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09/22

Issue 027  
September 2022

Page 10

Pages 29-38

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Lightning Fibre CEO & Founder Ben Ferriman and team members present cheque to CWCF.

# Lightning Fibre is proud to be supporting the Children with Cancer Fund

**ITS staff football team recently played against *Openreach* in a charity game, raising £2,018 for the *CWCF*.**

By **Peter Lindsey**

**It also donated £850 to cover the cost of all the materials needed to build a really useful new outbuilding for them.**

Rob Reaks, Head of Sales & Marketing, said: "Chris Downton, *CWCF* Founder, raised this funding need during a *Chamber of Commerce* meeting, telling members that they had run out of storage space and desperately needed a solution. We were happy to jump in and support this great local charity – especially as we're neighbours here in Polegate."

*Lightning Fibre* is a community-centric local business, building a new full fibre network for Eastbourne and East Sussex. It supports local grassroots football, 'sponsors a beach' in Eastbourne and helps many local good causes.

## Help and support

Chris praised the *Lightning Fibre* team.

He said: "We are all very grateful for the help and support we have received from *Lightning Fibre*."

"Make no mistake, their team has made a big difference to this small local charity."



Mayor Pat Rodohan and Ben Ferriman at CWCF new office opening.



CWCF new office opening.



CWCF new office opening.

# CWCF celebrate opening of new home

**LOCAL charity *Children with Cancer Fund – Polegate (CWCF)*, has recently celebrated a huge milestone in the 24 years since it was founded, with an official building opening at its now-permanent home in Willingdon.**

By **Issy Taylor-Gallardo**

**Staff, volunteers, patrons and donors all came together to celebrate a successful public fundraising appeal to purchase its office, which is the home and heart of the charity. The Lord Lieutenant of East Sussex, Mr. Andrew Blackman, joined the celebrations with a formal ribbon cutting to welcome the guests into the office to see where the magic happens. Also in attendance was the Mayor of Eastbourne, councillor Pat Rodohan, and deputy Lieutenant as well as patron for the charity Mrs Juliet Smith JP DL.**

## Long-term stability

Music by *The Rolling Sea's Ukulele band* welcomed guests to the forecourt, as founder Chris Downton said a few words to thank all the amazing people who not only donated, but supported the charity in its endeavour to make 4 The Triangle its permanent base. This is hugely significant for the charity as the building provides long-term stability to staff and volunteers, as well as the families it supports, removing rental costs which means funds can instead be directed straight to where they are needed most – children with cancer.

The local community came together to find out about what goes on in the day-to-day running of the charity, which has recently involved a trip to *Drusillas*, mini golfing, random acts of kindness sending families off to their first concerts together, and afternoon tea deliveries straight to their front doors.

## Help mark the occasion

Things have come a long way from the original kitchen table in 1998, but the charities mission and purpose remain the same. *CWCF* will continue to fight childhood cancer as they know best, supporting families when they need it, helping with the small things like buying school uniforms, providing parking permits for hospital trips, organising mini breaks away to offer respite from the effects of treatment, and bringing families together to create memories.

As the charity looks ahead to next year, they will be turning 25 years old, and with this they are looking to get together 25 groups or companies/businesses to hold events to mark each year of supporting families with cancer. If you have a fundraising event in mind which you think could mark the occasion, get in touch as the charity would love to hear from you!

With many more exciting events coming up for the rest of the year, *CWCF* are also looking to recruit



volunteers, so if you can help, please call **01323 488561** or email **info@childrenwithcancerfund.org.uk** to find out more.

Additionally, the biggest way you can make a difference is with a monthly donation, which you can easily do by scanning the QR code with your phone camera, thank you.



For breaking news 24/7, log onto our news website at  
[www.bournefreelive.co.uk](http://www.bournefreelive.co.uk)



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

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# What a great summer for our town

**AS we move into September, what a great summer it has been here in Eastbourne.**

By **Peter Lindsey**

**Lovely weather, a bumper Airbourne and visitors returning to our town in their thousands.**

Here at *Bournefree*, we've had a busy month as ever and both our online and print presence continue to develop further.

In August, our *Facebook* page alone was read by more than 67,000 people. That's a huge number.

Remember, on social media we tend to 'break' news whereas what appears in the magazine is more featurish and focusing on businesses,

groups and other community organisations and individuals.

The most popular online story in August was – wait for it – news that *Wimpy* is reopening in Eastbourne Town Centre. People love food stories.

Last month was also examination results time for thousands of our young people, and it was great to see so many do so well.

*East Sussex College* students did incredibly well – and they booked a four-page WRAP around this edition of *Bournefree* to celebrate that success.

WRAPs are available to advertisers, so please contact us if you are interested in that.

Health, beauty and wellbeing is the focus of this month's pull-out, and as we reach September, yes our thoughts have already moved onto Christmas and the festive season.

If you own a business or are planning a festive event, now is the time to reach out.

We are doing some great deals for those wishing to advertise September–December 2022.

It's nice to hear of positive developments at *Eastbourne Borough FC* – the premier football club in our town.

First, the club's home is now called the *So Legal Stadium* after a sponsorship deal with a successful Eastbourne company.

And it has also joined forces with *Eastbourne Boxing Club* to hopefully build a new boxing and fitness gym.

We are living in tough times with the cost-of-living crisis – so such groundbreaking new ideas are to be welcomed.

The summer holidays are over (sorry) and it's time to have a cracking September and look forward to Christmas and, dare I say it, 2023.

And as ever, if you want to be part of *Bournefree*, contact us today. Details of who and where we are can be found on this page.

## 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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# Walkers rise to the challenge

**IN bright evening sunshine, the 1257 entrants set off on the 2022 Beachy Head Lighthouse Challenge.**

By **John Wilton**

**They were taking advantage of one of the very few days when it is possible to walk to, and then round, the lighthouse.**

*Eastbourne AM Rotary Club, with help from Eastbourne Round Table, marshalled the event.*

*Members from St John Ambulance were on hand to provide first aid.*

*From registration fees and donations, £8,974 was raised, half of which will go towards the re-paint of the lighthouse.*

*The remainder will be donated to the RNLI, St John Ambulance and to a Ukraine fund for temporary housing for people in Ukraine who have been made homeless as a result of the war.*



Photo: Rupert Kirby.

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# Pavilion set for makeover

**SHOES Simes has a long track record of success in the Eastbourne hospitality sector.**

By **Peter Lindsey**

**She purchased the Dew Drop Inn in 2007, The Eagle in 2009 and The Rainbow in 2019.**

Now she has set her sights on transforming the well-known Pavilion café and Redoubt gardens.

Her plans include the rebranding of the Pavilion to the 'Glass House.' She said: "As a local businesswoman and Redoubt resident, it is very exciting to work with Eastbourne Borough Council to update and showcase this much-loved building.

"I am delighted for the opportunity to deliver an exceptional new café, bar and restaurant on Eastbourne's seafront."

supporting events, community groups, a place to meet, and culture for all ages."

It will once again be a destination for community and visitors to eat, meet, relax, and celebrate.

She said: "The café and gardens work symbiotically, a working gem in the heart of the community,



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# Volunteer with Eastbourne Samaritans

**BE there for people who need someone.**

By **Gail McKay**

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“There is a big demand for our services and our 120 volunteers



answer nearly 20,000 calls per year. We need more volunteers. You don't need to have been through a particular life experience. Anyone who wants to listen to others, is tolerant and open minded is welcome to apply and we will provide a complete training programme for you, along with a very supportive community.

“Can you spare four hours per week to help others? We find the role very fulfilling and humbling in being able to help in some small way by being there for people who need us”.

If you are interested in finding out more about us, please do get in touch about future information evenings.

Application by email: [Eastbourne.BranchRecruitment@samaritans.org](mailto:Eastbourne.BranchRecruitment@samaritans.org)

Visit our website: [www.samaritans.org/branches/eastbourne](http://www.samaritans.org/branches/eastbourne)

**13 Bolton Road, Eastbourne BN21 3JT**



# Eastbourne Soapbox Race 2022

**AFTER a successful inaugural year in 2021 which saw 35 teams and thousands of spectators, the popular contest will return on Sunday 25 September 2022.**

By **Harry Farmer**

**The fun event sees entrants building their own non-motorised soapbox in order to race each other along the seafront. The race will take place on Dukes Drive and finish at Helen Garden.**

Spectators can watch the wacky creations as they hilariously whizz around corners with the help of gravity, in the hope of staying in one piece by the time they reach the finish line.

Cash prizes will be up for grabs for the fastest soapbox and the wackiest creation.

The free to watch event will see participants take to the course which is just under 350m long and will contain various jumps, crazy bends, and hay-bale chicanes, not

to mention the outlandish outfits and soapboxes on display.

Eastbourne Borough Council's Lead Member for Tourism and Culture Councillor Margaret Bannister said, “This is a very welcome return for the Seafront Soapbox Race, a real fun event for both participants and spectators.

“Last year's event was a huge success and thousands of people lined the route to watch the fun, fearless and foolhardy entrants race along the seafront.

“Whether it's raising your company profile, doing your bit for charity or a project between family and friends, we'd love to have you involved.

“Making and completing your wacky creation doesn't have to cost the earth plus you can have a great time building it.”

[EastbourneSoapbox.co.uk](http://EastbourneSoapbox.co.uk)





# The Countdown begins for a new shopping and leisure experience

**FOUNDRY will be throwing open its doors to a new shopping and events experience and a fantastic mix of retail offers in *The Beacon* in September.**

**Top gents' barber *Teddy Edwards* has made a great name for itself in Brighton & Hove, and now has its sights firmly set on Eastbourne. It will be one of the anchor stores and will be open for business early September.**

## **Brilliant experience**

*Teddy's* celebrates its 10th anniversary next year. It has award-winning barber shops in Brighton, Hove and Worthing. Founder Alex Burt said a great destination for hair needed to be "a balance of brilliant customer experience and outstanding service."

By **Tim Cobb**

Also signed up is *Tropic Coffee Co.* Founder Howard Kaye explained: "*Tropic* prides itself on providing a perfectly blended cup of coffee using our hand selected beans carefully curated for *Tropic*. We will encourage our customers to scrap the age-old 'Grab & Go' concept and instead to slow down and take a few minutes to themselves, to reflect, to be aware of their surroundings and enjoy a freshly prepared cup of coffee."

## **Fantastic line-up**

*FOUNDRY* is a joint initiative between Adam Walker and *Beacon* owners *Legal & General Investment Management*. Adam said he was delighted to be welcoming *Teddy's* to the ground-floor retail and leisure area. "This award-winning barbers is an amazing vote of confidence in *FOUNDRY*. We are going to have a fantastic line-up of independent



Adam Walker.





**FOUNDRY is gaining significant traction and there is already a great buzz around the place.**

shops and traders when we open this month and will be introducing more great retail entrepreneurs throughout the summer.”

**Boutique stores**

The ground floor level of *FOUNDRY* will be open to shoppers seven days a week. It will comprise ‘boutique’ stores for independent retailers to launch an idea in front of millions of shoppers that pass through *The Beacon* annually. The ‘Host’ or events spaces are now being programmed for pitches, product launches, corporate get-togethers and panel talks.

Adam and the team are reviewing applications from operators for the four health and wellbeing or treatment rooms. “We’ve got our ‘Northstar’ for the retail & events offer and have a list of sectors and entrepreneurs we would like to talk to,” he explained. “They could be stylists, nail technicians, podiatrists, chiropractors, sports therapists. In fact, we are working with *Booksy* and would like to talk to any non-surgical procedure professionals to see if they could find a wonderful new home in *FOUNDRY*.”

One of the first retailers to open in *FOUNDRY* is *Crystallis*, a female-owned boutique business born from the Covid lockdowns.



Stunning crystals at *Crystallis*.



*Crystallis*’ Emily Gregory explained: “We pride ourselves in sourcing the highest quality crystals from around the world. We work closely with our trusted suppliers to ensure that all our crystals are ethically sourced and the miners working directly on the ground have safe working conditions and fair pay. We stock a range of high-quality crystals for all budgets, but specialise in sourcing one of a kind statement pieces to add something special to your space.”

Also joining the growing *FOUNDRY* ranks of retailers and business users is Rosamund Graham, 29. She moved to Eastbourne at a young age and attended secondary school in the town. After studying BA Japanese at London’s *SOAS university*, she joined Okamura – Japan’s leading office furniture manufacturer.

As Key Account Manager for the company’s London branch, Rosamund focuses on sales, client relations and a fair smattering of Japanese to English translation checks. She gets enjoyment from Eastbourne and all the natural beauty surrounding it. She can often be found up on the hills or dunking herself in the sea.

**Mental health support**

Adam is putting mental health at the top of his agenda. “There is much greater awareness today about the stresses and strains that we are under. I am passionate about being able to offer mental health support here at *FOUNDRY* and having *Teddy Edwards* in the community is a great start. We are in talks with a number of brilliant local mental healthcare professionals.”

Meanwhile, the co-working hub on the first floor has attracted huge interest across the Eastbourne business community. “Sixty per cent of the offices or studios are now occupied, and we are interviewing a number of

**Unique place**

A centrepiece of the brand new *kid on the block* is a large timber amphitheatre connecting the two floors where communal and meeting zones will enjoy a great sound



local businesses about the remaining studios,” Adam said. “There’s been great feedback for our boutique members lounge and beautiful resident desks. The place is gaining significant traction and there is already a great buzz around the place.”

*FOUNDRY*’s mission is about empowering the local business community, giving them space to think differently. It will be the first of 10+ locations within the next three years.

With a large footprint over two floors, *FOUNDRY* Eastbourne offers a range of office work-spaces to suit all sizes which can be rented by the day, week or month.

system, live DJs, locally roasted coffee and a drinks bar with pop-up food traders. This offers members unique places they can gather, network, perform, chat and work.

If you would like to discuss the retail opportunities on the ground floor or have a look round the chilled co-working spaces upstairs, head to [www.foundryuk.com/eastbourne](http://www.foundryuk.com/eastbourne)

**FOUNDRY**

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# An incredible four days



Photo: Claire Hartley.

## IT was one of the most popular *Airbournes* ever.

By **Peter Lindsey**

### Hundreds of thousands of visitors flocked to see the flying displays over Eastbourne seafront.

Visitor numbers remained strong, despite the planned rail strike, with overflow car parking opening to accommodate the extra air show visitors.

There was a significant increase in programme sales and brand-new grandstand seating selling out in advance of the show.

Councillor Margaret Bannister, Lead Member for Tourism & Culture said “We’ve had an incredible four days here in Eastbourne with sunshine, crowds, and some awesome flying displays – we’re so delighted to see so many visitors return after a two-year absence, to support the show.

“Saturday was quite possibly one of our busiest days ever here in Eastbourne, with our robust overflow car parking plans quickly coming into effect to accommodate those additional visitors who were unable to travel by train!

“The work now begins to collect and count in programmes sales and donation boxes from all the outlets and retail partners across the town, before we can make any decisions on the future of the show.

“Our thanks go to all our sponsors, emergency services and volunteers

who have so generously given up their time and resources to support the event.

“We also give grateful thanks to the *Airbourne* fans who have kindly donated to keep the show going. If you haven’t had a chance to donate yet then you can still do so at [SaveAirbourne.com](http://SaveAirbourne.com), with 30% of the proceeds also supporting local charities.”

There is still time to donate or order merchandise. Visit [EastbourneAirshow.com](http://EastbourneAirshow.com) for more details.

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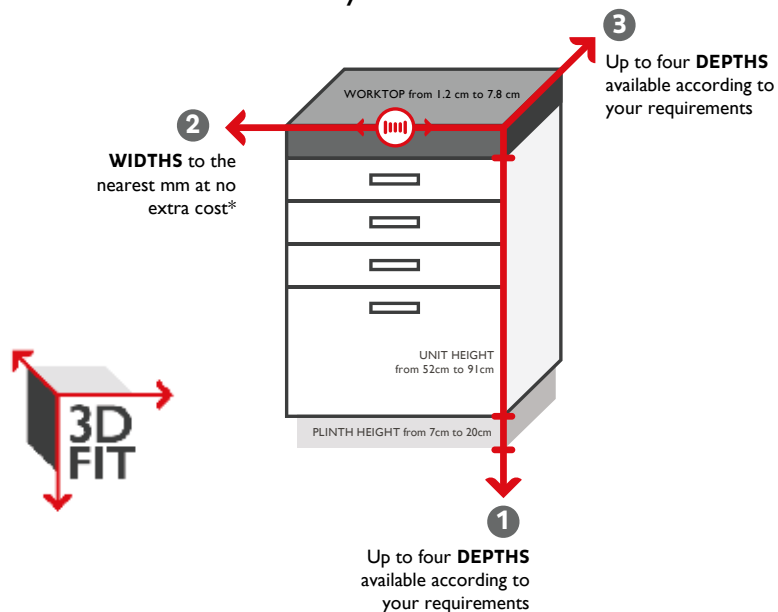
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September 2022

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St Wilfrid's Hospice



Rupert Colkett, advocacy manager at Eastbourne Foodbank.

# Employment support can help Eastbourne Foodbank guests out of crisis

**EASTBOURNE Foodbank explores the options for people able to work and helps answer questions about how employment affects benefits.**

By **Juliet Mead**

**Helping people out of crisis and reducing their need to access emergency food is top of the priority list for Eastbourne Foodbank. Finding ways to maximize the incomes of foodbank guests is a large part of our work but those first steps into employment can be tough and there are bound to be questions. Here are some of the most common concerns:**

**I'm not in work and I am feeling isolated and low in confidence. I think employment could help, but I feel out of touch, don't have a CV and I just don't know where to start. Can I get support with the process?**

Yes you can! The good news is there is plenty of support available in Eastbourne and we signpost to agencies, such as *People Matter*, *SCDA* and *Possibility People*, which help prepare you

for the process both practically and emotionally. Entering the world of work can be a very frightening prospect but with the right support, employment can boost, not only your income, but also your mental wellbeing and give you a feeling of purpose through social interaction – helping to reduce feelings of isolation and low confidence.

**I receive benefits and I'm worried they will be cut completely and I won't be any better off in employment, maybe even worse off. Is that true?**

It is absolutely not true that your benefits will be stopped completely. In fact, *DWP* data for May 2022 shows more than 40 per cent of people on *Universal Credit* were in employment – that's a total of 2,255,603 working people using *Universal Credit* to top-up their income.\* In fact, there are a number of people already in employment, on lower incomes, who could be missing out on benefits because they're unaware they are eligible. There are several free websites to help calculate your entitlement.

Most people will be financially better off if they are working, but it may not be by a huge amount. However, if you are able to work, employment could have a positive impact on your wellbeing and your pocket.

**I have children and I'm convinced I won't be able to afford the childcare I need to go out to work. What options are available to me?**

Expense considerations are important when starting a new job and for people with dependent children, childcare is often top of that list. Parents of pre-school children aged between three and four can apply for up to 30-hours free childcare. For school aged children, you can apply for Tax-Free Childcare to get a top-up of up to £2,000 per year, per child until the September after your child turns 11. If a child has a disability this top-up doubles to £4,000 and is available until your child turns 16. For *Universal Credit*, you can claim back up to 85 per cent of the cost of childcare, if you're in work and your children are under

16, up to a maximum of £646 for one child and £1,108 for two or more children – but you will only be reimbursed after your childcare has taken place.\*\*

Promoting employment and encouraging foodbank guests to check their eligibility for benefits are two of the approaches *Eastbourne Foodbank* advocates use to help reduce poverty and hunger in our town. We want to work towards an end for the need for foodbanks but with an increasing amount of working families in crisis across the UK, we know these efforts will not be enough to change what is expected to be a very bleak winter. *Eastbourne Foodbank* will continue to support people through this tough time, but a foodbank parcel won't pay the fuel bill. We believe a change in policy is needed to make sure people have enough money to afford the basics.

## July Statistics

(People receiving three days' emergency food between July 1, 2022 to July 31, 2022)

 **Adults 1,318**  **Children 632**

 **Meals – 19,500**

Percentage increase on the previous year (July 2021): **95%**

\*DWP statistics – <https://stat-xplore.dwp.gov.uk/webapi/jsf/tableView/tableView.xhtml>  
 \*\*Rosie Hamilton, July 5, 2022 – [www.moneysavingexpert.com/family/childcare-costs](http://www.moneysavingexpert.com/family/childcare-costs)

# Two huge steps forward for the Borough

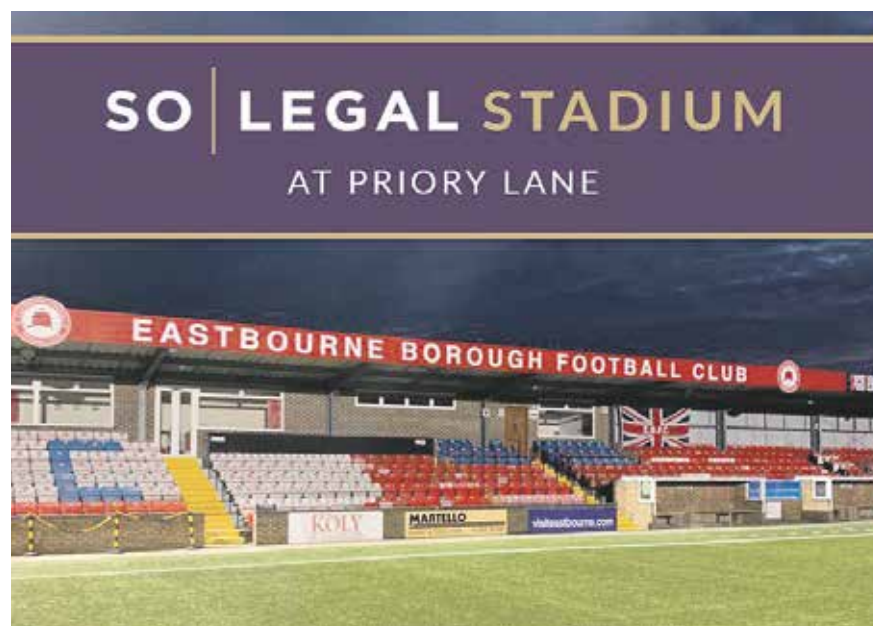
**THERE have been two massive developments at Eastbourne Borough FC in the past few weeks – and both are incredibly positive.**

By **Peter Lindsey**

**First, following a new stadium sponsorship agreement, its stadium is now named *The SO Legal Stadium at Priory Lane*.**

This new and exciting sponsorship deal will initially run until the end of the 2023/24 season.

*SO Legal* is a local firm of solicitors with offices across the South East, and now expanding into the North West of the country.



*SO Legal* was established in Eastbourne in 2016 and takes its name from the company's two founders, Hamed Ovaisi and Jamie Salvidge.

"Hamed and Jamie are both huge football fans, and already known to some supporters," said Chairman Dave Blackmore.

"It is fabulous to have them and their company supporting the club with this agreement. Priory Lane will always, of course, be Priory Lane in the hearts and minds of our supporters. We've simply added a dimension. Stadium naming agreements, common across football, are a brilliant way of raising our profile alongside our new naming partners. Everyone wins. I know that Hamed, Jamie and their colleagues are as excited as we are about this new partnership."

Second, *Eastbourne Borough* and *Eastbourne Boxing Club* have announced a major new project. The two clubs have entered detailed discussions and come up with firm plans to build a new state-of-the-art gym and fitness centre at the *SO Legal Stadium* at the Lane.

It would be built at the eastern end of the ground – the "River End" to Sports stalwarts and would include a viewing area on to the football pitch,

rather similar to the Mick Green Stand at the opposite end.

But this project will include very much more, in terms of fitness and training facilities beyond simply boxing.

A Joint Venture Vehicle has been set up, led by Borough vice-chairman Paul Maynard and Boxing Club chairman Adam Haniver.

Paul explains: "With professional support from *England Boxing*, *Sport England* and similar bodies the JVV will apply for funding, supplemented by crowd and other fundraising initiatives to plan for, design and build a bespoke boxing and fitness gym on land owned by *EBFC*.

"This will include a gymnasium on a first-floor mezzanine, a matted exercise space, a coffee shop (manned or automated), a merchandise shop/office area, male and female changing rooms, youth changing rooms and one or more meeting rooms for use by both organisations. The boxing gym will be on the ground floor, and overlooked by the mezzanine."

The centre's design will be influenced by similar state-of-the-art facilities such as the *British Army Boxing Centre* in Aldershot (pictured below).



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# Return of the sleeper trains

**LIKE everyone else, it has been no travelling abroad for me during the pandemic, so I was at last pleased to rectify things with a short trip to France last month. It was certainly good to see everything back to normal without any forms to complete and not even a request to show my proof of vaccinations, and the only one difference was actually having my passport stamped.**

By **Martin Wellings**, Personal Service Travel

**I did suggest last month that if going away for just a few days, a cabin bag might be best to avoid any baggage delays, but I need to add that with recent changes, a standard cabin bag is now charged extra. Easyjet have started charging around £65 for a case brought into the cabin that is anything greater than a very small one that fits under the seat in front of you. This is unfortunately a retrograde step that is likely to be followed by other airlines, as they are all wanting to make their fare look cheaper.**



**Overnight sleeper services**  
No such issues with rail travel which is certainly increasing in popularity and with many new services, it is a more enjoyable way of getting to the nearer European destinations. After a gap of over twenty years, the French have re-introduced some of their overnight sleeper services and one such train goes overnight to the Cote d'Azur so that you wake up looking out over the glistening Mediterranean – a great start to the holiday.

I don't know if we shall ever see a return to the other rail service – the 'Car Sleeper Express' which used to operate. This was a great way to take your car on the continent and saving the long drive south, so

you simply take your car with you on the train and sleep overnight arriving fresh the following morning. I believe that it was the cheap flights that put an end to this service, but with fares increasing and more importantly, car hire rates showing new high tariffs, we might still see a return of these trains.

### Winter sunshine

The summer seems to have zipped past already and anytime soon we shall be getting our winter sunshine brochures and although it is not intended to sound somewhat glib, with all the gloom talked about energy prices, a week or two away from home during the colder months does give an added benefit in the saving on home heating.



## Australia and New Zealand

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## Creative co-working revolution set to touch down in Eastbourne

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

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

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

A centrepiece of the brand new kid on the block will be a large timber amphitheatre connecting the

two floors where communal and meeting zones will enjoy a great sound system, live DJs, locally roasted coffee and a drinks bar with pop-up food traders. This will offer members unique places they can gather, network, perform, chat and work.

FOUNDRY is part of the wider Future Retail Blueprint launched by Denz Ibrahim, Head of Retail and Futuring at LGIM, in 2020. Its aim is to focus on the customer experience and expectation and



Foundry co-founder Adam Walker

to re-imagine their retail places to meet these requirements. This involves re-modelling and future-proofing its shopping and retail centres across the country.

**To book a tour, or to find out more about FOUNDRY Eastbourne, email [hello@foundryuk.com](mailto:hello@foundryuk.com) or visit [www.foundryuk.com](http://www.foundryuk.com)**

## Love letters from Eastbourne



**A giant 'Hollywood-style' sign has been installed on Eastbourne seafront.**

**#ILoveEBN and you could win £250!**

Now West of the bandstand, the 'giant' two-metre-high letters first appeared in December at the Eastbourne Winterland and have been touring the town at surprise locations since then.

Christina Ewbank of Eastbourne unLtd Chamber of Commerce

said: "They have pride of place on Eastbourne promenade near the Wish Tower, and will soon be found in Victoria Place, at the seafront end of Terminus Road.

"They will remain on the seafront throughout the summer so that people can take selfies and photos with the love letters and share them on social media using the hashtag #ILoveEBN. There's also a chance to win a prize of £250 for the best picture."

The giant letter installation is a joint project between Eastbourne Hospitality Association, the Eastbourne Shed in Fort Lane and VisitEastbourne.

The letters have been crafted by the people at Eastbourne Shed, an Age Concern scheme which brings together a community of individuals aged 50+ to work on woodwork projects - as well as help tackle loneliness and dementia with community initiatives.

The council said the letters were made using recycled wood - including used wood from the groynes along Eastbourne seafront.

The 'I love EBN' letters also have some solar lighting so that they can illuminate at night, according to a spokesperson from the council.

EBC's head of tourism and culture Annie Wills said: "People have

**#ILoveEBN  
and you could  
WIN  
£250!**

*been following our 'love letters' as they journey around the town spreading love and cheer.*

*"Now they have moved to the seafront and Victoria Place for the summer and I am sure more people will see them and share the love.*

*"If you see them, why not snap a picture, and share it through your favourite social media channel for a chance to win a prize?"*

*"Use the hashtag #ILoveEBN for a chance to win."*

**For more information visit [www.visiteastbourne.com](http://www.visiteastbourne.com)**

## Join today and reap the rewards!

**Eastbourne unLtd Chamber of Commerce is the largest town based Chamber in the South East, so becoming a member will connect you to a large business network offering support, advice and opportunities for you and your business to grow.**

Our members not only benefit from the varied events programme we offer but membership also enables them to submit an editorial for inclusion in this publication. This offer is free exclusively for our Members.

**Annual membership starts from as little as £59+vat per year – Join today, it's a complete no brainer!**

## Cheaper Travel on Stagecoach Buses

**To boost passenger numbers back towards pre-pandemic levels, Stagecoach has announced cheaper bus fares are coming to East Sussex.**

Working with East Sussex County Council, the bus company are offering cheaper fares to travel around the county. From Saturday 6 August, three new bus tickets will be available on its buses in East Sussex; a £5 East Sussex 'DayRider', free travel for accompanied children and young people and a limited offer of single fares for just £1 for children and young people.

Working jointly with the council who are helping to fund the initiatives, Stagecoach is trialling the £5 day ticket that offers

unlimited travel on all its buses in East Sussex. The initiative will create more affordable bus travel enabling people to get around the county on its bus networks for just £5. The ticket will be available to purchase on board or via the Stagecoach bus app.

Stagecoach is also offering free travel for accompanied young people this summer. The scheme allows up to four children aged between 5-18 years, to travel for free with an adult who has a valid ticket or concession pass.

For young people travelling independently, a £1 single fare will be available on any bus journey in East Sussex. This offer will be available up to 31st August.



Joel Mitchell, Managing Director of Stagecoach South East said: *"It's incredibly important to us that we are providing a sustainable and affordable service for our communities, especially at a time when family budgets are under pressure due to the cost of living".*

**Further information on the new East Sussex bus fares can be found on the Stagecoach website: [www.stagecoachbus.com/promos-and-offers/south-east/explore-east-sussex-for-less](https://www.stagecoachbus.com/promos-and-offers/south-east/explore-east-sussex-for-less)**

## The Dotto Train drives on!



**Stagecoach has announced that Eastbourne's popular Dotto Train, will be extended to run until October for visitors and residents. It normally finishes when the children go back to school but has been extended due to popular demand.**

Having returned this year after a difficult two years of disruption, the Dotto, running from Holywell Retreat to Sovereign Harbour, has already attracted over 13,000 passengers in what Stagecoach says has been a phenomenal start to the season.

The land-train recently had a renovation to update its livery to honour the town. Featuring Eastbourne's cliffs, the iconic pier and the aircraft seen at the famous Eastbourne Airbourne.

Customers can travel on the service all day long for just £5, with children travelling for £2.50, allowing passengers to hop on and off all day.

James Third, Operations Manager at the company's Eastbourne depot said, *"We have had a brilliant season with Dotto and we are thrilled to be extending it to Sunday 2nd October."*

**For further info including the full timetable visit: <https://www.stagecoachbus.com/promos-and-offers/south-east/dotto-train>**

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by Gareth Harding

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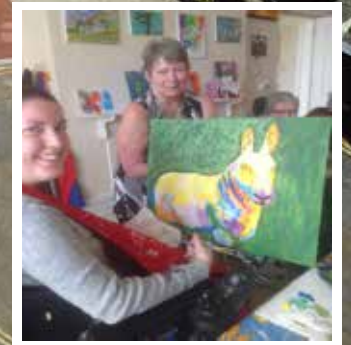
## New members for August

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# The Chaseley Trust

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



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

## We offer residents:

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

## We offer staff:

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

## We offer the community:

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

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

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





# Chaseley residents enjoy Airbourne

**CHASELEY** may still have some restrictions in place with regards to visitors into their home, but the team were determined to ensure the residents and their loved ones could enjoy the return of *Airbourne* together.

By **Jodie Cornford**

**A full weekend of celebrations took place at the home and residents enjoyed all four days of *Airbourne* in the garden.**

Festivities included an afternoon of cheese and wine, as well as a delectable high tea to close the

weekend. Chef and his team served up a delicious BBQ for the staff and residents, as well as a lovely summery ploughmans for residents and their loved ones to feast on whilst watching the planes in the garden.

A great weekend was had by all and *Chaseley's* Fundraising & Marketing Manager Jodie shares with us "on behalf of the Senior Management Team I would like to

thank the staff and volunteer teams for all their hard work to ensure the weekend was such a success. We also want to share our thanks and appreciation to our residents loved ones, for their kindness, generosity, support and understanding over the last couple of years. Finally, thank you to our residents for trusting the team to support them on their journey and for making every day at work special".



**The main source of *Chaseley's* funding comes from residents' fees, which cover the cost of their care package and contributes to the daily running costs of the home.**

Various commissioning bodies fund the majority of resident care packages and they have just 5% surplus to fund all their additional costs, including the upkeep of their beautiful building, upgrading their equipment, and to provide the extra social and recreational activities and services that enhance the comfort and well-being of their residents, which is why they rely on donations and fundraising.

*Chaseley* is an independent charity-owned care home located in a stunning location on Eastbourne's seafront. It is a 55-bed home that specialises in long-term nursing and respite care for people with complex disabilities, such as Acquired and Traumatic Brain Injury, stroke, spinal cord injury and degenerative neurological conditions such as Multiple Sclerosis, Motor Neurone and Parkinson's disease.

Their multi-disciplinary approach to care and rehabilitation includes physiotherapy, occupational therapy and recreational activities, ensuring their person-centred approach is focused on individuals regaining as much independence as possible, so that their psychological well-being and emotional balance are maintained. In addition to this their facilities included an on-site, fully accessible gym specifically designed for people who are disabled and living in the community.

If you feel that you could support *Chaseley* by making them your Charity of the Year or potentially host an event on their behalf, please contact Jodie on **01323 744200** or [fundraising@chaseleytrust.org](mailto:fundraising@chaseleytrust.org)

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# WriteRead...

## supporting the development of reading and writing

### **BUILDING the foundations for a lifetime of learning.**

By **Di Writer**

**Di Writer founded WriteRead in 2018. As a local educationalist she wanted to support families with their children's development of both reading and writing.**

Her belief is to use phonics, which are the smallest sounds in language, from birth. The alphabet does

not support reading and writing development, yet all children are taught it from a very young age. Phonic knowledge allows children to build up and break down words more easily.

The introduction of pure sounds (phonics), she believes, needs to be normalised into language development from birth, rather than leaving until later on in the child's development.

At WriteRead we want to help demystify phonics. Normalising the use of pure sounds into our everyday lives, through immersive learning. Babies through to



adults can break down barriers for their reading and writing, making it as easy as possible. WriteRead has developed resources to absorb the very youngest, through to older children and adults. Introducing phonics through our Pure Sounds Programmes will support your child's whole learning journey. Learning needs to be fun, the more fun we have, the more we learn.

Please do contact Di Writer through the website for more information. Di speaks at events, works with Nursery Schools and exhibits at Educational conferences.

"A simple change will impact a lifetime."

Please join the WriteRead community at [writeread.co.uk](http://writeread.co.uk) to receive our latest news, updates and events.



## Support with Reading and Writing Development



*"A simple change will impact a lifetime"*

WriteRead normalises phonics into everyday life from birth to adulthood.

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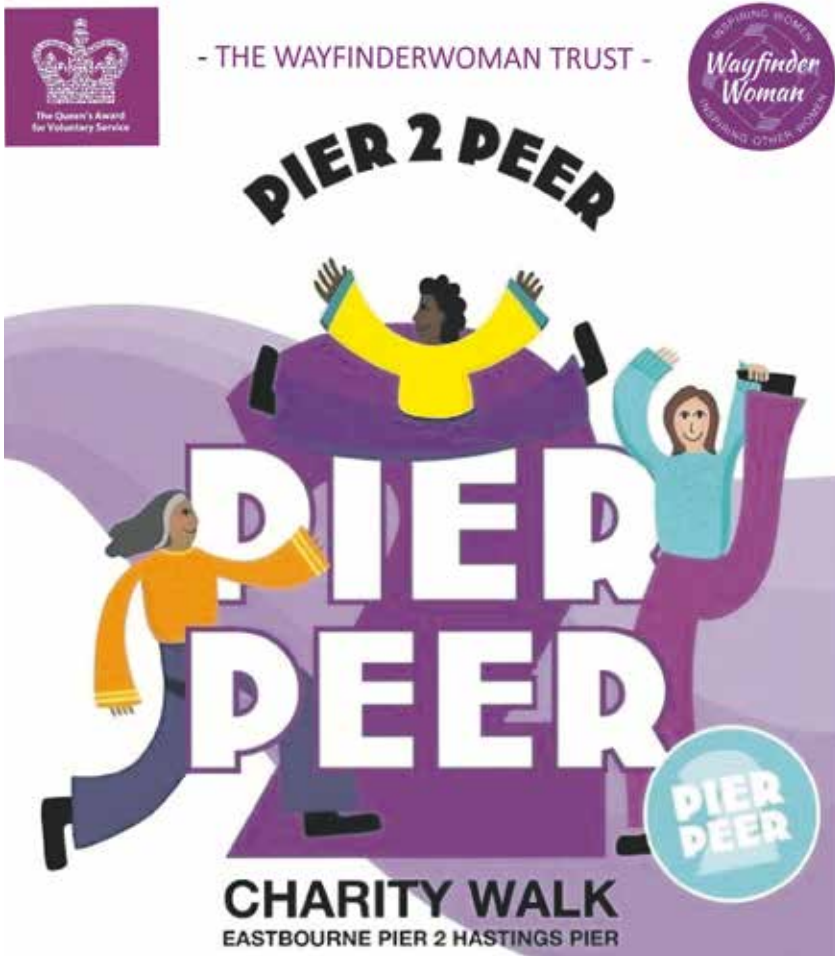
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# Wayfinder Woman Fundraiser

**THE *Wayfinder Woman Trust* is run by women, for women. Its for those who are feeling anxious and uncertain about themselves or their future, by building their self confidence and skills.**

By **Gail McKay**

**Pier 2 Peer is their major fundraiser coming up on 1st October 2022.**

The Eastbourne to Hastings walk is to raise funds to keep the drop-in hub open in St Leonards Road.

Do you know anyone who would like to take part in this? You can walk, run or cycle. Individuals, teams, families can take part.

*Lightning Fibre* are putting together a team, as are *Marlow Ropes* and *Freedom Leisure* are coming on board too.

It's going to be great fun and you don't have to do the whole route to get a medal.

£10 to register and then a request to raise at least £25 in sponsorship if you can. Children don't pay but we do ask them to raise £25.

[www.wayfinderwoman.com/fundraising/pier2peer-2022/](http://www.wayfinderwoman.com/fundraising/pier2peer-2022/)



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# Hope's inspiring daily swims for brain tumour charity

**A BRAIN tumour patient from Pevensey has inspired dozens of people to join her for a daily swim in the sea to raise money for charity.**

By **Peter Lindsey**

**Hope Louise, a former Wetherspoons manager of 22 years, was diagnosed with a meningioma in June 2012 after suffering with double vision, tiredness, headaches, and pain in her eyes.**

A month later she underwent a 12-hour surgery to have the tumour removed and has been having regular check-ups ever since.

She remains stable but continues to suffer with double vision because of the nerves in her eyes being severed. She also has neuralgia as a result of a brain injury she sustained but finds cold water immersion helps to some extent.

## Pevensey Plungers

The mother-of-two co-founded *The Pevensey Plungers* in November last year.

The group, which brings people together every morning to experience the therapeutic benefits of cold-water immersion, has developed a large following, with more than 200 people attending its monthly full moon plunges and thousands more following their activities online.

Inspired by her own experience with brain tumour, which started ten years ago, Hope took on the *Brain Tumour Research Charity's Swim Challenge* in August to help find a cure for the disease.

After deciding to swim 10km throughout the month, the 47-year-old decided to turn her morning



Pevensey Bay plunge into a daily swim to one of the bay's 500-metre marker buoys, a challenge that has gained in popularity and now involves others from her group.

Hope, who is now aiming to raise at least £2,740, said: "I saw the challenge and thought 'right, I'm going to swim'.

## Help of others

"I'd only plunged before so thought I'd swim to the buoy every day I could and within a month I'd reach the 10km easily enough, but I didn't expect other people to join in, which has been lovely.

"No one goes out alone; it's like having a whole other family.

"I'd thought I'd raise maybe £200 and anything more would be a bonus but within five days I'd reached £500 and now I'm over £1,000, with the help of others.

"One lady baked cakes and made £45 for me by selling them on the

beach whilst another created a painting called 'sea goddess' and auctioned it off for £60.

"Everyone's got involved and it's really blown my mind.

"I know so many people who haven't been as lucky as me, many of whom were younger than I was.

"Brain tumours seem to get forgotten about often but they're so common and there are so many different types that we need to do more to understand them.

## Future research

"I'm grateful I'm alive and know I wouldn't be here today if it wasn't for past research, so I want to support future research and help to raise more awareness."

To support Hope's fundraising, please visit:

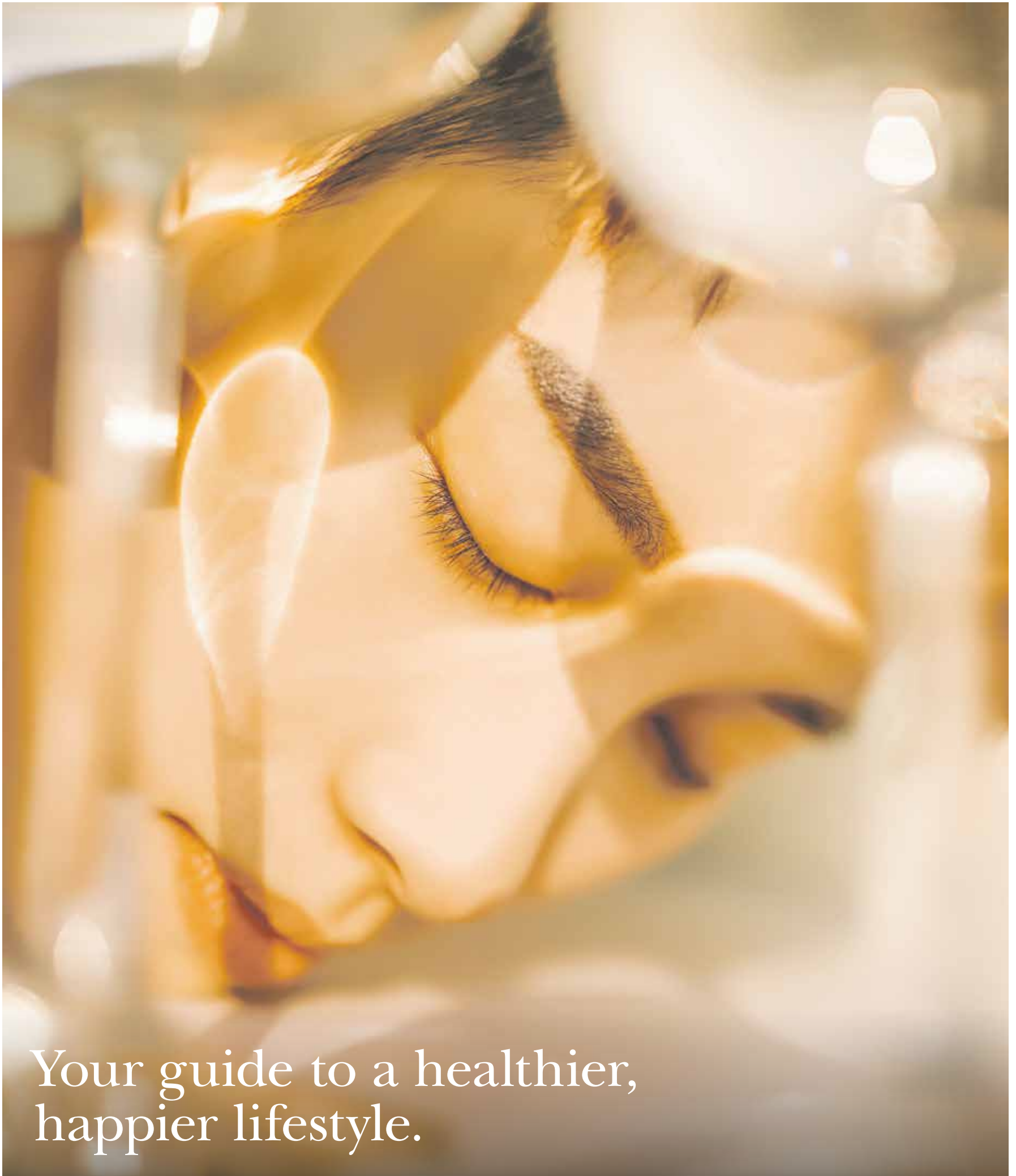
[www.facebook.com/donate/493360932558109](https://www.facebook.com/donate/493360932558109).



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# Ewelina Dubicka, Permanent Makeup Artist

**THERE'S a real art to permanent makeup.  
From eyebrows and lips to areola tattooing.**

By **Ewelina Dubicka**

**I have been a permanent makeup artist since 2016.**

Permanent makeup tattooing is an amazing way to enhance natural beauty.

### Natural look

I specialise in a very natural looking permanent makeup. I love the natural look, when you see a beautiful woman, but can't tell if she is wearing makeup. I always aim for that really classic look.

Wearing makeup is great, but once you've had PMU, it's great to not wear makeup every day.

My job is to make sure it is placed with such precision, to keep that clean, natural look.

### Best results

Unfortunately there are a lot of practitioners out there doing permanent makeup that don't have the best training. I try to inform my clients, and advise them to check before and after pictures, and most importantly, the HEALED results.

It's very important to discuss possible side affects. A client needs to feel that they trust their practitioner before undergoing a procedure.

I am constantly training and updating my skills to deliver the best possible results.

I have a huge range of clients, male and female and all ages.

### Most popular

If you have suffered from hair loss for medical reasons or your eyebrows are just thinning as you get older, brow tattooing can help define, thicken or redraw your eyebrows in a completely natural way.

*Ombre Brows* is the most popular makeup technique for brows. Its a very soft look. The tails of the brow are darker and fade into a light beginning, creating a soft-shaded brow pencil look.

Hundreds of tiny dots are implanted into the upper dermis. When done well, this treatment can last for 5–15 years. It's a myth that PMU will require refreshing every 12–18 months.

### Beautifully lips

Another of my specialties is *Lip-Blush*. It's a semi permanent tattoo that enhances the colour and shape of your lips, giving the impression of more fullness.

It's great to wake up with beautifully flushed lips without applying any lipstick. You can change the natural colour of your lips, or enhance the real colour.

### Great satisfaction

The treatment that I am most proud of and which gives me the greatest satisfaction is nipple and areola tattooing.

It's mostly for men and women who have undergone a medical procedure and would like to maintain a natural looking body.

With this treatment, I recreate the nipple after breast reconstruction surgery. Using the tattoo machine and many different colours, I can 'paint' a realistic, 3D image of a nipple and areola. I consider this art, as it looks like an authentic nipple. Every nipple is unique and it can really restore confidence in a client who has undergone a traumatic, life threatening event.



**07874 673805**

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BN21 4PN**

**[instagram.com/ewelina\\_dubicka](https://www.instagram.com/ewelina_dubicka)**

# FOUNDRY'S mission to re-set our outlook

**ONE of FOUNDRY's missions is to undo some of the damage caused by the pandemic. "We know the lines have been blurred between work and life," explained co-founder Adam Walker. "We need to stop, take a breath and re-set our outlook on what we do and how we do it."**

By **Tim Cobb**

**A key ingredient of FOUNDRY will be a focus on health and wellbeing, delivered by Eastbourne-based professionals.**

One of the first to sign-up is *Digital First/Victoria Medical Centre*. Working together in a joint venture, they have taken a large unit on the first floor and will soon be unveiling a number of exciting healthcare services including social prescribing – a

non-medical support especially suited to those who are anxious and need practical solutions to everyday problems.

### Heart of the community

"We live in a highly-pressurised environment, with deadlines, urgent tasks and important meetings taking a toll on all of us," explained CEO Nigel Grinstead. "We will be talking to people about caring for themselves, connecting with the people around them, and having conversations to explain how we feel and if we need a bit of support."



Nigel said that the health and well-being centre would sit at the heart of the community in Eastbourne, where people could come in and talk about their feelings and problems. "We can help signpost them to the appropriate health and well-being support and ensure they get the care that they need," Nigel explained.

Another early arrival at FOUNDRY is *Crystallis*, founded by Emily Gregory. Emily says that crystals help balance out emotions in your body. "Crystals are beautiful on the outside, but possess their own light and vibrational frequency," she said.

"They also generate energy. The more I have them around, the more the energy changes in the room."

All crystals are unique and Emily stocks everything from small pieces up to larger ones at £2,500. You can see the range of stones on her website [www.crystallisuk.com](http://www.crystallisuk.com) or on Instagram – @crystallisuk.

### The right place

Rosamund Graham works in London and pre-Covid was on an early morning train most days. She converted to working from home during lockdown, but found this a little distracting.

"There are too many distractions for me at home and this can sometimes impact on your concentration," Rosamund explained. "I was keen to find a workspace and started looking in Brighton. Then I saw the FOUNDRY offer and knew that this was the right place for me."

[www.foundryuk.com/eastbourne](http://www.foundryuk.com/eastbourne)



**FOUNDRY**





# Health and beauty at the Enterprise Centre

**THE Enterprise Shopping Centre in the heart of Eastbourne is home to a great range of established health, beauty and wellbeing businesses. If you're looking for the perfect hair make-over or a relaxing massage, you'll find it all under one roof.**

By **Emily Sander**  
Photos by **Alex Read**

**Perfect Body Zone**  
If Sports Nutrition is your thing, **Perfect Body Zone** is the place for you!

They stock the largest selection of nutritional supplements,

clothing and gym accessories in East Sussex, with over 5,000 products in store.

By combining years of experience, free expert advice and a fresh approach to retail, *Perfect Body Zone* are fast becoming the premier retailer of Health & Nutritional products around. [www.perfectbodysape.co.uk](http://www.perfectbodysape.co.uk)

## Empire Barbers

*Empire Barbers* offer an outstanding range of services from modern to classic hairstyles to suit everyone's needs. They provide a professional range of services to ensure they can offer the latest trend in hair designs. With a warm and friendly welcome, it's so easy to book an appointment too, just head over to the *Booksy* app and find a convenient slot!

## Joe Lam Hair Artist

We are delighted to offer the very best in Ladies hairdressing from Joe Lam, who is a specialist in balayage, colour correction, cutting & styling. After many, many years of working in various salons, Joe has recently fulfilled his dream of opening his own salon, where a warm welcome awaits you.

Please make an appointment for a consultation for your new look or book into his weekly blow dry club to keep your locks in perfect condition. To book, call: **01323 920208**

## My Pretty Nails

Sabryna specialises in all forms of nail art and offers both pedicure and manicures. Whether it is gel, shellac or acrylic extensions, you will be delighted with the results. With a huge range of colour choices you could choose a different one at each visit.

To book an appointment, contact Sabryna on **07515 930085**



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Suphanee Thai Massage.



My Pretty Nails.

**The Faerie Shop**

Not only does the *Faerie Shop* sell Crystals, Incense, Jewellery, Books, Oracle Cards and Candles, they also offer a great range of holistic treatments.

Treatments include, Reiki Healing, Yoga & Craniosacral therapy, Emotional Freedom Techniques Workshops and food intolerance testing. You'll find the magical *Faerie Shop* downstairs at the *Enterprise*, where Liz or Susie will greet you. [www.thefaerieshop.co.uk](http://www.thefaerieshop.co.uk)

**Suphanee Thai Massage**

*Suphanee Thai Massage* is a professional Thai massage, based upstairs at the *Enterprise Centre*. They offer a range of treatments and pamper packages including, Thai oil massage, Natural face lift massage,

Thai foot massage and Back, Neck & Shoulders massage. They even offer a couples massage, should you wish to indulge in a real spoiling. With a fantastic reputation, you'll come away feeling relaxed, refreshed and revived.

[www.enterprise-centre.org/product/suphanee-thai-massage](http://www.enterprise-centre.org/product/suphanee-thai-massage)

**Bourne Beauty**

Founded in 2012, beauty therapist Hannah Hawkins specialises in advanced aesthetic skin treatments and permanent make up. Offering a wide range of beauty and aesthetic treatments, Hannah has a natural eye for detail and can provide the look to suit you.

*Bourne Beauty* can be found upstairs at the *Enterprise*.

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

**Marie Feltham Counselling**

Marie Feltham is a Registered Counsellor BACP with a BA. Msc. Post Graduate Diploma in Counselling. With many years of experience, Marie has trained in several models and techniques of counselling. Marie can help you with the full spectrum of life's challenges including anxiety disorders, OCD, panic attacks and trauma. If you are experiencing depression, addiction, mood or anger management, bereavement or loss she can offer timely support and encouragement to bring your life back into balance.

She works with all age groups from 18 years of age. Her practice is based in a private, comfortable, airy office upstairs at the *Enterprise Centre*.

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



Marie Feltham Counselling.



The Faerie Shop.

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# Join the One You East Sussex Stoptober challenge



**DID you know you are four times more likely to quit smoking for good with the help of the dedicated stop smoking service *One You East Sussex*?**

By **Dan Ford**, One You East Sussex

**Join the millions of people across the county taking on the *Stoptober* challenge.**

For those of you who don't know about the challenge we are asking you to stop smoking for the whole month of October.

If you need support with the challenge you can either see one of our specialist advisors face to face

in one of our community locations across East Sussex or you can speak to one of our advisors over the phone who will provide you with hints, tips and maybe medication to support your quit attempt.

Medication may be Nicotine Replacement Therapy such as Patches, Gum and Lozenges or we are also able to support clients who would like to quit with an E-Cigarette.

Call us on **01323 404600** or visit [www.oneyoueastsussex.org.uk](http://www.oneyoueastsussex.org.uk)



Jo, Nick and Paul.

**READERS may be familiar with Professor Nick Webborn. He received an OBE 2016 for services to Paralympic sports and a CBE in 2022 in recognition of his hugely influential contribution to sport and sports medicine.**

By **Gail McKay**

**Nick started the Sport and Exercise Medicine clinic, *Sportswise*, twenty-five years ago with fellow colleague and physiotherapist, Carol Russell.**

Since then, the clinic has grown and now offers multidisciplinary services including sports medicine

consultations, injection procedures, diagnostics, physiotherapy, women's and men's health physiotherapy, sports massage and dietetics.

But now the clinic has exciting times ahead. Nick is stepping away from the running of the clinic but will continue his regular clinical sessions while Jo and Paul Aston take on the leadership. They are looking forward to taking the clinic into its next 25 years.

## Sportswise celebrates its 25th Anniversary!

"It's a privilege to take the helm of such a highly regarded regional and community service and we very much look forward to continuing Nick's legacy."

"Having worked as physiotherapists for ten years at *Sportswise*, we recognise the essence of what has been established and we wish for this to continue to evolve. Although we are all saddened about the future closure of the university site in 2024, we also see it as an opportunity to continue to develop our services and we have the time to choose the best option for when we relocate to new premises in Eastbourne. We look forward to sharing this next chapter with the wonderful team at *Sportswise* and the patients who

have supported us and have sought our services throughout the years." *Sportswise* is a specialist private clinic for the treatment of sports injuries and musculoskeletal problems and is based on the Eastbourne campus of the *University of Brighton*. The team manage the full range of sporting injuries in sports people at all levels, from hobbyist to elite, and of all ages. They also offer treatment for all musculoskeletal problems, whether related to sport, occupation or everyday life.

For advice or an appointment please call **01323 745970** or email [reception@sportswise.org.uk](mailto:reception@sportswise.org.uk) See [www.sportswise.org.uk](http://www.sportswise.org.uk) for more details.



# An unforgettable journey of holistic wellbeing at Butterfly You



**BUTTERFLY You Beauty and Holistic is a relaxing and tranquil salon on the high street in Sidley, Bexhill.**

By **Peter Lindsey**

Since opening in 2012, **Butterfly You** has been offering a truly holistic approach to beauty therapy. The salon is a retreat for clients looking to relax, reconnect, and recharge.

*Butterfly You* owner, Rebekah Pellet, is supported by a highly-trained and exceptionally caring team

who are dedicated to improving their clients' physical, mental, and emotional wellbeing.

"We're passionate about giving every client a 'moment' of relaxation the minute they enter the salon," says Rebekah, "It is all about the client when they visit us. We carefully listen to their needs and recommend the perfect treatment, whether that is a soothing massage, relaxing pedicure, or a fresh manicure."

Rebekah's passionate team has years of experience providing a wide range of beauty and complementary therapies.

"My team are fully qualified and highly experienced in a range of treatments. We offer the most relaxing massages, including traditional full body massages, warming lava shells massages, and our extra special divine escape massage, which awakens all five senses for an unforgettable journey of holistic wellbeing."

As well as massage therapies, the Butterfly You team offers fabulous facials, manicures and pedicures, and eyebrow enhancements, such as HD brows and semi-permanent eyebrow tattooing.

So for a truly relaxing and unforgettable experience, visit *Butterfly You*.

View the full treatment range at [www.butterflyyoubeauty.co.uk](http://www.butterflyyoubeauty.co.uk) and then call the salon on **01424 212231** to make an appointment.

Opening hours are:  
 Wednesday: 9:30am–8:00pm  
 Thursday: 9:30am–8:00pm  
 Friday: 9:00am–6:00pm  
 Saturday: 9:00am–4:00pm

FREE PARKING

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## BUTTERFLY YOU BEAUTY & HOLISTIC

Enjoy your very own 'moment' of relaxation at Butterfly You and let us reinvigorate your physical and mental wellbeing!

Enjoy 20% off when booking any massage during September!

Please quote 'BOURNEFREE' when making an appointment to redeem your discount.

Message treatment must be booked in September and redeemed within 30 days of booking. This offer is valid on all massage treatments only. Please see our website for a full list of massage treatments.



Opening hours are:  
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 Thursday: 9:30am–8:00pm  
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 Saturday: 9:00am–4:00pm

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# Oxygen scalp and hair loss treatment

**THERE'S a hairdressers on Gildredge Road that offers a completely unique service.**

By **Gail McKay**

**Clients with scalp problems, hair thinning and hair loss can try a revolutionary *Oxygen Therapy Treatment*.**

Terezia Veres discovered this process a few years ago. She's now a passionate advocate, having treated countless clients and witnessed amazing results.

Terezia has been a hairdresser for 27 years. She is based at the *Angels* salon on Gildredge Road.

**50 vitamins and minerals**  
*Oxygeni Hair* treatment is based on strengthening the immune system. With the help of high pressured pure oxygen, 50 types of vitamins and minerals are delivered to the

scalp. This activates the hair follicles and stimulates cell metabolism.

With the vitamin, mineral and oxygen supply to the hair follicles, the hair gains new life, it strengthens and becomes more dense.

The scalp is cleansed and regains the correct ph value.

*Oxygeni Hair* oxygen therapy can be used to treat any type of hair or scalp disorder.

A diagnosis of the problem is initially made with a micro camera.

Products are vegan and made 100% natural ingredients and it is safe for pregnant women.



Men, women and children can all benefit from the *Oxygeni Hair* treatment.

"Oxygen scalp treatments are a fairly new innovation, designed to improve your hair's texture and quality whilst also keeping your scalp clean and healthy."

## Soothing

"It's is a very calm and soothing treatment. Our clients have a very relaxing experience in the peaceful salon."

Terezia is keen to share this therapy with everyone who needs it. If you book for the 15th September, you can get the OPEN DAY discount. Book early as there are limited appointments remaining.

Terezia also provides *Natulique* professional ammonia-free natural hair colouring and cutting.

Gift Vouchers are available.

**Terezia Veres**  
**Oxygeni Hair Specialist**  
**Angel's Hair Salon**  
**19 Gildredge Road**  
**Eastbourne BN21 4RU**

**Tel: 07477 916969**  
**@tereziaveresoxygenihair**

“

**It's is a very calm and soothing treatment. Our clients have a very relaxing experience in the peaceful salon.**



# When did you last check your phone or laptop posture?

**ASK someone to take a picture of your front, back and side posture or look in a mirror to check if you are aligned correctly.**

By **Maria Jeremy**

**Then repeat the exercise and make sure you're sitting up straight. If possible, make sure the back of your head and whole back is against the backrest of the chair.**

Top Tips: Vary your posture and keep moving a few minutes every hour.

When reading or looking at your phone, bring the object up to you instead of looking down. This will help keep your neck straight.

As well as these general posture tips you can also take more specific action.

You can stretch the tight muscles and/or strengthen the weak muscles to help ease tension and increase endurance during posture.

**The muscles to work on are:**

**Trapezius** – On top of your shoulders and in between your shoulder blades. The upper ones are often tight and the middle and lower ones are often weak.

These shrug the shoulders and move the shoulder blade. To relieve the tension on the upper traps, sit up straight, drop your shoulders down and move your forearms outwards, making sure the shoulder blades are squeezed together.

You can do this with a resistance band. Hold the band in your hands and bring your arms outwards. Do this 15 times.

**Serratus Anterior** – Located just below the armpit on the ribs.

To strengthen these, get either a weight (2–5kg) or water bottle, lie

face up and hold the weight/water bottle up, keeping your arm straight and in line with the shoulder then reach upwards towards the ceiling, keeping your arm straight. Repeat 10 times each side.

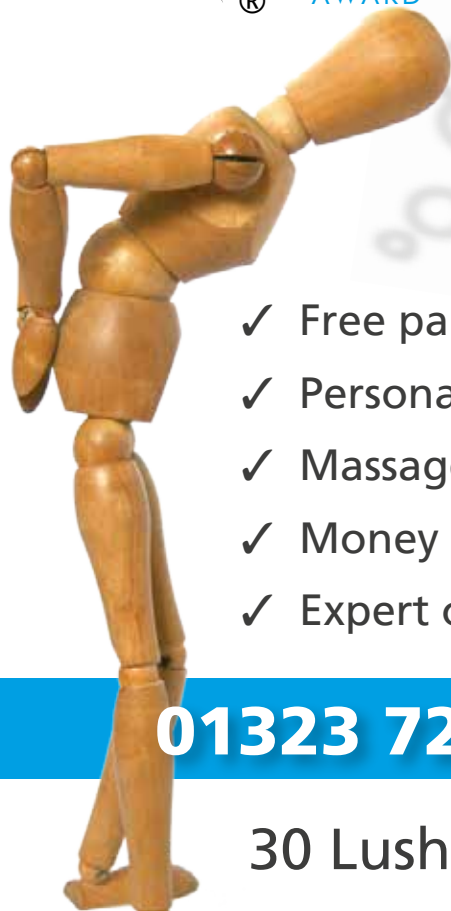
**Scalenes** – These muscles lift up the top two ribs during breathing. Often tight due to breathing with our upper chest instead of our abdomen.

To stretch these, tilt your head to one side, rotate your head to the opposite side you are tilting, then tilt your chin up and hold for 30 seconds. You should feel a stretch at the side of the neck. Repeat twice more each side.

If any of the above exercises causes pain, discontinue them and talk to your Chiropractor or other spine care professional.

Only use these exercises as far as you feel comfortable.

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# Dealing with anxiety

**KAREN Hoad is an experienced Mental and Emotional Wellbeing Practitioner and tells us how we can cope.**

By **Karen Hoad**

**It is quite normal to feel anxious from time to time, but when it becomes a regular feeling on a daily basis, it can become an automatic response or a habit.**

The degree of anxiety varies from person to person. It is quite a natural reaction. Anxiety is normally based in the future, as it's a fear of something to come. This means that if you are worrying about the future, you are disconnected from the present moment. It may be triggered by anything that takes you out of your



comfort zone, which is where familiarity lies and you feel safe.

Being labelled as anxious by a doctor, parents, other family members, friends, and teachers or even by you telling yourself that you are an anxious person reinforces the issue. You believe that's who you are and you become stuck. What you believe you create, so begins a life of being an anxious person. However, no amount of anxiety or stress will change what is going to happen. You can't worry yourself to a solution. Finding some peace and calm will help you to free yourself and enable you to cope and move through whatever challenges life brings your way.

## What triggers anxiety?

When there is a regular heightened emotion of anxiety, there is often a trigger that comes from the past. Sometimes, it is a major trauma that you will be consciously aware of but it may come from something that appears to be much less significant and which you may not even be aware has caused such a response. Just as an example, perhaps you were frightened to go on stage at school at young age. It certainly wasn't a pleasant experience and you may have virtually forgotten it. However the body remembers that feeling and when anything happens that even remotely feels the same way.

## Ways to overcome anxiety

**1.** Bring yourself back to the present moment. Anxiety is in the future, so often in that feeling you are disconnected from the present. In the present moment you are actually OK. Keep reminding yourself of that.

- 2.** Find ways to relax and feel calm. Try meditation. There are videos on *YouTube* and apps available.
- 3.** Focus on your breathing and take deep breaths. Use calming breathing exercises.
- 4.** Talk about how you are feeling to a family member or friend.
- 5.** Write down whatever is bothering you. Don't think about it, just put pen to paper. You may find solutions coming to you as you write freely.
- 6.** Exercise or do activities that may help you to relax.
- 7.** Seek help from a professional who can work with you to release the emotion and give you strategies to cope for the future.

In every moment you have a choice. You may feel anxiety is in control, but you can take your power back any time you want.

Spend that time and energy focussing on what you want to positively happen.

## How can *Becoming Aware* help you overcome your anxiety?

I have worked with many people stuck in anxiety over the years and have not yet met someone who does not have a root to their anxiety in the past somewhere. I'll help you to get to the point where you are able to recognise the anxiety, discover the cause and provide a solution to it, thus allowing you to move through the feeling and let it go.

I'm a qualified and experienced Mental & Emotional Wellbeing Practitioner, so call me on: **07766 427966** for a free without obligation chat or email: **karen@becomingaware.co.uk** [www.becomingaware.co.uk](http://www.becomingaware.co.uk)

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# Dining at the Lansdowne Hotel, Eastbourne

**OVER the past few weeks the Lansdowne Hotel has seen major investment in its restaurant.**

By **Stephen Callis**

**The entire space was shut in the spring and completely renovated to give it a fresh and contemporary identity. The walls and ceiling were replastered and redecorated, flooring replaced, new lighting scheme implemented and new tables and chairs introduced.**

Partner, Catherine Clifford who heads up the hotel's interior design wanted to create a more contemporary space that was still sympathetic to the history of the building and has created an art deco feel to the restaurant.

To accompany the new restaurant the menu has been enhanced to offer daily dining from midday to 8.45pm. The menu encompasses a wide selection of items inclusive of vegetarian, vegan and gluten free options. Chef specials are also available and will vary depending on the season.

General Manager Michael Stevenson explains: "As part of our investment programme we wanted to enhance our restaurant space and dining offering. We have introduced an all dining menu that includes a fantastic selection of starters, mains and desserts, plus incorporated daytime brunch and sandwich options. The restaurant now

has its own dedicated entrance to enable visitors and locals alike to drop in for a bite to eat or evening meal."

## September 2022 dining promotion

During September children under 12 can dine for free from the children's menu. Simply quote 'Bournefree' during September and each child will dine for free with each adult purchasing a main course.

## September 110 year anniversary celebrations not to be missed!

**110 Year Anniversary Weekend – 16th-18th September.** Enjoy a 2-night dinner, bed and breakfast stay with many inclusions. £199 per adult.

**Charity gala dinner – 24th September.** Join us for a 1920s themed event with accompanying 'swing' band, menu, cocktail bar, decoration and photobooth in aid of St Wilfrid's Hospice. £65 per adult.

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# New Picasso Express opens

**GERALDINE, Jose and baby Sebastian have opened an exciting new pizza restaurant in Old Town in Eastbourne.**

By **Gail McKay**

**No strangers to the business, they ran a restaurant in Langney eight years ago with the El Haspa family.**

When the restaurant closed, locals started travelling to their Bexhill restaurant, so they were thrilled when the Old Town site became available.

A new pizza oven has been installed, combining the traditional stone baked method with the more modern addition of gas, that keeps

the very high temperature regular, and the pizzas consistently crispy.

Inside, customers will find a modern interior with cosy booths and a warm, homely vibe, in keeping with their Bexhill restaurant.

The menu covers all the traditional pasta, pizza, and risotto choices, alongside fresh seafood dishes. There's a large kids menu, gelato and the best Tiramisu outside Italy.

You can see their full menu on [www.picassoexpress.co.uk](http://www.picassoexpress.co.uk)

They also offer special takeaway deals on Tuesdays.

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Carr Taylor GOLD Vineyard Tour Voucher was £79, now **£49**

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Asking price: £2,500,000

To see full property details including the property film, and to arrange a viewing, please scan the QR code here:





A substantial handsome, elegant Grade II listed Georgian fronted facade country residence, set in stunning grounds circa 2 acres and with uninterrupted views over the Sussex countryside and South Downs beyond. This stunning family home offers multiple reception rooms with an abundance of character. See the inglenook fireplace, oak panelled walls and grand staircase as you enter.

#### Beautiful bespoke kitchen

The ground floor effortlessly flows from room to room, and many have french doors out to the garden. From the reception hall you can find access to the wine cellar. A beautiful bespoke kitchen with a central island takes centre stage and comes complete with a cold store and a very large utility room. There are 6 double bedrooms all with en-suite including the garden suite. In the Elizabethan bedroom the bathroom is original Art Deco and features a fabulous bath that wouldn't look out of place in Claridge's.

#### Potential wedding venue or upmarket B&B

Once a unique wedding venue and luxury upmarket B & B, this could be a great opportunity for anyone wishing to create an income, the property would also be perfect as a boutique hotel. Wellshurst Golf course adjoins the grounds and offers golf enthusiasts the chance to enjoy golf on their own doorstep. Holmbush House under the current ownership has been refurbished and sympathetically styled keeping the charm and history and is now very energy efficient with an EPC C.

#### English Country Garden

Approached via a pair of wrought iron gates, onto a gravel drive which sweeps up to the front of the property and leads to the garaging beyond. The lovely, landscaped gardens have been created to reflect the traditional English country garden with herbaceous flowering borders displaying different arrays of colour each season, with the mature trees giving a leafy back drop. A swimming pool below the decked area could be a lovely entertaining area with a bit of work.

Be the first to get the Heads Up on properties you might like  
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The property currently has PLANNING PERMISSION GRANTED TO EXTEND.

The property is being sold CHAIN FREE. An internal inspection is highly recommended.

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# Market returning to normal seasonal patterns

**THE average price for a house has fallen for the first time this year.**

By **Peter Lindsey**

**The average asking price for a home fell 1.3 per cent – or £4,795 – to £365,173 in August.**

It marks the first month-on-month drop this year, says property site *Rightmove*.

Tim Bannister, director of property science, said that sellers who need

to move quickly tend to price 'competitively' at this time of year.

He said: "A drop in asking prices is to be expected this month as the market returns towards normal seasonal patterns after a frenzied two years, and many would-be home movers become distracted by the holidays."

Demand for property from first-time buyers was still 32 per cent higher than at the same time in 2019.



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# The Arts



Christophe Lennox, *The beekeeper*, 2021, oil on canvas. Photo by Guillem Cheung.  
Brewers Towner International opens 15 October 2022.

**TOWNER** **Lucy Wertheim** *A Life in Art*  
11 June to 25 September

**TOWNER Eastbourne**

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# Lucy Wertheim

*A Life in Art  
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11 June to 25 September 2022

[townereastbourne.org.uk](http://townereastbourne.org.uk)  
@TownerGallery

Phelan Gibb, *Rose Nudes in Landscape (or Pastorate)*, 1916. Towner Eastbourne.



Supported and funded by  
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ENGLAND





David Blandy, *The Edge of Forever*, 2022. © the Artist.

# Living on the edge

**THE East Sussex-based artist, David Blandy, will present an exhibition at *Towner Eastbourne* this September featuring new video work shot around the Eastbourne area and in the South Downs, and an immersive cardboard installation created in collaboration with fine art students from *East Sussex College Lewes*.**

By **Will Barrett**

***The Edge of Forever (2022)* will premiere at *Towner* from 20 September to 2 October 2022. The film centres on two questing children seeking to unravel the mysteries in a damaged, dystopian world. The journey begins at Cuckmere Haven, Sussex, with its cliffs formed from the remains of plankton from 100 million years ago, continues to a Cold War-era observatory and concludes with entrancing visions of the cosmos.**

## Our place in the world

In this work, Blandy investigates connections between specific sites, personal histories and geopolitical events to reflect on our place in the world. These ideas are tackled through the lens of his grandfather's experiences interred in Japanese POW camps during the Second World War in Singapore and Taiwan, merging the personal with larger shared histories.

These histories are intimately tied to the South Coast of England;

from the abandoned telescopes of *Herstmonceux Observatory* in Hailsham and the winding meanders of Cuckmere Haven, a landscape steeped in the history of World War Two; to the sci-fi of HG Wells that preempted many of our technological advances.

David Blandy, *The Edge of Forever*, 2022. © the Artist.

*Soil, Sinew and Bone (2022)* is a second new video work that features in the installation. Working with film footage from *Screen Archive South East*, spanning the 1930s to the 1970s, Blandy charts the protracted revolution from the age of horse power to the Cold

War. The film reflects on how humanity has now found itself on the brink of environmental collapse. Mechanization and increasing industrialisation, in the field and the factory, becomes a shadow of the automation of the present age.

## Residency at Towner

This work has been created as part of the artist's residency at *Towner* and alongside the two video works, Blandy will present his research into the relationship between food production, weapons development, space exploration and ecological disaster.

## Multidimensional

The exhibition also includes a collaboration with Fine Art students from *East Sussex College Lewes*. The students worked closely with Blandy to create an outsized children's fantasy. Together they reimagined key scenes from the film, enlarged and built out of cardboard, from observatory domes, mangrove roots to figures, all rendered in the style of theatre flats, that will populate the ground floor *Towner Studio* spaces.

The artist has said, "I want to surround the viewer with multiple types of realities, from science fiction to collage poem to cardboard monoliths, to create a multidimensional set of stories that repeat and resonate with each other".

*The Edge of Forever* is supported by *Arts Council England*, *Screen Archive South East* and *The Elephant Trust*. This project will continue to be developed for a solo exhibition at *John Hansard Gallery*, Southampton in 2023.

**David Blandy, *The Edge of Forever*, 20 September to 2 October 2022. Free admission. Towner Eastbourne.**

**Artist Talk: David Blandy, 9 September 2022, 6.30pm to 7.30pm. Pay what you can. Towner Eastbourne.**

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

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**CARROT  
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# Long Man Festival of Contemporary World Music and World Foods Comes to Hellingly

**CARROT Events and Carrot Festivals are proud to announce that it is bringing a brand-new Music Festival to East Sussex, and it's the Long Man Festival of Contemporary World Music and World Foods.**

By **Faiza Shafeek**

**It 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 Long Man Festival of Contemporary World Music and World Foods will be platforming some wonderful musicians and performers representing many nations from around the world such as Africa, Caribbean, India, Turkey, Greece, France, South America, Spain, Middle East to name but a few playing Jazz, Funk, Fusion, Soul, Rock, Reggae, Country Music and so much more.

## Amazing food

The music will be complemented by an array of amazing food vendors offering a variety of delicious world foods. There will be a wonderful funfair as well an excellent bar offering some of the best beers from the famous *East Sussex Long Man Brewery*, plus much more.

On the Friday and Saturday night the festival will also be running silent disco sessions.

## Favourite yearly festival

Carrot Events and Carrot Festivals are working hard to make this festival grow year on year to become one of the favourite yearly Festivals in East Sussex, but we need you to come along to make it so.

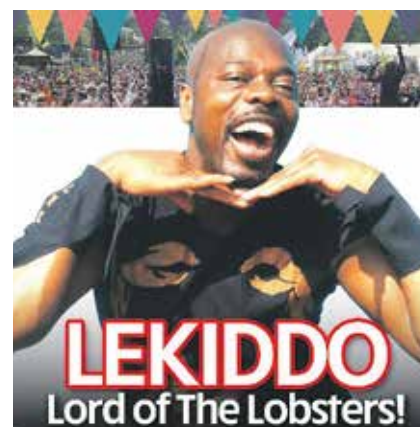


Busi Mhlanga.

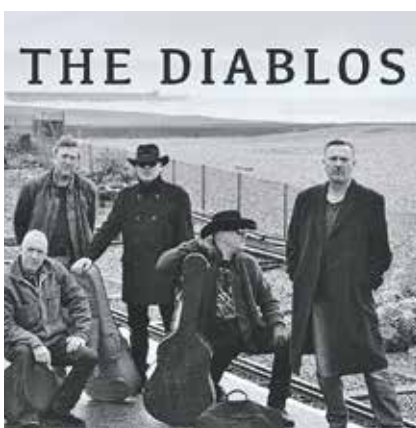
To see the line-up for each day and to book your tickets please go to [www.carrotfestivals.co.uk](http://www.carrotfestivals.co.uk) or [www.longmanfestival.co.uk](http://www.longmanfestival.co.uk). Or call us on **01323 405755**.

## Prime trading space

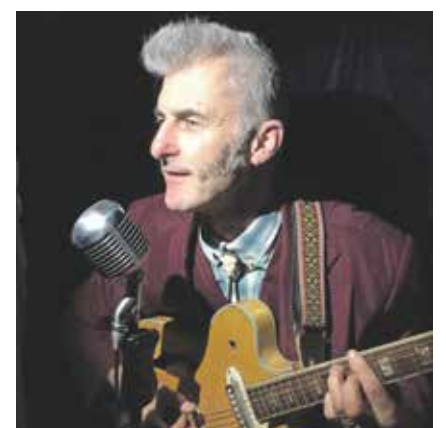
We still have some limited prime trading space available for international food types and more so if you want to be one of the festival's prime traders email us at: [info@carrotevents.co.uk](mailto:info@carrotevents.co.uk)



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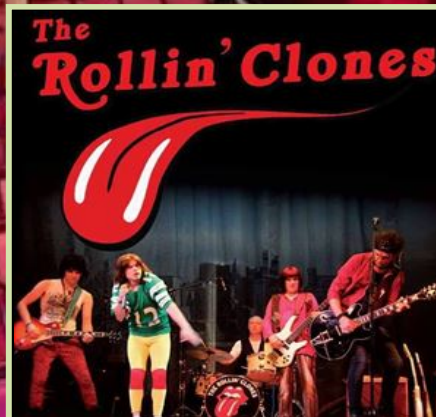
Sunday 11th  
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7.30pm

All Tickets £22



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All Tickets £25



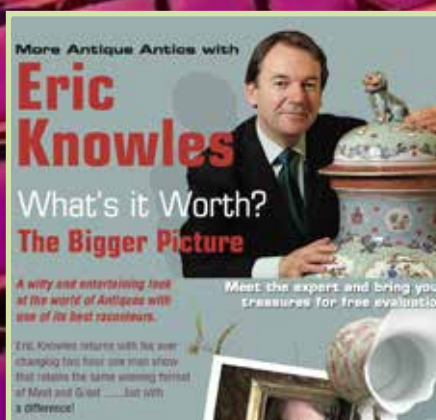
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Tickets £22 - £24



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# Putting hobbies in perspective

**ARE you an artist? Do you enjoy making things? Are you a model maker? *In Perspective* is a hobby shop for all creative people, whatever your age or level of experience.**

By **Harry Farmer**

**Independently owned, *In Perspective* is run by local couple, Ray and Jo.**

They relocated the shop from Bexhill in 2020 to their current location, now at *Langney Shopping Centre* in Eastbourne. In addition to the wide and varied range of hobby supplies and products, you can also get your pictures framed with their bespoke framing service.

If you are looking for somewhere to meet with other like-minded people, contact Ray or Jo about their regular craft classes, art demonstrations and Warhammer gaming.



[info@inperspectiveart.co.uk](mailto:info@inperspectiveart.co.uk)  
**01323 764810**  
[www.inperspectiveart.co.uk](http://www.inperspectiveart.co.uk)



# You were always mine

**SHEILA Bugler's latest crime novel is available now.**

By **Gail McKay**

**Sheila Bugler grew up in a small town in the west of Ireland. After studying Psychology at University College Galway she left Ireland and worked as an EFL teacher, travelling to Italy, Spain, Germany, Holland and Argentina.**

She is the author of a series of crime novels featuring DI Ellen Kelly which are set in South East London, an area she knows and loves. She now lives in Eastbourne which is the location for her series of crime novels featuring investigative journalist Dee Doran. When she's not writing, Sheila does corporate writing and storytelling, she runs creative writing courses, is a tutor for the Writers Bureau and is a mentor on the WoMentoring programme. She reviews crime fiction for *crimesquad.com* and is a regular guest on *BBC Radio Sussex*. Sheila is married with two children.

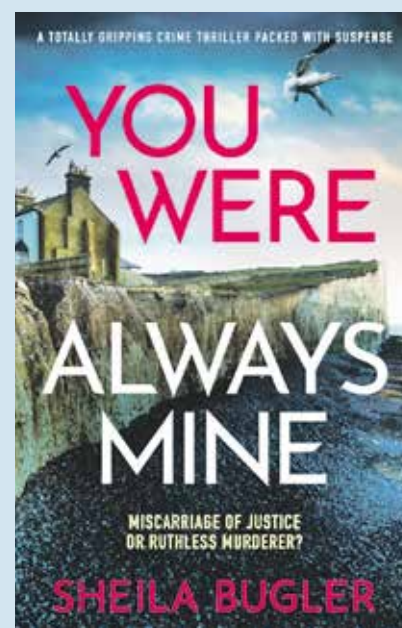
## Crime series

*You Were Always Mine*, is the latest in her crime series with Dee Doran.

Years ago, she went to prison for killing her husband. Now, her daughter is dead too.

Cassie McNamara was found guilty of the murder of her husband, Paul Cavellini, but she has always protested her innocence. Upon her release, she is ready to start over and hires local journalist, Dee Doran, to prove she was wrongfully convicted.

Cassie and Paul's young daughter, Grace, was adopted by Paul's family. When eighteen-year-old Grace goes missing and her body is found, all eyes turn to



Cassie as the prime suspect in her daughter's death. Then, Cassie, just like Grace, disappears.

Cassie maintains her innocence but she's terrified and has no choice but to run. Left behind to investigate, Dee must work the truth behind Grace and Paul's deaths, and what Cassie is running from – or who.

A gripping crime thriller you won't be able to put down, perfect for fans of Alex Marwood and Fiona Barton.

*You Were Always Mine* is available in bookstores and online.



Sheila Bugler.

# 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.**

## So much to see and do

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.

## Lasting photo souvenirs

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 Beckwith** (*Snatch*, *Game of Thrones*, *Pirates of the Caribbean: Dead Man’s Chest*), **John Campling** (*Harry Potter* and *the Deathly Hallows*, *Final*




	<b>ANDY BECKWITH</b> ACTOR	<i>WynterCon</i>
	<b>CREDITS INCLUDE</b> <ul style="list-style-type: none"> <li>- ERROL / <i>SNATCH</i></li> <li>- CLANKER / <i>PIRATES OF THE CARIBBEAN</i></li> <li>- RORGE / <i>GAME OF THRONES</i></li> <li>- INNKEEPER / <i>LES MISERABLES</i></li> </ul>	

	<b>CLEM SO</b> ACTOR	<i>WynterCon</i>
	<b>CREDITS INCLUDE</b> <ul style="list-style-type: none"> <li>- <i>DOCTOR WHO</i></li> <li>- <i>FANTASTIC BEASTS</i></li> <li>- <i>STAR WARS</i></li> <li>- <i>DOCTOR STRANGE</i></li> <li>- <i>JUSTICE LEAGUE</i></li> </ul>	

	<b>DAVID LEACH</b> EDITOR, CARTOONIST, WRITER	<i>WynterCon</i>
	<b>CREDITS INCLUDE</b> <ul style="list-style-type: none"> <li>- <i>TITAN COMICS</i></li> <li>- <i>MARVEL UK</i></li> <li>- <i>PANINI</i></li> <li>- <i>IPC</i></li> <li>- <i>REBELLION</i></li> </ul>	

	<b>KENNY KNIGHT</b> STUNTMAN, ACTOR, BODY DOUBLE FOR THE ROCK	<i>WynterCon</i>
	<b>CREDITS INCLUDE</b> <ul style="list-style-type: none"> <li>- <i>FAST AND FURIOUS</i></li> <li>- <i>ETERNALS</i></li> <li>- <i>THE FLASH</i></li> <li>- <i>CRUELLA</i></li> </ul>	

	<b>JOHN CAMPLING</b> ACTOR	<i>WynterCon</i>
	<b>CREDITS INCLUDE</b> <ul style="list-style-type: none"> <li>- DEATH EATER / <i>HARRY POTTER</i></li> <li>- KING REGIS / <i>FINAL FANTASY XV</i></li> <li>- BEARER / <i>THE NORTHMAN</i></li> </ul>	




**PAM ROSE**  
**ACTRESS**

*WynterCon*

**CREDITS INCLUDE**

- STAR WARS
- SPACE 1999
- SUPERMAN
- BATMAN



**DR PAUL IAN CROSS**  
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*WynterCon*

**AMAZON BESTSELLING CHILDREN'S AUTHOR**

**SCIENCE**



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*WynterCon IX*



**TINA SIMMONS**  
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**CREDITS INCLUDE**

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- DOCTOR STRANGE
- SUPERMAN
- JAMES BOND
- WHO FRAMED ROGER RABBIT

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).

**Free workshops**

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

Don't forget to follow us on Facebook and Instagram.

**We look forward to seeing you there!**



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



**WynterCon IX**

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# Focus on Sonya Tatham



A selection of her work is available at the *Lighthouse Gallery*, 19 Cornfield Terrace, Eastbourne.

[www.sonyatatham.artweb.com](http://www.sonyatatham.artweb.com)  
 Facebook Instagram Sonya Tatham Eastbourne Artist  
[sonyatatham@gmail.com](mailto:sonyatatham@gmail.com)

**EASTBOURNE based Artist, Sonya Tatham lives on the edge of the South Downs, and explains how it inspires her work.**

By **Gail McKay**

**“Whether I am painting landscapes or from life it’s the essence of the subject I seek to capture, the mood and atmosphere.**

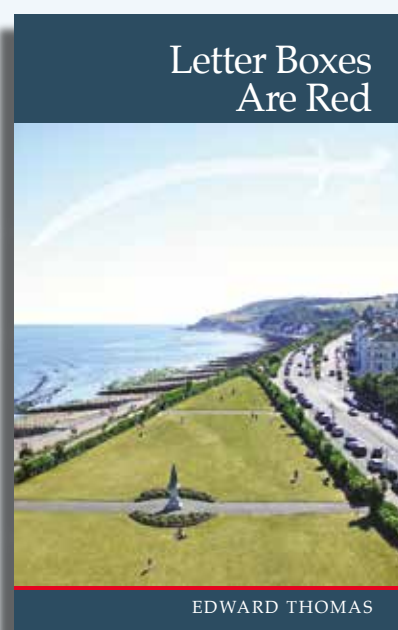
I am constantly inspired by the beauty that surrounds me, I want my paintings to have a charge about them, an energy!

My work document my surroundings and the seasons, winter light through trees, the sky before snow and the architecture of buildings or whatever I’m drawn to at that time.

I like to create freely in a variety of mediums which I feel bring out the best of the subject.

The process of painting feels very spiritual to me a need a necessity like breathing.”

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



## Letter Boxes Are Red

The explosive new novel  
by **Edward Thomas**

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# Illustration competition

**DORIT Oliver-Wolff BEM, Eastbourne’s leading educator on Human Rights, is launching a competition for budding young artists.**

By **Gail McKay**

**She has made it her life’s work to educate people about the Holocaust and ethnic cleansing around the world.**

Her talks are based on her personal experience of the Holocaust as a child.

“Children are not born with hate, it is so important to teach them how discrimination leads to hate.”

Dorit’s latest project is a story about young boy’s experience in a Concentration camp. “It’s a way of

explaining how terrible discrimination is in an age appropriate manner.”

It will be printed as a booklet and distributed to schools as an educational aid for primary school ages.

You can enter five pictures that will accompany the story, and there is a cash prize for the winner and runners up.

The closing date is 30th September.

Please send your entries to:  
[doritoliverwolff@hotmail.co.uk](mailto:doritoliverwolff@hotmail.co.uk)

You can read ‘*The Striped Kite*’ on  
[www.bournefreelive.co.uk](http://www.bournefreelive.co.uk)



# 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**

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

## FEATURED ARTIST

**Vicki Disney**

I make contemporary abstract paintings influenced by rust and corrosion – the beauty left behind when nature’s elements have taken their toll, leaving unique markings, delicate textures and subtle colours that have been exposed with time.

The elements dramatically alter the permanence of the material, leaving behind fragile skeletons from strong industrial materials. Each painting is worked on layer upon layer until I get the effect I want. There are a lot of textures that are hard to pick out in the photos, the paintings are inspired by old walls, the layers of concrete and wear and tear a wall goes

through with time & weathering. The bright bold collections in my work are influenced by the joy of colours we experience in the world around us.

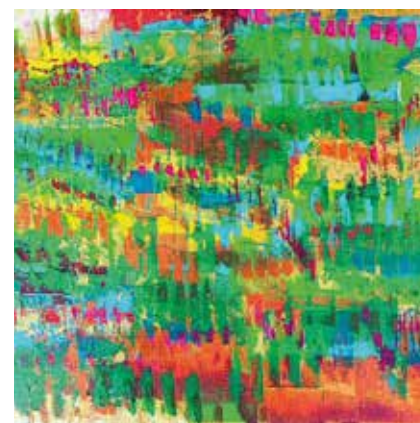
In lockdown I started Delightfully Velvet making large velvet cushions from the designs in my paintings which have proved very popular and I am adding new designs regularly.

I take part in the Eastbourne Artist’s Open House twice a year which is a great way to show my work and meet lots of art lovers.

Email: [vickidisney@hotmail.co.uk](mailto:vickidisney@hotmail.co.uk)

Website: [www.vickidisney.art](http://www.vickidisney.art)

Instagram: [@vicki\\_disney](https://www.instagram.com/vicki_disney)  
[@delightfullyvelvet](https://www.instagram.com/delightfullyvelvet)



[www.themakersdirectory.co.uk/directory/vicki-disney-art](http://www.themakersdirectory.co.uk/directory/vicki-disney-art)

## A delightful blend of TED, comedy and Radio 4. Sort of.

**WHERE else but *The Bavard Bar* could you hear Dunstan Bruce tell of his ‘Tubthumping’ journey with *Chumbawamba*, the band he fronted for three decades, Vera Zakharov share her love of dismantled Sussex railways and Jenna Matthews recount the untold story of *FLATs*, the ‘First Lady Astronaut Trainees’?**

By **Harry Farmer**

**Throw in a touch of wild dancing by Julia Chi Taylor, some VR artistry by Cliff Crawford, piano music by Piano Man Dan and a brief encounter with killer pigeons by compere Tim B’vard and you have a heady mix of eclectic entertainment.**

## Unique and intriguing

Such was the August *Bavard Bar* at *Towner Gallery*, following an equally fun opening night in July where Cole Moreton recounted witnessing Sir Mo Farah’s epic 5k Olympic victory, Sarah Jane Morris shared the inspiration for her new upcoming album, *‘The Sisterhood’* whilst recounting her years singing with the likes of *The Communards*, and Mat Homewood talked us through



Dunstan Bruce.

the Victorians love of bizarre, and often untested, pills and potions to, ostensibly, cure all ills.

If you haven’t yet tried *The Bavard Bar*, then I’d encourage you to give it a go. It’s a unique and intriguing night where expecting the unexpected is a pre-requisite. Taking place at *Towner Gallery* on the 2nd Wednesday of every month, it’s a night like no other.

## Bookings advised

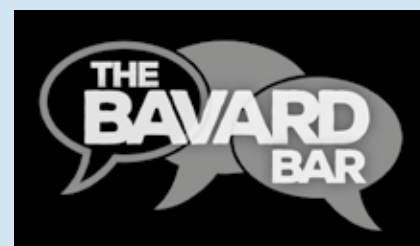
For more information and to book your tickets in advance, which is



Compere Tim B’vard.

recommended, you can either visit *Towner Gallery* in person or go online to:

[www.townereastbourne.org.uk](http://www.townereastbourne.org.uk)  
or [www.bavardbar.co.uk](http://www.bavardbar.co.uk)





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@stonecrossgardencentre

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**£14.99**  
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Hunts Sussex Cider

Save **£5**  
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Cosy Gardeners Twin Pack Gloves

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 Half Price

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Luniere Large Light

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Damasquette's

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**£9.99**  
 Half Price

Smartrake Lawn Rake

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# Green and pleasant

**LATE summer progresses into autumn. September is generally a cooler, gustier month than August and the days are noticeably shorter. While you may not have much to do in the bulk of the garden, if you have a fruit or vegetable patch, hopefully you'll be busy reaping the rewards of your harvest. It's also time to get out and start planting spring-flowering bulbs for next year and you can collect seeds for next summer's colour too. Make the most of the remaining warmth while you can!**

By **Geoff Stonebanks**

**At this time of the year, we can see the garden slowing down. Some herbaceous perennials and annuals have finished for the summer, others such as roses, sweet peas may keep on flowering. Exactly what is flowering when depends on the sort of spring and summer we have enjoyed, but there is plenty of late colour in the garden.**

## Planning ahead

September is a great month for some forward planning. You can begin to order and plant spring-flowering bulbs now, such as daffodils, crocus and hyacinths, providing glorious colour next year. Maybe think about how you want your garden to look next year. You can perhaps make rough sketches of your flower borders and

vegetable plot. This will help you spot what worked in your garden and what didn't! If you plan to plant new trees and shrubs, doing it now ensures they will grow vigorously next spring. Think back to what didn't work well for you and decide how best to avoid the same issues next year.

## National Garden Scheme

This month sees the gardens opening for the scheme slow right down but there are a few you might like to get out to visit. A brand-new opening for 2022 is *Hamsey House*, Hamsey, opening on the 18th September between 1 and 5pm with entry £6. The garden is nestled within the *South Downs National Park*, just a few miles from Lewes. *Hamsey House* was built in 1849. The country garden incorporates an orchard with a wildflower patch, a vegetable and cut flower garden along with many established trees and shrubs. Plants for sale along with refreshments.

A second offering might be *Knightsbridge House*, Grove Hill in Hellingly. The garden will open on both the 7th and 10th of the month from 2pm to 5pm with entry £6. It is a mature, landscaped garden set in five acres of tranquil countryside, surrounding a Georgian house. See several garden rooms and spectacular herbaceous borders, planted in contemporary style in a traditional setting. Full details on both gardens can be found at [www.ngs.org.uk](http://www.ngs.org.uk)

## Buddleja

I have a small collection of buddlejas in the garden at *Driftwood*. Known as the butterfly bush, its fragrant flowers are a favourite nectar source for butterflies and bees. These undemanding, mainly deciduous shrubs, deserve a place in every garden with their spectacular displays of blooms and honey scent. Some selections are compact and can be grown in containers. The one shown in the header is one of these, buddleja 'Buzz Magenta' which is a dwarf patio buddleja that won't take over your garden. It will produce flowers the size of usual buddlejas, but the plants themselves are half the size. They are easy to grow and generally problem-free with a super long-flowering period. What's more, they are perfectly proportioned for patio pots and smaller gardens. I also have 'Buzz Lilac', 'Butterfly Heaven', 'Globosa' and a new one called 'Butterfly Candy Little Ruby'.

The 'Buddleja Buzz' series was a revolution in plant breeding and are sold in many garden centres across the country. They come in a variety of colours and flower all the way until October.

## What to do with perennials as summer fades?

Some plants look good as they fade, such as sedum where the flower heads hold their own for weeks and

look good with a dusting of frost. Others, such as Hosta look a mess. There is no hard and fast rule about what to do with herbaceous and perennial plants once summer is over.

Some gardeners cut everything back, clearing out the borders, and others leave plants uncut to encourage wildlife and cultivate a less formal look. There is also a halfway house; cut back plants that look a mess, such as Hosta, Crocosmia, Delphinium leaving in place those which still add to the border, at least for a while, which also spreads the work in the garden over the winter months. As with many aspects of gardening, there is no right or wrong it's down to personal preference. I tend to cut quite a lot back in my garden.

## Macmillan Garden Trail update

For those readers who joined the *Macmillan Garden Trail* at the end of July, fundraising for *Macmillan Cancer Support* and the *Macmillan Horizon Centre*, we raised an incredible £7,114.61 across the weekend. The 17 garden owners taking part, were very pleased to see two days of brilliant sunshine, instead of the usual weekend of rain and sun. There were nearly 1,400 individual garden visits made throughout the weekend, almost £1,500 worth of tea and cake sold.

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

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

# Out of loo roll?

We've cut the price of a single bus fare on our #1 and #1A buses! Travel from Langney Shops to Shinewater for just £1.30 – great if you're nipping to and from the shops.



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09/22 Issue 027  
September 2022

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

# Bournefree

EAST SUSSEX COLLEGE EASTBOURNE ACHIEVED AN OUTSTANDING **99%** A-LEVEL PASS-RATE!

Building on this success, its A-Level provision has expanded to include a wider range of subject choices for students.



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# ESC STUDENTS CELEBRATE THEIR RESULTS!



East Sussex College students celebrated receiving their A-Level, T-Level and Vocational results this summer, following two years of hard work and dedication! It's a history-making year for East Sussex College, as one of only 50 T-Levels providers nationally to receive results on 18 August.

DON'T FORGET  
OUR OPEN EVENTS  
THIS AUTUMN!

SCAN THE QR TO  
FIND OUT MORE!



Distinction\* and Distinction grade:

*"I'm very excited about my result. I'm not exactly sure what I'll be doing next, but I hope to do something medical - maybe a medic or dermatologist. The last few years have been amazing and my tutor has been absolutely brilliant, and I've made some awesome friends."*



Abbey Cuttell

## T-TIME.

East Sussex College students have been studying new T-Level courses, including Education and Childcare, Design, Surveying and Planning and Digital Production, Design and Development, for the past two years. **T-Levels at East Sussex College had a superb 100% pass-rate, 8% above national average, and an impressive 81% of those students achieved a higher Merit or Distinction grade.**

T-Level students collecting their results included Bethany Denne, who was the only female student on the T-Level Design, Surveying & Planning course. She revealed:

*"I got a Merit, which is what I thought I'd get so I'm happy! Following my results, I'll be going into a trainee role with a company in Battle which I'm really excited about. Support from Matt [tutor] has been really good, especially as it's a new course, so support has been good!"*



Bethany Denne

For students wanting to study T-Levels, the offer has broadened since the courses were first launched, with there now being a wide range of exciting opportunities and more being added each academic year. New T-Levels from September 2023 include Catering, Craft and Design, Hairdressing, Barbering and Beauty Therapy and Media, Broadcast and Production. **Find out more about new T-Levels at East Sussex College's Open Events this autumn.** (Eastbourne dates for the diary: Wednesday 5 & Thursday 6 October 2022!)

## A-LEVEL PROGRAMME.

East Sussex College A-Level students also celebrated fantastic results this summer, with their hard work being rewarded after possibly the most challenging two years to take exams. **Thirty-nine A-Level courses have a 100% pass-rate**, highlighting the quality of provision on offer at the College and fantastic news for all students and staff who worked tirelessly through lockdown and beyond.

The College's **Eastbourne campus achieved an outstanding 99% pass-rate.** Building on this success, the A-Level provision at Eastbourne has been expanded to include a wider range of subject choices for students.

Two A-Level students revealed their results live on air on Talk TV's Julia Hartley Breakfast Show. One of them, Xander Smith, studied History, Business and Sociology,

and had mixed emotions. He said:

*"I'm excited [to open my results], but I am a little bit nervous obviously - but I'm also quite chilled! The exams were ten times harder, especially as the first year was [affected by] Covid, so it feels like I've done a two-year course in one year."*



Xander Smith

The moment of truth came as a happy Xander revealed to Talk TV:

*"I've got two Bs and a C, that's better than I expected! After this, I don't want to go to university, I'd like to go into plumbing. I'm hoping to learn that over the next year."*

## VOCATIONAL SUCCESS.

Vocational student Abbey Cuttell studied Uniformed Public Services and achieved a fantastic Double

Rebecca Conroy, CEO & Principal of East Sussex College, said:

*"We are incredibly proud of all of our students who are celebrating some excellent results having worked so hard and with such dedication. This cohort has faced more challenges than most due to the disruptions of COVID and have all shown such determination."*

*"We wish each and every student the very best in the next steps in their futures and are sure they will be hugely successful."*

Rebecca Conroy



Turn to the back to find out why you should study with ESC.

# REASONS TO STUDY AT EAST SUSSEX COLLEGE...



Rebecca Conroy, CEO & Principal at East Sussex College, said,

*"We are absolutely delighted with the latest Ofsted report which confirms that we have achieved a 'Good' grade and are GOOD in all that we do. This is a huge credit to all staff and students for the high quality of their work and ambition."*

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

## EAST SUSSEX COLLEGE IS RATED GOOD BY OFSTED (2022)

Ofsted announced East Sussex College's new 'Good Provider' status earlier this year, following an inspection at its campuses in Eastbourne, Hastings, Lewes, and Newhaven.



SCAN THE QR TO READ MORE ABOUT OUR OFSTED RATING.

## OPEN EVENTS

Continue your edYOUcation at East Sussex College in 2023/24!

Come along to our Open Events to find out more:

### EASTBOURNE

Wednesday 5th October  
Thursday 6th October

### HASTINGS

Wednesday 12th October  
Thursday 13th October

### LEWES

Wednesday 19th October  
Thursday 20th October

SCAN THE QR TO READ MORE ABOUT OUR OPEN EVENTS.



WE ARE RATED  
**GOOD** by Ofsted



SCAN THE QR TO READ OUR FULL REPORT.

## EAST SUSSEX COLLEGE IS PROVIDING GROUND-BREAKING TRAINING FOR A GREENER FUTURE!



In October 2022, East Sussex College is opening a new Training Hub at Hampden Retail Park, in an exciting new partnership with OHM Energy. Welcoming a new era of training and development, the Hub will ensure green training is embedded into the curriculum to equip students with the skills to work with new green technologies.

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

*"We've had fantastic support from companies locally for our T-Level subjects, and we've built brilliant partnerships with longevity," said Rebecca Conroy. "It's been a real energy boost setting up this project. It will add a lot to what we do and how we do it. The new retail space will attract a lot of local interest."*

### DID YOU KNOW?

T-Level Design, Surveying & Planning students worked on designs for the new Training Hub as part of their course. Aiden Hill's design was chosen to influence the final design!



SCAN THE QR TO FIND OUT MORE ABOUT OUR NEW TRAINING HUB!

# East Sussex College *Adult course guide* - **out now!**

EASTBOURNE - LEWES - HASTINGS - NEWHAVEN



Whether you are looking for a *fresh start*, to *develop a skill*, *upgrade your career* or *meet some new friends*, there is something for everyone!



Scan the QR  
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adult course guide.