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05/23

Issue 035
May 2023

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**WHERE?
TOWNER
Eastbourne**



ESK set for a bumper summer

ESK remains firmly open at Courtlands Road, Eastbourne – and indeed there have been huge recent additions.

By **Peter Lindsey**

There has been some uncertainty over the future of the site but for now it's all guns blazing.

ESK has always been known for its exceptional value for money offers in a variety of areas. There is currently a huge range of sofas at very competitive prices compared to chain sofa shops.

And you can sign up via the ESK website to join the Gardeners' Club for discounts and various special offers.

These are the recent extras added:

- The new *Bean Bike cafe* in the store. *The Bean Bike Ltd* was formed in 2016 and has grown to supply numerous events across Europe. It's already very popular at ESK.
- The *Eastbourne ESK Sweet Shop* is open Thursday – Sunday. Please come down and see the range they offer and talk with Colette about

any parties, weddings or any type of events for future as they can cater for all.

- The *Butchers South* offers some fantastic prices on meat. They promise to try and give the ESK Eastbourne customers the best offers on the market every Tuesday to Saturday. A Butchers is also opening shortly in the Hastings ESK.

Bobby Beevis said: "We are thrilled with these latest additions to our ESK store in Eastbourne.

"We also have a very busy store in Hastings town centre as well, so there is a wide choice.

"At Eastbourne, the Garden Centre remains as popular as ever, and we have some great offers throughout our stores.

"We are keen to get the message across that we are very much open for business and we welcome all customers."

Go to www.esk.co.uk



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



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**Our next edition will be
 distributed from June 2nd.
 Make sure you are a part of it.**

custard
 DESIGN MARKETING PRINT

ignite
 PR & Engagement

Summer is coming – and hopefully a busy summer in sunny Eastbourne

WE are now in May and almost the start of summer.

By **Peter Lindsey**

Let's all hope for a bumper summertime in Eastbourne.

The prospects are looking good as hopefully our seafront will be looking attractive.

The volunteers from *The Friends of Eastbourne Seafront* have done an amazing job, supporting our borough council and doing some great work.

Yes, they are all volunteers and yes, they are doing an amazing job.

It's good that *Eastbourne Bandstand* has finally reopened – having been closed for the whole of 2022.

Of course, it should never have been allowed to get into such a sad state, but that's history and we must all move forward.

The town has always been very proud of its Bandstand, and the popular Tribute Bands are back too, which is such welcome news.

New businesses are springing up all over town. A new café has opened in *Princes Park*, and another by *Fisherman's Green*.

We must all do our best to support local businesses like these.

And we also shared the news this month that Eastbourne's new seaside dining experience has been given the green light.

Glass House is a fresh new restaurant/café that will regenerate the *Pavilion* building and surrounding *Redoubt Gardens*.

The aim there is to deliver a destination for the community and visitors to eat, meet, relax, and celebrate. And why not?

The one disappointment is the *Fort Fun* site. It has been taken over but there is an incredible amount of work to be done on the site before it can reopen. Patience may be needed on that one.

The *Bournefree* team has been enjoying a great month once again – online and in print – and we hope you enjoy reading your May edition of the magazine.

Don't forget to go online as well – a minimum of six stories each day at www.bournefreelive.co.uk

Bournefree

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

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



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Rupert's amazing 100 mile challenge

RUPERT Kirby from Eastbourne is one incredible man.

By **Peter Lindsey**

He has Stage 4 cancer but is walking the *South Downs Way*! to raise money for charity.

He started on April 27th and intends to complete it in sections this month.

Rupert said: "I'm very excited to be taking on a new challenge.

"My ask of you is simple. Please consider supporting my *JustGiving* page and sharing it.



"It would be wonderful to raise the awareness of this Neuroendocrine Cancer, (NETS) in the hope that others are diagnosed more quickly.

"The *South Downs Way* is 100 miles long with many ascents and descents.

"Due to my condition, I will be taking it slowly and fitting the trek in between work, medical appointments and other commitments."

Please go to www.justgiving.com and search for **Rupert Kirby**

Neuroendocrine Cancer UK works hard to raise the profile of the cancer, stimulate research, and influence improvements in care nationally.

Damaged aerial or dish?

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Pride of Polegate Awards 2023

THE *Pride of Polegate Awards 2023* have been launched.

By **Peter Lindsey**

This is an opportunity to recognise the unsung heroes in the Polegate community.

Award categories

- Volunteer of the Year.
- Fundraiser of the Year.
- Young Volunteer of the Year.
- Young Fundraiser of the Year.

- Emergency Services Hero of the Year.
- Teacher of the Year.
- Carer/Support Worker of the Year.
- Environmental Champion of the Year.
- Community Champion of the Year.
- Sporting Champion of the Year.

Polegate Community Foundation is organising the awards.

To nominate, please go to:
polegatecommunityfoundation.org.uk/pride-of-polegate

The *Polegate Community Foundation's* mission is 'Empowering community efforts to support those who need it, because together we can!'



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Lightning Fibre – supporting its local communities



Photo: Nick Fewings.

LIGHTNING Fibre – based in Eastbourne – continues to have a huge presence across Sussex and Kent.

By **Peter Lindsey**

It is proud to announce that it is sponsoring the *Eastbourne Utd Chamber of Commerce Air Show Lunch* on Friday August 18th from 12.30pm at *The View Hotel*.

Heathfield is another key area for *Lightning Fibre*, and it has agreed to a new partnership to connect its Full Fibre broadband network to the *Heathfield Show Showground* this year.

This will deliver up to 10Gbps to the event site for free, giving hyper fast broadband access to traders, staff and guests – over 17,000 people are expected to attend on the 27th May.

The firm is also, once again, sponsoring the hedgerow board marketing campaign, to help show organisers publicise the event across the county throughout May.

During 2022, *Lightning Fibre* built its Full Fibre network in Heathfield and

has recently extended into Broad Oak. It is also rolling out in Hastings and Tenterden, and the network is available in Hailsham and Eastbourne.

Airshow lunch bookings

Horizon suite:

www.eastbourneunltd.co.uk/events?id=901

Artisan Restaurant:

www.eastbourneunltd.co.uk/events?id=902



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Champion all set to return

IT'S not long until international tennis – and the live TV cameras – return to Eastbourne.

By **Peter Lindsey**

This year's *Rothsay International Eastbourne* takes place from June 25th to July 1st.

And it's sure to be a bumper week for our town.

Defending champion Petra Kvitová will return to *Devonshire Park* to defend her title.

The former world No.2 won her first title in Eastbourne last year having overcome the 2021 champion Jelena Ostapenko 6–3, 6–2.

Special titles

"I'm really excited to be heading back to Eastbourne, winning there last year was one of the most special titles of my career," said Petra.



Petra Kvitová winning in Eastbourne.

Image courtesy of the LTA.

"I always really enjoy playing the grass court events in Britain and look forward to returning again this summer."

Two-time Grand Slam finalist and former world No.2 Ons Jabeur is also playing at Eastbourne.

Ons said: "I am really looking forward to returning to the *Rothsay International*."

"I have great memories from playing at Eastbourne. The crowd is always so supportive at British grass-court tournaments and the LTA team always put on a great event for us all."

To buy your tickets, go to:
www.lta.org.uk/fan-zone/international/rothsay-international-eastbourne/tickets



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Circus of Sound Cabaret

A UNIQUE celebration of Eastbourne.

By **Gail McKay**

On Friday 19th May, the *Circus of Sound Cabaret* is returning to Eastbourne at the *Birley Centre* with support from the *John Jackson Trust*.

This night was established in 2018 in memory of local musician Tom Salway who supported the award-winning band *Delta 7*. The band, managed by local charity, *Culture Shift*, is leading a lineup of local performers for the first of these live events since they were stopped by the COVID pandemic.

The lineup includes Daniel Wakeford of TV's *Undateables* fame, Andrew

Self of TV's *The Greatest Dancer* and a variety of local acts including bands, singers, rappers and poets!

For more information, see the *Culture Shift* website at www.cultureshift.org.uk or find them on *Facebook* and *Instagram*.

"This event is unique to Eastbourne and brings everyone together in a really fun and inclusive way, hence our event motto, 'Everyone is welcome, everyone is included'. It feels like exactly what we all need now and we are delighted to be back in person, hosted by the *Birley*



Centre. We already have a packed lineup in May but we hope that lots more local performers will come forward for future event"; explained *Culture Shift* Director Julia Roberts.

Tickets are on sale now in advance for just £3 so book early to avoid disappointment via this link: www.circusofsound.eventbrite.co.uk or buy on the door for £4.

The Birley Centre
4 Carlisle Road
Eastbourne BN21 4EF
 (opposite the Towner Gallery)



A celebration in flowers

***HOLY Trinity Church*, located in *Trinity Trees*, will be marking King Charles III's coronation with a *Celebration in Flowers* from 6th–8th May.**

By **Gail McKay**

Enjoy over eleven flower displays created to celebrate the coronation of King Charles and Jesus, our King of Kings.

All ages are welcome, with a written guide, a kids' trail and refreshments for sale, including cake.

Everyone is welcome and car parking is free. There is step-free disabled access including electric scooters.

Call **01323 736627** or visit holytrinityeastbourne.org.uk

The church will be open:
 Saturday 6th May: 3:00pm–6:00pm
 Sunday 7th May: (following the 10:30am service) 12noon–6:00pm
 Monday 8th May: 10:00am–6:00pm



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Fun on the iconic Bluebell Walk

THE iconic *Arlington Bluebell Walk* is running until May 10th – and there will still be the chance to visit the wonderful gardens at the farm through the summer.

By **Peter Lindsey**

Owner John McCutchan has been busy every day welcoming everyone since the first day on April 11th.

He is hoping for record numbers in what is a very special year for him personally and also his talented and devoted team – the 50th anniversary.

Eastbourne AM Rotary Club was one of the first charities to help with the catering.



There are 19 charities managing the walks and providing the refreshments, and they will each receive a substantial donation from the overall proceeds.

AM Joint President Di Hammond said: "A huge thank you to John for allowing us to raise funds at such a wonderful event. We had the most amazing two days."

The garden is open every Wednesday from 10am until 4pm, also every day the *Bluebell Walk* is open.

The *Bluebell Walk* runs daily until May 10th.

Entrance is £6 per adult, £3 for children aged between 3 and 16, and £16 for a family ticket, two adults and up to four children.

You do not need to book online – you can turn up on the day.

Go to www.bluebellwalk.co.uk or email info@bluebellwalk.co.uk or www.batesgreengarden.co.uk



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By **David Smith**

Eastbourne Samaritans Director David Smith is inviting you join our family of 90 listening volunteers and 15 support volunteers.

"We offer a free training course over 4 which will take around two months over evenings and weekends and then as a volunteer you will be supported in our duty room with a mentor. We all find the role very fulfilling and often we are the only service that is available to simply listen to a caller without judgement or advice.

Becoming a *Samaritan* gives you new life skills, enables you to make new friends and you can also participate at local events in Eastbourne including the *Arlington Bluebell Walk*, *Eastbourne Carnival* or visits to schools and prisons."

Eastbourne Branch answers 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 a lifeline to many of our callers who often have no one else to talk to.

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.



The Haven.

Come along to an information evening at:

**The Haven, 13 Bolton Road,
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Monday, June 19th at 7pm.**

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BranchRecruitment@samaritans.org

Visit our website:

www.samaritans.org/branches/Eastbourne



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Mrs. B
Eastbourne

Carpet cleaning

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Mr. O – Eastbourne

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Guarantee Our Essentials

**BENEFITS should cover our essentials:
Eastbourne Foodbank campaigns.**

By **Juliet Mead**

Eastbourne Foodbank is backing the Joseph Rowntree Foundation and The Trussell Trust's Essentials Guarantee campaign and was on the panel at the parliamentary launch.

Protecting people from destitution
Currently, the amount of *Universal Credit* people receive is not linked to the prices of items we all need, and is leaving people desperately short. *The Essentials Guarantee* campaign lists the minimum amounts an adult would need today to afford the essentials, based on the current costs. It includes £37 a week for food, £35 for gas and electric and £8 for communications, such as mobile phone and internet.

The aim of this campaign is to ask each political party to include the pledge to introduce an objective measure for calculating *Universal Credit* levels in their election manifestos, ahead of the 2024 general election.

Stories from Eastbourne in Parliament
Jess Holliday, *Eastbourne Foodbank* campaigns and communications manager, travelled up to the *Houses of Parliament* for the national launch of the campaign. Jess spoke to the packed committee room, which included Eastbourne MP Caroline Ansell, about foodbanks. Jess shared our clients' stories at the launch, which aimed to build cross-party consensus among MPs to create a stronger social security system and ensure we can all afford the essentials.

Jess said: "I was humbled to be given the opportunity to speak and be on the panel at the parliamentary launch of this very important campaign."

No-one should be forced to use a foodbank
Jess added: "Demand for foodbanks has never been so high. At *Eastbourne Foodbank*, we believe it is not right that so many people are being forced to visit foodbanks and we hold hope the situation can and will change for people living in poverty.

"If each political party commits to guaranteeing our essentials, the need for foodbanks will hugely decrease. We would be there for crisis and emergency – but we would be able to close the door on such large-scale foodbanks. That is our ultimate aim."

Find out more about the *Essentials Guarantee* campaign by visiting www.trusselltrust.org/guarantee-our-essentials/

Scan here to listen to Jess' speech



Jess Holliday at the Houses of Parliament.

Amount needed to afford essentials for the adults in a household (for 2023/24)

Essential	Single £ per week	Couple £ per week
Food and non-alcoholic drinks	£37	£67
Electricity and gas	£35	£44
Water	£6	£7
Clothes and shoes	£6	£13
Communications, including phones, internet and postage	£8	£11
Travel	£16	£32
Sundries - for example toiletries, haircuts, cleaning materials, bank charges	£13	£23

March Statistics

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

Adults **1,957** Children **1,091**

Meals – **30,480**

Percentage increase on the previous year: **23%**



Foodbank friend



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

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Lawnet Challenge for CWCF

STEPHEN Rimmer solicitors – based in Hyde Gardens, Eastbourne – are supporting the Children with Cancer Fund as their nominated local charity.

By **Peter Lindsey**

A small team (Grant, Chelsea, Helen, Martina and Lara) will be taking part in the Lawnnet Challenge on June 17th.

The aim is to raise much-needed funds to support children with cancer and their families living across East Sussex.



Challenging hike

The Lawnnet Challenge involves a guided hike across *Derwent Water* in the *Lake District* – exact mileage to be confirmed but as the name suggests, it will be a challenge!

Children with Cancer Fund was set up in 1998 by Ursula and Chris Downton with Kirsty and James Denny.

Now, with the help of other friends and family, they still go out having

fun raising funds to grant wishes to families that live in East Sussex, Brighton and Hove and who have children that have been diagnosed with cancer.

Fantastic charity

Stephen Rimmer solicitors support *Children with Cancer Fund* because "it is a fantastic local charity."

Please go to: www.justgiving.com/fundraising/stephenrimmer



New Village Stores in East Dean!

SHEPPARD'S Café has expanded and opened the newly revamped Village Stores next door.

By **Harry Farmer**

Owner, Mandy said "I recognise the importance of the village stores."

"It's a place to pick up essentials but also a place of congregation and community."

There's always a great buzz when local folk get together to shop and chat, whether that's in the butchers, the cafe or in using the other businesses in Downlands Way.

"We sell ALL the essentials but also have an abundance of locally grown produce. We have our own allotment with local growers keen to supply the stores too. The shelves are lined with Sussex produce including cheeses, local dairy farm milk and ice cream plus an array of wines, beers and spirits."

The store is also well stocked with newspapers and magazines, greetings cards and stamps as well as bedding and potted plants. Keen to showcase local talent there is an area of the stores dedicated to local artisans too!





It's Carnival time in Eastbourne!!

THIS year, Eastbourne Carnival is set to be more spectacular than ever!

Taking place on Saturday 27th May – here's what you need to know about this year's event.

The Carnival will officially start at 11:45am with a small Town Centre parade beginning at the *Enterprise Centre* – with costumes designed especially for *Eastbourne Carnival's* theme – *Sussex By The Sea* – by the Award winning / renowned *Sunshine International Arts*.

Members of local dance troop – *Cherry Dance* alongside the *Stix Drummers* will parade through to *Victoria Place*.

The main Carnival Parade sets off at 2:00pm from *Fisherman's Green* and will parade down towards the *Wish Tower Slopes*.

Spectators are encouraged to get to the route by 2:00pm to ensure they do not miss the 50+ entrants as they make their way to the Bandstand for their main performance.

A Street Party will be held in *Victoria Place* after the Carnival finishes with DJs playing an array of Carnival Music, including Soca. The Street Party ends at 6:30pm.

By **Harry Farmer**. Photography by **Modify Media**

SOMETHING TRULY SPECTACULAR – we welcome the Metronomes to Eastbourne Carnival

For the first time, the Carnival Committee will be bringing one of the UK's Leading Steel Pan Orchestra from the *Notting Hill Carnival* to Eastbourne.

The Orchestra will be at the front of the Parade and will fill the streets with the sweet sounds of Steel Pan – an instrument which originates from

the home of Carnival – Trinidad and Tobago.

Mina O'Brien, Chair, said "I am delighted that we have over 50 entrants representing our local community, and a few entries again from the Latin community – which proved to be very popular last year. I am very happy to be bringing the superb Metronomes to Eastbourne – so our community gets to enjoy the very best in Steel Pan, right on our seafront.

There will also be a Carnival Market with diverse foods, arts and crafts.

A HUGE thanks to our sponsors and partners – and all of our entrants and volunteers who are contributing towards what we hope will be a fabulous event for the town."

Keep up to date with the latest news from Carnival by following their updates on Social Media.

www.eastbournecarnival.com

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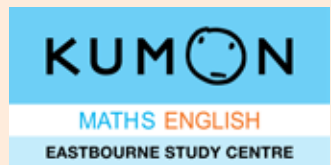
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The secret to enjoying exercising again and finding your place

Case Study: Olivia

Age: 25-34

Occupation: Sales and studying a Master's Degree in psychology

Olivia told us about her experience as part of the Cargo Community having been a member for over 8 months.

'I loved it from the offset.'

I moved to Eastbourne in April 2022 and wanted to meet new people and start a fitness routine. I had always enjoyed fitness but never liked the gym so it was really important for me to find somewhere with a sense of community. I also really wanted classes that were fun so that exercise didn't feel like a chore.

So, when my cousin told me about Cargo Gym after coming across them on Instagram, I signed up for the 7 day trial straight away and I loved it from the offset.

'I wanted to find something I would enjoy doing regularly'

I was a little nervous on my first day as I hadn't done much weight training previously. But everyone was so friendly and welcoming and there was lots of support and help with the exercises. Everyone was having a joke together and it felt like such a lovely atmosphere.

So, if you are looking to join I would say Just give it a go! The classes are small so there is a real sense of community and support from everyone. Each trainer has a really unique style and the classes fly by.

Although you are pushed to the best of your ability, you can very much do everything at your own pace. No class is the same!

'It has encouraged me to make exercise my lifestyle'

I never thought I would be the person who enjoys getting up early and exercising but now I can honestly say that I really enjoy getting up, exercising and starting my day right.

I now make sure to fit the classes around my life as I genuinely enjoy them and can see the results. The classes are only 45 minutes long and are easy to fit around my life, before or after work. If I know I have a busy week I book classes in advance and make sure I get up early. I try to fit in at least 4-5 classes a week.

'It was such a satisfying feeling to be able to pick up heavier weights and notice myself become fitter'

Health, wise I have definitely noticed my body and level of fitness change drastically, I have lost weight, toned



up and become much stronger and fitter. When I first joined I wanted to feel more confident on my holiday but as I did more classes, I found my goal was to become stronger.

It was such a satisfying feeling to be able to pick up heavier weights and become fitter. I love to be pushed in the classes as I have always felt I can be quite lazy when I am just doing exercise on my own. The trainers make a real difference and know when I am ready to take the exercise up a notch. They make sure you carry out the moves correctly and safely

and it is a great feeling when you become stronger and more confident.

Finally, Would you recommend Cargo Gym to a friend or family?

"Definitely"

Find out for yourself and sign up for the Cargo Gym 7 day trial for just £7 with a 100% money back guarantee... so what's stopping you?

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Or email Sam for more information: sam@cargogym.fit**

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government's Help for Households, many companies have begun participating in discounted broadband packages known as 'social tariffs', including Lightning Fibre. It's a great opportunity to get reliable, quality Broadband for your family."

**For full details visit: www.lightningfibre.co.uk/social-tariff
#HelpforHouseholds**



New members for April

The Seasons Art Class Eastbourne • Boudoir with Personality • South Downs Health and Care • Children's Respite Trust • Eastbourne & District Samaritans • The Teen Anxiety Coach • The Old Bank Wellbeing Trust • Derek Godfrey Consulting • Take Good Care • Juventude • I Do Events

OHM Energy and kayak manufacturer make a sustainability splash

Since the pandemic, paddling has seen dramatic growth. When we were allowed out, many of us on the South Coast wanted to be near or on water. The rising popularity of paddle sports has resulted in British Canoeing seeing a 127% increase in membership over the last two years.

However, this surge of interest has come at the same time as increased overheads spike for the watersports industry. Many businesses are still suffering from global supply issues as well as spiralling costs across the board, especially in energy and manufacturing uses large quantities of energy. As the price per unit of energy has risen, overheads have shot up for the paddling world.

Uckfield-based manufacturer, Gaybo Ltd trading as Wave Sport, has been making high-end kayaks since 1968. Today, recognised as one of

the longest-standing businesses in the sector, the company has found a solution to help mitigate some of these increased costs and they are blazing the trail for the kayaking industry.

In February, Wave Sport installed 422 x 420W Trina solar panels for their purpose-built factory and has generated around 4MW of free solar energy in 10 days to help power operations, saving 4 tonnes of carbon dioxide in the process.

Wave Sport Director, Andre Goldsmith, says "We are excited to see what impact the solar has once the weather improves. So far we have seen reductions in our pull from the grid and the occasional short periods when we are in fact totally off-grid and operating under the power generated by our solar installation. We are carefully analysing our power generation



vs usage but it is too early to say exactly how much we will see our bills reduce ... so far we are putting our faith in the theoretical calculations that we have the potential to halve our energy bills over the course of a year."

Paul Vine, Director of local renewable energy firm, OHM Energy adds "Wave Sport has made an

investment in their business and the environment, and at current energy prices, they should recover their investment within about four years. These solar panels have warranties for over 20 years and are predicted to save 1,795 tonnes of CO₂ saved over that period. Going solar was not only a pioneering move for Wave Sport but also a smart commercial and ethical decision."

Local business mum wins mini first aid Franchise of the year



Local business mum, Jen Fisher, and owner of Mini First Aid Sussex has been on a mission to promote first aid for the whole family. As a mother to a young child, Jen launched her business in September 2020 to

offer 2 hour baby and child first classes to local families but she didn't want to stop there. The business quickly grew Sussex wide and added first aid classes for children, businesses, and early years settings.

Jen's passion has seen her raise money for good causes, work with local schools and businesses and promoting support for women in business with her Mums in Business Eastbourne, Bexhill & Hastings group. Jen wants everyone to know what to do in an emergency whether they are a parent/carer, a child, an adult wanting more confidence or a professional.

Jen has now been joined on her a mission by a team of 3 other mums who are also qualified first aid trainers, enabling Mini First Aid Sussex to train even more people in potentially lifesaving skills. Last year the team trained over 3,000 people and this year they are aiming for even more.

On the 24th March 2023, the team went away for their annual Mini First Aid conference and awards. It was important to Jen that the whole team be a part of the experience, and this was well timed because Jen was awarded Mini First Aid Franchise of The Year 2023;

presented virtually by Dragon's Den investor Sara Davies.

Jen said "It's such an honour to win franchise of the year to bring this award back to Sussex. Being part of Mini First Aid enables me to access an incredible amount of training and support as well as having inspirational women in business to look up to like Sara Davies and Mini First Aid founder, Kate Ball. We can't wait to train even more people in first aid this year!"

You can find out more about Mini First Aid Sussex at sussex.minifirstaid.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.

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Popular festival is back for 2023

Friday 12th – Sunday 21st
May 2023

“CELEBRATING Water” – Take Action for our Precious Water.

By **Peter Lindsey**

After the success of the two Spring Water Festivals in 2021 and in 2022, Plastic Free Eastbourne are thrilled to bring this multi-faceted, vibrant festival back for 2023.

It will be celebrating water in all its aspects, including as a vital resource, habitat for marine and wildlife, the impact of climate change, health, tourism, and its spiritual and creative influence.

The *Spring Water Festival* will celebrate our water, including our sea, beach, and the network of Refill stations, located along the 19km of Eastbourne's seafront and coastline, beginning to be known as 'Spring Water Way'.

By providing free mains “spring water,” awareness can be raised for everyone to refill reusable water bottles and reduce the amount of single use plastic, to help protect our environment.

This Festival is an important opportunity to celebrate this initiative and to encourage further expansion.

Activities and events

A wide range of exciting events is being planned, for all ages and interests – from walks visiting the refill stations along *Spring Water Way*, *Plastic Free Eastbourne's* third annual 'Big Beach Clean' event, pilgrimages, art exhibitions and Studio on the Beach events, citizen science studies and health and wellbeing events.

Another popular return will be 'Blue Planet @ Eastbourne' – a conference at the *Lansdowne Hotel*. The Opening Ceremony will take place during the *Eco-Stalls Fair* on *Western Lawns*. Here, a range of partner organisations will be running stalls, where the public can learn about how we are all trying to protect our Planet.

Returning once again will be a Rock and Blues concert at the Function Room of the *Crown and Anchor* with music by local group 'Southern Spirit'. This will be a fund-raising event to help finance the Festival.

Plastic Free Eastbourne promotes initiatives to improve the way we care for our planet.

Oliver Sterno, Founder and Community Leader for *Plastic Free Eastbourne*, says: “We believe in

taking action with urgency in order to raise public awareness about some of the most pressing issues facing our environment.

“We are driven by a single goal: to do our part in making Eastbourne a better place for everyone. We want to influence all stages of this environmental crisis and we strive to build productive relationships and make a positive impact.”

For further information about *Plastic Free Eastbourne*, and details about the festival, please visit:

www.plasticfreeeastbourne.co.uk



Plastic Free Eastbourne are delighted to be collaborating with a wide range of stakeholders and local businesses from around the town, including: *Beachy Head Story, Compass Community Arts, Eastbourne Borough Council, Eastbourne Friends of the Earth, Eastbourne Strandliners, East Sussex College Group, Eastbourne EcoAction Network, Eastbourne Climate Coalition, Marine Conservation Society, Refill and City to Seas, South East Water, Southern Water, Surfers Against Sewage, United Nations Association, Eastbourne Chamber UnLtd* and *Visit Eastbourne*.

Looking for dolphins

WILDWOOD Heritage and Heritage Eastbourne are working with the Sussex Dolphin Project on an exciting new Ocean Awareness project.

By **Peter Lindsey**

It will be recording dolphin and porpoise sightings off the coast of Beachy Head and Birling Gap.

There are weekly Dolphin landwatch walks from *The Beachy Head Story* between May and October.

Members of the public will be invited to join a member of the exhibition staff to walk out along the cliffs searching for dolphins and porpoises.

Weekly sightings data will be fed back to the *Sussex Dolphin Project* to help them gather regular data about dolphins/porpoises in the area.

If anyone would like to join in on the landwatch training, the *Sussex Dolphin Project* is offering a discount (£10 instead of £15).

At present only *Beachy Head Story* and *Heritage Eastbourne* staff will be able to lead the dolphin walks, for insurance purposes, but volunteers are welcome to join in on any of the walks.

For information please email: info@wildwoodheritage.org

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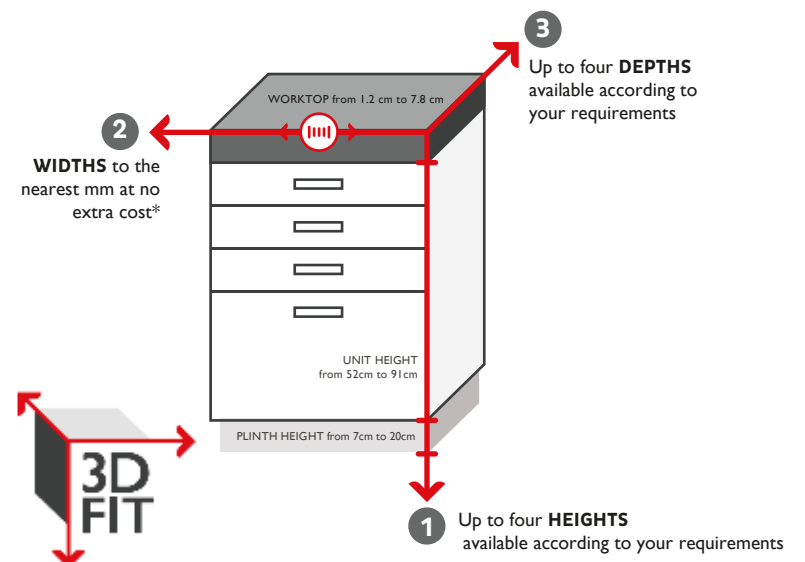
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SCAN ME



Legends support Andy and son Sam



ANDY Atkin is an *Eastbourne Borough Football Club* Legend...

By **Peter Lindsey**

His 16-year-old son Sam has sadly been diagnosed with a rare form of cancer – Rhabdomyosarcoma.

Sam has a gruelling treatment programme which means travelling and staying in hospitals in London and Brighton.

To help support the Atkin family through Sam's treatment, the club is hosting a charity match to raise as much money for the family as possible.

The match is on Sunday 21st May – Kick Off 2:00pm.

Borough Legends will be taking part in an afternoon of nostalgia, the smell of deep heat and the sound of muscles pulling.

Community club

Eastbourne Borough FC is a true community club. It is hoping to raise £1,000 minimum so the family can take some time off and spend quality periods with Sam.

If you are unable to attend or would like to make a donation to the *Just Giving* page, please visit:

<https://www.justgiving.com/crowdfunding/samatkin>

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FA Cup Final mascots

TWO Eastbourne Borough fans will walk out at Wembley as mascots for the FA Cup final.

By **Peter Lindsey**

It's going to be a big day for Eastbourne sisters, Amelie and Sophia Paviour.

They have been selected as mascots for this year's FA Cup Final at Wembley on June 3rd.

FA Cup sponsors Emirates had been travelling up and down the country to surprise unsuspecting fans with a

special story – including Eastbourne Borough supporters Amelie and Sophia, aged 12 and 10.

The girls' mum, Sarah, has been battling with cancer: a huge challenge for any family.

Remarkable morning

On a Saturday in October, on their own initiative, the girls took over the Langney Sports clubhouse for a coffee morning which raised a remarkable £1,200 for Macmillan Cancer Care and for St Wilfrid's Hospice.



When Emirates put out the call – for deserving young non-league supporters to be honoured at the Wembley Final, Borough commercial manager Sian Ansell was quick to nominate Amelie and Sophia.

An honour

"There couldn't be better candidates," said Sian. "They are lovely girls it's been an honour to be involved with them."

"This is a great, great story in every sense," said manager Danny Bloor.

"We chuckle about how football is the most important thing in the world – but it isn't. These amazing young ladies and their wonderful family matter more than any game of football. Every Borough supporter will be watching their screens on June 3rd and cheering Amelie and Sophia with pride."

Watsons News in the Beacon

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Finding comfort in volunteering

“IT’S a sanctuary for me. I just like it there. It gets me out, meeting people, and we have a laugh. I look forward to my afternoon there.”

By **Peter Lindsey**

This is how Bob describes the St Wilfrid’s Hospice Shop where he volunteers one afternoon each week.

Bob was introduced to the hospice last summer when his wife, Molly, sadly died there.

So, so kind

“They were so, so kind,” he says. “There was nothing they wouldn’t do for her, or me. If you’re going to die – and we’re all going to die – you couldn’t wish for a better place.”

Bob and Molly were married for 58 years, meeting as teenagers and building a life together, first in Beckenham in Kent and later in Alfriston and Seaford.

“Everybody loved Molly,” says Bob. “She was one of those people who lit up a room. I know it’s a cliché but she did. She was gentle, and she would smile, and she was always strong.”

Good times

The couple met on a night out in Beckenham, with Bob inviting himself to a party and “spending the whole night just sitting on the stairs with Molly chatting.” The pair gelled and it wasn’t long before they were married. “We had a very very happy marriage,” says Bob. “We had good times, and I miss her terribly.”

Molly first became ill in 2019, having an operation to remove a lump in her breast and receiving the all clear. Two years later the cancer was back, initially in her breast and then moving to her liver. “I think then we were both under the impression that she was going to get

better – that it was treatable,” continues Bob. “They sent us away saying “build your strength up so that we can give you chemo,” and now that I look back, that was never going to happen.

“And then she became weak – very weak. One afternoon I was sitting at home with her and I said ‘Moll we need to get you some help,’ so we went to the GP. He was brilliant – he got her into hospital that afternoon. But Molly was deteriorating, and she was referred to the hospice Inpatient Unit.

I’ll never forget

“They were brilliant – the doctors, the care support workers who used to come in and turn Molly over, and clean her. I spent the last three weeks staying overnight with Molly and, in the middle of the night, they would come in and treat her. And when Molly died, I was with her – with our youngest son James – and I remember the nurse, she just held me. I’ll never forget that.”

“And now I volunteer in the shop. I walked in there one day – I don’t know why – and there was a lady in there who said, ‘why don’t you come and volunteer here? Lots of us have lost somebody. We’re like a family, and you’d be welcome.’ And that’s where it started. I now volunteer there one afternoon a week, I mend the donated watches, and I make Christmas trees out of driftwood that we sell in the shop.”

When asked what his favourite thing about volunteering in the shop is, Bob doesn’t hesitate: “The company. I’ve learned a lot from the other volunteers and have found new hobbies too.



Bob Kingdom (left) with Geoff Farmer.

Shop volunteer

“I would recommend to anybody that you join a shop as a volunteer. You will get more out of it than you will put in. And if you have lost somebody, then a lot of the people there will know what you are going through.”

If you’ve been inspired by Bob, you can find your local shop and see the latest volunteer opportunities at:

www.stwhospice.org/get-involved/shops



St Wilfrid’s Hospice



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Some good news for holiday makers

I WONDER how many people read the words on the inside of their passport?

By **Martin Wellings**, Personal Service Travel

It is really worth looking at as it certainly makes great reading.

*"Her Britannic Majesty's Secretary of State **requests and requires** in the name of Her Majesty all those whom it may concern to allow the bearer to pass freely without let or hindrance and to afford the bearer such assistance and protection as may be necessary."*

Whilst this message is aimed at officials in foreign countries, bearing in mind the news of the excessive delays at Dover just before Easter, much of it caused by our side of the border, it would perhaps first be as well to get our own house in order!

Good news

Our media does like to dwell on bad news and tell us how badly off we are and how inflation is at all time high (it isn't) but they frequently fail to mention the good news that is certainly of benefit to those of us going abroad. There has been a useful improvement in the rate of exchange on many currencies recently with both US dollars and the euro showing gains and others also showing a good increase. South Africa, for instance, where one pound buys you twenty-one Rand; a far cry from the two to the pound on my first visit there.

Global Health Card

One thing I do like with our industry, is that things are always changing, so you are always learning and



never know it all. I only recently found out that we can now get a "Global Health Insurance Card" from the NHS which covers some basic medical expenses in the EU — although not taking the place of insurance, a worthwhile card to have. I also wondered why many cars were display a UK plate on the car, rather GB and discovered that although no publicity, was changed a couple of years ago.

Looking forward

So much for the changes so far, we can only dream of improvements in the future, like talking to the EU to avoid the need for stamping passports as it was before the EU was even thought about, and to make passing through airports much quicker and more pleasant. In the meantime, we can only continue to dream whilst looking forward to the enjoyable bit — arriving at our chosen destination.



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May fun at Sharnfold Farm

***SHARNFOLD Farm* at Stone Cross is staging three big events during May.**

By **Peter Lindsey**

First, the visitor attraction is celebrating the Coronation Weekend on May 7th and 8th.

As part of your entry, join the craft activity in the Sussex Barn for free where you will learn how to create your very own 'nature' crown fit for royalty.

The craft session is approximately 45 minutes long and will be hosted by a crafting expert. Staff will be on hand to provide a variety of ideas, designs, and resources to enable your little people to craft their very own crown. Many of the resources used will be recyclable or found in nature! Slot times are 10am 11am, 12.00noon.

Second, on May 13th Learn *How to Train Your Dinosaur*. This interactive

and educational spectacle is perfect for dinosaur enthusiasts of all ages.

You'll learn fascinating facts about these magnificent prehistoric creatures, while our skilled wranglers test your knowledge with engaging questions. Incredible dinosaur tricks and training demonstrations, as we even invite some of our younger dinosaur wranglers to join in and show off their skills.

Show times:
10am, 11am, 1pm and 2pm.

Third, it will be a Right Royal Half Term from May 27th until June 4th as *Sharnfold* celebrates the King's Coronation. There will be a free Kings and Queens Party as part of your visit – so dress to impress.

Go to sharnfoldfarm.co.uk for details of all three events.



Amazing support for start-ups

LEAP is funded by the UK Shared Prosperity Fund; this intensive business support programme offers a £2,500 prize in the form of a grant to one lucky winner!

By **Peter Lindsey**

So, if you live in Eastbourne and you are thinking of starting a new business then what are you waiting for?

THE LEAP PROGRAMME IS SPLIT INTO THE THREE STAGES:

STAGE 1: A business start-up workshop, which can be either a physical one-day workshop or online.

STAGE 2: Up to 15 selected candidates will be allocated a dedicated business mentor who will work with them to produce a strong business plan. They will also attend four 3-hour workshops on Finance,

Marketing, Legal and Social Media Marketing. The completed business plans will be submitted and judged and five finalists will be selected to present their plans to the judges at a mini-*Dragons Den* event where a winner will be chosen. The winner will be announced at an awards event where they will win a cash prize of £2,500.

STAGE 3: Additional mentoring support is available to help candidates launch their new business.

The in-person workshop is on the 5th May, and the virtual workshop will be in two parts on 22nd and 23rd May.

Register your interest by emailing
info@eddeal.org.uk
or call **01323 641144**



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For the love of jewellery

IF you love jewellery, then make sure to visit *ADORN – Contemporary Jewellery Show* at the *Enterprise Shopping Centre*, next to *Eastbourne's Railway Station*.

By **Emily Sander**

The event takes place on Saturday 3rd June from 10:00am to 5:00pm and will showcase the work of Jewellery Designers & Makers from across East Sussex.

Exhibitors include, Brighton based, **Charlotte Jouan**, who transforms sea glass into delicate and organic jewellery. Her collection of one-off designs, combine Mediterranean azures, turquoise and emerald shades with fine, glistening gold.

Little Moose exhibited at the *Enterprise Centre's* popular *Christmas Craft Fair* in 2022 and they will return on the 3rd. They create playful laser cut acrylic jewellery which is colourful, original and unique. It's jewellery that will turn heads and raise a smile!

Hove based **Evie Corton**, of **CRTN Jewellery**, creates unusual molten pendants to adorn minimal rings, earrings and necklaces with a nod to traditional jewellery styles. Her mission is to use 100% recycled silver across all her pieces.

Whether you are looking for a gift or a treat for yourself, this will be the perfect place to find beautifully crafted jewellery!

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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St Wilfrid's Hospice



Meet the DGH dementia care team

THE dementia care teams support people with dementia and those with cognitive impairment or delirium during their hospital stay.

By **Peter Lindsey**

They offer help and advice to patients, their families and staff on their treatment and care.

Claire Shimmons, a Dementia Care Practitioner, said: "We are here to support anyone with dementia or who has cognitive impairment or delirium. We deal with patients who come in for any reason, such as a fall, and support both them and staff during their stay.

"One of the main ways we can help patients with dementia is the use of the *Butterfly Scheme*. This helps colleagues identify which patients have additional support needs due to a cognitive impairment.

"Any patient can have a discreet butterfly put on the wall by their bed or on their notes. This allows the interaction with the patient to be more tailored to their needs and act as a reminder that they may need an additional explanation of what is going on and help to prepare for what is happening with tests and procedures.

"We also check collateral history with carers and ask if they can complete the 'Reach Out to Me' form which provides information on how we can best support the person while they are here.

"We can be a link between carers and the ward and offer support to carers as it can be a difficult time when a loved-one is in hospital. We can make onward referrals for further carer support if needed."

Patients are also offered activities that support their wellbeing, independence and alleviate boredom while they are away from their normal routine and familiar surroundings.

"We collect magazines for patients so if you have any lying around at home then please bring them in and donate them to us. We also have lots planned for *Dementia Action Week* (May 15th to 21st) so watch this space.

Photo L–R: Claire Shimmons, Dementia Care Practitioner, Sharon Sheldrick, Dementia Care Associate Practitioner, Mike Carroll, Admin Support and Julie Allen, Dementia Care Associate Practitioner.

Treating people with a frailty

COMMUNITY frailty team is helping to break the cycle of hospital admissions.

By **Peter Lindsey**

Treating patients so they don't need to come into hospital is just as important as the care they receive while in hospital. The community frailty team, who cover the area from Seaford over to Rye, specialise in treating people over the age of 75 who are living with frailty.

Frailty is a medical condition describing a decrease in physiological reserves which leaves a patient less likely to respond or recover from ordinary events such as a minor illness or even the stress of moving house.

Mark Summerfield is a Frailty Practitioner based in the community. "The work we do is to intervene for patients who are in a cycle of hospital admissions and re-evaluate their care by visiting them in their home and carrying out an assessment, face-to-face, often with family present who can help provide useful information," says Mark.

"Our intervention can help to break the cycle of hospital admissions, declines in health and reliance on health services. We are looking at what the best outcome for the patient is, but also what their own goals are. Mainly that is to be able to live as independently as they can for as long as possible.

"Frail patients are not generally ill, so we are not trying to fix anything, rather we are adjusting what is already there so that it works better for them and gives control back to them and their family. A good way to do this can be by helping them step down the medical treatment they are currently on.

"After we've assessed them we work to co-ordinate multiple streams of care and preventative care, to help prevent unnecessary procedures and time spent in hospital. We can discuss and review their pathway with their consultant and with the pharmacy team to optimise care, while still being patient-centric and working on their goals."

The team itself has just celebrated its seventh anniversary.





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Be well, stay well, eat well

IN my career as a clinical laboratory director in the NHS, I routinely reported on diagnostic blood test results to doctors and nurses.

By **Dr Anne Trewick**

It became apparent that a lot of illness we see today is due to poor diet and nutrition.

Since leaving the NHS I decided to train as a nutrition practitioner and use my scientific knowledge and experience to approach the problem from a different direction. By giving practical advice on diet and nutrition based on sound, scientific principles, I want to help people ‘be well and stay well’ as well as helping people manage existing conditions.

As the media is making us increasingly aware, good nutrition can have a lasting impact on a person’s health and wellbeing. The medical press is full of evidence-based research showing that good nutrition can help protect against a number of chronic conditions such as diabetes, heart disease, cancer and cognitive decline, and that both type 2 diabetes and high blood pressure can actually be reversed, even after diagnosis, by following a healthier lifestyle.

As a nutrition practitioner, I carry out a full analysis of a client’s dietary intake, looking for opportunities to create a healthier, more balanced diet appropriate to their lifestyle, with appropriate proportions of carbohydrate, protein and fat. I also

analyse the micronutrient content of their diet to ensure they are getting adequate vitamins, minerals and antioxidants, all of which help to protect against future illness and mental wellbeing. I then work with the client to create a diet plan that will work for them, that will stick long term and have a lasting impact on their health and wellbeing.

Good nutrition **can** make a difference to **your** life.

Trewick Nutrition is a new nutritional consultancy based in Eastbourne.

Dr Anne Trewick (MRSPH, MSc, FRCPath, PhD) is a HCPC registered Clinical Scientist and a qualified nutrition practitioner.

For more information on *Trewick Nutrition* see the website www.trewicknutrition.co.uk or email Anne on info@trewicknutrition.co.uk



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Team Leaders and Senior Support Workers.

Meet Team Chaseley

HERE at Chaseley we have a staff team made up of approximately 130 very special people and we thought it would be great for you to meet a few of them!

By **Emma Rich-Spice**, CEO

First up is our current Team Leaders and Senior Support Workers, Camelia, Andrea, Cara, Antony, Millie, Camelia, Kieran, Lauren, Marioara, Andy, Claire, Joya, Roberto & Ivan. Congratulations to those recently promoted into these roles.

They share with us that they “love working at Chaseley, there is something so very special about it. The residents are amazing and inspire us every day, it is a pleasure to do our jobs. We love putting a smile on their faces. Working here is a passion and our residents are number one! We look forward to supporting our colleagues day to day and ensuring we make everyone feel a part of the team.”

Daniela is our Clinical & Quality Nurse Manager and her role is to oversee the day to day operation of Chaseley, managing the nurse team and other clinical staff. Daniela ensures we are always putting the residents at the heart of what we do, as well as measuring patient experience to develop practical ways to improve. Her priority is to provide the best care for our residents. Daniela shares that she loves “empowering and supporting our residents and their families to know that they are able to get through anything. I really love going to bed knowing I made a difference in our residents’ lives.”

Martin, our Quality Governance, Compliance & Risk Manager joined Chaseley from the pharmaceutical world and already knew the home and our residents. His role predominately looks after the legal

and regulatory Governance and Compliance around the home. Martin shares with us “I wake up each morning looking forward to supporting our residents and my colleagues to the best of my ability! It is great working with such a fantastic team and I’m looking forward to many more years ahead, supporting and developing *The Chaseley Trust*.”

Our Fundraising & Marketing Manager Jodie shares with us that she feels “privileged to be able to work with such a great team of colleagues, residents and supporters of Chaseley. It gives me great joy to know that I am helping to ensure Chaseley can continue to operate and that the home the residents live in, is to the standard they deserve. Raising money can be a hard task at times, but it is always made easier by those delivering the front-line services – it is their dedication, hard work, empathy, and caring nature that I showcase. That, alongside our wonderful residents’ stories, are what ultimately encourage our supporters to donate to Chaseley.”



Daniela.



Martin.



Jodie.

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

Quality care in a place you can call home

At Bowes House, Care UK's care home in Hailsham, we deliver high quality residential, nursing, dementia and short-term care.

As the UK's most awarded large care provider, Care UK delivers high quality care that's all about enabling you to enjoy the lifestyle you want. We support you to be who you've always been, or who you want to be, shaping your care and lifestyle to suit your interests, needs and preferences.

More like family

Our team receive the latest training in all aspects of care. Our partnership with the Association for Dementia Studies at Worcester University means we stay up to date with the latest dementia care approaches, and a Dementia Champion in each home supports all colleagues to deliver high quality care.

Above all, our team is passionate about supporting you to live life to the full. There's a variety of activities, entertainment and outings to enjoy every day at Bowes House. So, whether you'd like to continue enjoying a lifelong hobby, discover a new interest, make new friends or simply look forward to being pampered, Bowes House has everything you need.

Relax in luxurious surroundings

Bowes House is a stunning purpose-built home offering a wealth of superb facilities, including a hair salon, pub with beer garden and café. And if it's peace and quiet you're after, we have plenty of comfy lounges and restful alcoves where you can relax with a favourite book. Each en-suite bedroom is beautifully furnished, with our ground floor rooms enjoying private patios. If you're a gardener or simply love the outdoors, we have lovely gardens to explore too.



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Sheryl Baker is a true DGH hero

SHERYL Baker, Urgent Care Navigator in the emergency and urgent care departments at the DGH, has won the Trust Hero of the Month Award.

By **Peter Lindsey**

This is the amazing nomination for her:

“I am nominating Sheryl as I spent many hours in the Emergency Department at Eastbourne with my mum, while we waited to be seen.

“From the minute we walked in Sheryl was very helpful and cheerful.

As our stay continued, I was sitting near her desk and she was amazingly kind to every person that walked in the doors. She was also amazing with



patients that had been waiting to be seen for a while that were getting very frustrated and approaching her for information.

Her manner was helpful, positive, calming and cheerful, and it made

the wait and circumstances easier to deal with.

Sheryl is an absolute credit to the team and the Trust.”



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Dining and events 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**

With three bank holiday weekends in May we hope you may get the opportunity to visit us and be looked after by our team. We have steadily been increasing our guest rating on *Tripadvisor* and are now ranked number 4 of 40 hotels in the Eastbourne area and invite you to experience *The Lansdowne* yourself.

1912 Dining – 2 for £22

Our seafood and steak restaurant has an updated menu available in May. 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.

Event dates for your diary

We have been increasing our events programme for the year and adding further dates to our schedule. Our new website has a full 2023 events calendar published at lansdowne-hotel.co.uk.

Highlights in the coming weeks include:

Thursday 18th May – New Zealand wine tasting
£30 per person. Book via fizzonfoot.com

Friday 19th May – Charity Clothes Swap!
£8 per person. Further details at lansdowne-hotel.co.uk/events-offers

Saturday 27th – Sunday 28th May – Fawlty Towers Comedy Weekend
£180 per person. Book via comedy-dining.co.uk

Friday 16th June – Southern Rhone Wine Pairing Dinner
£55 per person. Book via fizzonfoot.com

As we look further ahead the following events have recently been announced with Autumn dates also published online.

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 – 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 work your way through a 3-tiered stand of delights! 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.



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light

RESTAURANT & BAR

NEW restaurant and bar – *Light* – opens at Towner Eastbourne in gallery's centenary year.

By **Nicola Jeffs**

Towner Eastbourne are pleased to announce a brand new second-floor restaurant and bar, *Light*, which will open from mid-May for breakfast, lunch and afternoon tea. It will also open on Thursdays and Saturdays for a pre-theatre menu, sundowners and dinner.

Completely reimagined

The former café and adjacent meeting room have been completely reimagined, to make the most of the building's tall ceilings, skyline views and sunsets, with new interiors and a horseshoe bar. Its name reflects the airiness of the new space, as much as its casual, welcoming atmosphere and style of food.

Highly acclaimed team

Created and run by the team from the highly acclaimed *Eight Bells* in nearby Jevington, *Light*'s rolling menu features 'smørrebrød' (the indulgent Scandinavian-style open sandwich) and beautifully created, fresh and locally-sourced plates, ideal for daytime dining and sharing, – including for families.

A number of tables are available throughout the day without a reservation, but you can also make a reservation at lighttowner.com, which is recommended for the evenings.

The same team has also taken over Towner's downstairs *Cinema Café & Bar*, serving barista coffee (from Eastbourne's roastery, *Nelson*), freshly prepared salads, sandwiches and cakes throughout the day, as well as wide range of bar drinks and cinema snacks.

Turner Prize

The new services, which include affordable options and a welcoming atmosphere for all, will coincide with Towner's summer exhibition, *Barbara Hepworth, Art & Life*, which opens on 27th May. The show will display some of Hepworth's most celebrated sculptures including the modern abstract carving that launched her career in the 1920s and 1930s, her iconic strung sculptures of the 1940s and 1950s, and large-scale bronze and carved sculptures from later in her career. *Light* will also be open



during the *Turner Prize*, which comes to Towner Eastbourne from 28th September to 14th April.

New style of dining

Phil Cameron, the restaurateur of twenty years behind the new ventures said, "We're excited to bring a new style of dining and socialising to Towner and, of course, to Eastbourne. We've been working for months with the gallery to create an environment and menus that reflect all the extraordinary qualities of the building and its work. We hope to bring our local following along and that the gallery's visitors will love all we have to offer here too."

The renovations to the cafe have been made possible through *Levelling Up* funding awarded to Towner Eastbourne during Towner 100 – Towner's centenary year.

Joe Hill, Director and CEO Towner Eastbourne said, "The *Levelling Up* funding has been crucial in preparing Towner to maximize the opportunity presented by its centenary year.

Through redevelopment of parts of our gallery building in preparation for hosting the *Turner Prize* this year, we have created a new restaurant and bar enabling us to meet the anticipated step change in audience growth and profile, further encouraging visitors and longer stays within Eastbourne. It also allows us to provide further employment opportunities for those in our town.

We look forward to welcoming you to *Light* this from this spring."

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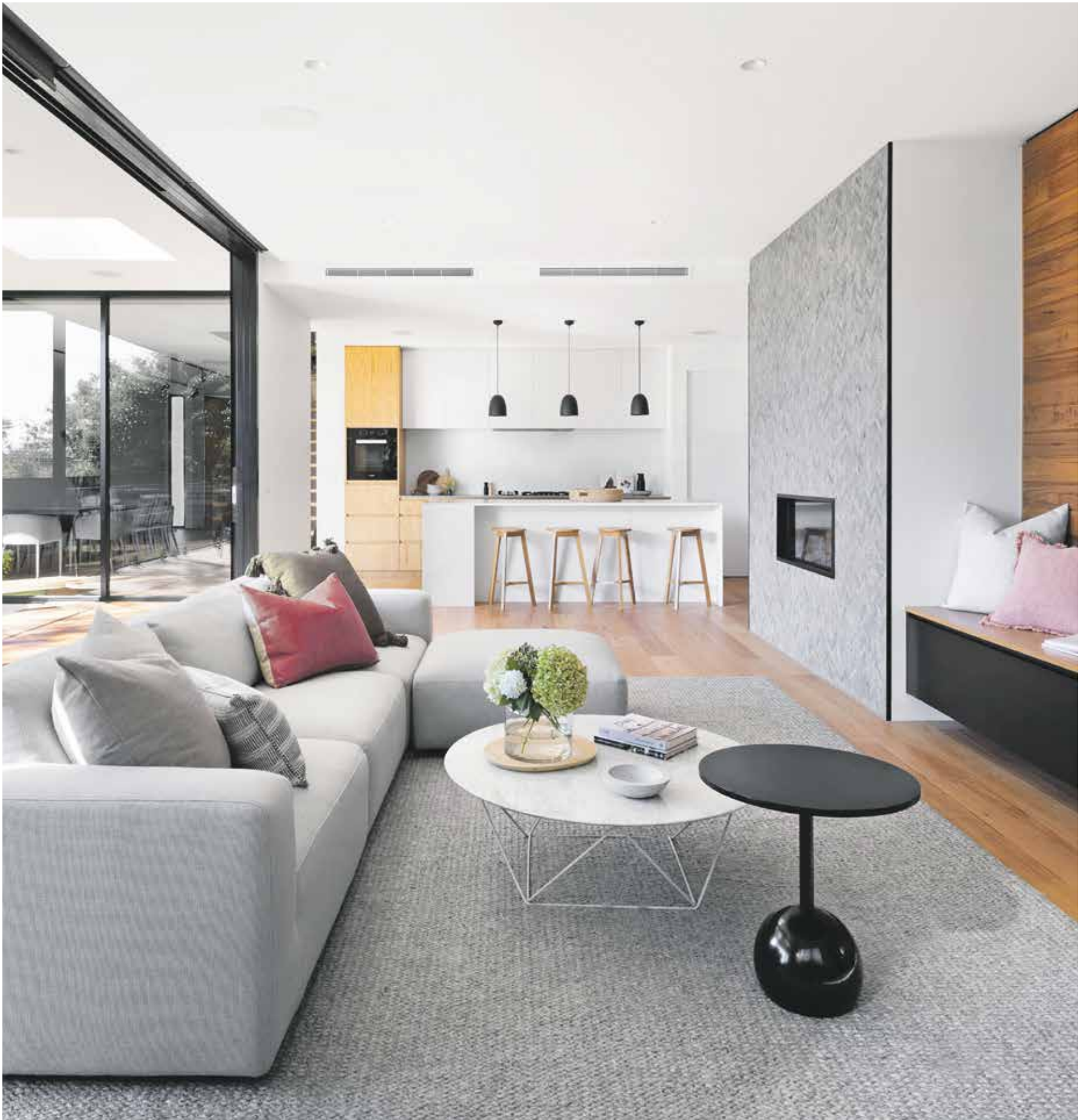
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Tribute nights

AP Exclusiv Events, the team behind the annual Eastbourne Wedding Spectacular since 2011, are introducing a new series of events during 2023 supporting *St Wilfrid's Hospice*.

By **Peter Lindsey**

Focusing on high quality entertainment, enjoyable events, and value for money, the APX team are arranging a series of Tribute Nights. These will feature the best and most authentic acts in the business, together with supporting acts from the local area.

Their first event is an *ABBA TRIBUTE PARTY NIGHT* on Saturday 17th June with an international touring ABBA tribute band, supported by local favourites *Twilite Disco*, promising to

be a high-energy night of dancing and singing along to the classic hits of one of the world's favourite groups.

This show is at *Eastbourne Town Hall*, and a Licensed Bar is available.

Definitely an evening not to be missed, and an opportunity to bring out your very best 70's glitter outfit.

Party bookings are very welcome if you are celebrating a special occasion.

Tickets are £20 including refreshments, available now from onlineticketseller.com or call **07780 475200**.



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 Doors open 7.00pm
SAT 17th JUNE 2023

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www.apexclusiveevents.co.uk
 Supporting St Wilfrid's Hospice

Life Lines: A Life in Art

PAINTINGS and Tapestries by artist, Elda Abramson, will be on show until June 29th at Gallery North in Hailsham.

By **Gail McKay**

It's an evocative and thought provoking collection of work by this highly popular American artist. This large solo show offers different styles and mediums which together create an explosion of colour.

Atmosphere and emotion

The paintings and tapestries in this two-month exhibition in *Hailsham Life Lines: A Life in Art* are as a result of over 50 years of experience in art.

The paintings use the simplest of materials; inks (including Quink ink), one brush, one bamboo pen, and watercolour paper. Elida is

striving for atmosphere and an emotion in the viewer rather than a photographic representation.

Woven by hand

The tapestries in the exhibition have each taken over three months to weave by hand on a vertical loom and all the designs are taken from Elda's original paintings. A work in progress will be displayed on a loom.

Win a painting

Original cards and mounted prints will be available to buy, and there will be a framed Giclee painting of a popular painting to be won in a draw.

Everyone who attends the exhibition can enter. The draw will take place at the end of the exhibition which runs to 29th June.



**Gallery North, 70 High Street
 Hailsham BN27 1AX**

Gallery opening hours:

Tuesday & Wednesday: 10am–1pm
 Thursday, Friday & Saturday: 10am–4pm

Not seeing, is believing!

SUMMER intrigue for all ages.

By **Eastbourne Theatres**

Theatre-goers are in for a unique treat this Summer at Eastbourne's Devonshire Park with the Eastbourne Theatre production *The Invisible Man*, audiences can experience a theatrical and visual spectacle like never-before from 28th July – 26th August.

How do you 'see' the invisible man, live on stage?

This is summer fun suitable for all ages. The HG Wells classic is brought to life on the Devonshire

Park stage, with a sprinkling of mischievous comedy, music and mayhem in a delightfully engaging theatrical romp and it's transparent that this will be a must see show unlike anything you've 'seen' before!

The Invisible Man is being produced especially for Eastbourne from the team responsible for last summer's *Around the World in 80 Days*, and other favourite shows *The 39 Steps*, *Return to the Forbidden Planet*, *One Man Two Guvnors* and of course Eastbourne's beloved Devonshire Park pantomimes.



Packed with all the trademark in-house treats audiences expect from an Eastbourne Theatre produced show; music, fast-paced fun, quick changes and plenty of laughs, plus visual effects and illusions to create a leading man who you can see straight through!

A sleepy Sussex village has an unexpected visitor one snowy night, but clearly there is something very wrong with this stranger. What follows is a thrilling tale of daring adventure and unforgettable theatre.

Expect theatrical ingenuity beyond compare and certainly something you don't see every day!

Book now for *The Invisible Man*, Devonshire Park Theatre, Eastbourne from Friday 28th July – Saturday 26th August.

Tuesday to Saturday evening performances – 7:45pm
Wednesday and Saturday matinees – 2:30pm.

Concessions apply including half price child offer (when accompanied by full paying adult), discounts for the first two performances and more.

For full details see: eastbournetheatres.co.uk or call **01323 412000**.

JAZZ & BLUES festival

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

On location at Knockhatch and Circus School

AN award-winning Eastbourne independent film production company is filming its latest feature length horror film 'Charlie Shaw's Revenge.'

By **Peter Lindsey**

It includes stars from Coronation Street, Shakespeare & Hathaway and Captain America: The First Avenger.

The production from *Drop Dead Films* is filmed entirely on location in Hailsham, at *Knockhatch Adventure Park* and the *East Sussex School of Circus Arts*.

Director John Langridge said: "I'm delighted that we've been able to bring in some real stars of film and television to work alongside some fresh and exciting new talent who we've been able to cast in some fabulous and challenging roles.

"It's great to be able to work with such a diverse range of actors."

The film will see a mixture of seasoned film and television



Mark Benton, one of the many well known cast members.

professionals share the screen with trained circus talent from the *East Sussex School of Circus Arts* as well as new faces from the Sussex area.

Producer Renato Pires, *The East Sussex School of Circus Arts (ESSCA)*'s Principal and actor in the film, said: "Having *Drop Dead Films* here will provide a great showcase for the School and its talented teachers and students.

"It's an amazing opportunity to showcase the awe-inspiring acrobatic skills that our circus-trained professionals have, so it's going to be great."

Local businesses including the *Best Western Lansdowne Hotel*, *Weald Packaging Supplies*, *Beer Me* and *Eastbourne Motoring Centre*, as well as the *Eastbourne Chamber of Commerce* and the *Sussex Film Office*, are supporting the production in various ways.

Drop Dead Films was formed in January 2015 by writer, director and producer John Langridge and producer and writer Emily Wells.

It is a multi-award-winning independent film and television production company.

www.dropdeadfilms.co.uk

THE MAKERS DIRECTORY

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

By **Harry Farmer**

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

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

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

themakersdirectory.co.uk

FEATURED ARTIST

Bryony Mason

"I'd describe my work as handcrafted and sustainable jewellery largely inspired by nature, with a business ethos to create quality jewellery that doesn't cost the Earth.

With 10+ years experience at the bench, I've found my passion lies in creating tactile textures & forms, using unique stones to add splashes of colour and interest. Predominantly I work in silver and gold, all of which is recycled or fairtrade wherever possible and the same goes for the stones I use, my favourite being Australian boulder opals.

My partner & I bought our first home

in Eastbourne earlier this year, so one of my goals for 2023 is to explore my new area including getting involved with more local shows so I can see more of my lovely customers! It has felt great to get back into the swing of them again post-covid, so I'm definitely keen to do more.

I also enjoy working with customers, so I gladly accept commissions & carry out many repairs & alterations. Working with people to bring their ideas to life often gives me as much joy as creating my own, as does repairing much loved pieces to be wearable again."

www.themakersdirectory.co.uk/directory/bryony-bespoke

Email: bryonybespoke@gmail.com

Web: www.bryony-bespoke.com

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



Music and laughter at The Lamb

NATALIE and the team work hard, not only keeping the good people of Eastbourne fed and watered but they take our entertainment very seriously too.

By **Gail McKay**

Jo Neary takes charge once a month with her talented mates form the comedy circuit.

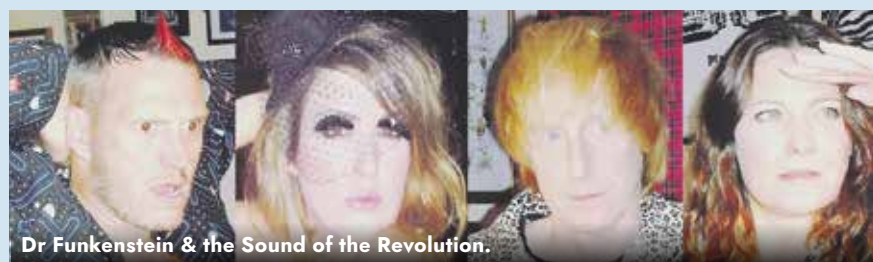
Most recently was **Cheekykita**, a surreal comedian, and **Andrew O'Neill** from BBC Radio 4. **Robin Ince** regularly pops his head in, **Mark Steele** was a recent A-lister, as was **Zoe Lyons**.

Saturday 24th June is the next show, starring **Henry Normal**, **Dan Atkinson** (he actually wrote the 'Wagatha Christie' joke) and **Lorraine Bowen** from *Britain's Got Talent*.

Live music

The Lamb hosts some great music nights featuring some of Eastbourne's favourite performers.

5th May brings **Dr Funkenstein & the Sound of the Revolution**, a collection of familiar faces.



12th May sees **The Grand Benali** return with live music from across the decades.

19th May **Owen Donovan** is one man and his guitar and 26th May is **Love Action**. Get your alternative 80s, new romantic, new wave, synthpop, post punk here.

Everyone loves a quiz

The first Thursday of the month, is QUIZ NIGHT hosted by Paul Elphick.

The Lamb have a special quiz menu, available from 7pm.

Quiz starts at 8pm sharp and booking in advance is recommended.

For any of these events, contact Natalie and the team at *The Lamb*, or on Facebook.

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Green and pleasant

AS bulbs start to fade and herbaceous borders begin to grow in leaps and bounds, it's a clear sign that summer is approaching. With the milder coastal climate, we enjoy here on the south coast, sowing and planting out bedding can begin and you can take softwood cuttings. If you have a lawn, it's also time to get back into the mowing regime, as your lawn will be loving the warmer temperatures this month should bring with it. The weather can sometimes catch us out though, so keep an eye out for, unpredictable changes from mild spells to low temperatures and chilly winds.

By **Geoff Stonebanks**

All gardening advice has to be adjusted though to consider the weather. Each Spring brings different weather from the previous year. Hopefully we should be frost free by the end of the month, but it is always an idea to have a fleece or cloche handy. With the world-renowned flower show later this month, May is the time we hear those immortal words, "Chelsea Chop" time. It is great method for stopping some plants getting too big and leggy, and with others, staggering their flowering times.

Celebrating the Coronation

This month sees the Coronation of our new King, Charles III. There has been much written about his favourite flowers over the years and which might appear as an integral part of the long weekend celebrations. While we won't know until the day, it is expected that we'll see some of the King's favourite blooms, delphiniums, pictured in header, make an appearance. In the past, the King has been quoted as saying: "For me, the magnificent, gloriously appparelled delphinium, with its impeccable bearing and massed in platoons, holds pride of place in my botanical affections," I suppose it's easy to see why he's such a fan. The plants are extremely popular in cottage-style gardens, they grow in beautiful shades of blue, pink, white and purple, and will add a splash of

colour to your garden border. They are best planted in the springtime in full sun to light shade, with shelter from strong winds. I have to confess to not having much success with them in my own garden, as it is so exposed.

I have been extremely fortunate to meet the new King on two separate occasions, when he was Prince of Wales, back in 2018. The first at a reception for volunteers for *Macmillan Cancer Support* at *Buckingham Palace* and later the same year at a Royal Garden party at the Palace. On both occasions he was charming and engaging on talking with him.

Preparing Driftwood for opening

This year, my garden will open by arrangement only, between 1st June and 11th August. I'm extremely pleased to be welcoming groups from both the USA and Belgium this summer, along with a special booking, inclusion on a coach tour of "Artist Gardens of Sussex", which includes some of the magnificent Sussex gardens, so we'll be in great company. To date, over 200 visitors have pre-booked their visit across the 10 weeks but there is still plenty of opportunity for readers to get in touch and book their visit. Either call **01323 899296** or email visitdriftwood@gmail.com to arrange.

This month sees me make the final push to get it all ready for visitors. I'll be collecting over £250 worth of plants, at trade prices, in the next week or so, from a local nursery to plant up and help transform the plot in time for the first day.

There have been major changes since we last opened, with the sunken pond removed and replaced with a corten steel water feature and new patio.

National Garden Scheme

On 21st May, six gardens open in Seaford for the scheme between midday and 5pm with entry £7. On show, a cottage garden over three levels with ponds, flowers, vegetables and shrubs, a flint walled garden with a coastal and kitchen garden, a plot on different levels with interesting planting and seasonal interest and two mature gardens with a mix of flowers, vegetables and an auricula theatre. The Community Garden provides an interesting space with flower and vegetable beds for members of the community to come together to share their gardening experience.

Over the weekend of the 13th and 14th May, *Limekiln Farm* in Hailsham opens the garden gate between 2pm and 5pm with entry £7. It was designed in the 1930's when the house was owned by Charles Stewart Taylor, MP for Eastbourne. It has not changed in basic layout since then. The planting aims to reflect the age of the C17 property and original garden design. The house and garden are mentioned in Virginia Woolf's diaries of 1929, depicting a particular charm and peace that still exists today.

Full details on both gardens can be found at www.ngs.org.uk

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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