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10/22

Issue 028
October 2022

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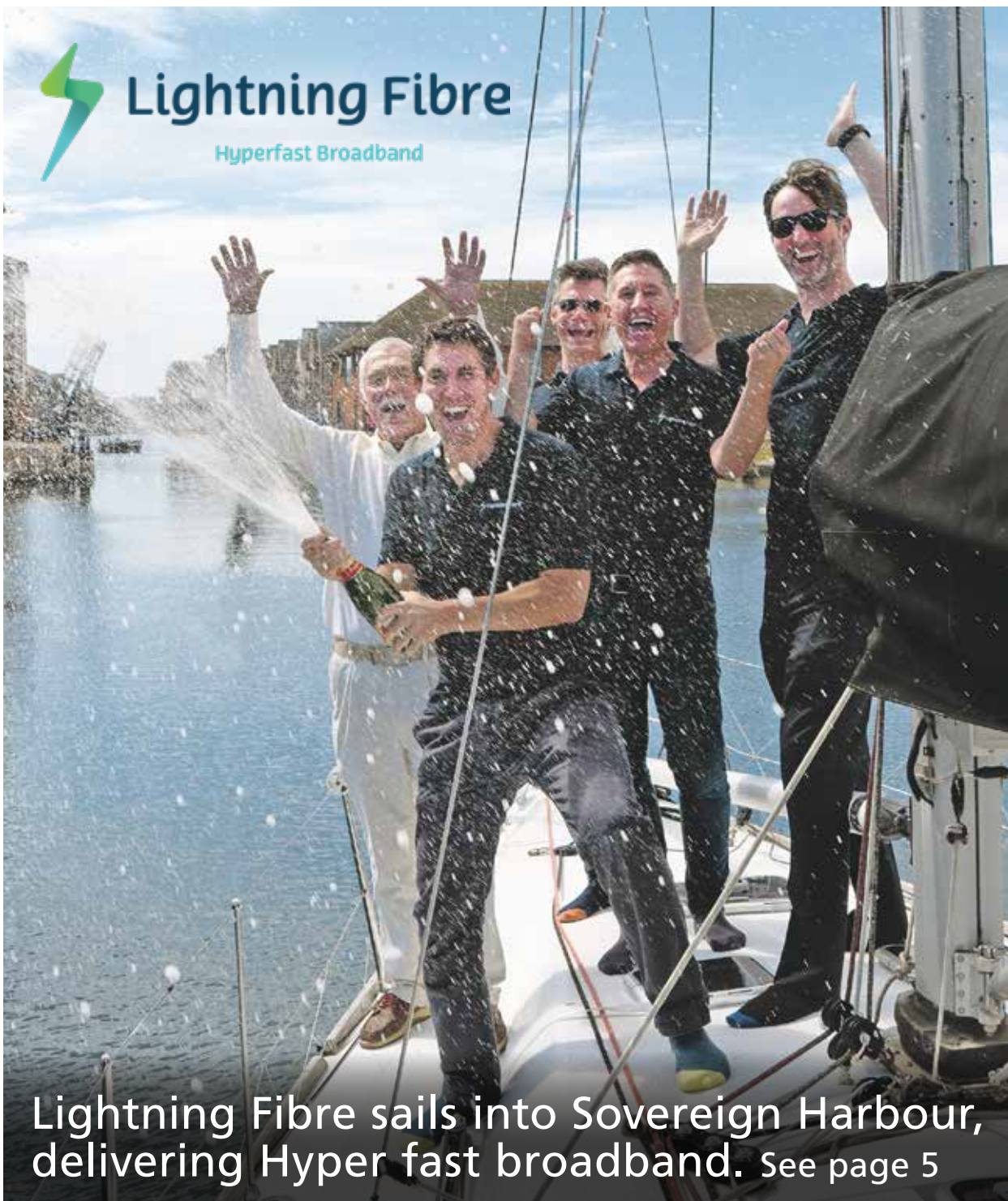
EASTBOURNE
ICE RINK RETURNS

Eastbourne's Lightning Fibre Ice Rink set for big return this Christmas.

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We're officially a Good school!

THIS is what **OFSTED** Inspectors said about **Ratton**:

By **Lucie Hamblin**

- **Relationships between teachers and pupils are strong and supportive. There is a positive working atmosphere around the school.**

- Leaders have exceedingly high expectations and there is a strong culture of care. Pupils are happy and safe. They behave well. They show a pride in their school and their achievements. Any instances of bullying are quickly dealt with.
- Pupils can all name a trusted adult to speak with if they have any problems. Pupils appreciate the support of the school and value the provision of extra-curricular activities. This extensive programme covers sport, art, drama, dance, reading, science, languages and Irish dance. The school has also

received an 'International Schools Award' in recognition of trips abroad including France, Germany, Italy, Japan and Uganda.

- The curriculum supports pupils to develop their understanding of fundamental British values. Pupils show respect for one another. They contribute to the school community through various leadership roles. They are well prepared for their future and actively supported in their choice of careers.
- Leaders and middle leaders have worked hard to construct a curriculum which is ambitious and meets the needs of all pupils. Links with partner primary schools are well developed to ensure curriculum continuity. Links with post-16 providers are developing.
- Disadvantaged pupils and pupils with special educational needs and/or disabilities (SEND) are actively

engaged in all aspects of school life. Teachers know these pupils well and adapt the curriculum to support them effectively. This allows them to quickly catch up on any work which they find challenging.

- The school continues to ensure that higher prior attainers are sufficiently challenged.
- The school is working hard to improve the uptake of languages. They have introduced numerous initiatives to encourage more pupils to develop a love of languages.
- Literacy and subject-specific vocabulary are well supported across the school. Reading has a high priority and additional reading support is offered to any pupils who fall behind. Relationships and sex education are carefully incorporated in ethics lessons.
- Teachers have strong subject knowledge. They use a wide range of assessment to provide helpful feedback to pupils.
- Behaviour and attitudes are secure across the school. Pupils have a strong understanding of diverse cultures and ethnicities. They recognise that, while racist comments are rare, there is some use of discriminatory language being used inappropriately. In lessons, pupils work with commitment and determination. Low-level disruption is not tolerated. Movement around the school is calm and orderly.
- Staff are incredibly positive about the leadership of the school. They feel their workload is suitably managed through sharing resources and working cooperatively. They say that their professional needs are well supported, and they are proud to be a member of staff.
- The 'achieving excellence' vision is clearly articulated through the school's virtues covering compassion, respect, creativity, teamwork, effort and responsibility. There is a strong focus on school





I am very proud of the inspection outcome and the work that has gone into securing this judgement of ‘good’.

improvement which has been initiated by the headteacher and actively supported by the executive headteacher.

- Engagement with parents and carers is secure but some consider that communication is not sufficient.
- Governors and trustees have a good understanding of the school. They visit the school regularly and receive quality reports from senior leaders and other staff. Governors are keen and enthusiastic. Training offered by trustees, school leaders and outside agencies has ensured that they are now better equipped for their role.
- The arrangements for safeguarding are effective. There is a strong safeguarding culture throughout the school. Safeguarding issues are understood, and actions taken to support local issues such as knife crime and gangs. Pupils know how to keep themselves safe. They are knowledgeable about issues such as peer-on-peer abuse, upskirting and harmful sexual behaviour. The welfare, well-being and safety of all pupils is a high priority for the school. Staff receive regular safeguarding training and frequent updates. They know how to identify risks and what to do if they have any concerns. The single central record is compliant. Referrals to external agencies are made in a timely manner.



Ofsted says Ratton is still good

RATTON School is celebrating after being rated Good in a recent OFSTED inspection.

By **Lucie Hamblin**

Head Gavin Peevers says it is a great team effort from pupils, staff, parents and carers after the challenges facing education from Covid.

Inspectors spent two days in the popular school on Park Avenue – and were clearly impressed with what they saw.

They spoke to pupils, staff and governors, and watched lessons being delivered in key subjects.

Their unanimous verdict is that *Ratton* remains a Good school.

It is part of the *South Downs Learning Trust*, along with *Ocklynge Junior School* in Victoria Drive.

Headteacher Gavin Peevers said: “This is a fantastic testament to all the effort, creativity and teamwork

of both staff and students in challenging circumstances during the last two years.

“I am particularly pleased that the inspection team recognised the ‘exceedingly high expectations’, the wide range of fantastic work that happens in our school community across the curriculum, student welfare and pastoral provision that undoubtedly results in our students ‘showing a pride in their school and their achievements’.”

Paul Murphy, executive headteacher, said: “I would like to take this opportunity to thank the staff, students, governors and families who work tirelessly on making *Ratton* the school it is.”

Carole Bradbrook, chair of governors, said: “I am very proud of the inspection outcome and the work that has gone into securing this judgement of ‘good’.”

Student leader Lea Ducat said: “The student leadership team have been working hard to help the school this year and will continue to do so. Well done everyone.”



For breaking news 24/7, log onto our news website at
www.bournefreelive.co.uk



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

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We're planning for Christmas already

HERE we are into October already – and yes, Christmas is not far away.

By **Peter Lindsey**

We live in challenging times – the country continues to mourn The Queen while the cost-of-living crisis escalates.

It was indeed incredible to see how we came together as a nation to mourn The Queen's passing.

Locally, Eastbourne continues to thrive, and we have so much to feel thankful for, despite the economic issues.

In this issue of *Bournefree*, we focus on the incredible expansion of *Lighting Fibre* around East Sussex and indeed further afield.

Yes, for some there is the short-term disruption, but the benefits of its impressive Hyperfast Full Fibre Broadband are there for everyone to see.

It's also to see *East Sussex College* continuing its amazing journey forward and back to being a central hub for the Eastbourne community, and indeed communities across East Sussex.

Its examination results – featured in last month's *Bournefree* – really were amazing. Now, it is making a real difference to our young people.

Each month, *Bournefree* welcomes new advertisers, and for October we welcome *The View Hotel* for the first time.

We also turn the spotlight – among others – on the *East Sussex Fostering Service*, *Ratton School Academy Trust*, and the *Friends of the DGH*.

The aim of *Bournefree* is to become a central part of the local community, and we make great strides every week.

Don't forget we offer a great mix of:

- The monthly print edition of *Bournefree*, out on the first day of each month – 10,000 copies
- Our 24/7 website www.bournefreelive.co.uk with six new stories uploaded every day
- And our social media. Please go and Like our *Facebook* page if you haven't done so already.

We are already planning our Christmas offering, and we will be producing a Christmas Guide in our November and December editions. Get in touch with us today if you want to be featured.

It's an important festive period for so many of our retail businesses.

We always like to hear from you – and the contact details of the team are on this page.

Happy October everyone!

Bournefree

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

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Lightning Fibre CEO & Founder Ben Ferriman (centre) and team members with Dickie Bird.

Lightning Fibre Sovereign launch

LIGHTNING Fibre sails into Sovereign Harbour, delivering Full Fibre broadband to over 6,000 homes and businesses.

By **Rob Reaks**

Lightning Fibre Founder and CEO Ben Ferriman, joined Sovereign Harbour Yacht Club Rear Commodore, Racing, Dickie Bird, to celebrate the launch of Lightning Fibre's brand new Full Fibre broadband network at Sovereign Harbour.

Eagerly awaited

Lightning Fibre secured funding in Oct 2020 to build a brand new Full Fibre broadband network across Eastbourne and this latest milestone was eagerly awaited by residents and businesses, who have struggled with low speeds for many years as the demand placed on the old copper network becomes increasingly unsustainable.

Boris Johnson recently used his No 10 departure speech to highlight the need for National Gigabit broadband coverage, citing a 70% penetration

across the country as AltNets like *Lightning Fibre* mobilise and invest to upgrade Britain for the Digital Age.

Ben Ferriman commented, "We've recently passed 60,000 premises and we're ahead of schedule. This latest release means even more of our home town is connectable to our brand new, hyper fast Full Fibre network, making Eastbourne one of the best connected areas in the whole of the UK. For too long, we have coped with sub-standard broadband, hindering our home and working lives. We have thousands of happy customers and more areas will become live in the coming months, so we encourage people to register online for updates."

Competitively priced

With prices starting from £24 per month, the Full Fibre broadband is priced competitively, in some cases costing less than an old, slower copper/fibre connection. Symmetric speeds of up to 900Mbps are guaranteed at the

modem, and the company will shortly launch a 'virtual landline' landline replacement service for those wishing to keep a home phone.

Hyper fast speeds

There are no 'in contract' inflationary price increases, unlike many mainstream Internet Service Providers, and prices are guaranteed not to change during a fixed term contract. The locally based company has its Headquarters and customer service team based in Polegate, and supports *Eastbourne Carnival*, *Wyntercon*, *Eastbourne's Ice Rink*

and charities including *Children with Cancer Fund*, *St Wilfrid's Hospice* and *Wayfinder Woman*.

Dickie Bird added, "We've signed up the Yacht Club and look forward to enjoying hyper fast speeds, with the added benefit of having it delivered by a local firm. *Lightning Fibre* have financially supported us by sponsoring a buoy, as well as supporting lots of events and good causes across Eastbourne and beyond."

Register online or switch today at www.LightningFibre.co.uk



Dickie Bird and Ben Ferriman.

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Bott's Opticians Unlocking the full potential of your vision

It is said that our eyes provide a window to the soul.

By **Gail McKay**

For over a century, eye tests have measured your prescription to the nearest quarter of a dioptre, resulting in prescriptions that end in .00, .25, .50 or .75. However, this doesn't reflect the actual prescription of over 95% of the population.

Established in 1962 *Bott's Opticians* has a renowned reputation for their professional and friendly eye care service. With this in mind they're delighted to announce that they're now offering the most advanced eye test currently available on the high street.

Bott's Opticians envision a society with stress-free eyesight. Each eye is as unique as a fingerprint. That's why they've invested in breakthrough technology to bring you the world's most precise eye tests.

Did you know that

- 98% of progressive lenses do not fit their user's eyes.
- 95% of people have more sensitive vision than the current correction step of 0.25 dioptres.

Their new eye test uses *DNEye* technology to capture the 7,000 biometric measurements that make your eyes unique. This enables the team at *Bott's* to ensure that your prescription is accurate to within 0.01D and means that your new glasses will give you crisper and sharper vision with wider fields of view.

In addition the eye test includes a 3D OCT scan which enables their clinicians to see beneath the surface of your retina. This examination means that *Bott's* are able to closely monitor the health of your eyes picking up on conditions such as diabetic retinopathy, glaucoma and macular degeneration many years sooner than regular eye tests.

The information collected from each of the tests means that, should you require glasses, the lenses will be truly bespoke to you. Customer feedback has been overwhelmingly positive, with 98% recommending their biometrically designed progressive lenses which create a dynamic and natural experience that works perfectly with the brain. This means you can unlock up to 40% sharper vision with a wider field of

vision at all distances, revolutionising the experience of wearing varifocals.

Adam Blackburn: *Bott's Opticians* Practice Manager says; "We wanted to offer our customers something better and considerably more accurate. Our ground-breaking eye test enables us to measure your vision to 0.01 of a dioptre so that you can receive your eyes' true prescription. This means that with your new glasses or contact lenses you'll have the sharpest eyesight possible."

The new eye test is available to everyone visiting *Bott's Opticians*. Patients aged 60 and over who qualify for *NHS* treatment will receive this test **free of charge**. To book your appointment please call *Bott's Opticians* on **01323 727782**.

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Fireworks fun on Friday 4th

THE Saffrons fireworks display will light up the sky on Friday 4th November this year.

By **Julie Bennett**

Once again, the grounds will open at 6pm to welcome ticketholders for a huge display at 7.30pm.

There will be fairground rides to entertain little ones, and food and drink. The likes of *Long Man Brewery*, *Cadence* and others will be on-site serving food and drink, and *The Saffrons* clubhouse bar will be open throughout the evening.

NEW for 2022 – Get your tickets online

Tickets are being sold online this year to help manage numbers within the grounds. Advance ticketing will also ensure a better experience for everyone, with less queuing and more facilities.

Scan the QR code to get tickets, or visit www.onlineticketseller.com/events/24482



Photo: Sarah Carmody Photography.

Team effort for the town

Every year, *The Saffrons* fireworks display is made possible thanks to a fantastic team of volunteers. As a not-for-profit community organisation, it's an important date for the club that raises vital revenue to maintain its historic and unique multi-sport grounds.

It's a family-friendly, crowd-pleasing event Eastbourne residents have come to love over the years. Don't miss the 2022 event. Entry to the

event is from the gates on Meads Road and Compton Place Road.

To find out more about *The Saffrons*, its sporting fixtures and venue hire, visit www.thesaffrons.org



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New Leaf Café

THE 'New Leaf Café' is a social enterprise project run by the charity Eastbourne Mencap. It offers adults with learning disabilities a genuine opportunity to further develop skills and confidence, and be part of their local community.

By **Harry Farmer**

Domenico Della Valle from Eastbourne Mencap mentioned that "the social enterprise programme aims to promote social and economic inclusion within the local community in the Eastbourne Devonshire West area and beyond.

The programme would like to train up people with learning disabilities, in order to develop catering skills,

involving food preparation, waiting and customer service as well.

"New Leaf Café is promoting networking opportunities with local business / services and the local community, creating awareness and advocacy for people with learning disabilities. New Leaf Café is an ambitious plan, the café is an inclusive project for the residents, particularly needed for those living on their own, or without friends and family locally. It provides them with a safe environment for to make new friends over a



delicious lunch and feel a valued part of the local Community".

Trainees are involved in all aspects of café life, in menu planning, food preparation, waiting at tables and customer service. The New Leaf Café is currently open every Thursday with Mencap Clients serving a delicious home cooked two course lunch for the price of £5.00.

The work placement programs run once a week and run from 10.00am to 14.00pm every Thursday. It is delivered by "Our Neighbourhood" run by Clare Hackney-Ring, funded by "Devonshire West Big Local" and works closely with "Leaf Hall Community Arts Centre" where it is based.

A real team-work across Eastbourne communities' providers.

Booking essential, please e-mail to dom@eastbournemencap.org.uk or call Clare on **07902 214809**.

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Hailsham sewing shop wins national awards

ESTABLISHED in 2002, *The Pumpkin Patch* is a well known sewing, haberdashery and wool shop in St Mary's Walk, Hailsham.

By **Julie, Jo and Carol**

Having survived Covid-19 and successive lockdowns while offering local deliveries, it is a thriving shop with so much to offer crafters.

Award winning

Recently it has won three national awards, including 'Fabric Shop of the Year' in the *London and South East England Prestige Awards 2022*, for its service and variety of products and has been shortlisted for another thanks to its wonderful loyal customers.



With over 1000 bolts of fabrics in store, customers may browse at their leisure and the staff, who are widely experienced in sewing and crafts, are always there to give a guiding hand. For those keen on knitting and crochet there is a large selection of yarns and patterns and as you would expect a huge range of haberdashery is available to support these crafts.

Happy crafters

Above the shop is a large room which is buzzing with happy crafters

enjoying classes in sewing, crochet, knitting, patchwork and quilting, from beginners to more advanced.

With a huge choice of lovely crafting supplies, friendly knowledgeable staff and free parking in Hailsham, customers come from far and wide to visit *The Pumpkin Patch*.

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22nd annual broadcast of youth radio



EASTBOURNE Youth Radio (EYR) returns for their 22nd annual broadcast from 16th–18th November 2022 on 87.7FM and online at www.eyr.org.uk.

By **Tim Sorensen**

Organised by Eastbourne Education Business Partnership and broadcast from studios at East Sussex College in Eastbourne, EYR will see students aged from 5–19 from local schools present their radio shows covering a wide range of topics. There will be a special focus on Anti-Bullying Week and issues around mental health and wellbeing.

This annual broadcast is only made possible by the considerable support and involvement of many local businesses and other organisations.

Anne Menzel, Marketing Manager at Stagecoach South East, and lead sponsor, says, “We are delighted to be supporting the *Eastbourne Youth Radio*. We’ve seen first-hand the wonderful opportunities the project offers the students; developing organisational, technical and creative skills and giving the opportunity to explore topics that directly affect

them and their future. We’re looking forward to getting involved again to hear what the young people of Eastbourne have to say!”

Southern Water is back to talk about ‘Misconnections’. *Edwards Vacuum and LECS (UK) Ltd* will be talking engineering and *VulcanEllis* and *Frontside Developments* will be looking at local construction projects. Other contributions from *UpCountry Stone Cross*, *East Sussex Fire & Rescue Service*, *Brewers*, *St. Wilfrid’s Hospice* and many more.

EYR is about enabling young people to research, produce, present and perform their own material in association with community partners. From this they learn and develop a wide range of employability and personal skills.

Further details and the programme schedule will be included in the November issue of *Bournefree*. We hope that you enjoy listening to their work over the three days.

For further information please contact tim@eastbournebp.org.uk



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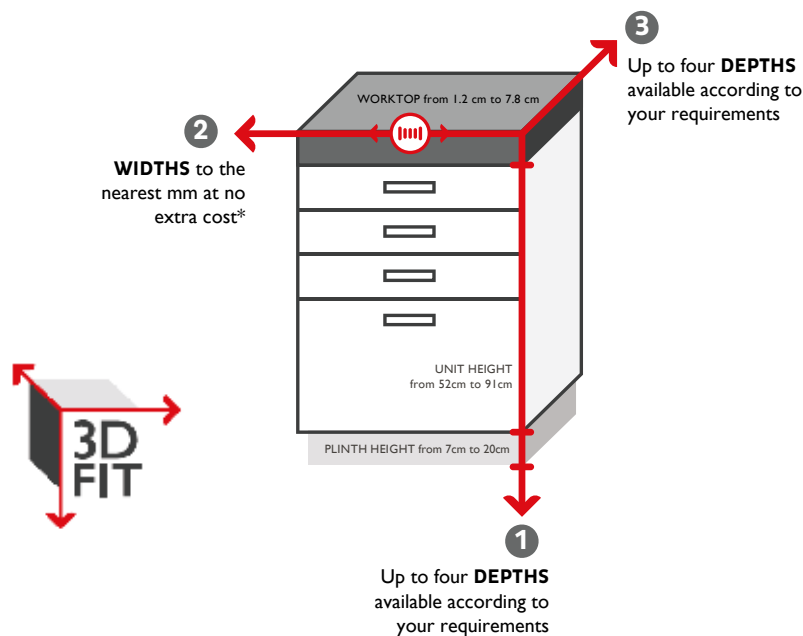
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Care to survive

EASTBOURNE & District Mencap is at the forefront for providing services for people with learning disabilities, however, despite our strong commitment and hard work to succeed, one of the main issues we have is recruitment.

By **Domenico Della Valle**

The adult social care sector currently faces significant challenges with both the recruitment and retention of staff. Eastbourne Mencap, like many other providers find that it is difficult to recruit and retain staff due to the pressure on staff costs, such as payment of a living wage, training and support for career progression.

The greater use of agency staff has consequently increased the demand and cost significantly to an unsustainable level. We feel there needs to be some recognition by the Government as major changes are needed to increase pay across the social care sector.

High standards of care

Eastbourne Mencap is a small charity that has been providing a service to people with learning disabilities

for over 70 years. We now need to evolve as an organisation and change our approach in order to continue to provide our service users with high standards of care. This will involve diversifying and introducing new revenue streams.

This will be challenging, as this situation means providers have to think outside the box to be able to survive

in this sector. Unfortunately, the last two years with the Covid-19 pandemic has set us back considerably with our business plan to generate increased income and sustain the overall costs to run our charity.

Raising awareness

We are fortunate to have been chosen as one of Eastbourne Mayor's charities this year, so we

are looking forward to working with The Mayor and *Eastbourne Foodbank* to raise awareness for our charities and much needed funds through various events during the year. These will be promoted on our website and social media profiles and our website also contains information about current vacancies, volunteering and all our news.

Marketing, fundraising, and advertising, together with project and social media management are now becoming part of the running of *Eastbourne Mencap*, placing the adult social care providers in a competitive gear in order to survive and do well.

New Leaf Café

Eastbourne Mencap is already involved with a Social Enterprise programme, 'New Leaf Café', working in partnership with *Our Neighbourhood* with funding from *Devonshire West Big Local*. Through this project we are able to generate an income and improve provisions in the local community. This gives our service users opportunities to learn new skills and service the general public and we hope to be involved with more projects like this.



**eastbourne
mencap**



Curious to see if you could provide supported lodgings?



SUPPORTED lodgings is one of the many types of fostering offered with *East Sussex County Council*.

By **Karen Venditto**

As a supported lodgings provider, you could use your experience to help young people (16 to 21) to learn the practical skills they need to thrive and live independently.

A safe home, full of kindness, guidance and patience can make a huge difference to a vulnerable young person's future... could you offer this in your home?

You need a spare room and the life skills to enable you to help build the confidence of a young person so they can:

- learn to cook, do housework basics and shop to a budget.
- manage money and organise appointments.
- get into training, work or education.
- have conversations about relationships.

We need more supported lodgings providers in this area now and guarantee you a generous weekly allowance. We are with you every step of the way with a whole dedicated team for your training and support 24/7.

"How do I find out more?"

Give us a call for an informal chat or send in an enquiry form (details below). You can continue to work alongside your application and when you're providing supported lodgings too.

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**eastsussex.gov.uk/supportedlodgings
01424 726155**

For all other types of fostering opportunities, visit **eastsussex.gov.uk/ChooseEastSussexFostering**

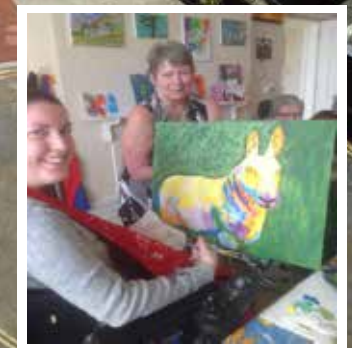
 **@fosterforESCC**

 **@EastSussexCountyCouncilFosteringService**



The Chaseley Trust

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



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

We offer residents:

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

We offer staff:

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

We offer the community:

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

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

www.chaseley.org.uk





How your donations have helped Chaseley residents

THIS year Chaseley embarked on a new 15 year journey to modernise, update and refresh the home for the benefit of current and future residents, ensuring they can continue to deliver the best care possible to their residents for the next 75 years.

By **Jodie Cornford**

So far you have helped Chaseley to raise:

- £59,500 towards the lift upgrades, which were completed at an overall cost of £93,835.
- £9,218 towards the cost of the balcony and skylight repairs, which were completed at an overall cost of £23,529.
- £5,501 towards the provision of the daily resident Well-Being and Activities Programme.

- £263 for a specific piece of equipment.
- £5,000 for the refurbishment of the residents ground floor kitchen, which is due to take place shortly.
- £5,266 towards the cost of 21 window repairs and replacements due to water ingress, which have a total cost of £53,750. These works are due to start shortly.

A huge thank you

The Chaseley team and residents would like to say a huge thank you to each and every person who has fundraised on behalf of the charity and donated towards all these costs,

your wonderful support is most gratefully appreciated.

With your help, Chaseley can ensure the residents continue to receive the excellent care they require, whilst living in a first class home that they deserve.

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

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

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

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

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

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





Take part in Wilf Week for St Wilfrid's Hospice!

24th to 30th October 2022

Find out how you can get involved
stwhospice.org/wilf-week

Support St Wilfrid's half-term fundraiser on the Wilfie Trail



ST WILFRID'S mascot Wilfie Bear is making an appearance for the charity's Wilf Week from October 24th–30th.

By **Thomas Magnini**

The fundraiser is a show of thanks to celebrate the support of residents and help tell the story of St Wilfrid's Hospice.

The Bear is a symbol of the charity's dedication to providing both in-patient and community-based services to adults aged 18+ with a life-limiting illness.

Dedicated nurses

Each day the hospice's dedicated nurses walk 7,000 steps and Wilfie Bear will be joining them during the week of fundraising.

The charity is using *Wilfie Week* to raise the awareness of its story by asking residents to show their support and come together for a week of Wilfie themed activities.

Local businesses in Eastbourne will be hiding limited edition Wilfie Bears on the Wilfie Trail.

Wilf's Week will feature fundraising events including a Wilfie themed cake sale.

The charity is hoping more people will organise their own Wilfie Bear

themed fundraising activity. A free fundraising pack is available through the charity's website.

It has also commissioned a 'limited edition Wilfie Bear for 2022' which is available to buy and is a great way to show your support for the charity. It is available to buy from the *St Wilfrid's Hospice* website for a suggested donation of £15.

Got to: www.stwhospice.org/get-involved/wilf-week/wilfie-bear

or visit the *St Wilfrid's* shops at 184 Terminus Road and 84 Green Street, Eastbourne.

The St Wilfrid's story

The hospice provides free specialist care locally in Eastbourne and surrounding areas and uses support through donations to continue to make a difference to end of life care provision in Sussex.

St Wilfrid's Hospice is a charity and relies heavily on voluntary gifts to support over 70 per cent of its vital work.

It costs just over £17,000 a day to provide care and support services across the catchment area.

The charity is hoping that Wilfie Bear can get people fundraising for the charity and contribute to the ongoing work of the Hospice.





Foodbank campaign raises awareness of poverty and holds hope for a better future

EASTBOURNE FOODBANK is marking Challenge Poverty Week (October 17th to 23rd) by sharing stories of hardship and campaigning for a stronger social security system.

By **Juliet Mead**

The cost of living crisis is plunging too many people into poverty but we, at the local foodbank, are holders of hope and we believe change is possible.

Alarming increase in foodbank numbers – from 30 to 2,000 people each month

When Eastbourne Foodbank set up in 2011 it provided emergency food from a porta cabin for 30 people in one month. At that time,

foodbank CEO Howard Wardle thought he was providing short-term help and it couldn't possibly get any busier. Fast forward to today, and shockingly, we are feeding an average of 2,000 people every month and now have a 4,500 square foot warehouse, two vans, 130 volunteers, 15 paid members of staff and seven distribution points across the town to cope with the growing demand.

It's not right such huge numbers are in financial crisis, and


foodbanks should not be the answer to the cost of living crisis. However, we hear devastating stories every day and as a result we will continue to provide support to make sure people have essential items during some of the toughest times in their lives.

The vast majority of people are only one or two steps away from crisis. Being made redundant, the death of a partner, a serious illness or a relationship breakdown can happen to anyone.

August Statistics

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

 **Adults 1,390**  **Children 730**

 **Meals – 21,200**

Percentage increase on the previous year (August 2021): **121.5%**

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



“NEVER IN A MILLION YEARS DID I THINK I’D EVER NEED TO USE A FOODBANK”

A bereaved 59-year-old man told us life became very tough when he lost his long-term partner a few years ago. It was a very difficult time in his life, but as he started to deal with his grief and come to terms with the loss, his financial situation worsened as the cost of living increased. He is applying for work and currently claiming Universal Credit, but now can’t afford the basics.

He said: “Never in a million years did I think I would need to use a foodbank – never in a million years! I’m good at budgeting and always thought I would be able to manage but it’s just too much of a struggle.

“I have no money to do anything at all and it is isolating. My rent has to be my priority and I pay the majority of my bills, although that is a struggle because I can only chip away at the growing electricity bill debt.

“As far as food is concerned, with the help of the foodbank, I just get by.

“There is sometimes, if I’m lucky, around £20 left each month for other things. So, really I have no money for anything else. It can be very lonely. I have friends and they ask me to go to the pub to watch the football but I can’t afford to get there and I can’t afford to buy a drink.”



“EVERYTHING IS GETTING MORE EXPENSIVE, SO I HAVE TO VISIT THE FOODBANK TO FEED MY CHILDREN”

A single mum-of-three visited the foodbank with her two youngest children in the summer holidays. Their cupboards and fridge were completely bare that morning and the youngest two children, aged three and nine, had empty tummies when they arrived.

They were given a slice of homemade cake for breakfast from the community café at the church while their mum selected her three days’ worth of emergency food for the family. That day there were some fresh strawberries, past their best before date, and she was so pleased to take a pack home for her children.

She told us: “I wish I didn’t have to bring the children to the foodbank but I am finding it hard through the summer holidays. They would usually get free school meals and it’s so difficult.

“I receive Universal Credit monthly, but I would like to have it every two weeks because I’m finding it hard to make it stretch. Everything is getting more expensive – it is impossible! I have to visit the foodbank while I wait for the next monthly payment.

“I have some unpaid bills and a water bill debt that I just haven’t been able to afford.”



“HERE AT EASTBOURNE FOODBANK, WE ARE HOLDERS OF HOPE AND WE STRONGLY BELIEVE THIS COST OF LIVING CRISIS IS AVOIDABLE AND CHANGE IS POSSIBLE.”

Jess Holliday, Campaigns and Communications Manager, said: “Foodbanks should not need to exist in 2022, here in one of the wealthiest countries in the world.

“We hold hope that life can and will improve for people living in poverty and, with some changes to government policy, less people will need to rely on foodbanks.

“We recently held a day of action and many people in Eastbourne

stood with us in these views. *Foodbank* representatives spoke to members of the public about their current fears and hopes for the future. We all agreed no-one’s income should fall so dangerously low it doesn’t cover the essentials we all need.

“As part of our campaigns work, in partnership with *The Trussell Trust*, we are calling for a better future and stronger social security system that supports people every day – not just in times of national crisis.

“We are taking this message of hope into school assemblies and churches during *Challenge Poverty Week*.

“The team at *Eastbourne Foodbank* will stay optimistic as it works to end the need for foodbanks but, while there is such high demand, we will continue to support people living in poverty with dignity and compassion.”





Eastbourne's Lightning Fibre Ice Rink set for big return this Christmas

EASTBOURNE'S *Lightning Fibre Ice Rink* is coming back bigger and better! From the 1st December through to the 8th January, skaters can look forward to setting foot on real ice once again! The Ice Rink will be located in front of the *Enterprise Shopping Centre*.

By **Robbie Lees**

With tickets on sale from 30th September, skaters are being urged to book early to avoid missing out after last year's sell out success. Held at 2021 prices, early bird tickets cost just £12 per adult, £8 per child or £30 per family.

Phenomenal success

Organised by Your *Eastbourne BID*, the ice rink is once again sponsored by *Lightning Fibre*.

Chief Executive of Your *Eastbourne BID*, Stephen Holt said "The support for the *Lightning Fibre Ice Rink* last year was just incredible, with over 17,000 skaters in its first year, we simply couldn't wait to announce its

return. We saw a large number of sold out sessions last year, I would urge everyone to get your skates on and book as soon as possible to avoid missing out."

Ben Ferriman, CEO and Founder of *Lightning Fibre* said "The success last year was phenomenal, and we're thrilled to play our part in bringing the *Eastbourne Lightning Fibre Ice Rink* back, bigger and better for 2022. This is just one of many community engagement initiatives for *Lightning Fibre* across East Sussex. We're proud to 'do our bit' for the communities we serve."

Delighted to see return

Eastbourne Borough Council's Head of Tourism & Culture, Annie Wills said "We're delighted to see the return of the ice rink. There is so much going on this Christmas from

Panto to Christmas shopping events and the ice rink is the icing on the cake. There really is every reason to make a day of it in Eastbourne and get into the festive spirit."

Penguin skate aids

This year will see new sessions with reduced numbers for the serious skaters. All other sessions will see

the popular *Booksy* penguin skate aids return, which will be available to hire for those on the day who need a little extra support.

Schools sessions at reduced prices will also be available to book in advance and lockers will be available to hire throughout.

Book early

The *Eastbourne Lightning Fibre Ice Rink* returns from 1st December to 8th January, open from 10am to 8pm weekdays and 10am to 10pm at weekends, with further town centre Christmas events to be announced over the coming weeks.

Sponsored by *Lightning Fibre*, the ice rink is also supported by the *Enterprise Centre*, *PRG Marketing Communications*, *Booksy* and *VisitEastbourne*, with on-site advertising and further sponsorship opportunities available.

Tickets go live on 30th September. To book tickets or for more information, please visit

www.eastbourneicerink.co.uk



It's not too late to get away

I HAVE recently experienced first-hand, the situation at both Gatwick and Heathrow, and following all the terribly negative press coverage a little while ago, I'm pleased to report that everything is now much better and going through the usual holdup of security was just a few minutes at Gatwick and just a little longer at Heathrow.

By **Martin Wellings**, Personal Service Travel

I never believe that airports are exactly the most enjoyable places to visit, and for me personally, the less time there the better, so for passengers who have checked-in online and just have cabin baggage, turning up an hour and a half before departure is more than adequate: three hours just means more hanging around.



We all want to get a good price for a flight and invariably, the earlier you book the better – opposite to what it was a number of years ago! We book a lot of flights and always have to navigate round the seemingly cheapest fare to establish the best one for what clients actually need. For example, some of the cheapest fares allow for no baggage in the hold or even in the cabin, have very unsocial departure times, and in the case of long-haul flights, have excessive waits of many hours between connecting flights.

Very few people these days enquire as to which airline or what aircraft they would be flying on, but it is always worth asking the question because it may be that just a small amount extra buys you some additional comfort because they are not necessarily the same. A good example is the different aeroplanes used, as travelling in a wide-bodied (i.e., two aisles) such as the Boeing 777 or 787 is more comfortable than

a single aisle Airbus 319/320 used by the likes of easyJet, and especially when equipped with seat back screens for on-board entertainment. A lot about flights this month, but of course unless you are cruising or going by rail, it is an important factor on most people's holidays. It is surprising how many people ask if we book flights, but to me it is like asking a publican if he sells beer!

Here we are in autumn again and the season that people look for winter sunshine holidays, and very soon we shall be receiving all the summer 2023 brochures and indeed we already have the latest details of cruises for the year after next. If you haven't been away yet this year, it's not too late, so if you are going soon I wish you a good trip.

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A lasting memorial to Queen Elizabeth II

The late Queen spent happy holidays in Eastbourne as a young girl with her family, and was there when her father opened the town's downland formally after Eastbourne Borough Council bought a large area of the Downs in 1929 for the people of Eastbourne.

Since then the trees on the Downs have been devastated, along with the rest of the country's trees, by Dutch Elm Disease and Ash Die Back. Both these diseases have left our tree canopy badly depleted.

The Queen wanted to do something to replace these lost trees and so she launched the Queen's Green Canopy project to celebrate her Platinum Jubilee, and the Eastbourne Chamber of Commerce has been considering how to play its part.

Since the Queen's sad death on Thursday 8th September the Chamber would like to celebrate her life by planting an area of woodland where the community can come together to enjoy the peace of the Downs, the wildlife and the stunning views of the Channel.

If you would like to join us in planting trees on an area of the Downs please visit www.eastbourneunltd.co.uk or www.eastbournejgc.org to see how you can get involved.



The Queen's family at St Mary's Church on Sunday 8th March 1936



Tree planters on the downs



The Worshipful Mayor of Eastbourne, Pat Rodahan

Any trees we plant will need tending for the first few years of their lives and so we need volunteers to help with this important job. We also need volunteers to help plant trees and we need donations to purchase the trees.

Please contact us to help create a lasting memorial to Queen Elizabeth II by emailing your details to info@eastbournechamber.co.uk

Let us know whether you would like to purchase trees or help maintain them, and don't forget to include all your contact details.

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!

Supporting Children With Cancer

Finding out your child has cancer can have a devastating effect on a family, so Children with Cancer Fund-Polegate (CWCF) is there to help support the whole family through the experience.

A small charity based in East Sussex, CWCF supports children with a diagnosis of cancer and grants wishes to children up to the age of eighteen, along with all their family members. Wishes can be practical, medical or fun and tailored to individual families.

The charity organises fun family events, providing respite for families during ongoing cancer treatment and allowing families to come together to share stories, make friends with others going through the same difficulties and create happy memories.

The charity also supports local hospitals and community nurses with children under their care. Part of this support can include helping with the financial burden that cancer can have on a family, such as paying for the parking permit for hospital visits or buying school uniforms for the start of the school year.

Finding a home for CWCF

Last year the charity embarked on a mission to raise the funds to secure the beating heart of the charity and buy the building they work in. A successful public appeal was started and a generous donor came forward with the remaining sum of £50,000 needed.

To celebrate the purchase the late Queen's representative, the Lord Lieutenant of East Sussex Mr. Andrew Blackman, cut the ribbon



to show where the magic happens. Also in attendance was the Mayor of Eastbourne, councillor Pat Rodohan, and Deputy Lieutenant and Patron for the charity Mrs Juliet Smith JP DL.

Celebrating 25 years

This year CWCF has arranged a trip to Drusillas, mini golfing, random acts of kindness, sending families off to their first concerts together, a football match and afternoon tea deliveries straight to their front doors.

As the charity turns 25 years old there are plans afoot to create 25 groups of people and businesses to hold similar 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, please get in touch as the charity would love to hear from you.

To help run events CWCF are also looking for volunteers, so if you are interested, please call 01323 488561 or email info@childrenwithcancerfund.org.uk to find out more.



CHILDREN with CANCER FUND
 Registered charity No: 1110444



“ My confidence hit an all-time low – I didn't want anyone to see me because they didn't understand.

Chloe was just fourteen years old when she was diagnosed with Hodgkin Lymphoma, a type of blood cancer. Chloe and her family were supported by Children with Cancer Fund during and beyond her treatment.

In July 2013, I found a series of lumps in my neck. I had various doctor's appointments and my GP prescribed antibiotics, but the lumps remained. Eventually I had a biopsy and scans which confirmed that I had stage three Hodgkin Lymphoma. The doctors told my parents who then had to break the news to myself and my two sisters, we were devastated.

I started chemotherapy which was a gruelling experience, I lost all of my hair and gained a lot of weight because of the steroids I had to take each day. My confidence hit an all-time low – I didn't want anyone to see me because they didn't understand.

That's when children with cancer fund came into our lives, they invited us along to social events with other families affected by childhood cancer. This came at exactly the right time, we realised we weren't alone and there were others out there who understood exactly what we were going through.

I was very fortunate to go into remission in 2014, but the impact of my diagnosis didn't stop there. We were so used to being in the care of the Royal Marsden, that when treatment stopped we weren't sure how to start 'living' again, I experienced a lot of down days. This is where Children with Cancer Fund was amazing, they continued to invite us to social events and surprised me with treats when I was having a bad day. Knowing there was someone there for us through every part of our journey, was the reassurance we really needed.

I am so grateful for all of the treats, events and caravan breaks children with cancer fund gave us, thanks to them some of our darkest days were made that little bit easier.

New members for September

Trinity Homes UK • Tim Scorer Consulting •
 Bournethisway LGBT+ Parents Support Group CIC •
 JMC3 Design Ltd • JODE GROUP • Sunbean Coffee •
 Facaldo Flowers • The Resus Rangers

Eastbourne's 2022 Business awards

Eastbourne's 2022 Business Awards are a celebration of why Eastbourne is *the* best place to do business in the UK.

Along with terrific businesses we have a great work-life balance, pristine beaches, the beautiful Downs, the best broadband speeds available, and most importantly, we maintain strong links with all the local authorities to overcome barriers to business, wherever we find them.

Business is thriving in Eastbourne and the successful finalists shown here are a wonderful testament to our strong enterprise culture.

The Eastbourne Business Awards 2022 Finalists

Start Up of the Year

All Wrapped Up Catering
Beerarama
Gingerbelle Gems
Jade's Scentique
Kiddicity
Ninja Arena Eastbourne
Sheppard's Cafe & Restaurant
Tesouro Timepiece Ltd
The Clean Ears
The Foundry
The HMO Specialists
To The Rise Bakery

Best Learning Company

Be Gymnastics
Industrial Construction (Sussex) Limited
Neupauer Training
The View Hotel

Sustainable Business Practices

Cotential working With H2OIQ & HVACIQ
Green Bro's
Long Man Brewery Ltd
Nelson Coffee And The Roastery
OHM Energy

Health and Wellbeing Award

Loretta's Therapies
Neupauer Training
RMJ Wellbeing
The View Hotel
You Raise Me Up Charity

Community Support Award

Anderida Adolescent Care
Be Gymnastics
Children With Cancer Fund (Polegate)
Eastbourne Carnival
Industrial Construction (Sussex) Limited
Little Squidges
Mankind CIC
Morrisons Eastbourne Community

Champion

Stagecoach Buses, Eastbourne
Sykes Harley Davidson

Professional Services Award

Cloud, Voice & Data
Driving Miss Daisy Eastbourne
Eastbourne Coach Finishers
Eastbourne Property Shop Sales And Lettings
ECK Bookkeeping And Accounts Ltd
HR Dept Sussex-by-the-Sea
Mini First Aid Sussex
Room2Let Ltd
Southern IT Networks Ltd

Creative / Digital Industries Award

Cloud, Voice & Data
Ditzy Media
Fountain Digital
Joe Lam Hair Artist
Kiddicity
Little Squidges
Newman Business Solutions Ltd
Pearce Marketing
RJM Digital Platforms Ltd
Southern IT Networks Ltd
Switchplane Limited

Retailer of the Year

Gingerbelle Gems
Jade's Scentique
JCS Meats And Provisions
Kiddicity
Marks & Spencer
Maybugs
Tesouro
To The Rise Bakery

Hospitality Business of the Year

Beerarama
Bodega
Coffee & Carrot

Crown & Anchor (Eastbourne) Ltd

Fizz On Foot Limited
Gianni's
Longman Brewery
Ninja Arena Eastbourne
Perch In The Park
Pomodoro E Mozzarella
Ravilious
Sheppard's Cafe
The New England Guesthouse
The Royal Hippodrome Theatre
The Spice Garden, Eastbourne
The Star Inn, Alfriston
The View Hotel
To The Rise Bakery

Apprentice of the Year

Niles Lambourne of EAG Marketing Ltd
Imogen Hamer of East Sussex College
Ciaran Toms of Joe Lam Joe Dufaur of P D Harris

Manager of the Year

Laura Knell of Bon Marche, Eastbourne
Stephen Holt of Eastbourne Bid
Nick Ducatel of Eastbourne Borough Council
Marcella Glenister of Gelato Famoso
Hannah Castle of Perch In The Park
Marie Townsend of Room2Let Ltd

Customer Service Award

AFH Payroll Solutions Ltd
C B L Fastenings
Cloud, Voice & Data
County Clean Environmental Services Group Ltd
Eastbourne Coach Finishers
Fieldskills Limited
(Business Workplace Essentials)
Gelato Famoso
Lauren Frost Honestly Does It
Life Planning Solutions
Rostick Restaurant

International Company of the Year

Rathfinny Wine Estate
Viking Pump Hygienic Ltd
Zunoma

Best SME Business of the Year

Cloud, Voice & Data
Coffee & Carrot
Crown & Anchor (Eastbourne) Ltd
Dermal Enhance
Eastbourne Coach Finishers
Eastbourne Property Shop Sales And Lettings
Goodnews For Life Ltd
HR Dept Sussex-by-the-Sea
Industrial Construction (Sussex) Limited
Joe Lam Hair Artist
Little Squidges
Pearce Marketing
Room2Let Ltd
Southern IT
The HMO Specialist
The Spice Garden, Eastbourne

Best Large Business of the Year

Bonnars Music Store
Lightning Fibre Ltd
Rathfinny Wine Estate
The View Hotel

Business Person of the Year

To be announced at the event.

Lifetime Achievement

To be announced at the event.

Overall Business of the Year

To be announced at the event.

The Eastbourne Business Awards 2022 are kindly sponsored by:



W. BRUFORD

1886



Festive Guides

BOURNEFREE is already planning for Christmas – and we are offering great packages for the festive period.

By **Peter Lindsey**

We will be publicising Christmas Guides in both our November and December editions.

Both will be out on the streets – as well as being online – on the first day of each month.

The Guides will be full of promotions, adverts, pictures and editorial promoting our shops and High Streets.

We are also happy to publicise other Christmas activities as well, including your community events.

Want to be a part of it?

Then contact the *Bournfree* team today, either via our website, by email or by telephone.

Our contact details can be found on page four.



Bournfree owner Andy Thomas said: “We understand how important this festive period is for our traders, businesses, and indeed the local community.

“We want *Bournfree* to play a key role in that – hence the publication of our two Christmas Guides.

“We are very excited, and we want you to be too.

“Our team looks forward to hearing from you.”



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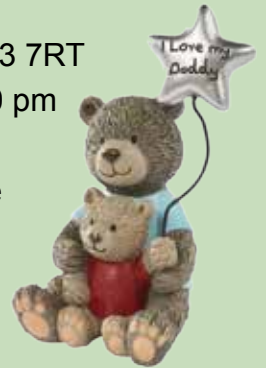
Bringing you a range of beautiful home items for you or your loved ones.

Dolly's is an Eastbourne based, family-run, local business where there really is something for everyone and every occasion!

We're online at [Dollyshomeware.co.uk](https://www.dollyshomeware.co.uk) and in person at:

Langney Shopping Centre, BN23 7RT
Friday and Saturday 9.30 – 4.30 pm

Social media @dollyshomeware



Friends of Eastbourne Hospital

WE'RE HIRING

Friends of Eastbourne Hospital (FoEH) is committed to raising funds to provide extra equipment, amenities and services for patients and staff of the Eastbourne DGH.



SHOP MANAGER

To work 32 hours per week, in the Eastbourne DGH

We are looking for someone who has:

- At least three years' experience of working in a retail environment
- Experience of working with and managing volunteers
- Familiarity with stock management and EPOS systems
- Experience of annual audit procedures
- Adaptability and a positive outlook, someone who seeks to solve problems positively
- A desire to be part of an organisation that really makes a difference
- Flexibility and an adaptable approach to changing priorities
- Enthusiasm and a sense of enjoyment when getting things done
- Ability to work weekends as required and flexibly throughout the week
- A team player approach, someone who can work in conjunction with the Friends Office and Trustee board, and is comfortable liaising with suppliers and Hospital Trust staff
- An understanding of the Friends' structure and ethos

If you meet the above requirements, please visit www.friendsdgh.org.uk/shop-manager-vacancy, email esh-tr.friendsdgh@nhs.net or call 01323 749503 for an application pack

**CLOSING DATE FOR APPLICATIONS IS 21/10/22
INTERVIEWS WILL TAKE PLACE ON 11/11/22**



Work, shop and play in exciting new Eastbourne venture

THE exciting new retail, work and healthcare destination takes a giant step closer to reality this this October at *The Beacon* in Eastbourne.

By **Tim Cobb**

On October 14, a fantastic new range of pop-up stores will come to life on the ground floor, headed up by the award-winning gents' barbers anchor store *Teddy Edwards* and new coffee experience *Slowpoke Coffee*.

On the first floor, nearly 70% of the offices have been taken by

Eastbourne entrepreneurs ready to take their business ventures to the next level. And heading up the health and wellbeing section is *Digital First/Victoria Medical Centre*.

Running alongside this amazing offer will be a series of monthly Inspiring Talks by adventurers, explorers and top business leaders.

Ocean rowing

First up will be the incredible Dadventure, a team of three dads

seeking to inspire and show people that life begins at 40 (or even 50!). They will be taking part in the *Talisker Whiskey Atlantic Row* in December.

Dad, and participant, Matt Garman said: "Some of our friends and family think we're having a mid-life crisis by investing in an ocean rowing boat instead of other boys' toys. We're out to show the world that at our age, there's more to life than pipes and slippers, and a middle aged spread is not mandatory."

Their incredible efforts will raise money for two cancer charities. You can hear their story at the first Inspiring Talks night on Friday October 14. Tickets can be found by searching 'This Is Dadventure' on *Eventbrite*.

Sumptuous lounge

FOUNDRY has been given a big thumbs-up by the *Eastbourne & District Chamber of Commerce*, who held a networking event in the

sumptuous lounge area of the work space. Christina Ewbank, *Chamber* CEO, said: "This is exactly what the town needs. I am delighted we have been able to show our support for the new venture, and I wish it every success going forward."

Brand new concept

FOUNDRY is a joint initiative between Adam Walker and *Beacon* owners *Legal & General Investment Management*. Adam said he was delighted by the welcome and support of the Eastbourne retail and business communities. "This is a brand new concept for Eastbourne and I am delighted that this fantastic town is the setting for our very first *FOUNDRY* adventure."

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 who pass through *The Beacon* annually.

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 and have just signed up *Digital First/Victoria Medical Centre*, which is a fantastic start."

If you would like to discuss desk and office space in *FOUNDRY*, head to www.foundryuk.com/eastbourne



Spooktacular Halloween

THIS October half term grab your boots, throw on your coat (or Ghoulish costume) and head on down to *Sharnfold Farm*.

By **Peter Lindsey**

There is a Spooktacular Halloween family friendly event, including all the usual fun on the farm PLUS a Spooky themed trail and activities.

There's also the return of the ever-popular pumpkin carving that takes

place in the historic Sussex Barn on selected dates throughout the half term week.

No October at *Sharnfold* would be complete without the Halloween Display – it will be one of the best yet.

Come along and join in with the family friendly Halloween fun as *Sharnfold Farm* is transformed for the spooky season.

To avoid disappointment, we recommend booking in advance
Online prices (booking fees apply)

- Child – Halloween Trail: £5.95
- Adult – Halloween Trail: £4.95
- Child or Adult Pumpkin Carving & Halloween Trail: £9.95 (includes one pumpkin).

Tickets on sale now

Daily 22nd – 31st October
Halloween Trail

<https://www.eventbrite.co.uk/e/spooktacular-halloween-trail-sharnfold-farm-event-tickets-401889290687>

24th–26th October only
Combined Halloween Trail & Pumpkin Carving (includes one pumpkin)

<https://www.eventbrite.co.uk/e/pumpkin-carving-spooktacular-halloween-half-term-fun-on-the-farm-tickets-409435160587>



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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**

Hi,

It's me, the person who absolutely loves to make you feel beautiful.

I am a Permanent Makeup Artist. My name is Ewelina.

I am constantly training and updating my skills to deliver the best possible results. I specialize in a very natural looking permanent makeup, always making sure it is placed with precision, my job is my passion and every single one of you is unique, you have to feel like you can trust me before you undergo any procedures performed by myself. I do my job with care, and always make sure you are in good and safe hands.



Classic 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.

Trusted practitioner

If you consider to have permanent makeup done I advise you to check healed results and make sure you like this style and type of work.

Natural way

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. It's 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 12–18 months. It's a myth that PMU will last 5–15 years.

Fuller 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.

Most proud

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.

You can find me at:

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Healthwatch listening tour

THE Healthwatch East Sussex 2022 Listening Tour is coming to Eastbourne.

By **Alexandra Hawkins**

From Saturday 15th October, Healthwatch East Sussex will be launching a two-week programme of activity to talk to local people about their views and experiences of health and social care services.



As the local independent watchdog for health and social care services, each year Healthwatch undertake a Listening Tour to one area of East Sussex to engage with local people and communities in more detail.

This year we are heading to Eastbourne between the **15th to the 30th of October**, and we are keen to hear about:

- How easy or difficult it has been to access services.
- The quality of the health and care you have received.
- If you feel listened to?
- If you know about the support available to you when it comes to social care?
- Your positive experiences of using health and care services.
- What day-to-day factors are impacting your health?

We will use the feedback we receive to make recommendations to support positive changes to local health and care services.

Get involved

There are lots of ways for residents, communities, and professionals to get involved in the Listening Tour.

Our programme of activity includes:

- A launch event (at *Foundry*, in the *Beacon*) – **Saturday 15th of October.**
- Surveys and online engagement.

- Discussion groups and one-to-one conversations to capture experiences.
- Pop up stands in various locations and at events within the community (local supermarkets, libraries, train stations etc.)
- Opportunities to talk to our Information & Signposting advisors who will be out and about in the community.
- Specially organised events to target certain groups including:
 - Wellbeing sessions.
 - A disability focus group.
 - “The Big Health and Care Question Time.”

There are also opportunities to participate through our website, social media, postal survey or by telephone.

Find out more

To get involved and keep up to date with the Listening Tour please visit the *Healthwatch East Sussex* website. <https://healthwatcheastssussex.co.uk/eastbournelisteningtour>
For more information, contact enquiries@healthwatcheastssussex.co.uk or call **0333 101 4007**

healthwatch
East Sussex



Start living your best life

MY NAME is Reeta Minhas-Judd and I am the owner of RMJ Wellbeing. I have been running the company for nearly four years.

By **Reeta Minhas-Judd**

I originally started the business focusing on Bespoke Customer Service Training, however this was not fulfilling me as I was able to train clients with Customer Service Skills, however if they were not in a good place mentally, no amount of training would make the client exude good customer service skills.

This led me down the path of studying NLP (Neuro Linguistic Programming) and after qualifying as a Master Practitioner and also achieving a coaching qualification, I began practicing my skills on clients for free in order to understand the theory I had learnt and to explore if this was what I truly wanted to do. The rest is history...

The company has expanded in more ways that I had hoped. We now offer a range of Mental Health & Wellbeing services which have proven to be successful across my client base.

We have won an award from *London & South East Prestige Awards* for *Counselling Service of The Year 2022* and we are also finalists in the *Eastbourne Business Awards*.

My new radio show

We have just had confirmed that we will be hosting a weekly show called *The Wellbeing Hour* on *Chat & Spin Internet Radio* starting at 10am on Saturday 1st October 2022. Each week the topics will be related to mental health and wellbeing.

Free 90 minute therapy sessions available

RMJ Wellbeing offer a range of services including Life Therapy, this is using some of the NLP strategies

I have learnt and include exploring the back history of the client because predominantly our past is what holds us back from moving forward. This can be any form of trauma that we have experienced and suppressed because the pain of thinking or talking about it is too painful. We think that by suppressing the issue it will disappear. Unfortunately, this is not the case because it is still in your subconscious and unless it is dealt with you will continue in the same thought process continually.

Retreats

We offer Bespoke One Day Wellbeing Retreats. These have predominantly been held in Eastbourne at *The Grand Hotel*, however we have expanded the business and they are also being held from January 2023 at *The Pestana Chelsea Bridge Hotel*, London.

These are bespoke because there are a maximum of eight attendees, and they are personalised so that you get to do what you want to do and when you want to do it. There is no set timetable. The activities include, a one-to-one Life Therapy Session with myself, a one-to-one yoga session, personal training and exercise discussions, spa treatments, talks on changing your mindset and dietary guidance.

The day can be as busy or as relaxed as you want it to be and a full buffet lunch is included as well. During your down time you can take part in a fun

“

We offer a range of Mental Health & Wellbeing services which have proven to be successful across my client base.

quiz and the winner receives a goody bag and also the attendees don't leave empty handed as they are also presented with a goody bag.

We offer a Free Guest Speaking service to companies focusing on Mental Health & Wellbeing. I recently presented at *Eastbourne Borough Football Club* to the complete squad. It was an honour to have been invited and share my knowledge with the team.

Seminars

We host Wellbeing Seminars which include a maximum of six attendees either in the comfort of their own home or at our offices again focusing on mental health and wellbeing. The party of six are given the opportunity to talk about issues and concerns they have amongst their group some of who may be feeling the same emotions and are then given support by their peers.

There are a wide range of online Wellbeing and Business Development Workshops which are offered and these can be booked at your convenience.

There will be some face to face Mini workshops taking place at *Chamber House*, Eastbourne starting on Tuesday 18th October on a monthly basis focusing on Confidence, Anger Management & Effective Communication.

All the above services are available to book online. Simply visit rmjwellbeing.com and start the journey of living your best life.

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We look forward to meeting you soon.

Cheers! Brewery wins six awards



LONG Man Brewery, based in Litlington, has won six major honours at this year's World Beer Awards, including the 'World's Best Beer' for its Old Man premium bitter for the second time.

By **Peter Lindsey**

Three beers from the Long Man range have won a combined six awards in the Taste category, which featured over 500 of the finest beers and ales from across the globe.

The Old Man premium bitter (4.3%) won:

- **World's Best Dark Mild Beer 2022.**
- **Gold Winner (UK).**
- **Country Winner (UK), Dark Beer.**

The Long Blonde (4.1%–3.8% Cask) ale won:

- **Gold Winner (UK).**
- **Country Winner (UK), English Style Pale Ale.**

While the Long Man Helles Lager (4.6%) won:

- **Bronze Winner (UK), Lager Helles/Münchner.**

The World Beer Awards, which returned this year following a two-year pause due to the pandemic, was judged by a leading panel of industry experts. There were several stages of blind tasting before the judges crowned the winning beers.

Duncan Ellis, Co-Founder of *Long Man Brewery*, said, "I'm absolutely thrilled that our Old Man premium

bitter has been crowned the World's Best Beer for a second time. Achieving six awards at this year's *World Beer Awards* is an incredible feat, and I'm immensely proud. These accolades are the well-earned recognition our brewers deserve for all the hard work and attention to detail they put into crafting our naturally excellent beer."

To find out more about *Long Man Brewery* and its range of beers, please visit: www.longmanbrewery.com



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Lansdowne Hotel December Festivities

WITH Autumn now upon us and December only two months away, we now draw our attention to the forthcoming festive period. *The Lansdowne* is offering a comprehensive programme throughout December with highlights as follows.

By **Stephen Callis**

Party nights

Join us in December at one of our party nights and enjoy a three course festive meal followed by a disco. Attend with colleagues, friends or family and meet new people with our party atmosphere on shared round tables. Choose from a menu of four items per course alongside your own wine selection. A pay bar will also be available.

Held on 2nd, 9th, 10th and 17th December. £44 per adult.

Festive lunches

Enjoy a three course lunch in our hotel restaurant during December and dine from our festive menu. Private rooms are also available on select dates for groups of ten or more adults.

Available daily from 1st to 23rd December. £30 per person.

Festive afternoon tea

Our traditional afternoon tea will be served in December with a festive twist! Enjoy a selection of sandwiches, festive cakes and pastries and warm scone with jam and clotted cream alongside either tea or coffee.

Available daily from 1st to 23rd December between 2pm and 4pm. £24.95 per person; £29.95 per person with a glass of Prosecco.

Christmas Day and New Year's Eve

Treat yourself and your family to our three course Christmas Day lunch with a Prosecco drinks reception on arrival. Pre-order from a selection of festive dishes followed by coffee and confection.

25th December. £95 per person.

Celebrate the start of 2023 at our New Year's Eve Extravaganza! Includes a Prosecco drinks reception and four course dinner with entertainment until 1am.

31st December. £99 per person.

**Lansdowne Hotel
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Wicked treats at DQ Café

SOME spook-tacular wicked treats are in store for visitors to the *DQ Terrace Bar and Café* at Eastbourne's *Welcome Building* this Halloween.

By **Annie Lyons**

From pumpkin spiced lattes and spooky style cakes to some decidedly scary decorations, the popular contemporary venue in the Devonshire Quarter will also be serving its usual traditional menu which includes a wide range of breakfast dishes, sandwiches, salads, jacket potatoes, sharing boards, light bites, cakes, and snacks as well as wines, beers, soft drinks, teas and coffees and smoothies.

Vegetarian and vegan options are also available.

The eatery, created in 2019 as part of the multi-million-pound transformation of *Devonshire Park*, the *Congress Theatre*, *Winter Garden* and *Devonshire Park Theatre*, is also open ahead of theatre shows for patrons looking for a pre-show drink or food.

This autumn, the *Congress* will host performances by 10CC, London Philharmonic Orchestra, comedian Russell Kane, classical ballet and operas, television personality Alan Carr and *The Three Degrees*.



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

Pay a visit, relax, and enjoy stunning scenery across *Devonshire Park* from the interior with its floor to ceiling windows or spacious terrace. Free Wi-Fi is available.





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A helping hand for first-time buyers

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

By Eva, Client Contact Director at Crane & Co



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

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

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

For example;

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

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

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

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

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

Happy hunting!



Sell first or buy first? Solving the home moving ‘CATCH 22’ conundrum

One of the questions we are asked every day is whether a seller should place their property on the market before or after they have found a home to purchase.

By Mike Crane

Many sellers express that they are keen to move but would prefer to withhold selling their home until a suitable property becomes available.

On the face of it, this may seem like the obvious route, but in practice this approach can severely limit your chances of being offered the best homes – if any at all.

Unfortunately, this approach is almost guaranteed to end in failure or cost you many thousands of pounds in lost selling price value and lost negotiating ability on your next purchase.

So, what is the solution to this problem?

- how do you regain control of the whole situation?
- how do you take the pressure off?
- how do you get yourself to the top of the hot list?
- how do you give yourself and your agent time to fully explore all the possible interest in your home over a couple of weeks or more to absolutely maximise your selling price?
- how do you get yourself into the situation where you can walk into any property you want to buy and reserve it there and then?

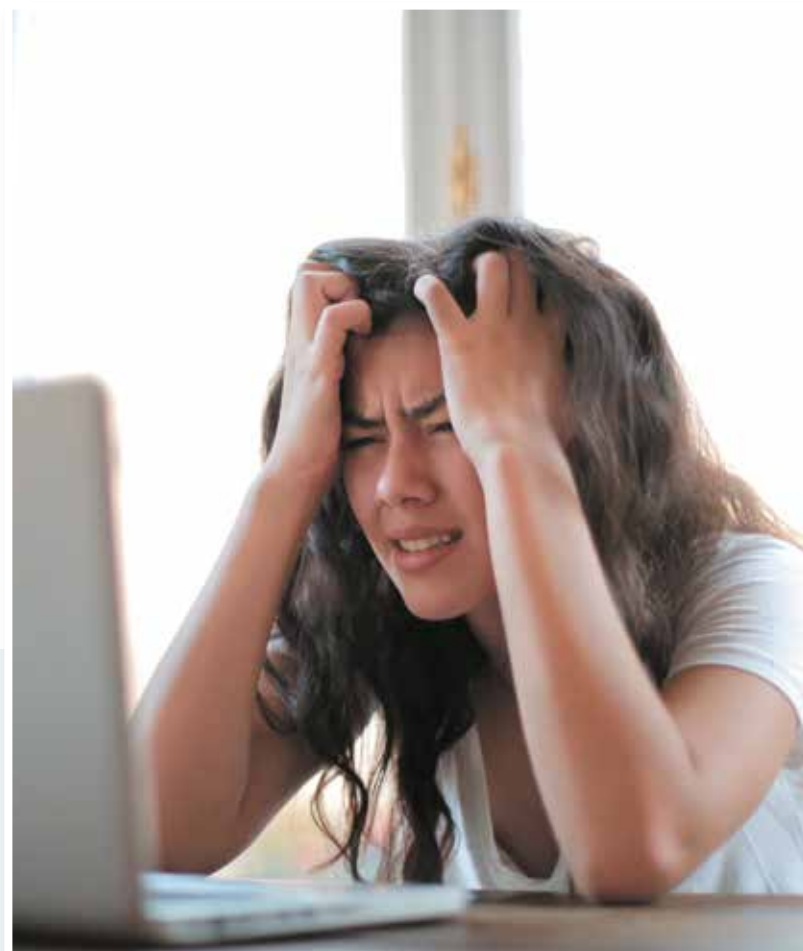
To find out how to solve this home-moving conundrum scan the QR code and visit our Active Reservation guide. Here you can view our film explaining the Crane & Co solution to this age-old problem and download our guide and fact sheet.



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Ginger & Sanders Celebrate 10 years

WE at *Ginger & Sanders* recently celebrated 10 years in business and to celebrate, had a fantastic party with many close friends, business associates, landlords and more.

By **Peter Sanders**

Rostick, the Italian restaurant on Victoria Place was the fantastic venue.

Lorenzo and the team served up an amazing array of traditional hot and cold Italian food, including the famous Rostick, a skewered meat.

All washed down with delicious Italian wine, of course.

We would like to thank each and everyone who has supported us these last 10 years and look forward to the next 10 years.

Here's a few photos from our party.

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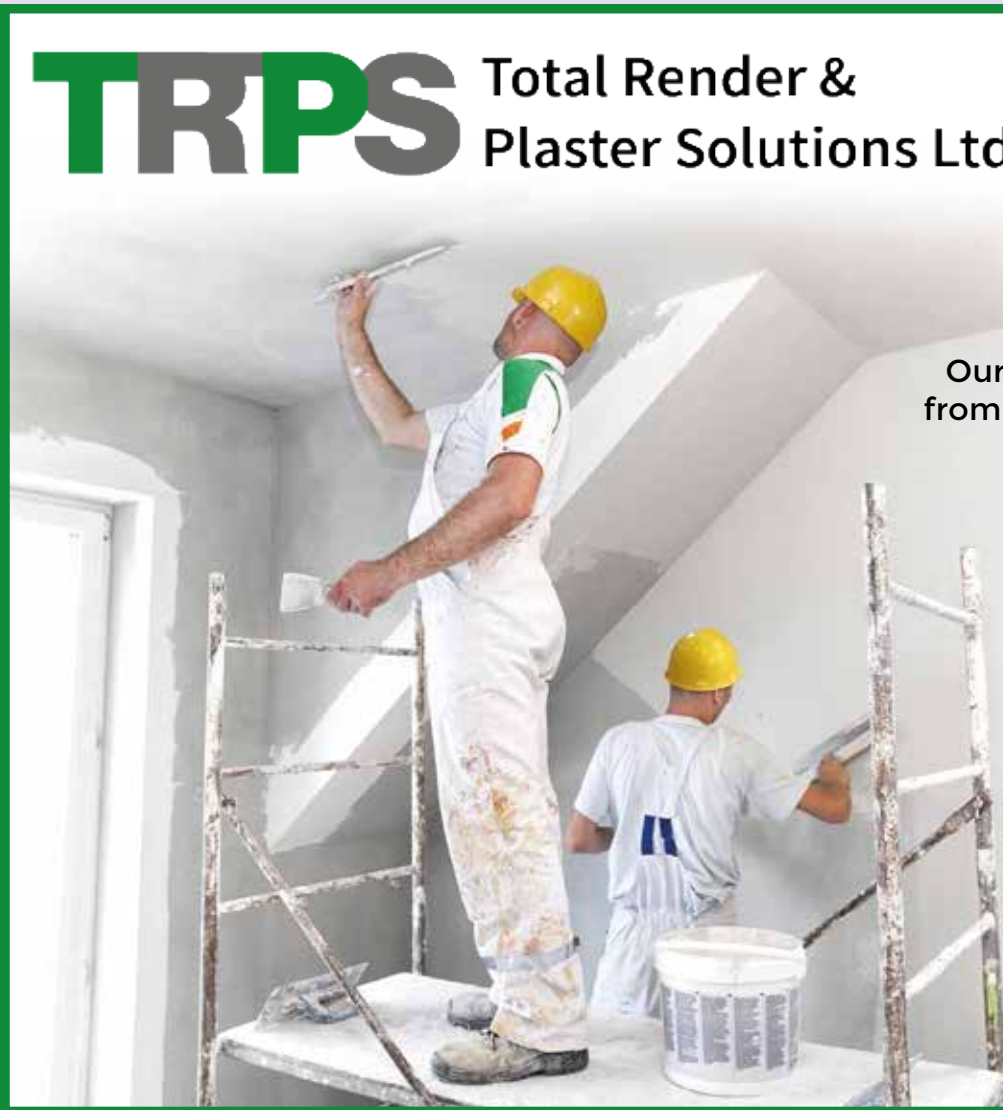
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The Arts



By Teddy Salad.
www.teddyhsalad.com
www.themakersdirectory.co.uk/directory/teddy-salad-art

TOWNER Ayo Akingbade *Duette*
15 October to 22 January

**Brewers
TOWNER
International**

**An open call
exhibition of
contemporary
visual art**

**at TOWNER
Eastbourne**

**15 October 2022 to
22 January 2023**

Free admission

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Steph Goodger, *Motherland*, 2020. Oil on canvas.

Finding Sanctuary

THIS autumn, Towner Eastbourne will host *Brewers Towner International*, an exhibition of work by contemporary artists that address the theme of SANCTUARY, featuring a number of artists from East Sussex and Kent.

By **Will Barrett**

***Brewers Towner International* aims to recognise and appreciate how artists are reflecting and responding to the economic, political, cultural, and environmental changes that are unfolding in the contemporary moment and the places that have become a sanctuary throughout the pandemic, such as finding solace in the studio, the home and the landscape.**



Melanie Jackson, *Spekyng Rybawdy*, 2022.



Lara Smithson, *Shroud 1, 2 & 3*, 2021.

Following an open call, 23 artists – based locally and internationally – were selected by an esteemed panel including Elizabeth Price (Turner Prize-winning artist), Sepake Angiama (Artistic Director, Iniva), and Noelle Collins (Exhibitions & Offsite Curator, Towner Eastbourne). The resulting exhibition brings together a community of artists, makers and storytellers, examining subjects as varied as pattern, memory, identity and the migratory experience.

Seeking asylum

Paintings and drawings exploring ideas of memory, trauma, healing and collaboration will be exhibited alongside newspaper clippings embellished with floral patterns – transforming images of fear and violence into imaginary ecosystems. Considerations of the natural environment and its resilience are captured in large-scale paintings of a WWII-era pillbox engulfed by tree roots on the banks of the Medway river. Sculptural installations responding to architectural histories and ideas of exposure, vulnerability, light and shadow, will be shown alongside photographs of cinnamon stick structures reflecting childhood memories of Morocco and feelings of homesickness. Locations along the Sussex coast will feature in a

series of works on paper, based on local landing points for those seeking asylum.

The *Brewers Towner Award* of £10,000, sponsored by *Brewers Decorator Centres*, will also be given to one of the exhibiting artists alongside mentoring from the

Towner team. The recipient of this prestigious award will be announced at a special reception for media and invited guests prior to the exhibition's opening party, which takes place on 22 October at 7pm to which everyone is welcome.

***Brewers Towner International*
15 October 2022 to 22 January 2023
Towner Eastbourne
Free admission**

townereastbourne.org.uk



Ayo Akingbade, *Red Soleil*, 2021, Film still. Courtesy the artist.

Running concurrently with *Brewers Towner International* in Towner's ground floor Studio 2 is *Duette*, an exhibition of new and recent works by Ayo Akingbade, the recipient of the inaugural *Brewers Towner Award* in 2020.

Akingbade is an artist, writer and director who lives and works in London. She works predominantly with moving image, addressing notions of power, urbanism and stance. Interested in the fluid boundaries between the self and the other, she

gathers local and cultural experiences in intimate and playful interpretations. In the exhibition, Akingbade presents a duo of films: *55 Days* (2022) and *Red Soleil* (2021); these works reflect the aspirations and ambitions of an emerging artist navigating the challenges and opportunities of daily life. The work was partially made in Sussex during the artist's mentorship with *Towner Eastbourne*.

**Ayo Akingbade: *Duette*
15 October 2022 to 22 January 2023
Free admission**

Keane singer to make solo Eastbourne debut

SUSSEX born singer-songwriter, Tom Chaplin is set to perform a “homecoming East Sussex gig” at the Congress Theatre on the 20th of October in release of his new solo album ‘Midpoint.’

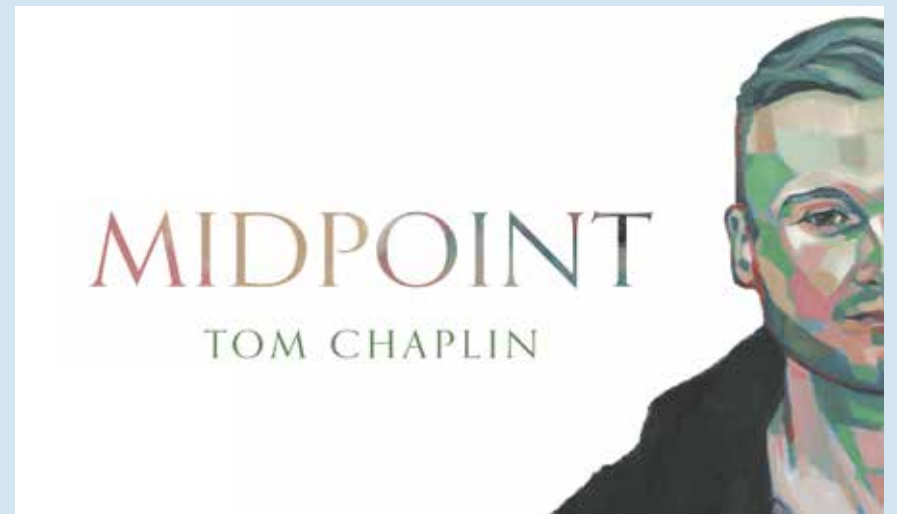
By **Tom Magnini**

Having followed the music of Keane since their first album ‘Hopes and Fears,’ the concert promises to be a great opportunity for fans to see Tom Chaplin in person, whilst enjoying new music assembled by the acclaimed producer Ethan Johns.

Beautiful journey

Tom Chaplin’s performance on the Eastbourne stage promises to be an “informal and beautiful journey” as he tours the UK with his new album, making the *Congress Theatre* his only Sussex visit on his current tour, when he performs later this month for a night of music.

The tour coincides with the release of his new album ‘Midpoint’, which



features thirteen new songs by the Keane frontman. The musician has won two Brit Awards with the Sussex band and has achieved critical success in the UK charts.

His new album is graceful and distinctively melodic, offering audiences the delight of new music. Songs like ‘Midpoint’ and ‘Gravitational’ give you an appreciation for his creative endeavours. The singer has become a well established singer-songwriter, who originally lived and grew up in East Sussex during his early years, alongside his fellow Keane band members.

New and old

His Eastbourne visit is ready to delight audiences new and old, with his incredible voice and collective success as a musician, that has achieved wide acclaim with songs like ‘Somewhere Only We Know’ and ‘Everybody’s Changing’ being favourites both in the UK and abroad.

Tickets

To purchase tickets for Tom Chaplin Plus Guests on Thursday 20th October, 7:30pm at the *Congress Theatre* you can visit the Theatres Box Office in person or online at www.eastbournetheatres.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](https://www.instagram.com/themakersdirectory)

themakersdirectory.co.uk

FEATURED ARTIST

Teddy Salad

My name is Teddy Salad and I am an artist living and working in Eastbourne. I was born in London in 1961 and used to be a fishmonger until a critical illness put the brakes on that career path in 2009. Whilst getting better, I would go to the beach and paint the wood and objects I found along the seashore.

It was suggested that I showed these pictures at the Brighton Festival which is what I did. Most of the pieces were sold and that gave me the confidence to go onto exhibiting at Brick Lane, the *Oxo Tower* in London and many other venues in the UK and abroad! A sizeable

percentage of my work now goes to America, I think they have a leaning towards Folk Art pictures and other forms of Self Taught Art.

Recently, I moved house and now have my first ever Studio and showing space. These two areas are open to all, just need to give me a shout first to make sure I’m in! You can also see my work on my website and social media.

Email: Teddy.Salad@icloud.com

Website: www.teddysalad.com

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

www.themakersdirectory.co.uk/directory/teddy-salad-art





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The art of coffee

THAT Coffee Place is a new 2D themed coffee shop in the centre of Eastbourne owned by a creative couple, Jodie Midgley and Davie Langham.



By **Gail McKay**

If you haven't already been in for a visit, this place is a fantastically different experience, boasting white walls and 2D hand-drawn art throughout, even on the floor!

Jodie said, "We wanted to offer something different and give people a chance to take in the pictures whilst relaxing with a coffee. A lot of people have spoke about how calming this theme is, as they're not distracted by any colour.

"I thoroughly enjoyed bringing this concept together. Designing and

drawing this all freehand was the fun bit. The good thing is there's still areas to add to so you might catch me with the pens out adding to the walls."

Pop down and check out this place at 3 Station Parade, Eastbourne serving great coffee and delicious food all day.

f thatcoffeeplaceeastbourne



Jodie and Davie.



By **Amy Williams**

Whether you're an artist, an art enthusiast or simply looking for a lovely way to spend an hour or two this Autumn, the Friends of Eastbourne Hospital welcome you to wander a gallery of paintings by local artists in their 17th Annual Art Exhibition.

This will be staged in the school gym of *St. Andrew's Prep* in Meads across the weekend of 22–23 October.

Highlights of the weekend will include a painting demonstration by Jackie Hurwood at 2pm on Saturday, as well as a silent auction and a raffle for paintings generously donated by local artists Alan Everard and Robert Stevens (his painting, Summer of '22 pictured).

The Friends 17th Annual Art Exhibition 2022

**ST. ANDREW'S Prep, Meads
10am – 4pm Saturday 22nd and Sunday 23rd
October 2022**

We also invite visitors to vote for their favourite artwork, and will announce the overall People's Favourite at the end of the weekend. Furthermore, all visitors will have the option to buy any of the paintings in the Exhibition, and each artist will be donating 20% of the price of any sold works to the *Friends of Eastbourne Hospital*.

Admission to the Art Exhibition is free, and the event is family-friendly

and open to all. All money raised will be going towards the Friends' 2022 Special Project to raise £500,000 for a vital replacement of Eastbourne's Da Vinci Robot, for treatment of urology and prostate cancers in the Urology department of the *DGH*.

For further details, please visit www.friendsdgh.org.uk/events or contact the Friends Office on **01323 749503**.



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Green and pleasant

I REALLY can't believe we are already in October. This year just seems to have flown by, with my many garden visitors long gone and now I'm starting to get ready to put the garden to bed. October is a beautiful month of stunning autumnal colours and possibly the first frosts. Its crisp, blue-sky days are the perfect time to get outside and tidy up and cut back where necessary in the garden. Meanwhile, if you grow fruit and vegetables, there's probably still plenty to harvest and store for the cold winter months ahead.

By **Geoff Stonebanks**

At the end of the month, 30th October, the clocks go back, meaning even less daylight hours to spend outdoors. It is the month to think about protecting half-hardy plants with fleece or move them into a frost-free greenhouse. Make sure you sweep up any fallen leaves that harbour fungal spores and provide ideal hiding places for slugs and snails.

Driftwood in 2022

I've been raising money for charity, notably, *Macmillan Cancer Support* and the *National Garden Scheme*, since 2009. The bulk of the money has been raised through the *Macmillan Coastal Garden Trail*, which I have single-handedly, organised from 2012. I have now made the very difficult decision

that this year's trail was the final one. I celebrate my 70th birthday next year and with my failing knees, feel I need to relinquish some of my commitments in order to ease the workload and to focus more on my own plot.

This summer I have seen over 700 visitors to *Driftwood* through June, July and August, 84 from the *National Garden Scheme*, 234 during the final trail weekend and over 400 who either saw the garden through the *BBC Gardeners' World 2for1* scheme or booked having read the amazing reviews on *Trip Advisor*.

The net effect of so many people ringing to arrange to see *Driftwood* has meant another record year of charity fundraising. Last year we raised £14,900 with several public days included and have still managed £12,231 this year, having relied solely on private visits.

Those who visited the garden this summer will have seen the new sunken garden, which has gone down a storm with new and returning guests. Don't miss a visit in 2023 to see what I'm doing with the pond area over the winter months. The aim is to create an easier environment to look after and more importantly, incorporate plants that are more drought tolerant. In 2023 the garden will open from 1st June through until 11th August, raising money for both the *National Garden Scheme* and *Macmillan Cancer support* again. Follow the work being undertaken this winter on Geoff's website.

National Garden Scheme

This month see the last of the gardens opening for the scheme until 2023, with the majority across in West Sussex. *The Old Vicarage* in Washington opens on the first two Thursdays, 6th and 13th, from 1030 to 430pm with entrance £7, here visitors can wander around three and a half acres of beautiful garden. *Peelers Retreat* at 70 Ford Road in Arundel opens from 2-5pm on two Tuesdays, 4th and 11th with entry £5. This is a stunning garden with gift shop and imaginative woodland sculptures. *Denmans Garden*, in Denman's Lane, Fontwell, opens on the 29th October from 10am to 4pm with entry £9 and children £7. Enjoy year-round colour and unusual plants. The next NGS update will be for snowdrop and hellebore gardens in early 2023. Full details on all gardens at www.ngs.org.uk

October jobs in the garden

There is certainly lots to be getting on with in the garden this month, I've been lifting my dahlia tubers, but now is the time to lift begonia tubers and gladioli corms too and to store them over the winter months. Remember to remove any dead foliage before putting them away.

This time of the year is perfect, as the soil is still warm, to lift and divide any overcrowded herbaceous perennials you might have around the garden. I've certainly got plans to split some persicaria, which seems to be taking over. If you have any, prune rambling and climbing roses, once they've finished flowering, and tie in the stems before autumn winds cause potential damage.

After tidying borders, mulch with bark chips, well-rotted manure, leaf mould or spent mushroom compost, this will help to insulate the plant roots for the winter and also keep weed growth in check.

I've got quite a few apples growing in my garden, as seen in the header photo. I have two trees, the one pictured and a small Cox's Orange Pippin too. An easy way of testing when they are ripe is to gently lift them in the palm of your hand or give them a gentle pull, if you do this, they should come away easily. I've got quite a good crop again, so will be busy peeling them and cooking to store in the freezer through the winter to use in crumbles and pies. I also have a pear tree but the fruit crop has not been good this year.

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

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



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- HASTINGS AUTOMOTIVE CENTRE**
17TH OCTOBER 2022 4:30PM- 7PM
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