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VOLUNTEERS' WEEK

SUMMERTIME

Bournfree highlights the amazing work volunteers do across East Sussex.

Fantastic events, special offers and entertainment here in Eastbourne.

06/23 Issue 036 June 2023

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Bournfree



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Jürgen Matthes since 1982 Student Organisation

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

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Eastbourne's wonderful volunteers

EASTBOURNE has always been blessed by its huge army of volunteers working tirelessly for the good of others.

By **Peter Lindsey**

We have some amazing charities and groups doing incredible work to help the community.

Volunteers Week is celebrated nationally and locally in June – and that's why we have a number of pages this month devoted to the work of great charities.

It's been a privilege during the past few weeks to hear some of their fantastic work.

At *Bournfree*, we always welcome new advertisers. One this month is *David Neal*, a new dentist operating in *Langney Shopping Centre*.

This shopping centre really does go from strength to strength, having recovered so well from the pandemic.

It has enjoyed a number of new openings, and this is just the latest. Their advert appears on page 71.

We wish the *David Neal* team well!

The number of advertisers joining *Bournfree* continues to grow each month – and we welcome more to join us.

Put bluntly, we don't charge a fortune – and we do offer great platforms, both online and in print.

Gail is our Sales Manager alongside Harry and myself. Our contact details are on this page.

We love what we do at *Bournfree* – that's why we continue to move forward, bigger and bigger.

Each month, we welcome new businesses and organisations to



Bournfree, and we strive to do our very best with each and every one.

Our website and social media also grow fast – with around 100,000 people alone on our *Facebook* page in the past 28 days.

The magazine reaches a very healthy 72 pages this month packed with real LOCAL content. That's what we enjoy and that's what we think we do best.

If you haven't reached out to us yet, please do.

Have a happy June! Tennis Week et al...

Bournfree

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

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It's a Feastival on ice!

FEASTIVAL Events has acquire the management and running of *Lightning Fibre's Ice Rink* from *Eastbourne BID* Team.

By **Harry Farmer**

Feastival Events, a professional and experienced team of event organisers, is pleased to announce its recent acquisition of the management and running of *Lightning Fibre's Ice Rink* from the *Eastbourne BID* Team. With this new project, the company aims to deliver an unforgettable experience to residents and visitors of Eastbourne.

Stephen Holt, CEO of *Your Eastbourne BID* said "It has been an absolute pleasure to welcome so many families to *Lightning Fibre's Ice Rink* since December 2021. Thousands have enjoyed skating on our rink, and have supported the town centre as a result.

"Running *Lightning Fibre's Ice Rink* is a mammoth undertaking, and its success couldn't have happened without the outstanding partners we worked with, and I want to thank them all for their support in bringing a phenomenal event to the town centre.

"I am delighted that the experienced team at *Feastival Events* will be taking *Lightning Fibre's Ice Rink* forward this year. I know they love the town and have unmatched experience locally of running first class events."

Feastival Events are extremely delighted to confirm that *Lightning Fibre* will continue to be the Platinum Sponsor of *Lightning Fibre's Ice Rink* for a third year.

Ben Ferriman, Founder and CEO, *Lightning Fibre* said "We are delighted to support the Ice Rink for a third year. *Lightning Fibre's Ice Rink* is enjoyed by thousands of people and boosts the local economy.

As a community-centric, local business, the *Lightning Fibre's Ice Rink* is one of many events we sponsor, and we hope *Lightning Fibre's Ice Rink* is enjoyed by as many people as possible this Christmas. It's going to be an amazing festive event."

Denise Harwood, Commercial Director, *The Enterprise Shopping Centre* said "*The Enterprise Shopping*

Centre are delighted once more to support *Lightning Fibre's Ice Rink* this Christmas, now in its third year. This magical event is situated on our doorstep and has become a real focal point for the Town."

Thrilled

"We're thrilled to take on the management of the Eastbourne's Ice Rink and have plenty of new exciting ideas for this event" said Dave Richardson, one of the Directors of *Feastival Events*. "We look forward to collaborating with new and existing partners to develop and deliver this outdoor event successfully.

"*Feastival Events* is committed to maintaining *Lightning Fibre's Ice Rink's* popularity while introducing new and exciting experiences too. The team is already hard at work, putting together plans to make this year's event even more magical than ever before."

To buy tickets please visit: www.visiteastbourne.com

For more information please visit: www.feastival.events

If you are interested to hear about our sponsorship packages and advertising opportunities please contact Harry Farmer at: info@feastival.events

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Why customers are flocking to ESK

ESK is having a bumper time at both of its superstores – in Eastbourne and Hastings.

By **Peter Lindsey**

There is a huge emphasis on providing everything the shopper needs during the current cost of living crisis.

And in the past few months, there have been added attractions launched at both stores.

The Eastbourne store, in Courtlands Road, is busier than ever, and Robert Beevis from ESK is delighted.

He said: “ESK has always been very popular in Eastbourne but we never have taken this for granted.

“At the start of 2023, we decided we needed to be innovative and make the store even more appealing – and we have certainly achieved that.”

The newest addition is a Scottish bakery offering all manner of delicious food and drink to shoppers including Scotch Pie, Millionaire’s shortbread and different flavours of Scottish Tablet.



This comes on top of:

The popular new *Bean Bike* cafe open Tuesday to Saturday.

New *Spoonfull of Sugar* sweet shop open seven days a week. The pick and mix are very popular.

New Butchers Shop at both Eastbourne and Hastings. It’s open Thursday to Sunday in Eastbourne and Monday to Saturday in Hastings. Eastbourne now has a bigger counter to see bigger ranges of meat.

Robert said: “We sell an amazing wide range of flat pack furniture and sofas. There are no waiting times on

sofas, there are lovely designs, and we believe they are great value compared to High Street furniture chains.

“Our Plants section is also doing incredibly well so come and have a look for yourself. We have a huge range of plants and herbs and there is a chance to come and talk with the team about what you need. Join our Gardener’s Club for discounts and offers.

“We have lots of amazing garden furniture at extremely good value as well.”

There is also a car wash open every day.

www.esk.co.uk





50 new experiences – and now the big finale...

CATHY Sandell – the owner of *Profile Hair Design* in Grove Road – is one amazing woman.

By **Peter Lindsey**

She is taking part in this year's charity's Skydive Challenge alongside Lindsey and her daughter Georgia!

They have been collecting donations from their customers in the salon, and all money will go to *You Raise Me Up*.

Five years ago, Cathy and Lindsey challenged themselves to 50 new experiences.

The skydive is their big finale.

She said: "We are keen to raise money for this very local and worthy

charity. Any donations or sponsors are greatly welcomed."

The fundraising target was £500, and that figure has already been exceeded, but they are keen to raise as much as possible.

Please go to:

<https://youraisemeup.enthuse.com/cf/yrmu-skydive-2023> (enthuse.com)

Read more about *You Raise Me Up* on page 41.

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All set for Eastbourne Pride 2023



EASTBOURNE Pride is taking place on Saturday July 29th – and it's set to be the biggest ever.

By **Peter Lindsey**

It will be situated in Princes Park from noon until 10pm. That's later than previous years.

It will include the very best in LIVE entertainment from some of the biggest acts on the UK LGBTQi+ circuit.

These include the REAL 80s and 90s superstar pop sensation *Betty Boo* and Drag race UK winner *Danny Beard*.

There are also tribute acts from *Absolute Britney* and *Maybe Gaga - Lady Gaga*.

Before that, those wishing to take part in the popular Parade should meet at *Eastbourne Pier* at 10am.

The parade leaves at 11am arriving at *Princes Park* at noon.

Organisers are asking participants to protect and support our Trans community by wearing the colours Pink, Blue and White.

Application form is on the website: <https://eastbournepride.org/eastbourne-pride-parade/>

All money raised on the day will go to the Eastbourne charity *Bourneoutlgbtq+*.

Book early!

Make sure you get your tickets now: <https://tinyurl.com/2s47myun>

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Enjoy the summer garden

THE annual *Arlington Bluebell Walk* may be over for another year – but there are further chances to enjoy the wonders of *Bates Green Garden*.

By **Peter Lindsey**

***Bates Green Garden* will continue to open every Wednesday with an option to buy a combined ticket to walk round and explore the 24 acres of *Beatons Wood*.**

See <https://buff.ly/3VX4V6E> for further details.

If you would like to hear more about the *Bluebell Walk* and *Bates Green Garden* and the ongoing work to maintain these two attractions, you can sign up for the newsletter at <https://buff.ly/42MhF24>

John McCutchan said: “*The Arlington Bluebell Walk* has now closed for 2023.



“Thank you to all our visitors and for all your support of the many charities who have provided volunteers to run the walks and supply refreshments in the cafe.

“Thank you also to the many charity volunteers, without whom we would not be able to open our wood.

“If you still want to see bluebells, which are still providing lovely displays, you may want to visit *Abbot’s Wood*, a very large wood nearby. *Abbot’s Wood* is run by the *Forestry Commission* and is open all year round.”



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A beautiful Lighthouse Walk...

WHAT stunning pictures from Rupert Kirby.

By **Peter Lindsey**

They capture perfectly the scenes at the annual *Beachy Head Lighthouse Challenge*.

This is the annual fundraiser organised by the *Rotary Club of Eastbourne AM* – and this year there were 1,321 entrants.

Money goes to local charities as well as the ongoing fund for when the lighthouse next needs a repaint.

A great day enjoyed by so many – the reaction from Martin Wellings, one of the Rotarians.



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Huge boost for cancer charity

THE *Children with Cancer Fund* – based at The Triangle in Willingdon – has a brand new vehicle.

By **Peter Lindsey**

Mark Masons' Hall has donated the bright new van to the charity.

Chris Downton from CWCF said:
"We feel incredibly grateful for the

generosity of the wonderful people at *Mark Masons' Hall* who donated us an amazing new van through the **#MarkBenevolentFund!**

"It was such an honor to have our passing over the keys ceremony with them and some amazing friends of *CWCF*.



Positive impact

"We can't wait to put this van to good use and continue making a positive impact for our families and will mean that we can now get between venues with volunteers and equipment without having to make costly multiple trips!

"Thank you so much for your support and kindness, it means the world to us!

Teamwork, truly, makes the dream work!"

The charity grants wishes to families in East Sussex and Brighton & Hove who have a child suffering/ recovering from childhood cancer.

www.childrenwithcancerfund.org.uk



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Cuckmere Accessible Audio Trail

THE Seven Sisters Country Park is the most wonderful place to enjoy summer and nature.

By **Peter Lindsey**

And now it has a new attraction – a guided audio trail for visitors that will help people learn about the incredible landscape and its flora and fauna.

The Cuckmere Accessible Audio Trail connects people with the sights, sounds and seasonal changes of this breathtaking coastal gem.

Perfect for people of all fitness and mobility levels, the trail follows the *Cuckmere Miles Without Stiles* route along flat concrete, gravel and grass paths.

Walkers simply need to scan a QR code – conveniently located on public benches – to tune in to an immersive audio that delves into the wonderful wildlife at the country park.

Dawn Nelson, Place and Interpretation Officer for the *National*

Park, has helped to develop the trail and was excited to be the first to try out the walk.

She said: “It’s a really wonderful walk with some beautiful scenery and this audio trail adds an extra dimension that helps you immerse yourself in the landscape even more.

“As you travel along the trail you can listen to five unique audios with commentary and soundscapes. Egrets fishing in the salt marsh, crickets stridulating under the dark night skies and skylarks trilling – these are all the stars of this show!”

“If you’re down at *Seven Sisters* this summer, do give it a go!”



Dawn Nelson.

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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



Lightning help local community



Ben Ferriman (R) and Steve Wennington from Hailsham Active.

LIGHTNING Fibre has secured almost £200k for Hailsham community projects.

By **Peter Lindsey**

In 2021, Lightning Fibre and Hailsham Active teamed up with a unique financial partnership that enabled 'grants specialist' Annette Buswell from Step Up Sports Consultancy Ltd to identify and submit grant funding applications on behalf of a range of great projects across Hailsham.

Hailsham Active's key role is to support local Sports Clubs and Physical Activity organisations in Hailsham and surrounding areas to develop and grow, promoting healthy lifestyles and inclusive activities for local people.

Lightning Fibre Hyperfast Broadband is well known in the area for successfully delivering their services to local residents and supporting a range of projects and events including *Hailsham Bonfire Night* and the *Hailsham Festival*.

Local groups who have benefited from funding include *Fighting Fit Boxing Academy*: women, teenage girls, mixed juniors boxing, and *Hailsham Muay Thai Kick Boxing Club*, which is targeting local residents, people on low income, and teenagers who want to improve their lives and physical and mental health.

£5,980 was also secured for a Healthy Steps Exercise Referral programme. Working with key partners, *Active Sussex*, local GP surgeries, *Lightning Fibre Hyperfast Broadband*, and *Andrea Meszaros of Andrea's Fitness*, the programme is designed to promote physical activity for people

who have an existing health condition and are physically inactive.

Hailsham Town Council CIL funds have paid for a new path to be laid at *Western Road Recreation Ground*, Hailsham enabling people who could not access the grounds before (due to mobility, disability, age, parents with buggies) to get outdoors, exercise, and simply enjoy being close to nature.

Ben Ferriman, *Lightning Fibre* CEO, said, "We are immensely proud of what we've achieved so far together, and we're committed to another year of seed funding for *Hailsham Active* to help achieve even more for Hailsham."



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Glitz and glam come to town

THE Posh Club is coming to Eastbourne this month.

By **Peter Lindsey**

It's been running for ten years across the South East, including in Crawley, Hastings, Brighton and London.

This is the first time it is coming to Eastbourne!

It is a charitable organisation funded by *The Lottery and Arts Council*, and the aim is to reduce social isolation and loneliness.

However, says Becca from the club, "Those who come along don't feel that they are attending a service for 'old people.'

"The events are very different to the normal kind of thing that is put on for older people.

"These are high production daytime cabaret and afternoon tea events with a lot of glitz and glam.



"We are bringing our Summer Tour to Eastbourne for three shows on the 16th, 17th and 18th June at various locations, each one being held between 12–3pm.

"Guests receive a delicious afternoon tea of cakes, scones and sandwiches, tea/coffee, raffle entry, a glass of bubbly and we have three professional performers at each one.

"We hope to make Eastbourne a permanent club after these shows, running 30 events per year in blocks of ten weeks."

The events are for people over the age of 60. Tickets are £10.

To book call Becca on **07366 541903** or visit: www.theposhclub.co.uk/tickets



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Weaving their magic

FIBRE Fest – All Things Textile returns for a fifth year to the Enterprise Shopping Centre on Saturday 24th June.

By **Emily Sander**

If you're interested in spinning, weaving, felting, textile art, knitting and more, this is the place to be! With suppliers, makers, workshops and demos, it will be a celebration of all things textile.

This year's exhibitors include, Textile Artist, Claire Graves. Claire's gorgeously quirky embroidery will make you smile. Started as a project during lockdown, Claire has also raised over £1,400 for the *Eastbourne Foodbank* through sales of her work; and continues to raise money for local charities with her delightful tea towels.

Another regular *Fibre Fest* exhibitor Fashion Designer, Ian Davies of *Atelier In The Attic*.

"I have been showing *Atelier In The Attic* at *Fibre Fest* since it started several summers ago. It is always an exciting event for anyone interested in yarn, knitting, crochet, weaving, print, embroidery, sewing, fashion, interiors and anything else textile related. It

has grown from a small niche fair into a thriving hub of exhibitors and workshops for anyone interested in textiles. The fair is held on the upper floor of the lovely *Enterprise Centre* so there is room for so many different exhibitors and workshops and you can pop downstairs for a cup of tea and cake when you need refreshing! I will be there again this year showing my mix of gifts, cushions, fashion and accessories hand made from vintage silk scarves. Prepare for a colour and texture explosion at *Fibre Fest* on June 24th!"

A key feature of *Fibre Fest* are the creative workshops which always produce some impressive results.

This year you can Learn to Knit with Knitting Designer and best-selling Author Monica Russel, Weave a decorative owl with Lewes based Textile Artist, Jackie Bennett and create a small scale frame weave with Textile Artist, Kay Hilton.

Jackie Bennett say's, "*Fibre Fest* is a wonderful visual feast of colour



and texture. I've exhibited and run workshops every year it's been running. My popular Owl Weaving Workshop will be running again this year and I'll be displaying some of my latest woven wall art, as well as weaving supplies. Do come along and meet me."

Find out more here: www.facebook.com/SussexCraftandDesignFair

(Please note, the event is held upstairs at the Enterprise Centre, access via stairs only).



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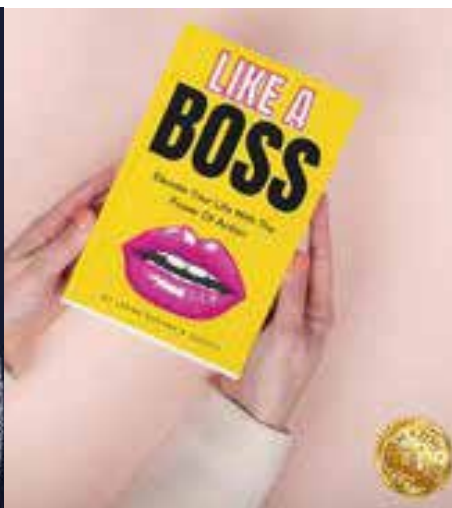
Fibre Fest – All Things Textile
Saturday 24th June, 10am–5pm

Enterprise Shopping Centre
Station Parade
Eastbourne BN21 1BD

www.enterprise-centre.org



Local business hits number 1 with collaborative book



Jen Fisher, owner of Mini First Aid Sussex, is always keen to support other women in business. From more relaxed first aid classes, a mum's in business group and child

friendly networking, breaking down barriers for women in business has always been a priority.

When she was offered the opportunity to contribute a chapter

about her journey in business and what she has learnt along the way to a collaborative book for women in business she jumped at the chance.

Like a Boss was released on 15th May 2023 and is authored by Mums in Business CEO and Founder Leona Burton, with contributions from other women in business. It hit the number 1 Amazon charts the first day it was released and has already hit the number 1 spot in three different book categories. It's for women in business who want to take charge of their career and show the world who's boss whether they're just starting out or a seasoned entrepreneur.

Jen's chapter touches on many of the barriers faced by women in business but focuses on carving out your own path to success and bulldozing

those barriers out of the way. This approach has already brought her a rapidly expanding Sussex wide business, Mini First Aid Franchise of the Year 2023 and Best of Eastbourne Heath & Wellbeing Business 2022.

Jen said "Lots of people dream of having their writing published and I am no exception so jumped at the chance to be involved in this collaboration. To see a chapter I have written be part of a number 1 best seller is just incredible. I really hope that those words inspire other women on their business journeys".

The authors are not accepting any profits from Like a Boss with all proceeds going to the charity 'Hopeful Handbags' that provides essentials to those fleeing domestic violence.

Cutting costs and cutting your carbon footprint

With spiralling energy bills, now is the time to install LED lighting if you haven't considered it already.

LED UK Lighting were invited to work on a complete office refurbishment by Lightning Fibre, alongside fellow Eastbourne Chamber member, Team Interiors.

Lightning Fibre is a full fibre network operator bringing 1000 mbps connectivity to businesses and homes in East Sussex and is one of the largest employers in Eastbourne. They wanted to reduce their carbon footprint so they contacted Steve Marshall at LED UK for a complete lighting and emergency lighting upgrade throughout their brand-new offices, bringing together their sales and support teams.

Client Brief

The existing open plan office space was over two floors; it was

being divided into separate areas to house the various operational departments of the business. This involved a complete redesign of the ground floor, which was fitted with fluorescent fittings. Staff spent most of their time working at a computer; so fluorescent lights were unsuitable, and costly to run and maintain.

The Solution By LED-UK

Based on the plans of the redesigned office and workspaces, LED-UK decided to put in low glare 600 x 600 panels with no flicker drivers. These would create a brighter and better working environment for staff.

On the 1st floor, they replaced old 600 x 600 panels, fitted with T8 fluorescent tubes, which were failing and giving out poor light and replaced them with LED 28W low glare panels with no-flicker drivers.

New emergency lighting was installed to comply with regulations for the new layout.

Savings

Lighting Fibre made a 60% saving on electricity on the ground floor lighting and 40% saving on electricity on first floor lighting.

Other Benefits

Emergency lighting is supplied with a 5-year lithium battery and a 5-year warranty. Furthermore, all



LED lighting products come with a 5-year warranty and 50,000 hours working life to reduce long-term maintenance costs.

Interested in having LED lighting installed? Please email steve@led-uk.co.uk



New members for April

Keith Fuller Photography • Clegg Gifford • Wishtower • Eastbourne Food Partnership CIC • Network Xpress Ltd • Lee Stunell Financial Planning
Trenton Business Coaching • A-Plan Insurance • Knill James LLP

Eastbourne – Best Bar None!

Have you ever felt unsafe meeting a group of revelers late at night? Safety around Eastbourne when it's dark is so important for visitors and residents alike.

To promote night-time safety and well-run venues, Eastbourne's local bars, clubs, hotels and restaurants have linked up with the public agencies to join an accreditation scheme called 'Best Bar None'. Supported by the Home Office and drinks industry the 'Best Bar None' scheme rewards excellence in licensed premises.

'Best Bar None Eastbourne' will be launched at a free event on Wednesday 14th June at FOUNDRY in the Beacon Centre from 5pm. Refreshments will be provided.

Businesses owners are welcome and will be able to hear from members of the 'Best Bar None Eastbourne' partnership, including Eastbourne Borough Council, Sussex Police, East Sussex Fire and Rescue, Trading Standards, East Sussex Public Health, Eastbourne unLtd Chamber of Commerce, Your Eastbourne Business Improvement District (BID), Eastbourne Hospitality Association and other representatives from the licensed trade.

First piloted in Manchester in 2003, Best Bar None has since been adopted by 75 towns and cities across the UK.

Councillor Margaret Bannister, Cabinet member for Tourism and Community Safety, said: "Eastbourne has a growing night-time economy so I am delighted Best Bar None is being set up to support this sector across the town.

"This scheme is proven to cut alcohol-related crime and it champions ongoing improvements in managing licensed premises as well as sharing good practice."

Eastbourne's pubs, clubs, hotels and restaurants are invited to register for the launch event by emailing the name of their business, who will be attending and any allergies to licensing@lewes-eastbourne.gov.uk by midnight on Friday 2 June.

Spaces are limited and will be allocated on a first come first serviced basis.

If you run a venue serving alcohol but can't attend the launch, you are invited to register your interest by adding your details here: www.lewes-eastbourne.gov.uk/BestBarNone

Once approved, people will be able to spot an accredited venue by seeing Best Bar None window sticker.

All accredited venues will also be listed on the Best Bar None website, www.bestbarnone.com



Best Bar None Eastbourne

Local licensed venues are invited to the launch of Best Bar None Eastbourne

At Foundry, The Beacon, Eastbourne
Thursday 8 June from 5-7pm

RSVP with the name of your business to licensing@lewes-eastbourne.gov.uk by 2 June

Best Bar None is a Home Office-backed scheme that helps licensed venues to demonstrate a commitment to customer wellbeing.

To find out more or express an interest in joining the scheme visit: lewes-eastbourne.gov.uk/BestBarNone

The Best Bar None Eastbourne Partnership includes: Eastbourne Borough Council, Sussex Police, East Sussex Fire and Rescue, Trading Standards, East Sussex Public Health, Eastbourne Chamber of Commerce, Eastbourne (BID), Eastbourne Hospitality Association and other representatives from the licensed trade.



WhiffAway

Have you ever held your nose near a gents public toilet? Well no more!

Many businesses in the Eastbourne area are benefitting from an incredible system which eliminates odours and also reduces the water used to virtually nothing. So it's

great for the environment as well as for your nose!

McDonalds – Polegate & Eastbourne (Beacon), Hastings

Cineworld – Brighton

EDF Energy – Brighton

The Red Oak Tavern – Brighton

RBS – Brighton Homebase – Eastbourne, Lewes

Asda – Eastbourne, Brighton Marina, Brighton Hollingbury, Hastings

M&S – Eastbourne & Bexhill, Brighton

Eastbourne Borough Football Club.



All these businesses have cut their water bills dramatically and are making savings that cover the cost of installation. If you would like to know more, contact Julian.Randall@Whiffaway.co.uk

Join today and reap the rewards!

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

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

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



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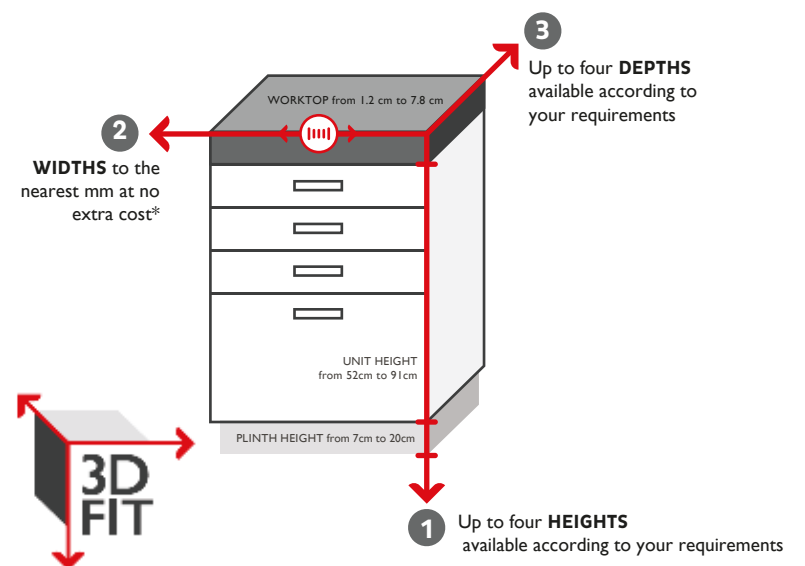


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SCAN ME



Sharing work and culture

IN partnership with *Your Eastbourne BID*, *Diversity Resource International* is organising a free event on Saturday July 1st.

By **Peter Lindsey**

It will showcase a wide range of artists including poets, painters, dancers, and authors sharing their work and culture.

Celebrating Diversity 2023 is taking place on Terminus Road along *Bankers Corner*, for artwork exhibitions, an intimate staging

area for poetry readings, street performances, cuisine and grassroots live music.

This free event is organised to celebrate diversity annually which has become vital to provide safe spaces for communities connecting to heritage and engagement.



Diversity Resource International (DRI) is a not-for-profit social enterprise to support ethnically diverse and migrant communities in Sussex. *DRI's* focuses on community development which includes community engagement, development, and promoting access to other services and organisations.

Standing by the core principles of fairness and equality, *DRI's* programmes support individuals,

helping to lead themselves, their organisations, and their communities.

Artists, performers, and volunteers are needed. Artists, especially from ethnic backgrounds, will be able to have a free stall to showcase or sell their work as we are celebrating their creativity.

Contact us for more details on community@driorg.com or **07586 340592**

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The Chaseley Trust

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



Located in South Cliff, Eastbourne, The Chaseley Trust is a 55 bed charity care home offering high-quality care, nursing and rehabilitation services for adults with complex neurological disabilities and conditions such as Acquired Brain Injury, Spinal Cord Injury, Stroke, Multiple Sclerosis, Motor Neurone, Parkinson's Disease and Cerebral Palsy.

We offer residents:

- 24 hour residential care and nursing for long term and respite stays
- Specialist rehabilitation services – neuro physiotherapy & occupational therapy
- Fully wheelchair accessible gym facilities also open to the local community
- Dedicated and highly trained staff
- A varied range of stimulating activities
- Healthy and nutritious meals tailored to personal diets
- A home from home in a stunning seaside location
- Casbar, our bistro cafe open to family and guests to socialise during the day

We offer staff:

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

We offer the community:

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

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





Coffee, cake and celebrations at Chaseley

THE Chaseley Trust celebrated the King’s Coronation with a whole weekend full of festivities!

By **Jodie Cornford**

Residents enjoyed watching the Coronation on the big screen and then on the Bank Holiday afternoon they partied the afternoon away with their loved ones and staff. Teresa, Well-Being & Activities Co-ordinator shares with us “We love any excuse to party with our families here at Chaseley and what better reason than the King’s Coronation.

There was a real excitement around the home in the build up to the weekend, we were making

decorations and planning games and activities for everyone. It is always so wonderful to see our residents enjoying some special time with their loved ones and we cannot wait for the next excuse!”

What do Chaseley do?

Have you heard about Chaseley, but wondered exactly what it is they do?

Perhaps you are looking at local charities, trying to choose one to support through your business.

Maybe, you know who they are, but have not visited them for several years and are intrigued to see how things look now.

Meet residents and staff

Well, why not book on to one of their FREE Coffee & Cake sessions throughout June and July and see for yourself exactly what it is they do.

Each session lasts for 1.5 hours and yes, they include some delicious coffee and cake (pastries for the morning sessions), but they also include a tour of their beautiful building and gardens as well as the opportunity to meet their residents and staff team.

These sessions are the best way to see Chaseley in action and help you to understand the importance of their charity and the work they do to enrich the lives of our residents.

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



Coffee & Cake Sessions

● Meet the team
● Have a tour
● Find out what we do
● Chat with residents

Dates:

16 - 11:00am	2 - 3:30pm
30th June	15th June
29th June	23rd June
7th July	13th July
27th July	21st July

To Book:

Email: fundraising@chaseleytrust.org
 Phone: 01323 744200
 Website: www.chaseley.org.uk

Free to attend
 Must be pre-booked due to limited spaces available.



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OFFICES ACROSS THE SOUTH EAST



Foodbank sees a drop in donations

STOCK levels are low at *Eastbourne Foodbank* as it sees a drop in donations.

By **Juliet Mead**

Eastbourne Foodbank, like all foodbanks across the country, has seen unprecedented demand for its service in recent months and there has been a drop in donations due to rising food prices.

Stacks of empty crates sit in the charity's 4,500 square foot warehouse in Brampton Road.

Mark Titherly, *Foodbank's* warehouse manager, said: "We have plenty of pasta and baked beans, so we don't need those at the moment. However, stock of most other items is very low.

"We provide three days' worth of nutritionally balanced food for our clients so we need a good mix of items to make this possible.

"We are incredibly grateful to everyone who is able to continue to donate."

BanktheFood

Eastbourne Foodbank asks anyone who can afford to pick up an extra item to download the *BanktheFood* app to receive a real-time list of the most-needed items.

Become a friend

The charity is buying food to keep up with the demand and is asking people to become a *Friend of Eastbourne Foodbank*. To become a friend, you select a small, affordable monthly donation.

Howard Wardle, *Foodbank's* CEO, said: "Even just a few pounds a month will make a difference to people living in poverty. Thank you in advance for anything you are able to give."

Foodbank Friend



BanktheFood app



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



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Celebrate Armed Forces Day in Eastbourne

THE Eastbourne and District Veterans – with the Royal Marines Association and RBL Eastbourne – have organised a day full of festivities on Saturday June 24th.

By **Peter Lindsey**

The event is at Five Acre Field, Lottbridge Drove, and is open from 9am until 6pm.

Armed Forces Day is a chance for everyone to take part in showing support for the Armed Forces, which provides a highly valued morale boost for the troops and their families.

The veterans can show their appreciation of your support with this day's events.

Join the fun and show your support for the men and women who make up the Armed Forces community.

These include currently serving personnel to service families, veterans and cadets with memorabilia from the various operations the military were involved in from 1939.

You can expect a variety of ways to enjoy yourself, ranging from food stalls, craft stalls, a bar and other refreshments, arena shows of a mini motorbike display and live music.

There will be educational displays including military vehicles cadet drills, and a chance to meet members of the Armed Forces a climbing wall and air soft target range, the dog show hosted by *Combat Stress!*



Parking is £5 for the whole day, with a free programme, Due to poor mobile signal, please ensure you have cash as an alternative method of payment.

You can find out even more about what they are doing at home and around the world, by visiting the official sites of the *Royal Navy, British Army, Royal Marines and Royal Air Force.*

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“Cameras rolling?” ... “Action!”



Coronation of the new Monarch all make good subjects to capture on film.

There is also much enjoyment to be gained from filming Comedies, and Dramas for which the club’s good relationship with local Am Dram groups proves to be very useful.

On 1st August at 2pm, it is ‘Open House at their meeting room’ at *St Luke’s, Stone Cross*, where you can watch a few films, enjoy a cup of tea, and hear about the fun of filmmaking. Email: mfwebster@btinternet.com

For more information go to www.eastsussexmoviemakers.com



EAST Sussex Moviemakers is celebrating its 25th anniversary – and it’s Open House at its meeting on August 1st.

By **Peter Lindsey**

The membership consists of a small number of friendly people who share an interest in watching, and occasionally making, good amateur films.

Despite modern mobile phones having the facility for taking video film, the images captured by a video camera,

when edited, and with suitable incidental music added, can be shared and appreciated by family, friends and other film making enthusiasts.

Although less in numbers compared with the mid 2000/10s when quite ambitious film projects were planned and completed, current members still aim to produce good enjoyable films.

Events such as *Eastbourne’s Carnival*, the Jubilee Celebrations, and the

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Supporting the community in Polegate



FOUNDED by Nathan Dunbar as the Polegate Scarecrows Community Fund in November 2019, the Polegate Community Foundation established three years later in November 2022.

By **Peter Lindsey**

The fund was set up after the running of two successful Scarecrow Festivals in 2018 and 2019.

The Polegate Community Foundation now runs different events throughout the year, ensuring local communities are at the heart of the organisation.

Its Volunteers Network brings together like-minded local residents who volunteer their time to help

support the function and events of the organisation.

The 'Keeping Polegate Clean' initiative provides the chance for residents to volunteer their time back to their community by joining various litter picking events.

Do you live in or around Polegate? Why not join the team and volunteer some of your time to help?

You don't have to commit to anything just give us a helping hand!

To find out more or to get in touch please visit:

polegatecommunityfoundation.org.uk



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VOLUNTEERS' WEEK

A time to say thanks

Volunteers' Week takes place during June, and Bournefree is proud to highlight the amazing work volunteers do across East Sussex.



#VolunteersWeek

www.volunteersweek.org

#VOLUNTEERSWEEK



The Open Garden Volunteer Team of 2022, who helped raise £18,000 for the DGH.

“ When I retired from work nearly six years ago I didn't know what to do until I **THOUGHT ABOUT VOLUNTEERING** after a few months off. I went to the DGH and met the manager of the Friends Shop who told me about the different volunteering roles. Then after filling in the paperwork and having a taster day in the shop I started working there and have not looked back since. I can honestly say **IT HAS CHANGED MY LIFE** meeting a great crowd of other volunteers & also helping to raise funds for the hospital. **LIVING ON YOUR OWN CAN BE VERY LONELY SO I SAY TO ANYONE WHO IS NOT SURE ABOUT VOLUNTEERING WHY NOT GIVE IT A GO; YOU MIGHT SURPRISE YOURSELF AND LIKE ME, change your life.**”

- Main Shop Volunteer, Friends of Eastbourne Hospital

Friends of Eastbourne Hospital

TO put the history of the *Friends of Eastbourne Hospital* into context, the charity as we know it now began its service to Eastbourne in the same year that Queen Elizabeth II acceded to the throne.

By **Amy Williams**

Originally formed as the *Patients' Association* in 1948, its purpose was to fund the supplementary costs of hospital staff and patients that NHS resources could not cover.

In 1952, the year of the Queen's accession, the charity was renamed

as *The Friends of the Eastbourne Hospitals* – evolving over time to just *Friends of Eastbourne Hospital* when Eastbourne's original eight hospitals eventually consolidated into the single DGH which serves the community now.

Essential volunteers

Over seventy years (and a further coronation) later, the *Friends of Eastbourne Hospital* is still doing the work it set out to do, assisted by

essential volunteers without whom the charity simply could not exist.

Regular volunteering roles within the Friends include shifts in the Friends Shop which sells a variety of items, including food and drinks, and is an often-essential service for staff and patients. The same role, on a smaller scale, is performed by volunteers who man the corner shop, located near the staff entrance of the DGH – a convenient stop for staff as they enter the hospital. Taking items from the shop to the hospital's wards and departments is the job of the trolley volunteers who regularly do what we're told is a 2-mile round trip (good for the steps!) visiting staff and patients who maybe can't get to the shop themselves. The Friends' fourth outlet at the DGH is in the Radiotherapy entrance, where volunteers serve drinks and snacks in the quiet Friends café. Not only a café, this area serves as a *Macmillan Hub*, so volunteers here are able to support either patients, or their friends and families, who may be seeking support or information regarding cancer services.

And that's just what goes on inside the hospital! The Friends also fundraise across a calendar of

events which, without volunteers, could not happen. These include our Open Garden season which spans the summer months and an Annual Art Exhibition in the autumn, as well as ad hoc events such as race nights, charity football days, wine-tastings and many more. From car parking to serving teas and coffees (or something stronger!) it takes an entire team to run events.

Valuable to the volunteers

Motivations for volunteering for the Friends are equally multiple. Keeping busy post-retirement, making new friends, giving back to the hospital, and keeping fit (did we mention the 2-mile trolley round?) are just some of them. The feedback we receive from the team shows just how valuable the volunteering is to each of them.

We always need more volunteers. There has been a well-documented drop in volunteering since the Covid pandemic, and nowhere is this more apparent than in a hospital. The process to sign up is simple and we urge anyone interested to contact the Friends Office on **01323 749503** or visit **www.friendsdgh.org.uk** for more information.



Volunteers taking the trolley around the DGH.



Volunteers serving in the Friends Main Shop.





Step into our realm...

... where imagination knows no bounds.

By **Andy Kybett**

Welcome to Sky Creative Sussex, an award-winning charity dedicated to spreading awareness and inspiring creativity through the enchanting worlds of fantasy and science fiction.

We are on a mission to make a difference by captivating the minds of disadvantaged individuals through our captivating workshops.

At Sky Creative Sussex, we believe in the power of hands-on learning.

Profound impact

We provide a warm and inviting environment where individuals are encouraged to unleash their creativity, develop social skills, and experience personal growth. Our approach not only inspires minds but also supports those in need, leaving a profound impact on the lives of our participants.

Formerly known as *Wyntercon (CIO)*, we have undergone an exciting transformation and emerged as *Sky Creative Sussex*. This new name perfectly aligns with our vision and purpose, setting us apart from our renowned annual comic convention of the same name. We celebrate

the uniqueness of every individual and embrace artistic expression, diversity, and a sense of belonging.

Empowering individuals

At our core, we have outlined clear objectives that guide our work and ensure we meet the needs of the communities we serve. Promoting and protecting good physical and mental health is one of our primary goals. We recognize the significant role these play in overall well-being and strive to advance education and training for those in need. By empowering individuals, we help them improve their quality of life and integrate into the wider community.

Equality and diversity are the foundations of our charity. We

firmly stand against discrimination based on race, gender, disability, sexual orientation, or religion. Our commitment to advancing education and raising awareness drives us to organize activities that bring together people from diverse backgrounds, fostering unity and understanding.

Nurturing creativity

We are dedicated to making a positive change in the world. We utilize the enchanting realms of fantasy and science fiction as vehicles for education, empowerment, and eco-awareness. By nurturing creativity and inclusivity, we are actively shaping a better future for individuals and communities alike.

We invite you to explore the wonders of *Sky Creative Sussex* and discover the impact of our work. Connect with us on *Instagram* and *Facebook* to stay updated on our latest projects and events. You can also visit our website to find more information.

Positive change

Together, let us embark on a journey where creativity knows no limits. Join us at *Sky Creative Sussex* and become a part of something extraordinary. Together, we can create a world where imagination thrives and positive change flourishes.

www.skycreativesussex.org

www.instagram.com/SkyCreativeSussex

www.facebook.com/SkyCreativeSussex





HERE at *The Royal Hippodrome Theatre* in Eastbourne, we are lucky enough to have a fabulous group of local volunteers.

By **Laura Sivers**

They are all ages and from all walks of life, with one main aim – to keep local theatre alive and well and see the *Hippodrome* gain the success it so rightly deserves.

Their commitment to all we do is immeasurable and without them

we would not be able to run the business as we do.

Not only do they carry out tasks from a work point of view – welcoming customers, working behind the bar, ushering and cleaning and tidying – but their personal attachment to the Theatre



is evident in the way in which these tasks are undertaken.

Always with a smile, with understanding and compassion and always with professionalism.

The Hippodrome is a community Theatre and we pride ourselves on offering a first-rate theatre experience for all of our patrons and the volunteers are a huge part of this.

The personal touch that the *Hippodrome* Front of House

team – led by our wonderful FOH Manager Jane White – gives each theatre goer, makes for a really enjoyable evening out.

We are indebted to them all for being part of our '*Hippodrome* Family' and are always looking for more volunteers to lighten the load.

For anyone interested in getting involved please contact us at: enquiries@royalhippodrome.com and we look forward to welcoming you to our Theatre very soon.

Eastbourne Community First Responders

RESPONDERS are volunteer members of the community, trained by the Ambulance Service to respond to emergency calls through the 999 system.

By **Alec Stephens**

Responders provide immediate care to patients and are mobilised by Ambulance Control.

They are a part of their local community, serving an area of approximately 3-mile radius of their

base, which can be their home or place of work. They can therefore attend the scene of a medical emergency in a very short time. Often arriving within a few minutes of the call and sometimes whilst the caller is still on the phone. They are trained to provide Emergency Life Support and to treat patients suffering from a range of conditions. On the arrival of an Ambulance, they form part of the team treating the patient.



Also, Eastbourne Community First Responders run "Heart Beat" courses for community groups of 10–15 people at a time and place agreed. There is no charge for this service, but donations are gratefully received.

The training course lasts for about two hours and offers an enjoyable, hands-on experience which will teach resuscitation (CPR) and how to use an automatic external defibrillator (AED).

You will be shown how to check to see if a person is breathing and all the steps to follow until a First Responder or an ambulance crew arrives.

This course will give you the confidence to use a defibrillator and carry out CPR.

Please contact us: info@eastbourneresponders.com call **07889 473534**.



Celebrating Chaseley's Volunteers

WE are so lucky to have a great team of volunteers here at Chaseley and we wanted to say a big Chaseley thank you to each and every one of them for their kindness, dedication and support. You are all most appreciated.

By **Jodie Cornford**

Our volunteers help across the home in a variety of ways, such as gardening, reading with residents, driving them to appointments or social trips, hosting activities such as cooking, photography, bingo, social evenings and coffee and chat sessions, all ultimately supporting the mental well-being of our residents.

We also want to thank the 30 volunteers who gave up their Coronation Bank Holiday Monday morning to help us clear our very overgrown back garden, we were totally overwhelmed by your support and enthusiasm. You

cleared the area ready for our volunteer gardeners to start work on transforming it into a much more welcoming space that will include a kitchen garden for the residents to use to grow their own vegetables and herbs. All of which will then be used in their own cooking.

Chaseley's Fundraising & Marketing Manager Jodie, shares with us "We are so truly grateful for all our volunteers, they give us so much more than just their time. Their support allows us to achieve so much for our residents, their skills, knowledge, empathy and kindness is absolutely priceless. Our volunteers encapsulate the

very essence of what it is to be a volunteer, thank you all so much for being amazing!"

If you have a spare hour or two, once a week or even once a

month then do get in touch, as there are many ways in which you can support us.

jodiec@chaseleytrust.org
01323 744200



OUR VOLUNTEERS





Shops at:
84 Green Street
Technology Park Moy
Avenue
56 Langney Road
186 Terminus Road

Volunteers needed

Do you have a few hours to spare each week to help your local St Wilfrid's Hospice shop raise vital funds for hospice care?

We rely on volunteers to support in all of our shops.
You could help in one of the following roles:

- ✓ Donations sorting assistant
- ✓ Donation host
- ✓ Gift Aid champion
- ✓ Till operator
- ✓ Customer service
- ✓ Shop floor assistant
- ✓ Post room assistant
- ✓ Photography assistant
- ✓ Admin support
- ✓ Phone support

We have a variety of shifts to suit you.
To find out more visit your local shop today or
email retail@stwhospice.org

 www.stwhospice.org

Registered Charity No: 283686



St Wilfrid's Hospice

eastbourne mencap

INSPIRE EVENTS approaching fast, an exciting change for our local charity.

By **Alex Baiocchi**

Eastbourne Mencap, after a successful year as the Mayor's chosen charity, is now launching 'Inspire Events', kicking off with the launch party of our new venture on Friday 2nd June at The Hart Pub, in Eastbourne from 18:00 to 21:00pm.

Our social events group is tailor-made for people with a learning disability.

'Inspire Events' will provide opportunities for people to socialise and engage in leisure opportunities in the local area. Offering the chance to meet new people, make friends and develop relationships. We want people with learning disabilities to become more involved in their local community, learning new skills and widening their circle of friends.

Monthly activities in the local community will take place at varied times and days of the week, to give many opportunities in taking part.



Lined up so far this year we have:

Boat trip and picnic
20th July

Bandstand and beer
18th August

Bowling and burger
1st September

Halloween Disco
6th October

Please join us on Friday 2nd June at *The Hart Pub*, Eastbourne. Party starts at 18:00pm.

Contact us on **01323 722034** or e-mail: **dom@eastbournemencap.org.uk**

Everyone is Very Welcome!

Furniture Now!

WE are your local furniture charity!

By **Manon Brun**, CEO, Now! Charity Group

We fight inequalities and climate change by collecting, up-cycling, and selling second-hand furniture with a special discount for those who need it most.

In 2022, we have helped 5,660 families make a total of £719,385 in household savings, and we saved 270,565 kg of Co2 emissions!

Volunteer in Furniture Now!

Are you interested in up-cycling second-hand furniture? Do you have any talent for painting, crafting, or creating? Are you

passionate about books or homewares? Or maybe you have just moved down to Sussex and want to make new friends?

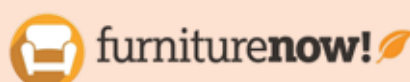
Join the *Furniture Now!* Family, whether you are here to learn life-lasting skills, improve your English, have a cup of tea and a nice chat, or simply because you want to give back to the community.

We commit to offering you: A safe, friendly environment to volunteer and socialise in, reasonable travel and lunch expenses, proper training,



tea & biscuits, and a wonderful bunch of people, passionate about their work that would love to have you on their team!

You can apply in-store, go online at **www.nowcharity.org.uk**, or email us at **Hello@nowcharity.org.uk**

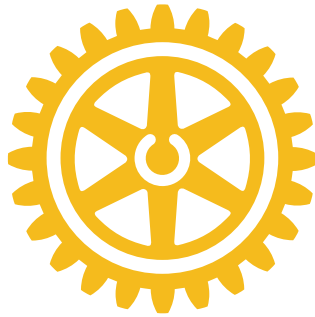


Furniture Now! Eastbourne:
3A Courtlands Road, Eastbourne
BN22 8TR – **01323 638000**

Furniture Now! Lewes:
Unit 1, North street, Lewes
BN7 2PE – **01273 487377**

Furniture Now! Hailsham:
9 High Street, Hailsham
BN27 1AL – **01323 846899**

Rotary



WE are lucky here in Eastbourne to have three active and successful Rotary clubs serving the local community.

By **Mike Cross**

They are the Rotary Club of Eastbourne, the Rotary Club of Sovereign Harbour, and the Rotary Club of Eastbourne AM.

The motto of the Rotary organisation is **Service Above Self**, with the aim of providing service to others, especially charitable organisations, local, national and international – it's a great way to meet new people and also to have fun.

All three of the clubs are run entirely by volunteers – men and women of all ages.

The three clubs have their own events/projects but also work together when appropriate, and they all meet at different times:

- **The Rotary Club of Eastbourne** meet at lunchtime on a Monday, at the *Lansdowne Hotel* for three weeks each month and for one week in the evening;
- **The Rotary Club of Sovereign Harbour** meet in the early evening on a Tuesday, at the *4 Seasons* restaurant;
- **The Rotary Club of Eastbourne AM**, which is a breakfast club, meet at *Chalk Farm Hotel* in Willingdon every Friday from 7:00am until 8:30am.

All three of the clubs are very active and always on the lookout for any potential new members. Each of the clubs support different groups and charities.

For example, the *Sovereign Harbour Club* has since it was founded supported a large number of the small, but local charities in the borough including the *RNLI*, *Children with Cancer Fund*, *You Raise Me Up*, *Defiant Sports* and *Memory Lane*. They are also working with the *EDAA (Eastbourne Dementia Action Alliance)*. It's members also help to organise the bucket collections during the four days of *Airbourne* each August and the *Santa Stroll* round the Harbour in December.

The *Rotary Club of Eastbourne* is also at the heart of the community, and one of its most well-known projects each year is *Alone at Christmas*, when it invites people to dinner on Christmas Day at a local church. This summer, the club is also bringing *Skittles* to Eastbourne for the first time with a week-long event in July at the *Saffrons*.

Eastbourne AM supports a wide range of charitable organisations with one of its key fundraising events each year being the annual *Lighthouse Challenge* involving a marshalled walk to, around and back from the *Beachy Head lighthouse*.

One of the best and most well-known examples of all three of the Eastbourne Rotary clubs working together is for the annual *Tree of Light* held each Christmas in the *Devonshire Quarter*.

One local Rotarian has said that all the local Clubs are working hard to support small local charities



Participants enjoying a fundraising walk to the Beachy Head lighthouse.



Our 2022 Santa Stroll around the Harbour raised £2,000 which was divided between our charities Children with Cancer Fund – Polegate and Eastbourne RNLI.

as well as many international projects including the campaign to eliminate Polio, as well as our quick response to natural disasters when they occur, along with providing help in the Ukraine.

Rotary was formed in 1905 and remains proud to make a real difference, creating lasting change for the better across the globe.

Here is how you can contact the three clubs:

Eastbourne Rotary Club – Secretary: secretary@eastbourn Rotary.org.uk
Membership: chris.dye@virgin.net

Sovereign Harbour Rotary Club – President: gordon.shrc@gmail.com
Membership: davsanelkin@yahoo.co.uk
www.shrotary.club

Eastbourne AM Rotary Club – Secretary: mike.cross0506@gmail.com



Marathon-running businessman Mark Lambird raised £8,500 for the Rotary Club of Eastbourne's Homes for Homeless project in the club's centenary year.



You Raise Me Up

YOU Raise Me Up is a local charity based in Polegate, East Sussex and we support families after the death of a young person aged 16–25.

By **Mollie Hedges**

We have been established for 11 years and offer a number of increasing services to support life after the most devastating loss.

Our sole purpose is to be able to provide compassion, support and simply to be able to say, “we totally understand” rather than “we cannot imagine what you are going through!” The need for our services has increased by 400% over the last three years and sadly 85% of the support we give is a result of suicide. With our services expanding and families needing us more than ever, there has never been a more needed time for the support of our community.

The mental health impact of the death of a child on surviving family members is huge. Our charity supports them to survive that and stabilise their mental wellbeing enabling them to function again in everyday life and support their lives going forward. We have a

multiple purpose of support, all aimed at holding families together. Grief is a lonely journey and making friends with others who have that shared experience and support each other is vital.

We do not receive ANY government funding and we can only do what we do with the generosity of others. It costs approximately £5,000 to support a family of four and the monthly cost to run all our services is £30,000.

Without the support from our community, we would not be able to continue providing the much-needed support to the families in need.

We have set up a *You Raise Me Up* ‘PAY IT FORWARD’ Appeal! It works on the following principle- you donate £2 (less than the price of a coffee) and then ask 10 friends or colleagues to donate £2 per person, they then ask 10 more people to donate and so on. This encourages people to check in on friends and family, perform small acts of kindness, spread positivity and happiness throughout the community, this doesn’t just create

a ripple effect, you are supporting our charity at the same time.

You may think that your small donation won’t make a difference but TOGETHER we can make a HUGE IMPACT!!

Please scan the QR code below to donate to our ‘Pay It Forward’ Appeal, or visit our website at www.youraisemeup.co.uk to find out more information on who we are and how we can support.

01323 482772

f @youraisemeupuk

t @youraisemeupcharity



RADIO DGH is the hospital radio station for Eastbourne District General Hospital broadcasting 24/7 to the patients inside the DGH and to those listening online.

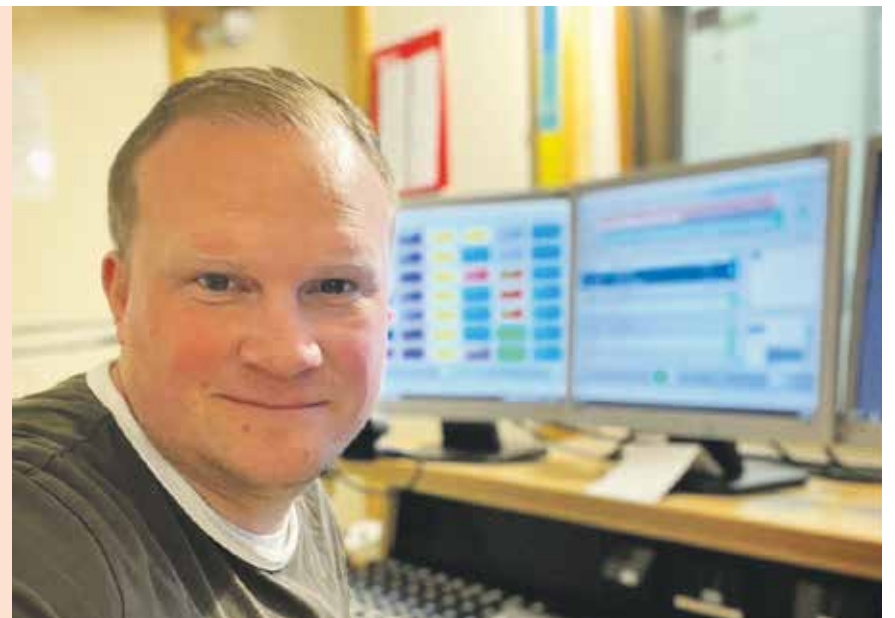
By **Peter Lindsey**

“Our aim is to play music for everyone”, says Shaun Crowhurst, Programme Controller (pictured).

“We’ve a range of specialist music shows on our schedule, from classical to soul and country to show and film, alongside shows hosted

by our volunteer presenters playing music from the 60s to today”.

“There’s plenty of ways in which you can support *Radio DGH*. As a charity, we are funded entirely by sponsorship and donations and are always on the lookout for new sponsors to join our portfolio.



“We’re always on the lookout for new members to join our team too. Whether it’s presenting on air or helping out behind the scenes, no experience is necessary and full training will be given.

“If you’re interested in volunteering with us, sponsoring one of our shows or donating to us then please email programmecontroller@radiodgh.com and one of our team will get back to you.

“And don’t forget, we don’t just broadcast to the patients inside the *DGH*. We can be heard online via our website at:

www.radiodgheastbourne.com, via the *Tune In* app or through your smart speaker – ‘play *Radio DGH*’.

“We’re also on social media too and regularly post information about what we’re up too – just search *Radio DGH* on *Facebook* and *Instagram*.”



By **Nicola Manning**

We provide free practical and emotional advice, supporting unpaid carers, helping them to navigate the range of services available, and offering support groups, training and events across East Sussex. We support carers to ensure their voices are heard and their needs are listened to.

Our services rely on the time and commitment from our volunteers.

The *Carers in Touch* project works with trained volunteers to make weekly calls to carers who are in need of a chat and a listening ear. The time our volunteers give to this service, means we can help combat isolation many carers feel due to their caring commitment.

Another important service we offer is *Young Carers* project which gives young carers time and space away from their caring responsibilities, offering monthly clubs and holiday activities. Volunteers support the running of these alongside staff members.

Care for the Carers

CARE for the Carers exists to ensure no carer is left to care alone.

We also benefit from volunteer support at community events and information stands, where we reach out to carers who may not know about support available to them.

We would like to say a big thank you to all our volunteers, including counsellors and wellbeing hosts. Without you, we wouldn’t be able to reach and support as many carers as we do.

To continue offering our vital services we are currently recruiting for various volunteer roles. If you are interested and would like to find

out more please contact Nicola Manning, Volunteer Coordinator at nicolam@cftc.org.uk or on **07356 115 366** and visit www.cftc.org.uk

For support, contact **01323 738390**



Samaritans is 70!

INTERESTED in Volunteering with us?

By **David G V Smith**, Director, Eastbourne and District Samaritans

We are based at Bolton Road in the centre of Eastbourne, and we are a family of 90 listening volunteers and 15 support volunteers.

We provide a full training programme with an emphasis on listening skills, and we take great care in looking after each other by providing a supportive environment for our volunteers. We also have fun dressing up for *Eastbourne Carnival*, participating in social activities.

You can train as a listening volunteer or become a support volunteer and help with events and activities or provide practical help with skills to keep our branch running or supporting our wonderful, award winning shop on Grove Road.



What do we do?

We listen with empathy and without judgement. We are not experts and we don't provide advice and we are not therapists. We are non-professionals who provide a professional service which is much needed.

We are here to answer the **free phone 116 123 helpline**, respond to emails and webchat. We are also open for face-to-face callers from 10:30am in the morning to 10:30pm in the evening seven days per week.

We answer over 20,000 calls per year and nearly 90% of these calls involves a conversation around emotional support. Roughly 1/4 of our callers have had suicidal thoughts or are suicidal and 10% have been or are self-harming.

We are here for the community in the Eastbourne area and support a number of outreach activities to schools and prisons.

Our service is simple and follows five key principles:

- **Listening** – exploring feelings to alleviate distress.
- **Confidentiality** – if people feel safe, they are more likely to be open about their feelings.
- **Non-judgemental** – whatever your views or your situation, we listen without fear or prejudice.
- **Self-determination** – people have the right to find their own solution. We help our callers work things out. We don't offer advice.
- **Human contact** – We give our time and undivided attention with empathy in order to help reduce distress and despair.



Visit our award-winning shop

Visit our lovely shop on Grove Road. You'd be amazed at what you might find there – Prada shoes, fine porcelain, bric-a-brac, designer clothes, rare vinyl records. The shop provides around half of our income and is essential to keep us going.

31 Grove Road, Eastbourne BN21 4TT

Anniversary

The Revd. Chad Varrah started the Samaritans in November 1953. Throughout his career Chad offered counselling to his parishioners and wanted to do something more specific to help people contemplating suicide. 1953, Chad was offered charge of the parish of St Stephen in the City of London, where he was able to launch what he called a '999 for the suicidal'.

Eastbourne Samaritans began in February 1965 in rented rooms in Christ Church, Seaside. We have been in Bolton Road since 1992.

We have spacious listening facilities in the basement and have volunteers on the phones or answering emails or webchat seven days a week 365 days a year between 18 and 24 hours per day. We receive face-to-face callers from 10:30am in the morning to 10:30pm at night.

Find out more about us!

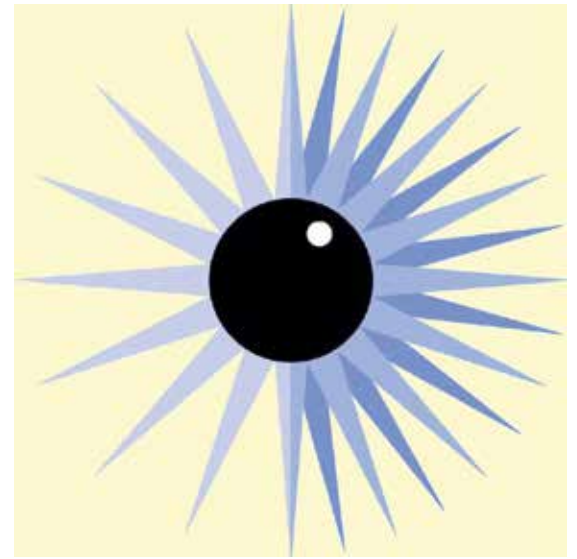
Come to an information evening and hear about what we do.
 Monday 19th of June 7:00pm
 Monday 4th of September 7:00pm
 Monday 2nd of October 7:00pm

Email: BranchRecruitment@samaritans.org

The Haven, 13 Bolton Road
 Eastbourne, East Sussex BN21 3JT
www.samaritans.org/eastbourne
eastbourne@samaritans.org



Eastbourne Blind Society celebrates 100th Birthday



AS a small, local charity working with people who are experiencing sight loss and vision impairment it is really hard to stress just how vital volunteers are to our organisation.

By **Mark Simmons**

Without the amazing, caring, loyal and dedicated volunteers we have we would not be able to run any of the activities that we are currently able to offer our members.

First World War

For any organisation, reaching your 100th birthday is something to be celebrated and that is just what we at *EBS* are doing throughout the course of this year. *Eastbourne Blind Society* has been serving visually impaired people in the town since 1923 when, as is the case with many other sight support charities, a need to support those who had been injured during the First World War was identified.

A small group of volunteers set up a society to provide welfare for the men and the charity has been providing various different social activities for and offering support and guidance to people experiencing sight loss for the last 100 years. It has grown from supporting eight people in 1923 to a current membership of over 500.

We could not have reached this milestone without the many wonderful people who have given, and continue to give, their time as volunteers over the years and we want to take this opportunity to say a huge thankyou to all those who have volunteered, and those who are still doing so, through the years.



Reducing isolation and loneliness

Everything we do at *Eastbourne Blind Society* aims to help our members to maintain independence, for as long as they are able and wish to do so and to reduce feelings of isolation and loneliness. Our afternoon socials at The Centre bring people together to take part in different activities and to engage in conversation about their week. Our volunteers help with the activities and are more than happy to join in with the conversations!

The majority of our volunteers have been working with us for a long time. The longest serving current volunteer has been doing so for more than 20 years. All our volunteers do an amazing amount of work; helping at socials, running the bingo sessions, driving minibuses, serving as trustees, running the walking group, organising the café club, helping on stands at exhibitions, assisting on outings, managing the bowls team and representing us on various forums across the town. Normally each activity means giving a maximum of three hours of time each week.

We have volunteers who are themselves visually impaired, but are willing and able to help others and do so by working with us.

We have people whose parent(s) were visually impaired and past members of *EBS* and they want to give something back for the help and care we provided. We currently



also have a number of *University of Brighton* students who are volunteering with us so that they can gain experience of working with people with visual impairments.

No experience necessary

We always have the need for more volunteers! If you feel that you would like to know more about *EBS*, or would like to offer yourself as a volunteer please do get in touch. We are more than happy to chat with you about the opportunities we have available and to work out where you would be most suited to helping us. No experience of working with visually impaired people is necessary, vision awareness training will be given to anyone who volunteers with us.

Contact details:

01323 729511

info@eastbourneblindsociety.org

www.eastbourneblindsociety.org

[f eastbourneblindsociety](https://www.facebook.com/eastbourneblindsociety)

[T BlindEastbourne](https://www.tiktok.com/@BlindEastbourne)

Summertime



Need to shine light on your company?

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01323 430303 instant@custard-design.co.uk

A room with a view

AS residents of Eastbourne and the surrounding areas, we often overlook the incredible gems hidden within our own vicinity.

By **Jason Smith**

One such gem is *The View Hotel Eastbourne*, a modern coastal escape nestled on Eastbourne's stunning seafront.

Whether you're seeking a tranquil weekend retreat, planning a family gathering or simply looking for a delightful dining experience, *The View Hotel Eastbourne* promises to exceed your expectations.

Private balcony

The hotel boasts unparalleled panoramic views of the English Channel, making it the perfect destination this summer. Imagine waking up to the soothing sound of crashing waves and stepping out onto your private balcony to soak in the spectacular sunrise.

With *Eastbourne Pier* just a stone's throw away and the idyllic promenade, the hotel provides the perfect backdrop for a relaxing getaway.



Outdoor terrace

Why not indulge your taste buds at the hotel's *Artisan Restaurant* or *Vista Bar Café*? Both have floor-to-ceiling windows and outdoor terraces so you can sit in the sunshine and enjoy a nice meal or a refreshing cocktail.

Rediscover Eastbourne

The View Hotel Eastbourne offers a unique opportunity for locals to enjoy a memorable staycation and indulge in exquisite dining or encourage visiting family and friends to experience the charm of our beloved town. Rediscover



the beauty of Eastbourne and treat yourself or your loved ones to an unforgettable experience at *The View Hotel Eastbourne*.

To book call **01323 433 900** or visit www.theviewhoteleastbourne.com



By **Peter Lindsey**

Airbourne – the free four-day air extravaganza – returns to Eastbourne seafront between 17th – 20th August with the world renowned aerobatics of the RAF Red Arrows who will fly all four days, plus displays from the Typhoon, Battle of Britain Memorial Flight, Tutor and many more to be announced.

Open air grandstand seating will be available in the heart of all the action at the *Western Lawns* and situated next to the fascinating military ground displays, in addition to the return of the popular *Airshow Seating* at *Eastbourne Bandstand*.

Spectators can this year enjoy elevated panoramic views of all the action from reserved seats in the open top grandstand, as well as access to exclusive on site toilet facilities.

See Airshow in style

AIRSHOW fans will be able to elevate their view of all the aerobatic action in the skies with tiered grandstand seating now on sale at *Eastbourne International Airshow*.

Proceeds from all seating ticket sales will support the flying displays and the future of the airshow.

Grandstand Seating on the *Western Lawns* costs £30 per adult and £20 per child, and *Bandstand Seating* starts at £20 per adult and £12 child. Tickets are on sale now at: www.EastbourneAirshow.com/seating

To find out more about *Airbourne 2023* please visit: www.EastbourneAirshow.com

**EASTBOURNE
INTERNATIONAL
AIRSHOW**



Explore East Sussex this Summer for just £5 or less

EAST Sussex residents and visitors can experience cheap and cheerful family days out this summer with Stagecoach's multi-operator DayRider ticket.

By **Natasha Vignon**

The ticket offers unlimited travel on any Stagecoach, Compass, Brighton & Hove and Metrobus service within East Sussex or where your first journey of the day starts in East Sussex.

Available from your driver on the bus or on the Stagecoach Bus App, the East Sussex DayRider means you can explore the county all day for just £5!

Cheaper fares

Stagecoach has also announced even cheaper fares for the under 30s with a 19–29 East Sussex DayRider costing just £3.75. And if you're under 19 you can travel for £3.20 with a DayRider U19, so you

can make the most of your ticket with all East Sussex has to offer!

Eastbourne's cultural hub boasts a contemporary art gallery, iconic pier, stunning marina, a Victorian Theatre and more.



Art galleries

The Towner gallery has displayed exciting and creative developments in contemporary art for 100 years, celebrating their centenary this year. Showcasing the work of Eric Ravilious, Grayson Perry and more, the gallery is free to enter and has a number of exhibits, shows and activities to enjoy.

In the heart of the town, the Towner gallery is a short walk away from

Cornfield Road where you can pick up the 99 bus every 20 minutes, linking you to Bexhill's De Le Warr Pavillion and Hastings Old Town as well as helping you make the most of your multi-operator ticket by linking with other bus services around the county.

Eastbourne landmarks

A trip to Eastbourne isn't complete without visiting the Pier, this Victorian landmark boasts a number of shops and restaurants where you can enjoy a meal whilst taking in the view of the English Channel. You can even stop for a spot of tea at Victorian Tea Rooms where you will step back in time with its enchanting décor whilst enjoying a traditional afternoon tea served in Victorian bone china.

For vintage shoppers, the quaint streets of Little Chelsea is a must visit where you can explore a range of independent shops and cafés. Just a five-minute walk from the bus stops at Cornfield Road.

One of Little Chelsea's shops is Camilla's Books, where books are stacked as tall as the ceiling. It's easy to get lost in the antiquarian bookshop where book lovers can spend hours wandering its three floors.

Family days

If you're looking to keep the little ones entertained this summer, then Treasure Island Adventure Park is the place to be! A pirate themed park, featuring a mini-golf course, paddling pool and shipwreck playground. You can travel to the park on our route 99 service from Eastbourne town centre, just a short bus ride away and kids can travel for free! **Up to four children can travel for free with any adult ticket or concession pass.** Just ask your driver for a free child ticket, available for accompanied children aged 5 to 15 years.

Find out more about the Stagecoach's East Sussex ticket offers here:

www.stagecoachbus.com/promos-and-offers/south-east/explore-east-sussex-for-less



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DEALS

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Offers end 30th June 2023



School's out, Ninjas in

FRIDAY 19th May was a very special day for Ninja Arena. 6,500 square foot of their new inflatable course was launched.

By **Gail McKay**

I spoke to Andy Finch, the manager of the Ninja Arena, who has overseen the whole new installation.

"We were looking to upgrade our experience, so we went to the very best. The company we used also supply Disney."

It is very special, and the team should be very proud, the atmosphere is out of this world, it feels like running around a spaceship.

Bournfree had a sneak peak before it was opened to the public, along with a few other lucky guests. The resident Ninja showed everyone how it was done and challenged anyone to a time trial. Josh Babarinde, the Liberal Democrat candidate, was keen to give it a go. Spoiler, the Ninja beat him, just!

Even bigger, even better

Expect more obstacles, slides, jumping, swinging, ducking, propelling, falling, and balancing. It's bigger, better and more thrilling. The course is on the edge of the inflatable, and there are more activities in the centre, which is the main area of activity.

Relax

Guests can refuel after a thrilling work out, or simply relax while the ninjas burn off excess energy. The café serves refreshments, pizzas, burgers, chips and more. It's a huge area with 100 seats, so there's plenty of room.

Grown ups too

Have fun without the kids every Thursday, when it's adults only. 6:00–8:00pm. £16 for 2 hours.

The company has recently been awarded their disability awareness badge for inclusiveness to people of all abilities. SEN sessions are the first Sunday of the month, 5:15–6:15pm



Ninja Challenge

Check *Facebook* and the website for the Ninja's online times on a *GoPro*, and see if you can beat it. We dare you!

Family fun

This is a terrific venue for families in school holidays. It's supervised family fun. Your ninjas can burn off a load of energy while having the best time on the only course of its kind in the South. Conveniently located in the Beacon with lots of parking.

If you haven't tried it yet, take the family, and if you have been before, try out the new course, it's out of this world.



01273 054949
www.ninjaeastbourne.co.uk

Unit 20b, The Beacon
Eastbourne BN21 3NW

JUN 30 ★ JUL 01-02

2023

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FLEETWOOD MA@UK

DAVE PEARCE

BRANDON BLOCK

LARGE



FERGUS

the Pat Butchers



FAT FREDDIE AND THE QUEENS

THE REDCATZ

dj dunk



THE WATSON BROTHERS ★ MUTINT AT THE BEACH

FAT CHARLIE & SOUTHBOUND TRAIN ★ TIN WHISKEY



See TICKETS

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Summer starts here at Camper Marmalade

BRANDON Block, Dave Pearce, Fleetwood Mac UK, Large, DJ Fergus, Ska-per, Fat Freddie and The Queens, The Pat Butchers... to name but a few!!

By **Andy Thomas**

An amazing weekend of entertainment will be right on our doorstep. There are music acts to suit all so it's definitely an event not to be missed.



Brandon Block.

Live music, food stalls, beers and wine from around the world and entertainment for young and the not so young...!

Free shuttle bus

We are also excited to announce that one of our major sponsors, Stagecoach, will have a **FREE** shuttle bus service for the family-friendly event. There will be pick up and drop off points to and from the *Camper Marmalade* festival and *Polegate Railway Station*.

Dave Richardson, one of the event organisers, said "This is fantastic news. Anyone worrying about getting to and from our festival will have a worry-free weekend, knowing that after the shows, a bus will be available to get them safely to *Polegate Railway Station*, where they can catch a train home, whether it be Eastbourne, Lewes, Brighton... or even further away. A big thanks to *Stagecoach*."

What a weekend we have ready for you!

The music and fun starts on Friday 30th June. We have some great DJs starting the weekend off and *Fat Freddie and The Queens* headlining day one.

Saturday 1st July, what a way to start the month! For starters, we have *Large, Skaper* and *The Pat Butchers* getting everyone up and dancing, ready for the main course, *Fleetwood Mac UK, Dave Pearce* and *Brandon Block* all taking the stage by storm.

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

Camping tickets have sold out, but day and weekend tickets are still available.

To book tickets, please go to www.seetickets.com where you can buy one-day, two-day or three-day walk-in tickets.

Remember, our shuttle bus service will be available getting you from *Polegate Railway Station* and back again... and it's **FREE!**

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New menu out now

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THE LANSDOWNE

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Fantastic experiences at Lansdowne Hotel

LOCAL residents are always welcome at *The Lansdowne*, whether it be for coffee in our lounges, a drink in the bar, meal in 1912 or perhaps at one of our events.

By **Stephen Callis**

In this issue of *Bournfree* we are also giving readers the chance to win one of two fantastic prizes to experience *The Lansdowne*. Please see our competition on the following page and enter for your chance to win!

New 1912 menu now live
Our current menu includes a selection of starters, mains, seafood, steak, vegan choices and salad. Options include our popular seabass fillet risotto, rack of spring lamb, grilled tuna steak and spinach linguine. For an extra special treat consider our surf'n'turf with fillet steak, king prawns, calamari and dauphinoise potato.

Join us for all day dining with the option to choose a selection of dishes from our 2 for £22 menu. Enjoy a starter and main course or main course and dessert – the choice is yours! Plus, our £6 cocktail happy (two) hours is available daily between 5pm and 7pm.

Christmas brochure online
Although only June, our full festive season is already published and available for booking! Our online brochure gives full details of our residential Christmas and New Year's package, including details of our festive lunches and afternoon tea. Our popular party nights return throughout December with local band *Sound of The Crowd* appearing on three dates and disco party nights taking place too.

Event dates for your diary
Our May *Fawlty Towers* weekend sold out and has been booked once again for a weekend of shenanigans in November. Other highlights later in the year include an October *ABBA* tribute band night and further wine pairing events. Full details are on our website.

Highlights in the coming weeks include:

Friday 21st July – France Loire Valley Wine Tasting
Enjoy a selection of some of the best wines that the Loire Valley has on offer. Includes a cold meat and cheese platter. £30 per person.

Thursday 17th August to Sunday 20th August – Airbourne Afternoon Tea
Join us for the 29th year of the *Eastbourne International Airshow* and enjoy our prime seafront location. We are taking bookings for afternoon tea to enjoy some indulgence accompanied by views of the accompanying display. Full

afternoon tea served on 3-tier stands is only £24.95 or to include a glass of Prosecco at £29.95.

Friday 25th August – Luxembourg Wine Pairing Dinner
Back by popular demand is to sample rarely available wines from Luxembourg. Enjoy a three-course dinner with matching wines. £55 per person. Book via fizzonfoot.com

Afternoon tea available daily between 1:00pm and 4:30pm
What better way to have a relaxing afternoon than to sit back in our comfy sofas, enjoy the sea view and a 3-tiered stand of indulgence. Our afternoon tea includes warm plain and fruit scones with clotted cream and jam, finger sandwiches and a tempting selection of cakes and pastries. £19.95 per adult. Gift vouchers also available.



4–13 Lansdowne Terrace
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Sunday 25th June 9am to 12:30pm



hpcclassics.co.uk



eastbournewaterfront.co.uk



carandclassic.com

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Save the date for the perfect summer day out at **The Waterfront** as we host an **Auto-Social** in partnership with local garage **HPC Classics** and **Car & Classic**. The event will see an incredible rally of 250 classic and supercars lined up along the waterside landscape to view for free.

Plus, if you own a classic or supercar and want to be part of the rally line-up, you can sign up to attend for free by **scanning the QR code**.



Divine dining competition

ENTER for your chance to win one of two fabulous prizes at *The Lansdowne*!

By **Stephen Callis**

We are giving *Bournfree* readers the chance to win one of two fabulous prizes.

Experience a relaxing afternoon in our lounges enjoying sparkling afternoon tea, a perfect indulgent treat. Or perhaps you may win 3 course dining in our restaurant 1912 and enjoy a selection of seafood or steak dishes.

1912 offers all-day dining with an extensive menu available, with a current promotion of select dishes for only £22 for two courses, with happy hour cocktails available for only £6 at our bar between 5pm and 7pm.

Our updated menu is online with many tempting and popular options available.

- Enter for your chance to win:
- Sparkling afternoon tea for two.
 - 3 course dinner for two in 1912.



Simply answer:

What is the name of the restaurant at *The Lansdowne*?

1812, 1912 or 1921?

Please send your answer along with your contact details to: reception@lansdowne-hotel.co.uk

Last date for entry is 30th June 2023.

The winners will be picked from a hat and contacted on 5th July 2023.



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Maybugs wins award

MAYBUGS have won the *Prestigious High Street Hero Award* at the *Small business Britain Awards* in London.

By **Peter Lindsey**

Co-owners Greg Rose and John Dale were presented their award by TV presenter Sue Perkins and Dan Welch from *TSB Business Banking*.

Maybugs – who have stores in Bexhill, Eastbourne and Hailsham – were shortlisted alongside seven

other independent retailers from across the UK.

Greg said “We are just gobsmacked to have won the *High Street Hero* award. To be recognised as the best independent high street business in the UK for all the community work we do is amazing.

“When we set up *Maybugs* six years ago, we could never dream of



winning such an important accolade and it drives us to grow *Maybugs* and build further on its success.”

John said, “We’ve always believed that we can only be successful if the towns in which we are in are successful too, and we will continue to keep promoting all the independents local to our stores to benefit the towns as a whole.”

www.maybugs.co.uk



Happiness Festival

JOANNA is an all round entertainer and happiness ambassador. She has a drive to bring people together and create joy.

By **Gail McKay**

For her birthday this Summer she has decided to put on a huge Happiness Festival at the Grove Theatre. The evening will be filled with bags of talent and will be supporting two charities.

Among the 15 performers, there's *Cherry Dance*, Magician *Joey*

Silver, rock bands *Saudade* and *Nightfly*. It's music, comedy, poetry and magic!

Joanna is currently touring her *Amy Winehouse Show* around Sussex so one of the charities this event will be supporting is *The Amy Winehouse Foundation*. This reaches out to ppl dealing with addiction and helping them get on the right path, bringing hope, especially through the means of music.



The second charity is *Action For Happiness* – focusing on bringing communities together and creating joyous events.

Joanna has built up a wonderful team to make sure this event is a success. This includes sound engineer Leslie Baldock who has done many events around Sussex with his pop up stage, *The Hive*. Radio Illumi will also be at this event offering interviews to the guests and performers!

There will also be a film and camera crew to capture all the magic of the evening.

This happiness event is taking place on Friday 30th June at *The Grove Theatre*, Eastbourne: 5pm – 11pm.

Tickets for JOFEST are available at: www.onlineticketseller.com/events/45545

We look forward to seeing you there!

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Pennie's Pets Portraits

PENNIE'S phone is filled with all of the animals, she has painted and drawn, and she remembers all of their names, like old friends.

By **Gail McKay**

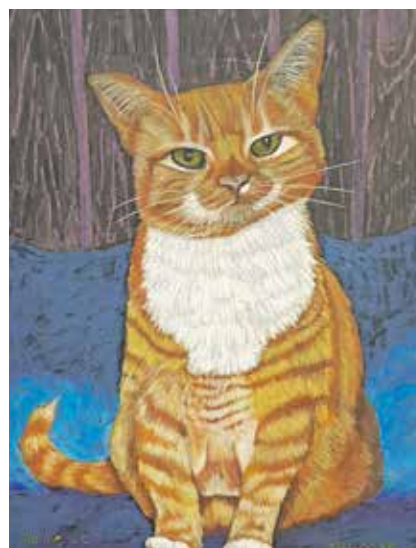
It's clear she absolutely adores animals, especially dogs. She wouldn't be able to create pieces filled with such love if she were not utterly devoted to them.

Pennie's approach to capturing this relationship is beautiful. Whilst relying on her own photos for reference she captures the

beautiful gaze by having the pet in question photographed whilst looking adoringly at its owner.

You can see how this approach works in her work, there is something very powerful in the way Pennie captures this moment.

A portrait can provide a beautiful everlasting personal memory because, as Pennie believes, our pets mean so much to us and a portrait celebrates that unique bond between us.



Pennie originally trained in landscape architecture and later studied for a degree in Art History at *Birkbeck College, University of London* getting her BA (hons) in her late 60s and has never stopped painting.

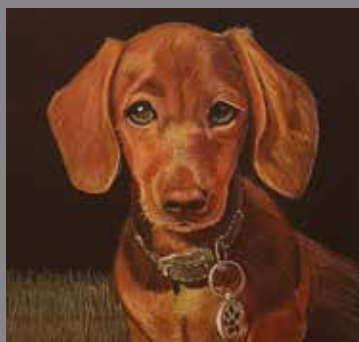
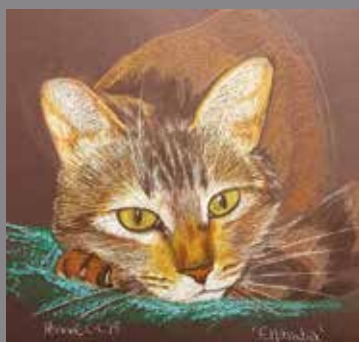
Through her busy and varied working life, Pennie Cunliffe-Lister has had many roles including creating cartoon characters for DJs at the Ministry of Sound; bespoke bookcases for Roald Dahl, his daughter Tessa and members of the Royal Family and has painted murals and backdrops for private clients and film sets. When I met her at *Gallery@42* she was engaging

company with many unpublishable tales of famous and infamous clients.

Pennie is currently working on another exciting project with her artist friend Renee Rilexie and *The Artists' Pool*. It is a brand new Gallery for Eastbourne, *Gallery@42* South Street which will give new artists in and around the area a gallery in which to potentially exhibit their work.

Opening hours: Thurs–Sun, 11–4pm

Pennie can be found on www.penniespetportraits.co.uk Instagram [@penniespetportraits](https://www.instagram.com/penniespetportraits)



Pennie's Pet Portraits at Gallery@42

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Phoenix Choir: “The King Shall Rejoice”



AFTER enjoying a wonderful evening of Baroque for its winter concert, Phoenix is changing the emphasis for its summer concert.

By **Peter Lindsey**

With the King’s Coronation still fresh in our minds, Phoenix turns its attention to the music, both sacred and secular, from the times and coronations not only of Charles III but also of Charles I and II.

The programme includes a selection of long forgotten and little-known delights from these earlier coronations with music from William Byrd, Handel, Parry and Henry Lawes amongst others, the last of whom almost certainly set the text for the

original Zadoc the Priest which was used for the coronation of King Charles I in 1626. Many of the pieces ‘speak to us’ as much now as at the time they were written.

King Charles has been immersed in music since boyhood and was himself a keen musician. Also included in the programme are some favourites of our new monarch, music linked to his life, and even the odd surprise. This will be a very special concert to mark a unique event.

**Saturday 10th June 7.30pm,
All Saints’ Church, Eastbourne.**

Tickets

£15 (under 18s/students £5):
Reid & Dean (cash only), *Tourist Information Centre*, *Welcome Building*, *Compton Street* and WeGotTickets.com

Retiring collection in aid of *Eastbourne Foodbank*.



Ladypat at the Library

ARTIST Ladypat showcases his Fuzzy Felt artwork at two special free events this month and we can’t wait to see it!

By **Gail McKay**

With a fascinating career to date – VJing at clubs & events across Europe, a whopping 4 billion Giphy GIF views and creator of 100 music videos, Ladypat currently shows his large scale Fuzzy Felt Pop Art in galleries all over the UK!

Join Pat at *LGBTQ+ Community Evening – Eastbourne Library*.
Weds 21st June, 7:00pm–8:30pm.
Book online or in the Library.

And at *Fibre Fest – All Things Textile*:
all day Saturday 24th June at the *Enterprise Shopping Centre*.



Further info: www.ladypat.com or
Instagram: [ladypat_art](https://www.instagram.com/ladypat_art)

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Work, money, power and war



A NEW summer course at the *Printers Playhouse* will give participants the chance to explore *The Playwrights Use of History* in a workshop run by playwright and author Alan Spence.

By **Peter Lindsey**

Starting in July and lasting ten weeks, it will end in early September with a performance of the group's ideas.

Eastbourne playwright Alan Spence studied Drama and History at *Middlesex Polytechnic*, but it wasn't

until he was putting together a presentation that he realised that nearly all his favourite plays had a historical theme or context.

And that is where the idea came from.

Alan is focusing on four themes of work, money, power and war; which enables the course to cover playwrights such as Shakespeare, Churchill, Brecht, Littlewood, Bennett and Miller.

This is along with such classics as *The Mystery Plays* and new plays such as Lucy Prebble's *Enron* and Gavin Burke's *Black Watch*.

In the ten-week course, those taking part will look at four play extracts using the themes and decide what will be used in the final performance.

Each two-hour session will involve games, exercises and script readings, even movement and song to explore aspects of the chosen themes and the play's historical relevance.

No experience is necessary but there must be a willingness to try and to

share with others, to produce a new performance, in early September.

There is even more theatre coming soon by a new playwrights' group with the working title of *Page 2 Stage*.

You can book for *The Playwrights Use of History*, by phoning the *Printers Playhouse* on **01323 301333**.

There is a Taster Session for the new course. For details please visit: nowmeetthewriteralanspence.blogspot.com

THE MAKERS DIRECTORY

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

By **Harry Farmer**

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

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

You can keep up with their latest news by following them on *Instagram* [@themakersdirectory](https://www.instagram.com/themakersdirectory)

themakersdirectory.co.uk

FEATURED ARTIST Hillary Ann Santiano

I am a self taught artist working in oils and I love to paint portraits, pet portraits, landscapes and seascapes.

My love of drawing and painting began when I was a child and what was once a hobby has now become my passion and full-time occupation. I love the challenge of capturing a person or a pet's character and expression when I haven't even met them. It also makes me so happy to see how much pleasure my paintings give people. I work on a commission basis but am starting to paint wildlife animals too and have prints made from them which is a great way to make my work accessible to everyone.

Having recently moved to Eastbourne I am delighted to have discovered so much creativity and support for artists. Living by the sea is another plus as the light is so much brighter and that combined with the beautiful Downs inspires my work every day.

This year I am taking part in the *Eastbourne Artists Open Houses* for the first time. This is such an important event for all creatives and a great opportunity for us all to show our work in our homes or studios. I am thrilled to be included in *The Makers Directory* as this is such a great outlet for all artists to showcase their work.

www.themakersdirectory.co.uk/directory/hillary-ann-santiano

Web: www.petportraitsbyhillaryann.co.uk
Instagram: [@artbyhillaryann](https://www.instagram.com/artbyhillaryann)



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Green and pleasant

JUNE 21st is the longest day of the year, and the extra light and warmth will encourage your garden to put on an exuberant burst of growth, well that's the plan! The extra light and additional warmth will also mean you can expect to find weeds sprouting up from seemingly nowhere. It's best to try and keep on top of them by hoeing regularly in dry conditions. With the worrying trend in the last few years of scorching summers and the inevitable hose-pipe bans, many gardeners are having to think very carefully about their plots, this year maybe the time to consider what plants to use this summer.

By **Geoff Stonebanks**

Until a few years ago, for me, that meant filling *Driftwood* with 300 plus containers, proudly displaying hundreds of summer annuals, very easily purchased from local nurseries and garden centres. Something had to give, not only was it becoming time-consuming and extremely stressful in times of a hose pipe ban, but it was becoming increasingly more difficult, the older I got.

Beautiful displays are still possible by utilising succulents such as aeoniums,

mangave, agave, sedums and sempervivums, all of which are great drought resistant plants, with some lovely varieties available that equally attract bees and other pollinators. See the image of new planters in my garden at *Driftwood* above.

Watering

It is best to water in the mornings if you can, when plants will start to use water. The foliage and soil surfaces are also likely to stay drier for longer than evening watering, discouraging slugs, snails and mildew diseases. Plants start to transpire in sunlight, drawing water from the soil, through their roots, up their stems and out through tiny pores on their leaves. Evening watering is also fine, as the cooler conditions mean less water is lost to evaporation.

Watering in the heat of the day is not a good idea as much water is lost through evaporation from the surface of the soil and the plants will use water more efficiently if watered in the cooler parts of the day. There is no simple rule of thumb for watering, as each plant has different needs – for example, a container plant in hot sunny weather may need watering daily, whereas a mature shrub might only need a drink in extreme drought.

National Garden Scheme

June is by far the busiest month for garden openings with many on offer across Sussex, I've just picked three that you might like to visit. Opening in Seaford on the 11th June are seven pretty gardens in the town, including one brand new one at 8 Downs Road. All the gardens open from midday to 5pm. The County Organiser's garden, *Butlers Farmhouse* in Herstmonceux, opens its gate from 2pm to 5pm on both Thursday 15th and Friday 16th June. Look out for their glorious meadow of flowers and maybe spot an orchid or two. On the 25th June a small trail of gardens opens close by too, the Herstmonceux Parish Trail comprises six gardens with two brand new for 2023. My own garden, *Driftwood* is also open by arrangement for the scheme from 1st June through until 11th August, why not book a visit? You can see a picture of my new patio area in the header. Full details on all the gardens, prices and directions can be found at www.ngs.org.uk

Personal 2023 gardening successes

Some readers may be aware that 2023 has already been a pretty wondrous year so far! On 1st June, I was extremely lucky to be able to attend *Macmillan Cancer Support's*

"Thanks To You Awards" ceremony, as a finalist in their Outstanding Supporter Awards. Last month, I learnt that the production team at *BBC Gardeners' World* TV programme had commissioned a crew to come and film *Driftwood*, at some point in July, with the results being aired on the programme in the autumn. The subject matter will be drought tolerant planting and use of recycled objects. Then, to top the lot, I was officially crowned one of the 500 Coronation Champions in late April, issued with a signed certificate by their Majesties, King Charles III and Queen Camilla and then invited to a *Coronation Garden* party at *Buckingham Palace* on the 9th May. All pretty amazing stuff.

Jobs in the garden for June

Now is the time to keep on top of your lawn, assuming you have one. Try and mow at least once a week but you might like to consider leaving some areas uncut for the benefit of wildlife. This month most gardeners plant out their summer bedding, as generally, all risk of frost has passed. Take care to stake tall or floppy plants as they develop then you will find the supports get hidden as the foliage grows. This month is also a good time to prune many spring-flowering shrubs.

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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