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03/23

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March 2023

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Our next edition will be distributed from April 5th. Make sure you are a part of it.

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So much to feel positive about in Eastbourne

IT'S already March and Easter will soon be with us – how 2023 seems to be flying by...

By **Peter Lindsey**

Easter always signals the start of the tourism season in seaside resorts such as Eastbourne.

And we will all be hoping for a bumper spring and summer. There's absolutely no reason why that can't be the case.

Eastbourne Pier is looking fantastic as ever and hopefully the council is sorting out the Bandstand and other attractions in need of repair.

Here at Bournefree, we are genuinely touched each month by the community response to each edition of our magazine, both online and in print.

It just goes to show that newspapers and magazines can – and will – continue to thrive.

Our focus for March is on *International Women's Day* – each month we like to have an extended feature on a particular subject.

Yes, I'm sure *Men in Business* will be on the list for a future month as well.

We continue to receive more enquiries each month, both about advertising and promoting events.

We are happy to do both as we continue to be at the heart of our community. That is something we said we would do from day one.

Eastbourne Carnival has all been set up again for this year, and it's great to see *Lightning Fibre* as the main sponsor once again.

The more community events the better...



And we must all do our best to ensure a thriving Eastbourne Town Centre. There have been more reports of anti-social behaviour there, but we do need a busy Town Centre to boost our economy.

Yes, we are in a cost-of-living crisis but there is also much to feel positive about.

Happy March everyone!

Bournefree

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

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



gail@bournefreemag.co.uk
 01323 430303



harry@bournefreemag.co.uk
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Hippodrome restored to its' former glory

THE big reopening of *The Royal Hippodrome Theatre* will take place on Friday March 24th. This will end three months of hard work that will see the Theatre restored to its' former glory.

By **Peter Lindsey**

Alex and Debbie have entrusted the work to well known local performer and interior designer Barney Pout. Along with a small team of helpers, including the Theatre Crew, he has been busy giving the iconic building a much-needed facelift.

And they are delighted with how it looks.

Comfortable place

Debbie said: "We took over in 2018 and it has been an amazing five years, despite the pandemic. We knew at some stage that we would need to invest heavily in order to bring the Theatre up to date and ensure that it was fit for purpose and a welcoming and comfortable place for people to visit.

"Having completed the extension to The Foyer in 2019, the time was right to move on to other parts of the theatre."

Original look

The auditorium has been completely revamped and updated, with a massive amount of work going into the circle fronts to try and emulate how they would have looked originally. New bespoke carpet is being fitted throughout the venue.

The massive ceiling rose — a huge focal point in the building — has received a lot of tender loving care and now looks spectacular.

Local history

All the chairs have been removed. Some are being completely replaced and others renovated, with the reminder being sold on to people wishing to keep a small piece of local history.

Alex said: "Everything that has been done is in keeping with this amazing building and the original features that



remain to this day. We feel both proud and very happy that we have been able to complete the works needed.

"Parts of the building — particularly the seating — had fallen into disrepair, and we wanted to restore the auditorium to its former glory.

Community building

"The *Hippodrome* is now a real community building and is used by so many different groups from Eastbourne and the surrounding area.

and we are delighted to welcome them to The Hippodrome which celebrates its 140th birthday this year."

Special and accessible

More than 11,500 people saw the 2022 *Hippodrome* pantomime 'Jack and the Beanstalk', while the most popular one-nighters include ABBA, Queen and Fleetwood Mac tributes, alongside some fantastic original bands, talks and charity fundraising shows.

It's this mix of productions on offer that make the *Hippodrome* so special and also accessible to so many people.



Your local haberdashery shop

WITH fewer haberdashery shops around and more people taking up sewing and mending post Covid, *The Pumpkin Patch* is now one of the only shops of its kind left in the area.

By **Julie Ellis**

The shop has been in St Mary's Walk, Hailsham since 2002 and has a vast range of fabrics, wools and haberdashery.

The staff are friendly and very knowledgeable and will be happy to assist with any crafting requirements. Above the shop is a large craft room which is buzzing with happy crafters enjoying classes in sewing, crochet, knitting, patchwork and quilting.



In addition, *The Pumpkin Patch* has recently won three national awards for best fabric and craft shop in London and the South East.

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01323 442821

Email:
pumpkinpatchquilting@hotmail.co.uk

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Remembering your mum

***THE Lansdowne Hotel* is holding their annual coffee morning in support of *Winston's Wish*, a charity who support bereaved children.**

By **Gail McKay**

Catherine Clifford, hotel partner lost her Mum 18 years ago and realises how difficult this day is for some many people.

Free, tea/coffee and cake

This Mother's Day, on Sunday 19th March, she is offering free, tea/coffee and cake in return for a donation to *Winston's Wish*.



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

Bring a picture of your loved one to pin on the Tree of Light and light a candle for them. 11.00am – 12.30pm

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 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.

80+ 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.

Organisations booked to attend include; *Lansdowne Hotel, Stagecoach South East, Viking Pump Hygienic, The People Matter Trust, Visit Eastbourne, Royal Navy, Sunninghill Construction, East Sussex Fire & Rescue Service*

and SIGTA. The full list of exhibitors and floorplan will be included in the April edition of *Bournefree*.

A dedicated job-seekers area, sponsored by *Recruitment South East*, will be promoting current job and training opportunities for those seeking a more immediate choice.

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 is £3 (or free with voucher) inclusive of comprehensive show guide. Exhibitor stand spaces are still available to book.

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Accessibility for all

WE need more people to use us!

By **Peter Lindsey**

That is the simple message from Eastbourne Shopmobility, a charity based in The Beacon Shopping Centre.

It has been running since ??? but it has lost more than half of its customers since the pandemic.

And now it wants to remind everyone where it is and what it has to offer.

Fred Connell has been co-ordinating the service for more than 16 years.

He said: "We are open from 9am to 4pm from Tuesday until Friday inclusive, and we can provide scooters and wheelchairs for hire on a daily basis.

"What we provide is ideal for people who are disabled or may have difficulties walking.

"Before Covid we were very busy but we feel that some people, especially

some of our older customers, may have lost their confidence to come into the town centre.

"We would love to see them again, and using our service."

Membership of Eastbourne Shopmobility is just £15 for year.

Cost for members to hire a scooter for the day is £6, and £3.50 for

wheelchairs. Cost for non-members for the day is £9, and £5 for wheelchairs.

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At the heart of the community

Lightning Fibre has celebrated its fifth anniversary, with a special celebration during their regular Town Hall meeting.

By **Peter Lindsey**

CEO Ben Ferriman cut the cake with CFO Michael Postle and CTO Paul Thornton.

The company is also delighted to support the Mayor's charities, *Eastbourne Mencap*, which supports local adults with learning disabilities,

and *Eastbourne Foodbank*, a charity that provides emergency food for people in crisis.

It is the 'silver sponsor' of the *Mayor's Ball 2023* and *RMJ Wellbeing* is sponsoring the welcome reception.

The event will take place on Saturday, March 11, at *The Grand Hotel* in King Edward's Parade.



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Eastbourne Foodbank is appealing for food and toiletry donations amid its busiest period to date

EVERY donation made to *Eastbourne Foodbank* makes a difference to local people living in poverty.

By **Juliet Mead**

The number of people visiting foodbanks across the UK continues to rise and Eastbourne is no exception. The charity relies on donations from the public to enable it to provide emergency food to the growing amount of people in financial crisis.

Mark Titherly, warehouse manager at *Eastbourne Foodbank*, said: "We were incredibly fortunate over Christmas and had so many generous donations of food from kind members of the community.

"This was crucial to replenishing our stocks and got us through Christmas and the first part of January. We would not have made it through the festive season without that tremendous support from the people of Eastbourne.

"Unsurprisingly, January and February have seen a drop

in donations. We completely understand people are trying to pay for Christmas while grappling with rising food and energy prices. We are all feeling the pinch, and people who were previously able to donate may now not be able to afford to do so. Those who were just getting by before the cost of living crisis, may now be forced to visit the foodbank.

"As a result, we have had to buy in extra UHT milk, tinned hot meat and rice pudding to keep up with the growing demand for our service.

"We are therefore asking anyone who can afford to donate to check our most-needed items to help us provide nutritionally balanced food parcels for our clients."

Mark added: "Ultimately, we would like to thank everyone for any long-life food, toiletries or cleaning products they are able to donate at this very difficult time. Every single item is helping local people living in poverty and we are extremely grateful for your continued support."



Mark Titherly, warehouse manager.

THE BEST WAYS YOU CAN HELP

- Download the BankTheFood app:** Receive a real-time list of our most-needed items while you are in the supermarket. Scan the QR code at the bottom of the page.
- Become a Friend of Eastbourne Foodbank:** Sign up to donate £5 a month to help us buy in food when we do not receive enough donations to meet the demand. Scan the QR code below to find out more.
- Smaller packets are more useful than large catering-sized bags of food:** Heavy items can be difficult for clients
- to carry home. Likewise, a couple of compact boxes of washing detergent tablets are more helpful than a very large box of washing powder as it allows us to help more people.
- Avoid baked beans and pasta for now:** Fortunately, we have very high stocks of these items right now and we don't need any more at the moment. The beans and pasta are all sorted in date order by volunteers at our warehouse to ensure efficient stock rotation.

January Statistics

(People receiving three days' emergency food between Jan 1, 2023 to Jan 31, 2023)



Adults
2,278



Children
1,364



Meals – 36,430

Percentage increase on the previous year: **83%**



Foodbank friend



BankTheFood app



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

Why do people support local businesses?

WE recently interviewed our customers to gain some insight on why they shop local.

By **Bott's Opticians**

In our case, many of them emphasised our personal touch and the deep connections we build with them. They especially seem to appreciate the genuine care and concern we show for their eye health and overall well-being.

One of our patients, Barrington, shared that he hates chains and values our personalised service, which makes him feel comfortable and appreciated. Trudi, a nurse who had been suffering from persistent headaches, shared that her headaches completely stopped and her eyes felt less strained and tired within a week of wearing her new glasses. She shared *"The reason why I felt your service was so personal is that you only see one person at a time! The*

attention is solely on you from when you walk through the door to when you leave." Our extended appointment time, which we have increased to 40 minutes, is an intentional aspect of our customer experience. We believe that in order to offer tailored advice and solutions, we must get to know you better and understand your lifestyle and preferences.

At its core, customer satisfaction = perception — expectation. Many of our customers come to our practice with a history of sub-par experiences with other opticians, making them think that all opticians are the same. However, they immediately realise that our caring service, advanced

equipment, and clinical expertise far exceed their expectations.

There will always be customers who take pride in supporting the small businesses in their local communities. When businesses take care of their customers the way they would a dear friend, the customers will reciprocate that love, appreciation, and support.

You can watch our first testimonial video on our website: opticalrevolution.co.uk/eastbourne

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At home with the stars

TONY King was raised in Eastbourne and became one of the music industry's leading figures working with The Beatles, The Rolling Stones and Elton John during his illustrious 61-year career.



By **Tom Magnini**

He worked with the iconic music producer George Martin and was present during the recording of The Beatles, "All You Need Is Love".

He spent his childhood in Eastbourne, travelling between

London, where he began his journey in the music business, becoming a highly respected music promoter before joining The Beatles' *Apple Records* as general manager.

Tony started at *Decca Records* and has promoted the biggest stars

including The Ronettes and Freddie Mercury, becoming a household name within the industry and can be seen photographed alongside many star-studded artists.

Now in his 80s, Tony has brought together his experiences in his newly published memoir 'The Tastemaker', reflecting on a career with some of the most influential icons of modern music from around the world,

paying tribute to his hometown of Eastbourne where he grew up before his distinguished career in the music business.

'The Tastemaker: My Life with the Legends and Geniuses of Rock Music' by Tony King is available to buy at *Amazon*, *Waterstones*, *WH Smith* and *Faber & Faber* in both Audio and Print.

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Celebrity Reverend supports hospice

GUESTS of *St Wilfrid's Hospice* in Eastbourne were entertained by Reverend Richard Coles at an event in Eastbourne on Saturday 25th February.

By **Peter Lindsey**

The event at All Saints Chapel saw 60 guests gather, including Sir Grayson Perry and his wife Lady Phillipa Perry.

Revd Coles entertained guests with tales of his rise from "unlikelyst popstar of the 1980s to unlikelyst vicar of the 20th century."

Rev. Coles, who first came to prominence with the eighties band the Communards, is a former Church of England parish priest.

He now co-presents *BBC Radio 4's Saturday Live* show and has written several books including *'The Madness of Grief'*, his personal



Lorna-Gradden, Richard-Coles and Rebecca-Haywood.

account of life after the death of his partner, David.

He talked about his involvement with the *London Lighthouse* charity in the late 80s, which cared for people with HIV and AIDs, and how that introduced him the work of hospices.

"Hospices make an extraordinary difference to the lives of people," he said.

"They aren't simply about the care of people reaching the end of life, they are about the people around them, and the community.

"*St Wilfrid's* is a shining example of this, and I'm very pleased to support them."



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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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We ♥ preloved and perfect

THE British Heart Foundation is changing Eastbourne's view of secondhand furniture.

By **Gail McKay**

Have you ever bought a second hand sofa?

If you haven't then maybe it's time you saved yourself a serious amount of cash and snapped up a bargain.

Dave Hill is the relatively new store manager and he loves his role. I met him in the huge corner store on Terminus Road. It's a spacious, stylish shop, its airy and a real pleasure to wander around.

"I'd never considered buying second hand before, but now I've seen the quality of the items, I've completely changed my mind" Says Dave, who has been in retail for years, but this is his first time running a charity shop.

"All the soft furnishings are thoroughly cleaned with an industrial machine. "We have someone come in twice a week, it is mesmerising to watch."

Pristine best sellers

Everything in the shop is pristine, they don't accept items that have excessive wear and tear.

Their best sellers are beds which are sold within 24 hours. The overseas students are all back in Eastbourne, so families are snapping up extra beds.

"We have a wide spectrum of customers. A lot of people won't be able to afford new, so we are very proud to provide a service where they can have a high quality sofa or chair at a fraction of the cost of a brand new one."

There are also the bargain hunters. "We had HSL Rise and Recline chair, it was worth £2,000 new, and we sold it for £395, in perfect condition."

They regularly have premium items in store at a fraction of the new cost.

It's really worth dropping in. "We get musical instruments, especially keyboards. We've just put an oil painting up for auction at Gorrings in Lewes."

Six month guarantee

British Heart Foundation also sell a large amount of electrical items, all of which are PAT tested as standard. The items are all checked that they work well, that they aren't recalled items, and have a six month guarantee too. "It's not a bargain, if people don't have peace of mind."

Donations and house clearances are a major contribution to the work the British Heart Foundation do. They offer a sensitive, efficient house clearance service, that form a major part of their fund raising.

Items are cleared, sorted into resaleable items, and items that can't be sold are recycled.

How can we help the British Heart Foundation?

They are always happy to see new faces, pop in for a browse and bag a high quality bargain.

Please consider donating items you no longer need. They accept a huge range of items, TVs and washing machines, fridges, games consoles, Hi-Fis, microwaves and small electrical items.

You can browse their website to find out about arranging a collection, a house clearance or even how to volunteer yourself.

Without donations, customers and volunteers they wouldn't be able to make scientific breakthroughs in heart and circulatory conditions.

01323 306630
202 Terminus Road, Eastbourne
BN21 3DF
www.bhf.org.uk



And the nominations are rolling in!

ENTRIES for the first ever *Bournfree People's Choice Awards 2023* have been open for just over a month and we have had over 600 nominations already. Amazing!

By **Peter Lindsey**

We are excited to be bringing these awards to Eastbourne for the very first time.

Nominate the very best

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.



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

Solo entrepreneurs, micro businesses, small, medium and large set-ups, these awards are open to everyone.

Please feel free to contact the team if you're not sure which category your business falls into, you may qualify for 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, butchers, launderette drycleaners, news agents, fashion retailers etc.

* Salon of the Year

Including Hair, Beauty and Tattoo Parlours, tannings, aesthetics etc.

* Health Business of the Year

Including Sports Clubs, Yoga, Pilates and Fitness Centres, councillors, therapist, wellbeing businesses and medical practitioners.

* Garage of the Year

Including MOT Centres, Car Sales and Car Repairs.

* Professional Services of the Year

Including Accountants, Bookkeepers, Solicitors, Financial Services, Business Coaches, training providers and cleaning services.

* 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, Roofers, commercial cleaners.

* 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.

Why not sponsor the awards

We are also offering various sponsorship opportunities, including:

* Headline Sponsor

* Brochure Sponsor

* Category Sponsors

* Welcome Drinks Sponsor

* VIP Tables Drinks Sponsor

This is a great opportunity for local companies to sponsor and support the fantastic evening.

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

The event will now be held on Friday 15th November 2023 at the *Kings Centre*, Eastbourne.

To nominate, please go to:

www.bournfreemag.co.uk/awards

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SCAN ME



Eastbourne welcomes a new community

SINCE the start of the Russian invasion on February 24th, 2022, many Ukrainians arrived in Eastbourne and the surrounding areas.

By **Peter Lindsey**

A new community was created, and people started meeting together on a weekly basis to help each other through difficult times.

Now that many of those people have settled a bit, the community decided to join the official *Association of Ukrainians in Great Britain (AUGB)*.



A new branch of *AUGB* has been created in Eastbourne, and the launch took place at the *Lansdowne Hotel*.

Chair – Mariia Savvinova.

Deputy – Liudmyla Fedorovych.

Secretary – Liudmyla Kopylova.

Treasurer – Valentyna Riabokon.

Head of the Control Commission – Kostiantyn Kalashnikov.

Head of the "Ukrainian School" project – Tetiana Khmeliar.

A spokesperson said: "It was a nice day and now we can do much more for our community development and for supporting Ukraine."

Together we are strong and unbreakable."

<https://www.augb.co.uk/>



Association of Ukrainians in Great Britain

Charity to hold Open Day

A POPULAR charity is staging an Open Day on April 16th.

By **Peter Lindsey**

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

As a hotel, it has eight bedrooms and also hosts weddings, functions and dinners.

It also provides support to people with learning disabilities.

The Open Day runs between 11am and 3pm.

A spokesperson for the Centre said: "Are you or someone you care for interested in becoming a *Chalk Farm Hotel LDC* student?"

"Come along to our Open Day where you can find all the information you will need."

"Students must be over 18 and have a learning disability and/or autism."

"Horticulture and hospitality placements are available."

For more information please email: learning@chalkfarmldc.co.uk



My name is Colin and I operate a small handyman business called

manfriday
home services

I can decorate, assemble furniture, put up shelves, paint sheds or fences.

In fact, whatever the job is, just ask me if I can do it.

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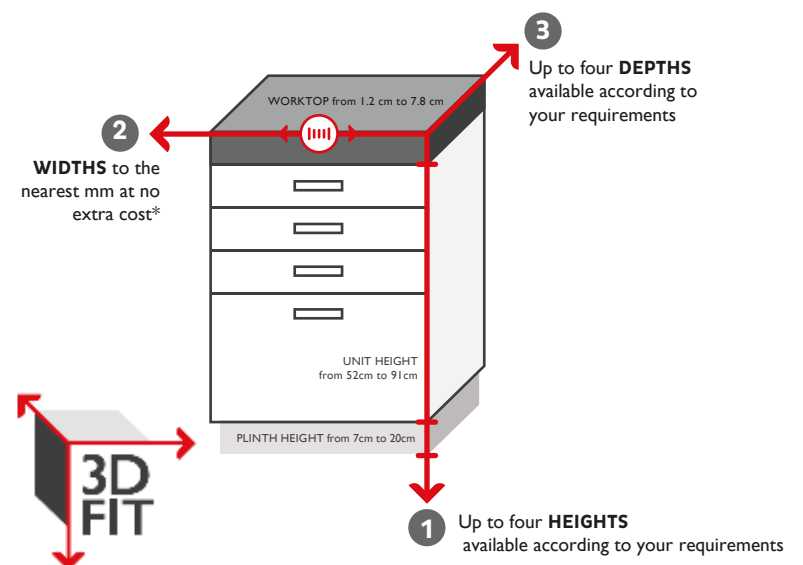
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SCAN ME





Registration for Eastbourne Carnival 2023 is live!

AFTER the success of the Queen's Platinum Jubilee event last year – Eastbourne Carnival is back! In **2023**, we will be celebrating everything that makes Sussex such a unique and fabulous place.

By **Mina O'Brien**, Chair

Get involved in this year's Carnival!

Join as an entrant here:
www.eastbourne carnival.com/entrant-form

Sign up as a Sponsor here:
www.eastbourne carnival.com/our-sponsors

Register to help as a Marshal or
Bucket Collector here:
www.eastbourne carnival.com/volunteer-form





Get Carnival ready with Eastbourne Carnival workshops



CARNIVAL workshops are back to support entrants with costume and performance one again.

By **Mina O'Brien**, Chair

Last years' Winners of Best Float – *You Raise Me Up* – received help and advice with their costumes and floats through the Carnival. Here is what they had to say about their experience:

"Being part of the *Eastbourne Carnival* for our charity was an amazing rewarding way to involve our families and supporters in highlighting the work of the charity as well as have fun!

Hours of work before the event cutting, sticking, painting and designing with input from Cheryl Foreman from Mucky Mermaids helped us build the most amazing float that WON!!!

Having Cheryl's advice and guidance made us go bigger and better in our ideas!

To have our families involved meant so much. The butterfly & The bunting on the float had the names of the children lost in their honour."

Workshops

This year, *Cotton Candy* has teamed up with *Naida Loves*, and *Eco Life Eastbourne* – and are holding workshops over two days on 25th and 26th March at the *Gather*, in the *Beacon Eastbourne*.

For full details see:
<https://www.facebook.com/eastbourncarnival/events>



DANCE TUITION / WORKSHOPS

Individuals can book in with *Cherry Dance* or *Zumba with Emma* for their weekly classes on Thursdays (*Cherry Dance*) or Tuesdays (*Zumba with Emma*) (class fees apply).

Group requests:

Please email Mina O'Brien via info@eastbourncarnival.com with details about your group – we have a budget to facilitate and fund a small number of group requests. Group tuition will be hosted by *Cherry Dance*.

To book Individual classes with *Cherry Dance* please see:
<https://www.cherry-dance.com/>

To book individual classes with *Zumba with Emma*, please see:
<https://www.facebook.com/ZumbaWithEmmaM>





TheChaseleyTrust

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**





Chaseley residents and supporters.



Jodie Cornford.

Have fun and raise vital funds for The Chaseley Trust

ARE you looking for a fun way to get fit and also raise money for a local charity?

By **Jodie Cornford**

Have you considered signing up for a 5k or 10k walk, or maybe even a half or full marathon?

Did you know that here at The Chaseley Trust we have access to a variety of challenge events including The Paris and Brighton Marathons in April, *The Brighton Trail* running and walking events in June, as well as the 5k inflatable at Goodwood and the Queen Elizabeth Olympic Park half Marathon later in the year.

You can sign up to any of these on our events page on our website: <https://chaseley.org.uk/events>

Everyone who signs up will get dedicated support from our team, a *Chaseley* running vest as well as promotion of their challenge across our website and Social Media pages.

Your own fundraiser

If these type of events are not for you, why not host your own fundraiser?

Maybe a cake sale at your work or school, a pub quiz down your local, an inter-office challenge or maybe even a sponsored head shave?

Whatever ideas you may have contact our Fundraising & Marketing Manager Jodie and she will be able to assist you.

01323 744200 or
jodie@chaseleytrust.org



Helen, Sam & Anna-Louise.



Jason's Barbers of Seaford.

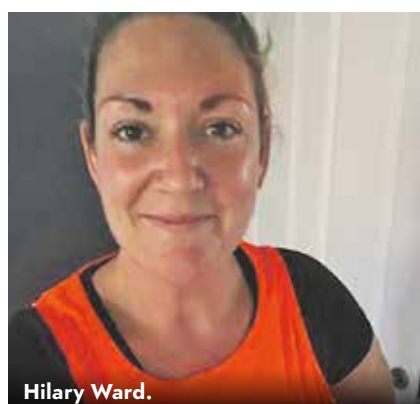
The main source of *Chaseley's* funding comes from residents' fees, which cover the cost of their care package and contributes to the daily running costs of the home.

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



Hilary Ward.



The Kings Arms.

From plot to plate, the small group with big aspirations

ENTHUSIASTIC volunteers are hoping to produce one tonne of fresh fruit, herbs and vegetables for Eastbourne residents from the Rooted Community Allotment this year.

The community aspect is as important as the gardening, with volunteers of all ages and backgrounds coming together to sow seeds, nurture plants, harvest them and then cook them up together. The food grown will also be donated to community fridges in Eastbourne* available to anyone who is struggling to make ends meet.

Project Manager Sally Lee said: *"It is about working together and giving people an alternative to supermarkets."* Sally added: *"A shared purpose is what makes it so successful. Everybody is very different but we are all working towards the same goal which creates a wonderful sense of community."*

Research shows that a simple trip to the allotment, joining others in gardening is a huge help to the volunteer's physical and mental wellbeing.

Holly Taylor, 28 is a marketing assistant who has been working from home for ten years. *"It can be quite isolating and a bit lonely otherwise – the allotment is fun and gets me outside!"*

John Carmichael, 74, moved to Eastbourne from south London in December 2020, when life was still under Covid restrictions. John had an allotment for many years and was keen to keep gardening. *"It's so nice to be doing this sort of community project and to keep that connection with an allotment," he said. "It can be difficult to meet people in a new town but this is a very friendly group and a great mix of people."*

Rooted would love to hear from local companies interested in getting involved.

So contact Sally on 07967 635741 or via rootedcommunityfood@gmail.com

*Eastbourne Community Fridges are at Victoria Baptist Church, Eldon Road; Seaside Community Hub, Seaside; Langney Community Centre.



New members for February

WhiffAway • Victoria Medical Centre • Blackberry Buzzard CIC • Nelson Coffee Roasters • EAG Marketing • Taj • Journeys Wine Bar and Restaurant
4Facilities • Spencer Maynard Wealth Management • MI Tattoo Studios & Laser Clinic • UCEP

Why not get your 'colours done' by a professional?

Donna Lane has joined Eastbourne Chamber and is already making a difference to the Members.

"Donna talked to me about my colours and I now understand I am a 'Winter' person, so I've had new photographs done with the right colour schemes and I look so much healthier!" said Chamber CEO Chris Ewbank "I always used to avoid photographs but now I feel much more confident and I don't try to hide."

Have a look at the before and after photographs. As you will see, the yellow top makes the wearer look washed out and unwell while the flash of pink with matching lipstick brings out the colour in the wearers cheeks.

However, if you are an Autumn, Spring or Summer person, a completely different set of colours, and make up, will make all the difference to you.

Sometimes you put on a new outfit and you feel terrific! If you understand what colours really suits you, your costs will come down as you avoid expensive mistakes. How often have you got home with a new outfit but it never feels quite right and so it languishes at the back of the wardrobe unworn?

Find your real self, talk to Donna Lane of House of Colour here:
Donna.Lane@houseofcolour.co.uk
or visit
www.houseofcolour.co.uk



Before



After



Before



After

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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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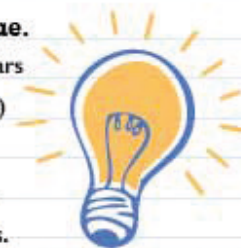
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- Building self confidence
- CV/Careers tips and advice (if required)

Phil's teaching career in:

- Schools
- Colleges
- PRUs
- Grammar Schools
- Education centres for teenagers excluded from schools

Contact Phil below to arrange a chat to discuss further on:

e: phil.jones246@hotmail.co.uk

m: 07939 088 984

Phil is also the author and coach of

BREAKTHROUGH - Behaviour specialist for teachers

Profile on LinkedIn: [Phil-jones-behavioursupport](#)



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For full event details and to register visit
stwhospice.org/skydive



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St Wilfrid's Hospice

Ryan's marathon task for St Wilfrid's Hospice

RYAN Millns from Eastbourne is one incredible man...

By **Peter Lindsey**

He's been involved in radio for a staggering 31 years.

He also suffers from a rare auto immune disease, which led him to suffer a major stroke in 2019.

Now, Ryan will be adding 24 hours to his Ashdown Radio Breakfast show in aid of *St Wilfrid's Hospice* in Eastbourne.

He'll be presenting his show non-stop for 28 hours from 6am on Thursday

8th June until 10am on Friday 9th June on the East Sussex station.

Most of Ryan's ongoing care and treatment takes place in London, but he's also under the care and guidance of *St Wilfrid's Hospice* and feels the time is right to give something back.

It's not the first time Ryan has taken on a challenge, during lockdown in 2020, he became the first DJ to present on 24 different radio stations in 24 hours.

During his 28 hour broadcast, Ryan will be joined by other *Ashdown*

Radio DJs and special guests for 'The Biggest Breakfast Ever'.

Ryan says: "I will always be grateful to the wonderful team at *St Wilfrid's*

Hospice in Eastbourne for the kindness and devotion they have shown me through my illness. "I, along with many other families in East Sussex have had to rely on them to give me support and medical guidance and now is the time to do something for them."

You can find more details and how to donate at Ashdown Radio's website.

www.ashdownradio.com/on-air/the-breakfast-show-with-ryan/ryan-millns-biggest-breakfast-show-ever/



AN AUDIENCE WITH DORIT OLIVER WOLFF BEM

On Wednesday 29th March, The Lansdowne Hotel Eastbourne is hosting a charity lunch with a talk from Dorit Oliver Wolff to raise money for the Turkish Earthquake Disaster.

'An Audience with Dorit Oliver Wolff BEM' Author of 'From Yellow Star to Pop Star'. How an innocent ordinary little girl had to do extra ordinary things in order to survive.

Afterwards there will be a question time and a book signing.

Arrive from 12.30pm for sit down at 1pm.
£35 for a three course lunch.



Please book and pre-order with Theresa in Events
Events@lansdowne-hotel.co.uk or **01323 725174**





BOAC VC10 on a transit stop in Nairobi.

PST celebrates 70 years

THIS month marks seventy years since we opened our doors to the travelling public, so I hope I will be forgiven in lapsing into how things were in those early days when foreign travel was in its infancy.

By **Martin Wellings**, Personal Service Travel

It has been a great industry to be in and one that never stands still, so I have had the advantage of looking at things from both inside and out.

Take-off

PST was started by my father in March 1953, and my very early introduction to travel was when still at school, as a Saturday job I was given the task of stamping brochures with the company's name and address and paid the princely sum of one shilling and sixpence an hour (7.5p) – no minimum wage in those days! At age twelve, I went on our family holiday to France which involved taking the car across on the Silver City car carrying service between

Lydd (near Ashford) and Le Touquet just across the Channel. The flight only took twenty minutes and whilst I don't remember much about it, I do remember being a little apprehensive, and could certainly never have imagined that one day in the future I would be piloting myself to Le Touquet on a regular basis.

Sleeper trains

Two years later on another family holiday to Spain, I travelled on service that is alas no more. This was the *Car Sleeper Express* where your car was loaded on the train bound for Avignon and the passengers went to their sleeping accommodation on board – six berth couchettes for second class, or sleepers for first. There was

then a large network of sleeper trains throughout Europe which have virtually all disappeared, but there is a glimmer of hope on the horizon as *French Railways* have recently re-introduced sleepers to the Cote d'Azur after an absence of over twenty years.

Whilst rail was the cheapest way to travel around Europe, going further afield meant taking one of the regular ships to North America, South Africa or Australia. All ships had two classes of tourist and first, but tourist was pretty basic then and the cheapest cabins were inside (no air conditioning then), had bunks, and no private bath and w.c. – luxurious cruising it was not!

Early flights

It was late 60's/early 70's when air transport was such that it became cheaper to fly than to go by sea and since then it has come on in leaps and bounds and transitioned from propeller aircraft like the Viscount and Vanguard to the jets like the BAC 111 for European routes and the Boeing 707 or VC10 on long-haul. Whilst the service standards are not a patch on what they were in those days, the huge advancement in safety is something the airline industry can be justifiably proud and it was in 2018 that not a single fatality of a passenger jet was recorded.

My first flight outside Europe gives a good idea how things were in those days. My flight was to South Africa in the mid 60's, and it started at check-in at the BOAC terminal in Victoria – you can still see the white building with the clock just before the train pulls into the station. Once checked-in at the required hour and a half before aircraft departure, you would board the coach for Heathrow and if the coach was delayed, they would delay the aircraft. Quite a difference today when airlines want passengers to check in double that time at the airport!

My particular flight was on board the British built VC10 – a great aircraft, but like most of the contemporary jets, they did not have the range that they have these days, so it meant four stops on the way to Johannesburg which certainly did not seem I bad thing, as during the forty-five-minute stop, it gave a good opportunity to stretch your legs. I do remember that trip well, and even being given my Crossing the Line certificate as we were passing the equator.

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Ten minutes before take-off, you go quickly through Customs and Immigration to a forward waiting and observation lounge where you can see your own vehicle being driven effortlessly into the 3-car hold of a powerful *Bristol Superferry*.

Soon you are seated in a comfortable 14-seat cabin in the rear of your ferryplane and within seconds of your selected departure time you're climbing steeply under the 4,000 horsepower from the famous *Mercurius* engines of your *Bristol Superferry*.

A cabin hostess offers duty free goods and cigarettes... but you haven't finished your first smoke when you're suddenly ready to land. It's less than 20 minutes since you were in England but already your car is gliding past you as you watch across the tarmac to clear Customs.

An hour ago you were approaching your U.K. terminal... now you're well on your way on the Continent. And you can hardly believe it. There was no taxi, no bother – and you had the way there *Silver City* people made you and your family feel like someone special.

go well go Shell

All over Europe – you can be sure of Shell

Silver City timetable in 1962.

Dressed for the occasion

Having just started in the industry the airlines gave staff generous discounts which was invaluable to me, as I could not have afforded the fare of £230 for the journey as this equates with around £3,500 today. At that time and until the mid-70s, all fares were fixed and identical for all airlines – an amazing thought these days. It is noticeable on the photo of passengers getting off the VC10 in Nairobi, that all were smartly attired as one dressed for the flights with men in jackets and ties and ladies in their long dresses – definitely no jeans!

Memories

I have always kept my flight tickets as souvenirs, which is useful now as reminders of all the airlines that have disappeared – Pan Am, TWA, Dan Air, British United, British Caledonian, Wardair and Laker to name just a few. I have to say that I do count myself as very lucky in having done so much travelling when the actual journey was part of the fun of a holiday rather than something to be endured in order to get to the destination and can recall some memorable journeys. Amongst the memorable ones, is the 100 seater aircraft when only my father and I were the passengers, a first class flight



Train travel poster from the 1930's.



Page from a 1960's brochure.



Collection of old airline tickets.

on board a Pan Am 747 when I kept coming back for more of a terrific piece of beef being carved off the joint, and to cap it all, being on the flight deck of the landing Concorde in Washington.

Customer service

Undoubtedly low air fares have enabled far more people to travel, but it has come at a price in having far less of a customer service than ever before, and if it were not required by regulations, there would be a lot less cabin crew on

board aircraft. Although many fares are really low, so much of what was taken for granted is not included, such as baggage in the hold, meals on board, couples allocated in seats next to each other and now some are even charging for putting a small case in the overhead locker. It is the airports themselves that could make a big difference with all the queues, as it really should not be necessary to expect people to wait at the airport for more time that it actually takes the flight to reach its destination.

I certainly don't want to end on a negative note, and whilst the actual travel may not be as good as it was, the hotels at your destination will certainly be a lot better and with more facilities than they had in the past and if you feel like pushing the boat out, an upgrade to business class does make the long haul flight considerably more comfortable and with the flat bed seats, they are better than first class all those years ago. All it needs is for airports to get their act together and treat passengers as customers!

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SCAN ME

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RMJ Wellbeing

My name is Reeta Minhas-Judd, a Life Therapist.

If you want to aspire to greater things and to start living your best life, check out my website and make your dreams a reality.

We offer Life Therapy Sessions (1st FREE 90 Minute session), Bespoke Wellbeing Retreats at The Grand Hotel, Eastbourne and Public Guest Speaking focusing on mental health and wellbeing.

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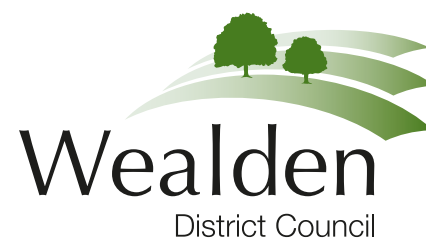
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ONE YOU
EAST SUSSEX

Free NHS health checks offered to residents

FREE NHS health checks are to take place across the Wealden district in partnership with *One You East Sussex*.

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

Wealden District Council is delivering a Wealden roadshow provided by *One You East Sussex*, a free holistic lifestyle service for residents of East Sussex.

Free check-up

The *NHS Health Check* is a free check-up designed to spot the early signs of strokes, kidney disease, heart disease, type 2 diabetes or dementia.

Residents aged 40–74, who haven't had a stroke or don't suffer heart disease or kidney disease, are eligible for an *NHS Health Check* every five years. Residents who have been diagnosed with high blood pressure, high cholesterol or diabetes will not be eligible.

The roadshow will visit Hailsham, Crowborough, Uckfield, Heathfield, Polegate and Forest Row to

promote and raise awareness of positive health behaviours.

Councillor Pam Doodes, Wealden's portfolio holder for Community, said, "This is a great service on offer for residents. I would encourage anyone who has not had a health check in the last five to take the opportunity and go along.

Health Coaches

"The health checks will provide communities with accessible health care and an opportunity to discuss any health concerns they may have with Health Coaches."

The health check will include taking height and weight measurements and some blood samples to analyse sugar levels and cholesterol. Residents will also be able to discuss any medical questions, talk

about family medical history and to receive support, if needed once their results come back.

The council hopes that by bringing partners like *One You East Sussex* to different towns across our district, health services are more accessible.

If you live outside Wealden, *One You East Sussex* provide *NHS Health Checks* for the whole of East Sussex. To register your interest please go to www.oneyoueastsussex.org.uk or call **01323 404600**

For further information please contact:

Helen Markwick
Economic Development &
Wellbeing manager
Wealden District Council
helen.markwick@wealden.gov.uk

Or
Sian Killean
Media and communications officer
Wealden District Council
07970 233231
sian.killean@wealden.gov.uk

Dates and locations for the health checks:

Tuesday 7th March – 10am to 3pm – Hailsham, Vicarage Lane car park

Tuesday 14th March – 10am to 3pm – Crowborough, Croft Road car park

Tuesday 21st March – 10am to 3pm – Uckfield, Luxford Field car park

Tuesday 28th March – 10am to 3pm – Heathfield, Station Road East car park

Tuesday 4th April – 10am to 3pm – Forest Row, Hartfield Road car park

Tuesday 11th April – 10am to 3pm – Polegate, Town Council car park

Tuesday 18th April – 10am to 3pm – Hailsham, Vicarage Lane car park



Karen's charity skydive for mental health charity

PLANET Golf Eastbourne is asking Bournefree readers to support one of its customers, Karen Sloan.

By **Peter Lindsey**

She is doing a skydive for mental health in June, and all proceeds will go to the Mental Health Foundation.

Karen said: "At some point in everyone's life, you will hit rock bottom.

"But with support from family and friends, somehow you gain strength, grow stronger, start smiling, laughing and rebuild what broke.

"Not everyone is lucky to have support. Some continue through life taking each day as it comes.

Help is out there

"Some choose to grow wings just to take the pain and sadness away and not realising that help is out there.

"I don't think people quite understand how hard it is for some people to have a good day when they're battling things in their head we know nothing about.

"So if all you did was hold it together, I'm proud of you."

The *Mental Health Foundation* is the UK's charity for everyone's mental health.

With prevention at the heart of what they do, the *Mental Health Foundation* aims to find and address the sources of mental health problems so that people and communities can thrive.

Please go to www.justgiving.com and search for Karen Sloan.

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Bournefree celebrates
International Women's Day.



Start living your best life

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

By **Reeta Minhas-Judd**

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

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

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

We are a multi award winning company as we have won for the second year running the *London & South East England Prestige Awards for Counselling Service of The Year 2022 & 2023* and were also finalists in the *Eastbourne Business Awards* last year.

Life Therapy – First free 90 minute session

RMJ Wellbeing offer a range of services including Life Therapy, this is using some of the NLP strategies I have learnt and include exploring the back history of the client because predominantly our past is what holds us back from moving forward. This can be any form of

trauma that we have experienced and suppressed because the pain of thinking or talking about it is too painful. We think that by suppressing the issue it will disappear. Unfortunately, this is not the case because it is still in your subconscious and unless it is dealt with you will continue in the same thought process continually.

Retreats

We are proud to be working in partnership with the *Grand Hotel* in Eastbourne where our bi-monthly Bespoke Wellbeing Retreats are held. Our next Retreat is available to book on Saturday 27th May 2023.

These are bespoke because there are a maximum of six attendees, and they are personalised so that you get to do what you want to do and when you want to do it. The activities include, a one-to-one introductory Life Therapy Session with myself, a one-to-one yoga session, a one-to-one consultation regarding your personal fitness and diet, spa treatments and workshops on daily skin care routines and mental health. The day can be as busy or as relaxed as you want it to be and welcome refreshments and a full buffet lunch is included as well. During your down time you can take part in a fun quiz and the winner receives a goody bag and also the attendees don't leave empty handed as they are also presented with a goody bag.

“

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

Guest speaking

We offer a Free Guest Speaking service to companies focusing on Mental Health & Wellbeing. I visit companies and present to their staff the importance and awareness of mental health. I recently presented at *Eastbourne Borough Football Club* a Men & Mental Health presentation to the complete squad. It was an honour to have been invited and share my knowledge with the team.

Mental health first aider

I am a Mental Health First Aider and am happy to offer my services to any companies who would like an external input to their mental health concerns for their members of staff. The First session which will be 90 minutes, as always will be complimentary.

Mental health Podcasts

We have now launched a new podcast titled *Wellbeing Matters* with myself and co-host David Blackmore. Each week we feature a discussion on different mental health issues and ways to deal with them. They are available to listen to on Apple Podcasts and also on our website.

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



reeta@rmjwellbeing.com
rmjwellbeing.com
Offices in Eastbourne & London



Inspired by team and residents

EMMA Rich-Spice is the CEO at *The Chaseley Trust* on South Cliff, Eastbourne – and she absolutely loves her job.

By **Peter Lindsey**

She joined in February 2021, having spent more than 20 years working in the care home sector.

Past roles included manager, regional manager and Quality Director.

She said: "It is an absolute honour and privilege to be leading such a wonderful and caring organisation.

For the residents

"In my previous roles I missed spending time with the residents, but now I have the best of both worlds.

"I perform my key role as CEO, which includes meeting the public and raising awareness of *Chaseley*.

"But I also get time to spend time with the residents, which is so very, very important to me.

"It is important for me to be visible, and we must all remember the only reason we are here is for the residents."

Chaseley supports people with complex neurological disabilities resulting from spinal injuries, brain injuries, stroke, loss of limbs and progressive conditions such as MS, Parkinson's and Motor Neurone disease.

Upmost respect

Emma said: "Very often, when I am carrying out my CEO duties I may work off-site.

"When I'm here, I'm supporting the fantastic team we have with the safety and wellbeing of our residents.

"I am delighted that we have such a dedicated and highly qualified team of staff who do an amazing job every day.

"They deserve our upmost respect for what they do.



I just love this place

"Being CEO at *Chaseley* is very infectious, it gets right under my skin, I just love this place.

"It is all about our residents – it has to be. They are at the heart of everything we do.

"*Chaseley* is a unique and complex charity.

"We are, in effect, a nursing home caring for people who wouldn't get this specialised care anywhere else.

"We are at full capacity, which shows what a successful charity and organisation *The Chaseley Trust* is."

Long may it continue to thrive!



Celebrating Women in Business & Education

To mark International Women's Day 2023 (8 March)
East Sussex College celebrates just a few of its influential females making their mark in their industry.



At the helm of East Sussex College (ESC) is Rebecca Conroy, CEO and Principal. Rebecca's career in education spans over **25 years**, and includes roles in schools and universities as well as Further Education (FE). Her passion lies in supporting young people and adults with barriers and challenges, to engage and appreciate their unique abilities and contributions.

ESC strives to create an inclusive environment for staff and students, where diversity is celebrated and

equality is observed. As an equal opportunities employer, ESC is part of the Women's Leadership Network CIC, a not-for-profit organisation supporting women to achieve and succeed in senior leadership roles in FE.

This International Women's Day, ESC pays tribute to some of its staff, students and alumni, who are challenging stereotypes, excelling in their field and making a difference.

Did you know?

The Senior Leadership Team at the College is **60% female**.

Did you know?

Over **60%** of the ESC workforce are female.

Among Britain's best

Women make up just 1% of carpenters in the UK (careersmart.org.uk, 2022), showing the worst levels of representation of women in the UK are within the trade and construction industry. Bucking the trend is 21-year-old ESC alumna, Chloe, who appeared on Ch4 competition reality show, *Handmade: Britain's Best Woodworker*. As well as being female, Chloe was the youngest contestant on the show and she reached the finals! Filmed in the same vein as *The Great British Bake-off*, the popular competition also featured former *Bake-Off* host, Mel Giedroyc.

Talented Chloe finished as a runner-up in the competition, which aired its final episode in November 2022. The show gave Chloe an opportunity to showcase her incredible, technical woodwork skills and compete among the country's finest woodworkers. Following her time at ESC, Chloe went on to study a Degree and in 2021 she graduated with a BA (Hons) in 3D Design and Craft.

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



Filipina Ambassadors for Women's International 2023

ESC is proud to be sponsoring the first ever search for Filipina Ambassadors for Women's International 2023 (FAWI). A special fundraising event will be held in Folkestone on Saturday 18 March, showcasing Filipino expertise and talents that highlights the contribution of Filipino women in the society.

Maricel Champion, People & Resourcing Advisor at ESC is participating in the event. She says, "I am proud to be part of this event as this is the very first event promoting and showcasing Filipino culture and advocacy in the UK. Since Filipino has the biggest contribution to the UK healthcare industries, I would like to represent what Filipino can bring not only in the healthcare sector but to other many aspects. The College is very supportive of promoting Equality and Diversity and I can truly say that the College has accepted me for who I am.

I am also very proud that I am doing this event with the support of the College."



Twin Alumni

Twins Iman and Almayra Shah are ESC Performing Arts alumni who are already making waves in the industry. The pair recently featured in a TV advert for homeware giant, IKEA, and have had several other high profile ventures in acting and theatre roles.

Almayra would love to make it in the film industry and even try her hand at producing. She says, "When you're in the [film and television] industry you get given a voice. I'd love to become a motivational speaker and help people struggling with mental health issues and raise awareness for certain things. There's a lot of things I want to do! When you become such a big influencer, you can become a role model for people. I'd love for someone to look up to me as a role model and set good examples."

Almayra adds, for want of a better term, or perhaps to highlight a strongly male-dominated industry: "Our main goal is to make it up there with the big boys!"

Iman has ambitions for the West End and has the right attitude and outlook. Her priorities? "I don't want to limit myself on anything," she says. "My main goal is to be part of a successful atmosphere."



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ESC's Football Academy

England's Lionesses win at Euro 2022 has been an inspiration for young girls and women all over the country. Their success crucially helps to progress gender equality in sport and has provided young girls with footballing idols to look up to. As a result, a clear path into the sport must be clear and defined for those wanting to make waves at the pinnacle of women's football.

The College is extremely proud of the progress the Football Academy partnership has made since launching around six years ago. The partnership's expansion with the introduction of the women's football academy means both male and female students from across Hastings, Bexhill and Eastbourne have the opportunity to excel in sport.

James Hopkins, head coach at Hastings United Women's academy, said, "Our facilities for women's football are probably the best in the area, and what we give the girls is probably the best in the area. But we still know more can be done."

"It's massive, what the coaches do is amazing, and the staff at the College, to have a holistic approach to education and football is the key really to develop the area."

As ESC's Women's Football Academy make their mark, their attention and ours will be on the upcoming Women's World Cup in 2023 will be hosted by Australia and New Zealand. England's Lionesses head into the tournament among the early favourites and will hope to pick up where they left off in Euro 2022 and bring the World Cup home this summer!



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Travel & Tourism Alumna Izzy Macleod achieves dream job with British Airways

JANE KING

X-Hail & Bizzybirds

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X-Hail sessions combine mindful movement, breath work and meditation with chilled music. It's a workout for the soul! Jane runs classes and regular workshops to teach people to relax.

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See the Facebook page **X-hailwithjane** for more details on classes and workshops. **07719 122554. www.x-hail.org**

Jane also runs the successful *Bizzybirds* Networking group and welcomes women in all areas of business to come and find out what it's all about.



"Networking is a key part of establishing and maintaining your business in your local area. Eight years ago I set up Bizzybirds Networking for women like me who wanted to get help with their business while still doing the school run.

• Eastbourne at *Deliciously Gorgeous*. • Hailsham at *B12 Bar & Kitchen*. • Hastings at *1066 café*. • Seaford at *The Old Plough*.

For more details please visit: **www.bizzybirds.co.uk**
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EMIN READ

We're a Family Law team helping clients facing changes in their relationships.

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You can reach us on either on 01323 819519 or family@eminread.co.uk

MAHESHA RICE

Rice's Bliss

Mahesha has two main passions in life: her family, and the heritage and culture she grew up in.

Having grown up in a Sri Lankan home and visited Sri Lanka most years to see family, Mahesha developed an appreciation of great quality spices, along with a strong Buddhist faith and a passion for quality food, made with love.

"For me, starting Rice's Bliss was not just about selling Sri Lankan spices, but to be able to share my love of the culture, the people and the feeling you get from visiting the country that I'm proud to be a part of.

"I drink a lot of Sri Lankan tea and when I'm back home in East Sussex immersed in busy family life, I can stop, have a cup of tea and it takes me back there, I can hear the wildlife, smell my favourite jackfruit curry being cooked and feel an inner peace that comes with Sri Lankan culture."



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ZOÉ CARROLL

Happiness and Well-being Coach

Hi, I'm Zoé, and I am ready to help you to let go of the emotional baggage that's been holding you back from performing at your very best, whether that's in your business, your relationships, your sport or your life.

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I work with individuals and sports teams to provide one to one and small group coaching, and with small businesses to provide personal development training and ready-made wellbeing



solutions so that teams can perform at their absolute best.

If you'd like to chat to find out how I can support you, please get in touch!

Zoé Carroll
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07967 104207
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LOUISE HAYES

Inner Sole Reflexology

I own Inner Sole Reflexology based in Hailsham.

I qualified with a Level 3 Diploma in reflexology in 2016 after becoming fascinated with it, through my own struggles with fertility.

I now have two gorgeous children and turn to reflexology for its more calming qualities.

After gaining my qualification, I went on to qualify in Fertility, pregnancy & post-natal reflexology, as well as Facial reflexology and then becoming a Tiny Toes practitioner to help parents learn techniques to support their babies with sleep, colic and reflux.

I have developed a new programme called 'Reflexology for children with Anxiety',

Children can come and see me for a 1:1 treatment or parents and child can come and be taught simple



hand reflexology techniques to help ease their symptoms when they are struggling.

As well as promoting general health and wellbeing, reflexology can help to bring relief to a variety of complaints such as: Stress, Anxiety, Depression and PTSD, Back pains & sciatica, Hormonal imbalances, Headaches & migraines, Sinusitis, Digestive disorders & IBS, Sleep issues and insomnia.

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GLYNNIS WISBEY

Utility Warehouse

Hi I'm Glynnis. As a mum of two, (one of whom is profoundly disabled) trying to find work that fitted around the school day, there just didn't seem to be a way to return to work that I enjoyed and was paid well for.

Then a friend showed me how UW could help me reduce my bills. I decided to join his team as a partner, without the need to retrain or buy anything.

To be honest I started slowly, but the pandemic revitalised the way we work, enabling me to support team members and customers anywhere in the UK by conducting our business using our phones!

I have met some incredible people as a partner with UW and had some amazing experiences including dinner with our Chairman and I love how my team and our customers now have peace of mind.



I recently qualified for my first UW holiday and am awaiting delivery of my UW mini, but what I love most is empowering my team members to develop their business and watch their income grow, helping people they know to save time and money.

If you are looking for a simple way to reduce your bills or boost your household income I'd love to show you how I can help at a time that suits you.

Glynnis Wisbey
Senior Team Leader
07986 252558
www.uw.partners/glynnis.wisbey/partner

KERRY KNIGHT

B Beautiful Reiki & Holistic Well-being

Hello, I'm Kerry & I am a Reiki Master and holistic therapist.

I trained in beauty and became a Reiki practitioner 14 yrs ago creating my business *B Beautiful Reiki* which has evolved & changed over the years.

My therapy's are my passion!

I adore holding space for you to go within and explore your world whilst knowing you are held in nothing but love, compassion and non judgment.

My greatest pleasure is seeing the light come back on in your eyes as you remember who you truly are.

The Reiki principles I aim to live by are simple yet powerful:

Just for today I will let go of anger.
Just for today I will let go of worry.
Just for today I will work with honesty.



Just for today I will be humble.
Just for today I will show compassion to others & myself.

If that sounds like a way of being you resonate with and you connect with my approach, then get in touch and let's discuss how you can experience the beautiful Reiki energy in the therapies I offer and bring more peace & harmony into your everyday.

Much love, Kerry x

07879 461858

BBeautiful01@hotmail.co.uk
f B Beautiful Reiki & Holistic Well-being

SAM DAVIES

Boudoir with Personality

Often we focus on the parts of our bodies we don't like instead of the parts we love.

We have all looked back at photos and wondered why we were worried about how we looked at the time. Women are too hard on themselves, their stretchmarks, cellulite and scars. Your body tells your own unique story and I help you create images that celebrate your journey. Now is the time to love yourself, lumps and bumps and all!

I own 'Boudoir with Personality', a photography studio that helps women break free from their body hang ups and create beautiful images they will be proud of for the rest of their lives.

In our laid back sessions we pose you from your head to your toes, highlighting your favourite features and boosting your confidence. With upfront pricing, online galleries and ordering, we



make it easy to fall in love with yourself again.

Boudoir with Personality are LGBTQ advocates.

"We welcome everybody."

07922 195208
www.boudoirwithpersonality.co.uk
info@boudoirwithpersonality.co.uk



Susan Horn (Head of Business Improvement) and Maria Fortune (Service Delivery Supervisor).



Louise Sills, Operations Manager.

Meet the women at Stagecoach who keep the wheels turning

IN an industry that is typically seen as male dominated, women at *Stagecoach South East* are helping change the narrative at every level.

With over 200 women working for *Stagecoach South East*, the bus operator has seen a sharp increase in the number of women undertaking roles across the business. From operations to engineering to business management, women are exceeding in every department.

These women don't just keep the wheels turning for the community they serve, they are creating positive change in the bus industry.

Stagecoach employee of 20 years, Sara Dempsey works as a controller who joined the business because of her love for driving.

When she joined the business at 21, she was excited at the prospect of a job as a bus driver being something fun and different for a woman at the time.

By **Natasha Vignon**

“Now more than ever, it is a time to encourage increased diversity in the workplace and help the industry grow.”

— Susan Horn, Head of Business Improvement.

“When I started there were very few women working for *Stagecoach*. I remember a time when an elderly gentleman tried to get on my bus, as soon as he saw a young female driver, he refused to travel with me.”

Sara shrugged this off and has since gone on to excel in several roles for the bus operator. Experiencing life in the bus lane as a driver, a customer service clerk in the former travel shop in Canterbury before taking on the role of a relief

controller in 2016 and becoming a full-time controller in 2021.

“It is very important that more women work for *Stagecoach*. I believe women can bring something different to the company than men can.”

Head of Business Improvement, Susan Horn joined *Stagecoach* in 2020 and hopes to continue with her career in the bus industry for years to come.

“I joined the bus industry to try something new after working in the maritime sector for 12 years. My time at *Stagecoach* has inspired my passion for bus. I am working in an industry that allows people to connect with one another and it's in the community that I am a part of.”

The bus industry is a fast-paced one, where Susan works to influence improvements to public infrastructure across the South East with the Service Delivery Support Team. And a large part of what has motivated Susan's work since joining the business are the women she works alongside.

“I have been inspired by the women working in senior positions within the business and hearing their success stories. I hope I can be a role model to other women joining the industry and help to change the misunderstanding.”



“I don’t believe that that any industry should now be male dominated, woman should have the same opportunities and this company has a brilliant career path in different sectors for all.”

— Maria Fortune, Service Delivery Supervisor.

Working alongside Susan, Maria Fortune works as a Service Delivery Supervisor.

Working for *Stagecoach* for the last 10 years, Maria started as a bus driver before being promoted to relief controller, now working in the Service Delivery Support Team. Overseeing the punctuality and reliability of the buses, supporting seven depots and their drivers across the region.

“I absolutely love my job, everyday is something new and I am loving seeing so many women now come through.”

Stagecoach has seen progressive change in recent years, with the shift in culture being felt by those on their first day when they step into training and the incredible women working in the Training School are to thank for that.



Susan Horn and Maria Fortune working in Service Delivery Support.

Driving Instructor, Abbey Blake has been working at *Stagecoach* for over eight years and plays a crucial part in so many colleagues start to the business. A keen and confident driver, Abbey passed her test, beginning her life in the bus lane and just six months later, she had begun mentoring new colleagues, now working as a Driving Instructor.

“It’s such a rewarding role to see them in their depots knowing I’m part of their journey. I watch them pass their tests and develop their own careers. It’s amazing to see how a few weeks with me on my bus can change career paths and potentially lives for the better.”

Since joining Abbey had the opportunity to drive at the *Commonwealth Games* in Birmingham last year. She has seen the industry change for the better and actively encourages more women to pursue a career with *Stagecoach*, including her own daughter who works as a relief controller for the company.



Sara Dempsey, Controller.



Karen Burgess, Park & Ride Supervisor.

“I fully encourage any woman to pursue a career with Stagecoach, I did with my daughter Hannah, and she is now a relief controller within the company.”

— Abbey Blake, Relief Driving Instructor.

“I think it’s important for women to choose this career path as it is rewarding and it’s the best of both worlds, you get to work independently and as part of a team all at once, it’s great to share experiences across the network of drivers.”

Abbey’s Training School colleague, Eveline Roberts has been at *Stagecoach* for the last seven and a half years and joined the Training School as a Classroom Trainer in 2022.

She joined the bus company after seeing a recruitment advert on the back of the bus and she has stayed because of her love for driving and the support of her colleagues who have got her through difficult times in her life.

“2022 was a very difficult year for me in many aspects, the main being my 21 year old son being diagnosed and treated for a brain tumour, without my *Stagecoach* family and their support I don’t think I would have coped.”

After seven years on the roads in East Sussex, Eveline saw the opportunity to join the Training School and applied for the role. Her skillset, experience, patience, and reputation as ‘depot mum’ made her the perfect person to take on the role of classroom trainer.

“The thing I enjoy most about my role is the induction courses. Presenting our courses, I am able to share my knowledge and experience and give them the tools to take their PCV Theory tests at the end of the week. It’s a great feeling knowing I was part of their journey.”

Eveline has helped drivers overcome obstacles including language barriers and dyslexia, watching them progress through the training and eventually seeing them out on the road.

“More women should choose this career path because *Stagecoach* is a great company to work for with brilliant career opportunities. I love telling people I am a bus driver and the first thing they usually say is do you drive the big double deckers? We drive them all!” Eveline laughs.

Check out more about life in the bus lane and the career opportunities available at *Stagecoach South East*:

www.stagecoachbus.com/promos-and-offers/south-east/pick-a-new-career



L to R: Katie Jenkins (Classroom Trainer), Eveline Roberts (Classroom Trainer), Claire Aunger-Third (Training, Development and Employee Engagement Manager), Abbey Blake (Driving Instructor) and Anita Ralph (Classroom Trainer).



Divine intervention

NICKI Whitehead and Jane Long have their treatment room at the *Divine Salon* in East Dean.

By **Gail McKay**

Nicki Whitehead is a fully qualified and practising Aromatherapist for over 20 years and now offers massage treatments.

Ancient art

The ancient art of Aromatherapy combines the healing properties

of aromatic plant essences (essential oils) with massage. It can induce deep relaxation, improve your circulation, aid digestion, lower blood pressure, stimulate the lymphatic.

Nicki is now introducing the Hot Stone massage treatment – the ultimate soothing deep healing detox for the whole body.

Gift Vouchers are available.



Free back massage

The 1st Voucher booked from this Bournefree advert will get a free Back Massage worth £35.00.

For a consultation or appointment Contact Nicki on **07538 077772** or **care@nicki.email**

Jane Long is an holistic therapist with 20 years experience.

She offers Reflexology and facials including Zone Face Lift Therapy, a facial that involves facial reflexology, soothing facial massage, Gua Sha, hot towels and fragrant facial oils.

Each session is bespoke, in a tranquil setting. You'll be feeling

calmer, lighter and brighter. Look and feel radiant while enhancing your wellbeing.

Calming

Reflexology is wonderful for calming anxiety, overwhelm & fatigue as well as supporting people who are recovering from operations and dealing with the side effects of medication.

Gift Vouchers available at **www.janelongwellbeing.com** **@janelongwellbeing** and look out for a Mothers Day Competition where you could win a special gift!

Divine Salon, 9 Downlands Way, East Dean BN20 0HR

Zoë Robbins explains Equity Release

EQUITY Release can play a crucial role in retirement funding. There are flexible products to suit everyone. It is important to note that Equity Release is fully regulated by the FCA (Financial Conduct Authority), and subject to the protections afforded by the Financial Ombudsman.

By **Zoë Robbins**, Robbins Financial

EQUITY Release are products that can be utilised by people over the age of 55 years. There are many varying products available that allow you to release funds from your current property, either in a lump sum or in a drawdown facility. You can also have Equity Release

Products that are used in an onward purchase, if you do not have enough money to fund your new property.

There are a lot of misconceptions regarding 'Equity Release' –

You may have heard comments such as "The interest rolls up and there is nothing left to give to your beneficiaries." "It is all a con and interest rates are high."

"You cannot move home."
"You cannot make any payments or repay the loan."

It is important to note that Equity Release is fully regulated by the FCA (Financial conduct Authority), and subject to the protections afforded by the Financial Ombudsman.

Under the umbrella of lifetime mortgages there are various options available –

- You do not have to make repayments; however, you can choose to make payments to avoid the interest rolling up.
- You are able to move home if required. You can transfer the lifetime mortgage to a new property or pay it off in full (charges may apply for this).
- You can take a lump sum only, or you can have a lump sum with a drawdown facility which means you can have more income at a later date.
- You can use a Lifetime mortgage to purchase a new property.



Robbins Financial can help you to understand the steps involved, talk you through your options and of course they can also explain the full benefits of Equity Release.

There will be a Fee for arranging your Equity Release and the Fee amount will depend on the type of Equity Release you are arranging.

The agreed Fee is payable on Completion.

This is a lifetime mortgage. To understand the features and risks ask for a personalised Illustration.

07724 452972
zoe@robbinsfinancial.co.uk
www.robbinsfinancial.co.uk



LAWLERDAVIS

INDEPENDENT FINANCIAL PLANNERS LTD

PERSONAL professional planning – That is the pledge from Sarah Lawler, owner of *LawlerDavis*

By **Peter Lindsey**

The independent financial planners are situated at Upperton House, The Avenue, Eastbourne, and have gone from strength to strength since starting the business in 2011.

Sarah is very clear why it is such a success.

"We work with the client and provide a personal service with regular reviews and a holistic approach.

"We like to get to know the client and it's all about building up a positive two-way relationship that works for us both.



**Sue Collingwood –
Operations and Compliance Manager.**

"A good starting point is to sit down, have a cup of tea or coffee, and see if what we offer will work for the client."

Sarah has been working in finance since 1989, and she absolutely loves it.

LawlerDavis specialises in:

- **Investments.**
- **Pensions, including pension sharing on divorce.**
- **Inheritance tax planning.**
- **Protection.**
- **Trusts.**

Sarah has taken sole ownership of *LawlerDavis* since the retirement of Colin Davis in November 2022.

Continued success of the company means there is now a team of six, both male and female, in a happy and comfortable working environment.

Sarah said: "This can often be a male dominated industry, and I would love to see more and more women – both young and more mature – as bosses in this sector.



Les Marriott – Financial Planner.



Anna Barr – Senior Paraplanner.



Sarah Lawler – Director and Chartered Financial Planner.

"People used to come into the financial planning sector through banking but now there are more and more opportunities via apprenticeships and it would be great if more girls started to consider this as a viable career option.

"When it comes to sitting down and talking to a financial planner, people can sometimes be anxious about what fees and charges we may offer.

"The first meeting is always free of charge, with no obligation. We are then totally clear and transparent of the business arrangement after that.

"Come and see us. Have a cuppa and see if we can work together going forward."

Address:
**Upperton House
The Avenue, Eastbourne
East Sussex BN21 3YB**

Telephone:
01323 746698

Fax:
01323 747939

Email:
info@lawlerdavis.co.uk

LawlerDavis Independent Financial Planners Ltd is authorised and regulated by the *Financial Conduct Authority*.
FCA registration number 615491.



**Oliver Brett – Paraplanner and
Trainee Financial Planner.**



Tania Ringshall – Administrator.



Women in Marketing

Traditionally the marketing and advertising industry has been male-dominated, but recent surveys have found that the number of women working in the industry is at an all-time high. To mark International Women's Day, we spoke to three leading ladies at Eastbourne's full service marketing communications agency PRG, to find out what inspired them to pursue a career in marketing.

As a family owned and run business of 42 years, ironically PRG's three leading ladies have collectively worked for the company 42 years!



Jodanna Groves, PRG's Finance Director, is the longest serving with an impressive 19 years under her belt.

Jo said: "Working in finance, I don't get involved in the day-to-day marketing activity for clients, but during my time at PRG I've always been made to feel an important part of the team. We have a real family ethos at PRG, we all genuinely get on and support each other. I think that's one of the reasons we're successful at holding onto our staff."



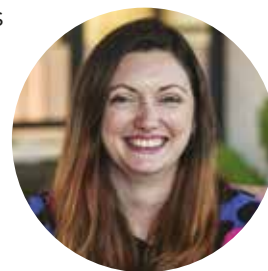
Not far behind her, celebrating 15 years of service this month is Kathryn Ranger, PRG's Account Director who heads up the company's PR and marketing team.

Kathryn said: "It was my dad that encouraged me to pursue a career in marketing. He was a graphic designer and when I was 16, he arranged for me to do a couple of weeks work experience with one of his clients – the luxury cruise line Celebrity Cruises. The marketing team was preparing to launch one of their new ships, so I was involved in prepping invites, arranging interviews, sourcing goody bags and all sorts. I loved every second of it and that got me hooked on marketing."



Last, but by no means least, is Amy Henkel, PRG's Senior Account Manager who during her 8 years at PRG has driven many a marketing campaign and discovered a real passion for branding.

Amy said: "I've always been a very creative person; at school I excelled in fine art and creative writing, but I wasn't aware that this could become my career. Looking back, it all started with the Anthony Hopkins 'Big campaign' which was launched to promote Barclays Bank, my employer at the time. It inspired me so much that I left my job and went to university to study marketing. I love being able to put my creative talents to use for my clients, I find branding especially rewarding, being able to bring a brand to life is incredibly satisfying."



Ladies of The Lansdowne

HAVING grown up in the hospitality industry as part of a family owned and run hotel that's achieved its 110 year anniversary last year, I am confident to say that it is in my blood!

By **Catherine Clifford**

The successes of the hotel are down to the founders, all of whom were women.

It was my Great-Great Aunt, Mrs F H Robinson, who started the hotel with two other business women partners

and in 1912 they had 36 letting bedrooms. The hotel grew into a 140 bedroom establishment and with the addition of private bathrooms in the 70's it became what it is today with 102 letting bedrooms.

Getting stuck in

Both my Grandmother and Mother were women in the business who didn't mind getting 'stuck in' –



Margaretta Robinson.



Catherine Clifford.

after all that is the nature of the business, the variety of every day is what makes a difference. They both juggled family life with the running of the hotel and over many years I grew up with the staff being my extended family.

Exceptional Service

The *Lansdowne* is as thriving today as it always has been and that is due to the passion and investment that has been put into it over the years. Its simple for me – delivering exceptional service and standards, consistently with the warmest of smiles on our faces. A place to come and make memories, no matter what age!

Investment

We continue to invest in the hotel with a complete ground floor refurbishment having been completed in 2022 with a brand new dining concept named 1912. Ongoing investment is a must and as important for us as it is for the town to ensure that tourism continues to be a key driver in the town.

**King Edward's Parade
Eastbourne BN21 4EE
www.bw-lansdownehotel.co.uk
01323 725174**

Focus on person-centred care

BEECHWOOD Grove care home is part of the Oakland Care group and is located at the bottom of the South Downs within the Old Town in Eastbourne.

By **Peter Lindsey**

Oakland Care operates nine other care homes within the South-East region, focusing on person-centred care and its sustainability pledge.

In 2021 *Oakland Care* became the first Care Home Group to be

certified carbon neutral, which was also achieved again in 2022. At the heart of all our care homes is biodiversity, where every home has a green champion. Kirsty Farmer, Client Relationship Assistant, is one of two green champions at *Beechwood Grove*. "Engaging with local projects is essential to contribute to the environment. You will regularly see my colleagues and me helping with local tree-planting

events like *Treebourne*". *Oakland Care* pledges to plant 1000 trees annually, and we are proud to say that we have already achieved this by the end of January 2023.

Kirsty has a varied role within *Beechwood Grove*, from introducing prospective residents to the home to marketing the profile of the home within the local community. "Every year, we have a charity of the year. This year we are proud to be supporting *St. Wilfrid's Hospice*. *St. Wilfrid's* offers a wide range of support to the community through their work, and we hope to raise their profile throughout the year by hosting a range of events."

Working closely with charities is vital to Kirsty, who, in her spare time, has worked with the local Homeless charity *Warming Up the Homeless* for over two years. "Homelessness can affect any of us at any point, and it is vital that if we get the opportunity to give back, no matter how small, it can have a huge impact on someone's life".



Kirsty Farmer.

To find out more about *Beechwood Grove*, please visit:

<https://oaklandcare.com/our-care-homes/beecewood-grove-eastbourne>



BEECHWOOD GROVE
— PART OF OAKLAND CARE —



HAMPSON

— BEAUTY CLINIC —

Hampson Beauty Clinic is opening a brand new beauty clinic in Eastbourne, and we would like to invite you to our grand opening on March 16th at 50 Grove Road, Eastbourne, East Sussex BN21 4UD

By **Natlee Wheeler**

With special guest Dame Kelly Holmes, huge discounts on treatments and goodie bags for the first 20 people to arrive. The event starts at 6pm and we can't wait to see you there!

Launching over 20 years ago by three exceptional, hardworking women Maria Hammond, Maria Cramp and Nicola Simpson, *Hampson Beauty Clinic* was born, as a nail bar in Tonbridge.

Over the years, we have expanded into two (now three) fully established beauty clinics offering everything from Nail, Beauty, Eyebrows and Eyelash treatments to luxury Massages, Permanent Hair Removal and Aesthetic treatments. We offer all things beauty!

Luxury treatments

We believe Luxury treatments are for everyone and want everyone

to leave feeling their best with every visit. To do this, we like to be hands on with our client's beauty journey. Offering free consultations, treatment guides and bespoke treatment packages. So, all of our clients get the best results!

We keep up to date with all the newest and up and coming Celebrity trends. Their beauty secrets are no more at *Hampson Beauty Clinic*!

All things beauty

So, if there's a new treatment you want to try or you want to know more about our new clinic in Eastbourne, then get in touch! We love to talk about all things beauty!

www.hampsonbeautyclinic.co.uk
[@hampsonbeautyclinic](https://twitter.com/hampsonbeautyclinic)
admin@hampsonbeautyclinic.co.uk



Tonbridge Clinic.



Paddock Wood Clinic.



Dame Kelly Holmes at the salon.



Dame Kelly Holmes nails created by Hampson Beauty Clinic for The Jonathan Ross Show.



Before.

After.



Before.

After.



Welcome
Dotto
home



1st April 2023

Dining and events at Lansdowne Hotel

JOIN us in the coming weeks for dining at our restaurant, 1912, lunch on Mothering Sunday or attend an event.

By **Stephen Callis**



The following events are taking place in the coming weeks, with further planned throughout the year. Feel free to drop by and enjoy our lounges for a coffee, catch-up with friends or make the most of our daily happy hour between 5pm and 7pm with a selection of cocktails priced at only £6.

2 Courses For Only £19.12

Our popular two courses for only £19.12 is still available and represents exceptional value.

Choose from a starter and main course or main course and dessert – the choice is yours. A popular dish on the menu is seabass and crayfish risotto, receiving much praise and well worth trying! Steaks are also available at a supplement.

Additional choices on the 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.

Special occasions – Mothering Sunday

We have availability for lunch on Mother's Day on Sunday 19th March and will be serving our extensive menu in 1912. Our 2 courses for £19.12 promotion will also be valid on this date.

Event dates for your diary Join us in the coming weeks for fantastic selection of events at the Lansdowne! Popular local band *Sound of The Crowd* are appearing

on Friday 21st April, priced at £30 including 2 course dinner. Plus, the following are being hosted by *Fizz on Foot* at the hotel in the coming weeks with bookings being taken at www.fizzonfoot.com.

- **Friday 17th March.** Wine pairing event with 3 course dinner with Italian wines from Calabria, Puglia and Sicily. £55 per person.
- **Friday 14th April.** Wine pairing event with 5 different wines from across the USA served with a cold meat and cheese selection. £30 per person.
- **Thursday 18th May.** Wine pairing event with wines from New Zealand alongside a cold meat and cheese selection. £30 per person.



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

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





Mostro Pizza

Flipping the takeaway game on its head!

THERE'S a new takeaway pizza business in town and they've got people talking!

By **Peter Lindsey**

Mostro Pizza launched its third franchise in sunny Eastbourne in November 2022 and are thriving due to their totally innovative approach to home delivered pizza.

Unlike other takeaway pizza businesses, once you've placed your order online or via their app, *Mostro Pizza* essentially bring the restaurant to you in the shape of their high-tech mobile pizza kitchen to freshly prepare and cook your food right at your door!

There are no shops, dark kitchens, or delivery drivers, just a fully immersive pizza making masterclass by professional chefs directly at the doors of their customers and they are quickly becoming the go-to pizza delivery service for those wanting premium quality, traditional Neapolitan pizzas — it's no wonder they are known as *'The Future of Takeaway'*.

The 'open kitchen' design of their unique pizza vans means customers get to enjoy a bit of theatre right outside their home as they watch the *Mostro* chefs' hand-stretch and flare each pizza before topping with fresh ingredients and firing in a 400° oven. The pizzas

are cooked in just 90 seconds and handed directly to the customer straight from the oven meaning the hottest, freshest pizza possible. Some customers actually bring plates out and bypass the box completely!

You can order a *Mostro Pizza* at www.mostropizza.co.uk using the ASAP button or you can pre-book by selecting a later delivery time that day or on a future date. Ordering this way allocates a personal cooking window for every order, meaning each customer receives a flavour packed, oven fresh pizza every time.

Company director Mark Devine believes that Eastbourne is the perfect location for their third franchise due to its warm and very welcoming residents, thriving foodie scene and fantastic atmosphere. Once settled in *Mostro Pizza* hope to expand into surrounding areas including Hastings, Bexhill, Seaford, and Newhaven.

Mostro Pizza's signature pizza is the La Mostro, which includes hot pepperoni, red onion, nduja sausage, roquito peppers, mozzarella, and a tomato sauce base. Customers can also choose to decide which toppings they'd like at the van and there are multiple amazing deals for families via the website!

The company has two vans operating in Eastbourne and is open for home delivery from Wednesday to Sunday between 4pm and 9pm. Minimum order is only £20 so whether it's

film night for two or a family night, *Mostro Pizza* are ready to bring the *Mostro Experience* to your door.

www.mostropizza.co.uk
01342 778158
Eastbourne@mostropizza.co.uk
 Facebook Instagram [mostroeastbourne](https://www.instagram.com/mostroeastbourne)

What the locals are saying

Nicky Williams – Google Review

"Amazing pizza! Such a great idea to have takeaway pizza made right on your doorstep. All the ingredients were really fresh and loved the mushrooms! Finally, a decent takeaway pizza in Eastbourne. 5*"

Rebecca Slade – Google Review

"We tried this today, very impressed with the service & experience, and the best part it was delicious, we will definitely be bk 10/10 thanks."

Hazel Harper – Google Review

"I wanted to provide my party guests with hot food and booked Rob and the (Mostro) team. The food was fantastic — hot, delicious and all the guests absolutely raved about it. Pre event communication and organisation was good... The team were friendly and efficient despite providing continuous service in terrible weather conditions... the best made to order party food we've had!"



Morgans

Restaurant - Bistro

A Modern Italian bistro with a cosy interior and traditional cuisine.

And it's just had major investment with a new enhanced look.

OPENING TIMES

Tuesday—Saturday: 12:00 – 22:00

Sunday: 12:00 – 17:00

01323 644609

Email: morgansbistro.info@gmail.com

www.morgansbistro.co.uk

119 South Street, Eastbourne BN21 4LU



Merci Maman

MOTHER'S Day is going to be 'parfait' this year, as Eastbourne French restaurant creates a mouth-watering menu in celebration of the nation's mother figures.

By **Pablo Robles**

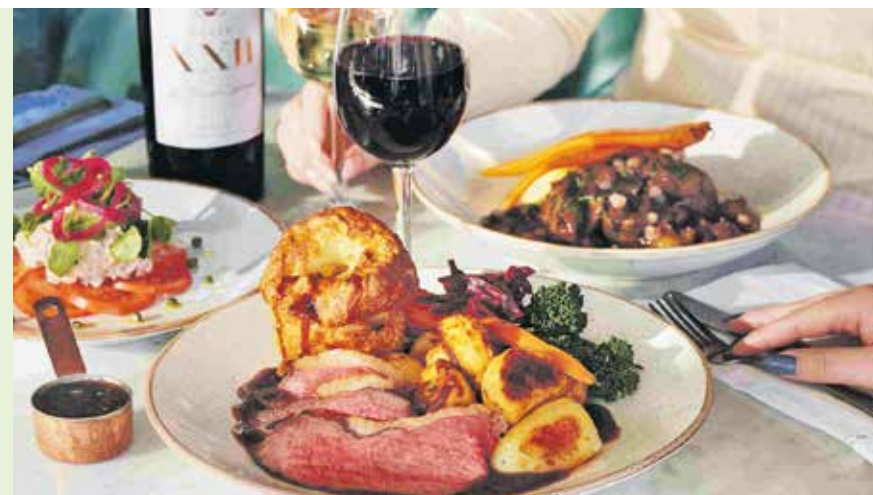
Bistrot Pierre, on the Eastbourne waterfront, is inviting families to say "Merci Maman" on Sunday 19th March, with a specially-designed three course menu, for the whole family enjoy.

Available to relish all day, guests can choose from a range of Bistrot classics, including a fricassee de champignons and chicken liver parfait, as well as a range of new dishes, introduced especially for the occasion.

Pan fried salmon with a citrus hollandaise and a delightful risotto vert will join *Bistrot Pierre* favourites, including the signature boeuf bourguignon and Sunday staple – the roast, with unlimited Yorkshire puddings, roast potatoes and gravy.

To finish, diners will be spoilt for choice from a delectable selection of desserts, including the French classics, the Paris-Brest and a tarte au chocolat, both new especially for Mother's Day.

And for those lucky *Club Bistrot Pierre* members, each booking's celebratory



guest of choice will be gifted a delicious complimentary Elderflower and Raspberry G&T. With everything prepared by the talented Bistrot Pierre chefs and mixologists, the whole family can relax and enjoy quality time together on this special occasion.

"We are delighted to be welcoming families to celebrate with us this Mothers' Day", says Nick White, CEO of *Bistrot Pierre*, "We have carefully prepared our menu, with delicious and varied ingredients, and combining our hero dishes with wonderful new additions, which we can't wait for our guests to enjoy.

"We hope that *Bistrot Pierre* will provide the perfect location for our guests to say thank you to their loved one this Mothers' Day and enjoy an extra special treat together."

The Mother's Day menu is £24.95 for three courses and is available all day on Sunday 19th March only.

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

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PIERRE**
1994



Have you seen our new boards?

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WHERE?
TOWNER
Eastbourne

Eastbourne's Jazz & Blues Festival announces more headline artists and bands!

A BRAND new outdoor festival from new events management team, *Feastival Events*.

By **Harry Farmer**

Eastbourne's International Jazz & Blues Festival is already shaping up to fast becoming the place to see the very best international touring artists & bands plus local bands this summer!

With even more artists & bands now announced to this exciting weekend's line up taking place on *The Western Lawns* on Saturday 29th & Sunday 30th July 2023.

What an incredible line up

Over the weekend there's live music for everyone! including; Jazz Up The 80's with pianist **Jay Rayner**



Jay Rayner.

& his Sextet, Jay's a regular judge on BBC1 Masterchef & Food Critic.

Sarah Jane Morris : Sweet Little Mystery singing the songs of John Martyn.

Ian Shaw : When Bowie Met Joni

— A multi award winner — best Jazz vocalist at *The BBC Jazz Awards*
Sultan Stevenson (Pianist). Fastest emerging young artists on the London Jazz Scene.

The Full Circle Quartet — with Terry Packs (bandleader & Bassist) , inspired by the sights & sounds of The South Downs.

Oye Santana — Simply the best tribute band!

Chris Batchelor's Pigfoot Play Ellington — performing an imaginative reworking of iconic compositions.

Plus exciting local bands, **Grace & Danger**, **The Jazz Groove**

Collective, **Stormy T & Bluesman Lane**, **The Ray Russell Band** and **The Light Keepers**.

Come join us at our Aftershow Party

On Saturday night Hastings based DJ **Wendy May (Locomotion)** spinning the sounds at our Aftershow Party in *The Gold Room*, at *The Winter Garden* — Plus live music. A night not to be missed! From 8pm till late...

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To book tickets, please go to: www.seetickets.com where you can buy one day, two day weekend tickets and tickets for the *Aftershow Party* in *The Gold Room*, at *The Winter Garden*. Plus see full festival details here too!

JAZZ

BLUES

festival

JAY RAYNER SEXTET
SARAH JANE MORRIS : SWEET LITTLE MYSTERY
IAN SHAW : WHEN BOWIE MET JONI
OYE SANTANA • PIGFOOT PLAY ELLINGTON
SULTAN STEVENSON • RAY RUSSELL BAND
THE FULL CIRCLE QUARTET AND THE SOUTH DOWNS SUITE
THE JAZZ GROOVE COLLECTIVE • THE LIGHT KEEPERS
GRACE & DANGER • STORMY T & BLUESMAN LANE

See TICKETS
 29th - 30th July 2023 Western Lawns Eastbourne

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 **@themarkersdirectory**

themarkersdirectory.co.uk

FEATURED ARTIST Dee Newton

A few years ago, amidst the potent combination of post marriage breakup pain, the pressure of running a business, and a (rather large) failed fluid art canvas, I suddenly arrived on the painting scene! Something that started as a distraction hobby, very quickly became a strong passion and love.

I paint in my studio in Eastbourne, at *The Devonshire Collective* makerspace. A popular space for creatives, where there are lots of lovely people creating pottery and artwork.

What I love about creating artwork is that it conveys so much, without a single word being spoken. Everyone sees something

different. Colours catch our attention and can change our mood. They can change the mood and atmosphere of a space too. I like to think that all the enjoyment, love and positivity I feel when I am painting gets sucked up and stored in the painting somehow, ready to spill out when it gets to its destination.

Alongside my 'Ride the Wave' canvas rounds and other fluid artworks, I also paint vibrant fantasy style acrylic paintings. Mainly animals, in bold, beautiful rainbow colours. But I also specialise in personalised astrology art. Have you ever had your birth chart read? Do you believe in star signs? How are we affected by the cycles of the planets and the moon? Even if Astrology is not for you, would you like your own piece of artwork created especially for you? Something that says 'This is me'!

www.themarkersdirectory.co.uk/directory/beautiful-deezasters



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Special exhibition

AMANDA Cardoso exhibited at *The National Trust's Lamb House* in Rye for almost the whole of last year and was a selected *Sussex Contemporary Artist* at the *i360* in October.

By **Peter Lindsey**

Now she is exhibiting her work in an Eastbourne Café – *Café Old Town* in Star Road.

She said: "It is great to have my work in Eastbourne and Chris the café owner is a huge supporter of local makers.

"I make linocut prints with a huge bias towards birds, nature and local scenes (i.e. *Camilla's Bookshop* and *Holywell Café*).

"I am inspired by nature, Sussex and the South Downs.

"Wildlife, landscape, birds and books are the themes I explore the most with my printmaking.

"I am also inspired by language and community."

The exhibition runs until 12th March 2023 so there is still time to go along.

amandacardosoprintmaker.com
@ **[@amanda_cardoso_printmaker](https://www.instagram.com/amanda_cardoso_printmaker)**

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Sweet sunset sounds

THE family friendly, Camper Marmalade event returns to Bramley Farm, Bay Tree Lane, near Polegate for three days of festival fun, Friday 30th June to Sunday 2nd July 2023.

By **David Monckton**

If you haven't already heard about this year's Camper Marmalade line up let's introduce you to the weekends exciting headliners.

The Friday headline attraction is the amazing Queen tribute band 'Fat Freddie and the Queens' these guys

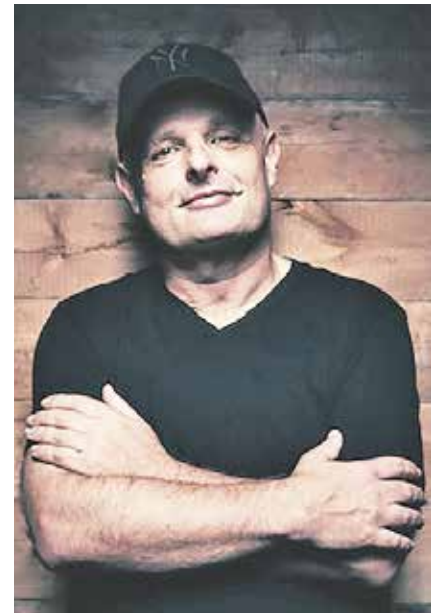
are returning after an epic show stopping performance at last year's event, spokesperson and band lead singer Simon Harrington said how thrilled all the guys are to be asked back to perform at one of their favourite festivals.

Saturday's line up is a true spectacle but the days headline acts are two of the UK's most recognisable and popular festival DJ's, Dave Pearce and Brandon Block.



'Dave' has been a driving force in the UK Dance Scene for many years. Known for his uplifting energetic "Big Room Anthemic" Trance "and "House Music" sets which feature many of the classics he helped break via his popular *BBC Radio 1 Dance Anthems* shows and Eden Ibiza residency.

When it comes to Brandon Block you would have to travel far and wide to find a place where his name is not known. Brandon cemented his "Superstar DJ" status alongside Alex P



when they became residents on the legendary terrace at *Space* in Ibiza. This residency was arguably one of the initial driving forces behind the clubs worldwide notoriety as one of the best places to party!

To book tickets, please go to www.seetickets.com where you can buy one day, two day or even a weekend pass.

📷 @campermarmalade
www.campermarmalade.co.uk

JUN 30 ★ JUL 01-02 2023

Camper Marmalade

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SKAPER

SCAN ME

Ivy's extra ordinary portrait

THE fantastic artwork of *St Richard's* Year 10 pupil Ivy was chosen as a winner in the *[Extra] Ordinary Portraits* competition recently. Ivy has had her work displayed in a *Holocaust Memorial Day* exhibition at Westminster.

By **Miranda Pennington**

***[Extra] Ordinary Portraits* is a collection of artworks that reveal the 'extraordinary elements of seemingly ordinary people'.**

The Holocaust Memorial Day Trust partnered with *The Royal Drawing School* and asked young people across the UK to learn about someone affected by the Holocaust, genocide or identity-based persecution and create a portrait of them.

As part of her prize, Ivy was very proud to attend the *Holocaust Memorial Day Trust's* event at *St John Smith Square's Concert Hall*, Westminster on Wednesday 25th January. She was privileged to hear speakers including survivors of the Holocaust and genocide, senior political and faith leaders including the Rt Hon Michael Gove, the Archbishop of Canterbury – Justin Welby, and Judge Rinder.

Photographer, Rankin, one of the competition judges, said "Not only does the competition nurture the creative talent of young people, but it also continues to introduce the importance of *Holocaust Memorial Day* to a whole new generation."

For more information please see <https://www.hmd.org.uk/news/young-artists-artworks-go-on-display-in-extraordinary-portraits-exhibition/>



Ivy with her winning artwork.

Tidelines... Rock Pools... Anamnesis

ARTISTS-IN-RESIDENCE display work inspired by Beachy Head at new exhibition.

By **Peter Lindsey**

An exciting new exhibition featuring works of art inspired by the coastline around Beachy Head and created by artists-in-residence is open.

The Beachy Head Story is hosting the exhibition entitled *Tidelines...Rock*

Pools...Anamnesis, which will see two renowned artists take up residence at the venue.

The exhibition is on until 26th March and the resulting work will be on display and for sale in the Beachy Head Story giftshop.

Using a range of media, the ceramicist Julie Snowball and ceramicist and glass artist Dr Anthony McIntosh aim to



explore and interpret the monumental landscape of around Beachy Head, the coastline, and neighbouring landmarks in response to the physicality, temporality, archaeology, and social history of the site.

Julie Snowball, who has been working with clay for more than 30 years, is a celebrated ceramicist who lives locally and exhibits and sells her work.

Dr Anthony McIntosh is an eclectic artist who has worked in a diverse range of media but is currently



working in fused glass and ceramics. He lives in Eastbourne and displays and sells his work locally.

There will also be an opportunity to meet the two artists during four sessions – on Saturdays 4th, 11th, 18th and 25th March between 11am–6pm – throughout the exhibition's run and find out how the landscape has inspired and influenced their work.

Go to: www.visiteastbourne.com/heritage/visit

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Green and pleasant

MARCH has much to commend itself for. There are three key days for your diary this month. The 19th of the month sees us celebrate Mother's Day. The first day of Spring follows on the 20th and then on the 26th of the month, the clocks go forward, which is always something to celebrate from a gardening perspective. The frequent sunny days will provide us all with the opportunity for an increasing range of gardening tasks. It's time to get busy preparing seed beds, sowing seed, cutting back winter shrubs and generally tidying up around the garden.

By **Geoff Stonebanks**

In March, the days are noticeably longer, and it's an opportunity to get out into the garden to enjoy some early spring sunshine. Frosts and sometimes windy weather mean that some tasks must wait, but there is optimism in the air with warmer weather and longer days ahead. As the weather gets warmer and plants start to wake up, so do pests and diseases, so it's useful to make some early checks on the health of your garden.

National Garden Scheme

Opening for the scheme on Mother's Day is a beautiful garden in Arlington. *Bates Green* in Tye Hill Road, BN26 6SH. It opens from 10am to 4pm

for pre-booked visitors only. Full details at www.ngs.org.uk. This 1.5 acre garden has been owned by the McCutchan family since 1921 and was developed and skilfully planted by Carolyn McCutchan when she moved to the property in 1968. Since Carolyn's death in 2019, the garden has been undergoing a period of restoration. It surrounds the farmhouse, which was originally a small gamekeeper's cottage and has very distinct areas, which enable plants from different ecological conditions to thrive including a small pond to encourage wildlife. In the woodland garden spring bulbs abound followed by herbaceous woodlanders and hardy cyclamen. In the more formal shaped middle garden, colour is the main theme, starting with tulips and alliums. *Bates Green* is in a tranquil setting, surrounded by pastures grazed by

sheep with views to the South Downs. The six-acre conservation meadow adjoining the garden contains a wealth of flora and fauna. The Winter Garden is positioned so that the low rays of sun make the most of the coloured leaves and stems of the many cornus, with bulbs and plants grown for interest from autumn through to spring. Why not book your visit and surprise your Mum?

Wallflowers

Pictured in the header are some pretty yellow wallflowers growing in the beach garden at *Driftwood*. They are commonly grown as a spring bedding plant. Most wallflowers are biennial, and are grown from seed in late spring and then planted out in autumn, you can also buy bare-root wallflower plants for autumn planting. They will flower the following March, offering a splash of colour when there's little else in bloom like those above. They combine beautifully with spring bulbs. They are best grown in moist but well-drained soil in full sun to partial shade.

Perennial wallflowers are also available, and have become increasingly popular in recent years. Varieties such as 'Bowles's Mauve' and 'Winter Orchid' flower almost continually throughout the year, making them great value in small gardens. They are a great provider of nectar, so can provide a reliable source of food for pollinators over a long season.

Gardening jobs for March.

There is much to be done in the garden this month if you have the time to get out there! Plant tender summer-flowering bulbs, including gladioli, in early spring for a great show in the summer. Now is a good time for pruning roses too.

If any of your garden plants or climbers need supporting this year, put them in now, so they can grow up through them, making them less obvious. Adding supports afterwards is trickier and often looks unattractive. If you are planning on moving deciduous trees or shrubs, now is the time to do this task, provided the soil isn't frozen or waterlogged.

If you have a mahonia, as I do, cut out the top rosette of leaves after they have flowered, to encourage branching and make the shrub look more attractive. Finish cutting back dead foliage from perennials and ornamental grasses in order to make way for new growth.

If you have overwintered some fuchsias, prune back to one or two buds on each shoot. This will encourage a bushy growth habit.

I have some winter-flowering heathers at the side of the house. It makes sense to prune now, as the flowers disappear, to prevent the plants becoming leggy. Keep an eye out too for slugs as the weather warms up. Pay special attention to soft, new growth, which slugs love. I've just cut off the old leaves on my hellebores to remove any foliar diseases and make their stunning spring flowers more visible.

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

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



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