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11/22

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November 2022

Pages 10-11


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Bournefree



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

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 PR & Engagement

Well, Christmas is nearly upon us – and yes what a year it's been!

NOVEMBER is always a busy month – in the run up to the festive season – and we are thrilled that *Bournefree* is bigger than ever this month.

By **Peter Lindsey**

Our current edition is a whopping 72 pages – and we are thrilled with that.

It's a reflection of the sheer hard work over the past 12 months from our team to engage and become heavily involved in the local community.

And what a pleasure we have all found doing just that! So, thank you to everyone who is in our November edition.

I've referred in the past months to the outstanding work being done at *East Sussex College*, formerly *Sussex Downs*.

This month we have great pleasure featuring their new *Business Hub* in the heart of Hampden Park.

The college really is going great guns under Rebecca's leadership – and I hear there's more positive news on the way.

It's a crucial time for the retail and hospitality sectors, so let's hope for a bumper Christmas in the Town Centre, and for our hotels and guest houses.

The amazing *Lightning Fibre Ice Rink* outside *The Enterprise Centre* is set to be a huge success again this year.

And it's important to Shop Local as much as we all can – not just for Christmas but indeed all year round.

And we must give a mention to this year's *Devonshire Park* panto – no doubt another winner from Chris Jordan and team!

We are living in tough times, but we have so much to be thankful for in our wonderful town.

Let's make Christmas a successful one!

Our December edition – online and in print – will be coming out at the start of the month, so there's still time to be involved with us!

And then we will be working hard in December to produce our first edition for 2023.

Wishing everyone a great November.

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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Urban Industry store's collaboration with the Long Man Brewery

CELEBRATIONS for twenty years of the *Urban Industry* store continued last month with the launch of our collaborative pale ale beer with *The Long Man Brewery* (who are currently enjoying their tenth year anniversary). With the *Long Man Brewery* as our hosts, live music, Greek street food, and plenty of beer – the stage was set.

By **Claire Ingledeu**

2022 is a big anniversary year for the Eastbourne based men's clothing store, *Urban Industry*.

The store started life on South Street back in 2002 and moved to Grove Road in 2005. As the online side of the business grew the shop moved to *Southbourne Business Park* in 2007 and, when it out grew the warehouse there, it moved to the larger warehouse just off Lottbridge Drove where you'll find it today. The store represents many premium Outdoor and fashion brands including *Arc'teryx*, *Patagonia*, *Nike*, *New Balance* & *Carhartt WIP*.

One of Eastbourne's best kept secrets, this menswear clothing store now ships globally to over 40 countries daily but also still retains its store open to local customers, Monday to Friday.

So what's the deal with the *Urban Industry* beer? Well, in teaming up with the *Long Man Brewery*, we wanted something fresh and modern, "Our beer is a refreshing, moreish and thirst quenching brew. A single hop IPA brewed using barley and oats to give fuller body and sweetness. Crafted and selected by *Long Man's* Head Brewer, Jack. The Hop.. El Dorado or as they know it now, 'El Jacko.' It exudes flavours of mango, pineapple and watermelon."

The Long Man brewery

The Brewery is located in the heart of Littleington, only a stone's throw away from the *Urban Industry* Depot and HQ – we couldn't have asked for a better venue. We set up our own stand, showcasing highlights of what we do best as well as selling our limited edition beer in a 440ml can complete with custom artwork – this is where our team of staff based themselves for the day.

New brews

Why did we ask *Long Man* if they would work with us? Over to Dan, *Urban Industry* owner to fill in the context...

"I pretty much got into 'craft ale' around the same time that Long man was opening its doors. The Dolphin Pub in South Street was starting to serve up some of these new breed ales, it was the different flavours and diversity of the brews miles away from the bog standard lagers that got my attention. What I also liked was the super limited runs of some of these beers, you had to be there for the two weeks or so that the beer was in stock, after that they vanished and a new brew arrived. It was very much like a quick strike release with the change in flavours, hops used and even design for the can or keg. *Long Man Brewery* was arriving as all of this was getting going and I followed their progress with a lot of interest especially as they were so local to me."

Exclusive T-shirt

With over 500 people coming to the event it gave us a chance to talk with customers face to face – a breath of fresh air in the ever-growing digital world of today. We printed an exclusive collaboration T-shirt that came with a free beer and that was a huge hit, sharing the same design as our beer can. An Inverted image from one of our many content gathering treks over the South Downs it sits perfectly as a centre print. The blue hues of the design really stand out without being too loud and it gave the *Long Man* Can a unique and limited edition point of difference.

Independent store

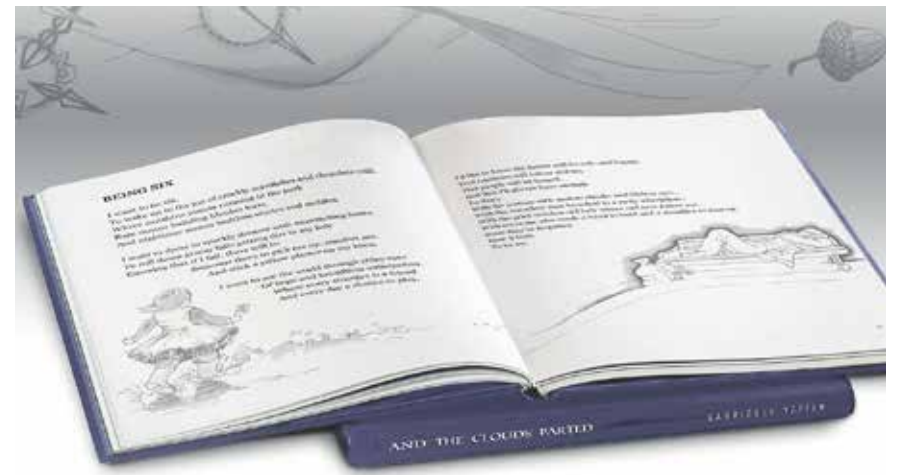
For 20 years now we've brought the best service possible to our customers, confirming as an example of how an independently owned store can compete with the giants. Something we know for sure is that in order to succeed, you need perseverance, patience and time, hence the name for our collaborative beer 'In The Long Run'.

A special thanks to everyone at *The Long Man Brewery* and to the whole team at *Urban Industry* who made this event possible.

Shop at:
www.urbanindustry.co.uk
01323 412444
2 Park View, Alder Close
Eastbourne BN23 6QE
 Monday – Friday
 9.30am – 4.30pm



Words, insights, and observations



LOCAL Author Gabrielle Yetter publishes 'And The Clouds Parted'.

By **Tom Magnini**

Eastbourne author Gabrielle Yetter has published her second book 'And The Clouds Parted', a collection of 'words, insights, and observations.'

Created during lockdown the book provides insights into loss, love, hope and promise with a glimpse into the lives of "invisible people".

Gabrielle studied people: elderly women who seemed invisible

(Nobody), young men thought threatening (Buddy), and parents anticipating the arrival of their children (Waiting).

"My first poem came about when I was on a bike ride in March 2020," said Gabrielle.

"The world had just gone into lockdown, and everything felt frightening, dark, and foreboding.

"That morning was misty and damp until all of a sudden the sun broke through, the air warmed, and the clouds scattered.

"So came the inspiration for my first poem, *And The Clouds Parted*."

"It felt as though we all needed something to believe in and to know there was hope at the end of the Darkness."

Eastbourne artist, Lucy Dean, has created the art for the book using both watercolour and line illustrations.

A launch event for *And The Clouds Parted* will take place at *Printers Playhouse* on November 26th at 5:30pm (free to the public) where books will be available and Lucy will have a display of her illustrations.

***And The Clouds Parted* is available on Amazon for £7.99.**

Lucy's illustrations are available at: www.lucydeanartist.co.uk



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Simon Reeve speaks to guests at the launch of the ESC Training Hub.

Well done East Sussex College – again!

EAST Sussex College's Green Training Hub – in partnership with OHM Energy – has officially launched at Hampden Retail Park in Eastbourne.

By **Peter Lindsey**

East Sussex College was selected to establish one of five new decarbonisation academies across Sussex to support the development of skills in retrofitting and green energy installation.

The brand-new *ESC Training Hub* in Hampden Retail Park, Eastbourne, welcomed visitors at its official unveiling.

The *Training Hub* was officially opened by TV presenter and author Simon Reeve.

Green energy

The *Training Hub* base will be home to some of the College's adult provision and will also be utilised by 16–19 learners. The centre will support Local Authorities, construction employers, homeowners and businesses to improve insulation

and install green energy products in commercial properties and housing.

Jason Lindfield, Managing Director at *OHM Energy*, said, "This is a proud occasion, not only for *OHM Energy*, but for the area, as years of work to bring the political, environmental and commercial together is realised.

Anyone who has been in the renewables industry for the last two decades knows how hard and volatile the market can be, and anyone in

and around public/private sector partnerships appreciates how hard this is to get right!

So a big thank you to our partners at the college, and to Rob Cottrill, Ian Fitzpatrick, Nathan Haffenden, and more recently, Caroline Ansell MP, for the support and vision."

Exciting time

Rebecca Conroy, CEO and Principal at *East Sussex College*, said, "We're really excited to see everyone here, what a brilliant day! This centre is the fruits of an enormous amount of partnership work. You'll see what that partnership has delivered for us, this massive opportunity to build the skills that the community really needs in a niche area. It's a really exciting time.

This whole partnership was funded through the Strategic Development Fund, which is a partnership across

Sussex with a range of Colleges. There's a number of people that have been really integral to that so I'd just like to say thank you to everyone!"

So important

Simon Reeve, journalist and documentary filmmaker, said, "As a country, we've got to grasp the opportunities of the green industrial revolution now. We've got to innovate, develop, and that means we all need to rise to the challenge. Including our colleges and counties. Just as is being done here at *ESC Training Hub*. You are showing the rest of the country the way, and that's why this green energy *Training Hub* is so important. It's why I am so happy and honoured to be here. *The Training Hub* is a brilliant and timely idea, something we need more of.

"This must be the decade where we start tackling the greatest challenge humanity has ever faced. Our own behaviour. This needs to be a decade of opportunity where we start retrofitting our homes and buildings. This decade must be transformative and with your help and your work, we can get to 2030 and look back on this decade with pride. And look to the future with confidence. Good luck to you all, and good luck to the *East Sussex College Training Hub*!"

For more information on *East Sussex College's* decarbonisation work, please visit: www.escg.ac.uk/blog/college-carbon-zero-project-gets-underway



L-R: Hayley Robertson (ESC), Rebecca Conroy (CEO & Principal, ESC), Simon Reeve and Matt Roberts (ESC).



'E-Hive' Climate Emergency Hub opens in Beacon

DROP-IN centre for climate and environmental information opens in *The Beacon* shopping centre.

By **Peter Lindsey**

In July 2019, Eastbourne Borough Councillors unanimously declared a Climate Emergency and resolved to deliver a Carbon Neutral Eastbourne by 2030.

As part of the local community's response to that declaration, the *Eastbourne Climate Coalition* has opened a pop-up *Climate Emergency Hub* in the *Beacon Shopping Centre*.

The hub will run seven days a week within normal shopping hours for six weeks until 13th December.

It will be an opportunity for local residents to engage with many of the local initiatives for reducing the carbon footprint of the town and to discover how to live more sustainably.

It will be known as the *E-Hive* in anticipation of it becoming a place buzzing with excitement about all things eco.

It will be situated in Unit 45, next to the *Vodafone* shop at the Bolton Road entrance to *The Beacon Centre*.

The hub will be staffed entirely by volunteers and will host a range of workshops, displays and presentations, as well as being a welcoming space where people can drop in for a chat and find information about the many local groups working on various local environmental projects.



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Eastbourne's Mark Curry is back on the West End stage



Photo: Matt Crockett.

MARK Curry is probably best known as a former *Blue Peter* presenter.

By **Peter Lindsey**

Many of us are not aware he lives in Eastbourne – and now he's back on the West End stage.

He has replaced Gary Wilmot as The Wizard in *WICKED*, the West End and Broadway musical phenomenon that tells the incredible untold story of the Witches of Oz.

Mark previously played 'The Wizard' as part of the 10th Anniversary London cast in 2016/17.

He said: "I'm thrilled to be returning to Oz after five years away and to have this opportunity to play The Wizard again in the incredible *WICKED*."

"I look forward to joining this brilliant cast and working again with the fantastic creative team and producers."

Mark joined the BBC's *Blue Peter* in 1986, becoming its 15th presenter. During his more than three years with the legendary show, he presented alongside Janet Ellis, Peter Duncan, Caron Keating and Yvette Fielding.

His career as an actor has seen him star at theatres across the UK, most

notably and frequently in the plays and comedies of Alan Ayckbourn.

In 2018, he starred as 'Philip Markham' in the 50th anniversary production of Ray Cooney & John Chapman's comedy *Move Over Mrs Markham*, directed by Ray Cooney. His London credits include *Talent*, written and directed by Victoria Wood, and Susan Hill's *The Woman in Black*, directed by Robin Herford.

A keen tennis player and a qualified tennis coach, Mark is also a frequent tennis commentator on *BBC Radio 5*, *Eurosport*, *LBC*, *Radio Wimbledon* and *Talk Radio Europe*.

In 2017, he and Amy Dowden won the Pudsey Glitterball Trophy in the *Strictly Come Dancing* special for *Children in Need*.

Based on the novel by Gregory Maguire, *WICKED* imagines a beguiling backstory and future possibilities to the lives of L. Frank Baum's beloved characters from *The Wonderful Wizard of Oz* and reveals the decisions and events that shape the destinies of two unlikely university friends on their journey to becoming Glinda The Good and the Wicked Witch of the West.

The Apollo Victoria Theatre, Wilton Road, London SW1V 1LG

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Live ON AIR!

EASTBOURNE Youth Radio (EYR) returns to the airwaves for 22nd year 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 – much of it live.

This year's broadcast once again coincides with several notable events. Namely, *Anti-Bullying Week*, *Global Entrepreneurship Week*, *UK Parliament Week* and finally *BBC Children in Need*. Individual programmes will cover all of these during the packed 3-day schedule.

Wonderful opportunities

EYR is only made possible by the considerable support and involvement of many businesses and organisations that are detailed in the listing page opposite.

Anne Menzel, Marketing Manager at *Stagecoach South East*, and lead sponsor, says, "We are delighted to be supporting *Eastbourne Youth Radio*. We've seen first-hand the wonderful opportunities the project offers the students; developing organisational, technical and creative skills whilst giving them 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!"

Providing support

We are very pleased to receive financial support from the *Eastbourne & Lewes District Community Safety Partnership*. This recognises our work promoting *Anti-Bullying Week* and this year's theme 'Reach Out' plus issues around mental health and wellbeing. Several programmes will focus on related stories and the many organisations providing support including *Eastbourne & District Samaritans* and *Neupauer*.

Southern Water is back in the studio for a couple of programmes to talk about 'misconnections' and the consequences. *East Sussex Fire & Rescue Service* will be talking important fire safety issues with pupils. *Edwards Vacuum* and *LECS (UK) Ltd* will be discussing engineering and *VulcanEllis* and *Frontside Developments* will be looking at local construction projects. New business centre, *Foundry*, will introduce their offer at *The Beacon* who will themselves have a few Christmas messages for listeners. The brilliant team at *Radio DGH* will be promoting their invaluable service across the wards and seeking more volunteers.

Developing skills

EYR is all about enabling young people to research, produce, present and perform their own material in association with community partners for a family audience. From this they learn and develop a whole range of skills that they will find helpful in future life.

We hope that you enjoy listening to their work over the three days.



87.7FM

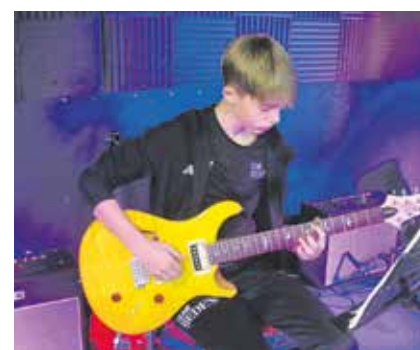
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EASTBOURNE EDUCATION BUSINESS PARTNERSHIP

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EAST SUSSEX COLLEGE



Programme Schedule

www.eyr.org.uk



Wednesday 16th November

Programmes kindly sponsored by:

10am	EYR Launch Mix	<i>Stagecoach South East</i>
11am	Bede's Prep	<i>Pomodoro e Mozzarella</i>
12pm	Polegate	<i>The Observatory Science Centre</i>
1pm	The Eastbourne Academy	<i>Mears Group</i>
2pm	East Sussex College	<i>Eastbourne & District Samaritans</i>
3pm	East Sussex College	<i>LECS (UK) Ltd</i>
4pm	East Sussex College	<i>Frontside Developments</i>
5pm	East Sussex College	<i>Eastbourne & Lewes District Community Safety Partnership</i>
6pm	Answer Back!	<i>Brewers Decorator Centres</i>
7pm	Radio DGH	<i>Radio DGH</i>
8pm	East Sussex College	<i>Ditzy Media</i>
10pm	East Sussex College	<i>Firebrand – Brand Design Agency</i>
****	Weather Reports Today	Eastbourne & Lewes District CSP

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Thursday 17th November

Programmes kindly sponsored by:

12am	East Sussex College	<i>Eastbourne EBP</i>
4am	East Sussex College	<i>The BIG Futures Show</i>
7am	East Sussex College	<i>VulcanEllis</i>
8am	Cavendish	<i>Southern Water</i>
9am	East Sussex College	<i>Neupauer</i>
10am	Stone Cross	<i>Up Country Stone Cross</i>
11am	Willingdon	<i>Edwards Vacuum</i>
12pm	Meet the Media	<i>East Sussex College</i>
1pm	The Turing School	<i>Eastbourne Borough Council</i>
2pm	East Sussex College	<i>St. Wilfrid's Hospice</i>
3pm	East Sussex College	<i>Chalk Eastbourne, supported by Switchplane</i>
4pm	Our CEO's Hour	<i>Foundry</i>
5pm	East Sussex College	<i>Eastbourne Homes</i>
6pm	East Sussex College	<i>Southern Water</i>
7pm	East Sussex College	<i>The Beacon</i>
8pm	East Sussex College	<i>Domino's Pizza</i>
9pm	East Sussex College	<i>The Best of Eastbourne</i>
10pm	East Sussex College	<i>East Sussex College</i>
****	Weather Reports Today	Bournefree

Friday 18th November

Programmes kindly sponsored by:

12am	East Sussex College	<i>Eastbourne EBP</i>
4am	East Sussex College	<i>Recruitment South East</i>
7am	East Sussex College	<i>Carrot Festivals & Events</i>
8am	Cavendish	<i>Let's Do Business</i>
9am	St. John's Meads	<i>East Sussex Fire & Rescue Service</i>
10am	Cavendish Primary	<i>PRG Marketing Communications</i>
11am	East Sussex College	<i>Eastbourne Local Lottery</i>
12pm	Gildredge House	<i>Eastbourne unLtd & EDEAL</i>
1pm	St. Catherine's	<i>Blue Heart Project</i>
2pm	EYR Close Mix	<i>Soren Learning Solutions</i>
****	Weather Reports Today	AFH Payroll Solutions

Milestone achievement for Eastbourne Parkrun

EASTBOURNE Parkrun has celebrated its 500th event since it was formed just over 10 years ago on January 28th, 2012.

By **Tom Magnini**

Since its beginnings, Parkrun Eastbourne has seen more than 100,00 finishes and over 16,000 personal bests during the weekly event.

It was the 38th parkrun to launch in the world set up by Stuart Peeling

of *Eastbourne Rovers* with support of a small core volunteer team from *Rovers Athletic Club* and others.

The community project, which attracted over 450 runners during its milestone accomplishment, achieved its quickest completion time of the day in 16 minutes and 27 seconds by Patrick Marsden of the Polegate Plodders with James Stephen of *Eastbourne Rovers* finishing at 16 minutes and 49 seconds.



Sunshine and plenty of running enthusiasm brought the event to a close, as coffee and cake commemorated the run's celebratory achievement.

BBC Sussex's Kevin Anderson was seen covering the event as crowds cheered on runners towards the finish.

The "free, fun and weekly 5k" run happens every Saturday morning

at Eastbourne's Shinewater Park from 9–10am and offers running enthusiasts of any ability the chance to "walk, jog, run, volunteer or spectate."

If you are interested in completing *Eastbourne Parkrun* or would like to volunteer, please visit; www.parkrun.org.uk/eastbourne

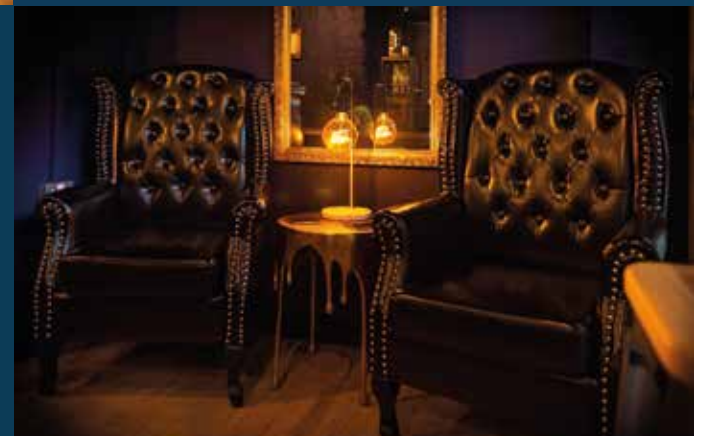


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Members of Just Friends, Bexhill branch.

FREDERICK Smith set up *Just Friends* to help him feel less alone after his wife died. He now helps nearly 500 people living alone in East Sussex to connect, socialise and overcome loneliness together.

By **Emma Glastonbury**

We are based in Eastbourne with additional branches in Bexhill, Hastings which is the area hub for Ore, and Newhaven with the latter serving both Seaford and Peacehaven.

Membership currently exceeds 500 and growing weekly. New branch openings are dependent on resources and when these allow Just Friends will be researching new areas.

Just Friends organises social meetings, walking groups and a lunch each month in each branch. In addition members can enjoy events including

Tea Parties with Entertainment, Steam Train outings, Wine Tasting excursions, Theatre Visits, Specific Lunches including Halloween, Christmas etc and much more.

Bexhill branch meets from 10.30am – 12.30pm on the first and third Friday of the month. The second Friday morning is a walking group and the fourth Friday a lunch.

Eastbourne branch meets from 10am – 12 noon on the first and third Tuesday of the month. The second Tuesday morning is a walking group and the fourth Tuesday a lunch.

Hastings branch meets from 10am – 12 noon on the first and third Thursday of the month. The second Tuesday morning is a walking group and the fourth Thursday is a lunch.

Newhaven branch meets from 10am – 12 noon on the first and third Monday of the month. The second Monday morning is a walking group and the fourth Monday a lunch.

www.just-friends.uk

We want to reach out to all those living alone and invite them to join us. No age limit, no membership fee and no expectation.

Watsons News in the Beacon

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Have you noticed changes in your eyesight?

CATARACTS and Macular Degeneration explained.

By **Gail McKay**

We all tend to take our eyesight for granted don't we. For many of us the realization that we may need glasses comes when, either, we have difficult watching the television or we find we have to position the book we're reading at arms-length in order to be able to read the text. In these situations a visit to a reputable opticians such as *Bott's* for a detailed eye test is the sensible thing to do. The optometrist will examine your eyes and be able to provide you with a prescription for a pair of glasses should you need them.

As we age we're encouraged to get regular health checks and the same is true for our eyesight. Having regular eye test means that any changes in your vision can be picked up early and if treatment is required then advice can be given. Cataracts, Macular Degeneration and Glaucoma are common eye problems that occur as we age. Arron Tun, *Bott's* optometrist outlines some of the common symptoms of these conditions.

Cataracts

This happens when the lens of your eye becomes cloudy. To begin with you may be unaware you have a

cataract. Overtime your vision may become blurry or dim. You may experience difficulty seeing at night, and require brighter light for reading and other activities. As your cataract grows and more of your lens becomes cloudy this may change the way light passes through the lens and cause you to have more noticeable symptoms. Treatment is through surgery with the cloudy lens being replaced.

Macular Degeneration

This is an age related eye condition and there are two types. Dry and Wet. Symptoms of dry macular degeneration tend to occur overtime. You may experience distortions in your vision such as straight lines becoming bent, or reduced central vision in one or both eyes. A need for brighter light when doing close up work or reading is also common as is difficulty adapting to low light levels.

Printed text may also appear fuzzy and you may find you've developed a blind spot in your field of vision.

Wet or neovascular degeneration occurs is when blood vessels grow under the retina and leak. This often results in a sudden change in your vision and often a serious loss of vision in the patient.

If you notice changes in your eyesight it's important to get them properly checked out. Patients aged 60 and over or who qualify for NHS treatment will receive their eye test **Free of charge** at *Bott's*.

To book your appointment please call *Bott's Opticians* on **01323 727782**.

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Arron Tun, *Bott's* optometrist.

“
A visit to a reputable opticians such as *Bott's* for a detailed eye test is the sensible thing to do.



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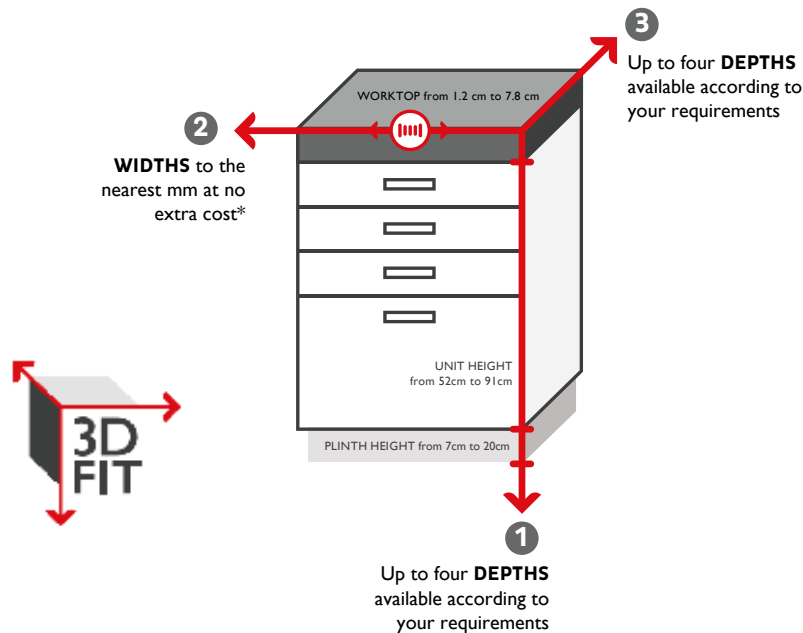
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Eastbourne artists think PINK

CLAIRE Graves and her friends, Sarah Addems, a floral artist, and Anne Castano, a ceramicist are gearing up for this year's Eastbourne Artists' Christmas Open House Festival.

By **Gail McKay**

Among the vast array of embroideries and gifts, Claire has produced a limited edition tea towel celebrating her love of cocktails.

"It was inspired by my holiday in Mexico, where I tried every single

one on the menu. My favourites were Pina Colada and a Pasion Fruit Martini. They represent fun and friendship."

Raising for charity

Together, they are raising money for the *Eastbourne Foodbank* through a raffle at the *Open House* and donations brought in from their Christmas light display. The theme is still top secret!

Kick-start your Christmas shopping by planning an *Open House Trail* and supporting local artists, *Foodbank*, and finding some truly original and affordable gifts.

The Cocktail Tea Towel is available to buy at *PINK Open House* and also the *Lighthouse Gallery* on Cornfield Terrace, and Claire's *Etsy* shop **ClaireGravesTextiles** priced at £11.99.

It includes a cocktail recipe so you can make some at home!

Across two weekends: 19th/20th & 26th/27th November.

Pink House, 123 Green Street, Eastbourne BN21 1RS

More info on:

www.eastbourneartists.com



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It's full speed ahead at FOUNDRY

FOUNDRY hits the fast lane, as Boutique stores, business lounge and wellbeing centre officially open.

By **Tim Cobb**

The Beacon Centre has officially welcomed its new spacious retail and business space. Set up over two floors, FOUNDRY has something for everybody.

Enhanced experience

Open 7-days a week, FOUNDRY is the perfect place to shop for unique gifts, with products on offer as diverse as ethical skincare, vegan donuts and sports memorabilia. But it does not stop there. The team is busy recruiting a selection of inspiring local artisans and specialist sellers alongside permanent indie retailers to enhance the shopping experience.

Sharing the space at FOUNDRY is Slowpoke, a coffee shop that has teamed up with award-winning gents barbers, *Teddy Edwards*.

Customers can now experience hair and beard trimming excellence while enjoying a relaxed approach to quality coffee from a professional barista.

The over-arching theme for Slowpoke is to encourage customers to chill, slow down and take five minutes out of their hectic schedules to enjoy their coffee experience.

On the first floor, you will find an array of desk spaces, offices and a 5-star lounge/meeting area. This is complemented by a wellbeing area, operated by *Digital First/VMC*.

FOUNDRY is a joint venture between Adam Walker and Beacon owners *Legal & General Investment Management (LGIM)*. And last week, a senior team from LGIM popped down for a grand tour of FOUNDRY Eastbourne.

Exciting concept

"This is an exciting concept for Eastbourne and I am delighted that this fantastic town is the setting for our very first FOUNDRY adventure," Adam said. "The Legal & General team were delighted with what they saw and with the amazing support of our retailers, business entrepreneurs and our all-important wellbeing partners."

Adam is putting mental health at the top of his agenda. "There is a 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 I am delighted to be partnering up with *Digital First/VMC*, who have taken our largest first-floor unit."

Free day passes

FOUNDRY has teamed up with *Bournfree* to offer a limited number of free day passes to the members-only working lounge.

To apply, simply scan the QR code on the front cover of this issue, or head to foundryuk.com and fill out the form.

Inspiring events

Earlier this month, FOUNDRY hosted its first *Inspiring Events* talk, featuring the incredible exploits of three men and a boat. Matt Garman and Neil Furminger from Seaford are teaming up with another friend from Manchester to row the Atlantic in December.

The fitness fanatics, who will spend at least 40 days and nights making the crossing, are raising money for *Prostate Cancer UK* and *Wolo – We Only Live Once* – a Seaford based charity helping families affected by cancer.

Matt told the audience: "We have three wishes:

- to get across safely
- to win the trios race – there are seven boats with three oarsmen, the others have four or five crew members
- and finish in the top 10 of the main race."

You can find out more at:

www.oceandadventure.com

And if you would like to find out more about FOUNDRY, head to:

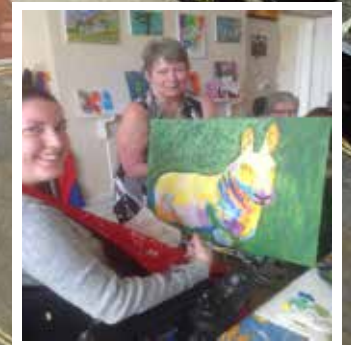
www.foundryuk.com/eastbourne





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



Enriching the lives of Chaseley's Residents

THE residents at Chaseley all have a complex neurological disability or condition, which impacts on the quality of their daily lives.

By **Jodie Cornford**

Most come to live at Chaseley for a period of time as part of their rehabilitation journey, however for some, Chaseley is their forever home and the staff, volunteers and other residents become their extended family.

The *Chaseley Trust* is an independent charity and the majority of residents' care fees are funded through various commissioning bodies, however there is then, **just 5%** surplus to fund all their additional costs, which includes all the social and recreational activities they provide. These services are delivered daily, seven days a week and they help to increase the physical and mental well-being of the residents.

In monetary terms *Chaseley* needs to raise **£107,000 per year** to fund the Well-Being & Activities department.

The Well-Being & Activities Team work with the residents to deliver an array of daily activities that they not only enjoy,

but also help with their rehabilitation and motor skills. Some of their favourite activities include woodwork, art, gardening, cooking, poetry, bingo, quizzes and photography club. In addition the team organise weekly trips out to enjoy some coffee and cake, sip a beer whilst watching a band or show, as well as visiting local places of interest. *Chaseley* also schedule regular themed days and invite entertainers to come in and sing to the residents, bring along their petting animals or put on a display and give a talk to them.

Everyone that supports *Chaseley* by raising funds for the Well-Being & Activities department are helping to enrich the lives of their residents every single day.

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

Leaf Hall Community Arts Centre

is open and available for
everyone to be a part of

LEAF Hall is a well known community building on Seaside.

By **Peter Lindsey**

It has now been relaunched as Leaf Hall Community Arts Centre – and here's your chance to be involved.

It is a great home to so many activities – why not pop in there today and see everything it has to offer.

Leaf Hall Community Arts Centre has a real connection with the local community, and there has been considerable investment recently.

New Leaf Café

Join us for Thursday lunch from 12:00pm and enjoy some lovely food and a great community spirit. Booking is essential. Please call Clare on **07902 214809** or e-mail **dom@eastbournemencap.org.uk**



New Leaf Café.

My Charleston

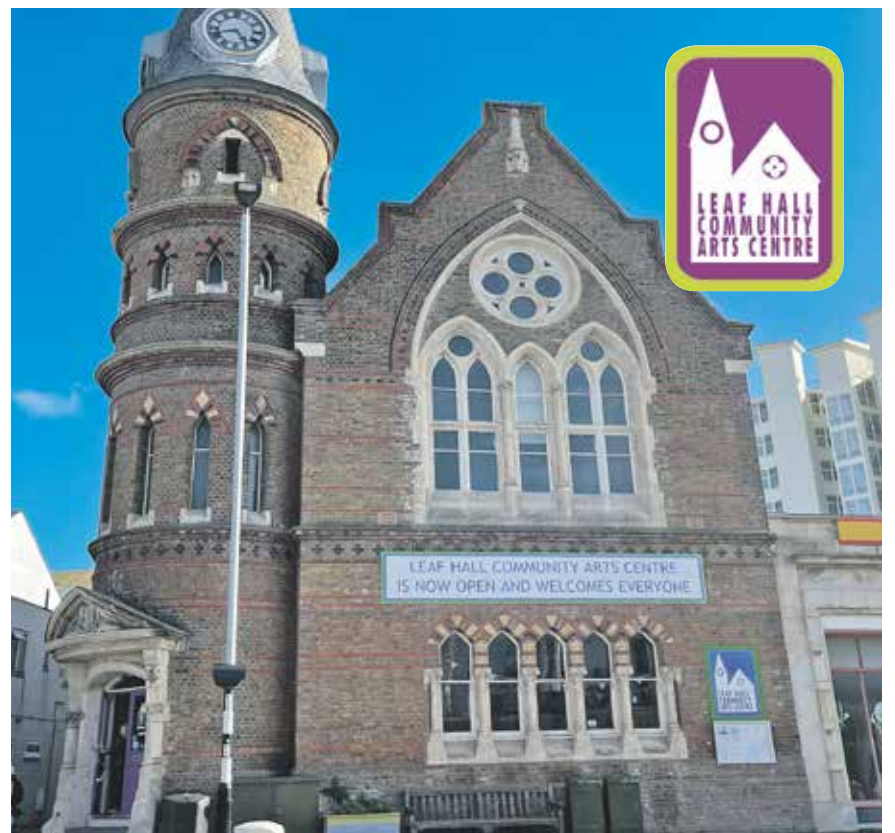
Learn the iconic Charleston moves of the 1920s in our 6-week dance course. Suitable for all levels, including beginners and no partner required. Course also includes a video tutorial pack.



My Charleston.

Leaf Hall Community Kitchen

Leaf Hall Community Kitchen brings residents together to be part of the solution. Each Friday, residents are invited to come and cook for themselves and others. Provided with free ingredients, cooking equipment, power, and that week's recipe. We all work together to provide a delicious take away for all. Friendly cookery help provided if needed. We all eat together at the end of each session. Free Friday Takeaways Available.



Leaf Hall Community Kitchen.

World Food Community Kitchen

Every Tuesday, *Our Neighbourhood* hold a drop-in session for refugees and asylum seekers at Leaf Hall from 9:30am–1:00pm. Here they can learn how to cook, or practise new recipes. Each week they can prepare and eat lunch together, practise their English in a safe and friendly environment, and experience food from all around the world.



World Food Community Kitchen.

Wing Chun

Eastbourne Wing Chun, we are part of the *WCK UK Organisation*, which is one of the leading Wing Chun Kung Fu Organisations in the UK.

We offer an excellent solution to anybody wanting to improve their fitness and protect their personal safety. The practice of Wing Chun contradicts most other martial arts in that students cultivate the power of relaxation, rather than brute strength, for use in self-defence. WEDNESDAY from 8pm.

WCK UK 詠春拳 ORGANISATION

FOR INFORMATION EMAIL US VIA
WINGCHUNEASTBOURNE.COM

It is also the base for the amazing Eastbourne charity **A Band of Brothers.**



A Band of Brothers.

Room hire

These areas can all be hired:

- Library (7.4m x 5m).
- Main Hall (15.2m x 7.4m).
- Kitchen (9.3m x 4.5m).
- Back Room (4.1m x 4.9m)
- The Office (3.8m x 4.9m).

Come and see for yourself why Leaf Hall Community Arts Centre is so amazing.

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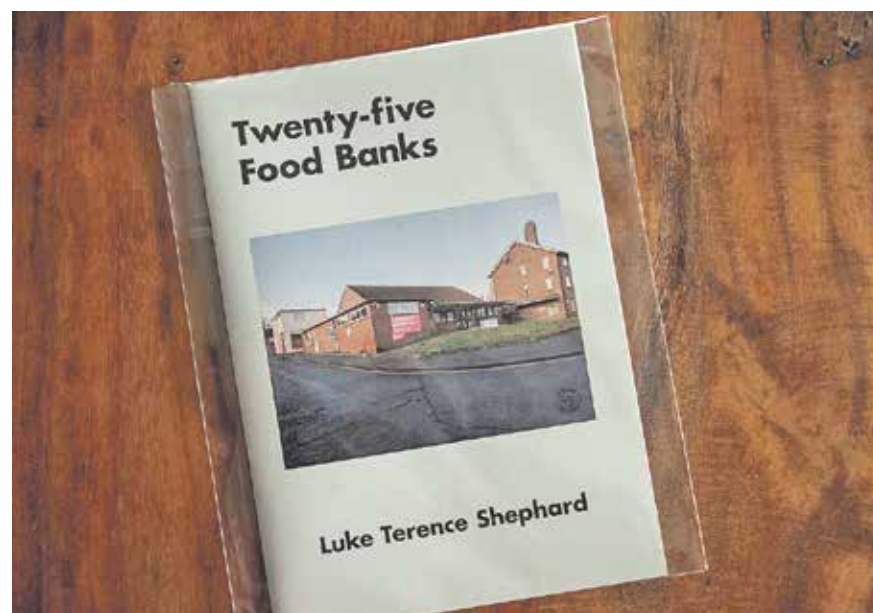
Highlighting food poverty through photography

LUKE Shephard is a mature student photographer studying with *The Open College of the Arts*.

By **Gail McKay**

Luke says, "In early 2022, I had to apply for the OCA's spring assessment event and whilst preparing for this I re-worked an assignment where I took photos of Food Bank locations around Eastbourne."

"The project had become my passion, and as I carried on with my studies, I continued to take photos of food banks. When I got the results back from the assessment, the university highlighted this piece of work on an internal online gallery of students' work from the event. With that, I knew I had to carry this project on, so I started taking pictures of more locations. A few months later I set up



'The Food Bank Photo Project' website and self-published a zine.

"I wanted to document the food bank epidemic in a way other than statistics, as the situation continues to worsen in the UK with inflationary pressures and the cost of living crisis. These visually bring to life the church halls, community centres and various other buildings where local communities are coming together to help people in need. The feedback from people

who read the zine and look at the photographs has demonstrated surprise at the volume of these now and buildings they walk past each day being a food bank!

"65% of the proceeds of the zine go towards food bank donations with the remainder covering print and post costs."

To find out more please visit: www.thefoodbankphotoproject.co.uk




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Eastbourne Foodbank provides debt and budgeting advice to lift people up and out of poverty

POVERTY is about more than food and Eastbourne Foodbank has debt advisors who help ease financial pressures for clients.

By **Juliet Mead**

As prices rise, we know there are children across Eastbourne waking up to empty cupboards and individuals having to make a tin of beans and half a loaf of bread last the weekend before they can get to the foodbank on Monday. There are also families worried about running their ovens and hobs to warm up the food we provide.

Debt can put a huge strain on household budgets and force families to visit a foodbank because there is nothing left after they have paid their creditors. A food parcel won't pay those bills, but at *Eastbourne Foodbank* we are committed to helping people out of crisis, reducing their need to use our service and ultimately closing the door on large-scale foodbanks in the future.

Budgeting becomes impossible for families on low incomes with debts

If you are on a low income and struggling to make repayments, budgeting can be very difficult. Often, people struggling financially, will know their direct debit amounts to the penny but there simply isn't enough money to cover those payments and therefore no budget for food, clothes for their children and other expenses. This brings them to the foodbank and gives them access to our debt advice service to help lift people up and out of poverty.

"I literally thought you were just tins of beans, but you are so much more" (Foodbank guest)

Clients are often surprised the foodbank offers more than emergency food and leave feeling reassured there is help available to ease their financial crisis.



Nikki Beckett, Senior Debt Advisor at Eastbourne Foodbank.

Nikki Beckett, senior debt advisor at *Eastbourne Foodbank*, said: "Being in poverty and debt is a traumatic experience. It makes people feel anxious, scared and alone. People don't know where to turn and they can also feel ashamed which makes it hard for them to reach out for support.

"It is common for people to stop opening their post and ignore the problems because it feels overwhelming, but this can quickly escalate and cause more worry."

Understanding our client's situation and needs face-to-face over a cup of tea

Nikki explained: "A quick conversation with a debt advisor can help put your mind at ease, manage your debt and create a workable budget to ensure no future debt occurs. There is always a solution and a way out.

"Once someone has spoken to me I will take it on and I am the one that is dealing with those debts. I will get authority to contact creditors on their behalf, so I am the only person creditors can contact. I will work with them until there is a solution.

"To start that process, I get to know the person, their situation and household circumstances. I then look at income and outgoings

before trying to find ways to maximise their income and create a workable budget for the future.

"Then I will look at people's debts and discuss the options available in managing those. These could be token offers to creditors or insolvency options. I can put clients into a breathing space, which means creditors can't contact them for 60 days – this literally gives us breathing space – a chance to look at the options and decide the best way forward."

If you or someone you know is struggling to afford to eat, we can help – not just by providing food – but by helping with debt advice. Visit: www.eastbourne.foodbank.org.uk

September Statistics

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

Adults 1,643 Children 916

Meals – 25,590

Percentage increase on the previous year (Sept 2021): 116%



Support St Wilfrid's Hospice this Christmas



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Civic Day Success

THE East Sussex School of Circus (ESSCA), based in Hailsham, held its first Civic Day on Tuesday 27th September 2022.

By **Daniel Thomas**, Marketing, ESSCA; Photography By **Neil Garrett**

Trustees and Guests, including Raymond Dadswell, Neil Garrett, Graham Ellis, Ivor Guest Viscount Lord Wimbourne, Paul Holbrook, The Mayor of Hailsham, Christine Ewbank from The Eastbourne UnLtd Chamber of Commerce, Rachel Gunn from East Sussex County Council, Jay Brewerton, Independent Rother District Councillor and Chris Beveridge from Knockhatch Adventure Park.

They were given a tour of the School by the Principal Renato Pires, where they were introduced to the students and learnt about, the School's facilities, as well as student life, culture on campus and educational programmes offered.

The vision for the future

"In the past 30 years, the role of Circus Education has dramatically changed with the focus now being on the physical and mental wellbeing of students. At ESSCA this is the exact focus of our programs, following in-step with the trends of Circus Schools throughout Europe, USA and Canada. We offer students the chance to work on a variety of Circus skills ranging from Acrobatics and Aerial Arts to Juggling and Dance.

Our goal is to become the first Circus University in East Sussex" said the Principal on the Civic Day.

Currently, there is no Circus School that offers a degree within East Sussex, with the closest being in London. ESSCA plan to deliver

and tourist economy. They don't want to stop there though, ESSCA have big aspirations to become the biggest Circus School in the UK.

The Civic Day was a proud moment for ESSCA, and they can't wait to see their current students final graduation on 24th of November. If you are thinking about circus education, come visit and talk to the team and current students at ESSCA. They currently offer free training courses for individuals aged 16 to 24 who are not in education or training and Evening Classes for any age.

a degree as early as next year partnering with Brighton Academy of Performing Arts (TBA). This will provide educational tourism, bringing students from outer areas to Hailsham as well as boosting the educational

Contact Information:
Office Phone: **01323 325957**
Office Email: **info@eastsussexschoolofcircusarts.co.uk**



Mental Health in Today's Uncertain Workplace



"I was in a state of panic and confusion, I used to stare into nothing and I was visualising being on Beachy Head. At work the guys were leaving one by one. I was seeing the business I started 7 years prior, like a monster taking over every aspect of my life, making it miserable."

This business owner approached the Psychologically Informed Leadership Coach and Chamber Member Steve Neesum for help and went on to tell us "my private and business life is fully changed in the last 7 months. I have a totally new team of people that are doing their job efficiently and are enjoying working for my company. We created many new products. We promoted my junior designer to Head designer and wow she really embraces the opportunity, now she is my right-hand man, she can run the business in my absence. We've grown so much that we took the lease of a new industrial unit 3 times the size we are now.

"Personally, I have joined the gym and feel much better physically

and mentally. I recently had my 40th birthday and Steve helped me realise how to have a birthday that I really liked and not one to please everyone else."

In the current economic uncertainty, protecting your mental health and wellbeing at work is more important than ever. If you are worrying about energy and fuel bills, interest rates, your mortgage, your pension and also protecting staff jobs, you could go into a state of shock which is stopping you thinking clearly and managing the problems you face. This is when it is vital to speak to an independent business coach and who better than Steve Neesum who is also an accredited psychotherapist?

Steve runs workshops, consultancy, coaching and one-to-ones for business people in the Eastbourne area to help cope with barriers to business and reach their personal and business goals.

Another client told us "Booking my first appointment with Steve is one of the best decisions I have ever made for myself. Not only have my sessions with him changed my life for the better in terms of my physical and mental health but I have learnt so much about myself and how to work towards my goals."

So what are you waiting for? Help is within reach; visit www.steveneesamcoaching.co.uk

Grant and loan funding for your business

East Sussex County Council has launched the eighth version of their business funding programme. East Sussex Invest Eight provides vital loan and grant funds to businesses looking to expand and grow in the county.

East Sussex Invest was established in 2013 by East Sussex County Council supported by the Regional Growth Fund (RGF) and delivered by the County Council in partnership with Locate East Sussex. The fund offers grants and loans for capital investment to stimulate business growth and job creation in the county. Since it started 247 businesses have benefited from nearly £9million in funding, resulting in the creation of at least 1065 jobs. Some local businesses that have benefitted from the fund include: Chamber members To The Rise, The English Soap Company and many more. See the Locate East Sussex website for case

studies in the county.

Cllr Simmons the cabinet member for Economy at ESCC and the chairman of the Grants and Loans panel since it started said "I am delighted that we can continue to support businesses in the county particularly after such a difficult period. Over the years we have seen some wonderful applications come through which have proved to be very successful businesses. I look forward to seeing more exciting applications over the coming year"

The fund is divided into two parts: Loans from £10k - £100k with a match funding requirement of 50%, and Grants from £10k-£25k with a match funding requirement of 60%. A loan can be taken out for a maximum of 5 years at low interest rates and usually includes a repayment holiday.

The programme is here to help businesses in a wide variety of

industries (excluding Education, healthcare and residential care services) with capital investment in premise upgrades and equipment purchases to support business growth.

To apply for the fund, businesses must fulfil a set of criteria, including:

- Must be a Micro, small and medium (SME) businesses (under 250 employees), or start-up.
- Capital expenditure items only are eligible. These include: building works to upgrade or extend the premises; fixtures and fittings; machinery; equipment; software (purchase and development); marketing drives; targeted consultancy; specialist training. Excludes property or land acquisition and all revenue.
- Businesses must demonstrate how they plan to reduce their carbon footprint. This does not have to



relate to the capital expenditure. An Environmental Responsibility Plan is an advantage.

- Applicants must have a business plan showing how the business will grow and create jobs.
- This fund will not support the displacement of jobs or businesses; therefore, local retail and service sector funding will normally be restricted to a maximum loan of £20,000.

For the full set of criteria and more information, please contact Locate East Sussex on www.locateeastsussex.org.uk or email enquiries@locateeastsussex.org.uk.

New members for October

AdasGold Brand Photography • Riffle & Pool Press • Deliciously Sweet Chocolate Company • Wicks Consulting • The Bookkeeping Partnership • Tribes Inventories Ltd • Carl Slezacek Photography • D&H Fencing Landscaping Ltd • Maybugs • M-Tech Systems • Sussex Innovation • The Chaseley Trust • Hannah Louise Coaching • Eastbourne Operatic & Dramatic Society • A P Security (APS) Ltd • Knibbs Computer Services Ltd

Anderida Adolescent Care Shortlisted In The Investors In People Awards 2022

Anderida Adolescent Care has made the final shortlist for The Award for UK Employer of the Year in The Investors in People Awards 2022.

On a record-breaking year for entries, with over three hundred organisations involved, this is an outstanding achievement and one that everyone at Anderida Adolescent Care is proud of.

The Investors in People Awards celebrate the very best

organisations and individuals from around the world across various organisational, people, wellbeing and leadership categories. Each year hundreds of organisations from the UK and abroad battle it out to take home one of the sought after trophies to show their award-winning commitment to #MakeWorkBetter.

Kerry Shoemith, Anderida Adolescent Care *"It is a privilege to be shortlisted for this award; a clear indication of the dedication*

and hard work the team has invested in the business."

Paul Devoy, CEO of Investors in People, commented: *"In what has been the biggest and most competitive year so far, it always makes me feel immensely proud to see so many fantastic organisations and individuals staking their claim to be the best. And every year, the entries do get more and more competitive and the judging even tighter. Reaching the final shortlist is a testament to the amazing*



commitment these organisations are making to make work better for their people, and they truly deserve this recognition."

The Winners will be announced at a black tie gala ceremony on the 15th November at Old Billingsgate in London.

For the full shortlist and more information about Investors in People please visit www.investorsinpeople.com/awards-2022/

The Anniversary of Love



Anderida residential children's homes in East Sussex provide safe places where children can be themselves and find their feet. They receive therapeutic residential child care, education and other services for young people who have not had a great start in life.

On the 5th of July,
Last year, 2021,
I moved to the home,
My new chapter had begun.

I had come to a place,
Where people loved me for me,
And accepted all my quirks
For the first time, I felt free.

You all stood by me,
Showed me I was stronger than I knew,
And helped me realise,
Together we could make it through.

I now know,
I will never be alone,
Because I have you all beside me,
To help me learn and grow.

Because each of you,
Has given me reason to fight,
Seeing how you care
Has shown me there is light.

We make so many memories,
And have times I feel so glad,
To live, to breathe and feel the wind,
And enjoy in life the unplanned.

And as we know,
Things can also be tough,
But now I have people
To stand with me when it's rough.

Because this is a journey,
It'll have its good and bad,
But through it all we're fighting,
Standing, holding hands.

The home is a family,
We laugh and "hug it out"
And no matter what happens,
I know you've got me, no doubt.

Emma Clarke

The Sustainable Business & Solar Summit

**From 9am on Friday
18th November.
At the Welcome
Building, Compton
Street, Eastbourne BN21 4BP**



**SUSTAINABLE BUSINESS
& SOLAR SUMMIT 2022**

Join us from 9am to learn about sustainable forms of energy production and ways to reduce your energy consumption, including; lightweight solar panels, air source heat pumps, ground source heat pumps, elegant wind turbines, effective insulation, glass insulation enhancements, navigating planning permission and finding sources of funding to introduce these improvements.

If you aren't free to attend, send a member of your team; this is the most valuable event you will attend all year!

The Sustainable Business and Solar Summit is brought to you by the Chamber in partnership with the Eco Action Network and Eastbourne Borough Council.

For more info or to book visit www.ecoactioneb.co.uk/about/eastbourne-sustainable-business-and-solar-summit

Join today and reap the rewards!

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

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

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

The Riotous Eastbourne Business Awards

400 BUSINESS people came together for a riotous celebration of the best businesses in the area after two years of uncertainty and lockdowns.

Sponsored by W Bruford the audience, dressed to impress in black tie and sumptuous ball gowns, really let their hair down!

They enjoyed a sparkling drinks reception sponsored by *Handelsbanken* and a gala dinner in the fabulous *Winter Garden* where they were entertained by the *Singing Secreto Waiters* and Lloyd

By **Christina Ewbank**, Chief Executive, Eastbourne *unLtd* Chamber of Commerce

Wade's *Soul Man Band*. A finalist on *X-Factor*, Lloyd and his band kept everyone celebrating into the early hours of Saturday morning.

Watching hoteliers and bank managers doing the Can-Can was

only bettered by sharing the delight of the winners and highly commended businesses receiving their awards.

The icing on the cake was that the audience raised over £4,500 for *St Wilfrid's Hospice*.

To see the gallery of photographs and a video of the evening visit www.eastbournebusinessawards.co.uk/eastbourne-awards-gallery.php

The winners and sponsors of the *Eastbourne Business Awards* are pictured here.

Photos by Mark Dimmock.



Best Learning Company – Sponsored by East Sussex College. **Winner: The View Hotel.**



Sustainable Business Practices Award – Sponsored by Identity. **Winner: Long Man Brewery.**
Highly Commended: OHM Energy.



Start Up of the Year – Sponsored by Watson Associates. **Winner: Kiddicity.**



Manager of the Year – Sponsored by Brewers Decoration Centres. **Winner: Marcella Glenister of Gelato Famoso.**
Winner: Stephen Holt of Your Eastbourne BID.



Professional Services Award – Sponsored by Quantuma. **Winner: HR Dept Sussex-by-the-Sea.**



Community Support Award – Sponsored by Birchwood Group. **Winner: Morrisons Community Champion, Kim Hatcher-Davies.**
Highly Commended: Anderida Adolescent Care.



Health and Wellbeing Award – Sponsored by First Choice Dental Clinic. **Winner: You Raise Me Up Charity.**



Apprentice of the Year – Sponsored by LECS UK. **Winner: Niles Lambourne of EAG Marketing.** **Highly Commended: Ciaran Toms of Joe Lam Hair Artist.**



Hospitality Business of the Year – Sponsored by The Lansdowne Hotel. **Winner: Royal Hippodrome Theatre.** **Highly Commended: To The Rise Bakery.**



Creative / Digital Industries Award – Sponsored by Zoonou. **Winner: Southern IT Networks.** **Highly Commended: Cloud, Voice & Data.**



Retailer of the Year – Sponsored by The Beacon. **Winner: JCS Meats and Provisions.** **Highly Commended: Maybugs.**



International Company of the Year – Sponsored by Booksy. **Winner: Rathfinny Wine Estate.**



Best SME Business – Sponsored by Advanta. **Winner: Pearce Marketing.** **Highly Commended: Room2Let.**



Customer Service Award – Sponsored by Handelsbanken. **Winner: ECF Accident Repair, Servicing and MOT Centre.**



Best Large Business – Sponsored by Gardners. **Winner: Lightning Fibre.**



Business Person of the Year – Sponsored by Rotary Club of Eastbourne. **Winner: Luca Albertoli of the Pom Mozz Group.**



Lifetime Achievement Award – Sponsored by Rotary Club of Eastbourne. **Winner: Bill Plumridge.**



Overall Business of the Year 2022 – Sponsored by W Bruford. **Winner: Rathfinny Wine Estate.**



Proud winners of Health and Well-Being award



***YOU Raise Me Up* were delighted to receive the award of Health and Well-Being at the *Eastbourne Business Awards* on Friday the 30th of September.**

By **Maicie-Jay Pattison**

It was such an honour to accept the award and we are incredibly thankful to the *Eastbourne Chambers of Commerce* for their continued support.

Without the support of amazing local businesses and organisations it wouldn't be possible for us to continue to provide our care to those who have lost a young adult between the ages of 16 and 25 with practical, emotional, and financial support.

Over the eleven years the charity has been running we have helped thousands of individuals locally. Like other charities *You Raise Me Up* realise on donations and fundraising it costs us over £6,000 to support a bereaved family for a year.

So how can your business help us?

Having your business set up regular corporate donations is a brilliant way to meet your corporate social responsibilities and help us to continue to give our vital and much needed services for those in need.

The charity will need to raise in excess of £325,000 in 2023 to be able to continue our vital work and grow our services further.

All services are provided free of charge to those who need us in the most difficult of circumstances. From our 24-hour crisis helpline, one to one specialist counselling to our monthly support groups and support centre, described as "the hub of the community", where we support the wider community with their Health and Well-Being.

We do not receive any Government funding and we can only do what we do, with what the kindness and generosity of other provides for us. We appreciate every corporate donation immensely.

We at *You Raise Me Up* would like to thank everyone who has supported us to get this far and for your continued care.

For more information, please email lesley@youraiseup.co.uk



Our Support Centre at 58b High Street, Polegate.



Lightning Fibre brings it home

EASTBOURNE-BASED *Lightning Fibre* scooped the best Large Business Award sponsored by *Gardener Books* at the *Eastbourne Business Awards 2022*.

By **Charles Hartley**

The award recognised the rapid growth of the business, including the creation of almost 200 local jobs, as well as the community engagement projects undertaken.

Projects include *Eastbourne's Lightning Fibre Ice Rink*, sponsoring *Eastbourne Carnival*, *Wyntercon* and the *Vintage Festival*. We also did Soapbox for *Wayfinder Woman Trust* (we came joint 8th place!)

Best connected

Plus, for the *Vintage Festival*, we put "up to 10Gb" internet into Gildredge

Park, making it the 'best connected event in town'!! (Traders and guests loved us!)

Thrilled

Ben Ferriman, *Lightning Fibre* Founder and CEO, collected the award on the night with his colleagues, and commented that "We're thrilled to be recognised in our hometown by a well respected board of judges, which makes winning even more special. It was great to see so many wonderful businesses receive awards on the night."





ECF invest in future

DURING the 2020–21 pandemic the business stayed open to repair emergency services vehicles from Sussex Police and the Ambulance service.

By **Chris Broad**

There was a huge reduction in the number of accidents damaged vehicles being recovered to the site due to people working from home.

The directors used the time constructively to re-shape the business model and re-develop the site investing £150,000 in new eco-friendly spraybooths, freshly decorated offices, new customer and staff toilets, a new parts dept and tearoom for the staff.

Industry first

We have also commissioned what we believe to be an industry first “Estimators Lounge” where our customers will be able to sit down with an Vehicle Damage Assessor to watch the estimate take place on a large screen.

The aim is to help the customer understand the complexity of modern vehicle repair, ask questions about the repairs and how the insurance

industry works whilst enjoying refreshments in comfort.

It’s a world away from how most people would perceive the accident repair industry which in the past had a negative stigma attached to it.

Manufacturer approved

ECF are manufacturer approved to repair accident damaged vehicles back to factory safety standards for *Mercedes-Benz, Audi, Volkswagen, Skoda, SEAT, Cupra, Ford, Nissan, Kia, MG* and *Smart*.

Our service and MOT department help save our customers time and money by completing vital MOT checks, servicing, tyres, brakes – all mechanical repairs whilst the vehicle is on-site for the accident damage repairs.

We’ve invested in the very best manufacturer training and equipment to ensure we’re ready for the EV revolution that has already begun.

Award winners

In August we were awarded the converted *Electric Vehicle Specialist* approval by *Volkswagen Group*

and our customer service manager Hannah was a winner in the national 30 under 30 competition which celebrates 30 of the best young talents that the industry has produced.

Looking forward

So far 2022 has been a remarkably busy year for ECF. The pandemic, Brexit and the ongoing war in Ukraine increased pressures on bodyshops. Nationally many closed for good because of skilled staff shortages, rising energy costs and parts shortages.

The knock-on effect of that for the bodyshops that are left has been a remarkable increase in the number of repairs undertaken, we are actively looking to recruit new team members in all departments.

A big thank

A big thank you to the whole of the *Eastbourne Chamber of Commerce* and to everyone in East Sussex who have used ECF, we hope you enjoyed the experience.

Thanks for supporting the business, we are very proud to be a part of the community now and for many years to come.

01323 725220
hello@ecfcarcare.co.uk

Birch Close, Eastbourne,
East Sussex BN23 6PE



Hannah wins 30 under 30 Award.



ECF wins Customer Service Award.

Out of loo roll?

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





Join us for
our next
event

Bowes House care home, Hailsham

Carers café

The third Thursday of each month
2.30pm - 4pm

If you are a carer for a friend or loved one, perhaps you need a break from daily routine or wish to meet other carers. Why not join us for our monthly carers support group. We serve a delicious complimentary afternoon tea. This is a great opportunity to meet other carers in a relaxed and friendly environment, share stories and ideas.

Trusted to care.



To attend please call
01323 364183 or email
karen.milligan@careuk.com

care UK

Care home living as it should be

Living at Bowes House, our Care UK care home in Hailsham, is all about enjoying the finer things in life. Along with great care, our skilled team is passionate about providing varied and fulfilling activities, entertainment and outings – all designed around your unique needs, interests and wishes.

Care UK is the most awarded large care provider: we take pride in delivering the very best. So, when you join us, our friendly team will find out all about your life, interests, tastes and wishes so we can shape every aspect of your care and lifestyle – even the dishes we serve – to suit you.

Relax in luxurious surroundings

Bowes House has everything you need to enjoy an enviable lifestyle, including its own café, hair and beauty salon and pub. Every bedroom is spacious, beautifully furnished and has its own wet-room. Ground floor rooms even have their own patios and direct access to our landscaped gardens.

We offer a lively and varied activity and entertainment programme, we'll support you to make new friends, continue attending churches or groups in the community, or even take on a role around the home – resident ambassador or head gardener perhaps? And if there's a wish you'd like to fulfil, we'll even do our best to make it happen!

Enjoy each day your way

Recently, residents of Bowes House have been enjoying everything from gardening and exercise sessions, to baking and art classes. The team have also been busy granting residents wishes, with a sailing trip to Beachy Head and a special visit from East Sussex Fire and Rescue Service for a resident who used to be a fire fighter. Be sure to 'like' us on Facebook to keep up-to-date with what's happening at our home.



Discover a five-star lifestyle

At Care UK, we have more 'Outstanding'-rated homes than any other provider, and over 8,000 families trust us to care. If you'd like to find out more about the fulfilling lifestyle we offer at Bowes House please call us on **01323 364183** or email **karen.milligan@careuk.com**

**Bowes House care home
Hailsham
[careuk.com/bowes-house](https://www.careuk.com/bowes-house)**

Rotary's grand centenary gala

ONE of Eastbourne's longest-established service clubs celebrated its centenary year with a gala dinner at the *Grand Hotel*.

By **Peter Lindsey**

Guests gathered along with members of the Rotary Club of Eastbourne to mark a hundred years since eight founder members met in 1922 to create an organisation that "the best men in town would wish to join".

Fittingly, the evening also marked the culmination of the club's centenary "Homes for Homeless" project

and the presentation of a cheque for £100,000 to the *Southdown Housing Association*. *Southdown* is match-funding the donation to help purchase and furnish two self-contained flats in Eastbourne, to accommodate homeless people.

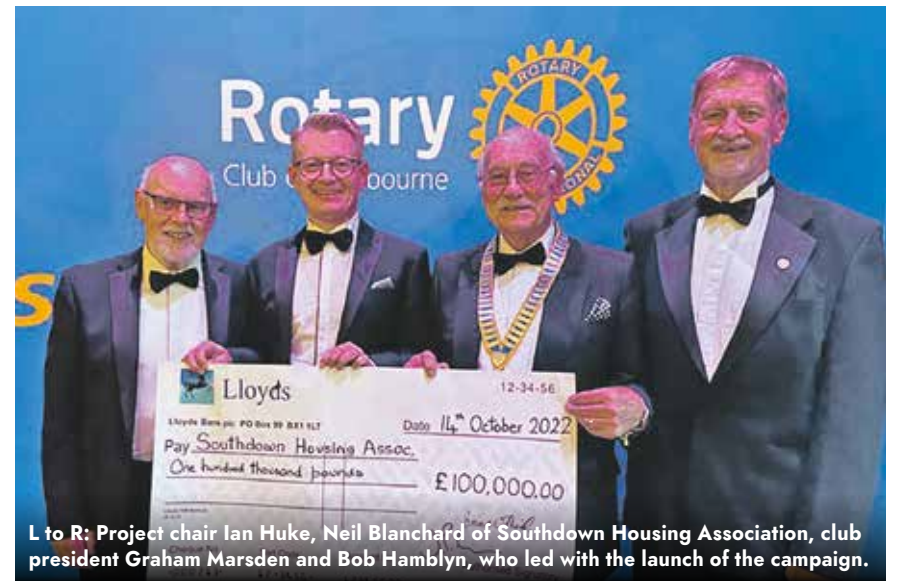
Receiving the cheque, Neil Blanchard, *Southdown* Chief Executive, said the project would create a lasting legacy and "help change the lives of many".

He added: "The rotary club has done fantastically well to raise this

staggering amount during the past two years in support of their campaign. I'd like to say a heartfelt thanks to its members for choosing to support homelessness for their centenary fundraising project. It has been a privilege to work alongside them."

Club president Graham Marsden told the audience: "This is also an opportunity to remember our founder members, to look back with pride at our achievements and to rededicate ourselves to the *Rotary* motto of 'service above self'."

The speaker was retired Major General Tim Cross and dinner guests included Eastbourne and Willingdon MP Caroline Ansell and rotary district governor Paul Frostick.



L to R: Project chair Ian Huke, Neil Blanchard of Southdown Housing Association, club president Graham Marsden and Bob Hamblin, who led with the launch of the campaign.



The splendid Grand Hotel setting.

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FIND BEAUTIFUL & UNIQUE HANDMADE GIFTS AT THE

ENTERPRISE
- SHOPPING CENTRE -

STATION PARADE, EASTBOURNE, BN21 1BD (NEXT TO STATION)

www.enterprise-centre.org

Please note, the craft fair is held upstairs at the Enterprise Centre and access is via stairs only

New at Enterprise

DISCOVER some fantastic new independent retailers at the *Enterprise Shopping Centre*.

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

Cove

Cove is all about capturing the style and essence of coastal living without being literal, selling a collection of beautiful coastal inspired homewares and accessories, that has been individually sourced, for relaxed living.

Cove owners, David & Jacqui share a passion for the coast and beautiful coastal interiors and started Cove in 2018 selling online with the vision of eventually opening a store in Eastbourne. All their products are based on a muted colour palette that captures the natural hues and essence of a coastal landscape. Whatever interior style works best for you and your home, you can shop with confidence knowing that all their items work harmoniously together across the seasons. We would like to think they are offering something slightly different to Eastbourne and have had such a positive response already from customers.

Lhanes

New to the Centre is *Lhanes Streetwear*, where the owners

Regan and Finley have introduced a number of sought after brands to Eastbourne including; *Palm Angels*, *Supreme* and *Bape*.

You will also find an up and coming label under their own brand *Ocean Lhane* offering a range of branded shorts, hoodies, t-shirts and caps.

The store offers an impressive selection of sneakers, including *Jordan 1s + 4s*.

If you are looking for something truly unique there is a vintage rail too.

Blush

Our newest store *Blush*, opened by entrepreneur Julie, offers an exclusive range for Autumn from *Suzi D London* of smart casual clothing, not available on the high street. Garments have been carefully selected to compliment each other within the range.

If you are a fan of this season's ankle boot with memory foam for comfort, you will be sure to love the selection of *XTi* boots available in a range of colours.

Also in store is a selection of toiletries from *Michel Design Works*, the honey and almond



Cove.



Lhanes.



Blush.

shea butter soap is a particular favourite of ours!

If you like *William Morris* patterns then you will be spoilt for choice with a fabulous range of homeware,

including cushions, place mats, cups and chopping boards.

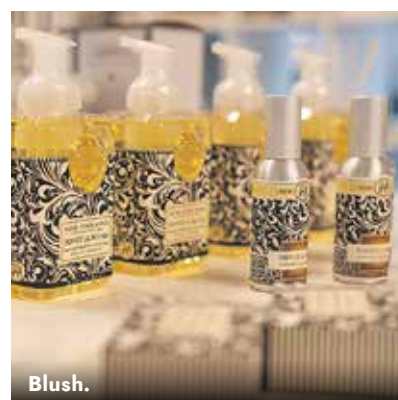
Aroma lamps in various styles to suit all tastes are also in store, this is the perfect place for gifts too!



Cove.



Lhanes.



Blush.

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Enterprise Shopping Centre
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Opening times:
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Sun: 10.00am – 4.00pm

A NEW WAY *to* *wear* DIAMONDS



Utilising the very latest in jewellery-making techniques and technologies, lab-grown diamonds are currently taking the jewellery industry by storm.

Grown as “rough” diamonds and treated in exactly the same way as mined diamonds including cutting, polishing and grading, one of the main benefits of lab-grown diamonds is that they offer an incredible value for money alternative to the traditional mined choice, as upgrading their size can be done at the same price point.

Growing diamonds in a lab is also said to be more environmentally friendly method of operation, as despite requiring energy to create them, its impacts are lower than mining diamonds directly from the earth.

Whilst some will doubt the standard of a lab-grown diamond and suggest “lab-grown diamonds aren't real”, the truth is, a diamond grown in a lab shares the same chemical make-up and characteristics as a mined diamond, and they are identical in every way, with the same physical and optical properties.

As the demand for diamonds continues to grow year on year, lab grown offer a true alternative to the growing gap between the demand and supply of this much-loved stone.

Handcrafted *for a* Lifetime

With over 50 years' experience in co-writing love stories, British bridal jewellery brand Brown & Newirth strives to make choosing jewellery for the 'most important moments in your life' an experience in itself.

Using high quality material, inspired design and the finest craftsmanship to create timeless keepsakes that last forever, each piece of Brown & Newirth jewellery is hand crafted in the brand's UK workshop, with each ring going through 20 stages of development from design to the finished product.

Each Brown & Newirth ring is also accompanied with the brand's Tender Loving Care pack. Offering a complimentary engraving, resizing, refinishing, lifetime guarantee and free insurance for one year, the TLC package ensures that the memories last a lifetime.

"Created" *by* Brown & Newirth

Showcasing a brand new 74-piece collection of solitaire and trilogy rings, along with matching earring and pendant sets, "Created" by Brown & Newirth offers an exquisite selection of laboratory-grown diamond set jewellery.

With each piece being handcrafted in the UK and available in a choice of platinum and white, yellow or rose 18ct gold, every diamond is hand-set in the brand's signature "Bloom" setting with delicate petal details and the finest talon claws.

Available in classic round brilliant, oval and emerald cuts, each "Created" by Brown & Newirth diamond is supplied in D-F colour and VS clarity as standard, with no post-growth treatments carried out to achieve these results. Each stone is hand selected for its incredible cut and polish and created with a certificate of authentication, and SCS certified when it comes to sustainability.

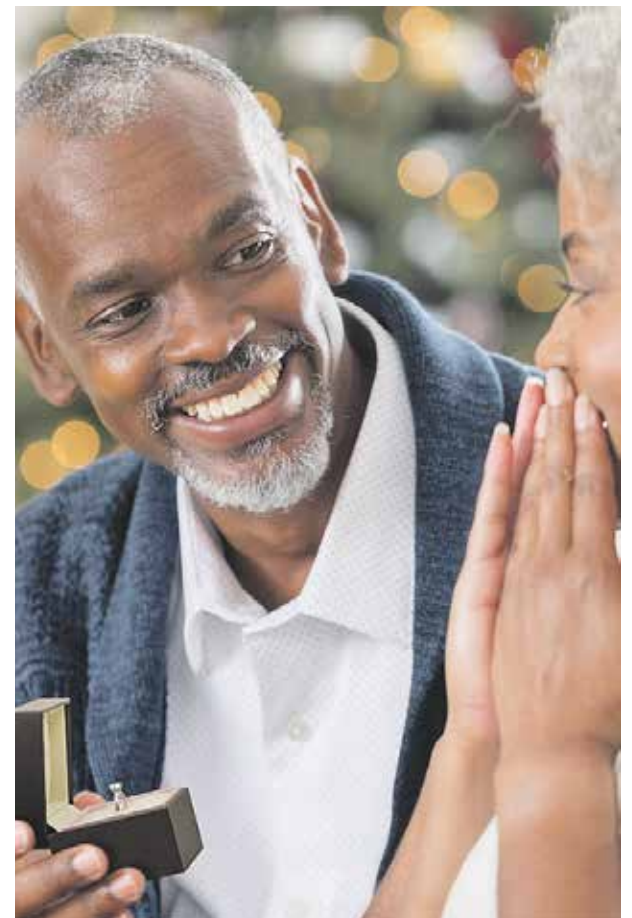
And as a rule, a "Created" lab-grown diamond is approximately double the size of its mined equivalent, whilst staying within the same price point.

This timeless style is set to change the way you buy diamonds!

At Brufords, we are extremely proud to partner with Brown & Newirth and offer our customers the very best when it comes to choosing jewellery for life's special moments and beyond.

For more information, and to discover the "Created" by Brown & Newirth collection, visit us in-store at The Beacon, or online at brufords.com

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BEXHILL - EASTBOURNE - HAILSHAM

A Christmas glow at The Lighthouse!

A WARM Christmas welcome awaits at *The Lighthouse Gallery* in Eastbourne.

By **Gail McKay**

Come in from the cold and enter a wonderland of carefully curated art and unique hand crafted gifts created by 25 talented local artists and makers. Featuring paintings, prints, textiles, ceramics, wood, glass, jewellery and more, we have something in store for everyone.

Giving the gift of your support to local artists and independent

businesses in these challenging economic times is more valuable than ever and with this in mind we have plenty of affordable small gifts and artworks available.

A warming welcome

Plenty to tempt your tastebuds too as you mull over your Christmas shopping list with warm mulled wine, exceptional coffee, home made soup, freshly made sandwiches and locally baked cakes on the menu.

The gallery will be taking part in the **Eastbourne Artists**

Christmas Open House Trail

taking place on 19th/20th and 26th/27th November 2022 and will be opening late on Thursdays throughout December to 6pm.

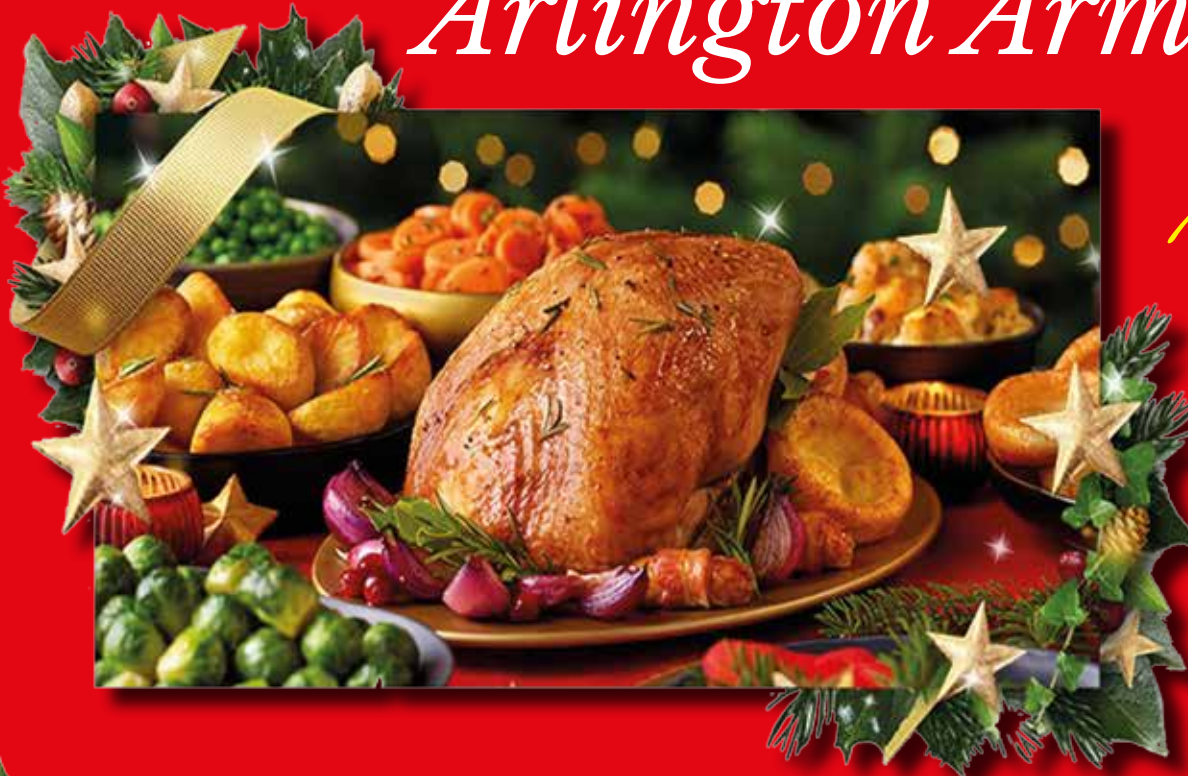
**The Lighthouse Gallery
19 Cornfield Terrace,
Eastbourne BN21 4NS**

Open 10–4pm, Tuesday to Saturday.

Follow us on *Instagram* and *Facebook*.



Arlington Arms



Xmas Day

4 Courses

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Bookings Only

*1st to 23rd
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Festive Set Menu

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Bookings Only

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Menu's available at www.thearlingtonarms.co.uk



Eastbourne is gliding into Christmas

CHRISTMAS 2022 in Eastbourne will see the return of the popular *Lightning Fibre Ice Rink!*

From the 1st December all the way through to the 8th January, Eastbourne will see the real ice rink coming back to the town centre, located just outside the *Enterprise Shopping Centre*, allowing for easy access by train or bus.

Organised by *Your Eastbourne BID*, the ice rink is sponsored by

By **Robbie Lees**

Lightning Fibre for the second consecutive year.

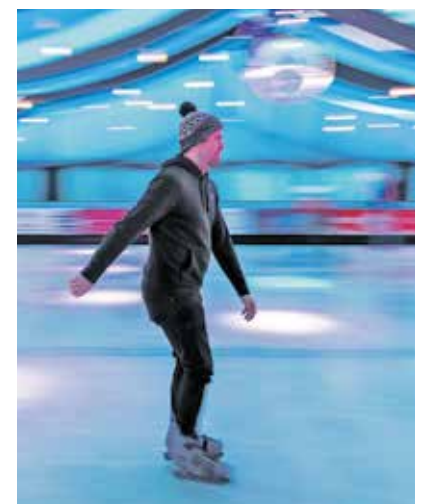
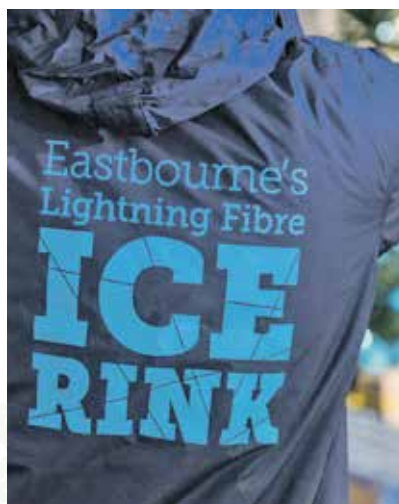
Book early

With tickets on sale now, skaters are being urged to book early to avoid missing out on your spot. Last

year saw many sessions sell out, with over 17,000 tickets sold. *Your Eastbourne BID* have already seen some sessions sell out!

Chief Executive of *Your Eastbourne BID*, Stephen Holt said "The

support for the *Lightning Fibre Ice Rink* last year was incredible. Over 17,000 skaters hopped on Eastbourne's first real ice rink in over a decade, and due to popular demand we are bringing it back. We saw a large number of sold out sessions last year, so urge everyone to book as soon as possible to avoid missing out on your dream session."





Book as soon as possible to avoid missing out on your dream session.

Official opening

The official opening of Eastbourne's *Lightning Fibre Ice Rink* will be on the 3rd December, where we will be joined by the Mayor of Eastbourne, MP Caroline Ansell and CEO of *Lightning Fibre* Ben Ferriman to cut the ribbon! *Eastbourne Edge* will grace the ice at 8:30am to host an ice hockey match.

2022 will also see a variety of new sessions introduced to Eastbourne's *Lightning Fibre Ice Rink*. There will be a number of time slots dedicated to serious skaters, in which the rink capacity will be reduced. While at all other sessions will see the return of the popular *Booksy* penguin! They will once again be available to hire for your little ones who need a little extra support. Lockers will also be available this year, meaning you can keep your bags safe and secure when on the ice.

Sponsored by *Lightning Fibre*, the ice rink is also supported by the *Enterprise Centre*, *PRG Marketing Communications*, *Booksy* and *VisitEastbourne*. Tickets are on sale now! To book tickets or for more information, visit: www.eastbourneicerink.co.uk



Christmas lights

On the 24th November 2022, *Your Eastbourne BID* will light up the streets once again with the Christmas Light Switch On! From 4pm through to 8pm, there will be live music, children's rides and other live entertainment for the whole family to enjoy.

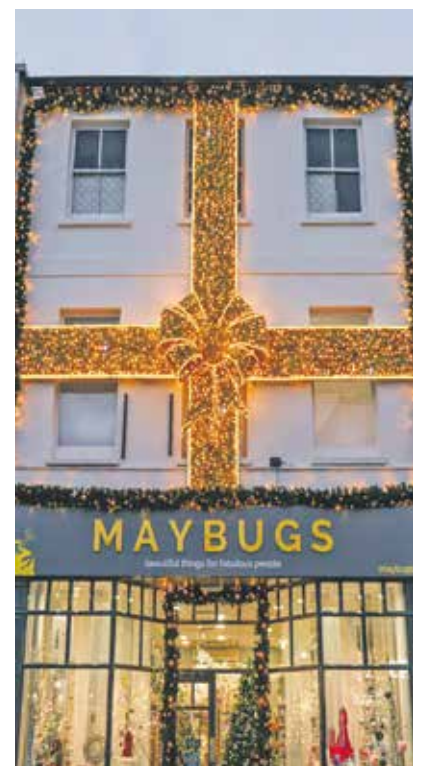
Eastbourne's Vegan Market will be back once again! Join *Your Eastbourne BID* from 10am to 8pm, they will also be joined by a specialist craft market, adding to the already great selection. This year will also see local charities and good causes get involved in the festivities, holding a stall in Terminus Road from 4pm to 8pm.

Interactive tree

Luke Johnson, Operations Manager of *Your Eastbourne BID* said "I am delighted that

this year, Eastbourne's amazing interactive Christmas tree will be returning to the town on Bankers corner, allowing us to customise each display. Every year, we invest our time and money in our lighting display, which always aims to lighten up the town ready for Christmas. This year, our lights will also coincide with the turning on of *Maybug's* spectacular Christmas lights display – and we saw what they came up with last year!"

Please scan the QR code below to book tickets or for more information.



Maybugs 2021 Christmas lights.

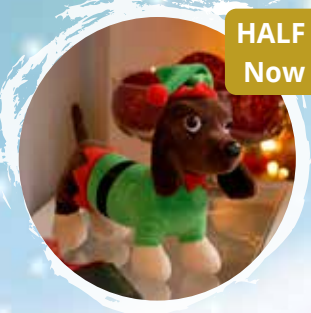




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01323 488188



www.upcountrystorehouse.com

Welcome to Bluebell Dreams

LOOKING for something different or a present with meaning? *Bluebell Dreams* offers this and a whole lot more.

By **Gail McKay**

They opened the shop in September 2021 on the row of shops known as Ocklynge Parade. Customers often refer to it as a 'Treasure Trove'. They are on a busy road, but there is plenty of free parking down the side roads.

"We are a local family run shop offering a friendly welcome to all of our customers, a personal approach and support in finding the perfect gift or creating a unique gift set at an affordable cost."

They wanted to put a bit of Brighton's North Lane in Eastbourne.

"We have a choice of candles, including *Country Candles* and Aromatherapy ones. We aim to sell



sustainable and fair trade items, a full range of jewellery, including beautiful sterling silver *Lindsay McDowall*, *MYGA* wellbeing beaded necklaces and bracelets. We support eco friendly products and have many soaps, shampoo bars and plastic free toiletries in store."

They also stock an extensive range of cards, journals, yoga accessories and crystals.



Alongside the shop there is an online store that offers much more at www.bluebelldreams.co.uk

You can also follow them on *Facebook* and *Instagram*.

01323 646436
Hello@bluebelldreams.co.uk

20 Willingdon Road,
Eastbourne BN21 1TH

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Martyn Knight
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Tucker
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Katherine Glover
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Aladdin



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By **Lesley Fish**



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Special weekends

During November we're holding three "Special Pre-Christmas Offer Weekends".

Dates:

Saturday & Sunday 5th & 6th + 19th & 20th + 26th & 27th.

Hours:

Saturday: 10am to 5pm.
and Sunday: 11am to 4pm.

We'll have offers throughout the run up to Christmas but during these weekends they'll be **REDUCTIONS ON EVERYTHING** including some half price items plus a **FREE GIFT** with every purchase and **FREE ENTRY** into our Christmas Draw!

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Details, more info and maps in brochure available around the town.

Further info 07768 387980 www.eastbourneartists.com

NOVEMBER 19/20 & 26/27



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THE LANSDOWNE

Santa Stroll

THE Rotary Club of Sovereign Harbour Santa Stroll will take place on Saturday 10th December.

By **Peter Lindsey**

It starts at 11am from the Sovereign Harbour Waterfront, following the warm up to be led by Louise Cave.



Why not join this fun stroll of about four miles around the Harbour?

The event is suitable for all ages and mobility.

The entrance fee covers a free Santa costume for each stroller.

All funds raised will be divided between the *RNLI (Eastbourne)* and *The Children with Cancer Fund (Polegate)*.

The Rotary Club would like to thank *Premier Marinas* and *Leaders Letting & Estate Agents* for supporting this event.

For more information and to enter visit www.santastroll.org.uk



The Christmas Trio at Chalk Farm Hotel

AN Eastbourne charity is planning to celebrate Christmas in a BIG way – and hopefully raise funds at the same time.

By **Peter Lindsey**

Chalk Farm Hotel and Learning Disabilities Centre is situated in Coopers Hill, Willingdon.

It's a popular hotel which also supports people with learning disabilities.



Here's their three Christmas events:

**Sunday December 4th
Christmas Fayre
from 11am until 3pm**

**Saturday December 17th
Christmas Fun Day, kids £10**

**Throughout December
Letters from Santa, £6.95**

You can find the full details on Facebook [@ChalkFarmLDC](https://www.facebook.com/ChalkFarmLDC)

There's something for everyone this Christmas at *Chalk Farm Hotel LDC!*

A great chance to support a great Eastbourne charity.

01323 503800

office@chalkfarmldc.co.uk

www.chalkfarmhotel.org

**Chalk Farm Hotel, Coopers Hill
Willingdon, Eastbourne BN20 9JD**

Food&Drink



THE LANSDOWNE

NEW DINING CONCEPT AT THE LANSDOWNE

Always
good

Est.
1912
Seafood & Steak Kitchen



Our new dining concept is officially open. It's called 1912, a beautifully refined seafood and steak restaurant sporting gorgeous views of the Western Lawns. 1912 is the year we arrived in Eastbourne. We've been here ever since and always will be. It's always good to enjoy the South Coast's finest - from the land and the sea in a truly gorgeous setting. *Pop in we'd simply love to see you.*

Two Courses

£19.12

during October and November



THE LANSDOWNE

King Edward's Parade, Eastbourne BN21 4EE www.bw-lansdownehotel.co.uk 01323 725 174   @lansdownehotel



Sensational dishes at new 1912 restaurant

BRAND new seafood and steak restaurant opens at the *Lansdowne Hotel*, Eastbourne.

By **Stephen Callis**

The Lansdowne Hotel, Eastbourne has just launched a brand new restaurant. Named 1912 it represents the Lansdowne’s fascinating history with the hotel currently in its 110th year of being owned and run by the same family, now in its 4th generation.

1912 specialises in seafood and steak dishes and is open daily from 12pm to 8.45pm. The restaurant is open to non-residents and now has its own entrance from King Edward’s Parade, in addition to access within the hotel.

The previous restaurant space has been totally restored with a complete redecoration, new lighting, flooring, furniture and artwork. It offers a large airy space with views over the sea, providing a pleasant backdrop to a meal.

Highlights on the new menu include a surf’n’turf steak or burger, grilled tuna steak, king prawn linguine, plus the signature dish grilled seabass fillet. Diners can also choose from salads, platters, vegan options and a selection of desserts. An extensive wine list is also available.

During November an introductory promotion of 2 courses for £19.12 is available, with steaks at a supplement. This is available daily and provides

the perfect opportunity to try 1912 at a special price! Plus, the Lansdowne Hotel has a daily happy hour in its bar from 5pm to 7pm with a selection of cocktails priced at only £6.

Michael Stevenson, General Manager commented: “1912 is a brand new restaurant that offers a fantastic selection of meat, seafood and vegan options. The restaurant space has been completely transformed and offers Eastbourne a new dining experience. With all-day dining guests can enjoy 1912 throughout the day and evening and choose from 1, 2 or 3 courses.



Our eat for £19.12 promotion this autumn represents exceptional value and we hope to welcome many new diners during this period.”

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

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Library event supports men's mental health

SUPPORTING men's mental health has never been more important – and an event in November at Eastbourne library provides more help.

By **Peter Lindsey**

'Let's Talk... Men's Mental Health' is an opportunity for men and women to join an open and honest conversation about men's mental health and find out more about where people can get the support they need.

The event is hosted by Paul Roskilly from *ManKind*, who established the Eastbourne based support organisation with Ian Pickard in 2020 to provide a safe environment for men to meet, talk and seek the help they need.

Paul said: "Following the tragic loss of a friend who took his own life, Ian and I set up *ManKind* to provide a safe space for men to talk about their feelings and to try and remove the stigma attached to poor mental health, especially in men.

"We all know the importance of talking but unfortunately men tend to bottle things up. They don't share with their friends, and if they do they often meet resistance from other men who don't want, or don't know how, to listen."

Partners, family and friends are also impacted greatly by men's mental health, and Amanda will discuss her own personal experiences of living with a man and his mental health.

The *Old Bank Wellbeing Trust*, who work closely with *ManKind* and provide counselling and support services, are also at the event.

Taking place on the evening of Wednesday, November 9, the free event is being supported by *ManKind*, the *Samaritans* and *The Old Bank Wellbeing Trust*.

In addition, the East Sussex library service has a collection of online tools and resources to support men's health throughout the year including book recommendations to help support wellbeing, information about events, and links to podcasts and forums offering help and advice.

'Let's Talk... Men's Mental Health' is being held during Men's Health Awareness Month, which is dedicated to raising the awareness of men's health issues including men's mental health.

Paul continues: "If we're able to talk to each other about our mental health we'll have more confidence talking about other issues. A lot of men's health issues are caused by stress so the more we talk about men's mental health the better. It's not weak to speak.

"If you are struggling with your own mental health, or you are worried about a man in your life, please get in touch."

For more information on *ManKind*, including how to join their online and face to face meetings, visit <https://mankindcic.co.uk>

Urgent mental health help and advice can be found on the NHS website at www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health



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Lisa and Peter Sanders.

A thriving future for Ginger & Sanders

HAVING sold their successful residential block and estate management company Peter and Lisa Sanders are now looking to spend time helping to build the sales and lettings business.

By **Gail McKay**

Both Peter and Lisa Sanders have been Landlords for numerous years and that along with the vast experience gained during the past seventeen of management should ensure that they help shape the future for the already thriving business which is *Ginger & Sanders*.

Based at 185 Langney Road, *Ginger & Sanders* is one of the leading independent lettings and sales companies in Eastbourne. It brings together over seventy years of combined experience within the residential property industry.

Set up on 19th September 2012 by Zita Ginger and Peter Sanders specialising in the letting of residential properties the business then expanded into sales in September 2017.

Zita Ginger heads up the Lettings division with her vast knowledge and experience in the lettings industry and carries the relevant ARLA qualifications.

Wealth of knowledge

Peter Sanders has been in the property business for over thirty years and so has a wealth of property knowledge not only in lettings but also in property management.

Lisa Sanders is the financial Director and deals swiftly with payments to our clients and contractors.

James Sibley is their RICS Associate Qualified Lettings Manager and is always happy to advise and assist *Ginger & Sanders* clients.

Daniel Crick, their sales Director, has over eighteen years' experience within residential sales and heads up our sales division.

After a decade of serving Eastbourne and surrounding areas *Ginger & Sanders* really do stand up to their mission statement of being "passionate about property".

Whether you're looking to let, sell or buy a property, obtain a free valuation, or simply seek some professional advice, please contact one of their trusted team who will be happy to assist.

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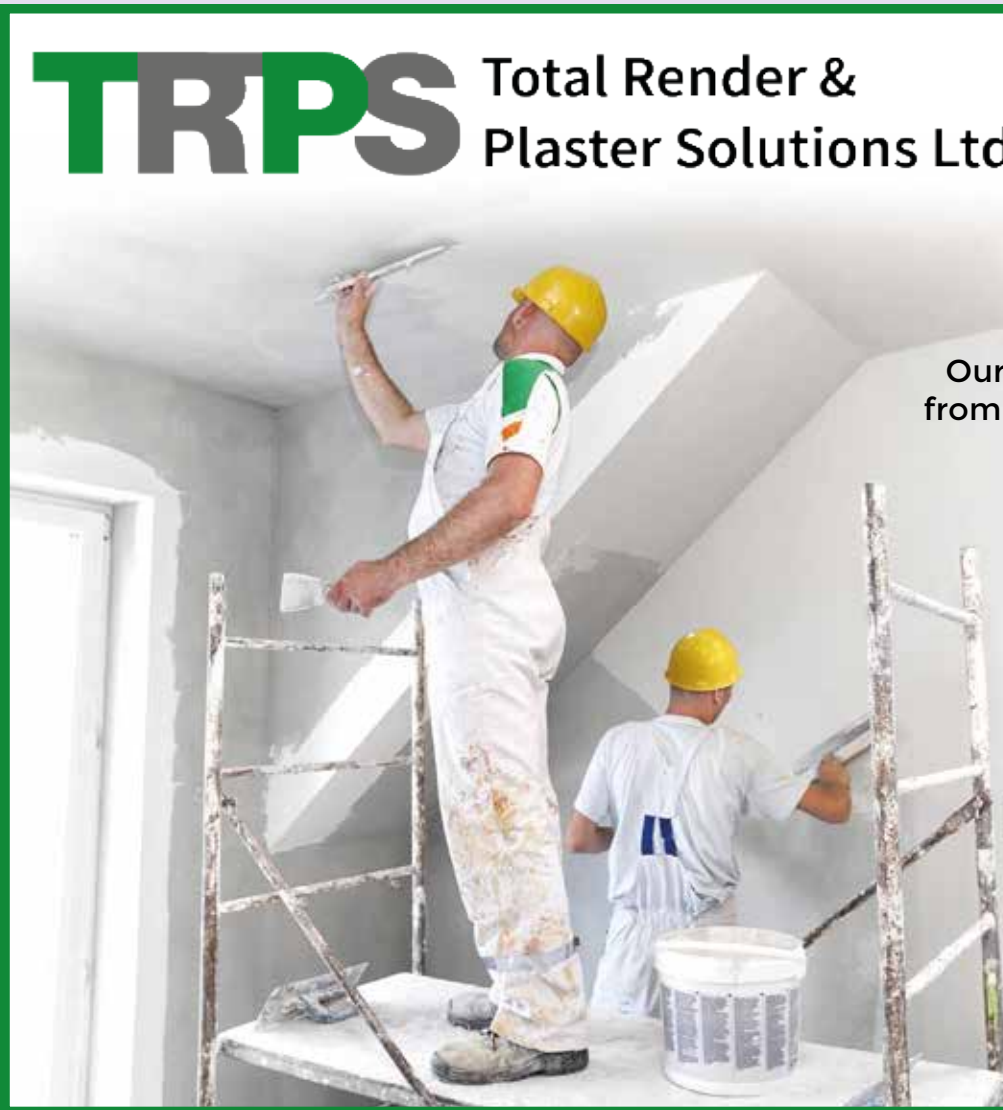
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The Arts



TOWNER Ayo Akingbade

Duette
15 October to 22 January

Artisans and makers market

THE scent of mulled wine and mince pies is in the air as **Towner Eastbourne's Festive Maker's Market** approaches, **Saturday 12th & Sunday 13th November, 10.00am to 4.00pm.**

By **Keziah Keeler**

Come along for free and get into the spirit as you browse bespoke stalls showcasing the exciting and unique wares of artisans and makers from across East Sussex and beyond.

Expect to find jewellery, ceramics, woodwork, home accessories, candles stationery, prints and much more! Browse beautiful gifts for loved ones or even a treat for yourself!

The Festive Makers Market includes stalls from:

Amanda Doughty (contemporary jewellery), **Blank Inside Design**



Beachy Aboat Prints. © Harley and Roni.

(sustainable cards & prints), **Camden Clay** (ceramics), **Candaroma** (candles & fragrance), **Dan Howey** (woodwork), **Eastbourne Studio Pottery** (ceramics), **Elise Guillod** (ceramics), **Elliotts Millinery** (handmade vintage hats), **Harley & Roni** (greetings cards and prints), **Harley and Steffan** (handmade woodcrafts), **Jo Myles** (printmaker), **Julian Warrender** (jewellery), **Kam Creates** (playful handmade earrings), **Lynn Watt** (unique & luxury vintage kimono cushions & homewares), **Mashona Designs** (handmade African accessories and homeware), **Racheal Trewin** (ceramics), **The House of St Leonards** (indigo dyed textiles), **Thomas Gontar** (metalwork), **Vicky Gomez** (prints) and **Yellow Minnow** (table linen, original prints and greetings cards).

On the ground floor, see *Duette* by **Ayo Akingbade**, who exhibited in *Towner International*, the previous iteration of the show, and won the *Brewers Towner Award* of £10,000.

townereastbourne.org.uk



© Mashona Designs.

Perfect complement

A perfect shopping experience in the gallery's newly renovated ground floor will be complemented by the café's offer of hot and festive drinks, while three free exhibitions continue across the building. *Cruising the Collection*, a collaborative selection of works from the *Towner Collection* by members of the LGBTQ+ community is now joined by *Brewers Towner International*, a new open-call show of contemporary work.



The House of St Leonards. © Laura Morden.



© CamdenClay.

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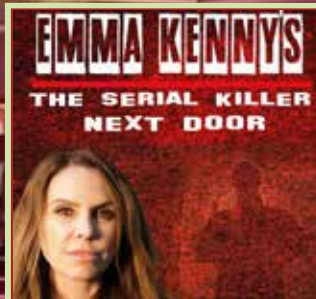
Friday 4th
November
7.30pm

All Tickets £24



Saturday 5th
November
7.30pm

All Tickets £27



Sunday 6th
November
7.30pm

All Tickets £23



Saturday 12th
November
7.30pm

Tickets £16 - £18



Friday 18th
November
7.30pm

All Tickets £26



Saturday 19th
November
8pm

Tickets £18 - £19



Sunday 20th
November
3pm

Tickets £14 - £28



Wednesday
30th November
7.30pm

All Tickets £13



Saturday 26th
November
7.30pm

All Tickets £26.50



Thursday 1st
December
7.30pm

Tickets £21 - £22



Friday 2nd
December
7.30pm

All Tickets £24

Box Office 01323 802020 | royalhippodrome.com
106-114 Seaside Road, Eastbourne, BN21 3PF

Pantomime wishes will come true this year!

ALADDIN

Devonshire Park Theatre; 9th December – 15th January.

By **Aimee Pugh**

The Devonshire Park Theatre, Eastbourne pantomime for 2022 is *Aladdin*, full of Eastbourne adventure!

Join the fabulous pantomime team for another magical tale full of laughter, singing, dancing, jokes and silliness plus one or two surprises along the

way. Add a full live band and plenty of panto magic and your Christmas wishes will come true this year.

The West End cast includes Olivier award winner **Miles Western** (Abanazaar) and **Rebecca Lisewski** (Genie of the Ring) plus favourites **Tucker** (Wishee-Washee) and **Martyn Knight** (Widow Twankey) returning along with **Katherine Glover** (Aladdin) and **Adam Shorey** (PC World).



Joining the cast of the *Devonshire Park* panto for the first time is the supremely talented **Tiffany Tsang** (Princess) and **Leonardo Vieira** (Genie of the Lamp), Leonardo last appeared in Eastbourne in the phenomenal tour of West End smash hit *Bat Out Of Hell* in May earlier this year!

This traditional tale of good versus evil, heroes and villains, magical Genie's and a flying carpet, not to mention slapstick mess, song and dance numbers and plenty of laughs.

The Eastbourne creative team are back to deliver yet more pantomime wonder in this most magical of tales complete with live music, sensational costumes, colourful sets and so much more.

9th December – 15th January
Devonshire Park Theatre, Eastbourne

01323 412000
www.eastbournetheatres.co.uk

Tickets from £15.50

Christmas Open Houses

19/20 & 26/27 NOVEMBER – Over forty artists and makers showing and selling their work from their homes and studios around the town over two weekends. For more than a decade the artists and makers of our lovely seaside town have opened their homes and studios to the public, and here we are again!

By **Julian Sutherland-Beatson**

For those of you that have never visited an Open House or studio, well, you're in for a treat!

Over the years the artists and makers of Eastbourne have become very good at showing their work to interested visitors. We produce a full colour brochure which is available at many places around the town. This brochure gives you an overview of



the wealth and breadth of artistic talent in Eastbourne. You can pick one up from *Towner*, *The Welcome Centre*, *Planahead*, *The Lighthouse Gallery* and many more outlets.

Perhaps you are seeking a painting, print, photograph or drawing for your home. Maybe you can't resist beautiful ceramics, jewellery and textiles? You'll find plenty to take your fancy. On a more practical note, most Open Houses are open both weekends, typically from 11am–4pm but do check details as some open earlier or stay open later. Some open on one day or weekend only.



As Covid is still with us please be respectful of any suggestions made at particular venues.

We hope you have a great time visiting the artists around the town and this Christmas, may your days be merry and bright!

Author Ben releases new 'eco-thriller' 'Green Shoots'

POLEGATE author Ben Westwood has published his first novel *'Green Shoots'*.

By **Tom Magnini**

The debut novel is described as an eco-thriller based upon grief and revenge as eco-activism takes centre stage.

The new crime thriller is filled with suspense and conspiracy as truth and deception collide.

This is a story close to the author's heart with the novel being "emotionally and culturally resonant".

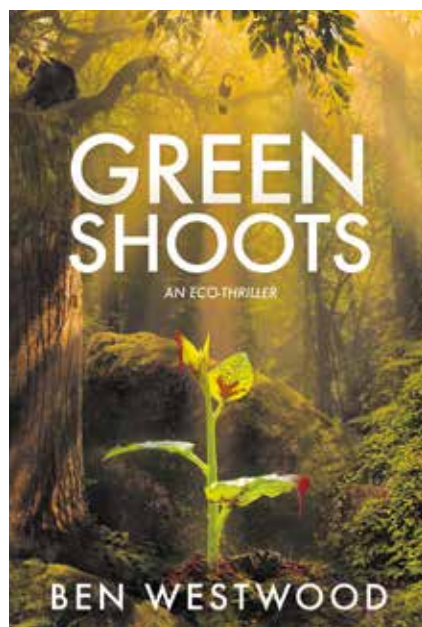
Ben said: "The way humanity treats the natural world is the greatest challenge of this century in my view.

"Four environmentalists are killed worldwide every week defending nature, according to *Global Witness*. The recent murders of Dom Philips and Bruno Pereira in Brazil are not isolated examples but a tragic trend.

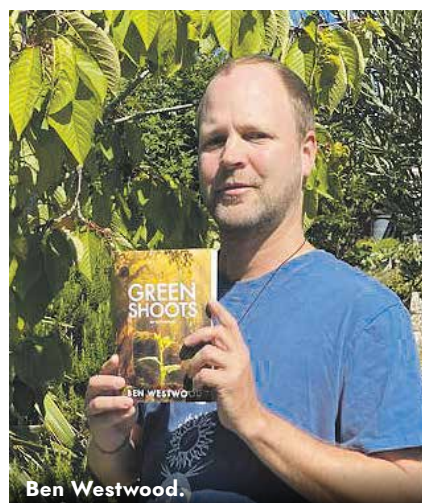
"*Green Shoots* poses the question: what if eco-activists behaved in the same ruthless way as the corporate world?"

Ben is a lecturer at the *University of Brighton* having worked as a staff journalist and freelancer for *The Telegraph* for some years.

Ben's debut novel has won a 'Book Excellence Award' from *Artisan Book Awards* winning both 'First Place' and 'Best Crime Thriller & Suspense Novel'.



'*Green Shoots*' by Ben Westwood is available to buy online through Amazon, publishers *Cranthorpe Millner*, *WHSmith* and *Waterstones*.



Funds raised for Da Vinci Robot

FRIENDS of Eastbourne Hospital raise money for '2022 Special Project'.

By **Tom Magnini**

Friends of Eastbourne Hospital has held its Annual Art Exhibition at *St Andrews Prep in Meads*.

The Exhibition was held over two days with the sale of paintings helping to raise funds.

This year's Autumn Exhibition's funds go towards the £500,000 appeal for the vital replacement of the Da Vinci Surgical Robot in Urology, this year's 'special project for 2022'.

"After seven years of continuous use and the successful treatment of hundreds of patients Urology

needs an updated Da Vinci Robot", said the charity.

In total, 60 local artists entered the Exhibition with 285 original paintings on display. Local artists Robert Stevens and Alan Everard donated their paintings to help raise money through a raffle and silent auction.

The charity has been raising funds for the Hospital for over 70 years with its aim to "fundraise for any equipment, amenity or service that the hospital, its staff and consequently its patients need."

If you would like to donate or support the *Friends of Eastbourne Hospital* please visit: www.friendsdgh.org.uk



Remembrance concert

SINCE 2011, the *Eastbourne Silver Band* has presented a *Concert of Remembrance* in the town on the Sunday prior to November 11th.

By **Peter Lindsey**

This is a free, self-financed event by the band and, whilst a voluntary collection is taken at the end of the concert, all money received is donated to local forces charities.

This year invited guests will include the Bishop of Arundel and Brighton, Lord Lieutenant of East Sussex or his deputy, The Mayor and Councillors of the Town and representatives of the emergency services.

The event will open with the presentation of the Standards of His Majesty's Forces and the Torch of Peace.

Following the concert, there will be the Last Post, Kohema Epitaph and Reveille. This will be followed by light refreshments in the church hall.

The date is:
Sunday November 6th at 2.30pm

The venue is:
Our Lady of Ransom Church, Grange Road, Eastbourne. (Opposite the Town Hall).



THE MAKERS DIRECTORY

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

By **Harry Farmer**

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

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

You can keep up with their latest news by following them on Instagram **@themakersdirectory**

themakersdirectory.co.uk

FEATURED ARTIST

Katie Fitzwilliams

Hello my name is Katie and I am the founder of *Sew Me Up*. I work in my sewing studio by the seaside where I love to drink tea and sew many colourful and wonderful makes.

I have a degree in Fashion and Textiles and completed an internship with Zandra Rhodes at the *Fashion and Textile Museum* in London before I started my own business. My sons inspired me to start my business, when they were little they asked for a superhero mask to wear and *Sew Me Up* began.

On a typical day's work you will find me taking up your favourite

trousers or making that dress you love fit perfectly. There are many sewing techniques I use and these are just a few of the services I offer. Repurposing holes and fixing seams, replacing zips, creating new necklines and shortening sleeves are just some of many. I love helping customers give their cherished items a new lease of life and have also taken on new commissions, most recently making curtains and cushions to fit out a beach hut.

You can also find me at local fairs selling handmade items which I also sell in my online *Etsy* shop. My days are spent making, packaging and posting orders and meeting customers for alterations. Some of



my favourite makes are my felt animal masks, funky print headbands and super cool Dino socks.

My wish is to bring joy to you all, but also to be brave with fashion and stand out from the crowd!

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www.themakersdirectory.co.uk/directory/sewmeup



Green and pleasant

IT'S November already, winter is well and truly on its way. Halloween is behind us, Bonfire Night is ahead and before we know it, it will be Christmas and so much to do beforehand! The leaves are falling rapidly, wind and rain will be on the increase, our tender plants will need protecting from the upcoming frost, gales and freezing rains. Move plants into the greenhouse, or into a sheltered spot, but if you can't, it is worth wrapping plants or pots. Remember winter can be a tough time for birds in terms of water and food, so keep supplies well topped up.

By **Geoff Stonebanks**

This month is the last chance to liven up you garden for Spring! You can plant tulip bulbs for a fabulous spring 2023 display. Tulips are arguably amongst the most popular of bulbs we buy in the UK, they are valued for their brilliant and many flower colours and shapes. What's more, you can choose from an amazing range to suit your plot and your design ideas, from the practical to the more flamboyant. Go for it.

Agaves

This time of the year is especially busy at *Driftwood*. I have such a large collection of succulents that need protecting throughout the winter months. There are many aeoniums

which were all put to bed, either in the front or back porches of the house or in the heated greenhouse, back at the start of last month. I'm currently in the process of ensuring my equally large collection of agaves are safe for the upcoming cold weather too. In the header, you can see my pots of *Agave parviflora*, which is native to Arizona in the United States and Sonora in Mexico. Whilst they cope well through the summer months out in the beach garden, they do not like frost, so need to come under cover for the winter.

I have many other types in the garden too, notably *Agave Montana* and *Agave Ovatifolia*. The former is a rosette-forming, evergreen, perennial succulent to about 1.5m. The leaves are light greyish-green, edged and tipped with reddish spines. Unlikely to flower in UK, but in the wild it produces huge, club-shaped

inflorescences made up of tightly clustered yellow flowers on short branches. The latter, commonly called the "Whales tongue Agave", can grow up to 1.5m high and 2m across and has almost white, pale blue-green leaves. The leaves are broad and almost egg-shaped in outline, with only small teeth on the scalloped edges but tipped at the ends with sharp spines. Mine is still relatively small planted in a large container. Both are more suitable to be left outside in coastal areas.

Consider a Spring Display

If you haven't yet decided to plant some bulbs for a wonderful display next spring, it's not too late to do so this month! There can be few sights as beautiful as tulips in springtime. Fortunately, you don't need to be gifted with green fingers to be able to create your own stunning display. If you follow these simple steps, you'll soon be reaping the rewards of these fabulous blooms. Tulips like sunny spots with not too much shade. Tulip bulbs do not like wet or waterlogged soil, so make sure your soil has good drainage. The general rule of thumb when planting tulips is to plant at twice the depth of the bulb. So, prepare a hole three times the depth – around 15cm, drop the bulb in pointy side up, then cover with soil. Keep a space of 12–15cm between each bulb. If growing in pots or containers you can plant them in clusters, closer together, which will result in gloriously showy container displays. Once planted, give your bulbs a good watering to allow the soil to settle. Then wait for nature to reward you next spring!

November jobs in the garden

Now is the time to cut down faded perennials that are looking tatty, then mulch the surrounding soil

with garden compost. You'll need to protect plants that are borderline hardy, such as agapanthus, with a thick mulch of straw or garden compost. You can plant bare-root hedging, roses, trees and shrubs this month, before the weather turns really cold.

Ideally, move containers of alpine plants under cover to shelter them from winter rain. You can insulate your greenhouse walls and roof with bubble polythene as a safeguard. Make sure all your tender plants are safely under cover and kept frost free and remember to monitor greenhouse temperatures with a max-min thermometer and turn on heating if needed. Wash out all empty pots and trays and store neatly under greenhouse staging, ready for use in spring. Ideally, check your greenhouse plants regularly for overwintering pests and try to avoid splashing foliage when watering, as it will dry slowly in cool weather and fungal diseases may set in. When it is not practical to lift or move your tender plants, the best way to protect them from the winter cold and wet is to wrap them up in fleece in situ. In exposed or cold areas, even relatively hardy plants may need protection.

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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ICE, ICE EASTBOURNE!



The most wonderful time of the year – a season to celebrate – a Christmas to remember!

This winter, Eastbourne is celebrating Christmas in style. With markets showcasing the best of local produce, family-friendly angel hunts, a community lights switch on and of course, the return of Eastbourne's Lightning Fibre Ice Rink, this year there's every reason to visit and love your local high street...

Festive Family Fun

We kick off the festive season on **Thursday 24th November** with Eastbourne's first-ever Christmas lights switch on in Terminus Road. The night is sponsored by La Locanda Del Duca and Pomodoro e Mozzarella in Cornfield Terrace.

All day, local traders will be tempting you with artisan crafts, a specialist vegan market and charity stalls raising money for good causes. There will be live music from 4pm and our spectacular interactive Christmas tree and town centre lights will be turned on by a very special guest. Award-winning retailers Maybugs will also be joining in the fun and turning on their spectacular display.



We will also be launching Eastbourne's Inspiring Angels campaign, a free trail across the town where you can find angels hidden in shop windows, restaurants, businesses and public buildings. Simply scan the QR code on the poster of participating businesses and find out about other family-related events!



A week later, Little Chelsea traders will be unveiling their Christmas windows and celebrating the start of the festive season with live music, children's rides and entertainment from 4pm on **Thursday 1st December**. Even better, the night will conclude at 7pm with a free firework finale!



Businesses in Little Chelsea will also be rewarding you for your loyalty. Collect a loyalty card and earn the 6 stamps in all participating businesses in Little Chelsea for your chance to win a hamper of goodies. There will also be a free elf hunt for children! Find out more information at eastbournechristmas.com.

Get Your Skates On!

Eastbourne's Lightning Fibre Ice Rink opens on **Thursday 1st December until 8th of January**. Hosted at the Enterprise Shopping Centre the fully covered ice rink is open everyday and was a sell out last year wowing over 17,500 visitors.



The rink is bigger than last year and features more skating sessions, Booksy penguin skating aids, and advanced sessions for more confident skaters. Top Tip: Online tickets are cheaper than buying on the day, and with some sessions already at capacity, now's the time to ensure you get that skating session you want! Tickets are available at eastbourneicerink.co.uk or scan our QR code.



The Best Local Produce

Winterland opens at the Enterprise Shopping Centre to coincide with the return of the ice rink on **1st December**. Indulge in a glass of mulled wine, cocktails, bratwurst and craft beers and enjoy watching the skating

Visitors will be hearing "Joyeux Noël" if they visit the town on **Friday 2nd December** when the French Market returns to Terminus Road. With the finest cheeses, meats and French produce, you'll be sure to find something special for the Christmas cheese board.

Local traders will also be getting involved in the Christmas fun as the Christmas market returns to the town centre on **Thursday 15th – Sunday 18th December**. Whether you need to find something for a loved one, or just pick up some stocking fillers, there will be plenty of choice while you soak up the festive atmosphere.



Full details of all our Christmas activities can be found at eastbournechristmas.com

Make the most of Christmas

Celebrate the most wonderful time of the year in Eastbourne

Little Chelsea

Little Chelsea is the perfect place to pick up a unique and interesting Christmas gift for your nearest and dearest! You just never know what you will find when you visit Little Chelsea. Be sure to visit on the 1st December and be a part of the Little Chelsea Festive Fun & Fireworks.



Mark Lane & Station Street

Wander through Mark Lane and Station Street to discover their secrets. Florists, restaurants, salons, cocktail bars and even a shop just for your dog! Who knows what stocking fillers you could find.



Terminus Road

The beating heart of the town centre, with a great mix of your favourite restaurants and shops, including the national award-winning Maybugs and their stunning Christmas lights! Terminus Road will host our Christmas Market and be a part of the Christmas Lights turn on!



The Beacon

The Beacon is one of Eastbourne's top retail destinations and it's easy to see why, with its fantastic selection of top brand names and independent retailers all mixed into the same spot! You can browse the latest fashion at H&M or pick up the perfect gift for that special someone at W.Bruford.



Langney & Bolton Road

Hit Bolton Road for your favourite food and find your perfect cocktail in the bright lights of Broadway or Joy Bar. As the cold weather closes in, you might need to warm up with a coffee or hot chocolate from Urban Ground.



Enterprise Shopping Centre

The home of independent shopping in Eastbourne. With an eclectic mix of boutique style shops, you're sure to find something for everyone this Christmas. Here you will also find Eastbourne's Lightning Fibre Ice Rink, back bigger and better for 2022!



Cornfield Road & Terrace

Whether you are looking for the perfect present or just a spot to sit with a warm drink whilst you watch the world go by, you will find it all in Cornfield Road. Tick off some Christmas shopping at Lakeland or Wards, before stopping for a bite to eat or drink in one of the many fantastic eateries, like Georgio's, Coffee & Carrot or La Locanda Del Duca. It's a perfect stop on the way to the pantomime!



Tickets are available at eastbourneicerink.co.uk or scan our QR code.

Victoria Place

At the seafront end of Terminus Road, you will find Victoria Place. A place full of exciting independent shops and restaurants. Feel like you're celebrating Christmas around the world with Victoria Place's global cuisine selection! You could experience America, India, Belgium, Greece, China or Italy! Or some good old fashioned Fish and Chips...feels like home!



Make sure you are following us on social media to keep up to date with all the latest Christmas activity!

@youreastbourne Your Eastbourne Town Centre

We have so much happening over Christmas!



24th November
Eastbourne's Christmas
Lights Switch On
*Sponsored by
La Locanda Del Duca and
Pomodoro e Mozzarella*
Terminus Road



**1st December –
8th January**
Eastbourne's Lightning
Fibre Ice Rink is open
Eastbourne Enterprise
Shopping Centre



1st December
Festive Fun & Fireworks
Little Chelsea



2nd December
French Market
Terminus Road



3rd December
Official ice rink opening
and ice hockey match
Eastbourne's Lightning
Fibre Ice Rink

Scan to book
tickets online



**15th December –
18th December**
Christmas Market
Terminus Road