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02/23

Issue 032
February 2023

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Pages 31-52




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Our next edition will be distributed from March 3rd. Make sure you are a part of it.

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Bumper start to the year for Bournefree

WE have made a really positive start to 2023 here at Bournefree – and let's hope this continues for everyone in the year ahead.

By **Peter Lindsey**

Our team has been working hard this month on a Food and Drink special inside this edition focusing on the very best restaurants, cafes and eateries around.

It has proved incredibly popular so we thank all the businesses which have taken part.

I particularly enjoyed interviewing some of the owners, including Marina and Amy at the new *Journeys* in Station Parade.

Kadir – who owns the amazing *Dem Shish* in South Street – is a legend too, and we welcome each and every one of those promoting themselves through our editions, both online and in print.

It is also fantastic to welcome *The Grand Hotel* to Bournefree for the first time.

We continue to grow our Reach – both in print and online.

We are seriously looking at whether we should increase how many copies we print because the magazine has become so popular.

10,000 is the current magical figure but the cost of newsprint has risen by 60 per cent in the past 12 months, so we have to be realistic and cautious that more copies means a rise in costs. We will see.

Our online reach continues to be very important to us.

As I write this on Tuesday, January 17th, our Facebook page alone has reached a staggering 54,000 people in the past 28 days. If you don't interact with us on Facebook, please feel free to do so.

Our website carries a minimum of six news stories each day, seven days a week. Please visit:

www.bournefreelive.co.uk

Around 60,000 people visit our website each month, and we are naturally looking to increase that figure as we move forward.

Bournefree is currently looking to help organise, support and promote a number of events this year.

We are partnering with key people in the town to make these events happen – and indeed successful.

Times may be tough but there is much to be positive about, and let's hope for a safe and happy 2023.

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

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Dad's marathon run in memory of 'my beautiful little angel'

A PROUD Hailsham fitness dad is running this year's Brighton Marathon in memory of his young daughter who tragically died in her sleep last October aged just three.

By **Peter Lindsey**

Luna-Rose Vince was born in 2019 with a rare genetic condition.

She had *Global Development Delay*, which meant she was immobile, non-verbal and had frequent epilepsy seizures.

She needed 24/7 care, but mum Sam Poulton says she was 'the most beautiful little angel.'

Now Matt Vince, 31, a construction worker who goes to *FFH Gym* in Station Road, Hailsham, has decided to run a Marathon for the first time.

He wants to raise £15,000 for *Aquamovers* – a group providing expert therapy and socialising for severely disabled children between the age of 1 and 5 years old, at *Chailey Heritage Foundation* in Mid Sussex.

The group provided valuable support for the family and Sam said it was a life-changer for her.

A staggering £5,000 was donated to Matt's JustGiving fundraising page in just 12 hours, and the current amount is £10,295.

Matt said: "The most I had ever done when I committed to running the

Brighton Marathon back in December was just four miles.

Negative to positive

"I am taking part with two old school friends of mine, Hugo Porpora and Leon Collen. I hate running but I will crawl if I must just to get over the finishing line.

"My brother Joel said he would also run the Marathon if our fundraising target hit £10,000, which we have, so he will be running with us!

"I am determined to turn a big, big negative into a positive. Luna-Rose wouldn't want us to be just moping around."

Aquamovers

Mum Sam, 33, a dental nurse, said Luna-Rose had been given 'a real bad hand' in life but she was happy. Sam said: "She loved life and she smiled all the time. We never thought her condition was life-threatening at such an early stage in her life, so when she died, we were obviously in total shock.

"I had given up work to care for her and I struggled. I felt very lonely and didn't know anyone in a similar circumstance.

"Then I heard about *Aquamovers*, and it made a complete difference to our family.



"Going there helped me accept what had happened, that we had a child who was severely disabled."

Matt is now looking forward to the Marathon on Sunday April 2nd, and is urging people to donate to *Aquamovers*.

To sponsor Matt, please go to:

www.justgiving.com/fundraising/lunrose

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Make a difference to our seafront

THE Friends of Eastbourne Seafront has launched a new initiative with the formation of a Welcome Team on the seafront from Easter through to September.

By **Peter Lindsey**

They are asking anyone who enjoys talking to people, who love and appreciate Eastbourne and our seafront to come forward and apply to become part of Friends of Eastbourne Seafront Welcome Team.

Volunteers would be paired with another member of the *Welcome Team* and stationed on the seafront around the *Bandstand* and *Redoubt*, signposting visitors, giving them information, talking to them about

what the seafront offers and any events that are on.

Friends of Eastbourne Seafront will provide a uniform and training.

If you have a couple of hours to volunteer on a regular but flexible basis, each week or month between Easter and September and this is something you are interested in please contact: gaynor@friendsofeastbourneseafront.org.uk for further information.

The Friends are a voluntary group working extremely hard to make our seafront a better one, for all.

Heritage sightseeing

AN exciting new Heritage Bus route is being launched in Eastbourne this summer.

By **Peter Lindsey**

The Route (197) will run from Eastbourne Pier, Sovereign Centre, Stone Cross, Pevensey Castle, Pevensey Bay, Sovereign Centre and Eastbourne Pier on an hourly basis daily.

This will be during June, July and August, run by *Seven Sisters Bus* and

Coach Company, and is bound to be very popular. The route is aimed at taking passengers to key heritage sights along the East Sussex coast.

Best known for running the Eastbourne sightseeing buses, the company – whose aim is to allow people easy access to the Sussex heritage sights – also prides itself on specialising in vintage and open top bus hires for weddings and special occasions across Sussex.

Lightning Fibre fundraising

LIGHTNING Fibre has raised a fantastic £2,185 for Wayfinder Woman Trust.

By **Peter Lindsey**

Lightning Fibre CEO and Founder, Ben Ferriman, handed over a cheque for £2,185 to Wayfinder Woman Trust after several months of fundraising by the Eastbourne-based company for the charity.

He said: "Lightning Fibre is a local East Sussex company, based in Eastbourne,

and is happy to support great charities like Wayfinder Woman that work to improve the lives of women in need within our local community."

Wayfinder Women is a local charity run by women, for women, helping those who are feeling anxious and uncertain about themselves or their future.

By building their self-confidence and skills, the charity helps women challenge and overcome barriers that face them in finding a better life.



Lightning Fibre raised the money through a Pop Up art trail event, as part of the Hailsham Festival, and by joining the 2022 Pier2Peer walk, where staff walked from Eastbourne to Hastings Pier in support of the charity.

Wayfinder Woman runs a drop-in centre and safe-space for women at its Eastbourne location:

Suite 1, Highlight House
8, St Leonard's Road
Eastbourne
BN21 3UH

If you need to speak to someone, or you have any questions about the charity please contact them here:

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Rowing club's annual regatta

EASTBOURNE Rowing Club will host their Annual Rowing Regatta on Saturday May 20th.

By **Peter Lindsey**

There will be 16+ races taking place on a 2km course on the east side of Eastbourne Pier.

The event attracts boats from Dover, Deal, Herne Bay and Folkestone in Kent, Southsea in Hampshire, as well as more local competition from Shoreham, Worthing, Bexhill, and Hastings.

A full day's racing is scheduled across multiple age groups (from U16 to 50+), and abilities (Novice to Senior). More than 16 races will take place engaging dozens of competitors.

Fantastic sight

It truly is a fantastic sight to see the boats of a many clubs, competitors,



and supporters line the beaches to the east of the pier for a full day's racing, barbeques, bars, and entertainment.

Community event

It is a community event hosted by a club with community at the heart of its ethos.

It has a rare family orientation aiming to involve anyone (experienced or new to the sport) who walks through its doors.

Club members train most nights of the week and at weekends, however Club nights are Tuesday and Thursday, with sessions on the water (river or sea) every Sunday morning.

The club welcomes new members of all ages and abilities from Juniors aged 14+ onwards. Those interested in learning a new skill or increasing their fitness in an encouraging and inclusive environment, should contact secretary@eastbournerc.co.uk

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The BIG Futures Show 2023

www.bigfuturesshow.org.uk

THE BIG Futures Show returns to Eastbourne Sports Park on Tuesday 25th April 2023 from 9.30am–4.00pm.

By **Tim Sorensen**

The show that first opened back in 2016 is the largest employability, skills and job-seekers event in the area and is aimed at students (aged 14+) from across East Sussex as well as parents, carers and anyone looking for work or training.

85+ organisations will be providing interactive exhibits and guidance aimed at inspiring tomorrow's workforce. Employers will be looking for new talent and explaining what qualifications they require and what training and apprenticeships they offer in the work place.

Colleges and training providers will be on hand to promote their offer and where it fits with

employer's requirements and what they are seeking from students.

A dedicated job-seekers area with expert help will be available for those seeking a more immediate employment opportunity.

The Show is organised by Eastbourne Education Business Partnership in association with Eastbourne Borough Council to help support local community and economic development agendas and brings a wide range of expert advice and guidance all under one roof.



Entry on the day (individual or family) is £3 (or free with voucher) inclusive of comprehensive show guide. Exhibitor stand spaces are still available to book.

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Eastbourne Foodbank: “We love celebrating with our clients when they no longer need to use a foodbank”

VISITING a foodbank is a last resort and Eastbourne Foodbank aims to provide short-term support to people in financial crisis to reduce the need for foodbanks.

By **Juliet Mead**

The charity is here to provide a warm welcome for people who cannot put food on the table. The team will help people from all backgrounds without judgement and aims to do so with compassion and dignity.

Finding solutions to encourage short-term food parcels

In addition to food parcels, the foodbank provides welfare benefits advice and debt advice. The foodbank aims to help boost incomes and find a solution to the client’s financial crisis so they are able to afford the essentials and no longer need food parcels.

Debbie Canning, advocacy manager at *Eastbourne Foodbank*, said: “No one wants to have to use a foodbank and we hope to help

people reach a place where they don’t need to visit us.

“Our welfare benefits advisors and debt advisors want to help, and will speak to clients about their income and expenditure. We refer to this process as income maximisation and it is part of our work to reduce poverty in our community.



Debbie Canning, advocacy manager.



“We want to help people out of their crisis and lift them up and out of poverty by putting more money in their pocket – and into the local economy. We love celebrating with our clients when they no longer need to visit us.

“Thanks to our generous donors, we are able to provide essential food and toiletries for the duration of the crisis but we hope this will be a short-term arrangement for the majority of our clients.”

Foodbanks are the last resort

We understand we are living in very challenging times and our doors are open to anyone who cannot afford or access food. However, all the food and toiletries you see at *Eastbourne Foodbank* are donated by the public and the number of people visiting us is increasing at an alarming rate. We therefore ask people to explore other options if they possibly can, to help the foodbank and the wider community.

Systemic long-term change is needed


In the longer term, our campaigns team is working to encourage changes in government policy.

Eastbourne Foodbank holds hope that the situation can and will change for people living in poverty and one day, large-scale foodbanks across the UK will be able to close their doors. *Eastbourne Foodbank’s* campaigns team aims to give foodbank clients a voice and calls on local and national decision-makers to implement sustainable measures which protect those on the lowest incomes from falling in to destitution and having no choice but to turn to a foodbank.

December Statistics

(People receiving three days’ emergency food between Dec 1, 2022 to Dec 31, 2022)

 **Adults 1,961**
 **Children 1,117**

 **Meals – 30,780**

Percentage increase on the previous year (Nov 2021): **48%**

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



Are you suffering with Eye Strain?

MANY of us will experience eye strain at some point in our lives.

By **Gail McKay**

Symptoms can include headaches, dry scratchy eyes and even eye pain.

If think you're suffering with eye strain, it's important to get your eyes tested so that any other health issues can be ruled out.

Eye strain becomes more common as we age and it's likely that your optometrist will give you a prescription for a pair of glasses that can help. If you spend a long time working at your computer then Arron Tun, *Bott's* Optometrist, advises you to use the 20/20/20 rule to avoid digital eye strain.

- Take a 20 second break.
- Every 20 minutes.
- Look at something 20 feet away.



The team at *Bott's* know that finding the right opticians can be a matter of trial and error. In order to help you with this process they've recently introduced a welcome pack. The welcome pack contains information on the ten things that you should consider when choosing your optician, along with a £60 voucher that can be redeemed against your choice of eyewear.

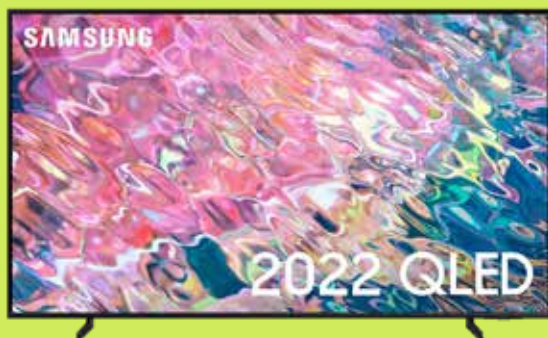
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Epic fundraising challenge for Children with Cancer Fund

JAMES Askew is taking on an EPIC challenge this year fundraising for the *Children with Cancer Fund*, based at Polegate.

By **Peter Lindsey**

He wants to support this charity because it has been so supportive to James and his family.

Daughter Maisie was first diagnosed with cancer in January 2021.

Alongside us

He said: "They have supported our family so much and have been alongside us from the very start.

"We don't know what we would have done without their support, and it's taken me a while to decide how I could ever repay them. This is what I've come up with."

James has chosen to complete not just one but EIGHT *Action Challenges* which comprise of the following:

Winter Walk – 42km
Easter 50 – 50km
London 2 Brighton – 100km
Lake District – 100km
North Downs – 50km
South Coast Challenge – 25km
Thames Towpath – 100km



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Exciting events for 2023

IT'S going to be a bumper year for our great town!

By **Peter Lindsey**

The action kicks off with the popular free *Stargazing Night* on February 25th outside *The Beachy Head Story*.

March will host the *Eastbourne Half Marathon* – on Sunday 5th March – and the ultra-off-road running event *Coastal Trail Running* on Saturday 18th March.

The Big Wheel returns to the *Western Lawns* in April through to early September, and the *Seafront Market* – opposite the *Carpet Gardens* – is back from 7th–10th April and again 28th April–1st May.

Further markets will take place on the promenade in May, June, July, and August.

Magnificent Motors

Magnificent Motors, the free motoring spectacular, returns to the *Western Lawns* on 29th–30th April over the Bank Holiday weekend and is followed by the *Spring Water Festival* from 13th–21st May.

Eastbourne Sunshine Carnival celebrates this year's theme of 'Sussex by the Sea' on Saturday 27th May and the *Race for Life* returns on Sunday 28th May.

The *Beer and Cider by the Sea* festival is again taking place on the *Western Lawns* from 19th–21st May.

May's line up also includes *John Searle's Fun Fair* at *Princes Park* from 25th May – 4th June and the UK Ultra 50km/100km on Saturday and Sunday 27th and 28th May.

The annual *999 Emergency Services Display* is on Saturday 3rd – Sunday 4th June.

The *MacMillan Mighty Hike* and *Eastbourne Triathlon* are taking place over the weekend of Saturday and Sunday 10th and 11th June, with the Triathlon acting as a GB Team Qualifier event. *The Eastbourne 10k* provides a shorter distance race on Sunday 25th June.

International tennis

The highlight of June is of course the *Rothsay International Eastbourne* at the award-winning grass courts of *Devonshire Park*.

The fun continues in June with *John Davis' Fun Fair* in *Princes Park* from 25th June–9th July.

The 26-mile *CRUK The Big Hike* will be held on Sunday 1st July followed by the *Eastbourne Ironbourne*, a long-distance triathlon on Sunday 9th July.

Beach Life Music & Food Festival returns to *Princes Park* on Saturday 15th and Sunday 16th July.

Outdoor Shakespeare returns to the *Italian Gardens* at *Holywell* with *EODS' A Winter's Tale* from 27th July–6th August followed by the *Rude Mechanical Theatre* from



Magnificent Motors, 29–30th April. Image: Matt Kuchta.



Eastbourne Soapbox Race, 24th September. Image: Media Attention.

9th–13th August in *Helen Garden* with their performance of 'Miss Popplewell's Garden'.

Jazz and Blues Festival

In it's first year, Eastbourne's International Jazz and Blues Festival launches on the 29th and 30th July on the *Western Lawns*.

The tennis action continues with the *LTA Summer Cup* from 23rd–28th July and GB Over 35s Inter-County Cup on 4th–7th and 10th–13th August at *Devonshire Park*.

Devonshire Park will also host the *International British Open Masters Grass Court Championships* from 22nd–27th August.

The Circus is in *Princes Park* from 10th–13th August, and *Airbourne* returns from 17th–20th August.

Eastbourne Festival

The August Bank Holiday will see the return of *Eastbourne Festival* from 26th–28th August in *Hampden Park* for three days of fun, food, and music. The first weekend of September – Sunday 3rd September – the *Western Lawns* will host the *MG South Downs Run*.

September's events include the return of the *Eastbourne Walking Festival* from 15th–24th September while the *Tempo 10k* brings runners to the promenade on Sunday 24th September.

Also on 24th September, the *Eastbourne Soapbox Race* is back with more wacky races mayhem.

Beer lovers and revellers will be raising a glass at the *Eastbourne Beer Festival* in the historic *Winter Garden* from 5th–7th October.

Bonfire fun comes to town on October 7th when societies across Sussex join forces with torches aloft for the *Eastbourne Bonfire Procession*.

Wyntercon X

The *Winter Garden* once again hosts *Wyntercon X* on Saturday and Sunday 14th and 15th October.

The *Beachy Head Marathon*, *ULTRA*, *Half* and *10K* are run across the *South Downs National Park* on Saturday and Sunday 21st and 22nd October.

The town will gather in November for the annual *Remembrance Sunday Service* on 12th November at the *Memorial Roundabout* and from the end of the month, Eastbourne gets set to sparkle in the run up to the festive celebrations with shopping events, markets and more, while the highly acclaimed Eastbourne pantomime *Beauty & The Beast* takes to the stage in the historic setting of the *Devonshire Park Theatre* from 8th December to 14th January.

For more information on all events visit: www.VisitEastbourne.com/whats-on



From a good travel agent

WHEN I look back on last year and the difficulty of getting through to companies, it reminds me of the 'Terminator' series of films featuring Arnold Schwarzenegger and the one called "Rise of the Machines" when in the future, the machines take over from the humans.

By **Martin Wellings**, PST

It seems to me that the future is already here, as in 2022 there has been an acceleration of the process of most large companies just relying on the internet and making it increasingly difficult to speak to any humans.

Not only is it hard to contact companies on the phone these days, often it is even harder, if not impossible, to find a number to call. Even if you do manage to find a number and call it, you will usually be told how important your call is to them and that they are "unusually busy" at the moment, and all the time and during your lengthy wait will be told by a robot that it would be better if you went on to their website!

The human touch

Whilst a simple cheap ticket to somewhere like Spain is an easy enough transaction, it does surprise me the number of people who will go on line to book a long haul flight with an unknown website to make their booking, so they risk their money, will often have problems if they need to make any changes: all this because they believe is the cheapest option which is usually not the case. I am pleased to say that we only employ humans.

Better than usual

It was reported that there was continuing strike action with Border Staff which was delaying arrivals, but apparently since the military



were helping out, going through immigration was actually better than usual: Here's hoping that strikers remain out for longer!

Passport expiry

When does your passport expire? A simple question but a complicated answer. You need six months validity after your intended return date (three in the EU) and even if your current passport shows a validity of over ten years, many countries only recognise validity as ten years from the date of issue, irrespective of what your passport shows. It's good that everyone likes to keep things simple!

Free advice

I wish you a good holiday whatever and with so many different choice available now, choosing may be one of the hardest decisions so as usual, take advantage of free advice from a good travel agent.



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The Bournefree People's Choice Awards 2023



ENTRIES are now open for the first ever *Bournefree People's Choice Awards 2023*.

By **Peter Lindsey**

The event is being held on **Saturday July 15th in the Gold Room at the Winter Garden in Eastbourne's impressive Devonshire Quarter.**

Nominate the very best

There are 16 different categories – and we want *Bournefree* readers to come forward and nominate the very best.

Bournefree MD Andy Thomas said: "We are excited to be bringing these awards to Eastbourne for the very first time.

"It will be a fantastic evening and a true celebration of the very best in Eastbourne and its surrounding area.

"You can nominate a person or business in more than one category."

The categories include:

* **Bar of the Year**

Including Pubs, Social Clubs and Nightclubs.

* **Independent Retailer of the Year**

Including Estate Agents, Butchers, Green Grocers, DIY, Florists etc.

* **Salon of the Year**

Including Hair, Beauty and Tattoo Parlours.

* **Health Business of the Year**

Including Sports Clubs, Yoga, Pilates and Fitness Centres.

* **Garage of the Year**

Including MOT Centres, Car Sales and Car Repairs.

* **Professional Services of the Year**

Including Accountants, Bookkeepers, Solicitors, Financial Services and Business Coaches.

* **Hotel of the Year**

Including Guest Houses and B&B's.

* **Restaurant of the Year**

Including Cafés.

* **Takeaway of the Year**

Including Coffee Shops, Indian, Chinese, Pizza, Burgers, Bakery, Fish & Chips etc.

* **Media and Communication**

Including Marketing, Events, Web & Apps, Design, Printers, Broadcasters, Creatives etc.

* **Arts Venue of the Year**

Including Galleries, Music Venues, Culture Centres, Cinemas and Theatres.

* **Building Services of the Year**

Including General Builders, Plumbers, Electricians, Plasters, Carpenters and Roofers.

* **Green Award**

For a person or business contributing to a greener community.

* **Charity of the Year**

* **Services to Eastbourne Award**

* **Entrepreneur of the Year**

There will also be a special award for anyone in the community who the judges feel has gone above and beyond the call of duty.

We are also offering various sponsorship opportunities, including:

* **Headline Sponsor**

* **Brochure Sponsor**

* **Category Sponsors**

* **Welcome Drinks Sponsor**

* **VIP Tables Drinks Sponsor**

Andy said "We are interested in solo entrepreneurs and micro businesses as well as small, medium and large set-ups."

"We also want to hear from potential sponsors and businesses who want to be part of what will be an amazing evening."

To nominate, please go to: www.bournefreemag.co.uk/awards

For sponsorship details, please call Gail McKay on **01323 430303**

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SCAN ME



Fun and games for half-term

TWO attractions are all set for February half-term.

By **Peter Lindsey**

Drusillas Park at Alfriston has created a new arcade with awesome new neon signs.

The six arcade machines will be ready for you to enjoy some gaming battles when it opens this half term.

Fun for all

The arcade will be another free attraction for all visitors and members.

Meanwhile, *Sharnfold Farm and Coffee Shop* at Stone Cross has organised a *Giant Bug Hunt* for the half-term break.

Don't get cabin fever... chuck on your wellies and waterproofs and head to the farm trail for a giant bug hunt.

Then head into the Sussex Barn for some bug-themed craft activities. Is there a better way to spend a half-term day?

Go to www.eventbrite.co.uk and search for 'Sharnfold Farm'.

Mixed parentage support group

LIZ Gentilcore is setting up a group for parents and children of mixed parentage.

By **Gail McKay**

Its aim is to provide a safe and supportive space for children and young people to meet and take part in activities to build friendships, confidence, self-esteem and positive self-identities.

It will also be a space for parents to talk and share thoughts and experiences, break feelings of

isolation and find ways of tackling racism with their children.

On Friday 10th February they are holding a workshop on how to look after your hair and skin at a local salon in Eastbourne. There will also be food available for people to try.

The group is open to parents of children of all ages.

For more details, please contact Liz on **07491 678898**

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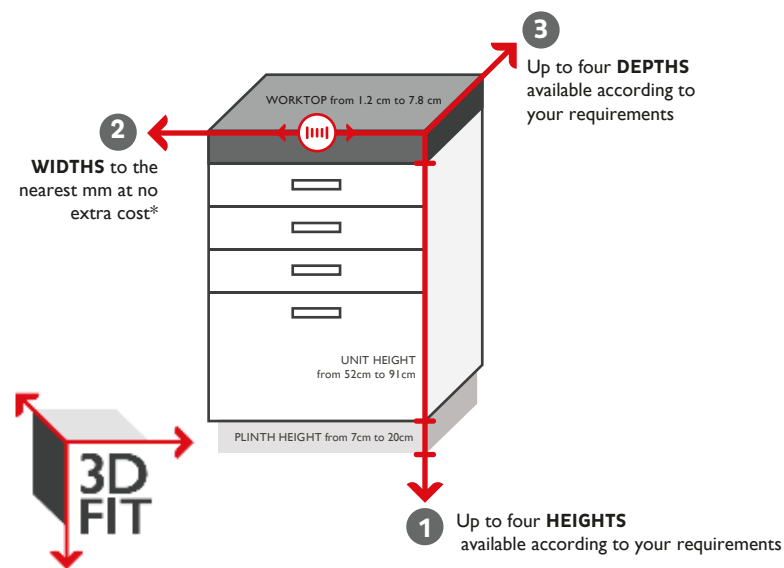
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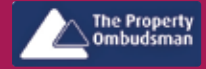
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Ginger & Sanders advise Tips for Landlords



CARBON Monoxide Detectors – Autumn 2022

By **Daniel Crick**, Partner/Sales Director, G&S

Following parliamentary approval both social and private rented sector (PRS) landlords are legally required to repair or replace smoke and carbon monoxide alarms once they have been informed that they are faulty.

Although testing throughout the duration of a tenancy will remain the resident's responsibility.

Carbon monoxide alarm

All landlords are now obliged to ensure a carbon monoxide alarm

is installed in any room of their homes where there is a fixed combustion appliance (**including a gas boiler**). Where a new fixed combustion appliance is installed a carbon monoxide alarm is required to be installed by law. Gas cooker appliances are excluded from the new rules.

The key changes are:

- Smoke alarms are mandatory in all social rented homes.

- Carbon monoxide alarms are mandatory in rooms with a fixed combustion appliance (excluding gas cookers) in both private and social rented homes.
- Carbon monoxide alarms are also mandatory upon installation of any heating appliance (excluding gas cookers) in all tenures through building regulations.
- Landlords are expected to repair or replace alarms once informed that they are faulty.

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New Carpets

I am full of admiration for the way your fitters did their work. All the carpets are a great success – not forgetting the carpenter and his excellent work!

Mrs. B
Eastbourne

Carpet cleaning

The carpets at St. Marys Road have come up very well and we are extremely pleased with the result. By the way, the agent asked if we had bought new carpets for the house!

Mr. O – Eastbourne

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The Chaseley Trust

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



Located in South Cliff, Eastbourne, The Chaseley Trust is a 55 bed charity care home offering high-quality care, nursing and rehabilitation services for adults with 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
- Specialist rehabilitation services – neuro physiotherapy & occupational therapy
- Fully wheelchair accessible gym facilities also open to the local community
- Dedicated and highly trained staff
- A varied range of stimulating activities
- Healthy and nutritious meals tailored to personal diets
- A home from home in a stunning seaside location
- Casbar, our bistro cafe open to family and guests to socialise during the day

We offer staff:

- Comprehensive in-house training
- Apprenticeships and the opportunity for additional qualifications
- Competitive rates of pay
- Rewarding work
- Career development
- Rolling Rota
- Benefits include free health scheme and life insurance cover

We offer the community:

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

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





Can you support Chaseley Residents' Well-Being?

DID you know that the Well-Being and Activities programme at *The Chaseley Trust* costs just over £100k per year and is completely unfunded?

By **Jodie Cornford**

Chaseley's person-centred ethos focuses on individuals regaining as much independence as possible, ensuring that their psychological well-being and emotional balance is maintained.

offering an array of daily activities which include music therapy, cooking, arts & craft, woodwork, gardening, quizzes, arm chair travel, relaxation groups & excursions to local places of interest.

The programme encourages participation, helps reduce social isolation, whilst maintaining emotional well-being. The residents are at high risk of falling into depression as their conditions deteriorate, so it is vitally important to their health & well-being that they experience a full & active in-house social & recreational programme.

Social heart

The Well-Being & Activities Programme is the social heart of the charity & is run with enthusiasm & passion by their dedicated team;



Drop a blue token

Chaseley have been successful with the *Tesco Community Grants Scheme* and will be part of their customer blue token voting scheme in all local stores between mid-January and the end of March, enabling them the opportunity to receive a grant of either £500, £1,000 or £1,500. So if you are out shopping in any local *Tesco* stores, please do drop a blue token in their box and support their Well-Being & Activity programme.

For further information on the charity please contact Jodie Cornford, Fundraising & Marketing Manager on **01323 744200** or jodiec@chaseleytrust.org



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

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

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

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

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

Be part of something extraordinary in

2023!

St Wilfrid's Hospice has a fantastic year of events coming up. What could you do?

SWIM THE DISTANCE

1st to 31st March

Join our brand-new challenge and swim a set distance over the month of March. Register for free at stwhospice.org/swimthedistance.



EASTBOURNE HALF MARATHON

Sunday 5th March

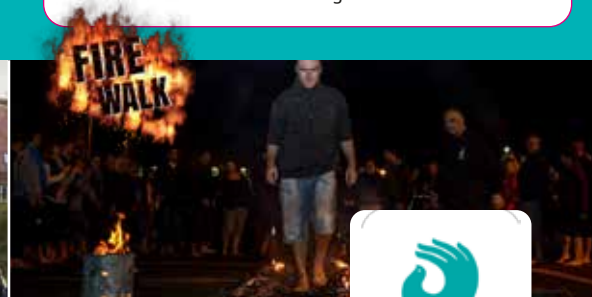
Now in its 18th year, this event is ideal for your first half marathon challenge or if you're looking for a personal best. Visit eastbournehalf.co.uk to enter.



FIREWALK

Saturday 11th March

Are you brave enough to walk across the burning coals? Sign up at stwhospice.org/firewalk with a friend and each get £5 off!



Find out more about how you can get involved at stwhospice.org/events

Registered Charity No: 283686



Looking to refresh your home?

Visit our new Home Store!

From dining tables, sofas and beds to soft furnishings and bric-a-brac, we have everything you need.

Find us at **56 Langney Road, Eastbourne BN21 3JN** – open 9am to 5pm Monday to Friday and 10am to 4pm on Sunday.

stwhospice.org/shops



Registered Charity No: 283686

We accept donations too!



Tree of Light is once again a huge success

THREE charities have benefitted from the 2022 *Tree of Light*, which was situated outside the *Congress Theatre* in December.

By **Peter Lindsey**

They are:

- **Holding Space.**
- **Children with Cancer Fund.**
- **Matthew 25 Mission.**

The Tree is organised by the *Rotary Clubs of Eastbourne*, and *Brewers* is the main sponsor, among others. This year's fundraising amounted to more than £5,000.

Di Hammond, Joint President of *Eastbourne AM Rotary Club*, said:



"It is a privilege for Rotarians to stage the *Tree of Light* service every year in Eastbourne.

"It provides a valuable service for many people as well as helping local charities as well.



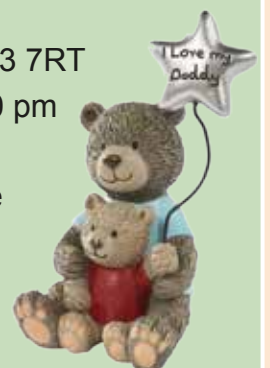
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Social media @dollyshomeware



RMJ Wellbeing Retreat

RMJ Wellbeing Retreat is hosting a variety of Bespoke Wellbeing Retreats on the following dates:

Saturday 11th March 2023
 Saturday 27th May 2023
 Saturday 8th July 2023
 Saturday 30th September 2023
 Saturday 11th November 2023

These events consist of arrival drinks at 9.30am followed by a briefing from the founder, Reeta Minhas-Judd, explaining what the day entails. Held at the Grand Hotel in Eastbourne, each Retreat includes a choice of the following activities and finishes between 5.30pm and 6.00pm:

- One to one yoga session
- One to one Life Therapy Session walking along the seafront
- One to one Health & Fitness guidance
- Mini 15 Minute Talk - Positive Thinking Strategies
- Mini 15 Minute Talk - Diet & Nutrition
- 2 x Spa Treatments including Indian Head Massage, Neck, Back & Shoulder Massage, Face & Scalp Massage, Express Facial.
- A lovely lunch is also provided.

Retreats are priced at £250 per person, with an early bird discount of £25.00 and each attendee receives a goody bag before they leave at the end of the day.

RMJ Wellbeing also offers a



separate 90 Minute Life Therapy Session or Walk & Talk Therapy Session FREE OF CHARGE and thereafter sessions are £60 for 1 hour. In addition to this, the business also offers a FREE 30-minute Guest Speaking session

which focuses on Mental Health and Wellbeing. This offer is available to all educational institutions and any company who is looking to help promote the awareness of mental health to their staff.

East Sussex College Free E-Learning Courses

East Sussex College are running nationally recognised FREE level 2 e-learning courses. This opportunity arose as part of their initial £1million pledge in April 2020 to helping people and businesses learn new skills and gain qualifications in response to the challenged of our post-Coronavirus world.

ESC has a wide array of fully funded courses including business start-up, introducing caring for children and young people, equality and diversity, customer service, understanding autism and so much more.

You need to be 19+ years old and eligible to study in the UK in order to seize this opportunity! Ultimately,

you can study at a time that fits around other commitments you may have in addition to having a course assessor always on hand to help with any questions you might have along the way.

Check out these free e-learning courses online at www.adult.escg.ac.uk/online-courses/free-elearning/



Help to Grow Government Programme for SME's

The University of Brighton is offering 3 new government sponsored programmes in 2023, in Brighton, Worthing and Hastings.

Small Medium Enterprises (SME's). This is ultimately aimed at helping small and medium sized business's (between 5 and 249 employees) to grow, the program is 95% funded by the government, and offers 12

x 2 hour taught sessions (mainly online), one to one mentoring, networking and working with the University to develop a growth plan for your business.

The only 95% government-funded business course for growth

Boost your business with the Help to Grow: Management course, suitable for business owners and senior managers of SMEs.

The benefits?

1. Develop a formal Growth Action Plan
 2. Get 1:1 business mentoring
 3. Network with other professionals
- This 12-week course is 90% funded by the government and can be completed alongside full-time work. The program is worth £7,500 per candidate and there is also an

opportunity to obtain £5k worth of IT for updating the business, the cost to the business is only £750.

The University of Brighton is recruiting for 6th March, 2023 with a special program for a Hastings/1066/Battle cohort.

For more info visit the website: www.helptogrow.campaign.gov.uk

New members for January

Cub and Tribe • Central YMCA • M S Steelwork Ltd • Supreme Carpet Cleaning Services SE Ltd • Rebel Rebel • Fibrecare uk ltd • Bistrot Pierre • House of Colour Eastbourne • Crown Wealth Consultants • Eastbourne Accountants • GoodNews for Life Ltd • Cargo Gym • Mini First Aid Sussex

Defiant Sports Breaking Boundaries

Defiant Sports have been pursuing Fort Fun with the Borough Council for a very long time but they have finally secured a chunk of the venue!

Loretta Lock told us *"It's been a long time coming, but we've finally secured Fort Fun!"*

Back in December 2021, Defiant Sports began their Fort Fun bid with the local Council - a long process that has evidently paid off! It was difficult keeping the news a secret when asked by their fantastic players and families, but they can now officially let everyone know. *"We have secured a chunk of the venue on the southern side for at*

least 5 years. If you know where the water slide area used to be, that's the general area we've been given."

The area is about four times bigger than the space they have in the Sovereign Harbour Retail Park and the Defiant team have some great ideas about how to use the extra space. For example; A sensory room and garden; An indoor multi sports court; Offices made from shipping containers; to name just a few.

If you're thinking "Does this mean Defiant Sports is temporarily shutting down", Loretta Lock was pleased to tell us that their doors in the Harbour will stay open, just as before, for the time being.

"Our aim is to begin offering services from the new venue around March 2023, but

keep your eyes peeled on our usual channels to stay up to date".

With the new venue on such a busy part of the seafront, Defiant will be offering corporate advertising space looking onto this high footfall area. So, if you are interested in advertising, please get in contact.

Loretta also asked us *"If you know anyone who will be able to help*



with construction, scrap removal, carpentry, plumbing, and electrical work, please do get in touch as we're going to need all the help we can get. We hope you're all as excited about this as we are, and we look forward to seeing you in the new venue soon!"

Contact us at info@defiantsports.org.uk or on 07887 755856.

Calling all GPs! Enterprising Medical Centre needs you!



VMC's full team

One of the most forward-thinking medical practices in the South of England is looking for a new wave of GPs to help propel the business to even greater heights.

They will play a vital role at Victoria Medical Centre (VMC) in Eastbourne as it looks to widen the services and support it delivers to 30,000 patients.

In addition to its new ultra-modern premises in Old Town, VMC runs Digital First, an advanced concept digital surgery, in the main mall of The Beacon Shopping Centre. It's newest arrival, Room 201, a new wellbeing and lifestyle centre in The Beacon Centre, opened its doors on December 5.

The new team of GPs will provide a wide range

of clinical services and join an organisation that also provides:

- asylum seekers service
- homeless service
- FeNO service
- spinal injury and severe neuro-disability service
- infection control
- research

- nursing and care home service
- paediatric team, mental health team, visiting paramedic team, pharmacy team and much more..

VMC has 30 consulting rooms, two operating suites and runs its own training academy to ensure members of the team are up to date with the latest teaching and guidance.

Dr Mark Gaffney, Chairman, said the new GPs would help meet the growing demand for healthcare, wellbeing and mental health awareness in the town.

"VMC is a fantastic success story that has been able to meet the challenges of our post-pandemic world," he said. "We have a number of GPs who are now looking towards retirement, and I want to find excellent clinicians who can support us on the next stage of our journey. We have big ambitions!"

Dr Gaffney said Eastbourne continued to grow in popularity and would offer GPs from outside Sussex boundless opportunities for professional, leisure and social pastimes.

"We have the pre-Wimbledon international tennis championships, a fantastic free air show, wonderful theatres and restaurants and excellent state and private schools," Nigel Grinstead VMC's CEO continued. "Add to that our Victorian promenade and the rolling South Downs National Park, so what's not to love about making Eastbourne your new home?"

Clinicians interested in joining VMC will get a generous salary package and a "golden handshake" on appointment.

For more information about career opportunities at VMC, contact Sian Sanwell.

Join today and reap the rewards!

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

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

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

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Eastbourne Pier set for a bumper 2023

THE owner of *Eastbourne Pier* says he is looking forward to a busy and successful 2023.

By **Peter Lindsey**

Sheikh Abid Gulzar bought the Pier in 2015 after there had been a huge fire and it was in a shocking state.

A popular hit

Now the pier – complete with its Gold colours – is proving a popular hit with locals and tourists all year round.

Mr Gulzar said: “Of course I am very pleased with *Eastbourne Pier*; it is going very well indeed.



Photo by David McHugh.

“We have steadily increased the number of units on the pier, which is very pleasing to see.

Mr Gulzar would also like to take over *Eastbourne Bandstand*, which is in a poor state.

“And of course, so much work needs to be carried out all year round to maintain this iconic site.

“I have a very hard-working and dedicated team who work tirelessly for the good of the pier.

For Eastbourne

“Investment continues to be high, and that will remain. Much of what I am doing is for Eastbourne long after I am no longer here.”



Sheikh Abid Gulzar.

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What will you be in 2023?

IN January 2023, One You East Sussex (the county's free healthy lifestyle service) launched their "What Will You Be in 2023" campaign.

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

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 would like to lose weight, stop smoking, get more active or eat a little healthier.

All our services are completely **FREE OF CHARGE** and take place all

across the county either with face to face appointments OR over the telephone (whichever you prefer!)

For more information please visit www.oneyoueastsex.org.uk or call **01323 404600**



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www.clearwellmobility.co.uk

FREE 2022 Brochure

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Happy Birthday Victoria Coffee Lounge



VICTORIA Coffee Lounge – at 225 Terminus Road – is celebrating its first anniversary in February.

By **Peter Lindsey**

And it has been a hugely successful year for the café situated just yards from the seafront.

Emma, Tony, their children Charlotte and Zoe, and Anastasia who is part of the team want to say a massive Thank You to the town.

Truly grateful

Emma said: "We have had a very successful first 12 months. We have met so many lovely people and we want to say a huge thank you to our regular customers, who have been so supportive. We are truly grateful.

"What we are doing is working, and we want to build on that solid start looking forward to spring and summer 2023.

"We pride ourselves on cleanliness, excellent customer service and amazing Italian coffee, plus freshly baked breads and cakes.

"Come and try us and follow us on *Facebook* and *Instagram*."

Victoria Coffee Lounge is best known for its top-quality service as well as

- Coffee.
- Cakes.
- Cocktails.
- Paninis.
- Jacket Potatoes.
- Waffles.

- Quiches and salad.
- Milkshakes.
- Frappuccinos.
- And much more.

The shop is also available to hire for private functions.

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Victoriacoffeelounge225@gmail.com

www.victoriacoffeelounge.com

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Outsourced Catering Opportunity

**Are you interested in running your own cafe/restaurant?
Do you want to work for yourself but at the same time
support the work of an important local charity?**

Age Concern Eastbourne is looking to outsource its catering arrangements and is inviting applications from people with catering experience to take over responsibility of all aspects of the catering at the Venton Centre, Junction Road, Eastbourne, BN21 3QY

We want to talk to people with flair and vision who will be able to promote the restaurant as well as the Venton Centre itself.

If you are interested in learning more about this opportunity, please contact John.trainor@ageconcerneastbourne.co.uk for an information sheet and details of how to apply.



Langney Sports
Indoor Bowls Club

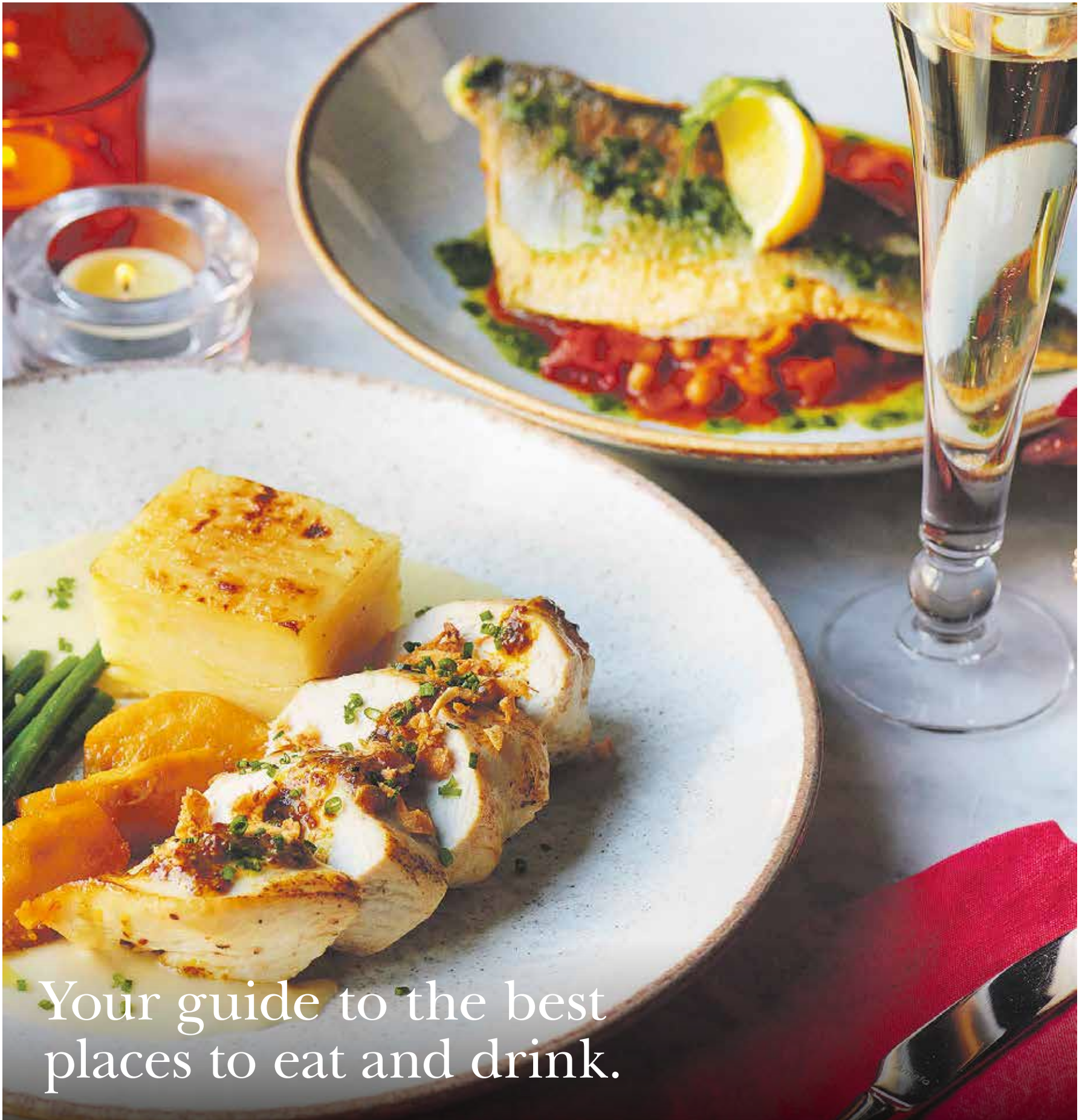
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and leave your contact details

Venue: Langney Indoor Bowls Club
Priory Lane, Off Priory Road
Eastbourne, East Sussex
BN23 7QH



Food&Drink



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The Wish Tower Restaurant
King Edwards Parade
Eastbourne BN21 4BY
Tel: 01323 886484

Food fit for Royalty

KINGS Restaurant at East Sussex College Eastbourne is where quality and value combine for a first-class dining experience.

By **Peter Lindsey**

An exciting hybrid of student training and a real working restaurant combine to offer a unique dining experience at Kings Restaurant in Eastbourne. Located in the Kings Building of East Sussex College, the restaurant is open to the public during the daytime and evenings for selected themed special events (term-time only).

What makes it so special?

A five-star dining experience (as per *Tripadvisor*) awaits, with a specially crafted menu, focusing on quality locally sourced produce where possible. Students are trained under the watchful eye of tutors in class and then run the kitchen/front of house under the supervision of restaurant managers Oliver Zecchin and Laura Da Silva-Henriques.

Kings prides itself on being a valuable asset to the community. Oliver and the team work with local employers to provide students the very best start to their careers in Hospitality and Catering. Links include the likes of *The Grand Hotel Eastbourne*, *The View Hotel*, and *Rathfinny Wine Estate*.

The *Kings Restaurant* team invites you to be their guest for a bistro-style lunch experience on Wednesdays, a fine-dining experience on Thursdays, and Afternoon Teas on Fridays.

Kings Coffee Shop is also open to the public on weekdays except Tuesdays (8.30am–12pm), where a coffee and bacon roll will set you back just £3.50. If it's on your commute to work, be sure to give them a try. And if you're not en route, it's worth a detour!

À la carte

The Wednesday bistro service offers an à la carte offering with three starters, three mains and three puddings available. These are all priced accordingly.

On Thursdays, *Kings* offers a table d'hôte menu with two courses at £15 and three courses at £17. Tea and coffee is inclusive on both days.

On Fridays, guests can enjoy an afternoon tea at 1pm for £12.50 and this is excellent value with a full round of sandwiches, plain and fruit scones with jam and clotted cream, sweet and savoury treats with endless tea



and coffee available also. Prosecco is available too upon request.

Various themed events take place throughout the term and can be found on their web page.

Attention to detail

A focus on quality and fine attention to detail in the preparation and presentation of fine dishes makes *Kings* stand out from the crowd. As a training restaurant, diners also benefit from wallet-friendly prices. You will find it hard to find equal value and quality elsewhere.

For reservations and more information, please call **030 300 38315** or email kings@escg.ac.uk

Alternatively, book online at www.escg.ac.uk/shops-services/kings-restaurant

Keep up to date with the latest news and follow [@escgkingsrestaurant](https://www.instagram.com/escgkingsrestaurant) on social media.

Kings Restaurant, Kings Building, East Sussex College Eastbourne, Cross Levels Way, Eastbourne BN21 2UF

Mighty Babosh

THERE is a real buzz around Turkish food right now.

By **Gail McKay**



Restaurants are the heart of Turkish culture, their commitment to expertly cooked meats and exceptional hospitality is evident at Babosh.

Gastro capital

Ibrahim Sayar, the owner is from Gaziantep, the gastro capital of Turkey. He brought his family to Eastbourne to set up and cook in the restaurant. They have been running restaurants and cooking for generations, it's truly in their blood. They prepare food with pure passion and have an instinctive, understanding of meat.

The décor at *Babosh* is a nod to the glamour and opulence of Turkish dining in Gaziantep, where restaurants are a luxurious experience.

To work in a Turkish kitchen, an innate understanding of cooking lamb, beef, and chicken is required. At *Babosh* all the meat is carefully selected in London and perfectly prepared at the restaurant. The care taken with ingredients is obvious.

Dolma spices

Starters are the traditional humous, salads and cheese, but you have to experience the stuffed vine leaves. These labour intensive morsels are not to be missed. Sauteed onions, blackcurrants, pine nuts and dolma spices, are wrapped in preserved vine leaves.

Kunefe

The chef... treated me to a Kunefe, a sweet cheese pastry made with Kadayif. A pancake-like batter is spun in to vermicelli like strings, grilled, and rolled in to a flat cake. With the addition of butter, honey and syrup, it is turned, topped with crushed pistachios and served with ice cream or cream. It is complete heaven and I have never tasted anything like it.

Regulars make a beeline for the grilled meat that's cooked so exquisitely on the mangal, a charcoal BBQ grill. The mix of deeply satisfying juicy meat and sauces, mouth watering spicy sides, fresh salads, and rich desserts have locals flocking to experience the sensuous delights.

Authentic

Mediha, a local Turkish cook who introduced me to *Babosh* is excited about having such an authentic Turkish restaurant in her neighbourhood.

She is currently making her way through the entire menu, so what's her favourite? "I have loved everything so far. But if pushed, the Lamb Beyti Sarma is really special. It's minced lamb rolled in soft fresh flat bread and with a rich tomatoe sauce and yoghurt and served with rice and salad. The food here is completely authentic, they haven't adapted it to an English palate, it tastes exactly as you would get it in Gaziantep."

Mediha also recommends the Octopus cooked in a Guvec, Albanian Liver and Sucuk, a popular Turkish Sausage.

They are open 7 days, and have different nights for different moods.

Cocktails are part of the weekend, they have a great selection of classic Cocktails and Mocktails.



There will be a belly dancer, DJ and live music regularly soon.

There's something delicious for everyone here, It's family friendly too with a great kid's menu.

27-31 Langney Road, Eastbourne BN21 3QA

**01323 738553
01323 739893
info@baboshrestaurant.com
www.baboshrestaurant.com**





Step inside THE MIRABELLE

The Mirabelle Restaurant is as impressive in its elegant décor as it is in the spectacular gourmet dishes that make their way out of the kitchen.



Head Chef Michael Sutherland ensures his dishes are beautifully crafted, finding the perfect blend between substance and style to create dishes that will leave your tastebuds sizzling.

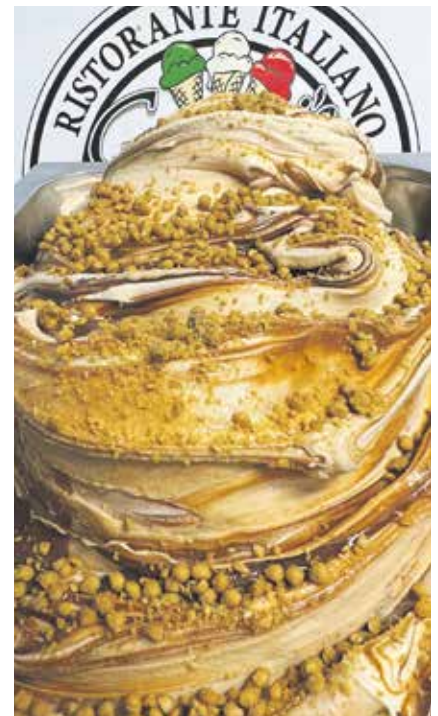
The incredible restaurant not only boasts wonderful views, an intimate, atmospheric setting and divine food, but also a number of awards, accolades and critical notices from some of the UK's top writers, as well as being considered as one of the finest restaurants in Eastbourne.

The Mirabelle Restaurant is open Tuesday – Saturday for lunch and dinner and promises to be a memorable experience that you won't want to forget.

Book online or by contacting our reservations team on 01323 412345
or reservations@grandeastbourne.com.



The Grand Hotel | King Edwards Parade | Eastbourne | East Sussex | BN21 4EQ
01323 412345 | www.ashdownpark.com



Perfect Pinsa and Gourmet Gelato

GIANNI'S is an award winning Italian Restaurant and Gelateria on the newly renamed Victoria Place. (Still also referred to as Terminus Road).



By **Gail McKay**

This isn't your average Italian Restaurant. They are the ONLY place in the whole of the UK with certification to serve ORIGINAL PINSA ROMANA.

But this is not the only thing that makes *Gianni's* stand out from the crowd. Another highly commended speciality of *Gianni's* is their award winning Homemade Organic Gelato.

Pinsa Romana

This special pizza is based on a 2000 year-old recipe. The modern version is now made with rice, soya, and whey flour. The complex and very precise process results in a light and airier, cloud-like dough –

crispy on the outside and soft on the inside. Made with 80% water, very little salt, and a sourdough starter, pinza is easily digestible and lower in calories compared to a standard pizza. Once you try it, you won't go back to a regular pizza.

Famous Gelato

Gianni's are also very well known for their Artisan Organic Gelato. They are a part of the *Ice Cream Alliance* and hold full accreditation from *Guild of Fine Food*.

Aleksandra, one of the owners and front of house, enthuses, "Ice cream is a huge draw for us, it sells well all year round but especially in the summer. We make it here, all from scratch with organic milk from local farm, *Hook & Son*. There isn't anything else like it on offer locally." Aleksandra and her

husband Gianni – the Chef, are totally committed to high quality, honest food. Quite often Gianni will travel to Italy to do new courses, learn new techniques etc – he never stops his development.

"Italians are simply obsessed with food and being married to one taught me that food is all they talk about and it's important for us to share that with our customers, to let them know how committed we are to high quality ingredients.

Lazio style

The restaurant serves all the Italian classics, with the requisite Italian simplicity. Gianni is from the Lazio region, and his food reflects this in his style of cooking. The couple have been running restaurants in Eastbourne for a few years now, and they love to think that *Gianni's*

Restaurant have what it takes to become your new favourite.

Beautiful atmosphere

Relaxed, and welcoming atmosphere, knowledgeable and friendly staff, carefully selected wine list and a very Italian décor. The walls are filled with beautiful photos of their trips back to Italy and some funky classic Italian posters. *Gianni's* is a perfect place for an intimate evening meal, a genial family gathering or any other occasion.

Whether you are after a casual morning coffee, ice-cream, or a full-on slap-up feast, you will find welcoming staff and a terrific Italian experience.

**247 Terminus Road,
Eastbourne BN21 3DH
01323 724435
www.gianniseastbourne.co.uk**





Why Dem Shish is such an amazing place to eat and drink

DEM Shish is extremely popular – and owner Kadir Akan says the recipe is very simple.

By **Peter Lindsey**

First, his talented and dedicated staff

"All our staff love their job, and they love *Dem Shish*. The customer always comes first and everyone

is guaranteed a warm and friendly welcome. Customer service is all-important to us, which is why our staff are so well trained. They are happy to work here."

Second, the atmosphere

The restaurant has seating for a maximum 130 people.

"We want everyone to have an experience they will never forget and also tell their friends and family about. We have live music every day, DJs at weekends, and the decor is fresh and lively."

Next, the chefs

"The food is the very best and I employ the very best chefs. Everything is fresh, made on the premises and the taste is spot on every time."

Special occasions?

"We have both Valentine's Day and Mother's Day coming up, in February and March. Our advice is always to book in advance."

Dem Shish offers a 20 per cent discount Monday to Wednesday inclusive, while its *Bottomless Brunches* are also very popular.

THIS just shows how kind and genuine *Dem Shish* owner Kadir Akan really is.

He organised a free event on Christmas Day to bring people together who would otherwise be alone.

Dem Shish served free Christmas dinners and drinks to almost 50 people, working with charities including *Age Concern*.

All staff worked for free on Christmas Day along with musician Robbie Silver.

Mr Akan said: "Christmas Day is a day where loved ones join to celebrate and create ever-lasting memories. Unfortunately, this is not the case for all. There is a population that does not have the luxury of family or friends, and they are on our doorstep.

"There were a lot of happy people. That was our main purpose, to make them happy. We tried to do something different.

"We wanted to do something nice for the elderly people who were going to be alone.

"The Eastbourne community has helped us a lot. They have made us successful, and we tried to do something nice for our community in some way.

"They were so happy. It gave us strength for the future. It has given us motivation."

Dem Shish is planning to host the event again next year and Mr Akan said he hopes other restaurants may do something similar.





Vote here to make Dem Shish number one in the country



DEM Shish Restaurant has reached the finals of the British Kebab Awards 2023 – and here's your chance to vote for them.

By **Peter Lindsey**

Owner Kadir Akan has created a magical venue in South Street, Eastbourne, which is hugely popular.

Dem Shish is in the final of the Fine Dining category – probably the most important one of all.

The awards will take place at Westminster Bridge Hotel, London, on February 28th with 1200 people attending.

Kadir said: "The team is deeply honoured to have reached the finals of such a prestigious national competition.

"We have a super team on board at Dem Shish – all work exceptionally hard and I am proud of every one of them.

"The customer will always come first and we strive to make everyone's experience here a wonderful one."

Let's make Dem Shish a winner and put Eastbourne firmly on the map yet again.

You can vote by scanning the QR code below.



Caroline congratulates Dem Shish

EASTBOURNE and Willingdon MP Caroline Ansell has congratulated Dem Shish being shortlisted for the prestigious British Kebab Awards.

Great news

"Congratulations to Dem Shish for getting to the final," said Caroline.

"Every year Eastbourne's reputation as a foodie centre continues to grow and this latest recognition is great news.

"Top quality and award-winning restaurants, shops and bars add so much to the visitor experience and help drive our economy.

Best of luck

"I wish the restaurant the very best of luck and I will be watching closely to see the outcome."

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Be our Valentine...

SPEND this Valentine's at Bistrot Pierre with your loved one and show how much you care with our 3 course set menu.



By **Pablo Robles**, General Manager

Especially for you this Valentine's day, our Chefs have designed an indulgent set menu with an emphasis on sharing that is perfect for an evening of love.

Sit back, relax and start the meal with a complementary glass of

Veuve Devienne followed by one of our delectable starters, will it be our sharing Baked Camembert for two?

Choose from our Poulet aux Pommes— Pan-fried chicken breast with a honey mustard glaze, caramelised apples & Dijon beurre blanc or our new Sea Bass Loup

de Mer with spiced chickpea and apricot cassoulet, lemon herb dressing and French beans. Fancy a classic? Tuck into our signature Boeuf Bourguignon or Confit Duck Leg for main course.

Then why not finish off with our Valentine's sharing plate which features our classic crème brulee, tarte au citron and chocolate brownie with warm chocolate sauce and vanilla ice cream.

Simply delicious ... after all no one does romance like the French!

**The Wish Tower Restaurant
King Edwards Parade
Eastbourne
BN21 4BY**

**01323 886484
eastbourne@pierre94.co.uk
www.bistrotpierre.co.uk/
locations/eastbourne/**





Welcome to Chi

VENDORS jostling passers-by in noisy passages, cooks a-cooking with lightning speed at stovetops in close quarters, and the scented fog of different dishes blending to inebriate the ravenous crowds. There's an undeniable thrill to street food.

By **Chris Thompson** and **Charlie Holland**

Chi Restaurant was born in this setting. Just three years ago they were a fledgling Pan-Asian street food outlet, but, with the ferocious pace common in the culinary world, they have already opened the doors to a seated experience in The Beacon Centre.

Out the pan, through the pass, and onto your palate with the same open kitchen dynamism as their



curb-side roots, the restaurant maintains a lively energy whilst refining the street-side experience into a buzzy dining establishment.

It's easy to see *Chi* really want to have fun with a classic concept of a restaurant.

Crowd favourites

From crowd favourites like the classic Katsu curry, to the radical fusion of Korean beef short rib, avocado and garnishes in a taco; there's no doubt the team (and their taste buds!) are having fun.

The sharing-style approach further adds to the easy-going, flowing atmosphere: jovial, collective, and focused on sparking conversation.

The decision to have an open kitchen is not only a nod to their beginnings, but a chance to showcase the sheer skill of the chefs and the superior ingredients.

Quality is a huge focus

"Quality has always been a huge focus for us!" *Chi* says, "All of the beef bao's are short-rib; they go through a twelve-hour cooking process. Everything goes through a loving, long process – because that's what we believe makes the meal good."

"We have so much passion for the concept", *Chi* continues. "It's really taken off in our other locations, so we're excited to welcome Eastbourne through our doors!"

There may be other fusion restaurants in the area, but this is the one that's going to be on everyone's lips and in everyone's bellies, so make sure you get in early.

Special offer

Chi would like to offer *Bournefree* readers a free drink until the 31st of March 2023!

Simply quote '**BourneFREE Drink**' when you visit or when you make your reservation!



“**Sticking to our street food roots, but twisting the Pan-Asian classics into a modern sharing concept. It's something we love and think other people will too!**”

Scan this QR code to find out more, order delivery or make a booking.



Sheppard's – East Dean's hidden gem

SHEPPARD'S Café and Restaurant in East Dean is proving a massive success – and it's about to get even better.

By **Peter Lindsey**

Mandy, Bea and their team have worked extremely hard over the past 20 months to make it a must-go place.

Changes are afoot this year though. From March Mandy's partner, Marco will be joining the team full-time to work front of house and to bring a little of his Portuguese magic to the kitchen!

Tapas Nights

Mandy said "Last years Tapas Nights proved extremely popular, so much so that we had to add extra dates. Marco's exceptional Iberian

cookery has certainly been put to good use and will continue to do so this year and in to the future!"

Sheppard's next Tapas Nights are Friday 10th and Saturday 11th March. They are now taking bookings on **423081** or online at www.sheppardscafe.com

This year also sees the return of a set lunch menu, one Sunday each month and will see a mix of British and Portuguese dishes. Keep an eye on the website for dates and sample menus.

Regular opening hours are Tuesday to Saturday 9am to 3pm plus Friday and Saturday evenings from 5pm.

"We have a comprehensive and tasty all-day menu. Everything is homemade and sourced locally."

Neopolitan Pizzas

Friday and Saturday evenings see £5 cocktails until 7pm, a delicious Pizza Menu serving up stone-baked and authentic Neopolitan style pizzas to eat-in or takeaway with delivery available from March and the usual locally sourced, seasonal menu.



Mandy was thrilled that Sheppard's was a finalist in two categories in the *Eastbourne Business Awards 2022* and that they have been chosen to, once again provide the bar and BBQ at this years *East Dean and Friston Summer Fete* on July 15th.

All menus and details of upcoming events are on the website.

01323 423081
sheppardscafe@gmail.com
www.sheppardscafe.com



SHEPPARD'S
 14 downlands way, east dean

FREE GLASS OF WINE WITH SET SUNDAY LUNCH

just bring along this advert available dates on the website

BOOK ON 01323 423081



Uber Eats. Customers can also book a table or order for collection (and enjoy a glass of peach iced tea when collecting the order). Simply visit: <https://pay.yoello.com/v/bolognesely> or scan the QR Code."



Brilliant Bolognesely

BOLOGNESELY is at 69 Susans Road and is growing fast.

By **Peter Lindsey**

- Key to the success story are:**
- 1. Everything is homemade and prepared fresh**
 - 2. Top quality ingredients**
 - 3. Adapting the taste to our customers' preferences**
 - 4. Five-star hygiene rating – the highest possible score**

Owner Adriana identifies key strengths of the expanding café/restaurant.

"First, an extensive and popular menu: Homemade Bolognese Sauces (Beef and Pork, Tuna, Veggie, Extra Meat and Spicy Beef

and Pork) and a full menu with British and Mediterranean cuisines appealing to all tastes and eating preferences including vegan, vegetarian and gluten free options.

"Second, very typical British dishes such as Cottage Pie, English Breakfast and Jacket Potatoes.

"Next, Weekly meal plans depending on the eating preferences or needs of our customers. They can bring their dietician meal plan for us to prepare, or we can simply agree which dishes and combinations from our menu they would like to have on a weekly basis and we would get it ready for them every day, giving an advantage of a 10% discount.

"Fourth, 10% discount to students and NHS staff who dine in our premises showing their valid Student Card / NHS Card.

"Also, our premises are suitable to host family and friends' celebrations or meetings for up to 20 people with affordable dishes, whilst enjoying a pint of beer, some wine, cider or spirits as we have just recently been granted our premises license.

"And if there are groups of people wanting to speak Italian and Spanish, we would be very happy to have them here chatting and helping them getting enough confidence to become fluent speakers in any of these languages.

"Finally, we offer delivery service through *Just Eat*, *Deliveroo* and

Facebook: Bolognesely

Instagram: bolognesely

Nextdoor: <https://nextdoor.co.uk/pages/bolognesely-ltd>

Google maps: <https://g.co/kgs/1Yduvh>

We have a lot of expectations thanks to all the great feedback, ratings and reviews given from our customers with the hope to be successful in our business.



The Old Town Café

HERE at the *Old Town Café*, we are dedicated to making you smile and your tastebuds tingle.

By **Peter Lindsey**

We offer delicious and wholesome brunch and lunch menus Mondays to Saturday, and then an outstanding Sunday roast!

We also pride ourselves on our top quality freshly ground coffee, prepared for you by our barista, and served with a smile.

Our Head Chef and Manager, Nathan Pfefferle, is focused and driven by locally sourced and sustainable produce.

He has an extensive background of cooking great food all across Sussex, from fine dining, to brunch, to tacos, he is passionate about all aspects of cooking and food.

As a part of the community, we are very passionate about supporting local businesses.

We work very closely with our local butcher Jeff Brain (of *Brains*

Butchers in Willingdon) and Rolly (of *J R Wholesale* in Hailsham) to obtain the best quality produce available on the market.

Combine that with our chef's 10 years of experience of working with top chefs and you have our wholesome menus!

Another passion that drives him is creating an atmosphere for all to enjoy and in which to feel comfortable, whether alone or in a group. Formerly a church hall, we have enough space for everyone.

So whether it's a coffee morning, a birthday lunch, a party, a meeting, baby shower, engagement party, or just a get together, then do be sure to visit us!

We also offer full venue hire and catering at very reasonable rates, please do enquire if you would like to know some more about how we can facilitate your needs.



Our usual opening hours are 9am–3pm Monday to Saturday and 12pm–3pm for the Sunday roast.

For all booking and enquiries for *The Old Town Café* please email : bookings@thejpkproject.co.uk, or phone us in opening hours.

01323 304591
39–41 Church Street, Old Town, Eastbourne BN21 1HP

JPK Project

***The Old Town Café* is no ordinary business but a registered charity which has been formed to provide a Community Training Centre.**

This enables students with a learning disability, access meaningful training, during the week, in all aspects of hospitality which include:

- Reception.
- Table Service.
- Barista.
- Open Bar.
- The Bradbury Training Kitchen.
- Information Technology.

All the above includes:

- Food Hygiene.
- Health and Safety, leading to qualifications in NVQ Level 1. After a three-year course, the training will prepare Students for future Supported Employment or Volunteering in the hospitality community.

All experience within the *Community Training Centre* enhances future self-help skills towards independence. For further information on the *JPK Project* contact: casey@thejpkproject.co.uk





The Wheatsheaf Inn – simply the best

***THE Wheatsheaf Inn* at Willingdon is proving more popular than ever and is now a true food destination pub.**

Why is that? The answers are very simple, says owner Karen Clapton.

First, all the food is home cooked, and the Head Chef is dedicated to serving top quality meals using local produce.

By **Peter Lindsey**

Customers love it

Karen said: "We are a British gastro traditional venue, and our customers love it."

First class

Second, *The Wheatsheaf* sells 42 different wines as well as first class lager, ales, soft drinks, and coffee.

"There's none of your house wine here. We source our wine from local businesses including *Chapel Down*, *Nyetimber* and some beautiful international wines including *Whispering Angel* from *Provence* and a deep intense Italian *Amarone*."





“
We welcome
walkers, and
we are dog
friendly too.
Our beautiful
inglenook fire
is very popular
as well.”

A friendly welcome is guaranteed!

But for Karen, service is key.

She said: “I have a waitress team separate from our bar team because looking after our customers is everything.

“We offer and provide full table service.”

The pub opens daily from noon until 11pm and can cater for special events and dinner parties.

Heated huts

Outside, there are heated huts with undercover seating in pods, and there is a large garden area.

The site opposite the main entrance to the pub will also be available for seating once the better weather comes.

Karen said: “We are in a great location so close to the *South Downs*, and I want to thank the local community who support us so well. I never take that support for granted and we work hard to make their experience so good they return time after time. And they do.

“We are now a food destination pub, which means we are getting more people joining from outside Eastbourne to eat and drink here, which is fantastic.

“We welcome walkers, and we are dog friendly too. Our beautiful inglenook fire is very popular as well.”

Special national events

Karen is also proud that the pub goes big when it comes to special national events, including the late Queen’s 70th anniversary celebrations in June 2022.

“You have never seen anything like it. Willingdon celebrated the anniversary like never before. Next up is the King’s Coronation in May, and we can’t wait.”



Visit:
**2 Church Street, Willingdon
BN20 9HP**
Telephone:
01323 502069
Website:
www.thewheatsheafwillingdon.co.uk
Facebook:
@WheatsheafWillingdon
Instagram:
TheWheatsheafInn_Willingdon

Rossi's very best cooking secrets

THE recipe for success at Rossi's Italian and Mediterranean Restaurant at 39 Cornfield Eastbourne is simple.

By **Peter Lindsey**

Top Italian cuisine cooked by expert Head Chef Emiliano and perfect service to every customer with an attentive smile from Aneta at Front of House.

It's 12 months since the compact and attractive restaurant opened – and it's easy to see why it has become so popular.

Family recipes

Emiliano said: "Every item on the menu is prepared fresh and all the pastas and classic main dishes are homemade. This includes seafood, meat and vegetarian options.

"We change the menu every four months and I am proud to use family recipes, some my mother taught me when I was very young. I stole a few of her very best cooking secrets.

“
I serve what I know our customers will love once they taste it.

Only at Rossi's

"All the fish we serve is sourced locally and as Head Chef, I don't copy what other people cook. I serve what I know our customers will love once they taste it."

Rossi's also offers a great range of wines and serves cocktails as well.

It's open 12–3pm and then 5pm–10pm every day except Sunday when it is closed.

They also caters for parties and special events.

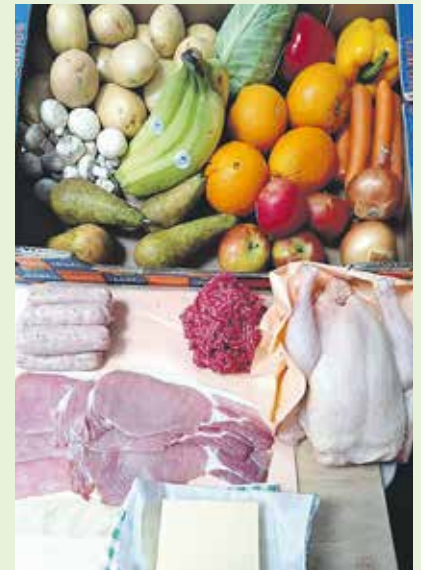
39 Cornfield Rd, Eastbourne BN21 4QG

01323 727296

www.rossieastbourne.co.uk

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





Have a butchers'

DITCH the supermarket for locally sourced, stunning ingredients. Fit for the finest dinner party or a simple midweek family supper, JCS Meats and Provisions is affordable luxury.

By **Gail McKay**

One of the greatest pleasure I have working on this magazine is finding out about unique businesses that might sometimes go under the radar and then letting our readers know about these hidden gems.

JCS is one such business. If you followed the recent Eastbourne business awards, you'll have seen that they won retailer of the year. And with good reason. It's a fantastic setup, fruit and veg outside on a market stall and inside, the meat counter and grocery shop. It's an asset to the local area.

Quality is paramount

John Clarke-Semmons, the owner has been running *JCS Meats and Provisions* in Eastbourne for the last eight years. John says, "Our mission statement has always been 'Quality of produce and service is paramount'."

Plastic free

They are the only fresh produce retailer in the area to be recognised as plastic free, due to their

continued use and promotion of paper wrappings for their produce.

But this is no ordinary shop. Everything is locally sourced, everything is top quality, and everything is excellent value.

28 day dry hung sirloin

John showed me the 28 day dry hung sirloin. All good butchers have recipes for the meat they sell. John is also a trained chef. His tip with steak is to start with a glowing red hot pan. No oil. Put the room temperature steak in dry, when it's sealed, turn it over and season the sealed side. He says the salt draws out moisture. His favourite way to eat steak is with a tarragon, pepper and cream sauce with homemade chips.



Pevensey Blue

JCS Meats and Provisions are excellent at sourcing the best produce. "We often get *Pevensey Blue*, a local artisan blue cheese, which is gold dust. It's made in *Hockham Farm*, but isn't available for retail and there's no farm shop."

I was thrilled to hear this as it's one of my favourites. John posts on *Facebook* when it's in, so keep your eyes peeled. He also has the excellent, and very popular *Sussex Charmer* and the crowd pleasing *Brighton Blue*.

Boxes

They supply superb value meal boxes, veg boxes, stew boxes, meat boxes, all delivered free locally. The Bargain box has



chicken, bacon, sausages, mince, cheese, and loads of fruit and vegetables for £35.

It's a gift for anyone living near him. And free easy parking for those that don't.

You can also pick up store cupboard staples like eggs, paracetamol, tinned tomatoes, pasta, for added convenience.

Their delivery service extends from Normans Bay to Saltdean, and they hope to expand further into Bexhill, St Leonards, and Hastings in the coming months.

The trade counter in Eastbourne is open to the public from Tuesday–Saturday.

For more information or to make an order, call **01323 573284** or email: orders.jcsmeats@btinternet.com

**Glennys Estate
158 Latimer Road
Eastbourne, BN22 7ET**

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i @JCSmeats**

NEW DINING CONCEPT AT THE LANSDOWNE

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good

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1912
Seafood & Steak Kitchen



This February we're offering a very special two course menu for those seeking warming tasty comfort food at a great price. The pennies may be a little tight at the start of 2023, but that doesn't mean you should compromise on real quality dining. We're right on the coast, so perfect for brisk walk on the promenade too. With this value and taste, now is always a good time to sample 1912.

Two Courses
£19.12

during February



THE LANSDOWNE

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



February dining at the Lansdowne Hotel

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King Edward's Parade
Eastbourne BN21 4EE

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

JOIN us in February and make the most of our lounges, restaurant and sea view.

By **Stephen Callis**

We are open to non-residents throughout the day for a tea or coffee in our lounges, bar drinks, afternoon tea or a meal in our restaurant 1912.

Feel free to drop by when passing or make a reservation for a specific date.

2 Courses for only £19.12

Our popular two courses for only £19.12 has been extended until the end of February. 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 Lansdowne Hotel also has a daily happy hour in its bar from 5pm to 7pm with a selection of cocktails priced at only £6.00.



Special occasions – Valentine's Day and Mothering Sunday

With February now upon us join us in the coming weeks for Valentine's Day and Mother's Day. Treat your loved one to a meal in 1912 on Tuesday 14th February and perhaps our happy hour cocktails prior.

Mother's Day is on Sunday 19th March and we will be serving

afternoon tea and lunch in 1912 with an extensive menu to choose from. Enjoy afternoon tea served on 3-tier stands in the comfort of our lounges. For an extra special treat select our sparkling option with a glass of Prosecco included.

Afternoon tea £19.95

Afternoon tea with a glass of Prosecco £24.95



Experience a unique and bespoke culinary journey

***JOURNEYS* is a new restaurant and wine bar in Station Parade, Eastbourne Town Centre – and it is fantastic.**

Owners Marina and Amy Stone both have vast experience in Michelin standard dining, which is reflected in your experience when you dine or drink there.

They believe in the complete dining experience for all their customers – and you can be assured of a warm welcome, great food, and drink.

Special and unique

Marina explains: "It has been our dream to open a top-quality restaurant and wine bar with a relaxed atmosphere and now our dream has come true. We want all our lovely guests to feel at home, in our home with us spoiling them!!

By **Peter Lindsey**

"We have created a very special and unique place to come to in Eastbourne which the name *Journeys* means a lot to us as it is our first journey and we would love to take all our guests on a unique and bespoke journey. Every guest

is important for us so whether you spent £1 or £1,000 you will be looked after in exactly the same way.

"We opened on December 7th and our focus is on a fresh and enjoyable menu with matching

wine for each choice. We are also very sensible and conscious about sustainability that is why we cook everything to order and our menu offer is kept reasonably small to avoid food wastage.

Local produce

"Sharing platters are one of our strengths of the menu. Seafood is featured quite prominently.

We buy local produce as much as possible and make everything in house that we are able to.

"We want our customers to feel relaxed, and a priority of mine is to explain the dishes, so people know exactly what to expect.



“

We want all our lovely guests to feel at home, in our home with us spoiling them.

Journeys is open from 11am to 11pm Tuesday to Saturday. Lunch is served 12–3pm and dinner 6–9pm. They are currently closed on Monday and Sunday.

There are two main areas – a restaurant area and an area to enjoy a drink. Cocktails are also available.

Standout items

Amy is the very experienced chef. She started in fine dining aged just 16 and was trained to Michelin level.

Among the standout items on the menu are the scallops and pan-fried Bream. The charcuterie board and raclette are also dinners’ favorites.



Marina has also enjoyed Michelin fine dining experiences, including managing a restaurant’s drink list with 300 wines.

Most recently they did open a restaurant that gained a star after 18 months being opened. “We worked hard and that experience was very inspiring for us and showed us that we should always believe in our dreams in life, and it was their dream to gain a star and we are thankful for being a part of it.”

Both know exactly what it takes to make a successful restaurant and wine bar in Eastbourne.

Calendar of events

They also have a calendar of events featuring wine dinner events, Mother’s Day lunch, guest experience and loads more so stay tuned on the Facebook and Instagram pages.

Marina and Amy look forward to welcoming you to their top class, high quality and informal venue.



6 Station Parade
Eastbourne BN21 1BE

01323 430376
info@journeyswinebar.com
www.journeyswinebar.com
@journeys_wine_bar



VALENTINE’S DAY MENU – £48.00pp

Starters

- Mushroom Agnolotti, Brown Butter, Hazelnuts.
- Salmon Tartare, Pickled Beetroots, Crème Fraîche.
- Roquefort Pannacotta, Pear Chutney, Walnuts.

Mains

- Duck Breast, Potato Fondant, Purple Broccoli.
- Pan Fried Cod, Creamed Leaks, Morteaux Sausage.
- Sharing for two: Baked Camembert, Cured Meats, Raclette, Padron Peppers.

Desserts

- Vanilla Pannacotta, Poached Rhubarb, Honeycomb.
- Deconstructed Nutella Cheesecake, Toasted Hazelnuts, Vanilla Ice-cream.
- Choux Bun, Crème Pât, Chocolate Sauce.

Additions

- Cheese Course – £8.00
- Sides – £5.50



Prepped with Provenance

AT J. HEATH & SON Butchers we pride ourselves in selling excellent quality meat. We also appreciate our customers lead busy lives and so we have created a range of fully prepped products using our fantastic meat.

By **Joanna Heath**

Sourced within a 25 mile radius of our shop here in Eastbourne, we have pure bred Sussex beef from David Fenner at *Beachy Head*, lamb from Martin Hole at *Montague Farm*, Hankham and pork from Richard Bates at *Willow Lodge Farm*, Chelwood Gate and chickens from Arlington.

With the focus on high quality, locally sourced meat, why not try our delicious chicken, pork & beef stir fries with either our lemon,

ginger & chilli marinade, or our 'China Town' marinade for a more traditional Chinese stir fry flavour.

Alternatively we also have a tasty fajita mix using either chicken or beef. All of these are packed full of vegetables, healthy, low fat and ready in minutes.

No nasties

Our marinades are 'PURE' with no declarable allergens, minimal salt, reduced sugar, no MSG or phosphates and no compromise on taste.

For a special occasion we make simple, individual beef wellingtons, baked in a hot oven for 20 minutes with our prime fillet steak. Or if you're feeling like some cold weather comfort food we have oven ready lasagnes made with our prime steak mince – lean and tender, cooked in 50 minutes.

Local delivery

All of these are available from our shop on Albert Parade, Old Town or for extra convenience you can send us a text to our order line **07922 422633** with your preferred collection time or local delivery. We deliver locally all week to BN20 and BN21 and we deliver to BN22 and BN23 on Wednesdays.

Follow us on *Instagram* at **@j.heathandson**

www.jheathandson.co.uk

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The Arts



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2023

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DAVE
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MUTINY AT THE BEACH

FAT FREDDIE AND THE QUEENS

dj
dunk

WATSON BROS ★ TIN WHISKEY

Nicky B

FAT CHARLIE & SOUTHBOUND TRAIN

P45

WWW. **See** TICKETS.COM

WWW.CAMPERMARMALADE.COM

BRAMLEY FARM BAY TREE LANE POLEGATE EAST SUSSEX



Just amazing, what a line up!

EASTBOURNE is in for an incredible treat.

By **Harold Farmer**

Camper Marmalade returns for 2023 with an even bigger line up of top acts ranging from brilliant tribute bands to some of the best DJs in the country.

After several successful years, a new management team has grabbed *Camper Marmalade* and taken it to another level.

With a weekend of acts to suit all, it's an event not to be missed. More live music, more food stalls, more stall holders... more of everything!

Family friendly

The family-friendly event takes place at *Bramley Farm*, Bay Tree Lane, near Polegate over three days. Friday 30th June to Sunday 2nd July.

On Friday we have we have some great DJs starting the weekend off with *Fat Freddie and The Queens* headlining day one.

Saturday, for a party starters, we have *Large*, *Skaper* and *The Pat Butchers* getting everyone up and dancing, ready for the main course, *Fleetwood Mac UK*, *Dave Pearce* and *Brandon Block* all taking the stage by storm.

After a hectic Saturday, a laid-back Sunday is required and we have the perfect selection of music for you. The famous *Watsons Brothers*, *Tin Whisky* and *Fat Charlie and Southbound Train*.



Fat Freddie and The Queens.

Dave Richardson, one of the event organisers said: "We have just announced the line-up and we are so excited.

"We have some great DJs and a brilliant mix of different music from some fantastic bands ranging from Rock to Dance and everything in-between."

Special events

Also added this year, for all the family, is an 180-foot inflatable assault course where we will also be holding our *Marma-Olympics*. A kids and adult tournament that's free to enter and with great prizes up for grabs.

Some amazing vehicles will be buffed and polished at our *Show & Shine* extravaganza plus some very special vehicles from the world of TV and film. They will all be on display and available to have that special photograph taken to show your family and friends.

To book tickets, please go to www.seetickets.com where you can buy one-day, two-day or three-day walk in tickets, or, why not camp for the weekend with our special weekend camping tickets.

📷 @campermarmalade
www.campermarmalade.co.uk



Large.



Dave Pearce.

Camper Marmalade

SHOW & SHINE

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STREET FOOD • BEER TENT • PRIZES • KIDS ZONE

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INC 180FT INFLATABLE ASSAULT COURSE & INFLATABLE WIPEOUT

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KIDS & ADULTS TOURNAMENT

SUNDAY 2ND JULY 2023

BRAMLEY FARM, BAY TREE LANE POLEGATE EAST SUSSEX



29 dancers head off to the World Cup

TWENTY-NINE youngsters from the *Zoe Pennington Dance Studio* in Polegate are heading off to the *Dance World Cup* in Portugal.

By **Peter Lindsey**

And they need our help!

Proud mum Emma Rich-Spice is appealing to businesses and groups to provide financial support.

The estimated total cost for the trip, from 30th June to 8th July, is around £15,000, which the families and the fundraising team are funding.

Emma said: "The trip to Braga is an amazing opportunity for all 29 dancers, and I am sure they will have the time of their lives.

Incredible honour

"I was happy to help seek sponsorship as it is an incredible honour to represent the country and wanted to help realise the dreams of these youngsters to raise the money much needed for travel, costumes, training and other costs. We are one big family and community at the school.

"There are 162,000 people from 62 countries taking part and our group are performing in 12 dances across many categories and ages including one solo."

If you can help or for more information please email:

emfraggle@btinternet.com

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](https://www.instagram.com/themakersdirectory)

themakersdirectory.co.uk

FEATURED ARTIST

Eastbourne Studio Pottery

Eastbourne Studio Pottery is an open-access ceramic studio based in the heart of town. Set-up by Jennie Lathbury, Karen Peters and Claire Shoosmith in 2017, we offer a flexible membership scheme for independent potters plus day and evening classes for all levels of experience. We want everyone to benefit from exploring their creativity through clay and have developed long-standing partnerships with several local community groups offering bespoke workshops both on and off-site.

Our Saturday morning taster sessions are great fun and a fantastic way to start your journey with clay, over three

and a half hours you are introduced to hand-building, using coloured slips and throwing on the wheel.

Clay is a brilliant medium for children, we encourage play and experimentation for pre-school age in our Friday morning Mud-larks; an opportunity to work alongside your children on our monthly Family workshops and in 2023 we'll be introducing an afterschool club on Tuesdays.

We are planning an exciting programme of full day workshops for the New Year focusing on special techniques with invited artists including Louisa Taylor, Elaine Bolt and Emma Carlow.

Email: eastbournestudiopottery@gmail.com

Website: www.eastbournestudiopottery.com

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

www.themakersdirectory.co.uk/directory/eastbourne-studio-pottery



2023 is going to be an extra exciting year for the arts in Eastbourne with the Turner Prize at the Towner and many of our fellow creatives planning special events. We hope to host a series of 30 free ceramic workshops as part of the celebrations – more news as our funding bid progresses!



Are We Monsters.



The Fragile King.

Could Eastbourne be the Cannes of the British Riviera?

DOMENICO Della Valle and Manfredi Mancuso, the founders of *Crossing The Screen International Film Festival*, have a dream: “We want to transform Eastbourne into the Cannes of the British Riviera!”

By **Melita Cameron-Wood**

This is no mean feat, but the festival, now in its seventh year, has survived numerous setbacks, including the Covid-19 pandemic and a chronic lack of funding.

“After the first edition of the festival in 2016, the main challenge was figuring out how to maintain the event. In the UK, and around the world, many film festivals have a lifespan of three years, after which they die out due to loss of

momentum or funding. To keep a film festival going, there’s the logistical aspect, but you also need that driving force — the belief that it’s going to work.”

This year’s festival, which will be held at *The Grove Theatre* from 3rd to 5th March, bears testament to the pair’s determination. Submissions from all over the world tell unique stories that dive deep into the human condition. One such example is ***Wade or Row***, a short film by Rebecca van der Meulen that focuses on a young American woman’s visit to a covert abortion clinic in a motel.

Another topical submission is Lorenzo Lanzillotti’s ***Punch of a Late Summer***, a feature film that explores the struggles of bipolarism against the backdrop of the Italian countryside. ***The Fragile King***, a feature film by South African director Tristan Holmes tells a similarly moving tale of the bond that forms between a young boy and his grandfather after his mother dies in a tragic accident. And, ***The Father, The Son and The Rav Kalmenson***, a light-hearted yet thought-provoking short film by French director Dayan D. Oualid, examines the dichotomy between the playfulness

of childhood and the expectations of the protagonist Yoel’s local Orthodox Jewish community rabbi.

The work of local filmmakers, such as Seb Cox’s first-time feature film ***Are We Monsters***, will also be screened at the festival, taking the audience on a journey into the realm of the supernatural through the lens of a werewolf undergoing an identity crisis.

The varied selection of films demonstrates Della Valle and Mancuso’s talent for the curation of a timely and insightful programme. “*Crossing the Screen* is an independent festival, so we don’t have to comply with rules or make compromises,” Della Valle comments. “We have freedom of action, and that’s a good thing!”



EASTBOURNE'S INTERNATIONAL

JAZZ



BLUES

festival



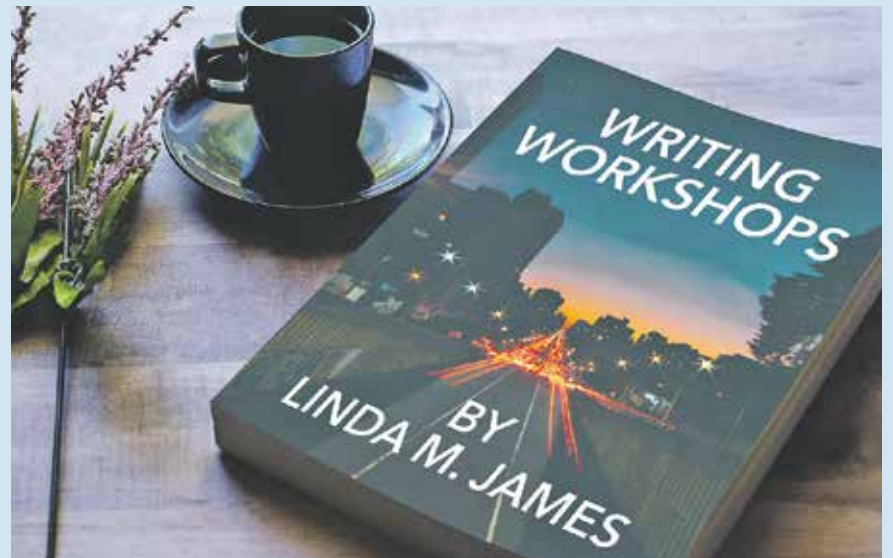
SAT & SUN

29th - 30th
JULY 2023

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Creative writing courses in Eastbourne



EASTBOURNE based Linda M. James is a published writer. She is running creative writing courses for people to improve their short story and novel writing skills with a view to publication in friendly, supportive and enjoyable writing classes.

By **Gail McKay**

If you scroll down the workshop page on her website, you'll see a sample of the hundreds of lovely reviews Linda has received from past students; many of whom have now been published.

Linda is passionate about helping writers reach their full writing potential.

You can join her on 2nd March between 2pm – 4pm for a series of lively four-week workshops. Then two weeks off, followed by another four-week block.

The workshops will run throughout the

year so by Christmas, you'll be well on your way to writing success!

Please email or phone
01323 920766
lindamjames77@gmail.com
www.lindamjames.co.uk

Community Wise, Ocklynge Road, Eastbourne, East Sussex BN21 1PY



Linda M. James.

Green Light Music Festival

WHAT is it? You keep hearing about it, BUT WHAT IS IT?

By **Caine Hemmingway, EMC**

Well. Sit back, and let me tell you.

Green Light Music Festival is a three day music festival in Eastbourne. 23rd–25th of February. We have ticketed events at *The Town Hall* and free gigs at *The Dew Drop*, *The Eagle*, *Printers Playhouse* and *The Vinyl Frontier*. Eastbourne will have a beating heart of live music.

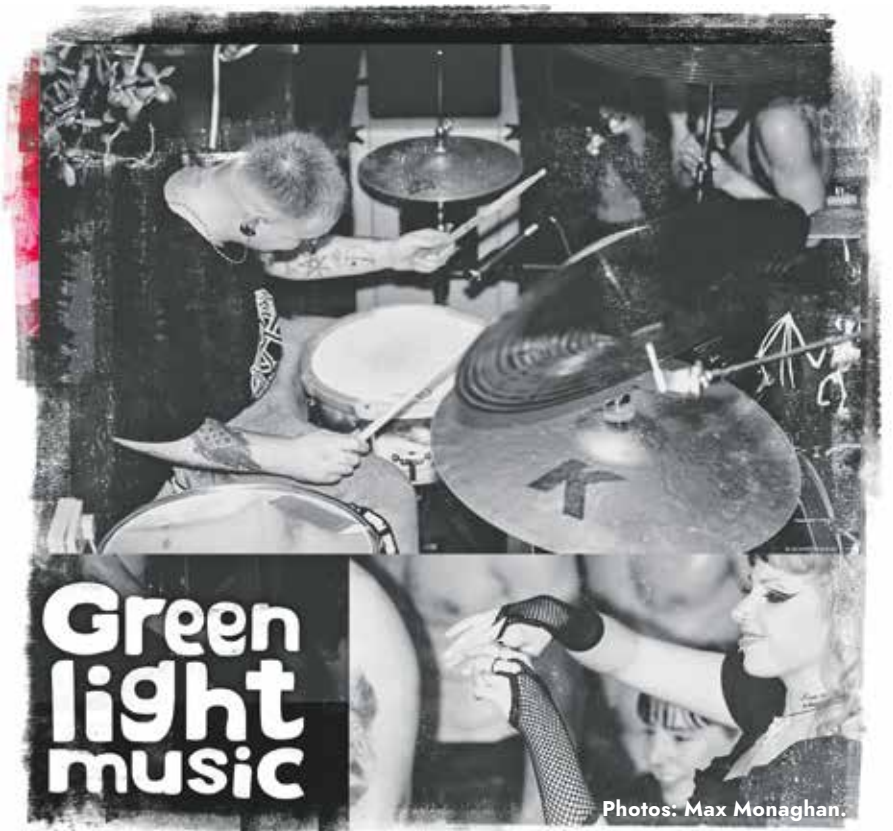
Supernova

The Town Hall events kick off with a supernova on the 23rd, the best

of original Eastbourne bands, a celebration of talent. We have *Torrid Horror* headlining, *Knockville*, *The Veltmans* and *Stan-H* supporting. These bands have carved names for themselves, already packing out venues in Brighton, London and across Europe. It's time to give them a platform at home.

Platform to express

On the 24th we have a *Create Music* and *East Sussex College Showcase*. On the 25th, to close the festival, we have the *Rebellious Ensemble* performing original orchestral compositions. All in the grand *Town Hall*.



Photos: Max Monaghan.

Alongside the town hall events we have around 30 local bands and artists, all being given the platform to express their passion, their art. You can come and see bands like *Black Groove*, *Street Grease*, *We Are None*, *Ava*, *Grace and Danger*, for free across some amazing local venues.

Green Light Music Festival isn't the catalyst, it's the celebration of a diverse and growing music scene we have here in Eastbourne. Come and see what Eastbourne has had hidden away.

www.visiteastbournetickets.co.uk/greenlight

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Phoenix Choir celebrates with an evening of Baroque

AFTER its considerable success last season, Phoenix is looking forward to marking its 20th anniversary year with a celebration of Baroque for its next concert.

By **Peter Lindsey**

It takes place on Saturday 25th February at 7.30pm at All Saints' Church, Eastbourne.

Joys aplenty

There will be joys aplenty to brighten a winter's evening as Musical Director Michael Fields brings his fresh and engaging interpretation of this wonderful music.

The choir is again joined by Phoenix Maastricht to sing Bach's Magnificat, the Vivaldi Gloria and Pergolesi's beautiful but lesser-known Laudate Pueri Dominum. Telemann's concerto for three trumpets.

Two horns and timpani complete the programme.

The choir is delighted to welcome back Ansy Boothroyd, Helen

Groves, Alice Simmons, Sebastian Charlesworth and Dan Jordan accompanied by Julia Bishop and the Phoenix Baroque Orchestra.

Book now

Tickets: £20 (under 18s/students £10).

Tickets are available from: **Reid & Dean** (cash only), **Tourist Information Centre** and **WeGotTickets.com**.

Retiring collection in aid of *Eastbourne Foodbank*.

allsaints
E A S T B O U R N E

**21 Grange Road, Eastbourne
BN21 4HE**

Printers Playhouse nominated for national award

JOHN and Viv Berry – Co-Directors of the Printers Playhouse in Grove Road – have been recognised by the Writers Guild of Great Britain, for their unique approach to the arts and theatre in particular.

By **Peter Lindsey**

The awards are in honour of playwright Olwen Wymark, a lifelong supporter of WGGB and a former Theatre Committee Chair, who died in 2013.

John and Viv were nominated by one of their tutors Alan Spence, a *Writers Guild* member and serves on the Theatre Committee.

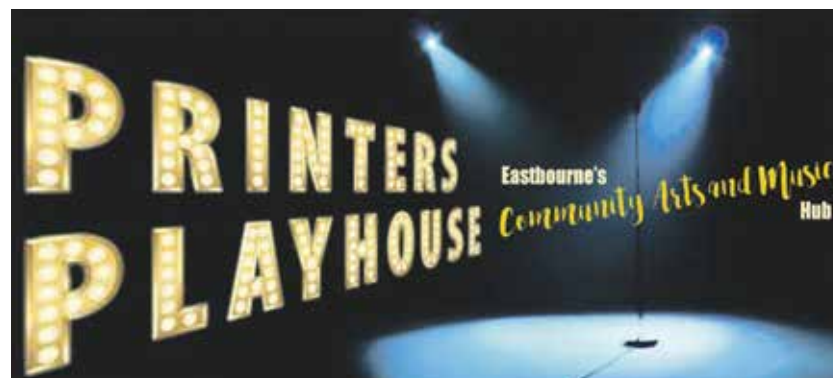
A wonderful award

David James, a former Chair of the WGGB Theatre Committee, who organises the event, said: "This is a wonderful award, warmly appreciated by both the winners and the nominators: the chance to say thank you. It has also helped many of the winners to receive meaningful recognition from outside funders."

Heart of the community

In his citation, Alan said "I know it is early days, but in all my experiences, I have never been so warmly welcomed, allowed to follow my dreams, with John and Viv finding ways to make things happen, rather than saying no. That sense of being accepted, supported and yet, with a degree of independence.

John and Viv's approach since 2015, is all about new challenges working with new people, surviving the last two years to keep on doing what they believe in; an Eastbourne Arts hub that offers a safe space for local artists and musicians to share, collaborate, learn and develop new skills. Placing theatre at the centre of an arts culture, and at the heart of the Eastbourne community."





Double Loyalty Points this February

Bank up some points in time for Spring!

Enjoy **£10 voucher** for every 10 points earned

For one month only we're offering all our members **double points** on your loyalty card, when you spend with us this February.

Not already a loyalty member? Sign up in store today so you can enjoy this one off perk too.

Earn **1 point** for every £15 you spend!

£10 Voucher when you receive **10 points!**



Points earned when you spend £75 any other month...



Points earned when you spend £75 in Feb!

Bermuda 4 Seat Dining Set

Price: **£1099.99**



Earn **75 points**
=£75
To spend in store!

Olive Tree 55l

Price: **£249.99**



Earn **16 points**
=£16
To spend in store!

This fantastic offer is only available for one month only. Visit our garden centre today.



Green and pleasant

THE National Garden Scheme's annual Snowdrop Festival is upon us once again! On a winter's day, there is nothing better than visiting a garden gleaming with one of the earliest flowering plants of the year. Whether you enjoy carpets of naturalised white in woodlands, meticulously grown rare varieties of snowdrops or gardens boasting a colourful mix of snowdrops, hellebores and other early spring flowers – readers will find there is something for galanthophiles and garden enthusiasts alike. Now is the time to plan your visit.

By **Geoff Stonebanks**

We all probably ate more than we should over the festive period, so this might be the perfect way to get out and exercise in the fresh air and enjoy the beautiful, faithful, first signs of spring, epitomised by drifts of glorious snowdrops. They are indeed a reminder of the changing seasons and the promise of what's to come.

Snowdrop Festival

Snowdrops can be viewed in over 100 National Garden Scheme gardens throughout England, Wales and Northern Ireland during February, and March. Here in Sussex, we have about ten gardens for you to see these beautiful flowers, notably *Pembury*

House in Clayton (pictured above) and *5 Whitemans Close* in Cuckfield.

The scheme recently published some fun facts about this delicate little flower, here are a few to whet your appetite. It's Greek name – 'Galanthus' translates as 'milk flower' but could you have possibly imagined that a single Galanthus plicatus 'Golden Fleece' sold for £1,390 on *eBay* back in 2015?

Snowdrops are tough little plants, adapted to pierce through snow and survive the cold. The tips of their leaves are especially hardened for breaking through frozen ground and their sap contains a form of antifreeze that prevents ice crystals from forming. A naturally occurring substance within the plant, called galantamine, is used to help treat the symptoms of Alzheimer's

disease, although the bulbs themselves are poisonous.

There are more than 2,500 varieties and they are symbolic of spring, purity and religion. Collecting snowdrop bulbs in the wild is illegal in many countries. For many, you need a license to sell them, as they're covered by *CITES* regulations – the *Convention on International Trade in Endangered Species of Wild Flora and Fauna*. It's illegal to transfer them over borders, without a *CITES* permit too.

The snowdrop isn't a UK native. They became fashionable in the Victorian era but, due to it being known under several different names, no one knows for sure when they were first introduced to the UK. The first records of plants in the wild date from 1778 – but botanist John Gerard is said to have described the snowdrop in his writings from 1597.

So, now you know, why not plan your visit to a *National Garden Scheme* garden as part of their Snowdrop Festival, wellies and warm clothes will definitely fit the bill. All the details on how to visit, prices and other information can be found on the Scheme's website at www.ngs.org.uk Do note that many will require pre-booking online, including the two that I mentioned above.

Back at Driftwood

Meanwhile, back in my garden, the coming month will be a time for tidying up and making preparations, ready to open later in the year. For the last few years, it has been the month when I get people in to tidy up the boundaries. I have tall hedges and greenery on all sides of the back garden and it is just too

much now for me to climb ladders and keep it all in trim. The team can get it all done in a day and it is now very satisfying being able to watch others get on with it from the warmth and safety of my office desk in the roof. I have steep banks at the front and side of the drive which also get trimmed at the same time.

Openings this year will get off to an early start with a small tour group from the USA who booked their visit on the 27th May way back last September. So, between now and then, I'll be trying to make it look a little different. I've had a clear out of my many terracotta containers and cleaned some up ready to use again around my plot. I'm fortunate in having a great storage area for them at the top of the garden. Containers are a great way to change the look of the garden, repositioning them each summer in different locations.

My garden has always been 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. There will be plenty of new ideas on show again this summer.

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.



OPEN EVENTS

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guide online.



East Sussex College Open Events are the perfect opportunity for you to come in and see the facilities, meet our dedicated course tutors and find out about the courses we have on offer. Don't miss out!

**4.30
- 7PM**

(last admission
at 6.30pm)

LEWES:

Thursday 16th March 2023
1 Mountfield Road,
Lewes, BN7 2XH

HASTINGS Station Plaza:

Thursday 23rd March 2023
Station Approach,
Hastings, TN34 1BA

EASTBOURNE:

Thursday 30th March 2023
Cross Levels Way,
Eastbourne, BN21 2UF