

FREE

WHEELIE BIG VEHICLE RALLY

Morrison's Kim Hatcher-Davies has put together a massive event for the community.

ART AUCTION TRIUMPH

#sophiespostcard has now raised over £80,000 for The Royal Marsden Cancer Charity.

12/22

Issue 030
December 2022

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Bournefree



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at East Sussex College

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Scan the QR to view our new 22/23 adult course guide online.

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



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Our next edition will be distributed from January 6th. Make sure you are a part of it.

custard
 DESIGN MARKETING PRINT

ignite
 PR & Engagement

WELL, it's December and Christmas time is here – well almost

FOR the retail sector, this is probably the most important month of the year, and the plea – quite rightly – is to shop local.

By **Peter Lindsey**

Maybugs, in particular, has been very vocal that unless we use local traders, our High Street will die.

Eastbourne, like most other towns and cities, has too many empty shops – most taken by the effects of the pandemic.

That's why it's more important than ever to shop local.

It's great that the *Lightning Fibre Ice Rink* has returned for another year at the *Enterprise Centre*.

It's just what the town centre needs, and after last year's success it is sure to be popular again.

Praise for *Lightning Fibre* for funding the *Ice Rink* again – what a massive impact this company is having on our town.

Jobs, new premises, and delivery *Full Fibre* connectivity for thousands of us in Eastbourne – and indeed now further afield.

For *Bournefree*, we have expanded rapidly in 2022, and we delighted with our continued growth.

We are proud to be producing bumper magazines each month. 10,000 copies which all go very quickly each month.

Thousands decide to read the magazine online, which is great too. We are focused on Reach – that's how many thousands of

people we reach each month, either through the magazine or our strong online presence.

You can reach the magazine and back issues at www.bournefreemag.co.uk

Don't forget a minimum of six stories are uploaded each day onto our booming website www.bournefreelive.co.uk

Those stories are then shared onto our *Facebook* and, where relevant, *LinkedIn* pages in particular.

So join us online and 'like' our *Facebook* page if you haven't done so already.

It just leaves us to wish everyone a very Happy Christmas and let's hope for a prosperous and safe 2023.

Bournefree

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

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



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 01323 430303



harry@bournefreemag.co.uk
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FOUNDRY celebrates first Christmas at The Beacon

CHRISTMAS takes on an extra special meaning this year, as a new line-up of independent boutique shops prepares to wow visitors to **FOUNDRY** on the ground floor of *The Beacon*.

By **Tim Cobb**



The shops, all run by local traders, will be open for late-night Christmas shopping on Wednesdays and Thursdays in December.

Mince pies and mulled wine will help everybody get into the seasonal mood as pop-up retailers offer unique gifts from clothes, art, homeware and jewellery alongside our four resident boutiques.

Here's a small selection of boutique local makers and sellers who you can find at **FOUNDRY** throughout December.

Take Good Care a wellbeing lifestyle brand that provides planet and body friendly products.

Milgi (Welsh for whippet) inspired by her own two dogs, Beth hand-makes all-weather canine collars, leads and harnesses.

Students of the Game stocks a unique selection of sports gifts and collectibles, including an exclusive framed Subbuteo pieces.

Gem's Lil Trinkets makes jewellery and gifts which can be personalised.

Elli's Edibles a local baker who sells handmade traybakes, cupcakes and cakes to order.

Tired from all that shopping and in need of some relaxation? Head upstairs to **Room 201**, run by **VMC/Digital First**, alongside **Kinetic Physiotherapy** and other health and wellbeing practitioners including massage and aromatherapy.

And if you would like to find out more about **FOUNDRY**, head to: www.foundryuk.com/eastbourne

FOUNDRY



Stagecoach South East wins gold

THE return of the *UK Bus Awards* saw *Stagecoach South East* win big, receiving a gold award for their work in the community, a silver award and two special commendations.

By **Natasha Vignon**

On 15th November, the *UK Bus Awards* made its return to its East London venue, Troxy for the first time since 2019.

Operating company, *Stagecoach South East*, went into the ceremony with six nominees in five categories and came out with four awards. The marketing team of the South East celebrated as they won gold for their collaboration with retirement village, Inspired Villages, to create the Friendship Bus.



The Friendship Bus, an initiative which aims to tackle loneliness whilst boosting confidence for the elderly using the bus post-pandemic, came to fruition in the summer and saw the elderly group hop on a bus from Maidstone to Ashford to enjoy an hour of conversation before a game of bowling.

The South East team also saw triumph as it's Managing Director, Joel Mitchell, won the silver winner for Leader of the Year for his excellent and innovative leadership during

and after the pandemic. Operation Managers, James Auger-Third and Louise Sills also received a special commendation for outstanding service, including their focus on staff wellbeing and passion for serving the local community.

"We've always held the view to put people at the heart of our business, so to have been recognised for our work in the community and for our incredible colleagues is an honour for all of us in the South East."



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Eastbourne's Salvation Army Christmas Toy Appeal



THE charity is running their annual *Christmas Toy Appeal* until the 14th of December 2022 and are asking for donations of 'new toys for local families'. Donations can be made at businesses across Eastbourne.

By **Tom Magnini**

Each Christmas the *Salvation Army* holds an annual appeal, asking for help to support local families who are struggling during Christmas. This year is especially challenging, with the cost of living crisis having a substantial impact on families budgeting over the Christmas season.

Most grateful

Andrew Gardner from *Eastbourne Salvation Army* said: "With the current financial difficulties I feel that we will see more requests to help families this year and any help that you can provide I would be most grateful. Every year we help over a hundred families with children last year we gave 186 children toys thanks in part to the local community supporting us".

The charity is unable to take used or second hand items for the *Christmas Present Appeal*.

Some of the suggested gift donations include new: 'dolls, teddy bears, cot mobiles, baby clothes, bath toys, CDs of suitable music and nursery rhymes, books, puzzles, games, action figures, toys, colouring sets, pencils, crayons, school sets, DVDs and CDs (family friendly), wordsearch & crossword books, t-shirts, gloves, scarves,

hats, make-up and toiletries (non-allergenic ingredients if possible), hair accessories and gift vouchers.'

A real difference

"By giving a gift to our *Christmas Present Appeal* you can make a real difference in someone's life at Christmas."

Collection points for this year's Toy Appeal can be located at: *The Salvation Army Day Centre*, Langney Road; *Salvation Army Charity Shop*, Pevensey Road; *Kids Stuff*, *The Beacon*; *Tesco Extra*, Lottbridge Drove & Brassey Road; *ASDA*, The Crumbles; *T.J. Max*, The Crumbles and *Waitrose*, High Street Old Town.

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1

Fun Christmas cards support local charity

THERE'S still time to order some wonderful Eastbourne Christmas cards.

By **Peter Lindsey**

Artist Lyndsey Smith's colourful depictions of Sussex scenes have become very popular as Christmas cards to raise money for local charity SASBAH (the Sussex Association for Spina Bifida and Hydrocephalus).

The two Eastbourne ones on this page are particularly popular.

The humorous way in which Lyndsey adds well-known Sussex characters into her watercolour paintings has become a trademark of her style.

Lyndsey has been working with SASBAH for a number of years and the funds raised via card sales form a vital part of the small charity's annual fundraising.

Rom Sanglaji, CEO at SASBAH, said: "We are very grateful to Lyndsey for her amazing work. The cards really capture the beauty of Sussex and funds raised this year will make a real difference to our charity."

Cards available

1. Christmas Swim Eastbourne
2. Eastbourne Bandstand
3. South Downs Near Brighton
4. Nearly Time, Uckfield Picture House
5. Angel
6. Decorating Ducks
7. Chichester Cathedral
8. Goose
9. Reddy Sleddy Snow
10. Bandstand in the Carfax
11. Winter Deliveries Lewes
12. Christmas by the Fire
13. Christmas Cross & Chichester Cathedral
14. Christmas in the Village
15. The Bear in the Market Square
16. Winter Cheer Lewes
17. Winter in the Causeway

To order these cards, please call **01825 873045** or email **rom@sasbah.org.uk**. They cost £4 for a pack of ten. Smaller or bigger orders are also welcomed.

SASBAH is based at Gun Hill, Chiddingly, and supports families across Sussex.



15



16



2

Radio success

THE amazing *Eastbourne Youth Radio (EYR)* returned to the airwaves for its annual broadcast during November.

By **Peter Lindsey**

EYR sees students from local schools and other organizations presented more than 50 hours of programmes.

It was on-air from studios at *East Sussex College* on a local FM frequency of 87.7 FM and worldwide via the 'Listen Live' internet link.

It is run by the *Eastbourne Business Education Partnership* – and this was the 22nd year.

Bournfree was delighted to be involved – we printed the brochures and published the full schedule in our magazine and online.

Bournfree Editor Peter Lindsey joined a one-hour long *Meet The Media* session on the Thursday lunchtime.

The project attracts support from – among others – the *East Sussex College Group* and *Stagecoach*.

Available online

If you missed the broadcast, you can listen to it all online here:

www.mixcloud.com/eyrlistenagain



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Festive fun comes to Eastbourne



A NORTH Pole post box has been installed in Eastbourne for letters to Santa.

By **Peter Lindsey**

Festive fun comes to Eastbourne in the run up to Christmas as a special North Pole letter box is being installed so children can deliver their letters to Santa – and receive a personalised reply from him by Christmas Eve.

The North Pole post box will be in the *DQ Terrace Bar & Café* in the *Welcome Building* at the *Devonshire Quarter*, until Saturday 17th December.

The postal service is being co-ordinated by *Visit Eastbourne* and is completely free. Letters to Santa need to be posted by Saturday 17th December at the very latest, so they reach the North Pole in good time.

Parents should include their home address, and personalised replies will be sent to the children to arrive by Christmas Eve.

Visitors can take advantage of a range of festive specials while at the café with mulled wine, gingerbread lattes and children's Panto themed lunch boxes for £4.75 containing sandwiches, crisps, flapjack, fruit and a juice, as well as colouring activities – or they can pop into the *Visitor Centre* for a spot of shopping.

The centre includes a range of gift ideas including 2023 Eastbourne calendars, handmade Bourne scented candles, Eastbourne teddy bears and books based around East Sussex, along with a selection of prints, mugs and other gifts all showcasing iconic landmarks around the town.

Families can also pick up the *Eastbourne Quiz Trail* for just £5.99 along with the *Days Out in Sussex* discount card for £12.

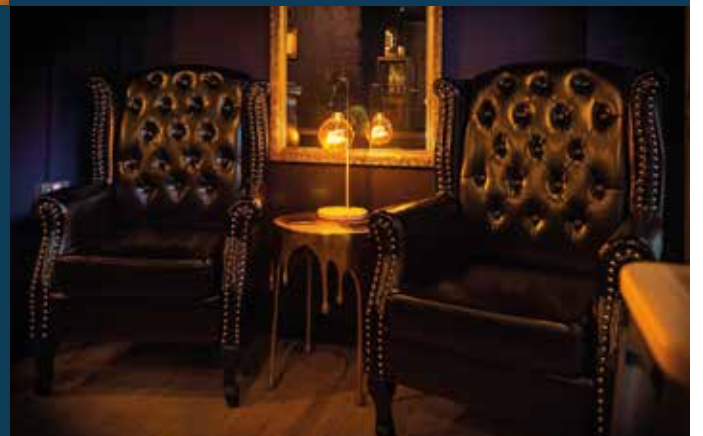


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The Wheelie BIG Vehicle Rally spectacular!

MORRISON’S Award winning Community Champion, Kim Hatcher-Davies has put together a massive ‘Wheelie Big Vehicle Rally’ for their customers and the community in time for Christmas.

By **Gail McKay**

The shop will be closed and the car park will be entirely dedicated to Christmas and the assortment of festive vehicles.

Companies and individuals have all paid to enter and will dress themselves and their modes of transport in a Christmas theme.

Incredible evening

“We are really looking forward to kicking off Christmas here at Morrison’s. This is going to be an incredible evening, with stunning and unusual vehicles, food, singing, fun, presents, ice cream and candyfloss.”

Sleighbells

The Fire Brigade are bringing Santa in his Sleigh, there will also be dressed up dustcarts.



Stagecoach are dressing up a double decker bus, and there will be vintage buses and vehicles all decorated the evening.

Haulaway are bringing arctic lorries and skips and have also donated cash for Christmas presents. Wilf, the *St Wilfrid’s* mascot will be in attendance, greeting his friends and posing for photos.

Ford Ranger Birchwood group will be there as will *JWD Removals and Haulage*.

Salvation Army Band, Choir & Drummers will be entertaining the crowds. There’s a fish and chip van who will also be serving burgers and other teatime favourites.

Santa’s Grotto will be £2 per child, but there is a limit of 100 children.

Kim and the Morrison’s team are looking forward to seeing you there at **5pm – 8pm on Sunday 11th December** with a few VERY SPECIAL SURPRISES!



Kim Hatcher-Davies.



A star violinist at Eastbourne College is celebrating an invitation to join the prestigious National Youth Orchestra following a challenging audition process.

Year 12 pupil Alice has been playing the violin since she was seven and passed her Grade 8 with Distinction at the age of just 13.

The 16-year-old joined the *National Youth Orchestra (NYO) Inspire*

programme earlier this year and began attending violin and orchestra workshops, before deciding to audition for the orchestra.

Alice said: “I joined *NYO Inspire* in February and was one of a small number of musicians to join the *NYO Summer Tour* as an Inspire Associate, which gave me the opportunity to join the orchestra and participate in creative workshops, culminating in improvisational performances.

Alice joins NYO

TALENTED Eastbourne College violinist joins National Youth Orchestra.

By **peter Lindsey**

Exceptional musicianship

Alice is among the 156 teenagers from across the UK to have reached an exceptionally advanced level of musicianship and been invited to join the *NYO* for 2023.

She will be performing in several concert halls and secondary schools next year with the *NYO*, which offers free tickets to teenagers for all performances.

Alice will also be leading the symphony orchestra at *Eastbourne College* and performing with several musical ensembles.

“As an Inspire musician, I gained many valuable tools to prepare for the audition process.

Excited to perform

“When I found out I had been awarded a place in the *National Youth Orchestra* I was delighted. I am so excited to perform in some of the most prestigious venues in the UK and to work with other like-minded and talented musicians from across the country to share amazing music.”

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All lenses are not the same

If you wear glasses you'll know how important it is to get your eyes tested regularly. But I was interested to learn from Adam Blackburn, practice manager of *Bott's Opticians* that getting tested is only half of the story.

By **Gail McKay**

Whilst regular eye tests will pick up on any changes in your prescription and detect any potential eye health issues it's your choice of lenses that can have a really dramatic impact on the clarity of your vision.

Highly accurate lenses

As you'll know *Bott's* has recently introduced a highly accurate new eye test that can measure your prescription to 0.01 of a dioptre. Having introduced the new test they then looked for lens technology that would match it. In Rodenstock they've found the perfect match. Rodenstock lenses are the only ones that correct higher-order aberrations, which are highly intricate and can cause glare, starbursts, halos, and limited night vision. Ordinary lenses were never able to correct these types of aberrations before because

there wasn't a tool that was specific enough. Rodenstock's DNEye Scanner carries out your usual pre-exam checks, collects over 7,000 reference points to build a digital 3D impression, measures the length of your eyes, and determines how much they move when you perform certain tasks. All of this data helps to ensure you experience the sharpest contrast, the best vision at night, and the most natural colours possible.

Truly bespoke

When I asked Adam what this means for customers he said, "Having cutting edge equipment for both the eye exam and dispensing is a huge asset. It gives Arron, our optometrist, all the information he needs to accurately inform our patients about the health of their eyes. The dispensing accuracy of the 0.01 diopter prescription combined with the impressions tower gives the customer a truly bespoke experience. It also enables them to easily choose their perfect pair of glasses from all the lovely frames we have in stock."

New range of frames

To complement the new lenses *Bott's* has also recently introduced a new range of Rodenstock frames. Made from quality materials including stainless steel and titanium they have been designed to give customers maximum comfort thanks to their optimal fit and unrivalled durability. The team at *Bott's* will be thrilled to show you the collection when you visit the practice and offer you personalised styling advice to help you find the perfect pair of spectacles from the range. When asked about the experience of choosing their new frames



“Excellent opticians, very advanced eye test equipment, brilliant the way the test results automatically transfer to be used to select new glasses.

and lenses a recent patient said, "Excellent opticians, very advanced eye test equipment, brilliant the way the test results automatically transfer to be used to select new glasses. Staff very dedicated and friendly, professional and extremely helpful, don't push you into choosing glasses that you don't need and always looking to make life better."

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Adam Blackburn



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Eyes to the winter skies



THERE'S a chance to explore the skies above Eastbourne as the popular Stargazing events return this winter.

By **Peter Lindsey**

Organised by Eastbourne Astronomical Society and Heritage Eastbourne, the events in January and February are held outside the Beachy Head Story on Beachy Head Road.

At the first viewing on Saturday 3rd December, between 5pm and 7pm,

visitors were able to use the society's telescopes to catch a glimpse of the Andromeda Galaxy – the furthest thing we can see with our eye. It takes light 2.5 million years to reach us from the Andromeda Galaxy.

New stars

Depending on the weather, Jupiter's moons may also be seen along with the rings around Saturn and stargazers can watch for light from the sun highlighting the craters on the moon.

There will also be new stars on the block – The Pleiades or The Seven Sisters are a mere 78 million years old.

Spectacular stargazing

It is also hoped constellations of the winter sky will be observable too including the brightest star in the sky Sirius, called The Dog Star, Orion the Hunter, Taurus the Bull and the Plough.

The same views are expected at the second event on Saturday 28th January once again between 5pm and 7pm.

The third stargazing spectacular is on Saturday 25th February, this time from 6pm to 8pm.

On that occasion, visitors can use the society's telescopes to explore the craters on the moon. It is also hoped constellations of the winter sky will be observable too including the brightest star in the sky, Sirius.

Exhibition

The *Beachy Head Story* exhibition and shop will also be open during the stargazing events.

The stargazing events are free but will not go ahead if it is raining.

For details please visit:

www.HeritageEastbourne.com

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Celebrate with us!



This year we are going to support **St Wilfrid's Hospice** and will be having a **Santa's Grotto** in our showroom where the children can get a present and there will be mulled wine and mince pies for the adults.

The cost of this will be £10 which will go to the hospice.

Santa's Grotto will be open 10am to 4pm from **Monday 19th December to Friday 23rd.**

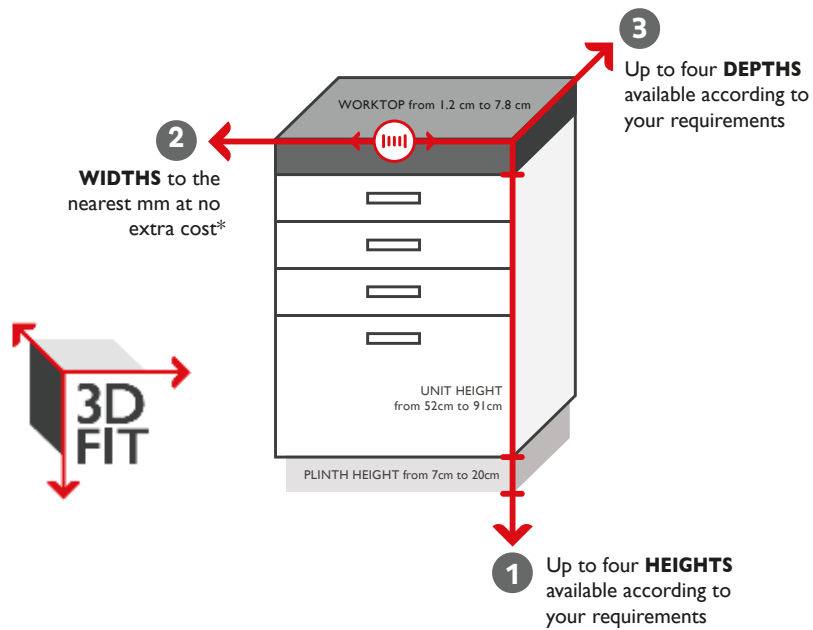
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It's getting very festive

THIS year has seen the popular interactive Christmas tree return to Banker's Corner!

By **Peter Lindsey**

This Christmas tree features over 9,000 LED lights, capable of creating magical displays that light up the town centre, allowing us to have custom light patterns displayed all around the tree, as well as showing logos and photos on the tree.

Stephen Holt, CEO of *Your Eastbourne BID*, said "Eastbourne Town Centre is lit up in festive colours, creating a real Christmas atmosphere."

"We would like to say a huge thank you to Gian Luca and the team at *La Locanda del Duca* for sponsoring this event. It is great to have a locally loved restaurant sponsor this local event."

Luke Johnson, Operations Manager at *Your Eastbourne BID*, added

"With the ice rink and the lights to illuminate the street, we are all in the Christmas mood."

The aim is to make Eastbourne Town Centre look as festive as possible, attracting the crowds.

Shops need local trade this Christmas!

At the launch, there was a variety of markets alongside the Christmas Lights Turn On, with a vegan market

and a craft market full of local and homemade goods, perfect for finding that special unique gift.

There was a great variety of traders, activities for the children and live music from 4pm all the way through to 8pm, with the actual turn on happening at 6pm that night.

Your Eastbourne BID works hard all year round to increase the profile and awareness of our town.



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Celebrating 25 years...

EASTBOURNE playwright self-publishes his first script and handbook.

By **Peter Lindsey**

Middlesbrough–born playwright Alan Spence moved to Eastbourne in July 2021 and can't believe his luck; he is self-publishing his first book, he's running a Drama workshop and living in the wonderful town of Eastbourne.

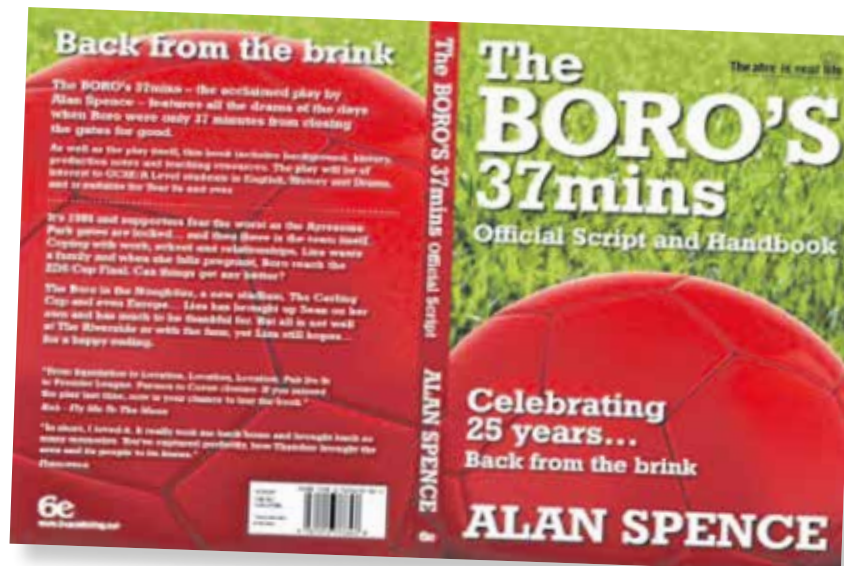
Alan's play *The Boro's 37mins*, (not to be confused with Eastbourne Borough) was first performed in 2010 at the *Middlesbrough Literary Festival*, and tells the story of his

favourite club, that almost, went out of business in 1986, and is being published in early December.

Drama and theatre workshop

In addition, Alan is leading a weekly Drama and Theatre workshop at the *Printers Playhouse* in Grove Road, on Tuesdays 12.30pm until 2.30pm to develop a devised piece of theatre for performance, in January, 2023.

Directors at the *Printers Playhouse*, John and Viv Berry met with Alan in July and liked what he had to offer, had a vacancy, so Alan stepped in with his *Theatre is real life* workshop.



Future activities include an *Arts Question Time*, featuring local practitioners from all different disciplines. Why? Because some of the most creative people around, are not asked for their opinion and the last *BBC Arts Question Time*, was back in 2015.

New and developing playwrights can look forward to a 'Page to Stage' playwriting festival next year, where the audience gets to choose which play should be developed into a production.

GCSE/A Level students

As well as the play itself, the book also includes background history, production notes and teaching

resources. The play will be of interest to GCSE/A Level students in English, History and Drama, and is suitable for Year 9's and over.

But why Eastbourne? "My wife was at *Chelsea College* in the 80's and had grown to love the place and I can see why. You have the best of everything here, from seaside to countryside, great people, great walks, pubs, restaurants and theatres."

They say, people come to Eastbourne to retire. Not me, Says Alan!!

The BORO'S 37min will be available from amazon.co.uk

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We offer the community:

- Volunteering opportunities
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- A very worthy local cause to support

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

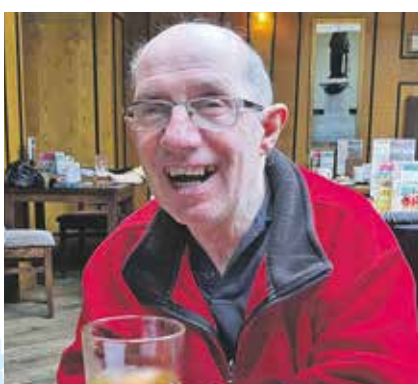
www.chaseley.org.uk





Thank you to each and every person who has supported Chaseley throughout the year, you are all amazing and have helped to enrich the lives of our residents.

Here is just a snapshot of what you have helped us to achieve.



Eastbourne – What can we do?

GREENPEACE invite all to **The Cost of Living** documentary screening and panel discussion at **EHive** on 10th December at 4pm.

By **Gail McKay**

Greenpeace Eastbourne will be hosting a town hall event at the **EHive, Climate Emergency Hub, in the Beacon Centre** focused on the cost of living and climate crises. As part of the event they will be showing a screening of **The Cost Of Living**.

Pulling together

This documentary, made by **Greenpeace** in partnership with the **New Economics Foundation**, tells the story of volunteers in food banks and community centres in the Rother Valley, Yorkshire. The film depicts how communities hard hit by the cost of



living crisis are pulling together to support each other at this difficult time and how properly insulating homes can help tackle the cost of living crisis.

Have your say

The screening of the approximately ten minute documentary will be followed by short presentation by our local **Greenpeace** speaker **Stuart Chadwick**, followed by a panel discussion, with councillors

and local community groups, who are helping people struggling to cope with the cost of living crisis.

Get in touch with **Evie Sier** on **07852 903873** or by email at: eviesier@live.co.uk for more information about the event.

Or to reserve your place visit: www.eventbrite.co.uk and search 'eastbourne the cost of living'.

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Compassion and dignity will be at the heart of Eastbourne Foodbank's service this Christmas

AS CHRISTMAS approaches Eastbourne Foodbank is preparing to support a record amount of families living in poverty amid the cost of living crisis – and not just by providing an emergency food parcel.

By **Juliet Mead**

None of us should need to use a foodbank – especially at Christmas. We should all be able to buy our own food and afford a Christmas present for our children. However, we are living in very challenging times and our statistics show an increasing amount of people are living in poverty in our town and will be growing concerned about the festive season this year.

Lyn Pemberton, a long-standing volunteer at *Eastbourne Foodbank*, said: "You hear people talking about food poverty but really there is no such thing as food poverty. There is just poverty."

At Christmas, all families face additional pressures and expectations to buy expensive gifts and create a magical time for their loved ones. For those living in poverty and already struggling to afford food and pay essential bills,

the pressures of the festive season can be especially overwhelming and difficult.

The team at *Eastbourne Foodbank* knows a large amount of families will be feeling this way, as we are now regularly providing around 2,500 food parcels each month and around 850 are going to children.

Accepting help is difficult for many people and visiting a foodbank at Christmas is particularly hard, which is why we want to make sure we deliver our service with dignity and compassion.

Offering gifts and extra items to ease the pressures

In the run up to Christmas we will be offering clients additional items and gifts to help ease the pressures they face. In November we had a donation of more than 400 advent calendars and we were able to hand these out to families in our satellites before December 1st.

As well as providing our usual tins and packets as part of the three



Freya Brooks (centre) with volunteers at St Saviour's Church.

days' worth of nutritionally balanced food, we also aim to give treats – such as chocolate selection packs and mince pies – to our clients in the run up to Christmas.

Freya Brooks, satellite support manager, said: "Choice is so important in our foodbank satellites. Each morning we set up tables and lay the food out to replicate a shopping experience. This allows our clients to walk round and select the food they need based on their family's needs and cooking facilities.

"Dignity and compassion are at the heart of all we do, and we believe giving our clients this choice makes visiting a foodbank a more dignified experience. This Christmas, we aim to do the same with the gifts and treats we offer. We will be giving people an opportunity to choose a gift for their children or loved one and wrapping it up while they wait. We will also have pre-wrapped men and women's boxed toiletry gift sets to give to our clients as they visit the foodbank in the run up to Christmas."

Struggles are not just about money – it's emotional too

Freya added: "We understand no one wants to be in a foodbank, especially at Christmas. We therefore do our utmost to empathise and support our clients at what can be a difficult time. Our clients often find the foodbank satellites are a safe place to open up, tell their story and talk about their feelings. This is welcomed and encouraged over a hot drink in our community cafes with our volunteers and staff.

Chatting through shared experiences and common concerns with other foodbank clients can also be helpful.


"Christmas can be tough for many people for many different reasons, not just financial, and there will be friendly faces and a listening ear at our foodbanks, as there is throughout the year."


If you are able to donate, we would welcome Christmas items as soon as possible. We need toys for all ages and boxed toiletry gift sets for both men and women. Christmas food items such as chocolates are also required. Any donations should be taken to the **Eastbourne Foodbank warehouse at 55 Brampton Road, Eastbourne, BN22 9AF.**

Our foodbank satellites will be open as usual in the run up to Christmas but closed for the usual bank holidays. After Christmas we will reopen on December 28th to December 30th and then back on January 3rd, 2023.

October Statistics

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

 **Adults 1,636**  **Children 853**

 **Meals – 24,890**

Percentage increase on the previous year (Oct 2021): **64%**



St Wilfrid's Hospice



Support St Wilfrid's Hospice this Christmas



Help to make special memories this festive period

Christmas can be a particularly hard time for families coping with the serious illness of a loved one. Make a donation to our Christmas Appeal at stwhospice.org/christmasappeal22 to help us make this time as precious and peaceful as possible.

Present wrapping at The Beacon

Do you love buying presents, but dread the thought of having to wrap them all? Let our team of elves do all the work for you! Find us at Gather in The Beacon on **Friday 16th and Thursday 22nd December, 10am to 4pm.**



Send a charity eCard

We have created a variety of festive eCards for you to send to your family and friends or on behalf of your business. Visit stwhospice.org/christmas-ecards to start sending your eCards today!

There are many more ways to support St Wilfrid's over the festive period.
Visit stwhospice.org/christmas2022

Registered Charity No: 283686



Remembering loved ones

THE Tree of Light is a very special part of Christmas every year for many families and individuals.

By **Peter Lindsey**

It's a time to fondly remember loved ones.

The Tree stands outside the Towner for the month of December, and people can pay a visit any time they wish.

There is always a service – this year's is Sunday December 4th at the *Congress Theatre* – and everyone is welcome to attend.

Supporting local charities

But it's about more than just service.

It's the 25th year the Tree of Light has been staged, proudly organised by the Rotary Clubs in Eastbourne.

Many local businesses have once again stepped forward as sponsors, and that money goes to support local charities.



In the New Year, The Book of Remembrance is located in the *Eastbourne Local Studies Store of Eastbourne Library* in Grove Road. Please ask for the book at the ground floor enquiries desk and a member of staff will get it for you.

Memory of loved ones

Di Hammond from *Eastbourne AM Rotary Club* said: "The Christmas tree outside the *Congress Theatre* always looks a little different to others around the town, that is because it is a special tree, a "Tree of Light" covered in a host of white lights

and dressed with white ribbons in memory of loved ones.

"We are delighted to be back at the *Congress Theatre* again for our dedication service at 4.00pm on Sunday 4th December. Our special tree, situated outside the theatre, gives an opportunity to remember someone special at Christmas. There will be readings, songs, and music, and you will have the opportunity to tie a ribbon to the tree yourselves."

Please visit: www.eastbournetreeoflight.co.uk



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RECRUITING NOW for a Hub Manager!

Thanks to a major grant from the National Lottery Community Fund WayfinderWoman are looking for two part-time Managers for their drop-in hub in the centre of Eastbourne.

Hub Manager

Could you share their vision to help women reach their potential? WayfinderWoman is an award winning, dynamic local charity and is looking for two part-time Managers for its drop-in hub in Eastbourne where you can really make a difference to women's lives.

These roles will cover one full time, 37.5 hour per week position split

into two equal part time roles.

The WayfinderWoman Trust is a female led charity based in Eastbourne. They support disadvantaged women to build their confidence and skills sets so they feel strong enough to transform their lives. To date they have helped over 1,000 women and in 2021 were honoured with the Queens Award for Voluntary Service. Thanks to a major grant from the National Lottery Community Fund they are now entering an exciting new phase and are able to recruit for the new Hub Manager position.

Ideally they are looking for one

role to focus on the management of the Hub and the other to use their talents in developing networks and promoting the Charity. There will also be some shared responsibilities in the Hub which is a recognised 'safe space' for women.

These two part time posts will allow flexibility for women who cannot work full time for whatever reason and to increase the potential skill mix required for this crucial position.

For a full job description visit www.wayfinderwoman.com and then forward your CV to info@wayfinderwoman.com



Be Professional and Authentic

Professional Headshots are great for promoting any social profiles, Bio pages, portfolios etc.. They are almost the first thing people see when interacting with you online (or just snooping around on your digital marketing platforms).

Making these images more lifestyle, natural & authentic, will allow your audience a glimpse of your personality as well as your professional self, so it's vital you make this first impression count.

People really do buy people, so they are more likely to reach out to any professional once they feel they know them a little, can connect to them a little and that they are trustworthy, approachable and relatable.

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In fact, it usually takes no longer than 30 sec for our brain to make that initial decision; so you better make those first few seconds count.

The right image which reflects your personality will make a great start on your marketing journey on all your marketing platforms and help present your business professionally – and after all, if you don't invest in your business, why should potential clients invest in you?



Effective photographic shoots should be simple & fun / short & sweet; particularly if you're not yet ready for the full package of brand imagery.

If you're dipping your toe in the personal branding water we suggest you attend "My Annual LIFESTYLE (not just) HEADSHOTS DAY" taking place at the fabulous FOUNDRY, The Beacon Centre, Eastbourne on January 23rd. There are limited time slots available so book today: www.adasgoldphotography.com/spcialevents

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Friends of Sussex Hospices thanks ACES - The Alliance of Chambers in East Sussex, for generously organising and promoting this event



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Not just for students!



Are you getting the best out of the East Sussex College Eastbourne Campus off Kings Drive? How about using their restaurant, open for coffees and lunches? Or, using their Evolve Salon for hair cutting, colouring and blow drying? There's also a fantastic beauty therapy room for manicures, pedicures and massages.

The year 2 and 3 students are well trained in all the latest techniques and the Chamber recommends using all their facilities. In fact, we will be holding a revolving networking dinner there in spring 2023 so watch this space for details. In the meantime, give them a try:

Kings Restaurant (during term time)

Coffee Shop from 8.30am to 12.00pm weekdays
Wednesdays for Bistro service from 12 noon, last orders at 12.45pm

Thursdays for Fine Dining service from 12 noon, last orders at 12.45pm

Fridays for Afternoon Tea from 12.30 to 1.00pm

Themed Restaurant Evenings from 6.30pm

Thursday 26th January 2023

Earle Burns Night £30

Thursday 9th February

Valentine's Dinner £30

Thursday 16th March

Best of British £30

Thursday 27th April

Student Alumni Dinner £30

Thursday 15th June

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Men Zone

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The students are available for consultations and advice and the College appreciates your patience and understanding while they learn. Prices are subject to change following consultation.

Hair & Beauty Bookings at
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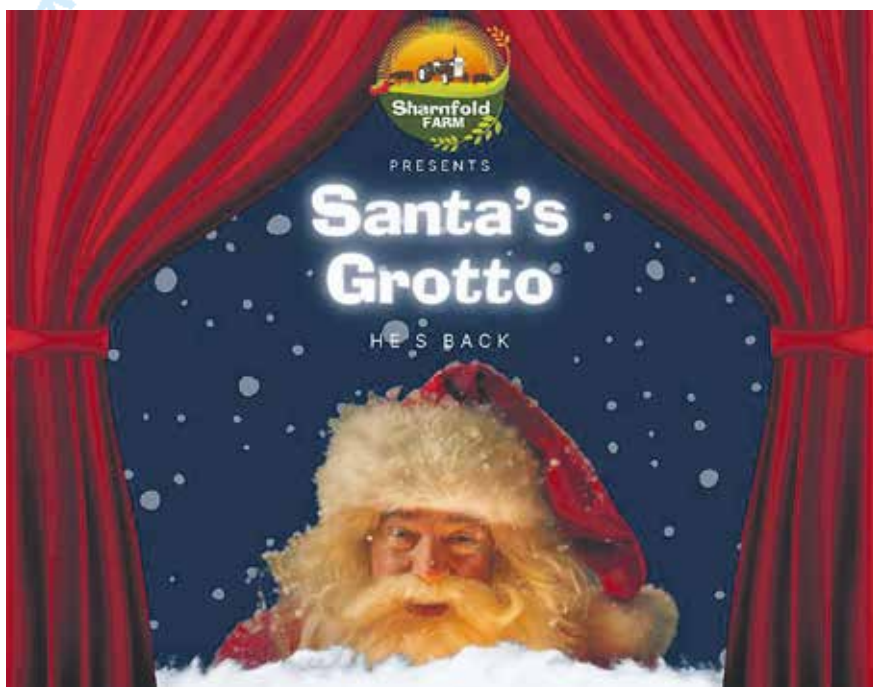
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“It’s Santa!”

A POPULAR visitor attraction is preparing for a bumper Christmas with a huge Santa Grotto the star attraction.

By **Peter Lindsey**

Sharnfold Farm – situated between Eastbourne and Hailsham at Stone Cross – is staging its annual Christmas offering throughout December.

And the owners are pledging ‘an unforgettable magical experience for the whole family’ as Santa and his Elves return once again to the Farm.

Each visit to the Grotto includes:

- **A short festive film.**
- **Walk through the Elves workshop and Enchanted Forest.**
- **Arrive at Santa’s Cabin where a personal visit inside awaits!**
- **Meet Father Christmas for a fireside chat and receive a special gift.**

Donna Bull from *Sharnfold Farm* said: “This is a visit the whole family can enjoy and one that is sure to get you in the Christmas spirit.

“Our friendly Elves are on hand to guide you through your Grotto experience and may provide a little mischief too!”

A ticket grants you access to see Father Christmas within a 30-minutes visit. Capacity for each 30-minutes is limited to provide you with the best experience however you are urged to book online in advance to secure your desired date and time.

Donna said: “Our wonderful team are working incredibly hard to bring some festive cheer this Christmas.

“We know it is a tough time for many people and we look forward to welcoming you all to Sharnfold to share in the magic of Christmas.”

The Grotto is open December 2nd, 3rd and 4th and then every day from December 8th until Christmas Eve.

Tickets are priced from £15 per child plus £1 booking fee.

Book your tickets here: www.bookfatherchristmas.co.uk/Sharnfold

Other attractions at Sharnfold include:

- Farm Shop open daily, selling hampers, gifts, cards, wines and fresh produce.
- On-site Butchers.
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Dorit is an accomplished public speaker and is dedicated to educating others about the consequences of the Holocaust. Dorit has recently been awarded the BEM for services to Holocaust education and awareness.

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Eastbourne business named “Best Estate Agency in Sussex”

HOME Sweet Home, in South Street, received the honours at England’s Business Awards Ceremony, in Guildford.

By **Carole Davies**

There to accept the award, on behalf of the agency, was Matthew Thompson, one of the directors.

Matthew and his business partner, Stephen Davies, founded the

business in South Street 18 years ago after working together for another independent agency.

In that time, they have built up a successful residential sale and letting business.

They moved to their present premises, near the War Memorial, six years ago, being the first agents in Eastbourne to have a state of the art LED rotating window display showing all their properties in turn.

Stephen says, ‘Moving homes is important. Don’t leave things to chance. Our friendly staff will guide you every step of the way.’



Matthew Thompson.

Financial advise

HOME Sweet Home also has on site Paul Healy of *Cavendish Financial Solutions*, a totally independent financial advisor, with a private office to help clients.

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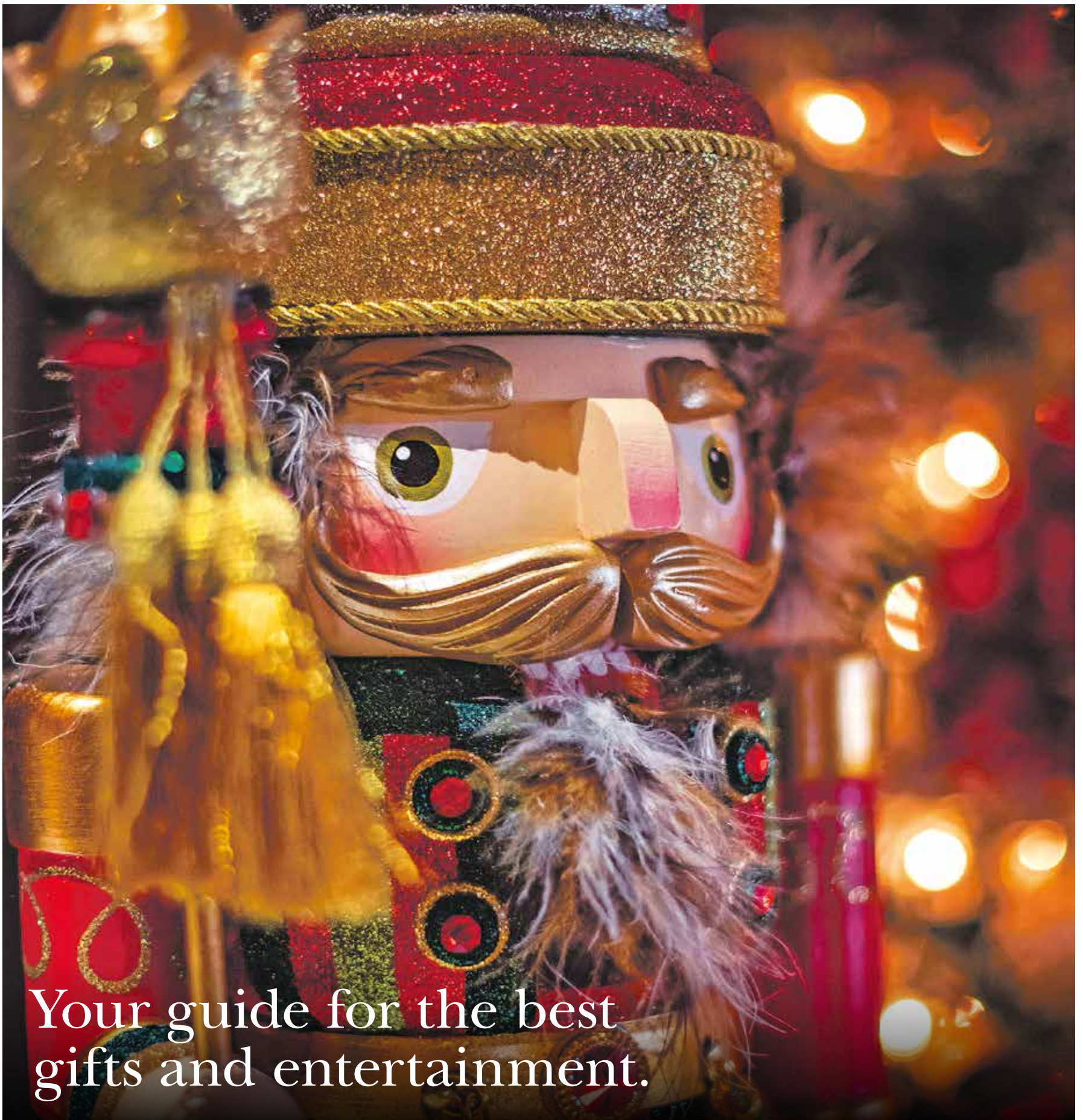


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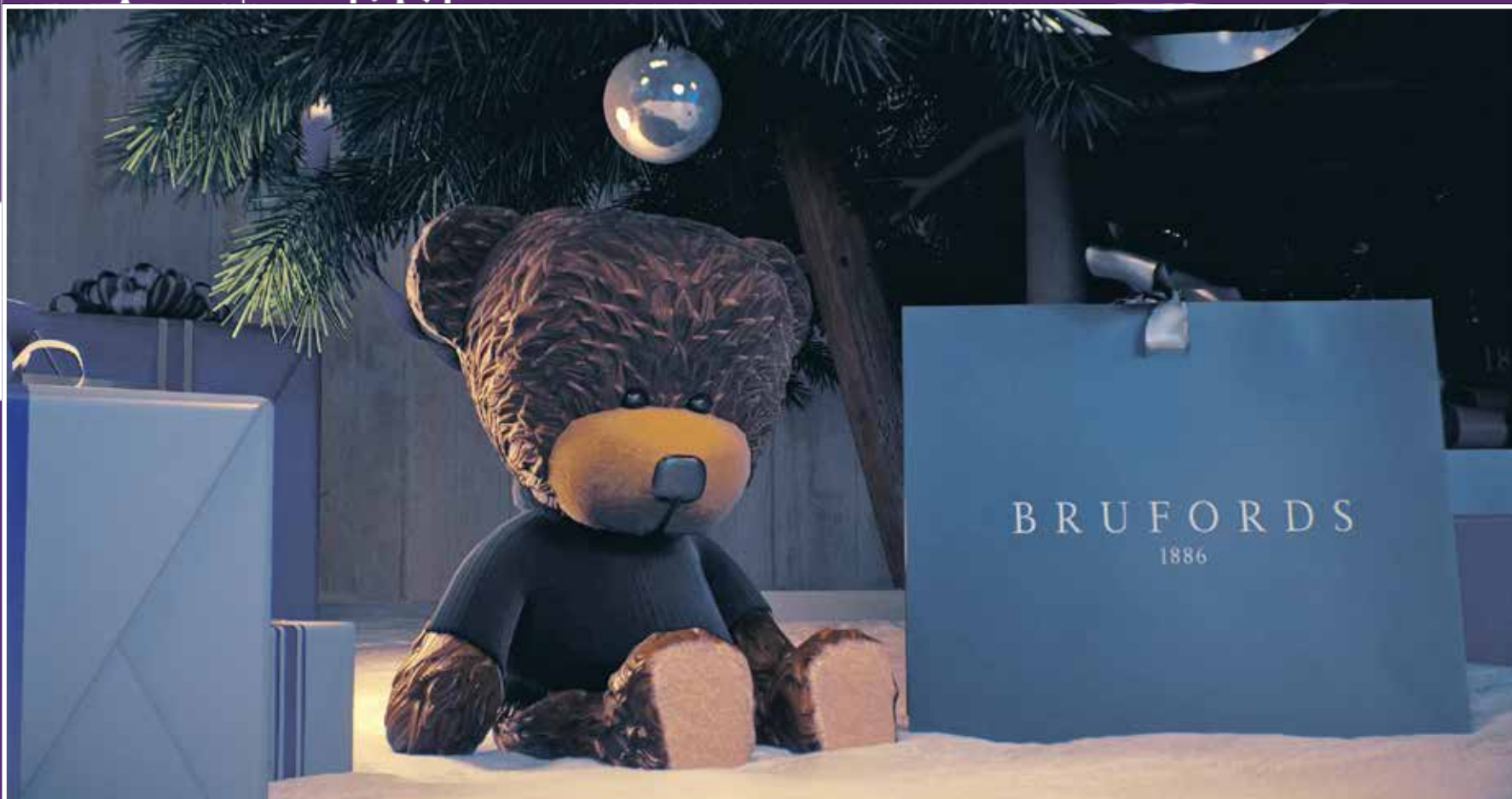


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Whether you're planning to propose this Christmas, or searching for the perfect gift for someone special, our Beacon store also offers an exquisite

range of diamond and coloured gem set pieces, that are sure to make their festive season sparkle.

Plus, with up to 4 years 0% finance and complementary gift wrapping available, make Christmas 2022 one to remember with a little help from Brufords.

For more information, and to explore our Christmas Gift Guide, visit us online at [brufords.com](https://www.brufords.com)

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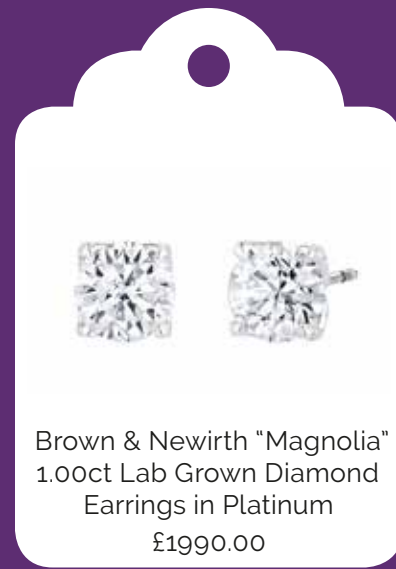
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CHRISTMAS GIFT IDEAS



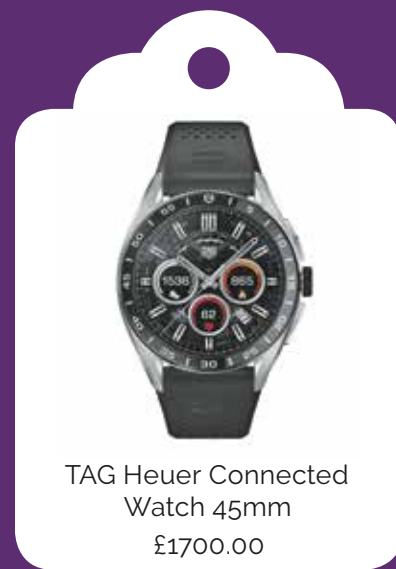
Breitling Chronomat Watch
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Christmas magic...

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www.enterprise-centre.org

Don't forget to book your spot on the ice at the Lightning Fibre Ice Rink at www.eastbourneicerink.co.uk





Christmas has arrived in Eastbourne!

CHRISTMAS is finally here! December has arrived and Eastbourne is really getting into the Christmas spirit.

By **Robbie Lees**

The Christmas lights have been switched on, Eastbourne's Lightning Fibre Ice Rink is open, and the Winterland park and Bucklers Ice Bar is ready and waiting to welcome you for a drink and some festive food!

Bigger and better

This year's *Lightning Fibre Ice Rink* is bigger and better with plenty of space for you to glide around with your friends and family. The rink is here until 8th January 2023 but if the opening day was anything to go by, you'll have to get your skates on if you want to enjoy the ice, as sessions are filling up fast. We highly recommend booking your tickets now! Be sure to grab a Booksy penguin for your little ones if they need a helping hand on the ice.

Winterland is also in full flow. We have a great selection of stalls selling Christmas goodies and, of course, *Bucklers Ice Bar* is serving up refreshing festive drinks and a fine selection of Christmasy treats, including their delicious Yorkshire pudding wraps. *Bucklers Ice Bar* is the perfect place to soak up the Christmas atmosphere in Eastbourne, with sheltered and heating seating available, the weather won't be a problem.

The *Christmas Market* will be coming to Terminus Road from 15th to 18th December, featuring festive food and gifts from local traders. You will be sure to find some unique presents while you support local businesses this Christmas. Love Local, Shop Local!



L to R: Melvyn Funnell-Strange, Charlotte Lewin, Luke Kidd (all from Bucklers), Luke Johnson (Your Eastbourne BID).



Christmas in Eastbourne is certainly going to be one to remember! With so many things to do, there will always be a reason to come and support your local town centre.

Book early!

Don't forget to book your ice rink tickets before they sell out.

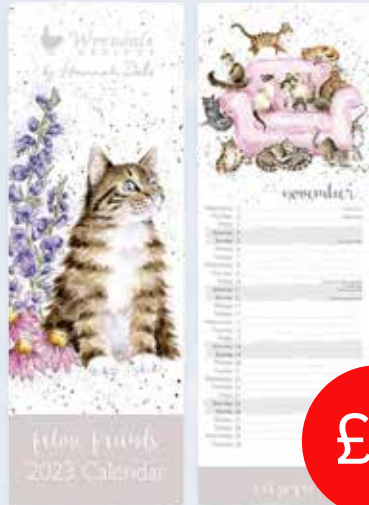
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BEXHILL - EASTBOURNE - HAILSHAM



Geoff hanging the many, many decorations. Photo: Paul Davey, SWNS.



Filming at Driftwood.

Geoff's International Christmas

FROM hand-carved wooden nutcrackers to scrumptious stollen, there are many German Christmas traditions which have been around for centuries. The German Christmas season officially begins with the first Sunday of Advent, which was 27th November this year. Almost as early as our garden writer, Geoff Stonebanks's Christmas! He will, however be adopting a German feel to his festivities this season. You may ask why?

By **Peter Lindsey**

Regular readers will be aware that our garden features writer's other passion is Christmas!

Over the years his amazing collection, some going back to the 1930's, has garnered much media attention in the UK. From the Christmas Eve coverage in the *Daily Mail*, back in 2017, through to national TV appearances on *This Morning* with Philip and Holly and a Christmas programme on *Channel 5*.

This year though, something a little different! He's going international. ZDF, the national German Broadcaster have been in touch with a proposition.

Alina Nahler from ZDF's London office contacted him in early November, having discovered his back catalogue of Christmas media coverage online. Alina said "ZDF would be very interested in doing a story about you and your Christmas decorations. We would come to your place, film with you and interview you showing the setting up and finished Christmas displays."

Alina went on to say "we would come by when you're setting up and then another time when you're done. So, whenever you start setting up the lights and then again in December, so we have the report ready for Christmas season."

Advent calendar

Needless to say, Geoff's response was a definite yes. He's been checking his collection to try and emphasise a German feel. Thankfully, he already has a small collection of nutcrackers. Another German invention is the Advent calendar that was originally designed to involve children in the festivities leading up to Christmas. Geoff has had a new one every year since childhood and his 2022 purchase is quite special.

One of the most important Christmas traditions by far, is the decorated Christmas tree. This custom of an indoor tree was introduced into Britain by Prince Albert who came from Germany.

Over 30 Christmas trees

This year Geoff will have over 30 decorated trees of varying sizes on display for the film cameras to capture.

At time of writing, Geoff has also been approached by the *Channel 4* daytime programme, *Steph's Packed Lunch*, but nothing definite has been confirmed.

You can follow all that takes place this festive season on his website: www.geoffschristmas.co.uk



Photo: Paul Davey, SWNS.



Hand-carved wooden nutcrackers.



Geoff's 2022 Advent calendar.



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Christmas excitement at The Beacon

A FANTASTIC Christmas event is coming to Eastbourne's Beacon shopping centre from Saturday 3rd December!

Meet Santa at his North Pole grotto but with a twist that will be both an enjoyable and a memorable experience for all ages.

What is the Santa experience?

The experience starts as soon as you arrive at the Elf check-in desk.

By **Harry Farmer**

Our friendly Elf will greet guests and hand out special individual passports before sending you on the way through the Christmas forest with another one of Santa's helpers.

This cheeky Elf will help you find the hidden naughty or nice doorway that leads to Santa's passport control lounge.

Special passports

There the children can fill in their passport with their very own unique Elf name. Once this is complete, the Elf will check all passports and send the children to Santa's grotto at the North Pole, where Santa will personally greet everyone giving each passport his own special stamp.

The children will then get the opportunity to talk with Santa and choose a present to take home.

Time slots

Various time slots are available from 9:00am on Saturday 3rd December to 23rd December.

To make a booking please visit: www.onlineticketseller.com.

From there you can click on the view times ticket link to choose a day and a time slot.

Arrival time will be 5 – 10 minutes before your scheduled booking.

Booking advised

Spaces are limited so booking online is STRONGLY advised to avoid disappointment

If there isn't a ticket option that is suitable for you and additional adult tickets are required, please note that additional adult tickets can be purchased at the venue entrance.

For any other requirements, please contact using the email address: santaexperienceeastbourne@yahoo.com



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£50 per person

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www.therelaiscoodenbeach.com
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+44 (0) 1424 842281

Cove coastal experience

WITH a passion for the coast and beautiful coastal interiors, Cove owners, David & Jacqui first began selling online in 2018 before eventually opening a physical shop in Eastbourne.

By **Harry Farmer**

The response from customers has been amazing and they have been overwhelmed by the positive and encouraging comments since opening in the Enterprise Centre in September.

Beautifully inspired

Based on a muted colour palette, their products use natural sustainable materials and textures that capture the style and essence of living by the coast without being literal. Cove brings a mix of beautiful coastal inspired homewares and accessories for relaxed living including; bags,



baskets, candles, ceramics, cushions, gifts, glassware, lanterns and throws.

Something different

All their products have been individually sourced and when finding new products they ask themselves, would they own it and if they don't love it, they don't sell it!

Cove works with suppliers from the UK and Europe who comply with the principles of fair trade, ensuring artisans can continue their crafts whilst being paid a fair wage. They also love hunting for characterful vintage finds and items that tell a story for the shop.

The shop is often described as being slightly Scandi inspired and offers something new and different to Eastbourne. Jacqui said "Our ambition was to share our love of interior design by creating a beautiful and calming shopping space where people can feel inspired.

"We would like to thank all our customers for their support during these past few months, it really means the world to us."

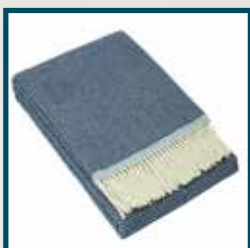
Cove is open Monday to Saturday 10–5 pm and Sunday 11–4 pm and 10–7pm on 1st & 8th December.

**www.cove.company
07873 438469**

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HOME

BEACH

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LIFESTYLE

GIFTS

Angels in the window

THE Hampden Park Shed is a place where people aged 50+, many of whom are post-retirement, can 'experience the joy of pottering about in a shed', allowing members the opportunity to explore creative projects with Arts and Craft.

By **Tom Magnini**

The Community Shed, which is run by Age Concern Eastbourne and funded by the National Lottery, have been busy creating over '100 Angels'.

All handmade, they will be distributed out into the Hampden Park community as a 'Random Act of Kindness' during December, with the hope of bringing much needed joy this Christmas.

The 'Shedders' have also made life size macrame and stained glass wings for their festive window display.



Linda Creasy, Hampden Park Shed co-ordinator said: "We hope that people will stand with their back to the window and have a picture, so they look like Angels. We have made allsorts of Angels as a random act of kindness.

Whoever finds one the hope is it will make them smile and they can take it home, we have just about 100 made already."

If you are interested in finding out more about the Hampden Park Shed you can email; linda.plumley@ageconcerneastbourne.co.uk for more details or visit them at 9 Brassey Avenue from Monday–Thursday (10am–4pm).

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Eastbourne Downs Golf Course



FIND the perfect present this Christmas at Eastbourne Downs!

By **Lucy Sutton**

Eastbourne Downs Golf Course prides itself with stunning far-reaching views over the South Downs National Park with lush greenery, and is designed for all abilities, even if you've never experienced golf before!

Whether you're a beginner or an expert golfer or know someone

that likes the idea of golfing but has never got round to signing up, then why not treat them this Christmas to a round of golf. Green fees start from £15 for Juniors and £20 for adults or a year's membership starts from £2.50 a month for juniors and £75 a month for adults.

Ideal gifts

Membership includes access to all facilities including the practice ground, clubhouse and most of all – unlimited golf!

A range of gift vouchers are also available, ideal for Christmas presents, ranging from green fees and membership to afternoon tea with prosecco.

Or even if you're just passing the area, the clubhouse is open to the public seven days a week to warm you up with breakfast and lunch served until 3pm (later by arrangement). If you're on a scenic walk across the South Downs – we'd love to welcome you!

For anyone wanting to experience the mature 18-hole Downland course, please visit the website for the full list of fees.

Eastbournedownsgolfcourse.com
01323 720827



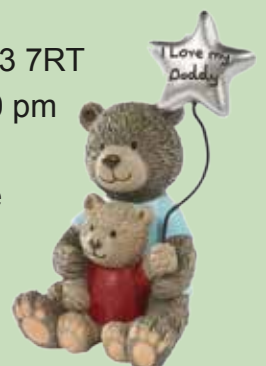
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Friday and Saturday 9.30 – 4.30 pm

Social media @dollyshomeware



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THE LANSDOWNE

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December festivities at the Lansdowne Hotel

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

By **Stephen Callis**

Festive dining

Enjoy festive dining in our new restaurant 1912. Throughout December we will be offering a festive specials menu in addition to our popular steak and seafood menu. 1912 is open for all-day dining from midday until 8.45pm. Do come and experience our new restaurant and perhaps have a pre-dinner drink or cocktail in our bar or lounges.

Festive vintage afternoon tea

Relax in the comfort of our lounges and enjoy the sea view whilst indulging in our festive afternoon tea. Includes a selection of sandwiches, festive cakes and pastries, plus warm scones with jam and clotted cream, all served on our vintage crockery with your choice of tea or coffee. For an extra special

treat add a glass of Prosecco.

Festive afternoon tea £24.95.

Festive afternoon tea with a glass of Prosecco £29.95.

Wreath making with afternoon tea

Join us between 3pm and 5pm on Sunday 4th or Sunday 11th December for wreath making and afternoon tea. Create your own wreath and enjoy alongside a festive afternoon tea served on vintage crockery with your choice of tea or coffee. Includes your very own wreath for you to take home afterwards.

£44 per person.

New Year's Eve Extravaganza

Join us to welcome in 2023 with our New Year's Eve Extravaganza! Start the evening with our Prosecco and

canapes drinks reception followed by a four course gala dinner in 1912. Guests will be seated party style on tables of 8 or 10. Toast in the New Year with a glass of Champagne with our compliments, with dancing until 1am. **£99 per person event only. From £149 per person including accommodation and breakfast.**

Gift vouchers available with online delivery

Treat a loved one, friend or colleague to a Lansdowne Hotel gift voucher and choose from afternoon tea (£19.95), dining (from £25), monetary (from £10) or accommodation voucher (from £165). Vouchers can be purchased online and delivered as an electronic voucher to the purchaser or recipient on the date of your choice, such as Christmas Day. Perfect for a last minute Christmas present and valid for a year from the date of purchase.



THE LANSDOWNE

Lansdowne Hotel
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King Edward's Parade
Eastbourne BN21 4EE

www.bw-lansdownehotel.co.uk
01323 725174
enquiries@lansdowne-hotel.co.uk
f @lansdownehotel



Christmas festive delights

By **Suzie Brown**

Enjoy making these delicious Mince Pies for your family & friends this Christmas. Jazz up shop-bought mincemeat with a little extra fruit and zest.

You will need a deep muffin mould with 12 holes, a round pastry cutter and a fluted pastry cutter.

🕒 Prep time: **30 mins**

🕒 Cook time: **20 mins**

🍴 Servings: **12 to 14 pies**

INGREDIENTS

FOR THE PASTRY

- **375g plain flour.**
- **250g butter**, softened.
- **100g icing sugar.** Plus extra for sprinkling.
- **2 medium free-range egg** (1 for pastry, 1 for egg wash).
- **Splash of milk.**

FOR THE FILLING

- **2 x 400g/14oz jars mincemeat.**
- **1 orange**, zest grated and flesh finely chopped.
- **1 apple**, finely diced.

INSTRUCTIONS

1. Preheat the oven to 200C/400F/ Gas 6. To make the sweet pastry, rub the flour and butter together until it looks like bread crumbs, mix in the icing sugar. Mix the egg in with a blunt knife, add a splash of cold water until it just comes together as a dough. Do not overwork the dough. Wrap the pastry in cling film and set aside to chill in the fridge while you make the filling. (at least half an hour.)
2. To make the filling, turn the mincemeat out into a bowl, grate the zest of the orange into the mincemeat, then peel and chop the fruit. Throw the orange and apple pieces into the bowl and mix.
3. Roll out the pastry to a 3mm / 1/8in thickness. With a round pastry cutter, cut out 6 x 9cm / 3 1/2in discs of pastry. Press the pastry into the muffin cups and fill each one with a good helping of the mincemeat mixture, so that it reaches three-quarters of the way up the side of the pastry-lined cup.
4. Mix the egg with a little milk and whisk to make an egg wash. Brush the edges with a little egg wash.
5. With a fluted pastry cutter, cut out 6 x 8cm / 3 1/4 in pastry circles for the lids (slightly bigger than the top of the muffin cups). Place a lid on top of each pie and gently push down.
6. Brush the tops with egg wash.
7. Bake for 20 minutes, then transfer to a wire rack to cool. Dust with icing sugar and serve warm with fresh cream.



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*Competition runs from 1st December until the 12th day of Christmas, being 6th January.
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Graham Sperring.

Local audiologist entrusts 74-year-old family business to new ownership

LOCAL hearing specialist, Graham Sperring, has decided to retire from the Eastbourne Hearing Centre and pass the baton over to similarly experienced audiologist, Keith Bacon R.H.A.D M.S.H.A.A.

By **Amber Brown**

The Eastbourne Hearing Centre was founded in 1948 by Graham's father, Leslie Sperring, before Graham took over in 1990.

After 32 years running the clinic and caring for his patients' hearing,

Graham has decided to hang up his spurs and pass the ongoing care of his patients on to an audiologist with 26 years' experience working in the sector.

In a letter to his patients, Graham stated: "I know that Keith will continue to offer you the high standard of care and attention that you have received from myself over the years."

Keith Bacon is no stranger to the area with 13 of his 26 years in audiology based in Eastbourne. He is looking forward to working with the rest of the *Eastbourne Hearing Centre* Team, Jackie, Karen and Lisa, who are remaining at the clinic and continuing to help patients to hear better.

"To find a job where you make a difference to peoples' lives is a

privilege, and it is hugely rewarding to see my patients reconnect with their friends and family, and society in general. I had spent many years prior to 1996 looking for a career where I could help people and I found it in abundance when I found Audiology."

You can book your appointment for a comprehensive hearing assessment at the *Eastbourne Hearing Centre* today by calling **01323 726352** or visiting the clinic at:

108 South Street, Eastbourne BN21 4LZ.
www.eastbournehearingcentre.co.uk



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Passionate about hair

TEREZIA Veres loves her job. She absolutely beams when talking about creating beautiful hairstyles.

By **Gail McKay**

“Making people more beautiful and as a result, happier, is an art. It doesn’t feel like it’s a job, for me it’s a passion.”

Terezia offers a free consultation, and is truly gifted when advising on the perfect style and colour to suit her clients’s face shape, hair type and personality.

Amonia free

Terezia is also passionate about colour, and offers ammonia free colouring which is healthier for her customers, their hair and their scalp.

Another of Terezia’s specialities is a revolutionary treatment for hair loss and thinning – Oxygen Therapy.

Her clients have had amazing results. “I have treated all ages, men and women, young and old, who have thinning hair, scalp issues and alopecia.

Micro camera

With the help of high pressured pure oxygen, 50 types of vitamins and minerals are delivered to the scalp. This activates the hair follicles and stimulates cell metabolism.

A diagnosis of the problem is initially made with a micro camera. The scalp is cleansed and regains the correct ph value.

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

Give the gift of glamour

If you would like to give the gift of glamour to a loved one for Christmas, vouchers are available from the salon. Readers of *Bournefree* can make the most of a 20% discount on Oxygeni treatments. Just bring this copy with you.

Prices start at £34.50 for a cut and blow dry for short hair.

If you would like to visit Terezia for a free consultation, she is based at **Angel’s Hair Salon, 19 Gildredge Road, Eastbourne BN21 4RU**

07477 916969

f @tereziaveresoxygenihair



Terezia Veres.



Terezia Veres – Oxygeni Hair Specialist, Hair Stylist and Ammonia free colourist.

Ten top tips to start living in the present moment

WHAT does it mean to be in the present moment?

By **Karen Hoad**

It means that you are aware and alive to what is happening at this very moment. To be in the ‘here and now’, you are not distracted by what has gone on in the past and you are not anxious or worried about what might happen in the future. You are focusing on what’s happening right now, which when you think about it is the only thing we can control.

Why is it important to start living in the present moment?

Starting to live in the present moment is vital to remaining happy and healthy and cuts down on you

worrying about what will happen, helping to avoid stress and anxiety. It keeps you grounded and connected to yourself. The present moment is the place where you can find peace and ultimately brings calm.

1. Be aware of your surroundings.
2. Focus on one thing at a time – don’t try to do too many things at once.
3. Appreciate and show gratitude for what you have.
4. Accept things for what they are and not what you would like them to be.

5. Surround yourself with positive people – those who make you feel happy.
6. Practice mindfulness meditation.
7. Do deep breathing exercises.
8. Take a break from social media.
9. Exercise regularly and eat healthily
10. Practice grounding exercises.

Just sit in a chair

One of my favourite grounding exercises is to simply sit in a chair on your bottom with your feet firmly planted on the floor with your hands on your thighs. Really feel your feet connecting with the floor, then your



bottom in the chair and your hands resting on your thighs. By focusing on those three things and rotating the feeling, feet on the floor, bottom on the chair, hands on your thighs, you are truly in the present moment where you can bring yourself back to balance and reset your mind and emotions. It’s where you can become realistic and determine your priorities. Whilst sitting, take the time to notice the small things that are around you and enjoy the simple pleasures of life.

You can contact Karen to see how she can help you further through EFT and Counselling.

07766 427966

karen@becomingaware.co.uk
www.becomingaware.co.uk



Improving the quality of life

ALMOST 100 delegates signed up for the *Innovations in Healthy Ageing* conference at the *De La Warr Pavilion* in Bexhill.

By **Peter Lindsey**

The event brought together learning and new developments from the *Healthy Ageing through Innovation in Rural Europe (HAIRE) Project* to promote local approaches to ageing well.

In East Sussex, the *HAIRE Project* is being delivered by *East Sussex County Council* in partnership with *Rother Voluntary Action (RVA)*.

Darrell Gale, Director of Public Health for East Sussex said: "When we talk about healthy aging, we're trying to improve the quality of life so that those extra years can be lived in independence and enjoyment."

"It's for the whole community to come together and look after people and it's really important that we maintain our pubs, our shops, our village halls and all the services and groups that meet in those places to enable our communities to age well."

New innovations showcased at the conference included a *Life Transitions Service* to help people prepare for changes in later life, an international design challenge aimed at bringing younger and older people together to improve

the health of people and the planet, and a five-year *Age Friendly Communities* programme in Rother.

During the conference, delegates discussed the many factors that contribute to ageing well, including positive relationships across generations, meaningful roles in community life, and good physical and mental health.

Samantha Williams, Chair of the conference and Assistant Director of Adult Social Care at *East Sussex County Council*, said: "*HAIRE* has given people the space to share, in their own words, how it feels to grow older in a rural community. It has used this rich information to encourage innovation and different ways of thinking about how people can be supported in ways that suit them."

"The conference showcased how commitment, passion and strong collaborative working can bring about positive and creative change, even during the challenges of the Covid 19 pandemic. The positive impacts of *HAIRE* are already evident and we are excited about what the future holds."

Individuals who would like to be supported in preparing for later life, or who would like to be trained as a volunteer to help others prepare for older age, can contact the *Life Transitions Service* at lifetransitions@eastsussex.gov.uk



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Art auction triumph

#SOPHIESPOSTCARD has now raised over £80,000 for *The Royal Marsden Cancer Charity* in the memory of art-loving Sophie.

By **Miranda Pennington**

St Richard's Catholic College donated thousands to *The Royal Marsden Cancer Charity* in memory of former pupil, Sophie.

St Richard's Catholic College welcomed Mari-Louise White from the charity to its Year 8 service on Wednesday morning (November 16th), where she was presented with a cheque for £35,607 by pupils and postcard artists: Besiana and Georgina.

The postcard-sized art fundraising sale, *#sophiespostcard* took place for the third time during Summer 2022. Since 2018, the school has raised more than £82,500 for *The Royal Marsden Cancer Charity*. *#sophiespostcard* is in memory of former pupil, Sophie Maria Taylor, who was cared for by *The Royal Marsden* but lost her life to cancer on 5th April 2017.

Secret auction

#sophiespostcard is a secret auction consisting of original postcard-sized artworks, made and donated by professional artists, designers and illustrators, plus up-and-coming artists



Sophie Maria Taylor.

from the school and the general public. More than 3,000 original postcard sized artworks have been created and auctioned on eBay for the event since the first auction.

Enormous support

St Richard's Catholic College is extremely grateful to have received enormous support from the hundreds of artists, printmakers and designers who have contributed such incredible works of art. World famous artists and celebrities have taken part including: Sir Quentin Blake, Gilbert and George, Axel Scheffler, Lorraine Kelly, Harry Hill, Susanne du Toit, Laura Quinn Harris, Ian Murphy, Jennifer Anderson, Victoria Coren Mitchell, Loui Jover, Carne Griffiths, Kate Brinkworth, Matthew

Burrows, Luke Martineau, Bob and Roberta Smith, Mark Curryer, Richard Spare, John Dilnot, Claire Fletcher, Rebecca Denton, Thomas Taylor, Liz Pichon, Dame Jacqueline Wilson, Jamie Smart, Rosalind Monks, Jane Porter, Riken Parekh, Tracey English, Fearnie Cotton and many others.

During the auction the postcards had a starting bid of just £1 and were auctioned on *eBay*, making it accessible to buyers around the globe. There were over a million views on *eBay* this summer!

Immensely grateful

Antonia Dalmahoy, the Managing Director at *The Royal Marsden Cancer Charity* said, "We are immensely grateful to *St Richard's Catholic College* for their continued support of *The Royal Marsden's Oak Centre for Children and Young People*, in memory of Sophie. The money raised for *The Royal Marsden Cancer Charity* through Sophie's Postcards will make a massive difference, helping to fund world-leading research into developing life-saving treatments for young cancer patients at *The Royal Marsden*. Thank you also to all the incredibly talented artists and kind bidders for their generosity."

“

The school would like to express their thanks to all artists, supporters and for the generosity of all the bidders.

Making a difference

Sophie's secret postcard auction is organised by art teacher Miranda Pennington who said "We are so thankful to all the artists and supporters of *Sophie's Secret Postcard Auction*. The first Sophie's postcard was intended to be a one off secret postcard auction, but it was so successful that it is now held biannually. It is inspirational to see Sophie remembered in this way as she loved art. I am so proud to be part of this event which has helped make a difference to children like Sophie being treated for cancer at *The Royal Marsden*."

The school would like to express their thanks to all artists, supporters and for the generosity of all the bidders. A special thank you to helpers: Helena Jones, Kirsten Britt and Clare Bell, Gail McKay and *Custard Design* for printing and *Portfoliobox* for hosting our website.

The fourth *Sophie's Postcard* will run during the summer of 2024 with the final days of the auction to be held on Saturday 29th and Sunday 30th June 2024. To keep up-to-date with our future fundraising plans, visit www.sophiespostcard.com

Catalogue

The school has published a catalogue featuring all the amazing postcards from the 2022 *Sophie's Secret Postcard Auction*. All profits go to *The Royal Marsden Cancer Charity*. The catalogue has over 100 pages for just £16 via *eBay* – search [sophiessecretpostcardauction](http://www.sophiessecretpostcardauction.com)

For more information please see: www.sophiespostcard.com

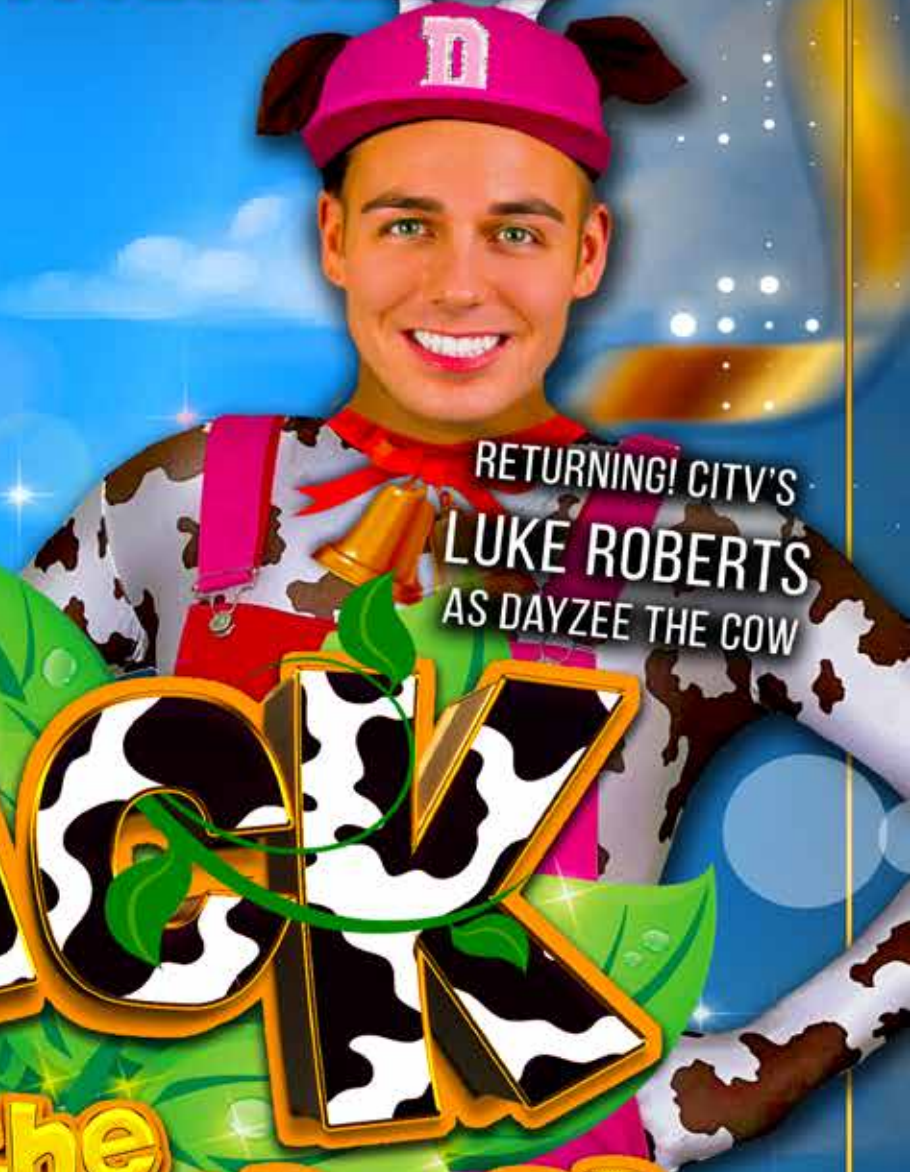
St Richard's contact information:
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THE Eastbourne Music Collective was formed earlier this year to promote and support new original live music in the town.

fields, from jungle to jazz. For too long, we have exported our talent elsewhere and the time has come to bring it home."

With a multi-venue music festival currently in the works for late-february 2023, exciting times lie ahead for live music in Eastbourne.

By **Harry Farmer** Photos by **Max Monaghan**

These pictures are from their recent gig at the *Eagle* on South Street, featuring local band *Black Groove*. This drew a full house and was described by licensee, *Shoes Simes*, as one of the pub's best ever nights.

Vibrant live music scene

Caine Hemmingway, for the *EMC*, says: "Eastbourne used to have a vibrant live music scene which we are determined to revive at a moment when we are blessed with phenomenal talent working in all



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THE MAKERS DIRECTORY

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

By **Harry Farmer**

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

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

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

themakersdirectory.co.uk

FEATURED ARTIST

Nina Mooncie

I am an Illustrator who moved from Brighton to Eastbourne to raise my children in a calmer environment surrounded by nature where we enjoy long woodland walks and days at the beach.

After studying Illustration at postgraduate level in Brighton I worked for several small Graphic Design companies. When life became busy as a mum of two, I started my own Illustration studio 'Illustration by Nina'.

I turn my Illustrations into greeting cards, art prints and homeware like tea towels and cushions. I am really

excited to be showing my work at various makers markets in the run-up to Christmas. I work in various media, such as screen printing, linocut and paper collage, all combined with computerised drawing tools. My style uses vibrant colours and patterns and has a playful approach to making shapes.

I also run an arts and crafts after school club at Ocklynge Junior school in Eastbourne, and really enjoy teaching the children to work with different materials and support their freedom of expression. Most recently I have been illustrating educational children's books which I thoroughly enjoyed and I am hoping to get similar opportunities in future.



Email: nmooncie@googlemail.com
Website: www.ninamooncie.com
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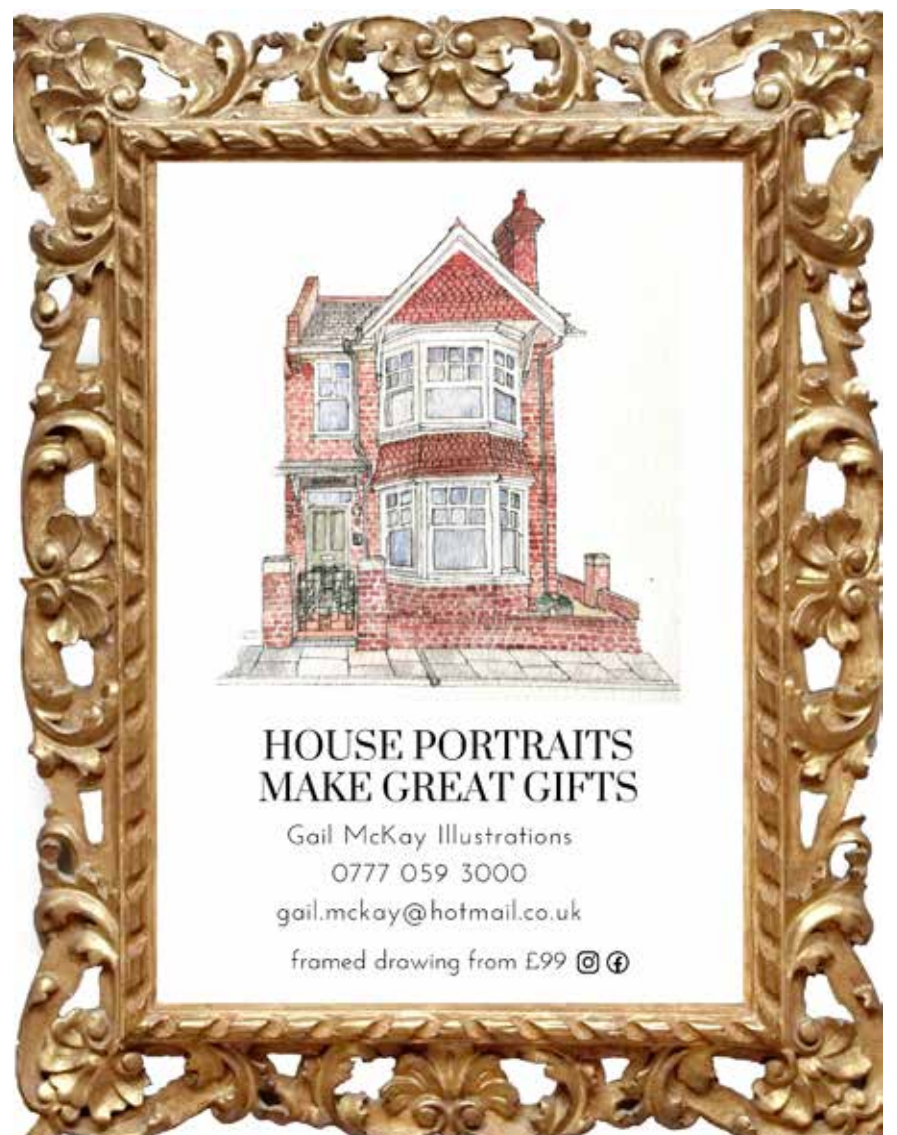
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These shows just shout Christmas!

CHRISTMAS at Eastbourne Theatres...

By **Peter Lindsey**

It's hard to beat the heart-warming sensation of a sparkling theatre experience with live music at Christmas, and this year Eastbourne Theatres has a whole horde of festive dazzling entertainment to keep the entire family happy.

The Elvis Years at Christmas

Celebrate with the King of rock'n'roll as *The Elvis Years at Christmas* delivers an evening packed with solid gold classics plus all the trimmings to simply deliver a wonderful Christmas time! Two hours of rock'n'roll favourites plus some of the festive melodies that Elvis loved so much, 8th December.

Aladdin

The well-loved *Devonshire Park Theatre* pantomime opens 9th December (until 15th January) with all the exciting spectacle, silliness and laughter audiences anticipate plus a full live band to take your breath away from the moment the music starts, even before curtain-up. This year it's Aladdin's turn to set off on a hero's quest. Widow Twankey wants a husband,

evil Abanazaar wants the magic lamp, Aladdin wants adventure and Wishee Washee wants some Spiderman pants! Can the Genie grant their wishes? Bring your boo's and get ready to cheer loudly as this West-End cast and professional musicians present the most amazing Eastbourne pantomime yet!

Rob Lamberti; Celebrating the Songs & Music of George Michael at Christmas

A performer in a different league, Rob Lamberti celebrates the Songs & Music of George Michael at Christmas, 10th December. Is it even really December without hearing Last Christmas? Hearing it live is even-more spine tingling! With some of George Michael's personal musicians proudly joining Rob's band, his performances do exceptional justice to one of the greatest singer-songwriters of our time.

That'll Be the Day Christmas show

The popular *That'll Be the Day* Christmas show returns 15th & 16th December with another timeless Rock'n'Roll Christmas show. Completely refreshed year after year this show has it all, favourite pop Christmas classics, traditional



Aladdin.



Len Phillips Swing Orchestra & Singers.

Christmas songs, great comedy sketches and uncanny impersonations. Real variety to kick-start your Christmas celebrations.

A Swingin' Christmas; Len Phillips Swing Orchestra & Singers

Len Phillips Swing Orchestra & Singers are the go-to maestros for the classic sound of A Swingin' Christmas big band. Joined by Matt Ford & Julia Sullivan at the *Congress Theatre*, 18th December, nothing says Christmas like Bing Crosby, Michael Buble and all the best-loved big band festive tunes. A seasonal family favourite, enjoy tunes including *Jingle Bells*, *Santa Claus is Coming to Town*, *Rudolph the Red Nose Reindeer* and *Silent night* – the big band way!

The Snowman

The whole family can immerse themselves in favourite Christmas

classic film *The Snowman* as it's screened at the *Congress Theatre* and accompanied by live orchestra, *Orpheus Sinfonia!* This is a great gentle introduction to watching a live orchestra for little ones and an opportunity for every age to discover an orchestra and *The Snowman* as never seen before. With more Christmas tunes than you'll be able to keep count of and followed by an opportunity to meet a certain 'special, snowy guest'. There are two performances for this show on 20th December.

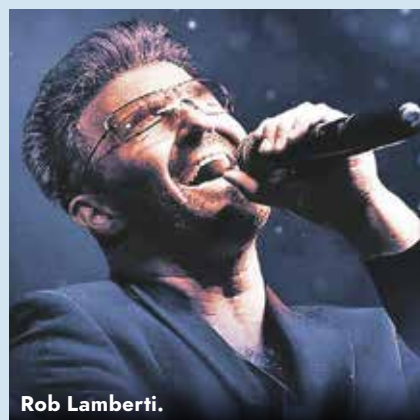
For more show details of all things festive at the *Congress* and *Devonshire Park Theatre's* this season please visit:

www.eastbournetheatres.co.uk

Or contact the Box Office on **01323 415508** to join the brochure mailing list.



The Elvis Years.



Rob Lamberti.



That'll Be the Day.



The Snowman.

Green Canopy initiative launch

'PARADISE GROVE' unveiled at celebratory tree-planting event.

By Mia Thomson

Over a hundred people including representatives from key local organisations gathered on Paradise Down on Saturday 19th November, to take part in a poignant and lively event to mark the planting of the first seventy trees of a new scheme to commemorate Queen Elizabeth II's seventy years on the throne.

The new scheme seeks to inspire engagement with the natural environment amongst Eastbourne residents for generations to come.

Entrance to the Downs

Plans for 'Paradise Grove', which will include fruit and nut trees and will provide an entrance to the Downs, were recently unveiled by the *Eastbourne Canopy* team, ahead of the event.

In addition to the planting of the first tree, a crab apple with grafted mistletoe, the event included live drumming, a 'Prayer for Trees', led

by Father Giles Carpenter of St John's Parish, and the ancient British tradition of 'beating the bounds'.

Fantastic support

Attendees included Lord Ralph Lucas, local resident and a member of the *House of Lords Committee for Environment and Climate Change*; Adam Rose Co-Founder of *Treebourne*, the local tree-planting volunteer group; Caroline Ansell MP; Andrew Blackman, Lord Lieutenant, East Sussex; Cllr David Tutt, Leader of *Eastbourne Borough Council*; and Darrell Gale, Director of Public Health for *East Sussex County Council*.

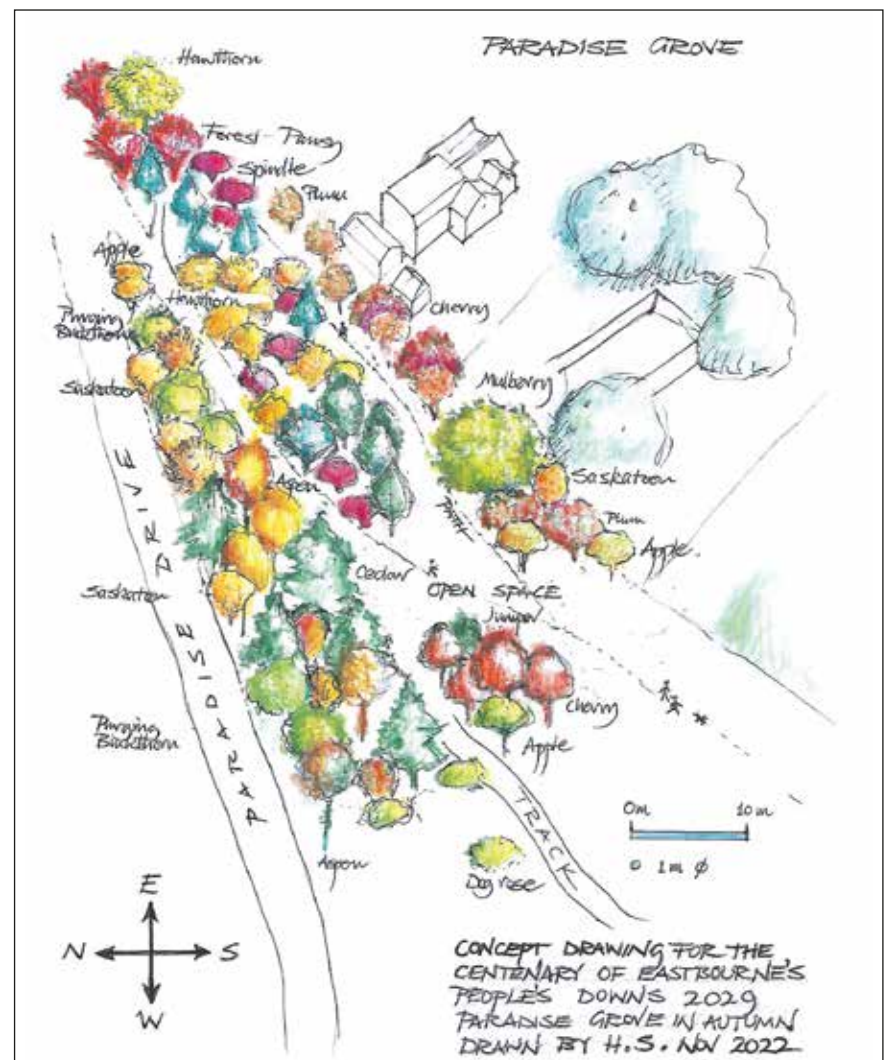
The event was also attended by members of the *Seeds for Kids* initiative; *3VA*, the volunteer coordinating organisation; as well as many local residents of all ages.

A beautiful addition

Andrew Blackman, Lord Lieutenant, East Sussex said: "I am delighted to support the planting of a grove of 70 trees and shrubs at *Paradise Grove* as part of the *Queen's Green Canopy*. The *Queen's Green Canopy* was created as a nationwide initiative to mark the *Platinum Jubilee* and is now a wonderful way to honour and remember the seventy years of dedicated service that Her Late Majesty Queen Elizabeth II gave to the nation. This significant new planting in Eastbourne will be a beautiful addition to the town."

Enduring legacy

"Paradise Grove will form part of an enduring legacy for our late Queen instigated through her *Green Canopy* initiative, which inspired people across the country to come together



around the wonderful common cause of tree-planting, regardless of their views of the monarchy.

"As a member of the House of Lords Committee on Environment and Climate Change, I have an ever-deepening understanding of the importance of engaging people of all ages in these issues. The committee recently published a report, 'In our hands: behaviour change for climate and environmental goals' which is available online and which I would encourage as many people as possible to read.

"I hope all residents take the opportunity to visit *Paradise Grove*, a wonderful scheme that truly belongs to the whole town."

Inspiring

Adam Rose, Co-Founder of *Treebourne*, said: "*The Eastbourne Green Canopy* project builds upon the work of our amazing *Treebourne* volunteers and I hope inspires even more people to get involved in providing the care for local trees that will be needed to ensure they survive and thrive over the coming years.

"*Treebourne* will be offering a wide range of opportunities for people of all ages to get involved in the planting and care of trees over the coming months. Those wishing to get involved should visit treebourne.org where they can sign up to our mailing list, and to follow us on *Facebook* and *Instagram*."

Seasonal events

The project partners are also planning seasonal events, activities with local schools and there will strong links with the *Eastbourne Walking Festival* which will take place next year and is organised by *Eastbourne Borough Council*.

Drawings of the scheme can be viewed on their *Facebook* page at: www.facebook.com/eastbournejgc.



The late Queen plants a jubilee tree at Balmoral. Image courtesy of www.queensgreencanopy.org



Planting the first tree (l-r): Andrew Blackman, Lord Lieutenant, East Sussex, Lord Ralph Lucas, Adam Rose of *Treebourne*.



Green and pleasant

AS we approach Christmas at a rate of knots, we also reach the shortest day of the year on the 21st. I must confess to not enjoying working outside in the cold and wet at this time of the year. It really is a case of wrapping up well in order to keep warm outside. It's really important to check your plants winter protection and if you have a greenhouse make sure the heater is working. Hopefully, there are not too many jobs left to do outside, so you will have time for some fireside garden planning.

By **Geoff Stonebanks**

This is the month when cold, wet, windy winter weather can damage trees, shrubs and garden structures such as trellis. Be warned. Take time to check things out and aim to improve shelter for important plants, staking those that will benefit, mulch where needed and wrap pots where necessary!

Christmas in the garden

As the festive season approaches it is wonderful to have some plants in the garden that echo that theme too. One such shrub is pictured in the header. It is a glorious *Camellia x vernalis* 'Yuletide'. The plant pictured is in my garden was purchased in memory of an old friend, who passed away about

10 years ago, Peggy Wooton. It is a hybrid bushy, evergreen shrub with glossy dark green leaves and brilliant-red single flowers with prominent yellow stamens, borne in late winter and early spring. Mine always flowers just before Christmas and looks striking in its container behind the house. It is fully hardy, but to prevent damage to the emerging buds and flowers, it benefits from protection from cold, dry winds and early morning sun. It is important to water established plants in dry weather to prevent bud drop. It benefits from a feed in mid-spring and again in June. After flowering, you can lightly trim or prune any branches that spoil the overall appearance of the plant.

Their colouring is very striking – and is perfect for the build-up to the Christmas season, but the dark green foliage offers year-round structure and interest. If left to grow naturally,

this is a relatively compact shrub with a pyramidal habit, but it can also be trained against a wall, or grown in a large pot if space is at a premium.

If you have holly growing in the garden, as I do, you can harvest branches with berries for making Christmas garlands and wreaths or just fill vases for a festive touch indoors. It helps to stand the berry covered twigs in a bucket of water until you're ready to use them.

The perfect combination is the use of both holly and ivy in the house over the Christmas period. I'm lucky to have a plentiful supply of both which I can call upon. If you want to vary the look, you can always use spray cans of silver and gold paint to liven up the natural look. Branches of both can look very dramatic, carefully positioned along mantelpieces or creating a centre piece for the dining table. Mix in with a few baubles and maybe some ribbon and you'll be amazed what a difference it can make and at a fraction of the cost of shop bought decorations.

Jobs to do in the garden

If the weather holds and it's not too cold there are still quite a few jobs you could be getting on with in the garden. If you have any empty borders, they can be dug over ready for next year's planting.

It is always a good idea to group potted plants together, in a sheltered spot in the garden, to protect them from the harshest winter weather that is likely to come.

You can prune wisteria, by cutting back whippy summer side-shoots to two or three buds, some fruit trees benefit a winter prune too. Prune

climbing roses now, removing diseased or damaged growth and tying in any new shoots to their support. Prune older flowered side shoots back by two thirds of their length. You can prune your Japanese maple trees if needed, as they will bleed sap if pruning is done any later.

I always find there is a debate over whether to leave the faded flower heads on your hydrangeas or not. I do reckon that left until spring they will help to provide frost protection to the swelling buds further down the stems. I've got about 10 different hydrangeas around the garden at Driftwood and tend to leave the old head on until spring. They look quite pretty too with an edging of frost on a cold winter morning.

Keep checking over any stored dahlia tubers you may have, keeping an eye out for rot. Take care to check climbers and climbing shrubs so that they are securely attached to their supports with ties.

It is really important to look after the birds that visit your garden. Remember to clean feeders if you have them, stock up on wild bird food and make sure they have access to fresh water.

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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