Urban Ground has attracted a local following of regulars, who can attest to the great atmosphere and quality food & drinks.



Flames

THE Taylors have a long history in Eastbourne. Colin and Sharon's first restaurant was *Shades* on Bolton Road 38 years ago and the most recent addition to the family business is *Flames*, on the original site.

By **Gail McKay**

Michelle, the restaurant manager, and daughter of Sharon and Colin, was born in the flat upstairs!

Michelle wanted the diners to see the flame of the grill and smell the meat grilling. Customers can see their meal being prepared and

enjoy the connection to their food as the kitchen is open and faces the restaurant.

Beautiful bar

There's a beautiful bar swathed in flowers, and outdoor seating for these lovely warm evenings. Bolton Road is part of the town's BID project where areas are being pedestrianised to enhance the eating and drinking experience. A positive move for residents and visitors.



An excellent reason to drop by and see what the Taylors have created. A stylish, family friendly restaurant, for everyone to enjoy and relax in.

The grill

The star of the show here is the steak sourced from local butchers, *R&B*. The burgers are juicy and bursting with flavour. From the flame grill. There are also vegetarian and vegan options. A new *Flames* classic is the chicken or steak fajitas, brought straight to the table on a sizzling grill. Grilled skewer with glazed chicken breast are also popular at the restaurant.

Family friendly

They do wonderful breakfasts too, sandwiches and lighter bites for lunch, and as it's so family friendly, a great children's menu.

I asked the what was the inspiration, Sharon said, "We just want to provide our customers with a really great affordable meal."

**3-5 Bolton Road, Eastbourne
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Poppysseed Bakery

IF you live in or around Eastbourne, you can't have escaped the name *Poppysseed Bakery*.

By **Gail McKay**

They have been successfully feeding the locals and supplying restaurants for years.

Lee and Kirsty started in Bexhill with *The Bexhill Farm Kitchen* about 19 years ago, and Lee and Kirsty have been building their brand with more tea rooms ever since.

Head baker at the Dorchester

Having worked all over Sussex, Lee is now an award winning, master baker. He was Head Baker at *The Dorchester* in the 90s, where he made the breakfast pastries, croissants and scones. Lee has won every UK competition for his breads and as he is so respected for his baking, he is now called upon as a judge all over the country.

I spoke to Kirsty, who is in charge of all of the tea rooms, although a lot of her work has now been happily delegated now to a new Retail Operations Manager. "Our newest tea room is on Beatty Road, and as we live in Langney

Point, it's lovely to serve our actual neighbours. There was a bakery on this site many years ago, *Oven Fresh*, Lee even worked there!"

Staff

"Our staff are a major part of our success, we're really proud of them."

Lee gives tribute to the bakers in particular, who all worked so hard during the recent heat wave, "They are my heroes, they didn't go home because it was too hot!"

"Our team are instilled with our focus on customer service and quality.

"During lockdown, we stayed busy, baking and delivering, with no minimum order and no delivery charge. We still offer this service to our vulnerable customers who can't get out."

Sourdough

"We are always adapting our products. Having been at the forefront of using sourdough when it was just a niche market, we now have four different versions, which fly off the shelves. People have really bought into the bubbly, chewy, tangy bread. And of course our



batches are small and controlled, so always absolutely perfect."

Another new addition is the Cruffin, a croissant pastry, stuffed into a muffin tin and filled with jam or custard. If you haven't tried one, you should!

By word for excellence

Poppysseed are suppliers to countless cafes, pubs and restaurants in the area. Including *The Star* in Alfriston. Venues will name *Poppysseed* on the menu, as it is a byword for excellence, and a recognised brand in the area.

The main bakery is in Hawthorn Road, off Lottbridge Drove, with a shop attached. In addition to the usual fresh and delicious pastries, breads and sandwiches, they do burgers and other hot food for hungry local workers on the industrial estate, although people do travel there to buy their lunch as parking is so easy.

It's not just bread and pastries that are made from scratch, they make all of their sandwich fillings too.

With four shops across the area, there's no excuse not to try the wonderful array of breads, sweet treats and pastries.

www.thepoppysseed.co.uk
 Facebook icon @ [lee_smith_baker_](#)

or visit one of the four shops:
16A Western Road
Bexhill-on-Sea TN40 1DX
01424 215470

11 Gildredge Road
Eastbourne BN21 4RB
01323 736300

36 Beatty Road
Eastbourne BN23 6DG
01323 645550

30 Hawthorn Road
Eastbourne BN23 6QA
01323 645550



Victoria

COFFEE LOUNGE

VICTORIA Coffee Lounge and wine bar has been open for six months – and is proving a massive hit in Eastbourne.

By **Peter Lindsey**

It is situated at 225 Terminus Road – where Mo Mambo used to be – and there really is no better place to eat and drink in this lovely summer weather.

The beautifully decorated shop also benefits from spacious outside seating and bifolding doors. You get the feeling you really could be abroad when sitting here on a summer day.

It opens seven days a week – with late openings on Friday and Saturday until 11pm for cocktails – and is fully licensed to serve alcohol day and night.

Emma, Tony and children Charlotte and Zoe are part of the team, and they're thrilled how popular *Victoria Coffee Lounge* is.

Emma said: "It has been a fantastic six months. We have been steadily growing each week, and now we are making the most of the summer sun.

"Our homemade offerings are particularly popular, including paninis and cakes, because they are always fresh."

Drinks on sale include:

- Tea, coffee and other drinks
- Milkshakes
- Iced tea
- Iced coolers
- Frappuccinos
- Bar with beer, cider, wine and delicious cocktails.

Food includes:

- Delicious cakes
- Tasty paninis
- Freshly made sandwiches and toasties
- Jacket potatoes
- Amazing homemade quiches.



Emma said: "We have a healthy mix of customers – young and old, tourists and locals, and what we enjoy most is when we see people come back because they had such an enjoyable experience first time.

"That is our number one aim – to give every customer a great experience so they want to come back again.

"Daytimes are obviously busy, especially at weekends, and because of where we are situated near to many restaurants, some people come in at 10pm asking if they can have coffee and cake to round off their evening. The answer is always 'yes'.

"We are keen at all times to enhance our reputation and brand awareness. We are still a relatively

new business, and we are keen to spread the word where we are and what we have to offer.

"Please come and pay us a visit if you haven't already. You will not be disappointed."

01323 655454
info@victoriacoffeelounge.com

“
Our number one aim – to give every customer a great experience.





The Old Oak

KATE and Paul are getting ready for an amazing summer at *The Old Oak Inn*. Their newly updated garden has a festival vibe for the bands, and is a gorgeous stop off after a long walk in *Abbots Woods*.

By **Gail McKay**

“We always intended for our menu to be a bit special. We are constantly updating and revising it. We support a lot of local businesses and use ingredients from local suppliers as much as we can.”

Local bakery

Poppyseed bakery has made quite a stamp in Eastbourne and Bexhill, their bread features throughout the menu, in the bread basket, to dip in the whole camembert and mop up the garlicky sauce with a pint of prawns.

Regular customers’ favourites are definitely the Old Oak burger, which

has a gluten free bun option, and their now famous, short ribs. Low and slow cooked sticky glazed beef served with wedges, onion rings and coleslaw.

Salads

For lighter bites, I’d recommend the chicken Caesar salad, with a soft boiled egg. The hot smoked salmon nicoise is great in warm weather too.

The pizza section is delicious, the chorizo and roasted pepper has the right mix of sweet and spicy.

If you struggle to resist a pudding, the I’m afraid you’ll be loosening your belt. From ‘crumble of the week’ with custard or vanilla ice-cream for the diehard traditionalists to a gluten free pistachio, cherry and chocolate cake sundae.

I have to give a mention the wonderful array of cheeses, the Sussex charmer is my favourite.

Digestif

Affogato, is a novel end to your meal, combining a shot of espresso over vanilla ice-cream or you can sit outside with a cold glass of *Hidden Springs Bacchus*. Absolute heaven.

“We’re gearing up for the best summer since we’ve taken this wonderful pub on. We’ve got everything in place to

accommodate our customers, with the beautiful garden, the great food, and our impeccable selection of beers and wines.”

Check the *Facebook* page for up to date events.

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www.oldoakinnarlington.co.uk**



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Beerarama – ‘the place to go’ in Eastbourne town centre

IT only opened in February – but *Beerarama* is fast becoming ‘the place to go’ in Eastbourne town centre.

By **Peter Lindsey**

It specialises in unrivalled selections of wines, beer, and spirits at its attractive premises on Bolton Road.

And LOCAL is very important to owners Jamie Mooney and John Spriggs – all the produce they use is local and there are masses of Sussex drinks.

Live music and DJ evenings are also proving a big hit.

Jamie said: “We have been overwhelmed with the response since we opened doors.

“Trade has become busier and busier as the word spreads that we are open and that we have such a great selection of drinks.

“We are also looking at food too. Now, that’s served weekends only,

with some great specials, but we will be looking to expand that area in the coming months.”

It’s open seven days a week with Friday and Saturdays the late closing at 11pm. It is open from 1pm each day until the evening.

Jamie said: “We are delighted to welcome both locals and tourists. We have a great upstairs area as well as our bar when you walk in.

“There’s always a warm and friendly welcome, you’ll always find a smile on our faces when you come in.

“It’s a lovely atmosphere here – friendly, non-judgemental – and we want everyone to have a great time and come back again, which most people do we are finding.

“There’s also some great local art on our walls. Come and try us if you haven’t already.”



Beerarama
7 Bolton Road, Eastbourne
East Sussex BN21 3JU

f Beerarama_
beer@beerarama.co.uk
www.beerarama.co.uk



Take a culinary tour of the Enterprise Centre

A FORMER Victorian Railway building, the *Enterprise Shopping Centre* is now home to an exciting range of independent stores and eateries offering an eclectic mix of foods, ranging from freshly baked cakes to a taste of the Orient!

By **Emily Sanders**

Jocelyn's

At the entrance you'll find Jocelyn's, who has celebrated over 20 years at the Centre, with delicious homemade bakes and cakes including the 'best' Bakewell Tart in Town! She offers seating in the Atrium and on our Plaza too.

Ninkaci

Travel down the left hand side of the Centre to locate *Ninkaci*, where you will be greeted with a warm welcome and can find a host of local craft beers and fine wines, offered with pairing cheese or charcuterie boards. This sophisticated bar, with its night time 'speak easy' door is fast becoming the venue of choice for a stylish night out.

Yummy Noodle Bar

Situated next-door, on the ground floor is our award winning restaurant *Yummy Noodle Bar*, a landmark for almost three decades. This popular venue offers a quick stop lunch,

along with relaxed dinner and a take away service. All dishes are freshly cooked to order in front of you; the aromas will definitely tempt your taste buds. It is no wonder they are called 'Yummy'!

The Enterprise Café

The Enterprise Café offers a varied menu with a selection of traditional English Breakfasts, lunches including freshly prepared salads, filled jacket potatoes, Panini's and their 'must try' delicious homemade burger! There are also plenty of snacks and cakes to tempt you. Enjoy great hospitality at their Station facing café with plenty of outside seating.

Perfectly Brewed

Ideally situated next to Eastbourne's Railway Station, *Perfectly Brewed* has fast become a regular choice for 'early birds' to grab a coffee for their commute. Laura is a Barista with over 12 years experience, serving a unique blend of her 'signature mixed and roasted coffee beans'. Either sit in her spacious coffee shop or take away, coffee connoisseurs are sure to be delighted.

Thai Brasserie

Upstairs the family run *Thai Brasserie* serves exquisite and authentic Thai dishes, a perfect place for a casual lunch or a celebratory meal. Choose from the a la carte menu or the popular set lunch menu on offer; either way you will want to revisit.

So, whether you are fine dining or grabbing a snack to eat in or go, you will be sure to find something to suit all tastes at the *Enterprise Centre*.

**Enterprise Shopping Centre
Station Parade, Eastbourne
BN21 1BD
www.enterprise-centre.org**



D | Terrace Bar & Café

NESTLED in the heart of Eastbourne's Devonshire Quarter is one of the town's best kept secrets – the DQ Terrace Café & Bar.

By **Harry Farmer**

And with its contemporary feel, beautiful interiors, spacious terrace, and stunning views across Devonshire Park, it's no wonder it's so popular with residents and visitors alike.

The eatery, on the ground floor of the *Welcome Building* in Compton Street, was created as part of the multi-million-pound transformation of *Devonshire Park*, the *Congress Theatre*, *Winter Garden* and *Devonshire Park Theatre*.

Since opening it has built up a regular clientele with its seasonal menu which includes a range of breakfast dishes, sandwiches, salads, jacket potatoes, sharing boards, light bites, cakes, and snacks as well as wines, beers, soft drinks, teas and coffees and smoothies.

This summer the terrace will provide the perfect location to relax with friends, soak up the sun, enjoy a pre-theatre drink or watch some of the many tennis events that Eastbourne is serving up post *Wimbledon* and the *Rothsay International Tournament*, which saw some of the world's top tennis



stars grace the *Devonshire Park* award-winning tennis courts.

After a busy June and July, the August tennis action kicks off with the *Devonshire Park South of England Open Championships* between 1st–6th August. *The GB Men's Over 35s Inter-County Cup* competition is on from 11–14 August and finally the *British Open Masters Grass Court Championships* takes place between 22nd–27th August.

In addition, there will be a pop-up *DQ Café & Bar* within *Devonshire Park's* Locker Room – used by international tennis stars such as Serena Williams,

Cameron Norrie, Petra Kvitová and Taylor Fritz during the recent *Eastbourne Rothsay International* tournament – open to spectators and players during the tennis events.

The *DQ Terrace Café & Bar* is open daily from 9am–5pm Monday–Saturday and between 10am–4pm on Sundays.

Pay us a visit, relax, and enjoy the scenery with free Wi-Fi available.

Welcome Building, Compton St, Eastbourne BN21 4EQ

01323 415400



Photo by Rachel Ferriman.

Open from 10.00am to 4.30pm, and serving delicious lunch options, homemade cakes and top-notch coffee, the café leads onto a sunny terrace overlooking the tennis courts of Devonshire Park, an ideal spot for summer drinks with a view.

Where possible all food and drink on the menu is sourced locally and current suppliers include *Poppy Seed Bakery*, *Northiam Dairy* and *Long Man Brewery*. Coffee comes courtesy of *Union Direct Trade*, which is ethically sourced through long-term direct trade partnerships

Towner Café

WITH striking aerial views across Eastbourne, the bright and airy top floor café at Towner Eastbourne is the perfect, scenic spot to catch up with friends for coffee or lunch or take time to re-charge.

By **Will Barrett**

with farmers, paying a fair price so they can invest in their farm, families and work. Teas are provided by *Brew Tea Company*, a *Rainforest Alliance Certified* supplier.

The café can also be hired for private evening events offering a stylish,

versatile and hassle-free venue for celebration events and receptions.

Contact venuehire@townereastbourne.org.uk for more information.

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Cuckmere Inn at Seven Sisters

EVERYTHING you need from a country pub near you.

By **Peter Lindsey**

With panoramic views over National Trust marshlands, the inn is a magnet for ramblers on the area's many trails. It has lovely gardens and an attractive gated entrance by the Exceat Bridge over the River Cuckmere.

Whether you're out walking your dog or just exploring the local

area, there's always plenty to do around *The Cuckmere Inn*.

There's more to *The Cuckmere Inn* than just great food and drink. Explore the beautiful riverside and woodland backdrops, it really is the perfect setting for enjoying a tasty dish or a glass of something cold.

Did you know that if you're a CAMRA member you can enjoy 20p off any of their cask ales? It's the perfect excuse to enjoy a pint of *Doom Bar* or *Sussex Bitter*.



Dog friendly pub

They welcome four legged friends and have water and treats available to ensure they're as comfortable as you are during your visit!

Dogs are allowed in the bar area of the pub, as this is the most friendly environment for you and your four-legged friends to feel relaxed, safe, and happy at all times during your visit.

They look forward to welcoming you, and will be ready with a

well-stocked bar, including cask ales, lager, fine wines, British gin and soft drinks to suit every taste — which will taste all the better when enjoyed in their beautiful and picturesque gardens.

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What is HDR and why does it make my home look so good?

By **Josh Morgan**,
Digital Imaging Director at Crane & Co

You may have seen it advertised at your local hi-fi store or had it pop up when you watch Netflix, but what do those three letters mean that meander at the top of your screen for a heartbeat? The salesman might seem like they're trying to sugar-coat another big terminology nuance at you (curved televisions, don't do it) but actually, this one isn't too bad.

HDR (or High Dynamic Range) is the process of combining a collective of still images that have been captured at different exposure levels, and compressing them together to achieve the maximum amount of detail in lights and shadows.

The exposure time dictates the amount of light moving through the lens of the camera, the longer the exposure, the brighter your image will be. It's helpful in dim spaces to pick up as much of the available light as possible, but the opposite applies to very bright spaces where you would want to apply a very short exposure to stop your image being blown out and appearing overly white.

However, in most of life's scenarios, you will find that a single capture has both very bright and somewhat dim features, so solely using a long or short exposure will not benefit the image without doing as much damage to it.

This is where we can use multiple image layering to broaden the quality of details in both light and shadows.

When taking a single individual image, you are limited to a single exposure level, thus handicapping the depth of your shadow by not allowing a longer shutter to penetrate the low levels of light. Vice versa applies with regards to high levels of brightness, such as the sun peeking through clouds.

Let's take a look at some great examples;

Here you can see two of the standardised images, taken with longer and shorter exposures.



Notice the structure in the lamps above the bed are easily identifiable in the darker image, but not the brighter one. You might also think that whilst there is less detail lost in the darker image, there isn't much escaping the image in terms of shadow detail. In the lighter image you can see the shadows at the bottom of the spiral staircase are more prevalent. A minor difference perhaps, but why not have the best of both worlds? Or rather the best of 7 worlds?

Here are our 7 images ranging from a very low exposure time of 1/8 of a second on the left, all the way through to 8 seconds on the far right. You might be wondering why I've used 7 images.



It's not the written rule of the land to use this amount, you could use as little as two or three to varying degrees of success. The more captures you have the more variance in detail you will also have provided to work with. You might notice that it looks almost like a paint pallet straight out of the Dulux catalogue. This is because these bracketed images are only one step apart from each other (the minimum jump between different exposures).

Now let's take a look at our full HDR blended image, comprising of the seven images above:



This graph showcases the expanded colour possibilities that can be attained using HDR photography, as opposed to Standard Dynamic Resolution (SDR).



This process is also particularly effective outdoors too. Remember what seemed like a somewhat insignificant difference in our interior shadow buffer? Take a look at the following two images and see the substantial benefit that HDR can deliver to the deep foliage and the waxing sunlight: SDR (Top), HDR (Bottom)



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Let your home take the stage

IT'S no secret that I have a crush on George Clarke, not just because he's handsome and has a wonderful Sunderland accent but because I see him as somewhat of a property Guru.

By **Kryssy Hamilton**

He shows us how to turn an oil drum into a weekend retreat for a family of four and encourages couples who bought land on a whim to throw caution to the wind and build a multi bedroom cave-house into the side of a mountain.

Staged their properties

His latest offering 'George Clarke's Flipping Fast' on Channel 4, followed six teams who were given £100,000 to buy, flip and sell as many properties within a year as possible. The team who made the most profit over that period kept the £100K.

Most of the teams did well, some even made a good profit but there

was just one thing that set the winners aside from the rest; they staged their properties for sale. While the other teams chose to leave their properties empty, Mother and Daughter team Janet and Olivia, beautifully staged and dressed both of the houses they sold. The return on their initial investment was over £35K!

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THE MAKERS DIRECTORY

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

By **Harry Farmer**

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

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

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

themakersdirectory.co.uk

FEATURED ARTIST

Ellie Fryer – Illustrator and Mural Artist

I've always loved etching and screen printing. This style of making is where I draw a lot of my visual inspiration from. My works are usually based within Folklore, History and Nature. I aim to compose works that people can look at and continue to find new elements or pockets of stories within each piece.

I've transitioned into creating murals the past couple of years. I find the scale I can create work at more impressive and energetic. I love creating art that everyone can enjoy. I also still create a lot of physical paintings and digital work as it's a

great way to test out new ideas and create works for clients on a smaller, still compelling scale.

If you are ever in the Eastbourne area then see if you can find all of my murals! Look in places such as *The Rainbow*, *The Grove Theatre* and *The Beachy Head Story*. This last project spanned several months and consists of an entire exhibition on Beachy Head; it's history, archeology, folklore and everything in-between. My murals run throughout as another layer to the narrative and it was such a fun and challenging project.

I am overwhelmingly grateful for the incredible projects I've been able to work on.



If you want to commission me for murals or artworks for your business, school or personal project then drop me an enquiry via email.

Thank you to *The Makers Directory* for forging such a diverse space for all makers and creatives!

www.themakersdirectory.co.uk/directory/ellie-fryer



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The Arts



Installation view, *Cruising the Collection*,
16 July to 4 December 2022, Towner Eastbourne. Photo by Rob Harris.

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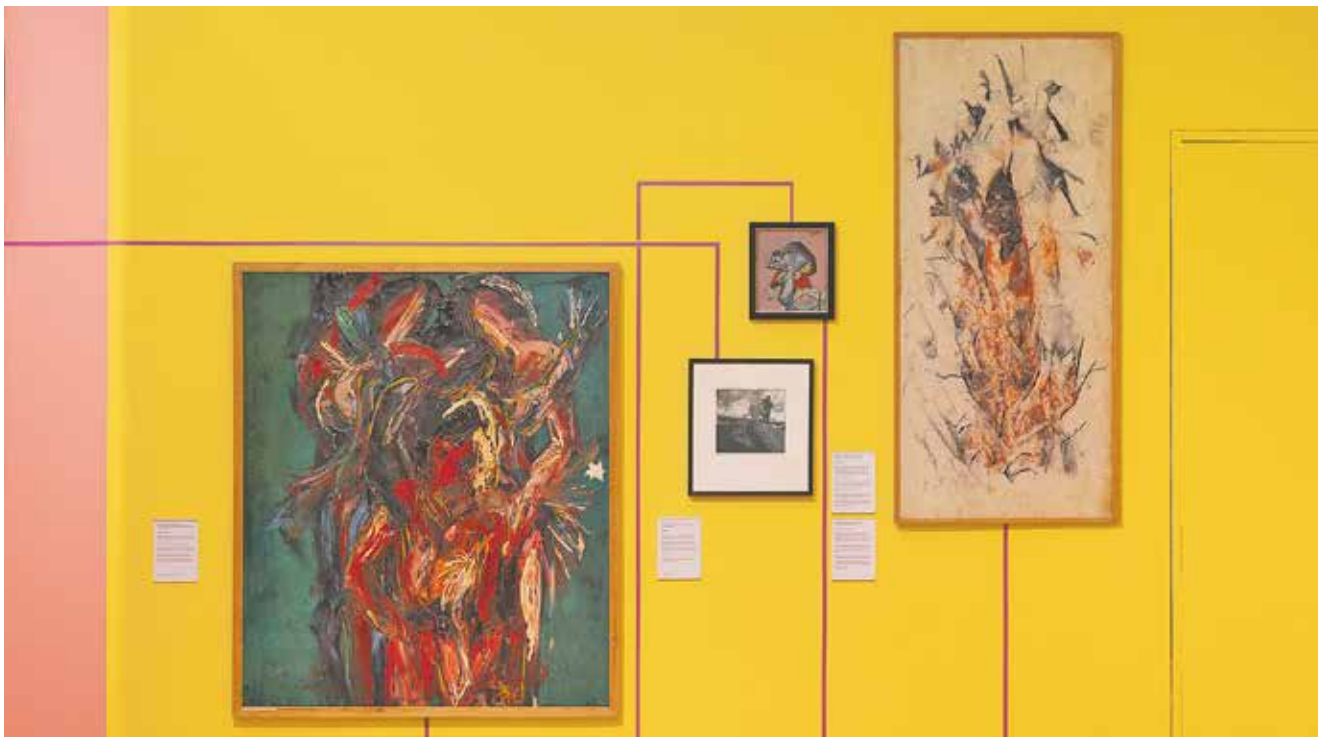
11 June to 25 September 2022

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Cruising the Collection, 16 July to 4 December 2022, installation view. Photo by Rob Harris.



Photo by Rob Harris.

Cruising the Collection

Cruising the Collection, 16 July to 4 December 2022, Towner Eastbourne. Free admission.

A NEW exhibition opens exploring queer narratives in the *Towner Collection*.

By **Will Barrett**

This summer, Towner Eastbourne has collaborated with local LGBTQIA+ participants to curate their first group exhibition exploring queer connections, histories, reflections and personal responses to Towner's collection of over 5,000 art works, including works by Wilfred Avery, Kathleen Walne, Cedric Morris, John Minton and Elizabeth Andrews.

Following the success of the *Collectively* podcasts, hosted by artist Renee Vaughan Sutherland, *Cruising the Collection* further explores the *Towner Collection* through a queer lens, building and expanding this engagement with the Collection. Taking over one of *Towner's* gallery spaces, selected works have been from the *Towner Collection* to surface stories about forgotten or neglected (queer) histories and many fascinating biographical links between the artworks or artists, spanning most of the 20th century.

The collective have selected works that personally resonate with them and their shared experiences as part of Sussex's queer community.

Welcoming, inclusive and insightful, this exhibition invites visitors into a space where conversations, connections, and fresh perspectives are revealed and where the Collection is opened up to memories, emotions and experiences of queerness.

Emily Love, *Cruising the Collection* and *Collectively* participant said, "Through unearthing the stories, passions, and perspectives of our queer ancestors, it really felt as if we were connecting with a shared history which forms such a key part of all our identities. The idea of 'cruising', to see and be seen in the queer community, is historically a way of finding connection in the queer spaces we create for ourselves, so it feels amazing to be able to explore and discuss our experiences and shared feelings in such a public space, and to share it with *Towner's* audience. It has been so exciting to reunite *Collectively* and realise the vision that grew out of our podcast series, and such a privilege to explore *Towner's Collection*, forming our own community of queer creatives along the way".

The *Collectively* curatorial group are: Andrea Mindel, David Harris, Emily Love, Eva Jonas, Flo Wright, John Manuel and Renee Vaughan Sutherland.



Cruising the Collection, 16 July to 4 December 2022, installation view. Photo by Rob Harris.



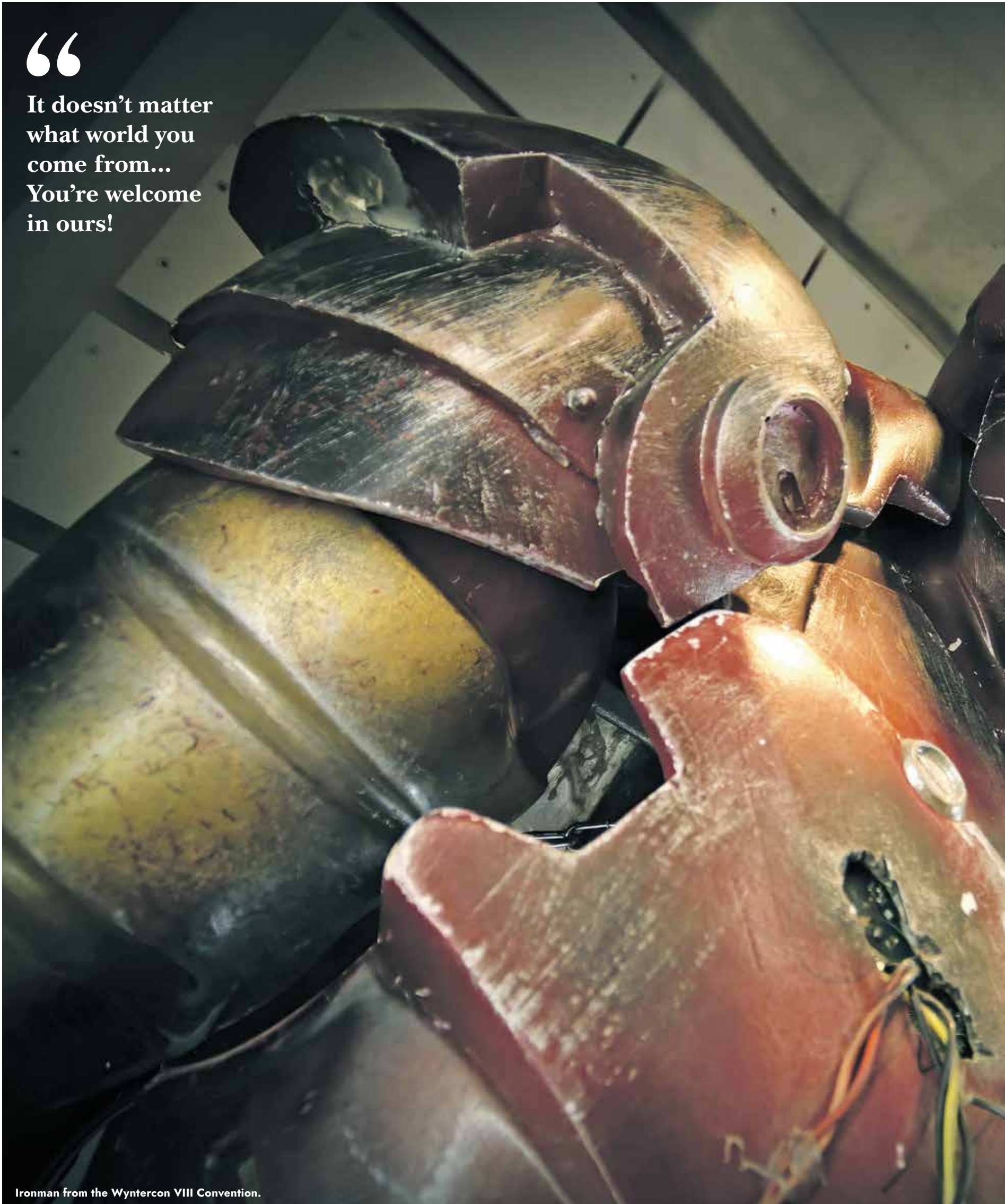
Cruising the Collection, 16 July to 4 December 2022, installation view. Photo by Rob Harris.

To listen to the *Collectively* podcast, search for 'Towner Collectively' on Spotify, Apple Podcasts, Google Podcasts, or wherever you like to tune in.

townereastbourne.org.uk

“

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



Ironman from the Wyntercon VIII Convention.



WynterCon IX

THE annual Wyntercon event is a Comic-Con style fundraising showcase in aid of the charity. For the ninth consecutive year Wyntercon IX returns to Eastbourne, taking place at Winter Garden on the weekend of 10th–11th September.

By **Andy Kybett**

With our motto “It doesn’t matter what world you come from... You’re welcome in ours!”, the Wyntercon Charity’s goal is to support, encourage and educate individuals to thrive within the creative sector and be a part of their local community, providing them with a platform to discover their skills and passions.

Jam-packed

There is so much to see and do at this year’s event, join in with our free creative workshops, including coding tutorials, junk modelling and miniature painting. You can also expect a vast range of role-playing games and arts & crafts across multiple tables.

From film & TV memorabilia, props & collectibles, RPG accessories to artisan confectionary and bespoke apparel. *Wyntercon IX* will be jam-packed with exhibitors including Authors, Artists, and Businesses, offering an abundance of goods on display and available for purchase that will appeal to everyone.

On-screen heroes

Cosplay is a big part of *Wyntercon*, with the cosplay hall (sponsored by *Lighting Fibre*) home to all of our cosplay guests. This is where you will find your on-screen heroes come to life. Join Avengers, Wookies, Pirates and Fairies to create lasting photo souvenirs of your *Wyntercon IX* experiences. Our hugely popular cosplay competition will be run

across both days (managed by Jan and David from *Unipool Cosplay*), which is free to enter. With prizes to be won, it is the perfect opportunity to show us your creations.

Special guests

Confirmed special guests include actor **Andy Beckworth** (*Snatch, Game of Thrones, Pirates of the Caribbean: Dead Man’s Chest*), **John Campling** (*Harry Potter and the Deathly Hallows, Final Fantasy XV*), **Clem So** (*Star Wars, Doctor Who, Doctor Strange*) and Stuntman and Actor **Kenny Knight** (*Wrath of Man, Cruella, Fast and Furious 6, Eternals*).

Heaps of fun

With free creative workshops, competitions, special guests, exhibitions, gaming spaces, a large variety of stallholders and more on offer, *Wyntercon* offers heaps of fun for everyone and is an amazing opportunity to celebrate Comic-Con on the South Coast!

So save the date on your calendars, finish your cosplay, and get your tickets now for this year’s *Wyntercon IX*!

For more information and to purchase your tickets please go to: www.wyntercon.org

Don’t forget to follow us on *Facebook* and *Instagram*.

See you in September!



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VOICE OF REASON

Sunday 28th
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2.30pm & 7.30pm

All Tickets £22

Local author interviews star of stage and screen, Alison Steadman



Edward Thomas with Alison Steadman. Photo by Geoff Duffell.

THE British Music Hall Society held its 6th annual Day By The Sea at the Royal Hippodrome Theatre on Saturday 18th June. The Day lasted from 10.30am until 6.30pm and included performances by Bernie Clifton and Lorna Dallas. New Society president Paul O’Grady also entertained the audience.

By **Edward Thomas**

What was a ‘legit’ thespian like Alison Steadman doing in agreeing to be interviewed on a day of Music Hall and Variety celebration at the Royal Hippodrome Theatre? That is what the renowned international actress spent time doing at the British Music Hall Society’s annual Day By The Sea in June. The simple answer came from Alison’s own lips. ‘Music Hall is in my soul. I just love it.’

Feeling at home

In her half hour interview with me, she told us why. She feels at home with its people who perform in the genre. She is wowed by the interaction between its artists and their audiences. That is why she relishes the sitcom work she does in which there is a studio audience. Alison is convinced there is nothing to equal the response of laughter that comes across the footlights when a laugh line is appreciated.

Mistaken identity

Not that the laughs are confined to the studio. When asked about her reflections on playing Pam Shipman in *Gavin and Stacey*, Alison recalled the time she was stopped in the street and congratulated for

her performance in *Cagney and Lacey*, mistaken for another blonde, Sharon Gless.

Reflecting

Alison reflected on working in all the fields of entertainment including the theatre, television and the cinema. But she declared a special warmth for radio, where she can do it all by voice and not worry about what she looks like. Special in her affections was former *Music Hall Society* president Roy Hudd, much missed for the first time in *Day By The Sea* at the *Hippodrome*. She recalled how a whole new field of politicians’ voices was opened to her on *The News Huddlines* when first asked to impersonate Margaret Thatcher.

She also spoke of affection for another radio series, *Castle’s on the Air*, which starred Roy Castle. Alison spoke in glowing terms about him, which gladdened the heart of one particular audience member in the Dress Circle: Fiona Dickson, aka Mrs Roy Castle.

Alison clearly has her favourites from the world of Variety whom she continues to revere. She recalled a comedienne when she was still a schoolgirl by the name

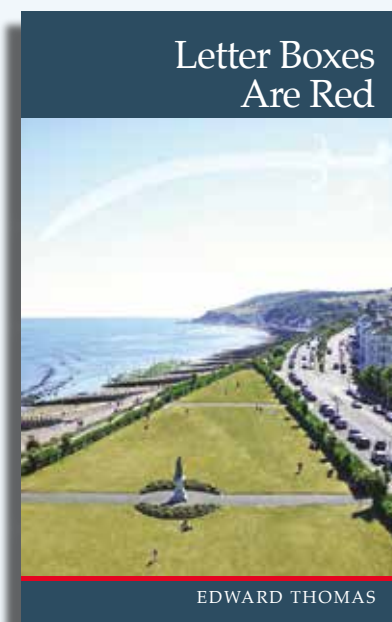
of Hylda Baker, and how she made constant use of her shoulders when continually rearranging a moth-eaten stole around her neck. Alison put the use of shoulders to good effect many years later when cast in one of her first major hits: Beverley in *Abigail’s Party*, written by her former husband Mike Leigh.

Another comedy heroine of Alison’s was someone who became a work

colleague and friend. She spoke in glowing terms of June Whitfield, with whom she starred in *Boomers* on television. Alison marvelled at how immaculately turned-out Dame June was even into her 90s.

After reprising her description of her son Gavin in *Gavin and Stacey*: ‘My li’le prince’, Alison Steadman left the *Royal Hippodrome* stage to a rousing ovation.

Eastbourne
as you’ve
never
seen it,
and
would
never
wish to



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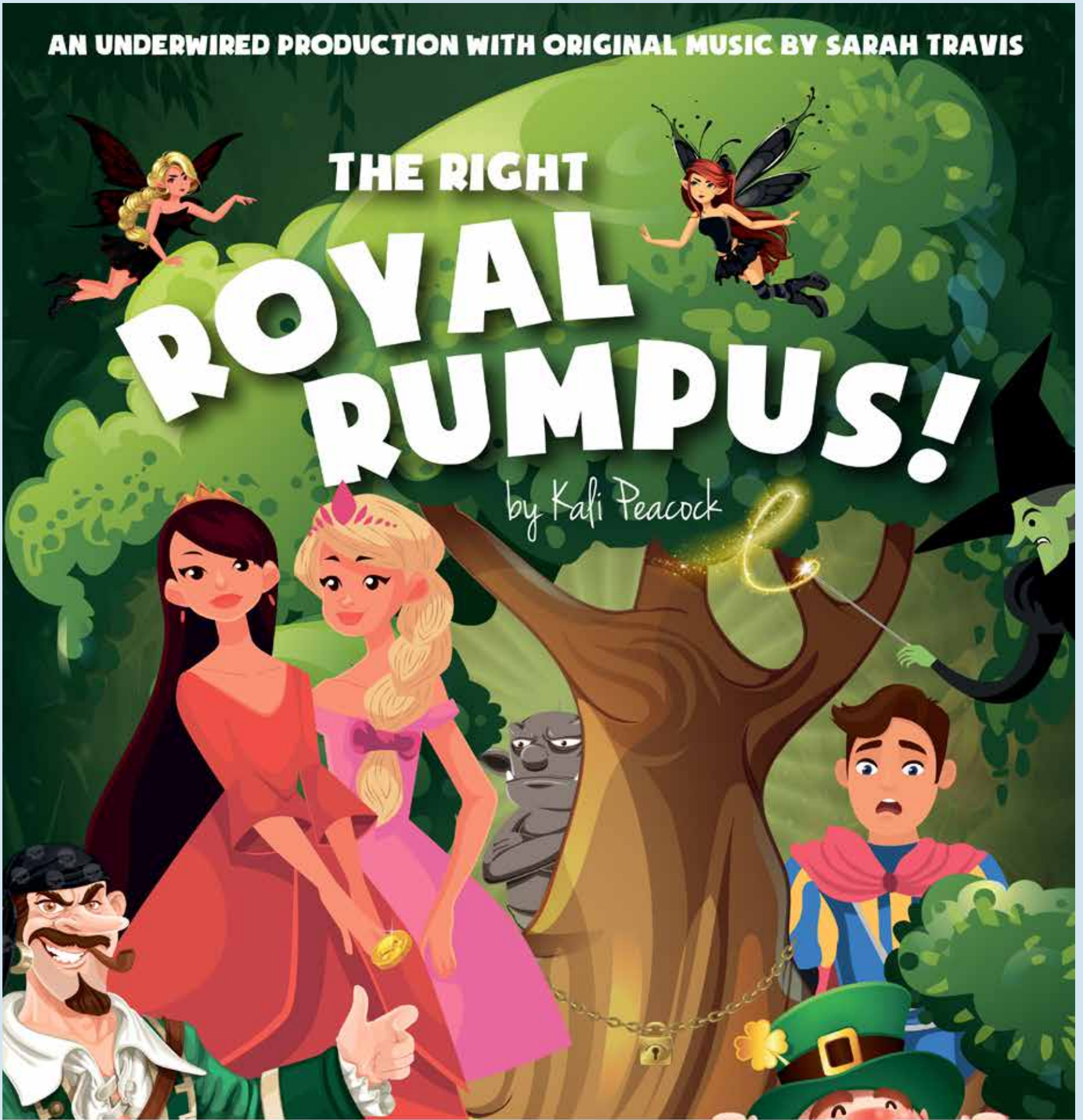
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by Kafi Peacock



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10th-20th August 2022 at 11am and 2.30pm

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FOR MORE INFORMATION VISIT WWW.UNDERWIREDPRODUCTIONS.COM



The Right Royal Rumpus! is coming to Eastbourne this summer

IT'S a brand new, multi-sensory, fully inclusive family musical that is bringing communities together and celebrating diversity!

By **Keely Amor**

Hosted at Eastbourne Theatres, The Shackleton Hall. Shows are at 11.00am and 2.30pm running from the 10th – 20th August – with a Gala event and evening show on Friday 12th August.

UnderWired Productions passionately believe that physical and financial barriers should not prevent children from accessing live theatre. To ensure *UnderWired* bring their production to as many families as possible they have many concessions available, lots of dates and times to suit every family and have multiple British sign language interpreted performances.

Underwired Productions bringing this theatre show to Eastbourne this summer is the product of years of hard work. Kali Peacock – the powerhouse behind *UnderWired Productions* and writer and producer of the show, has a beautiful son who has multiple disabilities and as

a family they have faced years of hardships simply trying to thrive in their community. The lack of support, access to vital services and simply having fun is a constant battle for families like Kali's and it's about time that changed – and so come forward – *The Right Royal Rumpus!*

Amaze and amuse

The Prince has been captured by two very nasty fairies who won't let him go unless Princesses Rose and Lilly bring them the Secret of Happiness. There's only one problem...the Secret is locked firmly inside the Tree of Knowledge and will only be revealed to the holders of three sacred items: a gold wand from the Witches, a gold doubloon from the Pirates and a golden four-leaf clover from the Leprechauns. Easy enough to come by, you say? Well, they might be...if it wasn't for the ghastly Grumblesnitch!

This new musical will amaze and amuse both children and adults alike – so come join Rose and Lilly on their rip-roaring royal quest to free the Prince!



About Kali and UnderWired Productions

Kali Peacock lives in Eastbourne with her beautiful family. They are a typical family, who enjoy lots of silliness, fun, music and laughter in their lives. Kali is a mother to three rather wonderful children – one of those is Finn who is a very talented, intelligent boy and it just so happens that Finn has multiple disabilities, too – but this certainly doesn't stop him from thriving at all he puts his energy into!

It does sometimes however mean for Finn that he cannot access services and activities around his community that other children can – this means that Kali and her husband spend a lot of their time fighting for Finn to access respite support, after school clubs, therapy, equipment, fun days out that are suitable for his needs – the list goes on. Fighting this hard, for this long is exhausting for them.

The fact that people with disabilities do not have the same chances to access fun, inclusive, beautiful moments in their lives – well, Kali

got a bit fed up with that – so Kali has brought us *UnderWired Productions*, a charity which aims to bring local communities just that.

As an actor, writer and director – Kali wrote and co-produced *The Lost Toys Big Christmas Adventure!* in 2018 and 2019. And now she has written and is producing her brand-new fully inclusive summer family musical *The Right Royal Rumpus!* Fighting continuously for her sons rights to thrive whilst producing a family musical is no mean feat – Kali's resilience and determination to bring joy to others is astounding – and the product of all of this hard work should definitely not be missed.

The musicals have so much warmth, love, joy and hilarity in them – that everyone that sees the shows leaves topped up:

"What a show!! Definitely a "Must See"! My cheeks hurt from smiling and laughing so much! So inclusive, accessible and expertly written and performed! We loved EVERY MINUTE!!"

www.underwiredproductions.com

Tickets: www.eastbournetheatres.co.uk/events/rightroyalrumpus

📷 [underwiredproductions](https://www.instagram.com/underwiredproductions)

📞 [UnderWired-Productions-275713736280024](tel:275713736280024)

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Great NEWS!

We are celebrating the 50th Anniversary of ABBA at the Festival.

OUR Open-Air Cinema at the *Eastbourne Vintage Festival* will be celebrating *ABBA's* 50th Anniversary by showing *Mamma Mia* and *Mamma Mia (Here we Go Again)* for just **£5.00 plus booking fee per ticket and kids under 16 go **FREE**. Why pay more...!**

By **Faiza Shafeek**

The festival will also be running a daily **Doggy Pageant** with 1st, 2nd, and 3rd place winners each day, and all will receive a fabulous rosette and prizes. Your **Doggies** can come as they are or if you want them to be in vintage style then that would be wonderful too. To enter your **Doggy** please email info@carrotevents.co.uk to get the entry form. **Good luck.**

The *Eastbourne Vintage Festival 2022* will take place during the August Bank Holiday weekend from the 26th to the 29th at *Gildredge Park Eastbourne*, the four day festival is going to be a great one this year, and we are happy to say that Day Entry Tickets are **FREE** for all the family.



So much on offer

With so much on offer such as great live music, dancing, best dressed competition, doggy pageant, vintage funfair, vintage car display and everything vintage from style to antiques, the festival will have a huge festival bar and the *Long Man Brewery Trailer* will be there too! serving their exceptional beers. There will also be a huge variety of great foods offering you delights from all over the world 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.



To Book your Day entry **FREE** Tickets and Open-Air Cinema Tickets which are £5.00 per adult and **FREE** for children are available now at eastbournevintagefestival.co.uk or call us on **01323 405755** if you can't book online.

Prime trading space

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



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Long Man Festival of Contemporary World Music and World Foods



CARROT Events and Carrot Festivals are proud to announce that it is bringing a brand-new Music Festival to East Sussex

By **Faiza Shafeek**

It's the Long Man Festival of Contemporary World Music and World Foods which will be taking place from 23rd to 25th September at Hellingly East Sussex and best of all it's a festival for the whole family.

The festival will feature contemporary music from many

places in the world, and of all types, Rock, Funk, Soul, Reggae, Motown, Samba, Greek, Turkish, Arabic, French, East European, Jazz, Country, Indian, African, Caribbean and much more.

On Friday and Saturday evening after the live music performances the festival will go into Silent Disco mode, which will be super fun.

There will also be a funfair and great food will also be on offer. Our

festival bar will be serving some of Long Man Breweries best beers.

Carrot Events and Carrot Festivals are working hard to make this festival grow year on year and become a yearly calendar favourite set in East Sussex, but we need you to come along to make it so. To book your tickets please go to:

www.carrotfestivals.co.uk
Or call us on **01323 405755**.

We still have some limited prime trading space available for international food types and more so if you want to be one of the festival's prime traders email us at: info@carrotevents.co.uk



Around the world in 80 days

THE experienced Eastbourne Theatres in-house team have worked on numerous in-house productions since they began producing back in 2001.

By **Aimee Pugh**

A brand-new show produced exclusively for Eastbourne, Around the World in 80 Days is sure to be a hilariously funny theatre experience, it even had the cast and in stitches at the initial round-the-table-read-through!

With a whopping 37 scenes, 107 characters plus even more costumes than that and 100's of sound and lighting cues this production is technically very challenging and will stretch the creative talents of this extraordinary team.

The cast, which has been hand-picked especially for Eastbourne includes, the dashing handsome **Nicholas Maude** as indomitable

hero Phileas Fogg plus **Ben Cutler** as faithful valet (and quite acrobatic) Passepartout, **Ben Roddy** as doggedly determined Inspector Fix and **Freny Nina Pavri** as the perceptive heroine Mrs Aouda.

Plus a supporting team of three actors, **Hannah Boyce**, **James Cooney** and **Harry Hart**, who between them all have to recreate over 100 other roles!

Think that's intimidating – try being in the shoes of the costume department,

Shelley Stevens costume supervisor said "We're going to be really pushing it with this production, I'm going to be experimenting with high-strength magnets for some of the quick-change garments. This show is completely crazy and it's going to be great fun we are really looking forward to getting stuck-in!"

The **director Chris Jordan** said: "While there might've been a few sleepless nights about the logistics of just HOW we're going to recreate this incredible journey literally across the globe all on the *Devonshire Park* stage, I speak on behalf of everyone when I say it feels so utterly fantastic to be back with a company of actors who are a dream to work with, and a creative team which features some of the best in the business. This re-birth for *Eastbourne Theatres* summer in-house productions is going to be something very special."

Around the World in 80 Days, at *Devonshire Park Theatre*, Eastbourne from Friday 5th to Saturday 27th August, nightly performances 7.45pm (Tuesday – Saturday) and Wednesday and Saturday 2.30pm Matinees (excl. 3rd August).

Book best seats now, see eastbournetheatres.co.uk or call **01323 412000**, tickets from £21 with great offers for *OVATION* members and concessions available.



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GARDENING

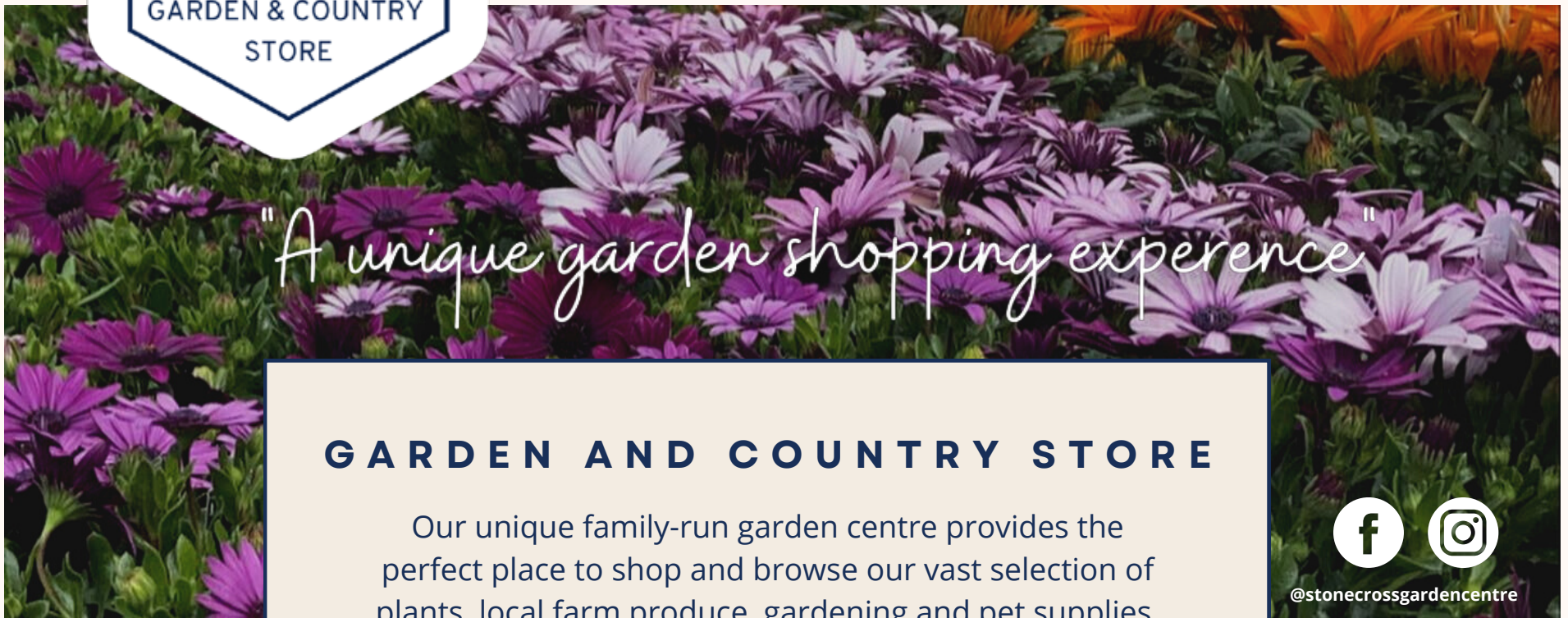
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Discover delicious local produce in our rustic farm shop. Whether you're after locally brewed beer & wine, cheese, jams & chutneys, we have something for everyone!

CAFE



Grab a bite to eat at our cosy cafe which serves up locally roasted coffee, breakfast, lunch and cream teas every day. There's also a play kitchen to keep the kids busy!



Green and pleasant

AUGUST is usually one of the hottest months of the year meaning lots of watering required. Try to use grey water wherever possible, your water butts may be running low despite lots of rain this year. August is traditionally holiday-time, so you might need to enlist the help of friends and family to look after the garden while you are away. When you are at home, take the time to prune Wisteria and summer-flowering shrubs such as lavender once they've finished flowering.

By **Geoff Stonebanks**

Most flowers lose their attraction as they fade, thereby spoiling the overall appearance of your beds, borders and containers. Not only does regular deadheading improve the appearance, it also directs energy into stronger growth and more flowers. Once the flowers are pollinated, seed heads, pods or capsules will form at the expense of further growth and flower development.

National Garden Scheme

This month there are some lovely gardens to see opening for the *National Garden Scheme*. In Hailsham, *Camberlot Hall* opens on both the 13th and 14th of the month. It is a 3-acre country garden, with a lovely view across fields and hills towards the

South Downs. It has been created from scratch over the last nine years with all design, planting and maintenance by the owner. See the new, part-walled garden and summerhouse and its new planting. Walk the lavender lined carriage driveway, see a naturalistic border, vegetable garden, shady garden and a 30 metre white border and exotic garden. It opens from 2pm to 5pm with entry £6.

On the 20th and 21st, *Butlers Farmhouse* opens the garden gate to visitors in Butlers Lane, Herstmonceux. It is quite a quite a quirky garden, with surprises round every corner including a rainbow border, small pond, Cornish inspired beach corners, a poison garden and secret jungle garden. Great views of the South Downs too. Picnics are welcome and you can enjoy live jazz in the garden as well. It opens from 2pm to 5pm with entry £6.

Over in Lindfield on the 29th August there are a pair of gardens opening with a joint admission, Lindfield jungle, 16 Newton Road and 47 Denmans Lane. The former, a surprising, intimate garden, transformed into an atmospheric jungle oasis planted for tropical effect. The latter, a tranquil 1-acre plot planted for year-round interest. They open from 1pm to 5pm with £6 joint admission.

Full details on all four plots at: www.ngs.org.uk

Summer pond care

Ponds are a lovely addition to any garden and can provide a rich habitat for a range of wildlife. However, without care they can soon become an eyesore with overgrown plants, weeds and water that is unhealthy for fish and other wildlife. Occasional cleaning and regular maintenance are required. Water evaporates during windy or hot weather, leading to the water level dropping. The reduced surface area can be damaging for fish, as there's less oxygen available, so top up the pond if necessary. Ideally use rainwater from a butt. If you do have to use tap water and you keep fish, add the tap water gradually in small amounts to prevent the cold liquid shocking the fish in the pond. Installing a water feature to keep the surface bubbling gently is generally a good idea. Floating weeds can quickly cover the surface of a pond if left unchecked, so swirl these out with a stick or use a net to scoop them out. Leave weeds and algae on the side of the pond overnight, so that larger creatures can return to the water.

Alstroemeria Indian Summer

Alstroemeria Indian Summer is a clump forming perennial with unique chocolate brown foliage and contrasting red, orange and yellow flowers which bloom continuously

from May until the first frosts. They are very exotic looking, also called Peruvian Lily, it is a vigorous perennial with coppery-orange and golden-yellow flowers that are ideal to brighten up the garden. They keep flowering all summer and are naturally hardy to about -7°C. *Alstroemeria* likes well-drained soil with plenty of organic matter. They prefer full sun in order to flower well and should be grown in reasonably fertile and well-drained soil. I've had two clumps of them for several years now, one plant originally grown successfully in a large container, but now planted in the ground. You can see the flowers in the header.

Hedge care

I've been busy this week trimming the many hedges in the garden, mainly *elaegnus*, sea buckthorn and *grissolina littoralis*. All three are really good seaside shrubs but do need to be kept in check, especially the buckthorn. I prefer to trim mine through the summer with secateurs, just cutting off the new haphazard growth so as not to spoil the overall look of the hedge, just using electric trimmers at the end of the open garden season and again in the spring. I do think it makes a real difference as the electric trimmers are quite savage on the leaves. Needless to say, once this job has been completed then a trip to the local dump is required to get rid of all the excess debris.

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

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

WINTER GARDEN

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