

FREE

01/23

Issue 031
January 2023

EASTBOURNE
REMEMBERS

International Holocaust
Memorial on 26th January
at the Welcome Building.

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FOR 2023!

Bavard Bar is a wonderfully
eclectic and uproarious mix
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HAPPY NEW YEAR

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 February 3rd. Make sure you are a part of it.

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Let's hope for a magical 2023

WELL, here we are in January '23 – with all the Christmas and New Year festivities completed.

By **Peter Lindsey**

For many, it will have been a time of joy and happiness.

For others, challenging and missing loved ones.

Here we are at the start of a new year, and yes, we have challenges, especially the cost-of-living crisis.

I always think that Eastbourne is a great place to live and work. Yes, there are areas that need improving but that is the same everywhere.

So, what can we hope for in January 2023?

Supporting shops

We need our town centre and shops in general – especially our independent ones – to thrive.

January, February, and March are always difficult months for retail so it's important we support them we can.

The Beacon – like most other shopping centres – needs a boost. Still too many empty shops post-Covid.

Those in need

There is still too much anti-social behaviour in and around the town centre, including street drinking and begging.

Eastbourne Police announced a crackdown last month – well it needs to be all year-round, and it needs to include support for those in need.

Our seafront remains vibrant and attractive and long may it remain that way.

Hotels and guest houses will be hoping for a successful and busy year. If our hotels are busy, then visitors are spending money, boosting our local economy.

The jobs market locally remains healthy, and let's back new businesses opening in 2023.

Staging events

Here at *Bournefree*, we plan expansion in the coming 12 months, including staging events.

The first one – our *People's Choice Awards* – is featured inside this month's edition.

We will continue focusing on growing our readership, both online and in print.

We feel there is a great opportunity in 2023 to stage events, thereby increasing our commitment to the local community.

We love producing this magazine each month – join us on our exciting journey in 2023.

We would like to wish everyone a very happy and successful 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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Arron Tun, Bott's optometrist.

5 things to consider when choosing your optician

IF you are looking for an optician with the best lenses and eyewear for you, you are in the right place.

By **Gail McKay**

In the same way that every face is different, each optician's practice is different, too. In your search to find the right optician for you, you're likely to find similarities between practices. That being said, not all lenses and eyewear experiences are the same.

Transforming

At *Bott's Opticians*, their mission is to unlock the potential of your vision and empower your self-expression. There is no better reward than seeing how happy the clients are after they help transform their eyesight and appearance.

With that in mind we wanted to share with you 5 things to consider when choosing an optician.

1. How long is the eye exam?

20 minutes is the average length of time for an eye test in the UK. At *Bott's* you will get a 40-minute eye exam so the optometrist can take more time to find out about you, what your preferences are, how you use your eyes, what type of work you do, and more. You will

get effective advice and solutions because they are entirely tailored to you and your lifestyle.

2. Can they detect your eye issues in advance?

Checking the sharpness of your vision and prescribing corrective lenses are the bread and butter of opticians. While this is important, it should not be the only thing a good optician does. You should always check whether the optician has a 3D OCT scanner since it can detect eye issues much sooner than normal eye tests.

Every eye test at *Bott's* includes a 3D OCT scan, enabling their clinicians to see beneath the surface of your retina. This means they can closely monitor the internal health of your eyes and spot conditions such as diabetic retinopathy, glaucoma, and

macular degeneration up to eight years earlier than regular eye tests. This advanced scan is part of their standard offer while normal opticians tend to charge extra for this service.

3. How precise is the eye exam?

For over a century, eye tests have measured your prescription to the nearest quarter of a dioptre, resulting in prescriptions that end in .00, .25, .50 or .75. Many opticians in the UK still use 0.25 dioptre prescriptions. However, this doesn't reflect the actual prescription for over 95% of the population.

Bott's ground-breaking use of technology enables them to measure your vision to 0.01 of a dioptre so that you can receive your eyes' true prescription. Unlike standard eye exams that measure just 4 parameters, their precise eye exams utilise state-of-the-art technology to measure over 7,000 data points. This allows them to create a biometric fingerprint of your

eye, which can then be used to create lenses that fully match your prescription and are entirely unique to you.

4. Do they have the highest quality lenses possible?

It's very difficult to judge which opticians offer the best lenses as they don't normally give out this information on their website. Lens choice comes down to the preference of individual opticians, and so not all practices offer the same quality.

Bott's Opticians use Rodenstock lenses since they have the best technology to match their precise eye tests. Their lenses are actually the only ones that correct higher-order aberrations, which are highly intricate and can cause glare, starbursts, halos, and limited night vision.

5. Do they offer a free styling consultation?

There are a lot of people who hate shopping for glasses and it's mainly because they find the process of choosing new glasses painful, difficult and time-consuming. Making the right choice for eyewear requires you to think carefully. *Bott's* consultation service is a stress-free way to choose your glasses in a relaxing environment without any pressure. Their eyewear professionals will use their expertise to effortlessly guide you through the process.

Bott's Opticians fully cover your sight test (a £60 value) if you're over 60, or are eligible of for an *NHS* eye test. They offer a £60 gift certificate toward new glasses when you bring this article to the practice. To book your appointment, please call *Bott's Opticians* on **01323 727782**.

Bott's Opticians, 44 Grove Road, Eastbourne BN21 4TJ





Free training at Compton Park

TWIN Group UK are based at the historic Compton Park.

By **Gail McKay**

They offer a range of award-winning education, travel, work experience, volunteer opportunities and employment both in the UK and internationally including year-round accredited English schools in London, Eastbourne and Dublin.

At the Eastbourne School, they also deliver our government funded

contracts supporting people back to work through one-to-one support and upskilling. The *European Social Funding* programmes are designed to offer unemployed individuals a personalised programme of support through employability workshops, accredited qualifications, vocational courses and employer links.

Dedicated team

If you are currently unemployed, live in East Sussex and would like to enrol onto one of their programmes, there is a dedicated team to help you.

If you are an employer, with vacancies in ANY sector in East Sussex, they would love to see how they can help you to fill your roles.

Increase skills

In Sept 2022, *Twin* started to deliver funded *ESOL (English for Speakers of Other Languages)* and are supporting over 30 Ukrainian residents to improve their English skills, gain UK vocational qualifications and support them in finding sustainable employment.

Rae McCarty, Contracts Manager for *Twin Group UK* said "In East Sussex and beyond, we are keen to

do everything we can to support our community back to work and increase their skills and confidence to move forward in their chosen career."

They are looking for further funding avenues at present so that they can continue to offer the above to both unemployed and *ESOL* learners from April 2023 onwards, when the *European Social Funding* will sadly come to an end.

If you would like to discuss this further or have collaborative opportunities, please do get in touch with Rae McCarty, Contracts Manager, at rmccarty@twinuk.com

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Eastbourne Bandstand reopening



Photo: Graham Huntley.

EASTBOURNE Bandstand is finally reopening with live music and entertainment, after its closure over a year ago.

By **Tom Magnini**

There will once again be music concerts and tributes beginning with a 'Queen Tribute Show' in April.

The concert season starts on Friday April 28th and continues through until October 28th when Eastbourne favourites 'The Zoots' perform, closing the season of live entertainment.

Tributes from the likes of *Elton John*, *The Rolling Stones* and *Ed*

Sheeran bring together a year of musical entertainment at 'The Busiest Bandstand in the UK'.

Traditional Afternoon Concerts are scheduled from May through until September, with music from 'brass, concert and silver bands' including performances from *The Central Band of The Royal British Legion* and *The Eastbourne Silver Band*.

The *1812 Fireworks* and *Proms* are back on Wednesday evenings, beginning later this year, with 'traditional proms favourites' and *Tchaikovsky's 1812* overture'

accompanying what promises to be a 'spectacular Firework display'.

Airbourne Week sees tributes from the likes of *Phil Collins/Genesis*, *ABBA* and *Adele*. Daytime seating can now be booked for the Airshow, offering 'excellent, uninterrupted views' of *Eastbourne Airbourne*, when it returns later this year from 17th–20th August.

Tickets for this year's season are available to buy online at: www.eastbournebandstand.co.uk or in person at the *Seafront Box Office*, Grand Parade.



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Volunteers needed for Gig Buddies

THE *Gig Buddies* project pairs up adults with learning disabilities with volunteers who are into the same gigs and activities.

By **Peter Lindsey**

This very simple but very effective idea has been changing and enriching lives, promoting independence, and tackling social isolation head on.

Make a difference

Gig Buddies are people who want to be part of social change, make a difference in someone's life and most of all, have fun!



Gig Buddies' Coordinator Sophie Howell-Peak says: "Being more connected is not just healthier for individuals, it's better for communities too."

One *Gig Buddies* participant sums up the benefits of the scheme: "Before I had a Gig Buddy I felt lost at the weekends. I had never been to a gig but having a Gig Buddy has meant that I've discovered new music."

It's about seeing beyond labels and getting to know individuals, encouraging them to take their rightful place in the community."

It means that I can travel to places I couldn't before. Once you start going out you are more able to do other things. It improves your confidence."

In Eastbourne, Polegate and Pevensey, *Gig Buddies* have a number of participants keen to get out to gigs, cinema, theatre or even just a meal and a drink in the pub – activities that many of us take for granted. They are keen to hear from anyone over 18 with an interest in cultural activities who can spare around one meet up a month.

Join us

Potential volunteers can apply via the charity's website gigbuddies.org.uk/become-gig-buddy

Following an interview, applicants are DBS checked and fully trained before being matched with a participant.

Sophie says: "We know from our existing volunteers that they have a great time and many have formed enduring friendships in the process."

Alternatively, phone or email Sophie for an informal chat. She can be contacted via email: sophie@stayuplate.org or phone **07812 496088**



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Lightning Fibre's new Social Tariff



LIGHTNING Fibre launch exciting new services including a highly competitive Social Tariff.

By **Peter Lindsey**

Lightning Fibre has launched a new 50Mbps, symmetric FTTP Social Tariff for £15, on a rolling 30 day contract, making it one of the best value Full Fibre ISPs in the UK.

The tariff now features on the *Ofcom* 'Cheaper broadband and phone packages' site.

Eligible customers in a higher priced fixed term contract can switch to the new social tariff without any penalty at any time.

The firm will also match any local Full Fibre offer 'like for like' from any competitor, at any time.

The company is working with the *Department of Work and Pensions* to activate an integrated eligibility check, making it easier for eligible customers to access the package.

Fastest provider

The company is one of the highest-ranking UK Internet Service Providers on *Trustpilot*, with a live Full Fibre network in Eastbourne, Heathfield, Hailsham and Hastings, with Haywards Heath, Bexhill and Tenterden also in build.

The firm has provided a 3Gbps residential service to a select few customers ahead of a 2023 roll out, with pricing expected to be in the region of £100 per month, making it the fastest residential FTTP provider in

East Sussex. The firm already provides a 10Gbps symmetric business package, directly to the consumer and via its Managed IT partners on a competitive reseller agreement.

Virtual landline

The company plans to launch an unlimited UK landline and mobile call virtual landline package retailing for around £10 per month in early 2023.

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BRUFORDS
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A Guide to Engagement Rings

Planning to pop the question this year? Discover our guide to choosing an engagement ring to make her fall in love all over again. And with our new Bridal Boutique at the Beacon Centre set to open later this month, there's never been a better time to choose Brufords when selecting a piece of jewellery to celebrate life's special moments.





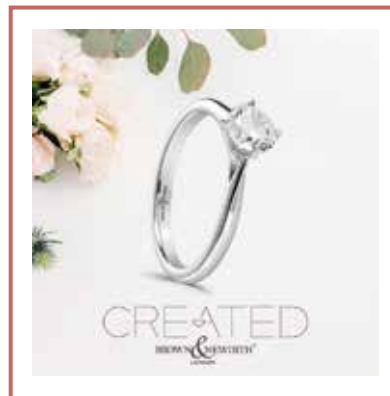
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Our engagement rings are handcrafted in the UK by Brown and Newirth. Offering a bespoke service, your engagement ring can be made in a range of metals, including 9ct & 18ct Yellow and White Gold along with Platinum. To further embellish your ring, B&N offer beautiful intricate designs including stone set shoulders, shapes and pattern detail.



Step 3. Budget

Adding to their existing diamond selection, in 2022 Brown and Newirth introduced a new way to wear diamonds. The 'Created' by Brown and Newirth lab grown diamond collection showcases an exquisite range of solitaire and trilogy rings, alongside matching earring and pendant sets, which provides an incredible value for money alternative to the traditional mined choice – as upgrading the size can be done at the same price point.

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BRUFORDS

1886

Charity takes on its first ever apprentice

AN Eastbourne charity has welcomed funding to cover the full training costs of an apprenticeship.

By **Peter Lindsey**

The money is being made available to small and medium sized enterprises (SMEs) across the county.

Through the council's Apprenticeship Levy transfer

scheme, the Transform programme is offering East Sussex small and medium businesses the chance to apply for a share of over £300,000.

Defiant Sports in Eastbourne is an inclusive sports club that aims to reach children and young people who have a barrier to participation, especially those with disabilities or long-term conditions.



Maddie Lock from *Defiant Sports* said: "Transform supported us to take on our first ever apprentice, a level 2 Community Activator Coach, to join our small Community Interest Company.

"The Transform team has been extremely helpful throughout, being at the end of the phone whenever we needed them and working through any issues we've had.

"Without Transform, we would have missed out on Levy transfer funding, so we would definitely recommend getting a helping hand from them to help you take on an apprentice and save on the training costs."

Apprenticeships offer an opportunity for people to take the first steps onto the career ladder, change career paths or develop new skills in a current role, earn money while training and gain qualifications from entry level to the equivalent of a master's degree.

Apprenticeships are making a difference in companies across the county as well as playing a vital role helping businesses in East Sussex find the talent they need to grow.

Please email: transform@sctp.org.uk for further information.

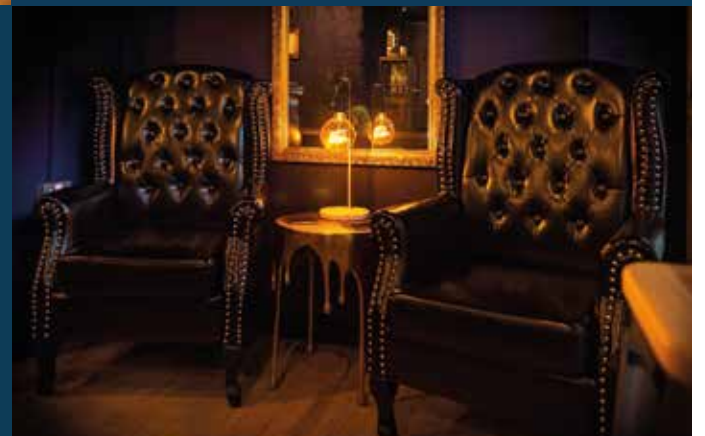


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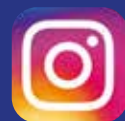


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The Bournfree People's Choice Awards 2023



WE are proud to announce the launch of the *Bournfree People's Choice Awards 2023*. We want to toast success, celebrate achievement and honour the innovative and resilient businesses, companies and individuals doing such great things right here in our area.

By **Peter Lindsey**

The Awards will recognise and reward individuals, businesses and team talent in all industries.

You choose

This is your chance, the people of Eastbourne and surrounding areas, to support and share in our vision to raise the profile of talented, hardworking and dynamic individuals around us.

It will give companies of ALL SIZES, from pioneering start-ups to the powerhouses which drive the region's economy, a chance to be recognised and proud of the work they do.

The categories represent businesses from all sectors and industries, from technology and innovation to green energy and construction, from tourism and hospitality to charity work and entrepreneurs.

Win the recognition you deserve

And it's not just businesses which are celebrated. *The Bournfree People's Choice Awards* will also recognise individual talent, whether you are an entrepreneur who has launched a business and grown it successfully, or a start-up employee who has stood out from all others.

The awards also remind us that our area is a great place to live, work and do business. And what's more, the awards are FREE TO ENTER!

The entry details will be in next month's *Bournfree* and is the first step on the road to possible success – and potential glory at our glittering informal banquet awards dinner and ceremony at the *Winter Gardens* on July 15th, 2023.

Success celebrated

Bournfree MD Andy Thomas said: "Having to deal with the Brexit uncertainty, a global pandemic and now being faced and challenged by high energy prices, added to a cost-of-living crisis, the local

business community continues to amaze me.

"We've seen massive strides made in tech development running alongside traditional industries which all continue to help the area be a great place to do business.

"*Bournfree* is relatively new to Eastbourne – we only launched in February 2020 – but we are proud of what we have achieved and how we have developed since the very first edition.

"One of our aims has always been to celebrate success and turn the spotlight on individuals and businesses that make it such a wonderful place to live and work.

"These Awards are a perfect way to help achieve this.

"We are thinking big for 2023 as we continue our progress and development, both in print and online."

Be part of this annual event

We are also keen to hear from businesses who wish to come on board as sponsors.

This is the perfect opportunity to raise the profile of your business as well as helping us showcase the very best of our area.

The awards categories and full criteria details will be available next month.

So, if you would like to showcase your success, not just to the business community but to thousands of online readers through our website '*Bournfreelive*' and to the thousands of readers of *Bournfree*, look out for details in next month's *Issue*.

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Cash boost for town centres and the Cuckoo Trail



BOTH the popular *Cuckoo Trail* and some of our Town Centres are in for a New Year boost.

By **Peter Lindsey**

Wealden District Council says a masterplan is being developed for the *Cuckoo Trail*.

This will highlight how to better connect the different communities on the much-used Trail.

The idea is also to improve its infrastructure and to promote it better to visitors.

The council also wants to support town and village centres within Wealden so more people shop local and to

help them to thrive. Many are currently experiencing financial pressures.

All this is possible because the council has secured Levelling up funding from the government.

Much needed funding

Councillors Philip Lunn and Pam Doodles, the portfolio holders for Commercial, Economic Development and Leisure and Climate Change, Public Health and Community Leadership respectively, said, "We are delighted to have secured this much needed funding which will help

support our local communities across the Wealden district.

"We have developed a robust investment plan which will enable different projects to benefit residents, visitors and businesses in Wealden.

"There are many exciting things planned using this money and it will go a long way to delivering a variety of projects and initiatives."

The funding for Year 1 is £148,023 revenue and £14,225 capital for 2022/2023.

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'Warm Spaces' providing winter relief

THE Warm Spaces initiative operates in partnership with the voluntary sector to offer a 'network of Warm Spaces' across Eastbourne and villages during the winter months.

By **Tom Magnini**

The aim of the project is to provide 'safe, warm, non-judgemental spaces where local people can:

- sit and be warm,
- study or work on their laptops (with access to Wi-fi),

- have a hot drink,
- be with company,
- access advice or information/signposting to advice on debt, bills, benefits and food.

The campaign was set up in response to the cost-of-living emergency to help with the rising cost experienced by households.



To become a 'Warm Space,' premises must ensure 'a warm welcome, a safe space; free of judgement, access to basic facilities and confidentiality.'

Organisations providing this support include local 'Church Halls, Community Centres, Libraries, Civic centres, Advice centres/charities with spare space.'

Local groups and organisations are encouraged to join the Warm Spaces directory through Lewes and Eastbourne Councils as part of the Warm Welcome Network operating nationally in the UK.

Please go to: www.lewes-eastbourne.gov.uk/community/cost-of-living-crisis/warm-spaces-directory

Watsons News in the Beacon

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Unit 46 The Beacon Eastbourne BN21 3NW

Eastbourne Foodbank thanks supporters for their empathy, compassion and donations through its busiest time

THE local community is a huge support to Eastbourne Foodbank and the charity wishes to express its gratitude to the hundreds of people who make its work possible.

By **Juliet Mead**

Sharing love, support and food in our community
People from all walks of life support the foodbank in a variety of different ways – and not just by donating food.


We are grateful to be surrounded by such a supportive community here in Eastbourne whose generosity allows us to cope with the growing demand for our service. From artists creating calendars to sell in aid of our charity, to churches supporting our ethos to create a dignified experience for our clients, our supporters bring unique offerings which all help to make our work possible. This month we focus on just three of our supporters, who are helping provide food and compassion to those in financial crisis across the town.

Eastbourne Foodbank would like to thank everyone who is able to donate through this cost of living crisis. Every tin and packet is much appreciated. If you can't afford to donate, you can still support our work. Sign up to our campaigns mailing list at campaigns@eastbourne.foodbank.org.uk and find out more about our work to create a better future for people living in poverty.

November Statistics

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

 **Adults 1,767**  **Children 986**

 **Meals – 27,530**

Percentage increase on the previous year (Nov 2021): **31%**



Rev. David Harrigan, the incumbent at St Elisabeth's Church in Old Town, opens its doors to Eastbourne Foodbank every Tuesday. It is the newest foodbank satellite and volunteers from the church are a listening ear for people choosing their food parcel.

Rev. Harrigan said: "As well as working with the foodbank, it is

REV. DAVID HARRIGAN

about getting to know people and getting to know their situation and hearing their story.

"If they are on their own or they are limited with who they have got connections with, We also provide a wider space to be able to chat, to hear about who they are as people and how we can value them and love them.

"It's been really good with the volunteers at the church that they're able to use that time to really get to know people beyond the walls of the church and hear how they can support and love those in our parish."



Claire Graves, teacher and textile artist, created a calendar ahead of Christmas and is donating £1.50 of every sale to Eastbourne Foodbank. As a teacher, Claire has seen the struggle many families face.

CLAIRE GRAVES

She said: "I just think it is so unfair that everyone I teach has a different experience of Christmas.

"Often, families are struggling just to buy a bottle of milk and some cereal and especially around Christmas, it's really important to have those luxuries, and it just makes me feel really sad that students who are coming into school are not only hungry but they can't have the pleasures I had as a child."



Nicky Baker, maths teacher at St Catherine's College, co-ordinated a huge pre-Christmas food collection for Eastbourne Foodbank but the school in Langney knows there are many within our community who are unable to donate and will be facing financial crisis themselves.

NICKY BAKER

encourages empathy within its school community.

Nicky said: "We tell our children that there will be people here, in our classrooms, they might be sat next to someone, who is from a family who is using a foodbank. We try to take away any negativity people might feel about that or the misunderstanding they might have about the people using the foodbank and just be aware that this is not a problem that is somewhere else.

"It's a problem that our school community might be a part of, as well as our local community."

The school is open with its pupils about this message and



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 complex neurological disabilities and conditions such as Acquired Brain Injury, Spinal Cord Injury, Stroke, Multiple Sclerosis, Motor Neurone, Parkinson's Disease and Cerebral Palsy.

We offer residents:

- 24 hour residential care and nursing for long term and respite stays
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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: reception@chaseleytrust.org www.chaseley.org.uk





Thank You from Chaseley's CEO

WOW what a year 2022 was. We are so grateful for the support and love we received from our local community.

By **Emma Rich-Spice**, CEO

Those of you who sent in donations, fundraised for us, donated items and shared our story helped to raise over £100k. This money enabled us to complete the first year of our 15 year maintenance plan to modernise and refresh our beautiful home, as well as purchase vital equipment to support our residents' physical and mental well-being.

Looking forward into 2023, I am pleased to share with you that we are continuing with the homes development, starting with the repair and replacement of 23 windows and huge areas of flooring within the home. We are also hoping to restart the monthly Millie's Disco, a nightclub for adults with disabilities and in addition to this, we are looking at ways we can support our residents and team with the cost of living crisis.

So how can you help? In terms of fundraising, this year we need to raise over £125k, so perhaps you

could organise a charity event for us, participate in a fundraiser, set up a regular donation or make us your charity of the year? But just as important is helping us to raise awareness of the great work we do, that could be as simple as following our social media pages and sharing our posts or signing up to our monthly enewsletter that keeps our supporters up to date.

Perhaps you could donate time or services to support us? We are on the lookout for new volunteers to support our residents through our Well-Being & Activities team. It doesn't have to be a huge commitment – it could be once a week, or even once a month. Every volunteer we have really does have an impact on our residents' lives. Maybe you could consider shaping the future of *Chaseley* and becoming a Trustee?

If you have any questions or idea to share, please do get in contact with our Fundraising & Marketing Manager Jodie and she would be happy to support you.

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



Scott named police officer of the year

AN Eastbourne Police officer who his supervisor described as 'the perfect street cop' has been named as the police officer of the year.

By **Jacob Panons**

Scott Franklin-Lester has worked for the force for 23 years, 18 of those on the beat in Eastbourne, helping to catch criminals and protecting some of the county's most vulnerable people.

Although previous to this, Scott was a special between 1992 and 1999.

Scott has a real passion for local policing and is very much part of the local community.



PC Scott Franklin-Lester with award. Picture from Sussex Police.

He was nominated for the Chief Constable's award for his unmatched drive, motivation, depth of knowledge, skill and focus.

There are many fine examples of his work over the years but what is said to set him apart from others, is the scale and pace at which he responds to problems and the energy he pours into it.

Dealing with County Lines drug dealers and cuckooing victims are good examples of his desire to catch those responsible for taking over local addresses to deal drugs from and to bring them to justice.

His focus isn't solely on just arresting dealers but he also builds trust and confidence with vulnerable drug users which encourages them to ask for help when they need it. He has made a real difference to many people's lives.

PC Scott Franklin-Lester said: "This is quite amazing really, I've received awards before but this tops it all.

"For me it's just going in and getting on with the job and trying to do what I'm paid to do really while making a difference to the people out there.

"I am lucky to work with an amazing team of people."



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Circus Graduation Day



The East Sussex School Of Circus Arts (ESSCA) held its most recent Graduation Day on Thursday 24th November 2022, and it was an event filled with excitement and awe.

ESSCA's Graduation Day marked the culmination of 12 weeks of hard work and training of their 8 Diploma students'. All 8 of the students that graduated performed their final routines on the day in-front of a large panel of judges, as well as guests from around the

South East. The panel of judges included, Alex Proud, Director and Founder of Proud Group, Jessica Talbot-Smith, Show Director of Proud Group, Ivor Guest, Fourth Viscount Wimborne, Emmy and Grammy nominated Music Composer, Charmaine Davies, Actress/Comedian, and Paul Holbrook, Cllr Mayor of Hailsham.

All the judges were amazed by the talent and courage that the graduates presented. "It's astonishing what they have achieved in just 12

weeks", said Alex Proud. The Principal, Renato Pires, also added "I am very proud of my students, having watched them grow from beginners into confident skilled performers". The 8 graduates included: Abbie Garlic, Abubakar Salum Saidi, Angela Silva, Fabio Gonçalves, Katrina Brennan-Wright, Kelly Trincão, Nassor Said Abdalla and Solange Carvalho. At the end of the day 50% of the graduates were hired after their performances.

If you are interested in completing a Circus Diploma Course and graduating yourself, The East Sussex School Of Circus Arts will be running their Vocational Diploma Course again from March-May 2023, free funding is applicable.

For more information please visit eastsussexschoolofcircusarts.co.uk or call 01323 325957.



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

Authentic Italian Food in Hailsham



Romeo e Juliet Chef Patron and Ambassador of Italian Cuisine, Ramses Torres Vidal, is being recognised in the Italian Parliament for his contribution to bringing excellent, authentic Italian food to the UK.

Ramses is recognised as one of the top Italian chefs in the UK

and has been invited to the Italian Parliament in December to collect his award. So the Chamber was delighted to attend a special gourmet evening at the Romeo e Juliet restaurant in Hailsham hosted by Ramses and his wife Laura Biasi with a 13 course taster menu paired with a wide selection of excellent Italian wines.

"The restaurant was packed full and the atmosphere of anticipation was electric" said Christina Ewbank of Eastbourne Chamber of Commerce.

"We enjoyed handmade spaghetti, gnocchi and Italian breads followed by Gorgonzola and Saffron Risotto, Fresh Tuna rolled in Pistachio Granola, Duck Breast on Rainbow Chard Ratatouille, Venison Amarone Goulash and then a trio of desserts including handmade Chocolate Truffles, Mont Blanc dessert in a glass and Caramel Foam with Granola Biscuits."

Christina reported "The meal was absolutely delicious - we are so lucky to have this great value Italian restaurant on our doorstep!"

All the dishes were paired with

Italian wines introduced by the specialist Sommelier and accompanied by live music for the full Authentic Italian Experience.

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Top tips from travel expert

I AM reminded of the opening advertisement for the first Jaws film “just when you thought it was safe to get back into the water...”, as with the flight delays and cancellations earlier last year, I had thought that normality had finally arrived, but then as a parting shot in 2022, we heard of a strike at the border control staff at the airports. Hopefully, 2023 will be business as usual.

By **Martin Wellings**, PST

Wherever your plans this year, I would like to share some tips when travelling to make things more stress free and relaxing.

When booking

1. Book early as fares will only increase this year.
2. Beware of on-line agencies promoting cheaper air fares. They are not necessarily any cheaper and unlike them, you can speak to us!
3. When travelling further afield, check on the aircraft used and opt for one of the wide-bodied types with two aisles as they tend to give you more room.
4. I know going from Gatwick is preferable, but if travelling a long distance, don't dismiss Heathrow, as choice of airlines or aircraft may be better.

When packing

5. I have used a packing check list for years and do recommend one as when you have finished packing you will know that there is nothing missing.
6. Put basic overnight items in a cabin bag just in case your hold luggage is delayed or lost and put any liquids in transparent bag for going through security.
7. Don't put your home address on suitcases, as it is a giveaway that your home will be empty. I recommend simply putting your mobile number and email address.



At the airport

8. Don't get to airport too early. Check-in desks only open three hours before departure, and if you have a bag for the hold, do check the three-letter airport code that is tagged to ensure it is routed to the same destination as you are!
9. If you are on a short-haul flight, have your boarding pass and just a cabin bag, there is no need to get to the airport more than an hour and a half before flight.
10. Gates usually close twenty minutes before departure, so don't forget to allow at least ten minutes to get from the main area to the gate.

I wish you a good holiday wherever you choose to go and if you want some ideas do pop to our office. In fact, choosing may be one of the hardest decisions you have to make as there are more choices than I can ever remember.



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St Wilfrid's Hospice has a fantastic year of events coming up.
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stwhospice.org/challenges

WALK ACROSS BURNING COALS

Saturday 11th March

Are you brave enough to take on the hot coals? Be one of the lucky few to experience the adrenaline rush of a lifetime at our hottest event of the year.

stwhospice.org/firewalk

COLOURFUL FUN AT RAINBOW RUN

Saturday 20th May

Run 5km through seven colours of the rainbow as you make your way through the paint stations. Rainbow Run is perfect for families, friends, colleagues and anyone else who wants to join in on the fun.

stwhospice.org/rainbowrun



St Wilfrid's Hospice



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Eastbourne remembers

THIS years' International Holocaust Memorial will be held on Thursday 26th January 2023 at the Shackleton Room, Welcome Building.

By **Gail McKay**

The event starts at 6.30pm and has an impressive programme. Highlights include Natalie Cumming's violin which came from her Aunt who played in the Berlin Philharmonic Orchestra, and then Auschwitz. She survived and went on to testify against the Nazis.

The Yehudi Menuhin School String Quartet will perform with the

famous violin and there will be other presenters and performers. Eastbourne's Dorit Oliver-Wolff BEM will be speaking and signing books.

The event is free and everyone is welcome to remember the 'Ordinary People' of the Holocaust.

Free tickets available at: www.eastbournetheatres.co.uk or collection from the Welcome Building or call the Congress Theatre **01323 412000**

EVERYONE is Welcome

Eastbourne Holocaust Memorial Day

Ordinary People

6:30pm Thursday 26th January 2023

~ Doors open 6pm ~
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Team GB for New Bournes



FIVE New Bourne Roller Derby skaters selected to represent in World Cup.

By **Ellie Sacco**

The New Bournes are part of a league of Eastbourne Roller Derby and have had FIVE skaters selected to be part of Team GB and represent at the Junior Roller Derby World Cup being held in France in 2023.

They will be competing against other teams from around the world for the chance to battle it out for the top spot

against the likes of Team USA, Team Australia, Team France and more.

Support coaches

Eastbourne Roller Derby skaters, Julie English and Bronwen Sacco have also been selected to be part of Team GB but as support coaches. Julie English (*New Bournes Roller Derby Coach*) has previously been part of the *Team GB* support coaches and Bronwen Sacco was selected as a skater for *Team GB* for the World Cup in 2020.

The event promises to be an amazing opportunity and will showcase the talent of each and every skater on track at the event. It also requires lots of hard work behind the scenes from coaches to fundraising for transport.

Unfortunately, roller derby does not receive any government or local funding so the skaters travelling next year are relying on our fundraising efforts to get them there! We are asking for people to kindly make donations to help our skaters achieve their dreams.

The skaters

- #84 – REI (Rei Anderton)
- #7 – ‘The’ Charlie English (Charlie English)
- #40 – Jammie Dodger (Jamie English)
- #123 – Fridge (Archie Telford)
- #58 – Chaz (Charlie Telford)

Please donate using the following link www.gofundme.com/f/help-get-the-new-bournes-to-the-world-cup

Or check us out on Facebook – **Eastbourne Roller Derby & New Bournes Junior Roller Derby**

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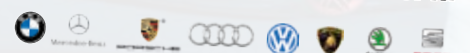
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What will you be in 2023?

STARTING January 2023 One You East Sussex (the county's free healthy lifestyle service) will be launching their "What Will You Be in 2023? Campaign".

By **Dan Ford**

We all know how difficult it is to maintain your healthy lifestyle changes in the new year so why don't you reach out to One You East Sussex for that extra bit of support.

In the new year we will be helping all those East Sussex residents who

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The 2023 TLC Transformation Retreat at Port Hotel

FUSING spirituality with science and strategy by the sea.

By **Peter Lindsey**

PORT Hotel in Eastbourne opens its doors this month to its first TLC Transformation Retreat.

Natasha K Richardson and *The TLC Method* will host the event between January 17–20th.

The unique *TLC Transformation Retreat* is the first retreat experience to take place at Port, and delivers much more than the usual sun salutations and slow flows.

The *TLC Method* creates positive sustainable change by blending spirituality, science and strategy to create a road map of unexplored opportunities rooted in personal and professional development.

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Natasha believes in order to create the deepest, most effective transformation you need all three pillars – Spirituality, Science and Strategy.

For the detailed schedule visit Natasha’s website: www.natashakrichardson.com/retreat-new



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Success Stories

Eastbourne Education Business Partnership – A year in focus

FAIZA Shafeek, Chair of *Eastbourne Education Business Partnership* writes, “it’s been a fantastic year, with most of our annual event’s programme for schools up and running again”.

By **Tim Sorensen**

We started with ‘Wild Coast Sussex In-Bloom’ in partnership with Sussex Wildlife Trust. Primary pupils learnt about our coastal waters and the precious marine life before designing a carpet garden to be planted out at Holywell – our 28th year. Winners, Bede’s Prep helped the mayor with planting in June.

The *BIG Futures Show* finally made a comeback in April with over 2000 visitors from schools, colleges and the wider community. More than 80 organisations were on-hand with information and interactive exhibits to help inspire the next generation. Active job-seekers were also supported with several employment successes.

It was *Young Chef* in June with some very tasty entries. October marked the return of *Junior Enterprise Challenge* with pupils creating ideas and souvenir masks to help promote *Eastbourne Carnival*. November saw *Eastbourne Youth Radio* on-air again from studios at *East Sussex College* with programmes planned and presented by young people aged 5–19. This was closely followed by the *Pantomime Technology Challenge* in association with *Eastbourne Theatres* – case of a moth-eaten carpet that had lost its magic! Aladdin needed some help – oh yes, he did!

Looking ahead, we have our *Young Engineers Challenge* in January and then it’s back to *In-Bloom*, closely followed by *BFS 2023* on 25th April at *Eastbourne Sports Park*. Huge thanks to all the business and wider community partners for their continued support and sponsorship.



Wild Coast Sussex In-Bloom.



Junior Enterprise Challenge.



Eastbourne Youth Radio.



Pantomime Technology Challenge.

Faiza and the team are looking forward to delivering more exciting events in 2023.

For further information, contact tim@eastbourneebp.org.uk or call **07890 388624**.

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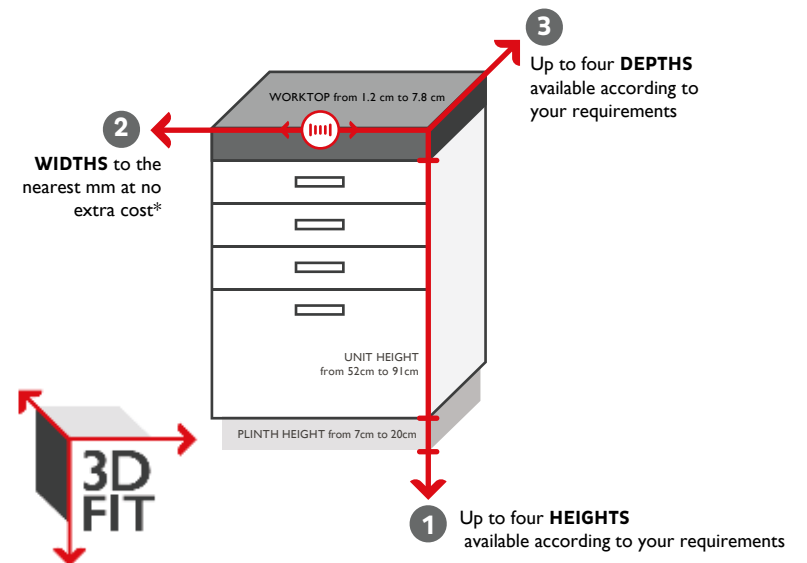
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Ampa.

Mayo Wynne Baxter: Amping up Growth

FOUNDED more than 150 years ago in Lewes, Mayo Wynne Baxter is a leading law firm for life and business in the South East.

By **Lorna Gietzen**

Steeped in history, the firm was originally founded by Wynne Edwin Baxter; who was not only a successful lawyer but also the first mayor of Lewes, and the coroner who famously carried out inquests into three recognised victim cases of Jack the Ripper in 1888.

Fast forward almost two centuries and 15 mergers and acquisitions later, the award-winning firm has seven hubs across Sussex, including Brighton, Crawley, Eastbourne, Storrington, Lewes, Seaford and East Grinstead, as well as ambitious plans to grow further into Kent and Surrey.

In May 2022 the firm was ready for its next step; so the 170 people-strong brand merged with national legal and professional services group Ampa, joining other legal and non-legal brands and giving its clients access to more than 900 experts across different legal disciplines and business operations.

Mayo Wynne Baxter remains a separate LLP, but has already begun to reap the benefits of being part of the group, with a strong financial performance for the year.

2023 focus

Over the next year Mayo Wynne Baxter is looking to grow further both organically and by taking on practices and lateral hires that fit with its ambitious plans for growth. Seeing opportunities in the commercial and litigation spheres, the firm has already appointed new partners in these areas, with plans to focus on expanding its employment provision next.

Dean Orgill, chief executive partner of Mayo Wynne Baxter, said: "We are recruiting proactively across Sussex, Surrey and Kent. We are also looking for like-minded teams or smaller firms in our current localities – and further into Kent and Surrey – who share our culture and values and are looking for a firm where they can flourish.

"We will also continue to be inventive in the way we approach private client work, developing our IT provision further, in order to enhance the quality service we provide. Further growth is also expected in the family work that we do."

Reflecting on recent years, Dean added: "As we emerged from the pandemic, we found we had retained a huge number of staff and admirable client loyalty. We have utilised and enhanced ways of hybrid working with flexibility based on individual need and job role. This has resulted in improved efficiencies in the way we work on client focussed outcomes. We are also learning to use our office space in different ways, creating hubs for creative and collaborative thinking. Adapting to market trends has also been key, for example a property market that has been open to all sorts of influences."

Mayo Wynne Baxter supports clients across property, corporate and commercial law, employment, litigation, international, private client and family law as well as specialist litigation, rural affairs and commercial transactions.

Ampa is a group of legal and professional services brands providing the infrastructure and backing that enables the growth of each brand within the group.

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www.mayowynnebaxter.co.uk



Sarah Walker-Smith (Group CEO at Ampa) and Dean Orgill (Chief Executive Partner MWB).

**Mayo
Wynne
Baxter**
Solicitors

Ninja Nuts

THIS year has been a breakthrough year for the team at *Ninja Arena*. A place where kids and adults have been jumping, swinging across obstacles, balancing, keeping fit and having fun.

By **Gail McKay**

Having rebranded as *Ninja Arena* in July 2022, they have had over 100,000 people through the door.

They are thrilled with how people in the South East have embraced the new activity venue.

Community

Ninja Arena has become an established part of the Community; they were one of the hosts for the *Zombie Flashmob* with *Cherry Dance* at Halloween.

Andy Finch, the operations manager, enthuses about the local contributions they are making, "We now sponsor the *Stone Cross Royals* football team under 8s and we donate 'player of the month' prizes to *Super Strikers*, which are a pre school football coaching group.

"We had a fundraiser session for *Children with Cancer* recently, and we regularly donate vouchers to local charities and schools.

"We entered the *Soap Box Race* in September and had a lot of fun, but we didn't do very well!"

Busy summer

Summer was busier than expected, there was a lot of positive interest as they parted company from *Ninja Warrior*. This enabled them to collaborate with local companies and make changes to their layout.

"We are now a local independent business, and because we aren't part of a franchise, we have the freedom to design our own products and sessions. We have more freedom to engage with the local community and run mutually beneficial cross promotions. Our latest is with *Taylor's Sports Bar* where their customers get a 15% discount off our sessions and vice versa."

Adult only

Ninja Arena is not just for kids. There's a *Supper Club* from 5–7pm on Thursdays, you get a meal and a 2 hour session for £15.

"This has been really popular with 18–40 year olds. It's such good value, and people can let off steam after work. We're now looking at getting a DJ, to add the evening vibe."

"Our *SEN* sessions have seen an increase in attendance. Sunday between 5.15pm and 6.15pm, we have children with their carers enjoying low lighting, and a quieter environment."



Cafe

The menu at the café is varied and delicious. They offer a range of pizzas, noodle bowls, burgers and sandwiches, salads, jacket potatoes with many vegan options. Food here is much more than nuggets and chips!

With a very successful 2022 under their belt, what's in store for 2023?

There will be new inflatables in 2023 and they are creating merchandise for their customers. But most exciting of all is the *School of Ninja* that is planned. Kids can safely learn to do flips, backflips and Parkour tricks to become a real ninja! Keep your eyes peeled on the *Facebook* page and website for updates.

Andy and the team are very proud of what they have created, there's nothing else like it in the South East.

They welcome school groups and parties, with their huge social area and large kitchen.

Ninja Arena is a real asset to Eastbourne, and there's something for everyone.

www.ninjaeastbourne.co.uk
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Unit 20b, The Beacon,
Eastbourne BN21 3NW

[NinjaArenaEastbourne](https://www.facebook.com/NinjaArenaEastbourne)





SUSSEX Footcare has had an extremely successful year – and it's looking very positive for 2023.

By **Peter Lindsey**

The company – based in Watts Lane – is a podiatry and chiropody specialist. They use the latest technology and are constantly developing whilst others stand still.

Treatments on offer include:

- Routine nail care.
- Nail surgery (Ingrown nails).
- Verruca's.
- 3D scanning Orthotics.
- Fungal nails.
- Musculoskeletal assessments.
- Biomechanics.
- Sports injuries.



Expanding

Owner Andrew Albon says demand has been very high.

Because they are so busy, there are now three full-time staff with a fourth due to join in the New year.

Sussex Footcare has expanded and now works with over 40 care homes across the county, from Hastings to Brighton, showing real growth from the previous year.

Andrew said: "We have had a great 2022 during which time we have treated well over 1000 patients in the clinic and many more in our care homes.

"We have about 80 per cent repeat business where clients come back. That is very reassuring given that for many, once we treat them their problem is solved.

"Care homes are very important to us, and yes we are open to going into more of them. We offer a great package for all of our care homes. All of our staff are dementia champions and we have raised money for charities such as the *Alzheimer's Society* as it is close to our hearts.

GP referrals

GP referrals are a key part of what *Sussex Footcare* offers.



Andrew said: "We are able to resolve nine out of ten issues that we come across with our patients, but of course there will always be some that need further examination or imaging.

"That is when we are able to contact the GP direct rather than the patient having to wait anxiously for a GP appointment themselves.

"We can send them a detailed referral letter and request imaging such as x-ray or ultra-sound, we work best with a multi-disciplinary approach to achieve the best outcome for our patients.

"Whilst we continue to grow, we will yet again be taking part in the National Campaign *#podshealheels*, which takes place in March, where we will be actively helping patients with common heel pain through our *Facebook* page and other social media platforms.

"Our website has also recently had a revamp and people can now book appointments online.

"We are keen to play a key part in the community that we are proud to serve.

"For a few years now, we have sponsored the Charity Golf Day at Willingdon Golf Club various charities including *Matthew 25 Mission*, *Rocking Horse children's charity* and *St. Wilfred's hospice*.

"We are very proud of how far we have come in the last year and we are very much looking forward to see what we can achieve in 2023."



Andrew Albon BSc (Hons) MRCPod.

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January dining at the Lansdownne Hotel

JOIN us from 2nd to 31st January and enjoy two sumptuous dining promotions throughout the month!

By **Stephen Callis**

Our restaurant 1912 launched in the autumn as a brand new steak and seafood offering with all-day dining available from midday until 8.45pm. Due to popular demand we are bringing back our two course dining offer for you to enjoy throughout January.

2 Courses for only £19.12

During January enjoy two courses for only £19.12. Choose from a starter and main course or main course and dessert – the choice is yours. Steaks are also available at a supplement.

Highlights on the new menu include a surf'n'turf steak or burger, grilled tuna steak, spaghetti vongole, 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.

The Lansdownne Hotel also has a daily happy hour in its bar from 5.00pm to 7.00pm with a selection of cocktails priced at only £6.

Plus, 25% off afternoon tea

Relax in the warmth and comfort of our lounges and enjoy the sea view whilst enjoying afternoon tea. Sample a selection of sandwiches,

cakes and warm scones with jam and clotted cream, all served on a three-tier stand with your choice of tea or coffee. For an extra special treat add a glass of Prosecco. Served daily between 1.00pm and 4.30pm.

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Relax in our lounges

Our lounges are always open to non-residents and make for a wonderful place to drop by when in town, perhaps during the January sales. Enjoy a variety of coffees, a selection of teas or perhaps a drink from our bar. Free WiFi is also available.



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Horseradish Bloody Mary

THIS fiery hangover cure will blast away a sore head.

By **Gail McKay**

Christmas and New Year will be a time of over indulgence for some, so kick start January with this lively beverage.

🕒 Prep time: **15 mins**

🕒 Marinade time: **3 days to 1 week**

🍷 Servings: **15–20 drinks**

INGREDIENTS

- 1 Litre of vodka.
- 1 fresh horseradish root.
- Tomato juice.
- Amontillado sherry.
- Worcester sauce.
- Black pepper.
- Lemon.
- Ice.
- Celery.

INSTRUCTIONS

1. Empty an inch or two of vodka from the bottle it's already in.
2. Peel and chop the horseradish into small pieces that will fit into the bottle, about 1cm thick and put as much as you can into the vodka. (I found that the root would probably be enough for two litres if you want to make that much.)
3. Leave for at least three days or up to a week if you have time.
4. They make good gifts too.

The strength softens over time, so if you like the kick, then consume within a few weeks.

To make the Bloody Mary:

1. 2 shots of horseradish vodka.
2. A big glug of tomato juice.
3. Splash of Amontillado sherry.



4. A few dashes of Worcester sauce.
5. A few grinds of black pepper.
6. Squeeze of lemon.
7. Serve in a tall glass over a lot of ice.
8. Garnish with celery.

Goodbye hangover.

Hello 2023.

Slainte.

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Dine Out for £10 offer



LOCAL restaurant offers affordable menu to beat January blues.

By **Gail McKay**

Beat the January blues with a weekday treat which won't break the bank, as French restaurant *Bistrot Pierre* invites guests to *Dine Out for £10* throughout January.

The *Dine Out for £10* menu is available all day from Monday to

Friday, or guests can upgrade to three courses for just £15. Customer favourites including honey glazed pork medallions, chicken diane and tarte picardy are on offer and for those embracing Veganuary, the cauliflower and chickpea curry may tempt tastebuds.

With delicious, fresh and affordable dishes served throughout the day, *Bistrot Pierre* in Eastbourne has always been a neighbourhood favourite.

Nick White, CEO of *Bistrot Pierre* said: "January can be a grey month, with little to celebrate, but we want to change that. We are so excited to see our guests back post-Christmas we wanted to give them something affordable to look forward to.

The *Dine Out for £10* menu will be available all-day Monday to Friday, from 3rd January to 13th February at *Bistrot Pierre*. The *Dine Out for £10*

menu includes a delicious main dish, with a starter and dessert added for just £2.50 per course.

The three-course *Menu Pierre*, including a complimentary glass of signature Cuvée 22 wine, a pint of Bière 94 or a soft drink for £22.95, will also be available during January.

For further information about *Bistrot Pierre* and to book a table, visit: www.bistrotpierre.co.uk

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Crossing the Screen

THE *International Film Festival* returns to Eastbourne this March.

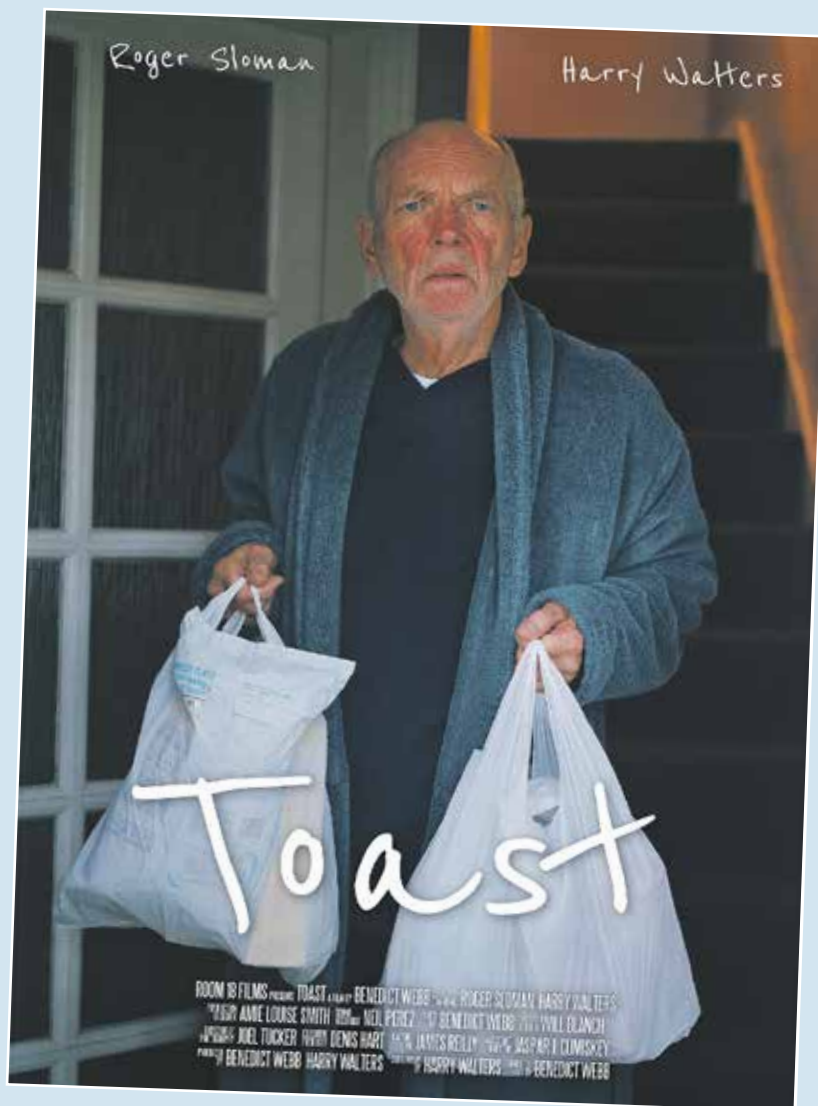
By **Melita Cameron-Wood**

Founded by Domenico Della Valle and Manfredi Mancuso in 2015, *Crossing The Screen International Film Festival*, will be held at the *Grove Theatre* from 3rd to 5th March 2023. A wide array of films, ranging from shorts to narrative features and documentaries, will be screened this year.

“The coming edition of the film festival really reflects the times we are living through,” Della Valle comments. “Some films cover the war in Ukraine or environmental challenges like climate change, while others focus on gender-related identity struggles. Immigration is also a big topic this year. But overall, one feeling that really emerges from the submissions we’ve received — particularly those from Africa and the Middle East — is that people want to break boundaries. They want to be free to express themselves on a different level. There is a lot going on in the world at the moment, and the filmmakers seem to have picked up on this urgency to be free.”

Once again, submissions came pouring in from all four corners of the globe, offering local audiences the chance to explore narratives that they would otherwise be unlikely to see onscreen. One such example is ***Goom Bu Nuul (Black tumour)***, a Senegalese documentary that showcases the 23-year-old director Babacar Sougou’s early memories of Mbeubeuss landfill, a sprawling dumpsite located next to his childhood home outside Dakar. Similarly, ***Cycle***, a disturbing and thought-provoking film by award-winning Indian director Devashish Makhija, examines another topic rarely seen in film — the dilemma of the absence of systemic justice in tribal communities.

Alongside many international films, the festival also celebrates Sussex productions, such as ***Toast***, a short film directed by Benedict Webb, a successful 22-year-old Portsmouth-based director and writer. This film will be competing against other local films in the category of *Best Sussex Short Film*. Another contender for the prize is ***ELEVATE***. This short film, set in an Eastbourne yoga studio, was directed by professional actor



Christien Anholt (*The Relic Hunter, The Laureate* and Franco Zeffirelli’s *Hamlet*) and produced by Daniel Fathers, a local Hollywood star, who recently played Osfar in *The Witcher: Blood Origin*, which went live on Netflix on Christmas Day.

The festival — the fruit of the unrelenting dedication of Della Valle, Mancuso and their team of volunteers — promises to bring people together through the power and joy of storytelling.

www.crossingthescreen.org

Tickets available from:
www.filmfreeway.com/Crossingthescreen/tickets



On the set of **ELEVATE**.



Goom Bu Nuul (Black tumour).



Cycle.

Throughout 2023, Towner will be celebrating its Centenary

TOWNER 100 is a series of major exhibitions and events celebrating the past 100 years of Towner Eastbourne.

By **Will Barrett**; Photograph by **Gary Towner**

Originally established with a bequest from **John Chisholm Towner**, the gallery was first homed in **Manor Gardens**, adjacent to **Gildredge Park** in the Old Town area of Eastbourne, opening there in **1923**.

In 2009, it re-opened in its current location – a purpose-built facility adjacent to the *Congress Theatre*.

TOWNER 100 will include celebrations of the *Towner Collection* past and present, the world's leading prize for contemporary art coming to Sussex for the first time, and a large-scale presentation of one of the UK's best loved sculptors.

TOWNER 100 will also look ahead to the next 100 years, asking what a museum and gallery can be today, and who it is for.

Highlights include:

- TOWNER 100: The Living Collection
- TOWNER 100: Unseen
- Barbara Hepworth: Life and Art
- Turner Prize 2023
- Leap Then Look: Play Interact Explore

... and much much more!

More info on the Towner website www.townereastbourne.org.uk



Photo: John Hesse.

Green light for Green Light

EASTBOURNE will have its own winter music festival to look forward to at the start of 2023.

By **Harry Farmer**

Green Light Music is a collaboration between the Eastbourne Music Collective, Your Eastbourne BID and Eastbourne Council designed to showcase the range of musical talent in the town through a set of mainly free performances in a wide range of town centre locations.

Introducing the festival, BID Chief Executive, Stephen Holt, commented, "we are really proud to be supporting this event. It is a real winter warmer that will provide top notch entertainment for our residents and visitors, at a traditionally quiet time of year. We want to get people back out in our town centre and to support our brilliant shops and pubs put on a bit of a show."

The festival will involve a number of local bands, covering a club mix of musical forms from classical to extreme noise, performing in several venues, including the majestic assembly room in the Town Hall.

Vibrant live music scene
Caine Hemmingway, for the EMC, which was set up earlier this year to promote new live music in the

town, said, "Eastbourne used to have a vibrant live music scene that we are determined to revive at a moment when we are blessed with phenomenal talent working in all fields, from jungle to jazz. For too long, we have exported our talent by putting on gigs elsewhere and the time has come to bring it home."

Best night ever

A recent gig at the *Eagle* on South Street, involving local band *Black Groove*, designed to test interest, drew a full house on what licensee, Shoes Simes, described as one of the pub's best ever nights.

Councillor Margaret Bannister, Cabinet member for Tourism and Culture at *Eastbourne Borough Council*, is also supporting the festival, observing "Eastbourne is on the up and we see culture as a key part of the mix. Developing a vibrant night-time economy is an early priority, and this festival is a sign of good things to come. Home grown new music on our doorstep. What's not to like?"

Green Light Festival runs from 23rd–25th February 2023.

For more information, see our *Instagram* site and *Facebook* pages.

[@eastbournemusic](https://www.instagram.com/eastbournemusic)
[@greenlightmusicceb](https://www.facebook.com/greenlightmusicceb)

Shining a light on local talent

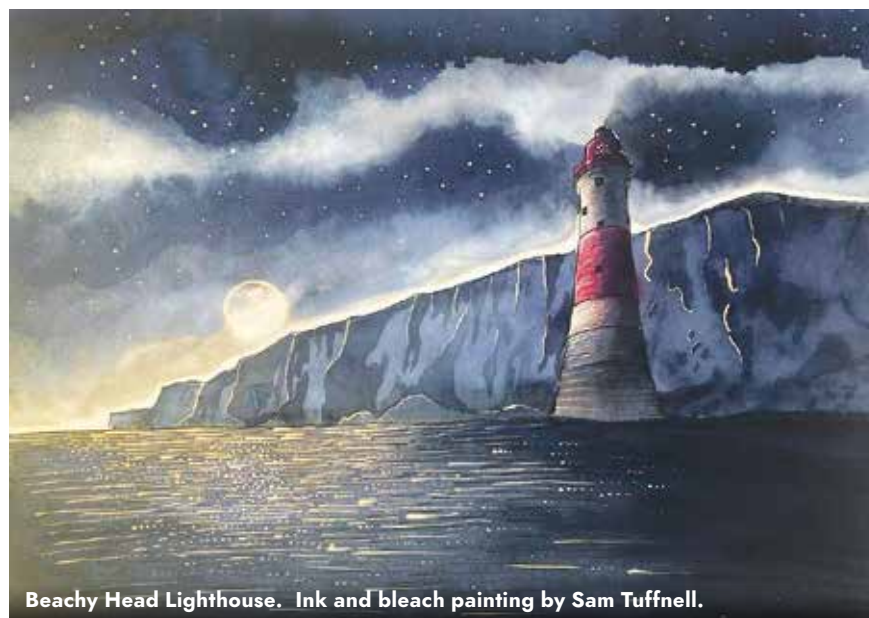
THE Lighthouse Gallery on Cornfield Terrace is proud to showcase and support 25 artists and makers and is filled with a wide range of art and crafts.

By **Gail McKay**

If you are looking for fresh, original work for your home this is the place to come. With gorgeous glass, turned wood, stunning ceramics, silver jewellery, local photography and colourful textiles on offer, it makes the perfect place for gift shopping too.

The perfect escape

In the last eighteen months the gallery has gradually built a solid customer base and has become a favourite meeting place for locals who enjoy the outstanding coffee, homemade soup and sandwiches and fantastic array of cakes while soaking up the gentle, creative atmosphere. It's the perfect place to escape and take a break from the frantic pace of everyday life, and leave feeling refreshed and inspired.



Beachy Head Lighthouse. Ink and bleach painting by Sam Tuffnell.

The Lighthouse Gallery will be closed during January while owners Caroline and Tim Repchuk take a break, but is set to re-open at the start of February. Life drawing classes on Thursday evenings have proved very popular and are also set to recommence in February. Plans are afoot to expand the workshop programme in Spring.



Coastal Glass Bowl by Jazz Dixon.

Follow the light

Follow the gallery on *Instagram* and *Facebook* for more information.

The Lighthouse Gallery
19 Cornfield Terrace, BN21 4NS
@lighthousegalleryeastbourne

It's a must-see for 2023!

SINCE re-starting at Towner in July 2022, the Bavard Bar has seen a wonderfully eclectic and uproarious mix of speakers and shows.

By **Harry Farmer**

In July, Mat Homewood spoke about gullible Victorians and their appetite for ridiculous medicines, Cole Moreton reviewed Sir Mo Farah's astonishing achievements and Sarah Jane Morris enthused about the wealth of female singers through the decades.

August saw Dunstan Bruce, former frontman of Chumbawamba, recount the impact of the huge hit 'Tubthumping' on his and his former

band members' lives, Jenna Mathews revealed the little known history of the FLATs, 'First Lady Astronaut Trainees' and Vera Zakharov spoke of her passion for disused railway lines, of which Sussex boasts several.

Since then we've had brilliant bavards covering everything from found photography, cryptic crosswords, balloon animals, secret nuclear bunkers, fretless guitars, small words, Kliban and Star Trek. Added to which audience members have thrown themselves into the wonderful improv games and caption competition with huge skill and talent and often hilarious results!



Image by Cliff Crawford.



Tim B'vard by John Cole.



Bev Lee Harling.

MC'd by the incomparable Tim B'vard, with music from Piano Man Dan, the show takes place at Towner on the 2nd Wednesday of every month. If you haven't been, a must-see for 2023!

For more details, please like and follow **@bavardbar** on *Facebook*, *Twitter* and *Instagram*.
www.bavardbar.co.uk

“
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ALADDIN runs until 15th January

IT may be January but the Eastbourne panto Aladdin is still running – oh yes it is.

By **Peter Lindsey**

The months of hard work and the intense rehearsal period have paid off as the show opened to a sold-out house on Friday 9th December and it will continue to play at the theatre for an extended period until 15th January 2023.

Tickets are still available for most performances, with best availability in January.

Audiences are whisked to the Far East in this re-telling of the classic tale which includes all the traditional pantomime elements.



Eastbourne in-house produced pantomimes offer the authentic experience of panto, starting with principal boy **Katherine Glover** taking the role of Aladdin, 'goodies' and 'baddies' both talk in rhyme, and of course the dame is played by a male actor, Eastbourne favourite **Martyn Knight** is Widow Twankey.

A trip to pantomime is the perfect pick-me-up treat, and a great way to keep the January blues at bay.

For those two (and a bit!) hours audiences are transported to panto-

land, where anything is possible, whatever your age coming into the building while the stage lights are on and the house lights are down you're a child again! The joy on stage is irresistible and you'll be left feeling elated for days after.

Aladdin is the 21st professional in-house produced pantomime, playing the **Devonshire Park Theatre, Eastbourne** now until **15th January**.

For full list of dates or to book visit www.eastbournetheatres.co.uk or call **01323 412000**.

THE MAKERS DIRECTORY

THE Makers Directory is the online directory of all the makers and artists that work in and around Lewes and Eastbourne.

By **Harry Farmer**

Use The Makers Directory to search for the perfect hand-made gift, find a craftsperson who will repair a much-loved item, or discover someone who is able to teach you a new skill at a workshop.

It's a brilliant way to discover, support and buy from your local makers!

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

themakersdirectory.co.uk

FEATURED ARTIST

Claire Graves

My work is inspired by my love for all Retro and Vintage especially packaging and objects from the 70s and 80s. I love typography on packaging and also am rather fond of bright and bold colour schemes. I mainly get ideas from things around my retro vintage home and also gain inspiration from my 70s childhood.

My aim with the work I make is to make people smile and bring happiness to people's walls and evoke peoples fond memories of a food or object they love. I use mixed media in all my work and especially love combining materials with free-motion embroidery. I then take time

hand painting each embroidery to add the detail I need so they pop out of the frame.

I have designed a range of tea towels as a way to introduce my work as affordable art pieces in this difficult climate. The most popular one being the 'Lovin Gin' as well as the 'Eastbourne Rocks'. All my tea-towels and work are available in the *Lighthouse Gallery* in Eastbourne, *Roubarb* Eastbourne and also my *Etsy Shop*.

I am currently working on new designs for tea-towels and aprons and always participate in the *Eastbourne Open Houses*. Thanks for reading! Claire



Email: clairegraves321@gmail.com
Website: <http://www.etsy.com/uk/shop/ClaireGravesTextiles>
Instagram: [@ClaireGravestextiles](https://www.instagram.com/ClaireGravestextiles)

www.themakersdirectory.co.uk/directory/claire-graves-textile-art



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Enjoy huge savings in our January sale!

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Offers only available whilst stocks last - **Sale is 2nd - 31st Jan**

Spring isn't too far...

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Our Spring flowering bulbs are now in. You can
also enjoy **50% OFF** seeds during January!

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Enjoy events at UpCountry!



Green and pleasant

IT'S very hard to believe but 2023 marks the 15th year that I have been opening my garden, *Driftwood*, to the public. It is also a long time to enjoy and feel enthusiastic about the task of getting it ready. I'm often asked by returning visitors how I renew and refresh my gardening enthusiasm each new gardening year. If I'm being honest, I don't find it too much of an issue. How about you? Have you succumbed to any New Year resolutions about your own plot? Once my garden closes in the late summer, I'm always thinking about what small changes can be made to help create a slightly different feel to the plot for visitors the following year.

By **Geoff Stonebanks**

Sometimes it's small, cosmetic changes and other times bigger projects, depending on how my imagination runs riot. The same rule of thumb would be true for me, whether I opened the garden to others or not because it's important, in my book, to have the garden looking the best it can possibly be it for friends and family or paying visitors.

Pictured in the header is my beach garden covered in a light frost, looking out to sea with a dazzling January sunrise.

New Year at *Driftwood*

So, New Year, new beginnings, what's in store at *Driftwood*? It's always good to try and renew your gardening enthusiasm each year and mine generally comes from ideas conceived wandering around the plot the previous summer. Some ideas are major, others on much smaller scale are less costly.

In readiness for the 2023 season, I've slightly changed the beach garden, as the old wooden boat had rotted away over 10 years. Some local visitors last summer offered me one for free, as they no longer needed it. Many said don't have fibreglass it won't look as good, but I knew, once installed and dressed

with plants and marine objects, it would look fine, as it now does.

Regular readers of my articles will know 2023 is a landmark year for me, I'll be 70 in April and I'm sure many readers will be only too aware that it does get harder to garden the older you get. Over the last couple of years, I've consciously been trying to make it a little easier to get things done, to help compensate for a pair of dodgy knees. Especially trying to reduce the number of containers across the plot.

The big change for 2023 is a revamp of the pond area, the only part of the garden I've never really changed. I've had the pond filled in and a new patio laid, bounded by a beautiful corten steel curved wall. Sitting on the new Indian sandstone patio is a corten steel water feature with fountain. I've also introduced a new small set of steps up to the centre of the garden as well.

New Year ideas, big impact, small outlay!

Many wonder how to make a big difference in the garden for a relatively small outlay. This has been something I've tried to do every one of the past 15 years. My garden is made up of many small components, be they sculptural pieces to be relocated around the plot creating a different feel or new ideas or themes to change a corner or vista across the garden. Here's a few recycling ideas that can really make a difference in your own plot.

If you are taking out an old fireplace, wooden or metal, consider erecting it as a set piece in the garden, placed against a fence and plant up the grate and decorate with succulents.

Likewise, if you have an old dining room chair, take the cushion section out and replace with a container and plant up with summer annuals spilling over the side, it will look wonderful on a balcony, patio or as a centrepiece in a larger garden display. Alternatively, check out your local recycling site and see if one is available.

Look out for old enamel kitchen colanders, I've seen many for sale on my recent travels, they make great outdoor planters for succulents as a centrepiece on a garden table. Think twice before you discard any old junk. I've an old vintage typewriter, rusting on a table, with small pots of succulents arranged around it, which is much commented on by visitors. Over the years I've gathered a small collection of old wooden handled garden tools and stuck small metal birds on the handles as a cheap piece of unique garden sculpture. You'd be surprised how many visitors comment on them and wish they had done the same, before getting rid of their old tools.

Never discard leaky old metal watering cans either, you can repurpose them as a feature in amongst you planting to great effect.

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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01/23 Issue 031
January 2023

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We are constantly evolving and improving courses to provide you with new exciting experiences, the opportunity to develop new skills, and gain valuable qualifications.

East Sussex College looks forward to welcoming you to our Information Evenings in January!
(see dates on the cover)



REASONS TO STUDY AT EAST SUSSEX COLLEGE..



WORKING TOWARD CARBON ZERO.

East Sussex College is stepping into the New Year with their carbon footprint in mind. They've been busy making changes across all of their campuses to make a greener future, from the installation of Ground Source Heat Pumps to eco status in their College salons. Change can't be done overnight, but the College is working towards becoming Carbon Neutral by 2030. Students may indeed be the future, but they need a planet for the future to happen!

One of the College's most exciting - and proud - moments came in autumn 2022 when they launched the ESC Green Training Hub in partnership with OHM Energy at Hampden Retail Park in Eastbourne. The 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 Training Hub base will be home to some of the College's adult provision and will also be utilised by

learners in Further Education (age 16-19). The centre will support Local Authorities, construction employers, homeowners and businesses to improve insulation and install green energy products in commercial properties and housing.

The Training Hub was officially opened by TV presenter and author Simon Reeve, who said,

"We need to protect what we've got, we need to claw back what we've lost... Renewable energy is all part of that. We have to believe in it, we have to invest in it, we have to study it, train up to use it - this centre is so needed. So needed locally, but we need more around the country. I think ESC should be taking over Britain quite frankly to get more of them out there!"

GIVING STUDENTS OPPORTUNITIES!

Eastbourne Youth Radio (EYR) wrapped up its 22nd edition in November, after another successful and insightful event for young people looking to develop a greater understanding of the industry. The three-day broadcast, which was hosted at East Sussex College's Eastbourne campus, gave students between ages 5-19 an opportunity to host their own radio show and find out more about what it's like to work in the media.

Meet the Media, a sponsored show by East Sussex College, proved to be a hugely successful segment of the edition, as students put the all important questions to a panel of media experts. This year's expert panel included Yetunde Yusuf, BBC Broadcast Journalist; Peter Lindsey, BourneFree Magazine Editor; Dan Gasser, Radio X Presenter; Rik Scott, Voiceover Artist, and India Wentworth, Eastbourne Herald Trainee Reporter.



CEO and Principal at East Sussex College, Rebecca Conroy, took to the airwaves for the second year running.

"I was so pleased to have been part of Eastbourne Youth Radio this week and want to pay tribute to the many staff and students who have worked so hard to bring this fantastic project and local institution to life again this year. The College works closely with local schools on a range of shows and has had many young visitors into our studios."

INCLUSION AND DIVERSITY IS CELEBRATED.

East Sussex College has always been proud of its diversity. This academic year a new Ethnicity & Diversity Student Network has been formed to support students during their time at college. Such groups already exist within a number of secondary schools within the community, so ESC is proud to be offering the same to students when they reach Further Education. It was found that students wanted a place to meet, somewhere safe to talk about issues such as racism, and a social space to make new friends.

New multi-faith prayer rooms have also been established at the Eastbourne campus this academic year. These dedicated spaces offer students and staff a quiet space for prayer and reflection.

Muhammad Bilal Anwar, part of the Muslim community at East Sussex College (EFL/ESOL programme lecturer and HE Wellbeing Mentor), said,

"A big thank you from the Muslim community at college for your efforts to set up prayer rooms (multi-faith rooms). I, along with some Muslim students visited them and they look fantastic."

Turn to the back to view our new adult courses starting from January 2023!



ESC STUDENTS ENTER COMPETITIONS... AND WIN!

Former East Sussex College Hastings Catering student, Marcus Clayton, won the UK finals of the prestigious S.Pellegrino Young Chef Academy Competition.

Marcus reached the UK finals of the competition following an impressive performance in front of an international judging panel. Marcus was one of ten young chefs competing in the competition held earlier this month. Each had to provide a signature dish to a panel of judges. Marcus' winning signature dish was celeriac, apple and mushroom.

Marcus will now represent the UK in the Grand Final in Milan next year, where he'll compete against three other inspiring young chefs. Lisa Goodwin Allen, Executive Chef at Northcote, will mentor Marcus as preparation in the lead up to the Grand Final.

Speaking about his time studying at East Sussex College, Marcus said,

"I studied Level 2 Catering at Hastings. My tutors were really good at encouraging me and pushing me to do well."

"After college I wasn't really sure what to do, I knew I wanted to do a ski season over in France, which I can highly recommend! It was a good way to cook, have fun and you obviously get to snowboard too! It wasn't until I came back from my season when I realised you could really go far in the industry. I took a 'chef de partie' job at a local hotel in Rye, The Mermaid Inn, where I worked for a couple of years. I then wanted a bit more so I looked around at three rosette restaurants and ended up moving up to Tunbridge Wells to a restaurant called Thackeray's which is three rosette. I found myself in the pastry section and did just under a year there. Again, from there I just wanted more."



ESC STUDENTS ARE ON TV!

Viewers of the recent Ch4 competition reality show, Handmade: Britain's Best Woodworker, would have seen the youngest contestant, East Sussex College alumna, Chloe Hook, 21, reach the finals. Filmed in the same vein as The Great British Bake-off, the popular competition also featured former Bake-Off host, Mel Giedroyc.

Talented Chloe finished as a runner-up in the competition, which aired its final episode in November.

The show gave Chloe an opportunity to showcase her incredible, technical woodwork skills and compete among the country's finest woodworkers. Following her time at ESC, Chloe went on to study a Degree and in 2021 she graduated with a BA (Hons) in 3D Design and Craft.

Speaking to the College about her success in the TV competition, Chloe said, *"It was an amazing experience, a once in a lifetime opportunity that I couldn't turn down. Not only did I get to meet the most wonderful bunch of people, it also gave me the chance to push myself and see what I can do under time pressure, with great tools and machinery."*

On her time at the College and how it shaped who she is today, Chloe said,

"Studying the Art and Design course allowed me to test many specialised areas and helped me find what I enjoyed doing!"

ESC STUDENTS MAKE IT IN THE EFL!

East Sussex College Hastings alumnus, Benn Ward, signed his first professional contract with EFL Championship side Burnley Football Club in October.

In January 2018, Benn Ward signed a two-year scholarship with Burnley FC and joined the Claret's Academy. Over 18-months later, Benn has now signed a professional contract with the club! Benn has already trained for the first team under the watchful eye of Manchester City and Premier League legend Vincent Kompany.



Speaking to burnleyfootballclub.com about his new deal that runs until June 2025, Benn said, *"Burnley is a great club and a great place to be. I've progressed so much already in the time I've been here that securing my future long-term was a no-brainer. I'm still young and I have a lot to learn, but this is the right place for me to do just that. I want to gain more experience, and it goes without saying that the ambition has to be to eventually get myself into the first-team setup."*

The 18-year-old added, *"For now though, it's all about concentrating on improving day by day & using those around me to help me on that path."*

ESC STUDENTS TAKE TO THE SKIES

Travel & Tourism at the college has seen a string of successes, with students securing jobs with top companies. Since the lift of Covid restrictions, the Travel industry is still a sought-after pathway for students. Former East Sussex College Hastings Travel and Tourism student, Izzy Macleod, is the latest alumna to achieve her goal, taking to the skies for British Airways! Izzy said, *"When I found out I had been successful getting my job with British Airways I was over the moon. Never did I think I'd be able to be in the place I am now, but I did it! It was the most challenging, but exciting journey going through training etc, but it has definitely all been worth it!"*

Having my Travel and Tourism diploma and cabin crew training at ESC helped massively when applying to airlines. Whilst going through my training at British Airways and completing exams, I found that all I had learnt at college made it easier."

"You could really tell they [the ESC tutors] want the best for their students and I give all credit to them for getting me to where I am now."

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Eastbourne

ART, CRAFTS & DESIGN	Course no.	Duration	Price
An Introduction to Willow Weaving	60259-01	8 Weeks	£95
Beginners Drawing	60229-01	10 Weeks	£100
Digital SLR Photography for Beginners	60241-03	10 Weeks	£100
Drawing for Beginners	60672-01	5 Weeks	See Website
Experiments in Printing	60657-02	4 Weeks	See Website
Fashion Workshop	60243-02	10 Weeks	£100
Introduction to Hand Quilting	60962-01	5 Weeks	See Website
Learn how to Crochet	60269-01	5 Weeks	£45
Next Steps in Stitching & Embroidery	60661-01	4 Weeks	See Website
Pottery for the Complete Novice	60222-03/04	5 Weeks	£88
Screen Printing	60327-01	11 Weeks	£120
Sewing Skills	60332-02	11 Weeks	£120
Silver Jewellery Making	60224-02	10 Weeks	£125
Upholstery Workshop	60223-02	10 Weeks	£100
Watercolours for Beginners	60603-03	4 Weeks	See Website
Watercolours for Beginners	60283-02	10 Weeks	£100
BUSINESS, MANAGEMENT & LAW			
Bookkeeping & Accounts L1	60729-02	7 Weeks	£130
Bookkeeping & Accounts L2	60722-01	6 Weeks	£180
CATERING & HOSPITALITY			
Afternoon Tea Baking	60629-01	4 Weeks	See Website
Barista Skills L2	60325-01/04	5 Weeks	£99
Curry & Spice	60239-01/02	5 Weeks	£75
Fish & Seafood	60244-01	5 Weeks	£75
Give Your Oven A Rest!	60975-01	3 Weeks	See Website
One Pot Cooking	60974-01	3 Weeks	See Website
Pan Asian Cooking	60272-01	5 Weeks	£50
Real Cooking	60275-01	5 Weeks	£50
Sugar Craft & Cake Decorating	60280-03/04	8 Weeks	£80
Sugarcraft	60613-02	4 Weeks	See Website
Vegetarian Gourmet	60282-01	5 Weeks	£75
CHILDCARE, HEALTH & SOCIAL CARE			
Certificate in Understanding Mental Health	60536-01	24 Weeks	£811
Health & Social Care Extended Diploma L2	60375-01	21 Weeks	£440
Award in Learning Disabilities L3	60591-01	24 Weeks	£504
CONSTRUCTION & THE BUILT ENVIRONMENT			
Brickwork for Beginners	60232-02	10 Weeks	£125
Introduction to Carpentry	60674-02	10 Weeks	£75
Introduction to Wood Whittling	60653-01	3 Weeks	See Website
COUNSELLING & PERSONAL DEVELOPMENT			
Counselling Skills & Theory L3 Award	60361-01	18 Weeks	£590
Counselling Skills Certificate L2	60360-01	22 Weeks	£435
Interpersonal Skills Award L1	60359-03/04	10 Weeks	£180
ENGLISH & MODERN FOREIGN LANGUAGES			
Exploring Chinese Culture	60534-01	5 Weeks	£55
Improving Your Creative Writing	60256-02	10 Weeks	£100
Introduction To Poetry Writing	60839-03	4 Weeks	See Website
Kickstart Your Creative Writing	60898-02	See Website	See Website
FLORISTRY			
Floristry For Everyday Flowers	60220-01	10 Weeks	£135
HAIR, BEAUTY & COMPLEMENTARY THERAPIES			
Barbering Certificate L2	60607-01	20 Weeks	£362
Eyebrow Tinting & Waxing	60997-01	See Website	£65
Eyelash Extensions	18516-03	See Website	£100
Lash Lift & Tint	60995-01	See Website	£90
Reiki	60276-01	5 Weeks	£50
Skin Needling (Advanced Facials) L4	60323-01	10 Weeks	£750
PERFORMING ARTS			
Acting Techniques (Beginners/Improvers)	60694-03	5 Weeks	£50
Songwriting	60336-02	11 Weeks	£75
Music Production Advanced - Intro to Studio	60334-01	11 Weeks	£175

Music Production Saturday School - Recording Techniques	60335-01	11 Weeks	£350
Tap for Beginners	60693-03	5 Weeks	£37.50
SPORT & FITNESS			
Gym Instructing Certificate Level	60675-01	20 Weeks	£362
SCIENCE			
AQA GCSE 9-1 in Biology	60371-01	30 Weeks	£435
TEACHING, TRAINING & DEVELOPMENT			
Education & Training City & Guilds Awd L3	5137/030	16 Weeks	£395

Hastings

ART, CRAFTS & DESIGN	Course no.	Duration	Price
Aspiring Young Artists - After School Club	50001-02	10 Weeks	£35
Ceramics & Sculpture	50003-02	10 Weeks	£165
Contemporary Crochet & Knit	50007-02	10 Weeks	£155
Create Your Own Digital Monster	61006-01	See Website	See Website
Crochet Granny Blanket	50051-02	2 Weeks	£70
Cyanotype	50054-02	3 Weeks	£70
Darkroom Open Workshop	30014-04/05	See Website	£20
Drawing & Painting	13057-02	10 Weeks	£145
Embroidery for Texture & Depth	50014-01	10 Weeks	£145
Enamelling	20610-02	See Website	£55
Etching	13090-02	6 Weeks	£110
Fused Glass	13078-02	6 Weeks	£230
Looking, thinking, making in Contemporary Art Practice	50053-02	10 Weeks	£195
Icon Painting Course	60965-01	10 Weeks	£145
Introduction to Drawing	18032-02	10 Weeks	£145
Introduction to Games Design	60688-01	10 Weeks	£145
Jewellery Open Workshop	13076-01	10 Weeks	£155
Leatherwork for Beginners	60703-02	10 Weeks	£165
Life Drawing & Painting	13054-02	10 Weeks	£145
Moving Image - The Art of Short Film Making	50138-02	10 Weeks	£145
Natural Dye Workshop	60690-01	2 Weeks	£60
Painting with Luke Hannam	61007-01	See Website	See Website
Pattern Cutting & Dressmaking	13040-02	10 Weeks	£145
Political Prints	50058-02	10 Weeks	£145
Pottery for Absolute Beginners	20609-02/03	8 Weeks	£180
Pottery Morning	13069-04	10 Weeks	£230
Pottery Afternoon	13069-05	10 Weeks	£230
Pottery Evening	13069-06	10 Weeks	£230
Pottery Fridays	50137-02	6 Weeks	£160
Printmaking	13051-02	10 Weeks	£295
Recreate the Pattern of Your Favourite Garment	60691-01	See Website	£30
Sew Sewcial	50104-02	10 Weeks	£145
Sewing for Beginners	18137-02	10 Weeks	£145
Stained Glass Workshop	18038-02	10 Weeks	£165
Wood Engraving	19299-01	10 Weeks	£145
BUSINESS, MANAGEMENT & LAW			
AAT L1 Award in Bookkeeping	60507-03	12 Weeks	£180
CATERING & HOSPITALITY			
A Taste of Italy	20642-02	2 Weeks	£36
Arabian Nights	20643-01	5 Weeks	£80
Bread Basket	20644-02	2 Weeks	£36
Dinner Party Etiquette for Couples	19400-01	6 Weeks	£110
L2 Award in Food Safety in Catering	14354-01	Wednesday	£65
Orient Express	20637-02	5 Weeks	£115
Patisserie & Confectionery	20639-01	13 Weeks	£395
Some Like it Hot	20640-01	2 Weeks	£36
The 'Plaice' To Be	20638-01	Saturday	£36
The Dinner Party	20641-01	5 Weeks	£80

Course list *continued...*

INFORMATION EVENINGS - LEWES TUESDAY 10TH JAN - HASTINGS WEDNESDAY 11TH JAN - EASTBOURNE THURSDAY 12TH JAN - 4.30PM - 7PM

CHILDCARE, HEALTH & SOCIAL CARE

Access to HE Preparation	30194-01	12 Weeks	£295
Access To HE: Nursing & Healthcare Professions	60857Y1	2 Year(s)	£3384
L2 Award in Food Safety in Health & Social Care	60626-01	5 Weeks	£50
NCFE CACHE Level 2 Award in Awareness of Dementia	60684-01	15 Weeks	See Website

CONSTRUCTION & THE BUILT ENVIRONMENT

Brickwork for Beginners	18188-02	11 Weeks	£150
Introduction to Carpentry	18912-02	11 Weeks	£150
Introduction to DIY/Household Repair & Maintenance	16880-02	11 Weeks	£150
Introduction to Plumbing	16879-02	11 Weeks	£150
The Incredible Router	20668-01	See Website	£225

ENGINEERING & MOTOR VEHICLE

CG 2382 18th Edition Upgrade	11505-01/02	See Website	£331
Electrical Inspection & Testing	30017-02	See Website	£390
Part P Electrical	30018-02	See Website	£325

ENGLISH & MODERN FOREIGN LANGUAGES

ESOL Certificate	60944-01	See Website	£1290
Creative Writing	60225-02	10 Weeks	£154
Creative Writing for Beginners: Small Stories & Tiny Tales	60971-01	4 Weeks	See Website
Find Your Unique Writing Voice	60662-03	See Website	See Website
French For Beginners	60624-02	10 Weeks	£100
Introduction to Poetry Writing	60839-04	4 Weeks	See Website
Spanish for Beginners	60623-02	10 Weeks	£100

HAIR, BEAUTY & COMPLEMENTARY THERAPIES

Ear Candling (Guild Accredited Diploma)	18514-01	Monday	£100
Eyelash Extensions	18516-01	Monday	£145
Gel Nail Extensions	18518-01	2 Weeks	£175
VTCT L4 Certificate in Micropigmentation	11471-01	1 Year(s)	£3626

MEDIA, FILM & DIGITAL MEDIA

Motion Graphics Animation: Intro to After Effects	60689-01	10 Weeks	£145
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Lewes

ART, CRAFTS & DESIGN

Course no.	Duration	Price	
Pottery for All	60186-02	10 Weeks	£181
Drawing & Painting Beginners	60184-02	10 Weeks	£100
Creative Printmaking Workshop	60187-02	10 Weeks	£120
Create Your Own Sketchbook	60654-01	3 Weeks	See Website
Water Colours - Beginners & Improvers	60976-01	4 Weeks	£50
Beginners Machine Sewing	60390-02	10 Weeks	£107
Patchwork & Quilting Short Course	60273-03	10 Weeks	£107
Jewellery Course	60533-02	10 Weeks	£150
Introduction to Jewellery Making	60671-01	5 Weeks	See Website

BUSINESS, MANAGEMENT & LAW

Bookkeeping & Accounts L1	60398-01	11 Weeks	£75
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CHILDCARE, HEALTH & SOCIAL CARE

Access to HE Preparation	60610-01	12 Weeks	£270
New Transferable & Public Skills	60589-01	See Website	See Website
New Preparation For Medicine	60209-01	See Website	See Website

COUNSELLING & PERSONAL DEVELOPMENT

Award in Interpersonal Skills	60211-01	See Website	See Website
Interpersonal Skills Award L1	60211-02/03	10 Weeks	£180
Certificate in Counselling Skills	60212-01	See Website	See Website
Counselling Skills Certificate L2	60212-02	20 Weeks	£435

ENGLISH & MODERN FOREIGN LANGUAGES

Creative Writing - Beginners & Improvers	60226-01	10 Weeks	£100
Creative Writing for Beginners: Small Stories & Tiny Tales	60664-03	4 Weeks	See Website
Refresh Your French: Beginners & Improvers	60945-01	10 Weeks	£100
Italian Beginners	60262-02	See Website	£100

FAST-TRACK YOUR CAREER IN THE RAIL INDUSTRY

COURSES STARTING ON 6TH JANUARY!

- RAIL ENGINEERING TRACK MAINTENANCE L2 NVQ DIP
- RAIL ENGINEERING UNDERPINNING KNOWLEDGE L2 CERT

Information sessions are on at Stade Hall, Hastings, on 10th January.

HAIR, BEAUTY & COMPLEMENTARY THERAPIES

Nail Art	60581-01	8 Weeks	£281
Facial Skincare	60582-01	8 Weeks	£426
Manicure & Pedicure	60583-01	8 Weeks	£222
VTCT L3 Award in Education & Training - Hair & Beauty	60685-01	See Website	£300
Eyelash & Eyebrow Treatments Awd L2	60584-01	See Website	See Website
Facial Skincare Cert L2	60582-01	See Website	See Website
LED Gel Polish Awd L2	60593-01	See Website	See Website

MEDIA, FILM & DIGITAL MEDIA

Digital Technologies - Live Streaming	60007-03/04	6 Weeks	£633
Create a Short Podcast	60954-01	6 Weeks	See Website

SPORT & FITNESS

Personal Training Diploma L3	60215-01	24 Weeks	£2225
Award In Indoor Cycling	60599-01	See Website	£85
Award In Instructing Kettlebells	60600-02	See Website	£85
Award In Instructing Circuit Sessions	60601-01	See Website	£85

TEACHING, TRAINING & DEVELOPMENT

Education & Training City & Guilds Awd L3	5137/050	14 Weeks	£395
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TRAVEL & TOURISM

Cabin Crew	60415-01	See Website	See Website
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Free online courses.

- Awareness Of Mental Health*
- Equality & Diversity*
- Dementia Care Principles*
- Care and Management of Diabetes*
- Understanding Autism*
- Information Advice or Guidance*
- Awareness of Understanding Nutrition Health*
- Understanding Behaviour That Challenges*
- Children & Young Peoples Mental Health*
- Understanding Specific Learning Difficulties*
- Understanding Safeguarding & Prevent*
- Prevention & Control of Infection*
- Understanding Mental Health First Aid & Mental Health Advocacy in the Workplace
- Digital Skills*
- Principles of Business Administration*
- Principles of Team Leading*
- Understanding Business Improvement Techniques*
- Understanding Data Protection & Data - Security*
- Principles of Customer Service*
- Lean Organisation Management Techniques*
- Digital Skills for Work*
- Certificate in the Principles of End of Life Care
- Business Improvement Techniques*
- Business Start Up*
- Understanding Common Childhood Illnesses*
- Understanding the Principles of Dementia Care
- Understanding Climate Change & Environmental Awareness
- Introducing Caring for Children & Young People
- Understanding Cancer Support
- Certificate In Understanding Coding
- Certificate In Coding Practices

*An Independent Learning Course